# WELCOME

Sharing in the body of Christ, we seek to:

# KNOW SEE BE

THE HEART OF CHRIST. THE FACE OF CHRIST. THE HANDS OF CHRIST.

#### May 12, 2024 • The Solemnity of the Ascension of the Lord

#### Living a Life of Gratitude By Fr. Mike Reinhardt

I was recently reminded of a famous study, nick-named "the nun study," which looks at some seven hundred School Sisters of Notre Dame aged between 75 and 107. Each of the sisters writes an autobiography in her postulancy in her



the sisters writes an autobiography in her postulancy in her early 20s. The researchers had access to these early accounts and used them to draw a picture of their personalities at that much younger age. One finding that jumped out to the researchers is that the more these early statements expressed positive emotions, using words like gratitude, hope, happiness and love, the more likely the sister was to still be alive. The difference in additional years of life expectancy was about seven years.

One can look at such a study and immediately put things in the wrong order, saying something like, if I want to live longer, I should practice gratitude. That is grabbing the wrong end of the stick; it instrumentalizes gratitude. I think of those studies which show no real difference between those who pray and those who don't. Those studies, too, instrumentalize God and prayer, treating them as means to an end. I suspect that those who look at this study and are motivated to gratitude by a desire for a longer life will see a very modest benefit.

A better way to understand this study is something like that, as we live as we ought, we perform better. It is a confirmation that gratitude is a natural, healthy and necessary part of our lives. Now "ought" is a fraught word these days, turning many off with its (not necessarily intended) moralistic overtones. All that "ought" means in this case is according to design. We can think of ourselves like a car: if we perform regular maintenance on our cars and drive them with the understanding that we are not in an F1 racing car, the car will last longer because it is being used according to its design. As we take care of our car as we ought, it performs better.

Likewise, gratitude is a part of our design. We perform better when it is a regular part of our lives. Science says!

And of course, gratitude is not an abstract, disconnected feeling. One is grateful for something and to someone. This study thus confirms the Christian understanding of who we are: we are made for relationship and not just the transactional relationships of the marketplace or that too often characterize the workplace, but relationship of recognizing the good in the other and responding with gratitude. Our fundamental posture before God is one of gratitude. The Eucharist is, among other things, a meal of thanksgiving or gratitude.

Perhaps this article is a confirmation of what you already know to be true in your heart. Perhaps this is a reminder to nudge you back to where you want and need to be. But in any case, follow the science and follow God's instruction manual. Live your lives with gratitude!



### Weekend Mass Schedule

Saturday: 5 p.m. Sunday: 8:30 a.m.,10:30 a.m. and 5:30 p.m.

Daily Mass Schedule

Monday-Saturday 8 a.m.

Nursery Sundays during 8:30 and 10:30 a.m. Masses

#### Confessions

Saturdays: 8:30-9:30 a.m. Wednesdays: 5:15-6:15 p.m.

#### Sign Up for Email!

If you are not receiving our emails, the sign up link is on hnoj.org under the contact us information.

#### Anointing of the Sick or Funeral

Please call the parish office at 763-473-7901 to schedule. Or for an emergency, call 763-233-0259.

#### **Adoration Schedule**

Sign up at hnoj.weadorehim.com Monday 8:30 a.m.-9 p.m. Tuesday 8:30 a.m.-9 p.m. Thursday 8:30 a.m.-9 p.m.

Parish Office Hours Monday-Friday 8 a.m.-4 p.m.



Give Online: https://www.hnoj.org/online-donations

# **Parish News**

#### Crucifix Drive - Donate Through May 18

HNOJ is hosting a Crucifix Drive to help every single room at the new Trinity Wood Catholic Retreat Center. Starting this summer HNOJ teens will be attending Extreme Faith Camp at Trinity Woods. You can be a part of bringing Christ to every room of camp by donating a Crucifix this spring.



Trinity Woods Catholic Retreat Center, the new home to Extreme

Faith Camp for the Archdiocese of St. Paul and Minneapolis, is collecting Crucifixes for the lodges, cabins, and sleeping areas. The Crucifixes should be between 10 and 15 inches high and have the body of Christ on the cross.

