

Into the Desert We Go...8 Suggestions to Cure a Bad Day

By Christina Mead

“Everything I touched today...went wrong.”
“I should have just stayed in bed all day long.”
“I can’t get anything right; no one wants to be with me.”

Maybe you haven't said one of these things exactly, but I'm sure you know what it feels like to have a bad day. My sister was having a bad day, and I told her to just deal with it and she told me where to go. So, in an attempt to redeem myself (because apparently 'Just deal with it' doesn't cut it), here are some of the ways I've learned I can change my bad day into a day in which I feel blessed.

1.Go get some grace. If you haven't been in awhile, go to Reconciliation, or daily Mass. If you can go to adoration, awesome; if you can't, spend some time alone in silent prayer. Listen and let God speak truth to you. (Matthew 28:20) (James 5:13)

2.Remember it will pass. Tomorrow is a new day. You can clean the gum off your foot. Your heart will heal. Just give today to God; He wants to be there for you. (Psalm 34:19)

3.You're in control. No matter what situation you find yourself in, the one thing you can control is how you deal with it. What choice are you going to make? Will you become bitter or better? (Philippians 4:8)

4.Don't dwell on your problems. It doesn't help to feel sorry for yourself. Go out and do something to brighten up someone else's day. I promise you'll be feel better when you stop thinking about yourself. (Galatians 5:13 – 14)

5.Find someone you can talk to. I love that my sister calls me about her bad day because I know she trusts me. It's never healthy to bottle it up inside and getting an outside opinion

(especially someone who's faith-filled and positive) is helpful when you have strong emotions about a situation. (Romans 14:19)

6.Fill the void. You may want to eat chocolate, buy something new, take a nap, or hang out with friends. But! Remember that while we're supposed to enjoy good things in moderation, don't over do it. Nothing will satisfy that hole in your heart except God. Let Him in. (Psalm 62:2)

7.Listen to uplifting music! This morning I was thinking about how unhappy people just need more country music in their lives. Maybe that's not true for everyone, but turning on Christian music is a sure way to be reminded that God's in charge and loves you immensely. (Psalm 100: 1 – 2)

8.Ask for help. You have a huge circle of friends – the saints! Their intercession is powerful. You never have to feel alone; the saints and angels are always with us, cheering us on in our battles. I recommend the St. Michael prayer for protection against the enemy, Satan, who doesn't want you to be a good Catholic. (Hebrews 12:1)

We can't expect life to be all butterflies and flowers. Read Sirach, chapter 2. It starts with a warning, 'My child, when you come to serve the Lord, prepare yourself for trials.' The rest of the chapter is filled with hope because of how God loves and cares for us. Don't give up. I'm praying for you.



St. Philip Neri Catholic Church

A Discipleship Parish



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After John had been arrested, Jesus came to Galilee proclaiming the gospel of God...." - MARK 1:14

Have you ever thought about how difficult it must have been for Jesus to come into Galilee, knowing that John had just been arrested for teaching the same message that Jesus was proclaiming. It must have taken great love and trust for Jesus to do what the Father had sent Him here on earth to

do. In the same way, following a life of stewardship takes great love and trust from us. We must be willing to surrender completely to God, trusting that God will always give us all that we need to fulfill His plan for us.

St. Philip Neri Prayer Chain - Contact Janet Christmann Bitz at 754-2295 or janetbitz14@gmail.com

CCD - Grades K-6 on Sundays at 11:00 AM and Grades 7-12 on Wednesdays at 7:30-8:45 PM.


Confessions: 1/2 hr before evening Mass, 1 hour before Saturday Mass, OR by appointment.


Weddings: Contact Fr. Pfeifer at least 6 months prior.

Baptisms: Contact Fr. Pfeifer before Godparents are chosen.

February 18, 2018
First Sunday
In Lent

Mon., Feb 19.....7 PM <i>Cindy Doll by Paul & Wendy Haegele</i>
Tue., Feb 20.....7 PM <i>+Darlene McClure by Andy & Lorraine Piatz</i>
Wed., Feb 21.....8 AM <i>+Lucy Schloss by Nick & Kelly Breidenbach Family</i>
Thurs., Feb 22.....8 AM <i>+Alfred Gross by Wilma Gross & Family</i>
Fri., Feb 235 PM <i>+Rosalia Schaffer (Death 2/23) by John & Margaret Gross</i>
Sat., Feb 24.....5 PM <i>Our Parishioners</i>
Sun., Feb 2510 AM <i>+Bill Schmitt (Death 2/25) by Delrose Schmitt & Family</i>
Sun., Feb 25 Care Center 8:45 AM <i>+George & +Margaret Howarth</i>
<i>Helper: Lila Wirt</i>

 **Rosary 25 minutes before all weekend & daily masses.**

 Exposition of the Blessed Sacrament takes place from 6 AM Thursday until midnight Friday.

Stewardship of Treasure
This Week: \$3,394.12

Parish Announcements

No CCD for Grades K-6 this Sunday, Feb. 18.

K of C Right to Life Bingo will be on Sunday, Feb. 18th at 7 PM.

KC meeting Feb. 26th after the 7 PM Mass with Pat Dolan of KC Insurance Office present. Also, KC Scholarship deadline is Feb. 21.

