SDNB

Salina Diocesan News Bulletin http://salinadiocese.org/home/sdnb

Volume 362 April 1, 2011

OFFICE OF THE DIOCESAN ADMINISTRATOR

CATHOLIC RELIEF SERVICES COLLECTION is scheduled for the weekend of April 2-3, 2011. Information was in last month's SDNB.

THE DIOCESAN PLAN IMPLEMENTATION COMMITTEE (DPIC) will sponsor a Day of Recollection for *Stewards of Hope* Committees and pastoral leaders (including parish staffs, and parish council members). This day is intended to give direction and inspiration regarding Year 1 of the *Stewards of Hope* Pastoral Plan. Fr. Frank Coady will speak about the call to holiness and the importance of the Sunday Eucharist and lead discussion on local implementation of this important phase of the Pastoral Plan for our diocesan Church. Registration begins at 9 a.m. Cost for the day is $5.00 including noon luncheon. (Payment can be made when registering.)

- St. Nicholas of Myra Parish, Hays, Saturday, April 9th 9:30 a.m. – 3 p.m.
  (Please pre-register the number attending by Fri. April 1st.)
- St. Elizabeth Ann Seton, Salina, Saturday, April 16th 9:30 a.m. – 3 p.m.
  (Please pre-register the number attending by Fri. April 8th.)

Parish offices are requested to pre-register by submitting total number attending to Clara at chancery2@salinadiocese.org by the requested date listed above.

CHRISM MASS will be held at 11:30 a.m. at St. Mary Queen of Angels Parish in Russell on Thursday, April 14th, with a luncheon following in the old parish hall.

THE GOOD FRIDAY COLLECTION, April 22, 2011 benefits the people and helps maintain the Christian Shrines of the Holy Land. Please refer to my letter attached with last month's March SDNB, encourage a generous response and watch the Register for more information.

CATHOLIC HOME MISSIONS APPEAL is scheduled for the weekend of April 23-24, 2011. This is a very important collection for our own diocese and for other home mission dioceses throughout the country. Our diocese (one of ninety Mission Dioceses) benefits significantly from grants which are funded through the Catholic Home Missions Appeal. Please encourage generous support for the Catholic Home Missions collection and continue to pray for our United States mission parishes. This appeal gives Catholics in each of our parishes an opportunity to offer desperately needed help to the mission Church here at home. Watch *The Register* for more information or visit their web site www.usccb.org/hm. or www.usccb.org/nationalcollections

OFFICE OF THE DIOCESAN ADMINISTRATOR

THE KNIGHTS OF COLUMBUS STATE CONVENTION will be held in Dodge City April 30-May 3, 2011.

RELIGIOUS SISTERS APPRECIATION MASS will be held on Thursday, May 5th. This special Mass at 11 a.m. at the Cathedral recognizes and honors the women religious who serve in our diocese. It is a way to show our appreciation for their dedication and service. A luncheon will follow in the Cathedral's Hall of Bishops. Serra Club of Salina will assist with this celebration. **All priests in the diocese are invited to concelebrate this special recognition Mass and attend the luncheon.** Please call the Diocesan Administrator's secretary – Clara (785-827-8746 – Ext. 34) or email chancery2@salinadiocese.org if you plan to concelebrate Mass and attend the luncheon by Tuesday, April 26th.

CLERGY HEALTH AND RETIREMENT ASSOCIATION MEMBERS invite all priests 65 and older to a luncheon to discuss ideas and retirement concerns on either Tuesday, May 17th at the Hall of Bishops or on Wednesday, May 18th at St. Fidelis Friary, Victoria. Invitations with RSVP cards will be mailed out soon for the 11:30 a.m. social and luncheon. Please RSVP by Tues. May 10, 2011 by either returning the RSVP card, or email to chancery2@salinadiocese.org.

DIACONATE ORDINATION FOR Gale Hammerschmidt and Brian Lager is scheduled for Saturday, May 21, 2011 at Immaculate Heart of Mary Parish in Hays at 10 a.m. Please plan to attend, if your schedule permits, to welcome our brothers to our diocesan clergy

CATHOLIC SPIRTUAL MENTORSHIP PROGRAM (CCSMP) sponsored by the Archdiocese of Kansas City in Kansas. This program, designed, created and directed by School of Faith (www.schooloffaith.com) and the community of consecrated women, the Apostles of the Interior Life (www.apostlesfil.org) AVI and under the direction of Archbishop Joseph F. Naumann has the goal of preparing people to become Spiritual Mentors. For more information about this two-year course of study designed for Catholics who have a desire to develop a deep prayer and sacramental life, to increase their knowledge of the Catholic Faith and grow in virtues to help others do the same, please contact Sister Debbie Li at srdebbie@gmail.com or spiritualmentorship@schooloffaith.com or call her at 785-760-7424.

ANNUAL SEMINARIAN POT LUCK will be hosted by the Serra Club of Salina at St. Elizabeth Ann Seton Parish beginning at 5:30 p.m. with recitation of the Rosary in church and a pot luck meal following at 6 p.m. in the parish hall on Thursday, May 26, 2011. All priests and religious are invited.

2011 DIOCESAN ANNUAL RETREAT: May 31 – June 3, Spiritual Life Center, Wichita. Retreat Master is Bishop Felipe Estevez, auxiliary Bishop of Miami. All active and diocesan priests are expected to participate in this Annual Retreat. Retired priests and religious priests are most welcome and encouraged to participate.

50th JUBILEE CELEBRATION PLANNED: ***3 P.M.*** MASS, at Sacred Heart Cathedral, Sunday, June 12th, reception following in the Hall of Bishops for Bishop Emeritus George K. Fitzsimons. Invitation only dinner at the Salina Country Club following reception for priests, and other special guests.

