

PASTOR'S NOTES

Fasting from *sloth* — some notes

Fasting is a lenten discipline that is meant to be an antidote from harmful bodily desires, but more importantly curtail the deleterious effects of sin/vices. Certainly the seven (7) capital sins would be vices to be avoided at all costs. In that sense Lent could be a great season to begin a life-long fast from the capital sins. In this fifth lenten reflection – let us examine the capital sin of sloth.

Like many vices/sins sloth can be multi-layered in its meaning and its effects. On one hand sloth can simply mean being lazy when it comes to doing good things. On a deeper level paragraph 2094 of the Catechism of the Catholic Church declares that sloth is “*to refuse the joy that comes from God or be repelled by divine goodness.*” That is quite a range of meanings. Its most sinful state is a disgust with spiritual things because of the labor involved in doing those kinds of things. **Spiritual writers refer to this state of sloth as acedia.**

Like so many of the capital sins, sloth is a perversion of love. It places one's ease or desires over the responsibilities one owes to others. In this sense sloth can take on many forms — *not returning phone calls, making no efforts to respond to a letter, avoiding obligations that require effort or commitment, become indifferent to others in need, doing little or nothing in keeping friendships alive, etc.*

Sloth can be tricky. We often connect sloth with the lack of physical activity and energy or being lethargic in response to an issue. That is not always the case. Typically sloth does not capture my whole being. It compartmentalizes one's life into areas a person likes or ones that a person dislikes. In some areas of life a person is alive and energetic. In other areas there is laziness, indifference or claims of being ‘burned out’, etc. The seriousness of sloth and key to its wretchedness comes in how it treats responsibilities to which persons have committed themselves. Being lazy and shiftless in areas where a person has serious responsibilities and is capable of fulfilling them, but does not follow through on responsibilities opens a person to the serious sin of sloth. For example, in marriage a couple vows to commits themselves to each other ‘*for better and for worse*’. To do little in making marriage work, or becoming indifferent to the demands of marriage is certainly the work of sloth. The same case of sloth arises with parents, who pledged and made promises to God at their child's baptismal promises to do all they can ‘*in raising them in the practice of the faith*’, and then frequently miss Sunday Mass or replace religious education with other activities, etc. **Sloth has a way of pushing serious responsibilities to the bottom of priorities all the while allowing less important and more pleasant activities to rise to the top of the pile.**

On the slippery slope of sloth one moves from indifference to others and their rightful needs to indifference of God, the gift of faith, the world of religion, and the many works of the Church. When people expect action from us and do not receive it, people begin to lose confidence in us and that eventually leads to a lack of trust and walls go up. Even religious people can suffer from sloth when they simply make religion a matter of avoiding sin; doing little-to-nothing to deepen one's relationship to Christ and the call of the Gospel ‘*to love one another as Christ has loved us*’. Spiritually, sloth is the apathy and laziness that keeps us from being deeply involved with God.

Some ways of tackling sloth are – not always taking the easy way out; realizing and accepting life has lots of struggles and demands hard work; rewards do not immediately follow efforts expended; etc.

Truly fasting from sloth would be a worthy practice to begin this Lent and continue for a life time.



St. Leo's Catholic Church
211 Langer Ave North
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347-4609

St. Thomas Catholic Church
401 Third St. North
PO Box 22
Buffalo ND
633-5150



FIFTH SUNDAY OF LENT March 17, 2024

Weekend Mass Schedule for St. Leo's and St. Thomas

1st, 3rd and 5th Sundays: 8:30 am St. Thomas, 10:30 am St. Leo's

2nd & 4th Sundays: 8:30 am St. Leo's, 10:30 am St. Thomas

Every Saturday: 5:00 pm at St. Leo's

Mass Intentions for the week of Mar 17:

Mon - Mar 18 – 9:00 am – +**Sharyn Melting** by Sue Knoll

Tues - Mar 19 – St. Thomas – 9:00 am – +**Souls in purgatory**

NO MASS at St. Leo's

Wed – Mar 20 – 9:00 am – +**Shirley Marek** by Monica Qvale

Thurs – Mar 21 – 9:00 am – +**Souls in purgatory**

Fri – Mar 22 – 9:00 am – +**Beth Radermacher** by Bill Radermacher

Sat - Mar 23 – 5:00 pm - +Allan Herold by Dave & Delores Tuckwell

Sun - Mar 24 – St. Leo's - 8:30 am - For the people of our parishes

St. Thomas - 10:30 am - +Joy Kilen by Keith & Joni Biggers

Parish Staff:

Pastor: Fr. James Ermer

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Prayer Chain:

Kelsey Lako: 701-793-7088

Maintenance: Paul & Sherry Radermacher

Phone: 701-793-7740; 701-793-7798

St. Leo's Directors: Dave Glennon & Micah Bartholomay

St. Thomas Directors: Gary Milbrandt & Flint Kasowski

Sacrament of Reconciliation at St. Leo's

4:00 - 4:45 pm Saturday

at St. Thomas

8:00 - 8:15 am

before all 8:30 am Masses

~ Anytime by appointment

~ Communal Services during

Advent and Lent

New Members: If you are new to the area, we would love to have you as a registered member. To register as a new member of the parish, please visit with Fr. Ermer after Mass.

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Please join in praying the Rosary  
25 minutes before the Saturday evening  
and Sunday morning Mass times.

