

Marriage Qualities: Compassion

The greatest gift we can give to one another is a deeper and more compassionate understanding.

- Compassion for one another's vulnerabilities is the most important attachment emotion. Without it, love will turn first to resentment, then to contempt.
- Connection is a mental state and a choice. You choose to feel connected and you choose to feel disconnected. In general we like ourselves more when we choose to feel connected to someone we love.

For women: Men report that they want a closer, more intimate relationship just as much as women. They also report that they feel more distant when they have to talk about their relationship. So find non-verbal ways to connect with him:

- Activities—Do something with him that he enjoys doing. He loves activities that the two of you do together.
- Touch—Easy to do; goes a long way with men.
- Routine—men are very routinized but you give meaning to his routine. Appreciate your importance to him when he goes about his routine and be open to small moments of connection.
- Let him see you happy. Your man loves to make you happy.
- Sex, of course. It's his way of getting a dose of the bonding chemicals that you get through talk.

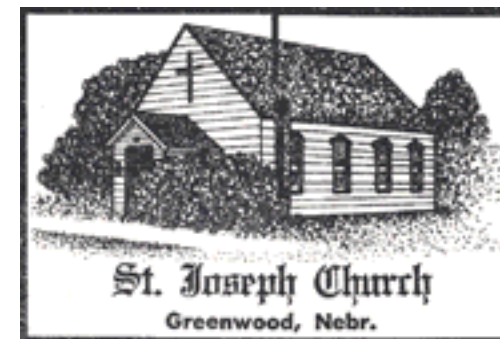
For men: Understand that your woman has a dread of isolation and that she needs more connection from you. You want to protect her from feeling isolated, unseen, and unheard.

- Open your heart to appreciate your wife – with compliments, yes – but also let her feel your interest in her, like she felt it when you were first in love.
- Think positively about her and you'll automatically connect with her more frequently.
- Invest some energy in occasional surprises, the more personal the better, let her know you've been paying attention to her by the nature of your thoughtful gestures.
- Make a point of connecting with her every day as a part of your routine.

The goal of all communication - verbal and nonverbal - is emotional connection. The desire to connect must come from your core value and cannot get lost in self-defense of your own ego. If you choose to act on what is most important to and about you, you will understand and sympathize with your unconscious vulnerabilities and have compassion on those of your partner.

<p><u>Area Church Dinners</u> St. John, Weston Pancake Feed Sun. Feb. 17, 8AM-1PM. St. Joseph, Greenwood Soup Supper Sun. Feb. 17, 4:00-7:00 PM.</p>	<p>Sharon Schaub <i>Tax Return Preparation</i> <i>Bookkeeping Services</i> (402) 944-3907 St. Mary Parishioner</p>	<p>Thomas Dredging & Excavating Lake Development & Restoration 944-7852 Cell: 432-7852 www.thomasdredging.com</p>
<p>✚ Servant Moving Company George von Rentzell, Owner - St. Mary Parishioner <i>Serving all your relocation needs... a history of excellence in packing, loading and moving... home, office, autos.</i> 944-3348 Toll Free (888) 745-0164</p>	<p>Waverly Physical Therapy Makovicka/Sylliaasen Physical Therapy Services Waverly Plaza 786-0476</p>	

St. Mary & St. Joseph Catholic Churches



1625 Adams Street, Ashland NE 68003
Saturday Vigil Mass: 5:00 PM
Sunday Mass: 8:30 AM

7 Oak Street, Greenwood
Sunday Mass: 10:30 AM

Pastor: Father Gary Coulter
Rectory & Fax: 944-3554
CCD/Hall: 944-7509
Cell: 202-3782
Email: stmaryashland@alltel.net

Welcome to new parishioners,
please call the rectory to register
or for information on any of our parish
activities and organizations.

Confessions a half hour before Masses
Saturday 4:15-4:50 PM St. Mary
Sunday 8:00-8:20 AM St. Mary
10:00-10:20 AM St. Joseph

Mass Schedule for this week				
Sat.	Feb. 16	5:00 PM	Ashland	+ Gerhard Groenjes
Sun.	Feb. 17	8:30 AM	Ashland	For the People
		10:30 AM	Greenwood	+ Poor Souls
Mon. Feb. 18 - Fri. Feb. 22			No Daily Mass	
Sat.	Feb. 23	9:00 AM	Ashland	Pro-Life
		5:00 PM	Ashland	Special Intention - BN
Sun.	Feb. 24	8:30 AM	Ashland	Lois Whiteaker
		10:30 AM	Greenwood	For the People

February 17, 2008

Ministries for next weekend

Sat. Feb. 23 - 5:00 PM

Servers: Kresak, McGinleys
Acolyte: Ken Broz
Lector: Kathy Broz

Sun. Feb. 24 - 8:30 AM

Servers: Lindhorst, Novotny, Rosenbaum
Acolyte: Todd Survil
Lector: Rod Reisen

Sun. Feb. 24 - 10:30 AM

Lector: Leslie Krings
Offertory: Dea

Our Return to the Lord, Feb. 9-10

	<u>St. Mary</u>	<u>St. Joseph</u>
Adult:	\$ 1,517.00	\$ 239.00
Plate:	\$ 150.25	\$ 26.00
Children:	\$ 2.00	\$ 1.00
Catholic Press:	\$ 91.00	\$ 13.00
Rice Bowl:	\$ 5.00	\$ 10.00

Please pray for this week's Seminarian:

Matthew Rawe, from St. Teresa, Palmyra NE
College 1 at St Gregory the Great Seminary.