OFFICE OF THE MODERATOR OF THE CURIA

PRE-NUPTIAL PAPERWORK: Please send only updated baptismal certificates (dated within the last year) with notations.

STEWARDS OF HOPE UPDATE: During April 2011, SOH committees are asked to visit the website of the Propagation of the Faith Office http://salinadiocese.org/propagation-of-the-faith in order to gather ideas to promote mission awareness and the Mission Cooperative Plan in their parishes.

SOH--LOOKING BEHIND: For last Quarter (January, February, March), SOH committees were asked to attend to the following 6 tasks: 1) SOH Committee (with parish stewardship committee) plans for Stewardship Weekend and at least one stewardship activity in your parish(es) during 2011 (Contact Stewardship Office if necessary); 2) SOH Committee asks parish councils, liturgy committees, etc. to consider practical ways to keep the Lord's Day Holy, adopting at least one practice by May 15, 2011 (Contact Liturgy Office if necessary); 3) SOH Committee reminds priests and deacons to preach on importance of Sacrament of Penance and make it available at convenient times (Contact Liturgy Office if necessary); 4) SOH Committee discusses ways to evangelize in local media (Contact New Evangelization Office if necessary); 5) SOH Committee brainstorms about parish(es) participating in spiritual renewal experience (Contact New Evangelization Office if necessary); 6) SOH Committee asks parish to adopt at least one practice, e.g. Marian devotions, prayer/Bible study groups, retreats, missions, service opportunities, more inspiring liturgies, etc. to adopt by May 30 (Contact Liturgy Office if necessary)

SOH--LOOKING AHEAD: For this Quarter (April, May, June), SOH committees should attend to the following 4 tasks: 1) continue to ask their parish by May 30th to adopt at least one practice (e.g. devotions, rosary, prayer/Bible study groups, retreat, missions, renewal programs, service opportunities) to respond to the universal call to holiness (Contact Liturgy Office if necessary); 2) ask their school principals and D.R.E's to emphasize the call to holiness in the upcoming curriculum (Contact Religious Education Office and/or Superintendent of Schools if necessary; 3) encourage their parishes to attend the diocesan Call to Holiness Conference scheduled on September 11, 2011 in Hays (Contact New Evangelization Office if Necessary); 4) SOH committees discuss ways to work with local churches, schools, and civic groups to promote public acceptance of Sunday as a day of rest and religious observance (Contact New Evangelization Office if necessary).

OFFICE OF CHANCELLOR

CALENDAR: Enclosed is the Diocesan Calendar for May

OFFICE OF THE NEW EVANGELIZATION

STEWARDS OF HOPE CHAIRS: I ask pastors and PLCs, to please have your *Stewards of Hope* chairs contact me. Mark Roberti 785-827-8746 X 46 or mark.roberti@salinadiocese.org. There are a number of ways I can assist with the evangelization component of S.O.H.

***STEWARDS OF HOPE CONFERENCE*:** Please mark Sunday, September 11th from 12:00 PM – 4:30 PM at TMP-M in Hays. Mass at St. Joseph's, Hays, will follow. It will have a discipleship

OFFICE OF THE NEW EVANGELIZATION – continued

theme incorporating holiness, stewardship, the Lord's Day, and Evangelization. More details will be forthcoming in the next SDNB as they unfold.

THE NEW EVANGELIZATION STEP-BY-STEP: Enclosed is an insert suggesting five initial steps as to how we might proceed collaboratively in bringing people home, and into, the Church. Remember you might consider integrating the evangelization committee that Stewards of Hope is asking you to start with your stewardship committee. That might make it a bit easier for you.

OFFICE OF FINANCE

SECOND HALF OF PARISH TAX is now due. Please check the enclosed sheet (salmon) to see what amount, if any, is due from your parish. Please send check to the chancery **Attn:** FINANCE

TAX VALUATIONS: It is that time of the year when the parishes are receiving various valuations of church property in your county. The Finance Office would like copies of these valuations to check the county records with the Diocesan records.

PARISH IMPROVEMENTS: Included in your Diocesan Handbook is a form (PARISH PHYSICAL PLANT IMPROVEMENTS) to be filled out which would list the various physical plant improvements which your parish has made in the past year. (Section V – pg. 13) Please return it to the Finance Office.

MARYMOUNT SCHOLARSHIP AND THE MSGR CLEMENT A KRUSE SCHOLAR - SHIP: Now that every parish should have a new Diocesan Handbook (blue book), the forms for these scholarships are in there to be used for making copies for the applicants. Please make sure that the applicants are using the proper form for the Marymount Scholarships. There is one for first year applicants and a separate one for those reapplying for additional funds after they have completed their first year of college. (Section V, Pgs. 23-28)

HEALTH INFORMATION: Attached are several health information newsletters – "Live Well, Work Well", "Benefits Buzz", "Eat a Low-Stress Diet", and "How to Be a Wise Health Care Consumer." These were provided to us by our health insurance broker, PowerGroup Companies, and we thought they may be of interest.

EXCEL FORMS: Some of you are using the Excel program (template furnished by us) to complete your Annual Report. If you are doing so again this year please let us know and we will not send you the hard copy in the June SDNB.

OFFICE OF FAMILY LIFE

SINGLE PARENT NETWORKER: Please distribute the enclosed Single Parent Networker to your Family Life Coordinator or Family Life Chairperson.

