

# Duluth Diocesan Council of Catholic Women

The HINGE

MARCH 2024

Connie Andrews, Editor



## Deacon Richard Johnston DDCCW Spiritual Advisor

***ITE MISSA EST***..... We hear this at the end of every Mass. *Go forth the Mass is ended.* But how many of us really and truly understand this proclamation?

When I am on the altar, saying these words, I see all sorts of “responses.” Many people leave even before I say it, others leave after hearing it, and most seem in such a hurry to leave God’s presence, for what? Oh, I must get dinner on the table or I must get out early there is a sports event I JUST HAVE TO SEE. Whatever reason you leave early is a bad choice. You have just received, what? A piece of bread? Or God Himself that has become the BREAD OF LIFE, BREAD FOR THE JOURNEY, BREAD

FOR YOUR SOUL! That is reason enough to just sit, or kneel, in His presence both in the tabernacle and in your inmost being!

I know that we are all busy with a lot of things. But what is more important than spending a little time just thanking God - *Whom you just received.* Eucharist means THANKSGIVING. Are you truly thankful for Him?

Those who refuse to come to Mass because they don’t like Father, or the deacon or that person who just has to sit in “my pew”. These are not good reasons. We must ask them, “What was the reason they used to attend Mass?” The real reason to participate in Mass is not these distractions, the real reason is all about God. It is not about you, your neighbor, the clergy, **IT IS ABOUT GOD** and **RECEIVING HIM**. Even some who attend Mass regularly can forget. Instead of paying attention to what is happening on the altar, people are moving their eyes, heads, even bodies and turning this way or that to see who is or isn’t there or glaring at the young family whose child is making a fuss. This is not what Mass is all about. The Mass is all about sharing-sharing in the most important meal we could ever eat, the most important food that was ever given to us.

When we participate in Mass, we receive a foretaste of heaven in the Eucharist. In fact, at every Mass, we are not the only ones attending. The Church Fathers have said that, at the moment that the Eucharistic Prayers begin, **all** in heaven, the saints, the angels, are present. When the actual prayer of consecration is said, and the consecrated Host and consecrated chalice are elevated, heaven and earth “kiss.”

The best example of the Mass and how we should respond is the Emmaus Story. In those short sentences, two things are happening. One is the Liturgy of the Word. Jesus is explaining why He had to suffer, die, and rise from the dead and how the prophets “beginning with Moses” foretold what the Messiah was to accomplish. Then, invited to come in for a meal, Jesus **takes** the bread, says the **blessing**, **breaks** the bread, and **gives** it to them. The same four verbs Jesus uses in the Last Supper. He **TAKES, BLESSES, BREAKS, GIVES**. Every Mass we hear these same words. Notice what the two disciples did. Remember, it was late in the day. They were tired and confused. Their conversation has their “hearts burning.” They insist that He stays.

Then Jesus says Mass and their eyes are opened. Instead of saying, "WOW! That was exciting? Let's go to bed." No. They went on a mission. Even though it was late they ran back just to let everyone know the Good News. The Liturgy of the Word prepared their hearts to fully participate in the Liturgy of the Eucharist.

When we think about food for the journey, for the mission we are called to do, let us remember. In life we need food. In our spiritual life, we need His Food, His REAL Presence. When we receive Him in the Eucharist, how do you show your love? Even before entering the line, ask yourself, "Am I truly in the state of grace? When did I go to confession last?" If you are in the state of grace, then how do you approach Him? Are you distracted? Kind of like St. Peter walking on the water got distracted by the waves. Are you approaching Him with a heart that is prepared, asking Him: what do you want of me? You can pray anywhere or any time, but at this time, you will never be closer to God than after you have just received Him. Talk to Him. Tell Him everything on your heart.