Please bring the Crucifixes to the parish office welcome desk by Sunday, May 18. If you would like more information about this Crucifix drive, please email Chris Kostelc at ckostelc@hnoj.org. If you would like more information about this new camp, please see the website at Trinitywoodscatholic.com

Thank you for your help in this important part of making our camp Catholic.

#### **Catholic Movie Series**

Join Holy Name of Jesus for a summer of movies! Starting in June, we will watch several of the most renowned Catholicthemed movies Hollywood has to offer. Feel free to come to one or all of these features where there will be abundant popcorn, fellowship and epic Catholic cinema based on both true and fictional stories.



There will be three different opportunities to view these great films with opportunities for discussion after. A few of them are Catholic in name and theme while others may not be explicitly Catholic but maintain many of the themes. A free-will offering is requested (roughly \$10/person). Pizza and popcorn will be provided starting at 5:30 p.m. We will watch the movie in the St. Benedict Room from 6-8:30 followed by an optional happy hour discussion at Rock Elm.

*Shoes of the Fisherman* (an old Catholic classic) on Wednesday, June 19

*A Quiet Place* (a contemporary movie with Catholic themes) on Wednesday, July 10

*The Scarlet and the Black* (Another old Catholic classic) on Wednesday, Aug. 14

Registration is open! Please find all the details at hnoj.org/ summermovies

#### **VBS** Announcement

HNOJ is excited to announce that we have hired a VBS Coordinator for this summer. Jamie Overman, an HNOJ Fatih Formation parent, will be coordinating VBS this year. Vacation Bible School will take place August 5-8 at HNOJ. Registration and more information will be available soon at https://www.hnoj.org/ vbs. Also keep watching all



HNOJ media to keep in the loop on all things VBS. Welcome Jamie!

#### **Memorial Day Mass**

On Memorial Day we pray specifically for those who have died in our nation's wars, for their souls and the special sacrifice they made for our nation. Those brave soldiers whom we commemorate, heroically gave their lives to defend freedom, and their



sacrifices are worthy of a public memorial as well as private awe. Memorial Day has also become a special time to remember all those loved ones who now live in the eternal peace of God's heavenly kingdom.

A Memorial Day Mass will be held on Monday, May 27, at 8 a.m. Mass will be followed by a cemetery service and honors. The cemetery is open for families to reflect and spend time in prayer, remembering their loved ones that have passed.

The Holy Name of Jesus church and school offices will be closed on this day in observance of Memorial Day.

#### **Change in Adoration Schedule**

We will not have exposition of the Blessed Sacrament on Monday, May 27.

#### Thank You from Ascension

Thank you, Holy Name of Jesus parishioners, for your support of Ascension Catholic School during your recent second collection. Your generosity helps provide a faith-filled education to more than 300 scholars. If you



would like to volunteer at Ascension, please contact Margaret Conroy at mconroy@acamn.org or join us on Friday, May 17, at 9:15 a.m. for our Holy Name of Jesus volunteer tour at Ascension Catholic School. And if you'd still like to make a financial contribution, you can do so online at hnoj.org/ascension. Thank you again for your support. We are so grateful.

## **Parish News**



#### **Blessing of Mothers**

During the season of Easter, what a great time to remember our mothers and ask for God's blessing on them. It is God who ultimately gave us life. It is through God's unselfish love - mirrored in our mothers' willingness to associate their love with God's and take the risk to love us into life - that we have the opportunity for life. We remember our mothers this Mother's Day with much love. Let us pray for each of them:

God our heavenly Father, you give to each the ability to share your generative love.

Bless those women in our lives who mirror your love and bring forth life through their willingness to risk bringing new life into this world.

Help us to show them our gratitude for the gift of life and the gift of a mother's love. May our life-giving God continue to bless them and show them his unfailing love.

We ask this through Jesus, God's Son and our brother. Amen.

#### **Communion Outreach**

If you or someone you know is homebound in our parish area and would like Communion brought to them, please contact Maureen Laird-Hayes at mymontanamo@gmail.com or 612-723-7001. At Holy Name of Jesus it is our joy and honor to be able to provide this ministry through our Communion Outreach Team.