VICARIATE FAMILY LIFE COORDINATOR MEETINGS—The Diocesan Family Life Office will meet with the Family Life Coordinators/Family Life Committee members from each parish. A meeting will be held in each of the four vicariates at the following locations:

OFFICE OF FAMILY LIFE – continued

April 12—Junction City—St. Xavier School Cafeteria
April 26—Minneapolis—Immaculate Conception Parish Hall
April 28—Plainville—Sacred Heart School Cafeteria
May 10—Colby—Sacred Heart Church Basement

The program will review the role of the family life contact person and share resources and programming available through the Diocesan Family Life Office.
Any and all committee members and interested parishioners are welcome to attend.

GOD'S PLAN FOR ENGAGED COUPLES—God's Plan for a Joy-Filled Marriage Seminars are scheduled in the Diocese as follows:

April 2—Hays—Immaculate Heart of Mary
April 9—Salina—St. Elizabeth Ann Seton
May 7—Concordia—Our Lady of Perpetual Help

Contact the parish offices for details and registration information or contact Family Life at 785-827-8746—Ext. 40

EASTER SEASON ACTIVITIES—Suggestions for families to Celebrate Easter Season at Home is enclosed.

DATES TO REMEMBER:
Engaged Encounter-Capuchin Center for Spiritual Life-Victoria- Apr. 1-3, 2011
Engaged Encounter-Capuchin Center for Spiritual Life-Victoria-May 6-8, 2011
Beginning Experience-Spiritual Life Center-Wichita-June 17-19, 2011

RESPECT LIFE OFFICE

INTERCESSIONS FOR LIFE AND BULLETIN BRIEFS for May 2011, are enclosed courtesy of the USCCB

PRAY FOR OUR LEGISLATURE and send thank you for passing HB2337/SB146, Reporting late term abortions and parental rights and HB2218 pain-capable unborn child protection act.

SPONSOR A PRO-LIFE SPEAKER: During the month of April encourage your parish organizations to sponsor a Pro-life speaker, learn more about current legislation, of which you can access the Kansas Catholic Conference for information.

CAPITAL PUNISHMENT: On Good Friday reflect and pray about capital punishment.

OFFICE OF LITURGY

THIRD EDITION OF THE ROMAN MISSAL: In preparation for the Third Edition of the Roman Missal which we will begin using on the First Sunday of Advent, I am asking that every parish in the diocese learn the Mass of the Resurrection, by Randall DeBruyn, from OCP. Most of our parishes use OCP Missalettes or Breaking Bread. This Mass will be available in all OCP resources in time for November 26. The following information has been sent by OCP for our help in getting our musicians cantors, choirs, and assemblies ready for the implementation of the new translation. Please pass on this information to your liturgical/music leaders. Thanks.

OFFICE OF LITURGY – continued

"Mass of the Resurrection will be included in the 2012 supplements for the accompaniment books. Those will be available in September and sent as part of the support materials sent to missal subscribers. If you need accompaniment music earlier, it is available at ocp.org/newmasssettings/newsettings/massofresurrection.

"You may download and print the assembly parts at no charge. Go to ocp.org/products/30103876. You may make copies at no charge to use through November 26.

"We are beginning work on the Choral Praise Mass supplement. We expect it to be available about August 1 and an estimated price is $2.50."

IMPLEMENTATION OF STEWARDS OF HOPE: As part of the implementation of Stewards of Hope, the diocesan pastoral plan, days of recollection will be offered this month for SOH committee members as well as parish leaders and staff, and parish council members. This day is intended to give direction and inspiration regarding Year I of the Plan. Fr. Frank Coady will speak about the call to holiness and the importance of Sunday Eucharist, and lead discussion on local implementation of this important phase of the Plan for our diocesan Church.

Pre-registration would really help us plan for the meal. You can pre-register by email to Clara Stithem, chancery2@salinadiocese.org. Cost for the day is $5.00, which includes lunch. Registration will be at 9:00. Sessions will begin at 9:30.

Hays, St. Nicholas,	Saturday, April 9 9 a.m. to 3 p.m.
Salina, St. Elizabeth	Saturday, April 16 9 a.m. to 3 p.m.

CHRISM MASS: The Chrism Mass will be at Russell, Thursday, April 14, at 11:30 a.m. Lunch will be served at the old parish hall, Wichita Ave. and Kansas St. Please bring, along with your oil stocks, a check from each parish/institution for $15 to cover costs, including the meal. Make checks payable to Office of Liturgy. Thanks.

CIVIL TWIGHLIGHT (complete darkness) will occur at 8:43 on Holy Saturday this year. Therefore, the Easter Vigil should not begin before then. I recommend 9:00.

ADULT EDUCATION

THE SUMMER INSTITUTE is June 5-9. A brochure is included in this mailing. Recommendations:

For catechists: **Methodology**:

For PLCs, deacons

ADULT EDUCATION – continued

and pastoral leaders:	**Leadership Skills**
For liturgists and general interests:	**The Meaning of the Mass**
For those interested in Scripture:	**The Book of Revelation**
For general interests:	**Catholic Forms of Prayer**.

OFFICE OF DEVELOPMENT

YESTERDAY, TODAY and FOREVER CAPITAL CAMPAIGN:

WAVE 2 of the campaign will be wrapping up in mid-April and WAVE 3 will be starting at the end of the month. Our current total sits at just over $12 million. Our campaign goal of $15 million appears to be within reach. Please continue to pray for the success of this effort. It's never too late to pledge. In fact, we still are receiving pledge cards from Wave 1.

