

LESS OF ME

**ST. JOSEPH PARISH
2026
LENT
NEWSLETTER**

MORE OF **HIM**



LENT 2026

VISIT OUR WEBSITE AT WWW.MENOMONIECATHOLIC.ORG

Ash Wednesday Masses and Ash Service

WEDNESDAY, FEBRUARY 18, 2026

MASS WITH ASHES AT THE CHURCH:

7:00 AM

9:00 AM* School Mass

**will be streamed at youtube.com/@sjmenomonie*

6:00 PM

SERVICE WITH ASHES AT UW-STOUT STUDENT CENTER

(302 10th Ave E):

4:00 PM

Easter Flowers

Contact the Parish Center

Before noon on Wednesday, April 1

If you would like to donate money towards
Easter flowers in memory of a loved one.

Shadow Stations of the Cross

Wednesday, April 1, 8:00 PM

Lenten Reconciliation

Monday, March 9, 6:00 PM

Lenten Adoration

Thursday, March 12, 6:30 PM

Parish Center Holy Week Hours

The Parish Center will be CLOSED April 3 & 6

Holy Week Mass & Services Schedule

Monday, March 30: 8:00 AM

Tuesday, March 31: 7:00 AM

Wednesday, April 1: 8:00 AM

Holy Thursday, April 2: 7:00 PM*

Good Friday, April 3: 1:00 PM*

Easter Vigil, April 4: 8:30 PM*

Easter Sunday, April 5: 8:30 and 10:15 AM

**will be streamed at youtube.com/@sjmenomonie*

The Church calls the family the domestic Church because faith is first learned at home. Children learn to pray by watching their parents pray. They learn love by seeing forgiveness. They learn God by how we treat one another. That is why the family matters so much—and why it is often under attack. The devil rarely attacks loudly. More often, he slips in quietly through division, distraction, and discouragement. A sharp word left unresolved. A grudge held too long. A home too busy to pray together. Slowly, peace fades and faith weakens. Vocations disappear. And little by little, generations are lost. Our response is not fear, but faith.

Jesus warns us, “A house divided against itself cannot stand.” So how do we protect our families? This Lent season He wants us to forgive, pray and make room for Him. First, we forgive. Often, quickly, and with God’s help. Forgiveness keeps love alive and peace in the home. The devil’s favorite weapon is division. He starts small—with irritation, resentment, and unforgiveness. A sharp word. An old wound reopened. A grudge held too long.

Second, we pray together, even simply. A short night prayer. A meal blessing. One decade of the Rosary. A family that prays together is never alone. The culture also confuses our children, telling them that truth is relative and sin doesn’t matter. What once shocked us slowly becomes normal. A faith that is not taught clearly will eventually be replaced.

Third, we make space for God. We guard Sunday. We turn off screens. We choose presence over distraction. When God comes first, everything else falls into place. Finally, we stay connected to the Church. We don’t do this alone. Faith grows in community, not isolation. Always be connected to our St. Joe’s family. As you can see, we have so many spiritual activities for Lent. Please plan to be with our family.

God has given us everything we need: the Eucharist to strengthen us, Confession to heal us, Mother Mary to protect us, and the St. Joseph Church to walk with us. No family is perfect. No home is beyond God’s mercy. Christ is already victorious, and He dwells where love, prayer, and forgiveness live.

So let us choose faith over fear, prayer over pressure, and love over division—together, as families, in Christ.

Ash Wednesday

February 18, 2026



Mass at St. Joseph's
7:00 AM, 9:00 AM*, & 6:00 PM
910 Wilson Ave. Menomonie
* Livestreamed on YouTube



Service on On-Campus
4:00 PM
UW-Stout MSC Ballrooms
Second Floor, 302 10th Ave E



Easter Flower Donations



If you would like to donate towards Easter Flowers in memory of a loved one, please call the Parish Center by Wednesday, April 1st. Donations can be mailed or placed in the collection basket or bins at the Church. A list of names will be in the Easter bulletin. *Please let us know how you would like the names listed.*