Save the Dates - 1. St. Philip Neri Lenten Penance Service – 7:30 PM on Sun., Mar. 18th **2. St. Joseph Party** – Mar. 19th -Eucharistic Procession, Mass, and Supper at the Legion with entertainment **3. Farm Succession, End of Life, and Estate Planning Meeting** on Thurs., Mar. 22nd at 7:30 PM after Mass in the social hall. Mass that day will be at 7 PM. **4. Young Disciples Camp** - June 25-29, 2018

Please pray for the success of the **women’s Cursillo this weekend** in Harvey and those attending it – Cassie Kleppe, Whitney Weigel, Jackie Weigel, Jessa Gross, Becky Rohrich, Janet Dewald, and Fr. Pfeifer who is directing it.

Lenten Anointing of the Sick Mass will be Saturday, March 17th at 9 AM at St. Philip Neri. Receive the Sacrament and allow God’s grace to work in your heart and mind and heal you mentally, physically, or emotionally.

Stations of the Cross will be taking place on Fridays during Lent at 5:30 PM after the 5 PM daily Mass.

Bible Study Monday night after the 7 PM Mass in the social hall.

Feb. 24 and 25 is commitment weekend for the **2018 God’s Gift Appeal**. Bring the commitment card you received in the mail to Mass with you as we join together to support our Catholic Church. We thank Annette Schumacher for her witness to God’s Gift this weekend.

The **Christian Mothers** thank those who paid their dues as current or new members. If you still need to pay dues, enclose \$5 per year in an envelope labeled Christian Mothers & put it in the offertory basket.

Altar Server Appreciation Sunday—We invite all current and interested altar servers to an appreciation on Sunday, Feb. 25th from 2 to 4 PM at the bowling alley. Free bowling, snacks, and treats.

MEN – Join us for a **Lenten DVD Series** and workbook discussion called **“Be A Man”** by Fr. Larry Richards in the social hall every Tuesday morning during Lent from 6:50 – 7:50 AM.

The next **St. Philip Neri pinochle tournament** will be Friday, March 2nd after Mass and Stations of the Cross. Register in the main entrance by Wed., Feb. 28th. \$5/person payable the night of the tournament. All money paid out to winning teams.

World Day of Prayer-Thurs., March 1st 7 PM at Trinity Lutheran.

Confirmation Mini Retreat Reminder—Saturday, March 3rd from 9 AM to noon. Students must complete and turn in all homework on or before that day. Parents, sponsors, and students are encouraged to attend the retreat. Parents don’t forget to schedule your interview with Fr. Pfeifer before March 9th.

Please pray for our 3rd grade students who are preparing to receive 1st Communion and Confirmation on March 11th at 2 PM.

WOMEN – Join us for a **6-hour retreat** on Mar. 10th from 9 AM to 3 PM. Theme: “Mary Pondered All These Things in Her Heart.” Sign-up sheets will be up until Wed., Mar. 7th in the front entrance of the church or call the parish office. There will be a series of 3 talks, Mass, and a time for prayer and reflection. Lunch is included for a free-will offering. Free daycare will be provided to you, but you must sign up for it when you register, so we can accommodate.

RCIA meets every Wednesday at 5:30 PM in the social hall.

Baby Bottle Lent Project—Return filled with coins, bills, or checks before Good Friday. Money benefits this pro-life apostolate that helps mothers with an unexpected pregnancy and little support/resources who heroically choose life. Women come at all stages of pregnancy and usually stay one to three years. About 20% of the mothers choose adoption. The Home has served women from the ages of 12-39 and have accepted more than 300 people since 2004. Needs include: heating costs, groceries, gas, clothing, paper products, cribs, strollers, and car seats, to name just a few.

Miryam Dinner - Bishop Folda will visit Napoleon on Sun., March 11th for a Miraym Dinner from 5:30 to 8 PM. Open to women ages 16-40 who are open to consecrated religious life. Held at the St. Philip Neri Rectory. An evening of prayer and dinner with consecrated religious women from various convents who will share their vocation stories and answer questions. Typically, women discerners are accompanied by their pastor, consecrated religious or a friend. Please contact Fr. Pfeifer if you are interested in attending.

Attention All Engaged and Married Couples! Need to fulfill your pre-marriage NFP requirement? Want to strengthen your marriage while learning how to naturally plan your family? Contact NFP instructor Dawn Becker at 754-2646 with questions or to schedule.

The **Eucharistic Miracles of the World** display will be in Ellendale, ND on Feb. 23 – 25th. The display includes over 100 posters of documented and approved miracles from around the world. This is free and open to the public. Questions? Call 701-349-3297.

REDEEMED 2018 – Saturday, April 7, 2018 at Scheels Arena in Fargo. Theme: “Do not fear, for I have redeemed you; I have called you by name: you are mine.” (Is. 43:1). Dynamic speakers. Youth program at Shanley. Family dance too! Visit: fargodiocese.org

 **St. Philip Neri Catholic Church**

Saturday, Feb. 24th

<u>Sacristan</u>	Dawn Becker
<u>Rosary</u>	Rick Regner
<u>Lectors</u>	Tim Long; Chuck Wald
<u>Ushers/ Gift Bearers</u>	Curt C Family; David Becker Family
<u>Servers</u>	Charmaine Haas, Alexis Schneider, Tucker Schneider
<u>EMHC</u>	Dennis Weigel, Rick Regner, Angelica Revolorio

Sunday, Feb. 25th

<u>Sacristan</u>	Janet Dewald
<u>Rosary</u>	Youth
<u>Lectors</u>	Youth
<u>Ushers/ Gift Bearers</u>	Youth
<u>Servers</u>	Jacob Bitz, Riley Dewald, Claire Piatz, Blaise Bitz, Janae Weigel
<u>EMHC</u>	Cindy Weigel, Cheri Glatt, Bridget Piatz