WAVE 3 volunteer training will be taking place later this month. Here are dates to remember:

Wave THREE Training Dates are:

- **April 26** (Tuesday) at 7:00 PM – Wakeeney
- **April 26** (Tuesday) at 7:00 PM - Colby
- **April 28** (Thursday) at 7:00 PM - Goodland
- **May 2** (Monday) at 7:00 PM - Atwood
- **May 5** (Thursday) at 7:00 PM – Norton
- **May 5** (Thursday) at 7:00 PM – Oakley

CONTINUING EDUCATION OF PRIESTS

2011 ANNUAL RETREAT: In light of the recent preference by the priests of the diocese, we will have a diocesan retreat in 2011. The dates are May 31 – June 3. The Retreat will begin, Tuesday, with the first Conference at 4:00 p.m. and will conclude on Friday with the noon meal. The cost is $325.00 payable to the Diocese of Salina and from the priest's parish or sponsoring institution.

Our Retreat Master is Bishop Felipe Estevez, auxiliary Bishop of Miami. Fluent in English, Spanish, and French, he earned his doctorate in Sacred Theology (S.T.D.) – *Summa Cum Laude* – from the Pontifical Gregorian University in Rome, in 1980. He was appointed Auxiliary Bishop of the Archdiocese of Miami on November 21, 2003, and ordained to the episcopacy on January 7, 2004. From 2001 to 2003, Bishop Estévez served as dean of spiritual formation of Saint Vincent de Paul Regional Seminary in Boynton Beach, where he had served as rector from 1980 to 1986.

2011 CONVOCATION: The dates are September 19 -23, 2011 at Camp St. Malo, CO. The Convocation will begin with the Monday evening meal and will conclude with breakfast on Friday.

CONTINUING EDUCATION OF PRIESTS – continued

2011 OCTOBER DAY OF RENEWAL, October 20: The Liturgy Office will host a gathering of priests and deacons to introduce the new Roman Missal on Thursday, October 20. The Missals that we have ordered will be handed out, and Fr. Coady will lead us through the book. He will answer any questions we have about our own understanding of the layout and issues of implementation for our people. The day will begin at 10:00 with coffee and donuts, the first Conference being at 10:30. The day will conclude around 3:00 p.m.

OFFICE OF RELIGIOUS EDUCATION

ORIENTATION FOR NEW RELIGIOUS EDUCATION COORDINATORS AND YOUTH MINISTERS: We will have an orientation for all new people that will be serving in these two roles on Thursday, August 25th from 1:00–4:30 p.m. As you are hiring new people please encourage them to attend this meeting in Salina at the Chancery.

DIOCESAN CATECHIST RALLY: Please encourage your Religious Education Coordinator to attend one of the rallies the weekend of September 24-25. More information will follow.

OFFICE OF YOUTH MINISTRY

DIOCESAN CYO CONVENTION: The convention will be held this weekend of April 2-3. Our Mass will be on Sunday, April 3rd celebrated by Father Barry Brinkman. If any of the priests would like to concelebrate please bring your diocesan vestment. The mass will be at 1:45 p.m. at South High School.

JUNIOR CYO CAMP: The pre-registration for camp is May 6th so please make sure your 6th, 7th, 8th and 9th graders know about this camp.

PRAYER AND ACTION: If your parish hasn't registered for a week of Prayer and Action please do so as soon as possible. We have a number of parishes from other dioceses that are on a waiting list. We want to let our youth from our diocese register first.

NCYC: The next payment for NCYC is due on June 15th. At this time you need to pay the registration fee of $195.00 per person who is attending.

OFFICE OF PRIESTLY VOCATIONS

INTERCESSIONS AND BULELTIN BLURBS FOR APRIL are enclosed.

CALENDAR OF UPCOMING EVENTS:
April 25 – (Monday) Runnin Revs Manhattan - 7:00 p.m.
April 26 – (Tuesday) Runnin Revs Tipton - 7:00 p.m.
May 26 – Seminarian Potluck – St. Elizabeth's Salina – 6:00 p.m.

RUNNIN REVS –(DATE CHANGE) We will be having a Runnin Revs game on Monday, April 25 in Manhattan at Lucky Junior High Gym and Tuesday April 26 in Tipton at the

OFFICE OF PRIESTLY VOCATIONS - continued

community building. Both events will begin at 7:00 p.m. Please invite families and young people grades 7-12 to take part in this vocation promotion event.

MEET THE SEMINARIANS – We will be having our third annual meet the seminarians potluck at St. Elizabeth Ann Seton Parish in Salina on May 26 at 6:00 p.m. There will be a rosary for vocations beginning at 5:30 p.m. in the Church. This is a great event for families young and old to spend some time getting to know and supporting our seminarians.

MISCELLANEOUS

DIRECTORY CHANGES:

1. Email correction for Seminarian Brian Lager (pg. 77): brianjlager@gmail.com
2. Correction for Religious Ed Coordinator in Beloit (pg. 31): Gabriel Liesemeyer

25 ANNIVERSARY: You are cordially invited to the Holy Sacrifice of the Mass celebrating the 25th Anniversary of Ordination to the Priesthood of Fr. George Chalbhagam, CMI. A Holy Mass of Thanksgiving will be held on Sunday, June 5th, 2011 at 4:30 PM in St. Theresa Catholic Church, Mankato, Kansas. Dinner immediately following the Mass at the Community Center in Mankato, Kansas.

SAVE THE DATE FOR SEPTEMBER 20-21, 2011: Immaculée Ilibagiza's Story of Faith, Hope & Forgiveness will be presented at the Brown Grand Theatre in Concordia at 7:30 p.m. each evening. This special event is hosted by the Stewards of Hope Committee of the Belleville, Concordia, Cuba & Munden parishes. Immaculée is a survivor of the 1994 Rwandan genocide and travels across the globe sharing her story of survival and how she came to forgive those who brutally murdered her family. She also shares how it was her faith, especially continual praying of the rosary, that helped her survive for 91 days in a tiny bathroom with seven other women. For more information visit www.concordiacatholicchurch.com/immaculee.html or contact Tony & Lindy Meyer at 785.614.0831

PILGRIMAGE TO IRELAND: Msgr. Hake will be leading a pilgrimage to Ireland Oct. 3-13, 2011. Information appears on the Diocesan website. Click "About us". If anyone is interested in joining this pilgrimage, please contact him either by phone (Lincoln-785-524-4823 or Chancery-785-827-8746), or by email at stpat327@att.net.