# Scripture of the Week



"Go into the whole world and proclaim the Gospel to every creature." (Mark 16:15)

The Feast of the Ascension is always celebrated 40 days after Easter. This corresponds with the Scriptural accounts of Jesus being present with His disciples for 40 days following His resurrection. While that 40 days will always fall on a Thursday, many dioceses in the U.S. celebrate the feast on the following Sunday because it is such an important occurrence - namely, Jesus ascends, Body and Soul, into Heaven.

But before He ascends. Jesus promises to send the Holy Spirit to be with His followers. We are never abandoned. We are never alone. The Father's love encompasses us, His Son remains as our very food -Body, Blood, Soul and Divinity, and the Holy Spirit dwells within us.

Weekly reflections by parishioner Jon Hickman.



#### THE ASCENSION OF THE LORD

So then the Lord Jesus, after up into heaven and took his seat at the right hand of God. But they went forth and preached everywhere, while the Lord worked with them rough accompanying signs - Mk 16:19-20

#### Mother's Day Rose Sale, This Weekend

Honor your mom, grandma, godmother or any other special person who has "mothered" you! A Community Caring for Life will be providing "Thanks, Mom, for Life" roses for Mother's Day at all Masses. Look for our tables outside the church entrances after Mass if the weather is fine, or in the Gathering Space if not. Cost is a free-will offering. Electronic donation available. All proceeds will go to help Rachel's Vineyard, a retreat ministry for women, or Prenatal Partners for Life, a ministry to families who receive an adverse prenatal diagnosis.

If you love flowers, maybe you'd enjoy spending a morning prepping roses for our annual Mother's Day rose sale. On

Saturday, May 11, at 9 a.m., we will gather in the Good Samaritan Center at HNOJ to get the roses ready for sale. There are also opportunities to help sell after all Masses on May 11 and 12. You may sign-up to volunteer at hnoj.org/accl. For questions, please contact Louise Magnuson at 763-202-2720.



#### MOTHER'S DAY ROSE SALE May 11 and 12

After all Masses or while supplies last Free will offering

Proceeds will go to Prenatal Partners for Life and Rachel's Vineyard

Volunteer to prep or sell!

hnoi.org/acel



## In Our Parish and Our Community

#### Baccalaureate Mass, June 2

All seniors and their families are invited to join us at the 10:30 a.m. Baccalaureate Mass on Sunday, June 2. We will have a cake reception following Mass in the GSC! Seniors, please RSVP online at hnoj.org/



baccalaureate by Thursday, May 23, and turn in a walletsized graduation photo by May 23. Please wear your cap and gown and arrive by 10:15 a.m. to line up and process into Mass together. Congratulations, class of 2024!

#### **Ordination Schedule**

#### Ordination to the Priesthood

Saturday, May 25, 10-11:30 a.m., Cathedral of St. Paul All are welcome to attend the Presbyteral Ordination at the Cathedral of St. Paul. Thirteen Theology IV seminarians from the Archdiocese of St. Paul and Minneapolis are scheduled to be ordained to the Priesthood of Jesus Christ!

We lift up Deacon Derek Gilde in a special way as he prepares for Ordination to the Priesthood on May 25!

Go to 10000vocations.org/ordinations.html for more information.

# Mass of Thanksgiving, June 2, at 10:30 a.m. at HNOJ

Please join us on Sunday, June 2, at 10:30 a.m. as Deacon *(soon to be ordained Father)* Derek will offer a Mass of Thanksgiving at Holy Name of Jesus. Then please join us for a special reception for him as well as our seniors graduating in the class of 2024.



#### "The Life of Joan of Arc"

Please join family and friends in a spiritual journey as the Veritas Players (a Catholic homeschool co-op) present the play, "The Life of Joan of Arc" as written by Saint Therese of Lisieux.

This extremely unique performance begins at 7 p.m. on Wednesday, May 29 and Thursday, May 30 in the gym of the Church of Sts. Peter and Paul in Loretto. Cost is a freewill donation. Special veneration of a first-class relic of Saint Therese will be available during intermission and after the play.

#### Annual Widows Day of Reflection 2024

Registration is now open for the Annual Widows' Day of Reflection 2024, which will be held on Saturday, June 15, 2024, from 8 a.m.-1 p.m.