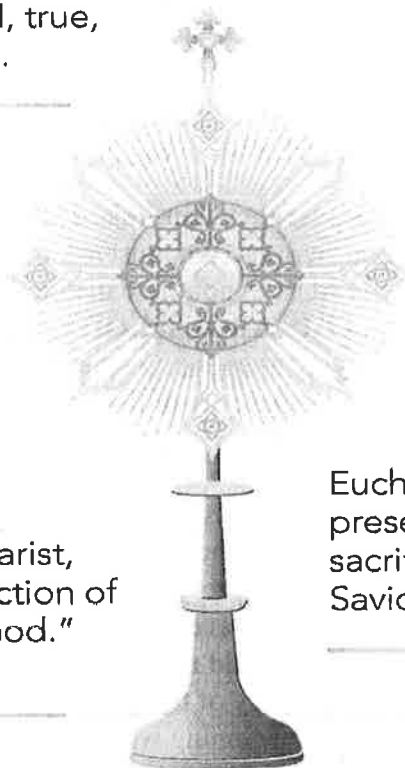
We hear the final prayer, and are told to go in peace. It does not mean you should just go through the doors and leave God behind. You have received a mission when you receive the Lord. How are you going to let Jesus lead you. Remember that your life has a purpose. How are you going to let Jesus act in you? YOU ARE NOT INSIGNIFICANT. God created you for something, do not be afraid to tell others just how much God loves them. When you leave the Mass, what will your mission look like? Do not be afraid to ask God what He wants of you. He will always be with you, as we hear Him say: "I am with you always, until the end of the age." ITE MISSA EST DEO GRATIAS Your mission has begun. Go with God who never leaves you alone.

## **"Take; this is my body"**

—Mark 14:22

The presence of  
Christ in the  
Eucharist is real, true,  
and substantial.

"Jesus awaits us  
in this sacrament  
of love." (St. John  
Paul II, *Dominicae  
cenae*, no. 3)



"It is called: Eucharist,  
because it is an action of  
thanksgiving to God."  
(CCC, no. 1328)

Eucharist "makes  
present the one  
sacrifice of Christ the  
Savior." (CCC, no. 1330)



# DDCCW President's Message – March 2024

Dear Sisters-in-Christ:

I hope you are having a prayer-filled and enriching Lent. We have much to be thankful for. Council of Catholic Women has blessed us with many opportunities to grow in our faith and to serve others.

In November of 2023 at our diocesan fall conference in Cloquet we heard from Fr. Steve LaFlamme about the marriage annulment process. Attendees were able to ask questions afterward and we were all enlightened about this process.

Our spring convention is scheduled for April 24 at St. John the Evangelist Church in Duluth. We are looking forward to time with our Bishop Daniel Felton, plus hearing from the Handmaids of the Heart of Jesus: their vocation testimonies and about their lives of prayer and service.

Duluth Diocese Council of Catholic Women will have the opportunity to participate in the Star of the North Eucharistic Congress to be held May 17th & 18th at the Sanford Center in Bemidji. At the conclusion of the Congress on May 19<sup>th</sup>, Mass will be held at Itasca State Park followed by a solemn Eucharistic Procession. The procession will make its way to Duluth before continuing to Indianapolis, IN where the National Eucharistic Congress will be held in July. These are wonderful opportunities to participate as Catholics in sharing our faith in the real presence of Jesus in the Eucharist. Please consider joining in some of or all these events. For more information, please check out [www.crookstoneucharist.org](http://www.crookstoneucharist.org) and [www.eucharisticrevival.org](http://www.eucharisticrevival.org)

I look forward to hearing about CCW activities in your home parishes as you continue to serve others and encourage each other in living out our Catholic faith.

May God bless you and your service.