Pastors: please put the above in your bulletins for a couple of weeks, if you are so inclined

May 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 K of C Convention, Dodge City 4/30 – 5/3 Deacon Formation Weekend 4/29 – 5/1	**2** K of C Convention, Dodge City 4/30 – 5/3 Training for Capital Campaign, Atwood 7:00 pm	**3** K of C Convention, Dodge City 4/30 – 5/3	**4**	**5** Annual Religious Sisters Mass 11:00 am & Luncheon following, SH Cathedral Training for Cap. Campaign, Norton 7:00 pm, Oakley-7:00 pm	**6** Engaged Encounter, Victoria (6-8)	**7** Engaged Encounter, Victoria (6-8)
8 Mother's Day Engaged Encounter, Victoria (6-8)	**9**	**10**	**11**	**12**	**13**	**14**
15	**16**	**17** Clergy Health & Retirement Luncheon, SH Cathedral 11:30 am	**18** Clergy Health & Retirement Luncheon, Victoria 11:30 am	**19** KCC-Topeka	**20** KCC-Topeka	**21** Diaconate Ordination IHM, Hays 10:00 am Capitol Campaign Wave 3 Kickoff
22 Capital Campaign Wave 3 Kickoff	**23**	**24**	**25**	**26** Serra Pot Luck, Seminarian appreciation 5:30 pm, St. Elizabeth, Salina	**27** Jr. CYO Counselors, Rock Springs Ranch	**28** Jr. CYO Camp (28-31) Totus Tuus Training, Wichita (May 28-June 4)
29 Jr. CYO Camp (28-31) Totus Tuus	**30** Memorial Day Chancery Office closed Jr. CYO Camp (28-31) Training, Wichita	**31** Jr. CYO Camp (28-31) Diocesan Retreat for Priests (May 31– June 3) May 28-June 4				

April 2011

Vocations Intercessions

<u>Fifth Sunday of Lent</u> -- April 10, 2011

For all those being called to the priesthood, diaconate and consecrated life, that they may deepen their faith in Christ who calls them to glorify God in a profoundly personal way through their vocations, we pray to the Lord.

<u>Palm Sunday of the Lord's Passion</u> -- April 17, 2011

For the faithful response of all men and women called to follow Christ and His passion more closely through a vocation to the priesthood or consecrated life, we pray to the Lord.

<u>Easter Sunday</u> -- April 24, 2011

That more men and women will joyfully answer the call of the Lord to proclaim His life, death and resurrection as priests, deacons and in the consecrated life, we pray to the Lord.

<u>Second Sunday of Easter</u> -- May 1, 2011

For all our priests, deacons, sisters and brothers whom God has sent in the name of Jesus to serve the people of the Salina Diocese, that they will be blessed with continued faithfulness to Him and inspire many more to consider a vocation to consecrated life and ordained ministry, we pray to the Lord.

<u>Third Sunday of Easter</u> -- May 8, 2011 – Mother's Day

That all Catholic mothers will draw close to Mary and nurture openness to the Holy Spirit in the Lord's call to their children, especially should He honor them with vocations to the priesthood or consecrated life, we pray to the Lord.

April 2011

Vocation Bulletin Blurbs

***Fifth Sunday of Lent* -- April 10, 2011**

"Did I not assure you that if you believed you would see the glory of God?" Do you believe Christ may be calling you to see the glory of the Blessed Trinity through a vocation to the priesthood or consecrated life? Call Father Jarett Konrade (785) 827-8746, or write: vocations@salinadiocese.org

***Palm Sunday of the Lord's Passion* -- April 17, 2011**

"Blessed are they who come in the Name of the Lord!" Are you being called to proclaim Jesus as a priest, deacon, religious brother or sister? If you think this may be so, call Father Jarett Konrade (785) 827-8746, or write: vocations@salinadiocese.org

***Easter Sunday* -- April 24, 2011**

"The Lord is risen, it is true!" Through our baptism He calls us to proclaim new life to the world. Pray for those who herald the Good News as priests, brothers and sisters. If you think God may be inviting you to such a vocation, call Father Jarett Konrade (785) 827-8746, or write: vocations@salinadiocese.org

***Second Sunday of Easter* -- May 1, 2011**

"As the Father has sent me, so I send you." Is God inviting you to live the gift and mystery of being sent as priest, sister or brother to proclaim the truth of Jesus Christ? Call Father Jarett Konrade (785) 827-8746, or write: vocations@salinadiocese.org

***Third Sunday of Easter* -- May 8, 2011– Mother's Day**

Do you recognize Christ in your life and hope to make Him known to others? Perhaps you are being called to the priesthood or consecrated life. If you are considering this possiblity, call Father Jarett Konrade (785) 827-8746, or write: vocations@salinadiocese.org

The New Evangelization Office
Is Ready to Help You Set Things in Motion

My Interview with Bishop Coakley:
When I interviewed with Bishop Coakley for the New Evangelization position, I explained how passionate I was about inviting inactive Catholics home. He said, "Yes, but what are we inviting them home to?" I responded, "The greatest Church in the world". But his question was not lost on me. I fully agree that our parishes must have something to engage returning Catholics after they return.