Second Sunday of Lent

Stewardship Thought

2nd Sunday of Lent

"Bear your share of the hardship for the Gospel," St. Paul tells Timothy in today's second reading.

What sacrifice is asked of me for the sake of the Gospel? How willing am I to bear my share?

See 2 Timothy 1

Congratulations

Anniversaries:

25 Years! Dennis & Cheryl Holbrook 2/18
Dana & Scott Allington 2/24

Birthdays:

Zelia Lichtas 2/18
Sydney Wigle 2/18
Gabe Lyons 2/19
Steve Gress 2/20
Joe Quattrocchi 2/22
Ivette Lichtas 2/23
Alexis West 2/23
Wyatt Craven 2/24

Calendar for This Week

Sun. Feb. 17, 4:00-7:00 PM
Soup Supper at Greenwood
Mon. Feb. 18-Fri. Feb. 22 No Daily Mass
Wed. Feb. 20, 7:00 PM **CCD** and **Youth Group**
Fri. Feb. 12 (Day of Abstinence)
7:00 PM **Stations** of the Cross
Sun. Feb. 24, 4:00-7:00 PM
Spaghetti Supper at Ashland

Parish Announcements

Congratulations to Matthew Raymond McConnell, son of Mark and Lisa, baptized at St. Mary on February 10.

Stations of the Cross at St Mary each Friday of Lent, 7:00 PM.

Volunteer/Sign-ups in the back of St. Mary for 1. Purchase the book: "The Virtue Driven Life"; 2. Sing in our Easter choirs; 3. Volunteers for Greeters at St. Mary.

All ladies should pick up their 2008 **Altar Society** packets after Masses. Dues, again \$20 this year, can be dropped in the collection.

Volunteers are needed to assist at the Ashland **Care Center Bingo** on Fri. Feb. 22, 2:00 PM. Please call Rita Grauerholz at 944-3409.

February is **Catholic Press** Month. Consider a donation for the **Southern Nebraska Register**. Subscription price is a low \$13.

Knights and Youth Group are selling raffle tickets to support the **World Youth Day** trip in July. Win a night stay for two at the Lied Lodge. Call Danny 944-7526 or Chaz 944-7341.

A **Plenary Indulgence** is available daily through Mon. Feb. 11 (the 150th Anniversary) for visiting the Lourdes' grotto at St. Mary.

Community Announcements

Ashland VFW **Food Pantry** is in need of Sugar, Flour, and Spaghetti Sauce.

Diocesan Announcements

Men's Spiritual Exercises, encounter the person of Christ. Fri. evening to Sun. noon, Feb. 22-24 at the Creighton Univ. Retreat Center (Griswald, IA), \$125. For info or registration contact Nick Breen at 944-6123.

Natural Family Planning classes:

Couple to Couple League on Sun. Feb. 17, 2:00-4:30 PM; call 476-4175.

Creighton Model Intro on Tues. Feb. 19, 7:00 PM; call 488-2040.

Lenten Adult Series on "Five Famous Catholics" each Monday of Lent, 7:30-8:30 PM at St Teresa Church, 36th and Randolph, Lincoln. Feb. 18: Fr. Kubat on St Gianna Molla.

Cursillo Weekend retreats in Minden, NE Feb. 14-17 (for men) and Feb. 21-24 (for women). Cursillo offers the opportunity to grow in your faith, which then allows you to better share your faith with others. Each begins Thursday evening and ends Sunday evening. Flyers (which explain what Cursillo is) and registration forms available from Fr. Coulter.

"You can be **Pro-Life** and Love **Stem Cell Research**." Sun. Feb. 24, 7 PM, Chip Maxwell will speak at St. Patrick, Lincoln. Free to public.

Healing Mass Sun. Feb. 24, Blessed John XXIII Center, Lincoln. 3 PM Chaplet, 3:30 PM Mass, Eucharistic Exposition. Pray for spiritual, emotional, physical healing for self and others.

Please join in **Prayer, Fasting and Sacrifices** for an end to abortion throughout the **40 Day for Life**. Please stop by for an hour of prayer at least once during Lent at the Lincoln Planned Parenthood (37th and South streets).

Healing after Abortion

www.hopeafterabortion.com
Project Rachel: 1-800-964-3787

Light of the World Retreat

St. Wenceslaus Parish in Wahoo is hosting a retreat Mar. 15-16. An excellent Lenten opportunity on Palm Sunday weekend: Sat. 8 AM-8PM, Sun. 8 AM-5 PM.

For more info or to sign up please call Sally at 443-4998 or Kris at 443-3625 by Mar. 5.

Readings and Celebrations this week:

February
18 Mon Dn 9:4b-10 / Lk 6:36-38
19 Tue Is 1:10, 16-20 / Mt 23:1-12
20 Wed Jer 18:18-20 / Mt 20:17-28
21 Thu Jer 17:5-10 / Lk 16:19-31
[Saint Peter Damian, bishop and doctor of the Church]
22 Fri 1 Pt 5:1-4 / Mt 16:13-19
The Chair of Saint Peter, apostle
23 Sat Mi 7:14-15, 18-20 / Lk 15:1-32
[Saint Polycarp, bishop and martyr]

THIRD SUNDAY OF LENT

Ex 17:3-7 / Rom 5:1-2, 5-8 / Jn 4:5-42

**BARN
DOOR**
Restaurant
& Lounge

Eat In or Carry Out
Open 7 Days a week!

440 East Elm St
Ceresco NE

402-665-2500

Catholic Owners