Anita Brandner  
DDCCW President

## 2024 NCCW NATIONAL CONVENTION



WHEN: AUGUST 13-17, 2024

WHERE: OKLAHOMA CITY, OK  
OMNI OK. CITY HOTEL  
100 OK. CITY BLVD  
OKLAHOMA CITY, OK 73109

HOW: REGISTRATION BEGINS  
APRIL 1, 2024  
NCCW.ORG  
click on convention

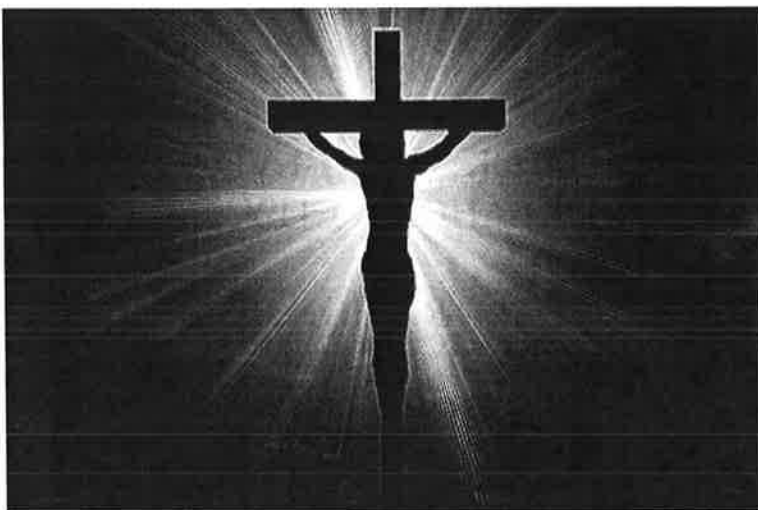
# History of Holy Week

Holy Week has names for the five special days in the week, beginning with Palm Sunday or Passion Sunday, which commemorates Jesus' triumphal entry into Jerusalem. The following day is called Holy Monday when Jesus cursed the fig tree, sent out the merchants from the temple, and responded to those who questioned His authority. On Holy Tuesday, some observe Christ foretelling his own death.

The next day is called Holy Wednesday or Spy Wednesday, which remembers how Judas arranged the betrayal of Jesus with the chief priests, since he was a spy among the disciples of Jesus. Some churches celebrate Tenebrae (the Latin for 'shadows' or 'darkness') services especially on Spy Wednesday, where they gradually extinguish lit candles while reciting and chanting a series of readings and selected psalms. Holy Wednesday is then followed by the 'Triduum' of Holy Week — Maundy Thursday, Good Friday, and Holy Saturday.

Deriving its name from a shortened form of the Latin word 'mandatum' meaning 'command,' Maundy Thursday (also called Holy Thursday) commemorates Christ's "new commandment" that his disciples love one another as He has loved them (John 13:34). Maundy Thursday also marks the Last Supper that Jesus shared with His disciples, His prediction of His death, His betrayal by Judas Iscariot, and His arrest at the Garden of Gethsemane. Maundy Thursday services also include an act of foot washing, commemorating how Jesus washed His disciples' feet as an act of service preceding His arrest.

Known as the most somber day for Christians, Good Friday remembers Jesus' trial before Pontius Pilate, His death sentence, torture, crucifixion, death, and burial. Some Christians fast on Good Friday, while some avoid eating meat, and many attend a church service where they meditate on and venerate the cross of Christ. The Triduum of Holy Week concludes with Holy Saturday, the seventh day of the week, when Jesus rested in the tomb. On this day, Christians observe a late-night two-part Easter Vigil service. Jesus' resurrection on the eighth day, is celebrated as Easter, marking the beginning of the Easter week, and the season of Eastertide.



He is  
**RISEN**



COUNCIL OF CATHOLIC  
 WOMEN SPRING CONVENTION  
 APRIL 24, 2024  
 ST. JOHN THE EVANGELIST  
 CHURCH  
 4230 ST. JOHN'S AVENUE  
 DULUTH, MN 55803

# Duluth Diocesan

BRING BANNERS

<b>Mass with Bishop Felton</b>	<b>8:00am</b>
<b>Registration &amp; Light Breakfast</b>	<b>8:45am</b>
<b>Welcome, Introductions</b>	<b>9:30am</b>
<b>Bishop Felton</b>	<b>10:00am</b>
<b>Lunch</b>	<b>12:00pm</b>
<b>Handmaids of the Sacred Heart</b>	<b>1:00pm</b>
<b>Drawings &amp; Closing Prayer</b>	<b>2:30pm</b>