Reaching Out, Then Getting Returnees Properly Catechized and Engaged. It Works:
My personal experience – and hopefully yours – has been that if we can get returning Catholics "fired-up" and engaged, they become and remain some of the most active of parishioners in the parish.

Evangelization + Catechesis + Stewardship = Discipleship
Turning all our parishioners into good stewards is the healthiest and best things we can do to strengthen and transform our parishes. But it is neither the fastest nor the easiest. The fastest, easiest way is to fill our pews. That means inviting people home. We must invite them, catechize them, engage them, and turn them into stewards. Filling the pews, in itself, results in excitement and additional resources of time, talent, and treasure. Those resources, in turn, enable us to do more.

But Isn't that Easier Said Than Done?
Yes and no. Taking one step at a time and eating the elephant in bite sized pieces works great. Why re-invent the wheel? There are some very affordable, very good, programs out there. I have spent my first three month researching many of them. I have sample packages for your review and additional ideas as to how to implement them. We need only to tap into them and adapt them to your parish.

Step-by- Step Process – Let the New Evangelization Office Help
Some *Stewards of Hope* chairs have recently come in to brainstorm with me. The meetings have gone quite well. I am also most willing to come out to meet with you and your parish key leaders and/or to give talks, homilies, missions, etc.
Step #1: Have Your *Stewards of Hope* chair contact me. This will get us started working collaboratively… parish and diocesan New Evangelization Office.
Step #2: Decide upon and ask someone in your parish to act as your evangelization committee chair. My guess is that some parishes, particularly smaller parishes, may choose to combine their stewardship and evangelization committees so as to simplify things.
Step #3: Give me the opportunity to suggest some very good, inexpensive, initiatives with respect to inviting programs, Catholic returning home programs, and pre-packaged basic catechetical initiatives for people coming back to the faith. Depending on the size of the parish, we may have to tweak these a little bit, but no big deal, we can do that.
Step #4: I've got a Hospitality "Ideas" Manual being reviewed by Fr. Frank for approval. Let me know if you would like a copy. I will get you one as soon as approved. Then, at your own pace, please consider applying some of these ideas that "fit" for your parish.
Step #5: Very shortly, I intend to have a list of available speakers (from within our dioceses) who are willing to give talks on various topics in outlying parishes. Please consider inviting them. In a sense, this expands even the smallest parish's staff. Go to: salinadiocese.org/new-evangelization.
Step #6: Stay focused. We're on the road to success!

PowerGroup Companies

Know Your Employee Benefits

Benefit and insurance issues important to you—brought to you by the insurance specialists at Power Group Companies.

How to be a Wise Health Care Consumer

The way we purchase health care is unlike most other purchases we make. Many Americans will pore through a newspaper for a coupon that saves them fifty cents at the local supermarket. However, when it comes to health care – a far more complex and expensive service – we rarely ask questions or consider all the options that could save us time and money.

This edition of *Know Your Employee Benefits* shares ways that you can become a better-informed health care consumer, and in turn save money for you and your employer.

Health Care Costs and Your Employer

Health care costs, and consequently health insurance premiums, are rising at an alarming rate. While this is not a new phenomenon, the extremity of recent increases is cause for concern for both employers and employees.

Unfortunately, it is likely that your employer will continue to receive annual premium increases of five to 10 percent or more for the next several years. You can expect some of these costs to be passed on to you, in the form of larger contributions being deducted from your paychecks, or in the form of higher deductibles, coinsurance amounts, or co-payments.

Making conscientious health care decisions is vital to keeping your employer's health care costs down, as well as the costs that are passed on to you. The more knowledge you have about your personal health, and the treatments you are receiving, the more you can control your out-of-pocket costs as well.

Ask Your Doctor Questions

Amazingly, many patients do not ask their doctor basic questions. "How much will my treatment cost?" "Can I be treated another way that is equally effective but less costly?" "What are the risks?" "What are the side effects?"

Patients often blindly accept their doctors' advice without truly understanding what treatment alternatives are available, and what – if any – differences there are in cost and effectiveness among those alternatives. Many health plans still allow for great freedom in your choice of physicians. If you have such a plan, your doctor has little incentive to find the perfect balance between treatment effectiveness and cost effectiveness. That is, unless you ask.

Having a dialogue with your physician can help you better understand how his or her care decisions affect your health plan costs. It will also help your doctor get to know you better, and consequently prescribe treatment that is more effective.

Make Careful Decisions about Prescription Drugs

Many people incorrectly think that there is a difference between generic and brand name prescription drugs. The truth is, a generic drug is the same as a brand name drug, with few exceptions.

The difference between generic and brand name medications lies in the name of the drug and the cost. Generic drugs cost much less than brand name drugs, save you and your employer money, and provide the same health benefits as brand name drugs.

The next time your doctor writes you a prescription, ask if a generic equivalent is available. Your physician can instruct your pharmacist to use a generic substitute.

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In addition to generic drugs being less expensive than brand name drugs, you should also know that in most cases less expensive and more effective alternatives to some well-known drugs exist. Because of a surge in direct-to-consumer (DTC) marketing of prescription drugs, patients have become more familiar with certain drugs and often believe that these high profile, high cost drugs are automatically the best option for treating their condition.

For example, if you are diagnosed with high cholesterol, you may ask your doctor to prescribe Zocor® – a highly recognized drug because of aggressive consumer marketing – rather than asking your doctor to discuss all of the prescription options available to you. Conversely, a doctor may assume you would prefer Zocor, and unless you initiate a discussion about your other options, you may have lost an opportunity to have a treatment that is both less expensive and more effective.