HOLY WEEK SCHEDULE



Palm Sunday Masses

- March 28 2026, 4:00 PM (live streamed)—
- March 29, 2026, 8:30 & 10:15 AM —

- Monday, March 30, 2026, 8:00 AM Mass—
- Tuesday, March 31, 2026, 7:00 AM Mass—
- Wednesday, April 1, 2026, 8:00 AM Mass—

Holy Thursday Evening Mass of the Lord's Supper

- April 2, 2026, 7:00 PM (live streamed)—

Good Friday of the Lord's Passion

- April 3, 2026, 1:00 PM (live streamed)—

Easter Vigil Mass

- April 4, 2026 8:30 PM (live streamed)—



Lent begins Wednesday, February 18th. During Lent we focus on the three themes of **PRAYER**, **FASTING** and **ALMSGIVING**. Lenten dietary regulations for fasting and abstaining are as follows:

1. Catholics who have celebrated their 14th birthday are to abstain from meat on Ash Wednesday, all Fridays in Lent, and Good Friday.
2. In addition to abstaining from meat, those who have celebrated their 18th birthday, until they celebrate their 59th birthday, are to fast on Ash Wednesday and Good Friday, eating only one full meal. Two smaller meals are permitted if necessary to maintain strength according to one's needs, but eating solid foods between meals is not permitted.

For more information on the themes of Pray, Fast, Give, along with a daily calendar for reflection during Lent, visit <https://www.usccb.org/resources/2026-daily-lent-calendar-english>

Lenten Eucharistic Adoration & Benediction

Join us for an hour of guided Eucharistic Adoration with music, scripture, and reflections on the Stations of the Cross.
March 12th, 6:30pm

*We adore you,
O Christ,
and we praise you...
because by your
Holy Cross,
you have redeemed
the world.*



Lent Reconciliation

St. Joseph Parish Menomonie
Monday, March 9th 6:00 PM

STATIONS OF THE CROSS

**Fridays at 4:30
In the Church**

February 20th, 27th
March 6th, 13th, 20th, 27th

IDEAS FOR FASTING

IN THE WORDS OF POPE FRANCIS

Fast from hurtful words and say kind words.

Fast from sadness and be filled with gratitude.

Fast from anger and be filled with patience.

Fast from pessimism and be filled with hope.

Fast from worries and trust in God.

Fast from complaints and contemplate simplicity.

Fast from pressures and be prayerful.

Fast from bitterness and fill your heart with joy.

Fast from selfishness and be compassionate to others.

Fast from grudges and be reconciled.

Fast from words and be silent so you can listen.



With joyful hearts, we enter the season of Lent, ready to grow closer to Jesus!

At St. Joseph School, Lent becomes a lived experience for our students and staff. Through prayer, acts of kindness, and opportunities to serve others, our children learn that small, loving sacrifices can make a big difference. Whether it is praying more intentionally, helping a classmate, or giving generously through service, our students discover that joy grows when we give of ourselves. These moments, simple yet powerful, are where faith truly comes alive.

Our students' enthusiasm and kindness remind us that even in this solemn season of Lent, there is profound joy in walking with Jesus. I am often reminded of the refrain from the song, *We Are Called*, by David Hass; "We are called to act with justice, we are called to love tenderly, we are called to serve one another, to walk humbly with God." St. Joseph School provides a wonderful opportunity to be called by God!

May this season fill our hearts with peace, hope, love, and a deeper appreciation for the incredible gift of God's mercy, and may God bless you abundantly this Lenten season and always!

Every day, our staff members shine with the light of Christ, leading not only with their words but through their daily examples of faith, hope, and love. They model what it means to live the Gospel and nurture the hearts and minds of our students. Read on to discover the many amazing, grace-filled moments unfolding at St. Joseph School.

With Gratitude,
Mrs. Mary Kiefer, Principal

Classroom Connections

Educational Resource Specialist- Mrs. Brogan

The resource room is buzzing with activity. We just wrapped up our second round of star testing for the year. We continue to have small- group work that builds skills and community. There is also time for one-on-one instruction that is tailored to each individual child and their needs. I am so grateful to be part of this wonderful community.