DONATIONS FOR  
 BAG RAFFLE

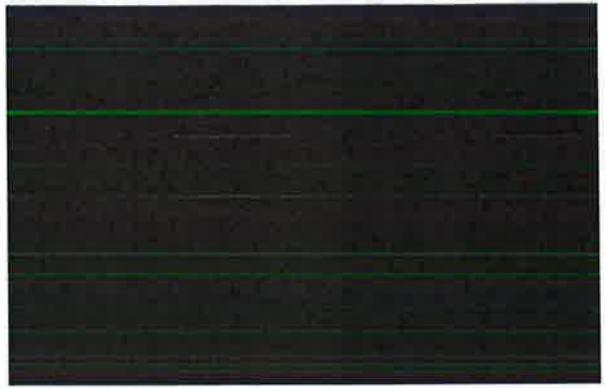
PLEASE COMPLETE AND RETURN THIS PORTION  
 BY APRIL 15, 2024  
 COST \$30

PLEASE MAKE CHECKS PAYABLE TO DDCCW AND SEND TO:  
 SPRING CONFERENCE REGISTRATION  
 SUE GOERGES, 28425 CO. RD. 4  
 PEQUOT LAKES, MN 56472

NAME \_\_\_\_\_ PARISH \_\_\_\_\_  
 CITY \_\_\_\_\_ EMAIL \_\_\_\_\_  
 SPECIAL FOOD NEEDS \_\_\_\_\_ PHONE \_\_\_\_\_

## HIBBING DEANERY REPORT SPRING 2024

The Hibbing Deanery CCW hosted a LENTEN RETREAT on Saturday, Feb. 17<sup>th</sup>. The theme was ***“Draw Near to ME”***. The morning included Adoration of the Blessed Sacrament. There were 3 talks focusing on Jesus in the Eucharist as God’s presence with us and in us. The talks were given by Deacon Richard Johnston, DDCCW Spiritual Advisor and Ann Johnston, HDCCW President. Benediction was done just before lunch and concluded with a discussion to continue to enliven our relationship and challenge our parishes to greater Eucharistic devotion. For the spring we are investigating a possible pilgrimage in place of a Spring Convention. If details can be worked out, it would need to be in late May or early June so as not to conflict with the Star of the North Eucharistic Congress on May 17 & 18 in Bemidji, Minnesota.



**Amen, amen, I say to you, unless you eat the flesh of the Son of Man and drink his blood, you do not have life within you. Whoever eats my flesh and drinks my blood has eternal life, and I will raise him on the last day. For my flesh is true food, and my blood is true drink. . . . Just as the living Father sent me and I have life because of the Father, so also the one who feeds on me will have life because of me. (Jn 6:53-57)**



# NATIONAL Eucharistic Revival

**Jesus Is Coming to YOU  
Revival Starts in Your Own Heart**

2022-2025

**The Movement!**



# NATIONAL Eucharistic Pilgrimage

## Marian Route

May 17 - July 16, 2024

**The Journey!**

Departing from the headwaters of the Mississippi, the northern arm of the Pilgrimage will descend through the midwestern United States, pass through Wisconsin and Illinois, and meet up with the other three Pilgrimage routes in Indianapolis at the 10th National Eucharistic Congress.

Pilgrims will attend Mass every day of their journey, along with regular evenings of reflection and adoration. As they travel, pilgrims will grow closer to Our Lord through service to local communities, inviting the most marginalized among us to be revived by the Real Presence of Jesus Christ. Will you join us on this historic journey?

### About the Intercessor

The Marian route is named for its visit to the National Shrine of Our Lady of Champion—formerly Our Lady of Good Help—the first and only approved Marian Apparition site in the United States. This is fitting, because the very first Eucharistic Pilgrimage was made by our Blessed Mother who traveled with the Body of Christ growing in her womb. Just as Mary followed Jesus perfectly throughout his earthly life, pilgrims will journey closely with Our Lord from May 2024 to July 2024.