Our Lady of Grace is excited to hold their 13th Annual Widows' Day of Reflection! The day will begin with 8:30 a.m. Mass, followed by inspirational talks by our guest speaker, Bishop Joseph Williams. This Day of Reflection is for all widows; both recent and longtime widows will experience the Church's concern for them as they navigate a status in life they did not choose. The cost for this retreat is \$30 and includes breakfast and lunch. Register online at olgparish.org

#### Pampered Chef Fundraiser for Senior High Mission Trip

Let's work together to benefit the Senior High Mission Trip with this Pampered Chef Fundraiser! 30% of the sales will help to cut down the costs. Purchase \$90 or more and get a FREE gift! To shop kitchen appliances, utensils and gadgets, go to pamperedchef.com/party/shmission which will be open through June 15.



#### Nursery Closed for the Summer

Our Sunday morning nursery will take a break for the summer. Our last day of nursery will be Sunday, June 2, and we will reopen on Sunday, Aug. 25.

At HNOJ, we are happy to offer nursery for kids ages 9 months to 5 years during the Sunday morning Masses, Wednesday School Masses and MOPS meetings – all during the school/program year.



#### Free Advanced Planning Seminar

Gearty-Delmore Funeral Chapels invites you to a free advanced planning seminar on Tuesday, May 14, at 2 p.m. at the Plymouth location.

Funeral Director, Jessi Rinne, will explore the question of how advanced funeral planning can help protect your loved ones. There will be refreshments, a door prize drawing and a tour. RSVP is required; please call 763-553-1411 or email jrinne@delmore.com for your spot.

#### Retirement "Next Chapter" Program

The University of St. Thomas is offering an exciting program open to those already retired or thinking about retiring soon. "The Next Chapter" program will be starting another cohort in September 2024. It is not a financial planning seminar, but rather a six-month, guided journey using principles of Ignatian spirituality to assist participants in discerning what God might be calling them to in this "Next Chapter" of their lives. Participants meet once a month at St. Thomas on Saturday mornings with readings and reflection required between sessions.

To learn more, you are invited to attend one of two information sessions. The first is Monday, May 20, at 7 p.m. at the University of St. Thomas. A second (online only) session will be held on Tuesday, May 21, at 7 p.m. Applications are due June 10. We encourage you to attend one of the sessions to explore this opportunity!

You may register for an information session by filling out this RSVP form at www.stthomas.edu/mission/office/. For more information contact USTNextChapter@stthomas.edu

# **Contact Us**

#### Parish Staff

Parochial Administrator	
Fr. Tim Wratkowski	
Associate Pastor	
Fr. Mike Reinhardt	
Deacon	
Rev. Mr. Dennis Hanson	
Parish Administrator	
Janna Webskowski	
Accountant/HR Specialist/Contributions	702 002 0041
Gabby Lehner	
Coordinator of Children's Faith Formation	(3 <b>FISG</b> r. 5) 763-745-3483
Middle School Youth Minister (Gr. 6-8)	
Senior High Youth Minister (Gr. 9-12)	
Eve Anders	763-233-0251
Director of Mission and Faith Formation	
Chris Kostelc	
Coordinator of Mission	
Tim Lyngdal	
Bulletin/Website	
Sarah Reid	
Baptism Scheduling/Safe Environment Coordinator	
Jennifer Wendt.	
Front Desk	
Jan Stumpf	

Room Scheduling Jennifer Wendt		
Parish Prayer Line: As a parish community we hold each other in prayer and commit to praying for those in need. To share your prayer requests confidentially or to join the Prayer Line Email: prayerline@hnoj.org or call Lee Ann Silver		
Mass Intentions: Call to have a Mass offered for the intention of a deceased loved one Front Desk		
Pastoral Council Chairperson Bill Inhofer		
School Staff		
Principal Martha Laurent		

#### **Email Addresses**

Initial of first name followed by last name and @hnoj.org (example dhanson@hnoj.org) Exceptions: Fr. Tim Wratkowski: frtim.wratkowski@hnoj.org

Fr. Mike Reinhardt: frmike.reinhardt@hnoj.org



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