Physical Education- Mrs. Wengel

This winter has been filled with racquet sports like pickle ball and badminton as well as team tag games to keep us busy. The students have been having fun and I've seen improvement in their hand-eye coordination. One student even exclaimed "I'm getting WAY better at this!" We've been discussing habits to keep our bodies healthy including daily movement, good sleep and fueling our bodies with nutritious foods.

Music- Mrs. Wacek

Our music classroom has been a busy, joyful place in the last several months. After a successful Christmas concert full of the news of Jesus' birth, we have moved on to our winter listening units. Each grade level focuses on one important piece of classical music or one composer. Selections include Saint Seans' "Carnival of the Animals," Beethoven's 5th Symphony, Stravinsky's "Firebird Suite", and Brittan's "Young People's Guide to the Orchestra". It's not only a great way to learn some music history, orchestral instruments, and composition techniques, but also a chance to work on our sustained listening and focus skills. Some classes do focused listening for 15 minutes with no talking!

Next, we will be moving on to units on reading and writing music on the staff and composing some songs of our own. As always, music classes will prepare to sing and play instruments as the choir for our weekly Friday Masses. And before long we will be ready to start talking about the Spring Concert. Stay tuned!

Art- Mrs. Moriarty

We now have the fiber art studio open in the art room. Fifth grade artists are sewing up a storm creating 3-D stuffies of their own design and adding embroidery, buttons, and ribbon as design elements. They also drew beautiful "Madonna and Child" pictures and added color in a medium of their choice. Fourth grade artists are creating a radial weaving on painted cardboard circles. They are also experimenting with using acrylic paints and stencils on fabric. Third grade artists used chalk pastels to create "Snowmen in the Moonlight" from the perspective of a mouse. They'll soon be starting a sewing project as well. Second grade artists read a story, "Tree Hole Homes" and discussed all the different animals who might live in trees. Then chose an animal and created a drawing of an animal in a tree hole home. First grade artists are working on adorable Barnyard Animal Portraits. Kindergarten artists are drawing hibernating bears in a cave after reading a story about hibernation.

Technology & Library - Mr. Parker

In computer class, January was a joyful month of wrapping up our Advent projects and looking ahead with excitement to a fresh season of faith-filled learning. As we journey into Lent, our fourth and fifth graders will explore the parables of Jesus and dive into the wisdom of the Beatitudes. Our second and third graders will turn their curiosity toward the virtues of the Church and discover the inspiring stories of various saints. Meanwhile, our Kindergarten and first grade students will continue building confidence and finishing the year strong as they grow in their typing skills. It's shaping up to be a wonderful season of learning, creativity, and growing in faith!

In the library, our young readers are continuing their year-long trek through the adventure genre—sailing seas, scaling mountains, and exploring imaginary worlds. But as Lent begins, we'll pause our storybook travels to focus on essential library skills, including the art of alphabetizing authors' names with confidence and care. And in March, students will leap into a joyful celebration of Dr. Seuss, creating whimsical projects that would surely make even the grinchiest of Grinches grin from ear to ear.

Kindergarten/1st Grade - Mrs. Scharlau

Our kindergarten and first-grade students have been very busy learning and growing! They have been strengthening their reading and writing skills and creating their own stories. In math, kindergarteners are practicing adding numbers to ten and counting to 100, while first graders are learning to add and subtract within 20 and read graphs and charts. The students have also been learning about healthy habits and created life-size body projects. In religion, they have learned about Church leaders, the Ten Commandments, and how to praise God through music and prayer. Along with their hard work, the children have enjoyed time to socialize, play, and have fun together.

2nd Grade - Mrs. Hildebrandt

The school year is flying by in Second Grade, it's hard to believe we are already halfway through! Our second graders recently prepared for and completed their First Reconciliation, and it was a beautiful experience. One student shared afterward, "That was actually really fun to talk with Father Mano." Now the students are busy learning about and preparing for their First Communion, including an upcoming retreat this March.

In addition to their religion studies, students have become quite skilled at two- and three-digit addition. They have also been reading about inventors and technology and even designed their own inventions through creative Rube Goldberg projects.