**Mother of the Incarnation, pray for us!**



# NATIONAL Eucharistic Congress

**Come in faith.  
Leave with Hope.**

**The Moment!**

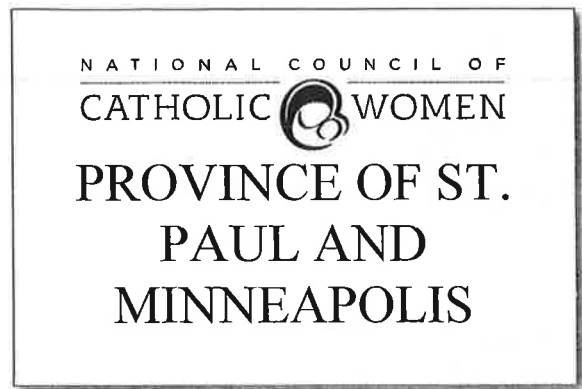
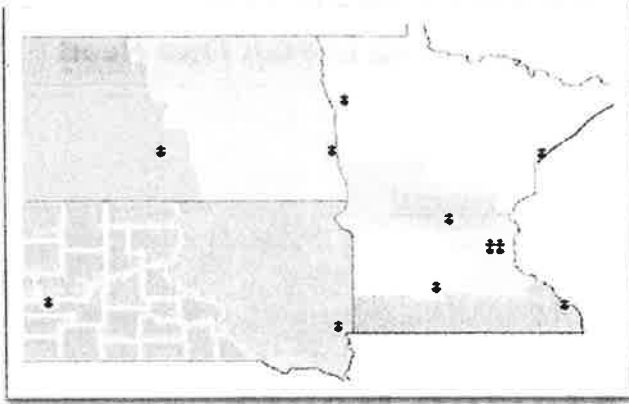
God hears our prayers for the renewal of our Church. He will answer them through a life-changing transformation of our own hearts. The 10th National Eucharistic Congress is an invitation to experience profound personal revival so we can be sent out to share Christ's love with a world that so desperately needs it.

Whether you can come for one day or all five, join us for this generational moment.

**JULY 17-21, 2024 Lucas Oil Stadium, Indianapolis, IN**

**Laypeople, Clergy, & Religious**

**<https://www.eucharisticrevival.org/>**



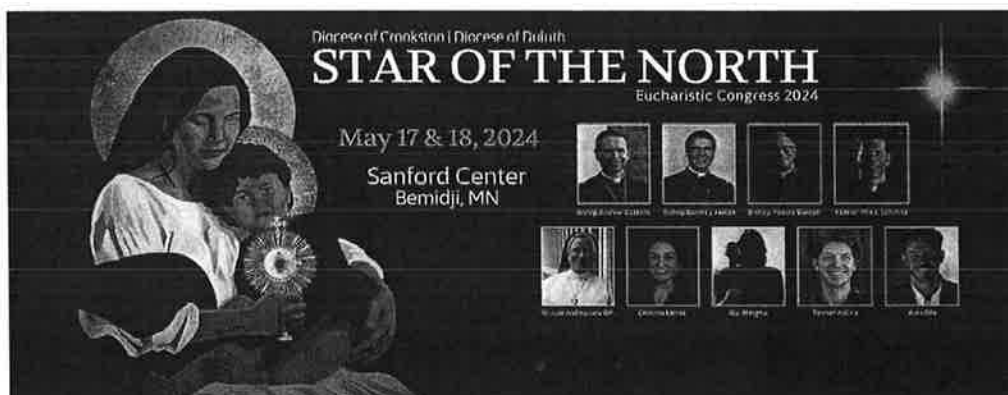
The Province of St. Paul/Minneapolis has been offered a wonderful opportunity to be a part of the Diocese of Crookston and Diocese of Duluth Star of the North Eucharistic Congress on May 17 and 18, 2024 at the Sanford Center in Bemidji, MN preceding the May 19 commencement of the Marian Route of the National Eucharistic Pilgrimage.