Seek Outpatient Rather than Inpatient Care

Outpatient care is often a much better alternative to inpatient care, for a variety of reasons. It can provide the same level of quality treatment as inpatient care, and is less costly.

If you need to have surgery, ask your doctor if laboratory tests can be done in a clinic rather than a hospital. Moreover, in many cases, the surgery itself can be performed in a clinic or outpatient surgical facility, often resulting in a better outcome for you. Outpatient surgical facilities give you the ability to recover in the comfort of your home, instead of in a hospital.

This brochure is for informational purposes only and is not intended to replace the advice of an insurance professional.

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BenefitsBuzz

Benefits and HR tips brought to you by the insurance professionals at Power Group Companies.

DID YOU KNOW?

On Feb. 10, 2011, the IRS announced that breast pumps and lactation supplies will now be eligible medical expenses for reimbursement from HSAs, FSAs and HRAs. They will not need a prescription or note from a doctor in order to qualify as reimbursable.

This is a reversal from the IRS's previous position regarding breast pumps and medical spending accounts.

Will Congress Repeal Health Care Reform?

Controversy has surrounded the health care form legislation since it was signed into law on March 23, 2010. This debate entered Congress once again when Republicans took control of the House of Representatives in November 2010.

As promised, House Republicans attempted to repeal the law. Thus far, these efforts have not been successful, due to a Democrat-controlled Senate and the promise of a veto by President Obama.

However, because full repeal of the law would be difficult, Republicans have indicated that they will try to replace or repeal parts of the law instead. Provisions that may be revised or repealed include:

- The requirement for businesses to report payments in excess of $600 on a Form 1099. (This is already being discussed, as the U.S. Senate recently approved a bill to repeal this measure and the House has similar bills proposed.)
- The provisions in which employers can face penalties for not providing health coverage to employees
- The individual responsibility requirement, which imposes penalties on individuals who do not obtain coverage
- The Cadillac Plan tax on high-cost, employer-sponsored health plans
- The tax on manufacturers of medical devices
- Cuts to Medicare

At this point, it is uncertain what will happen with the health care reform law. Though there may be changes, it may also remain intact. Therefore, employers should make sure they are implementing the requirements as they become effective, until more is known about potential changes.

Power Group Companies will continue to update you if there are more developments related to health care reform.

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Sharp Rise in Audits for Illegal Alien Hiring Practices

Among the many employment laws that companies must follow is the Immigration Reform and Control Act (IRCA), which prohibits employers from hiring illegal aliens and imposes strict penalties on those who do. One of the primary responsibilities associated with this law is verifying employee citizenship status through the filing of the I-9 Form.

The federal government can audit any company and require it to provide I-9 documents for examination. Failure to do so or a finding of noncompliance with the law can result in penalties ranging from $110 to several thousand dollars. Recently, U.S. Immigration and Customs Enforcement has greatly increased the number of these audits across the country, as many lawmakers push for tougher immigration enforcement.

It is important that you understand the rules of this law, maintain all necessary forms and conduct internal audits to make sure you are prepared in case of an audit. For more information, visit www.uscis.gov.

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live well, work well

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March 2011

Healthy Colors

The 2011 National Nutrition Month® theme is "Eat Right with Color," which means making sure your plate has a variety of color and nutrients at each meal. The American Dietetic Association offers a color guide:

Red fruits and vegetables are heart-healthy, help immunity and may reduce cancer risks. Try beets, cherries, cranberries, pomegranate, red grapefruit, red potatoes, red grapes, rhubarb, tomatoes and watermelon.

Orange and yellow fruits and vegetables contain nutrients that contribute to vision, immunity and may reduce the risk of some cancers. Great choices include apricot, cantaloupe, carrots, grapefruit, mango, papaya, peach, pineapple, sweet potatoes, yellow corn and yellow peppers.

Green fruits and vegetables have a high antioxidant potential. Try artichoke, asparagus, avocado, apples, broccoli, grapes, green peppers, honeydew, kiwi, lime and spinach.

Blue and purple fruits and vegetables may have antioxidant and anti-aging benefits. They may also help with memory, urinary tract health and reduce cancer risks. Great choices include blackberries, blueberries, eggplant, plums, purple cabbage and raisins.

White, brown and tan fruits and vegetables promote heart health and may reduce cancer risks. Try bananas, brown pears, cauliflower, dates, mushrooms, onions, parsnips, turnips, white potatoes, white corn and white peaches.

Choose a variety of colors when shopping for produce. And if you're looking for fruits or vegetables that are out of season, opt for frozen or dried choices that are available throughout the year. Colorful meals are not only more flavorful, they contain a variety of nutrients that are essential to you and your family's health.

For more information on National Nutrition Month, visit www.eatright.org.

Poison Prevention

National Poison Prevention Week is March 20-26 – are you informed on how to protect yourself and your family from hazardous substances?

According to the Poison Prevention Week Council, more than 2 million instances of poisoning are reported each year in the United States – and more than 90 percent of these poisonings occur in the home.

Prevent poisonings by following these tips:

Lock or secure all medications and chemicals. This is the easiest way to keep children away from hazardous substances in your home.

Continued on page 2…

Did You Know?

March is National Nutrition Month and Poison Prevention Week is March 20-26.

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Poison Prevention, cont…

Never leave loose pills out. Even if you're leaving the room for a few seconds, this can be enough time for children or pets to ingest the pills.

Be mindful when children or pets visit your home. You may not have children or pets of your own, but it's important to put away any medications or chemicals when you have visitors.

Never use cups or soft drink bottles for household chemicals or cleaners. Both children and adults could mistake these for actual drinks.