The Second Grade students and I would like to thank you for your support for St. Joseph School and we wish you well.

3rd Grade - Ms. Randall

With the school year now more than halfway complete, the third graders have continued to grow in their learning! Students explored animal life cycles and demonstrated their understanding by creating caterpillar models. They also worked on a Meteorologist project, reporting a weather forecast for a specific area and explaining how people can prepare for different weather conditions.

In celebration of Catholic Schools Week, students created a Faith Shield writing project that highlighted where they learn about God, how they serve others, how they show leadership, and how they succeed in school. In math, we have been strengthening multiplication and division skills through practice and play. Students enjoy building fact fluency with the classroom game *Kaboom* and writing equations to match word problems. One of our favorite activities is creating our own word problems and challenging classmates to solve them!

4th grade - Mrs. Sobota

The fourth-grade class is learning about fraction concepts in math; they were nervous at first, but are realizing fractions don't need to be scary, and can actually be fun. They finished making 3D topographic maps of a mountain and also completed an Owl Pellet Dissection Lab. They are writing about technology inventions and how they would be beneficial to their community and beyond.

5th Grade - Mrs. Wyss

Fifth grade has been exploring the four spheres of the Earth! Students worked with partners to examine images of the Earth and discuss how each of the four spheres is represented.

In reading, students have been learning about point of view and perspective. They had fun applying these skills by retelling a well-known fairytale from a different character's point of view.

In celebration of January, which is dedicated to the Holy Name of Jesus, fifth graders spent time in the Bible discovering the many names of Jesus. They expressed their learning by creating a beautiful cross featuring His different names.

Legacy Night

Join us on April 11, 2026, to celebrate and support St. Joseph School at our Legacy Night fundraiser. Enjoy an evening of fellowship, dining, games, silent and live auctions, and an inspiring pledge as we honor the legacy of St. Joseph School's past and present while investing in its future. The viability of our school is made possible because of the partnership with our parish and supporters like YOU! Your support is a powerful way to invest in the hearts, minds, and faith of our students.

Tickets are on sale now! Scan the QR code, visit menomoniecatholicschool.org/legacy-night, or stop by the school office to purchase tickets and learn more about donation and sponsorship opportunities.



I have heard it said many times that the definition of insanity is doing the same thing over and over again and expecting different results. Don't go insane this Lent! If you want Lent to be different than it has in the past - do something different!

It's easy to say you're going to give up chocolate, soda, video games, swearing, or whatever general concession you think of when you think about giving something up for Lent. Lent shouldn't be just about giving something up - it should be about replacing that something with a new thing that will help you come closer to Christ.

Giving up food of some sort? Great, now go and serve or donate food to others who are less fortunate. Tuesdays Table and Stepping Stones are great local organizations to consider.

Giving up screens/video games? Wonderful. If you find it more difficult than you thought allow yourself a small window of time each day to use your device to view Catholic content. Apps like Hallow, Ascension, Word on Fire and FORMED all have great content to help you grow in your faith.

Want to give up swearing? Replace your offensive words with THE WORD! Read Scripture daily. Even if you only read the Gospel (which can be found on the USCCB website) that could be five minutes of your day. If you do it in the morning, it might even help you curb your want to use the words you're trying to give up.

Participate in Holy Week. The days from Palm Sunday to Easter are powerful - even more so when you participate in each of the liturgies. Spend time with Jesus in the Blessed Sacrament. Whether in the monstrance or the Tabernacle, Jesus yearns to be with you. Can you give him 15 minutes a week to start?

We're not meant to coast through Lent. It should be a little (or a lot) uncomfortable. It means you're growing! Jesus wandered the desert for 40 days and ate nothing. Even though God sent the angels to tend to Jesus, it must have been hard for Him when the devil tried tempting Him with the mere thought of turning a rock into bread. (Mark 1:13, Luke 4:2-3) My stomach is grumbling now as I think ahead to lunch!

Please let me know if there is anything that I can do to help support you and/or your family this Lenten season. Whether it's help finding resources, asking questions, needing prayers or just needing someone to talk to, please know my door is open.