## PARISH EVENTS/MEETINGS

Sun., Mar 17- 6:30 pm- Ecumenical Prayer Service- Westminster Presbyterian Church- 6 pm- Supper  
 Wed., Mar 20 - 6:00 pm - Stations of the Cross at St. Thomas  
**Fri., Mar 22 - 7:00 pm - Reconciliation Service at St. Leo's**  
 Sun., Mar 24 - 6:00 pm - Easter Cantata at St. Leo's, refreshments to follow  
 Tues., Mar 26 - 11:00 am - Chrism Mass at Sts. Anne & Joachim Church, Fargo  
 Wed., Mar 27 - 7:00 pm - Tenebrae Service at St. Leo's  
 Wed., Mar 27 - 7:45 pm - KC meeting at the rectory  
 Thurs., Mar 28 - 7:00 pm - Holy Thursday Mass at St. Leo's  
 Fri., Mar 29 - 7:00 pm - Good Friday Service at St. Leo's

### Religious Education Class Times — Wed., Mar 20<sup>th</sup>

St. Thomas RE classes — 3:45 pm


St. Leo's RE classes: Simple Supper - 6:00 pm  
 Grades 1, 2, 3, 4 — (5:15 pm session); (6:30 pm session)  
 Grades K & 5, 6, 8, 9 & 10 — 6:30 pm - 7:30 pm  
 Grade 7 - Class A and 12<sup>th</sup> grade — 6:15 - 7:45 pm



### Help Support our Cameroon Card Mission:

Cards are available for purchase in the church entry. A selection of different occasions is available. Cost of cards is 50¢, please place money in envelope provided and return to parish office.

### Upcoming Ministry Schedule

|  | <b>Saturday Mar 23</b><br><b>5:00 pm</b><br><b>St. Leo's</b> | <b>Sunday Mar 24</b><br><b>8:30 am</b><br><b>St. Leo's</b>                          | <b>Sunday Mar 24</b><br><b>10:30 am</b><br><b>St. Thomas</b> |
|-----------------------------------------------------------------------------------|--------------------------------------------------------------|-------------------------------------------------------------------------------------|--------------------------------------------------------------|
| <b>Lector</b>                                                                     | Tony Roth                                                    | Fred Eldridge                                                                       | Keith Biggers                                                |
| <b>Eucharistic Ministers</b>                                                      | Paulette Schmitt<br>Mona Franck                              | Virjean Cramer<br>Dave Glennon<br>Patty Glennon<br>Terri Monilaws<br>Richard Muscha | Jurgen Suhr<br>Penny Zaun                                    |
| <b>Altar Servers</b>                                                              | Evelyn Roth<br>Joe/Jensen Kappes<br>Beau Parisien            | Lauren Glennon<br>Claire Glennon<br>Jack Glennon<br>Nolan Ziegelmann                | Abigail Killoran<br>Ali Killoran                             |
| <b>Offertory Collectors</b>                                                       | <i>Volunteers needed</i>                                     |                                                                                     | Keith & Joni Biggers                                         |
| <b>Gift Bearers</b>                                                               | <i>Volunteers needed</i>                                     | <i>Volunteers needed</i>                                                            | Marvin & Minnie Ries                                         |
| <b>Lead Rosary</b>                                                                | Michelle Kappes                                              | Sandra Keller                                                                       |                                                              |

## NEWS AND NOTES

### HOLY WEEK HELP NEEDED:

Your help is needed with our Holy Week liturgies and the Easter Vigil Reception. Please see the sign up sheets located in the church entry to see where you can help out.

**Church decorating:** All parishioners are invited to help decorate the church on **Saturday, March 30<sup>th</sup> at 9:00 am** for our Easter Liturgies.

**Celebrate Baptism** - We give thanks to God for the Baptism of Kinlee Rose Keller, daughter of Lucas & Chelci.

*We pray that the Spirit of Christ may guide her to live as a child of God.*



Pledge cards/donations may be placed in the offertory collection basket or dropped off at the parish office and we will see they get to the Diocese.

**Diocese of Fargo Events:** There are many events happening within the Fargo Diocese in the next few weeks/months. Please see the bulletin board for more information on these events or visit the Diocese website at: [www.fargodiocese.org](http://www.fargodiocese.org). You can also follow them on Facebook or twitter at:

[www.facebook.com/fargodiocese](http://www.facebook.com/fargodiocese)  
[www.twitter.com/fargodiocese](http://www.twitter.com/fargodiocese)

**Lenten Canisters** – One recipient of our Lenten canisters is **Catholic Relief Services**. *Catholic Relief Services* is an international organization that carries out the commitment of the Bishops of the United States to assist the poor and vulnerable overseas. Services include sanitation, running water, education, food, medical care to those impacted by war and natural disasters in countries like Sudan, Haiti, India, Central America, Indonesia and the Middle East. *Please be generous in supporting our Lenten charities. We will collect these canister during Holy Week.*

### **This week's Stewardship moment:**

*"I will be their God and they shall be my people." ~ Jeremiah 31:33*

What does it mean to be God's people? It means we recognize that everything we have and everything we are belongs to God. We are not "owners" of anything; we are merely "stewards" of the gifts God has given us. It means we are willing to use our gifts and our lives to care for our family, our neighbors and for people we don't know, just as God cares for each of us.



**Knights of Columbus Breakfast:** Serving pancakes and sausage **Sunday, April 7<sup>th</sup> from 9:00 am to 12:00 pm** in the Spirit of Life Center.

Free will offering. Proceeds will benefit the Nathan Ray family.

### **EASTER CANTATA**

*'Sanctuary...A Cantata of Hope & Peace'*

Palm Sunday, March 24<sup>th</sup>

**6:00 pm**

St. Leo's Catholic Church

All are Welcome

Refreshments to follow.

**Join us to sing from the choir loft!** "Choir Sunday" will be **Sunday, April 21<sup>st</sup>** at the 10:30 am Mass. Anyone middle school and older is welcome is to sing. We will meet in the choir loft from 9:30-10 am that day to run through these songs: #570, #614, #344, #553. YouTube is a great way to practice at home beforehand. Music with harmony parts available-ask Wanda Mangin.