Never refer to medicine as "candy" when administering it to a child. The child may remember this and be tempted to take medicine on his or her own.

Pay attention to tamper-proof and child-resistant packaging. If a product looks like it's been tampered with, do not risk using it.

Always read the labels and instructions of potentially hazardous products and medications. This is the best way to avoid adverse effects or recognize an adverse effect should the product or medication be ingested.

Never create your own cleaning solutions. A poison control center will not be able to give you proper instructions should anyone ingest the cleaning solution.

Keep children out of the way when using pesticides. Make sure toys are removed from the area before applying, and never leave pesticides unattended while in use.

If you think someone has been poisoned from ingesting medication or a household chemical, call 1-800-222-1222 to be connected to your local Poison Control Center any time, 365 days a year. Post this number by your home telephone or save it in your cell phone in case of an emergency.

Watch for IRS Tax Return Scams

Protect yourself from online identity theft and other scams that increase during the tax filing season by taking the following precautions. Tax return scams have been known to impersonate the logo, names and design of the IRS or U.S. Department of Treasury to mislead taxpayers and lure them into providing personal and financial information.

Watch for e-mails that:

- Threaten to add additional taxes or withhold the tax refund should you not respond to the e-mail.
- Request personal or financial information. The IRS does not request such information through e-mail, nor do they send any communication requesting tax account information, PINs, passwords or similar access information for credit cards, banks or financial accounts.

If you receive a suspicious IRS-related e-mail do not reply, do not open any attachments and do not click any links. Forward the e-mail to the IRS at phishing@irs.gov. After forwarding the e-mail delete it from your inbox and outbox.

Turkey Meatloaf

Looking for a low-fat, low-sodium twist to an old favorite? Try this heart-healthy recipe for turkey meatloaf.

1 lb. lean ground turkey

½ cup regular dry oats

1 large egg

¼ cup chopped sweet onion

¼ cup low-sodium ketchup

Combine all ingredients and mix well. Bake in a loaf pan at 350 degrees F for 25 minutes or until the internal temperature reaches 165 degrees F. Slice and serve with your favorite side of vegetables. Serves 5.

This brochure is for informational purposes only and is not intended as medical advice. For further information, please consult a medical professional.
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live well, work well

Health and wellness tips for your work, home, and life—brought to you by the insurance and healthcare specialists at Power Group Companies.

Eat a Low-Stress Diet

Foods that promote a relaxed state of mind

Even though your job or family life may be the main source of stress in your life, your diet can also contribute to emotional turmoil as well. According to the Wellness Council of America (WELCOA), as you become increasingly stressed, the following occurs:

- Vital nutrients are depleted in the body and are generally not replaced because of stress-prone eating habits.
- Individuals gravitate toward foods that promote a stress response to fulfill a need. These foods include refined sugar, processed flour, salt, caffeine, etc. These foods can compromise the immune system.

Many stressed individuals eat poorly because they do not have time to find healthy ways to replenish their bodies or crave and desire junk food during stressful experiences.

To avoid stress food traps, consider these healthy eating recommendations:

- Eat a diet rich in foods of many colors, such as vegetables.
- Select foods that are high in antioxidants, like broccoli, carrots, whole grains, spinach and any kind of berries.
- Opt for organic foods whenever possible.
- Drink filtered water to keep you hydrated.
- Reduce or eliminate your caffeine intake.
- Cook with fresh herbs and spices.
- Consume free-range meats to avoid ingesting synthetic hormones and fertilizers.
- Avoid eating genetically modified foods, especially meat products.
- Consume at least 30 to 40 grams of fiber each day. Good sources of fiber include apples, peas, whole wheat bread, and bran cereal.
- Add omega-3 fatty acids to your diet, either by way of a supplement or in foods, such as salmon, walnuts, shrimp and soybeans.

Did you know...?

In addition to eating a low-stress diet, make time for you and decompress after a long day. Go for a long walk, practice yoga or take a hot bath to re-energize for a better tomorrow.

This brochure is for informational purposes only and is not intended as medical advice. For further information, please consult a medical professional.
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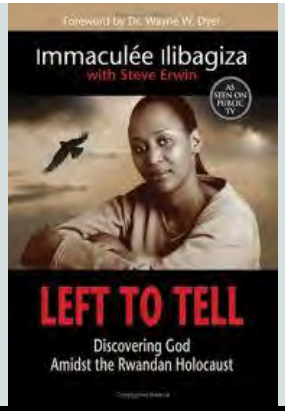

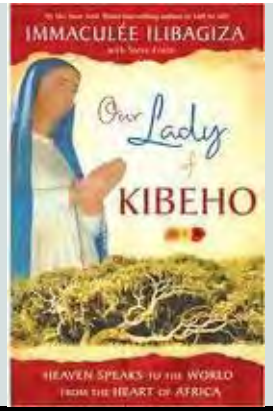

Date: September 20 & 21, 2011

Time: 7:30 p.m. both nights

Brown Grand Theatre
310 West 6th—Concordia

Save the Date

Immaculée Ilibagiza's Story of Faith, Hope & Forgiveness

Immaculée is a living example of faith put into action. Her life was dramatically changed during the 1994 Rwandan genocide where she and seven other women spent 91 days huddled silently in the cramped bathroom of a local pastor's house. Through prayer, she eventually found it possible, and in fact, imperative, to forgive her tormentors and her family's murderers.

Visit www.concordiacatholicchurch.com/immaculee.html for more information about this event with Immaculée Ilibagiza.

Sponsored by the Stewards of Hope Committee of the Catholic Parishes of Concordia, Belleville, Cuba and Munden

Free tickets will be available July 1, 2011

For more information contact:
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785.614.0831 or
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