NCCW will have a vendor booth in the Sanford Center inspiring the pilgrims and glorifying Jesus in the Holy Eucharist. (This is in keeping with the Resolution passed at the 2023 NCCW Convention. The stated purpose was “To foster increased understanding of the Church’s teaching on Jesus’ Real Presence in the Eucharist”)

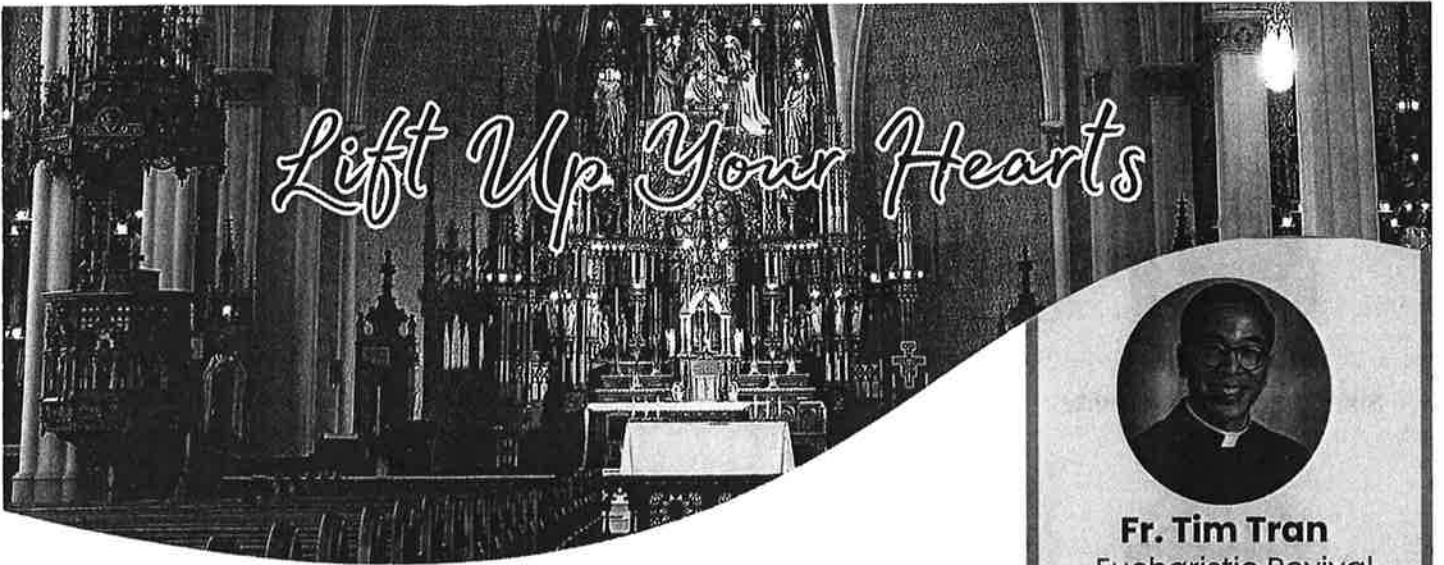
These days at the congress will allow us to promote NCCW and our dedication to the Eucharist and the needs of the Church and society in the modern world.

The congress is open to everyone, and as the pilgrimage progresses toward Indianapolis, there will be many opportunities for participation. Check out this website for more information, [www.crookstoneucharist.org](http://www.crookstoneucharist.org) .

If you are available May 17 and/or May 18 and would like to join in at the vendor booth please contact our Province Director, Carol Shukle at [caroleshukle@frontiernet.net](mailto:caroleshukle@frontiernet.net) .







Lift Up Your Hearts

NATIONAL COUNCIL OF  
CATHOLIC  WOMEN.

PROVINCE CONFERENCE 2024  
Tuesday, June 25  
St. Mary's Catholic Church  
636 1st Ave N, Sleepy Eye, MN

**Schedule**

- 8:00am Holy Mass with Bishop Chad W. Zielinski  
(Mass collection for Cross Catholic home project)
- 8:45am Registration/Coffee & Rolls
- 9:15am Welcome - Chris Heiderscheidt
- 9:20am Province Director Report - Carol Shukle
- 9:30am Fr. Tim Tran - Archdiocesan Eucharistic point-person
- 10:45am Angela Copenhaver
- Noon Lunch
- 1:00pm Melissa Kaufenberg
- 2:00pm Deacon Mike McKeown
- 2:30pm Katie Braulick
- 3:00pm Closing Prayer

**Diocese, Deanery & Parish -Please bring a Silent Auction Item**

Block of rooms under "CCW" reserved at AmericInn, 1100 Main St E,  
Sleepy Eye MN. Call 507-794-9494 by May 24, for a room in this block.

Questions? Email: [chrisheiderscheidt@gmail.com](mailto:chrisheiderscheidt@gmail.com)

Registration Fee \$55 - Must be received by June 17, 2024, check payable  
to Province of St. Paul/Mpls. Send payment with this remittance to:  
Barb Mathiowetz, 77916 US Hwy 71, Olivia, MN 56277

Name \_\_\_\_\_ Parish/Diocese \_\_\_\_\_  
 Address \_\_\_\_\_ Phone \_\_\_\_\_  
 Email \_\_\_\_\_ Dietary Restriction \_\_\_\_\_



**Fr. Tim Tran**  
Eucharistic Revival



**Angela Copenhaver**  
Human from Day One



**Melissa Kaufenberg**  
Cross Catholic Outreach



**Deacon Mike McKeown**  
Deliverance Ministry



**Katie Braulick**  
Embrace Miscarriage  
Ministry

# About the Speakers



**Bishop Chad W. Zielinski**

The Most Reverend Chad W. Zielinski was installed the fifth bishop of the Diocese of New Ulm in September 2022. Our Province Conference will begin as we come together to celebrate the Holy Sacrifice of the Mass with Bishop Zielinski joining us as the main celebrant. There will be a collection taken up for Cross Catholic specifically for their project to build a home in Guatemala. This Mass is open to everyone and all priests are welcome to concelebrate.



**Fr. Tim Tran**

Fr. Tim serves as the parochial vicar at St. Stephen's in Anoka, MN where he also serves the Latino Community. He was ordained a priest of the Archdiocese of St. Paul & Minneapolis in May 2020 and is also currently serving as the Archdiocesan Point Person for the Eucharistic Revival. Prior to seminary he had received a BS in Chemistry with hopes of entering Medical School. The Good Lord had other plans. Having grown up in the "Vietnamese Eucharistic Youth Movement," an international Catholic youth organization, he is grateful to have the opportunity to share his passion for the Eucharist and to accompany all towards the True Presence.



**Angela Copenhaver**

Angela is the Founder and Executive Director of WeTeachThink, an educational marketing organization designing multimedia campaigns to directly influence public education, awareness, and perception of Human dignity and rights. In 2018 Angela felt compelled to take on this mission after a friend asked her to read "40 Days for Life." She had previously categorized herself as a "fence-sitter" and early in her life she was very much a Pro-Choice advocate. Join us to hear the rest of her story!



**Melissa Kaufenberg**

Melissa is a Development Officer for Cross Catholic Outreach. Born and raised in a small town in Wisconsin, she attended college at Concordia University in St. Paul, receiving a bachelor's degree in organizational management and leadership. Melissa will share her faith journey that led her to work with Cross Catholic Outreach helping bring awareness to the needs of the poorest of the poor around the world.



**Deacon Mike McKeown**

This talk will focus on the dangers of New Age spirituality and how even Catholics can become deceived by New Age thinking. Deacon Mike will share helpful insight from his years of work with healing ministry in the New Ulm diocese.



**Katie Braulick**

Ministry born of Miscarriage: Katie, mother of 7 children, two in heaven and five earth side will share how her experiences of miscarriage moved her to ministry. Embrace ministry is a parish ministry under the umbrella of our CCW that walks with women and families during and after miscarriage with support, education and compassion to bring them closer to God through their suffering. Embrace ministry also advocates for families experiencing miscarriage/infant loss to our local parishes, hospitals and funeral homes. You will walk away with tools and resources to start your own parish miscarriage ministry.