Wishing you all a blessed and fruitful Lent.

May the blessing of the Lord be upon you,

Tammy Christianson



St. Joseph
Parish & School
Faith Formation

UPCOMING DATES

Mar
4, 11, & 25

Shadow Stations Practice

from 6:30 - 8:00 pm every Wednesday of March (except the 18th) in Charles Hall (church basement).

Mar
28

First Communion Retreat

For all First Communion students from 1:00 - 5:00 pm beginning in the parish center.

Apr
1

Shadow Stations

Join us at 8:00 pm as we walk the Stations of the Cross on Holy Wednesday.

Apr
15

First Communion Rehearsal

For all First Communion students beginning at 6:30 in the Church.

Apr
19

First Communion Mass

Mass for all First Communion students will be celebrated starting at 12:30 pm. Mass will be live streamed.

Apr
29

Youth & Family Mass

A Mass will be held for all of the youth in the Faith Formation program, St. Joseph School, and their families beginning at 5:30 pm.

May
3

Durand Deanery Youth Rally

The last middle school session will have students heading to Spring Valley to celebrate our Catholic faith with youth from around our deanery.

May
17

Baccalaureate Mass

To honor our high school seniors during the 10:15 Mass as they prepare to enter into the next chapter of their lives.



Living the Faith

JOURNEY TO THE FOOT OF THE CROSS: BISHOP RICKEN OFFERS 10 THINGS TO REMEMBER FOR LENT

Bishop David L. Ricken of Green Bay, Wisconsin, former chairman of the Committee on Evangelization and Catechesis of the United States Conference of Catholic Bishops (USCCB), offers "10 Things to Remember for Lent":

1. Remember the formula. The Church does a good job capturing certain truths with easy-to-remember lists and formulas: 10 Commandments, 7 sacraments, 3 persons in the Trinity. For Lent, the Church gives us almost a slogan—Prayer, Fasting, and Almsgiving—as the three things we need to work on during the season.

2. It's a time of prayer. Lent is essentially an act of prayer spread out over 40 days. As we pray, we go on a journey, one that hopefully brings us closer to Christ and leaves us changed by the encounter with him.

3. It's a time to fast. With the fasts of Ash Wednesday and Good Friday, meatless Fridays, and our personal disciplines interspersed, Lent is the only time many Catholics these days actually fast. And maybe that's why it gets all the attention. "What are you giving up for Lent? Hot dogs? Beer? Jelly beans?" It's almost a game for some of us, but fasting is actually a form of penance, which helps us turn away from sin and toward Christ.

4. It's a time to work on discipline. The 40 days of Lent are also a good, set time to work on personal discipline in general. Instead of giving something up, it can be doing something positive. "I'm going to exercise more. I'm going to pray more. I'm going to be nicer to my family, friends, and coworkers."

5. It's about dying to yourself. The more serious side of Lenten discipline is that it's about more than self-control—it's about finding aspects of yourself that are less than Christ-like and letting them die. The suffering and death of Christ are foremost on our minds during Lent, and we join in these mysteries by suffering, dying with Christ and being resurrected in a purified form.

6. Don't do too much. It's tempting to make Lent some ambitious period of personal reinvention, but

it's best to keep it simple and focused. There's a reason the Church works on these mysteries year after year. We spend our entire lives growing closer to God. Don't try to cram it all in one Lent. That's a recipe for failure.

7. Lent reminds us of our weakness. Of course, even when we set simple goals for ourselves during Lent, we still have trouble keeping them. When we fast, we realize we're all just one meal away from hunger. In both cases, Lent shows us our weakness. This can be painful, but recognizing how helpless we are makes us seek God's help with renewed urgency and sincerity.

8. Be patient with yourself. When we're confronted with our own weakness during Lent, the temptation is to get angry and frustrated. "What a bad person I am!" But that's the wrong lesson. God is calling us to be patient and to see ourselves as he does, with unconditional love.

9. Reach out in charity. As we experience weakness and suffering during Lent, we should be renewed in our compassion for those who are hungry, suffering, or otherwise in need. The third part of the Lenten formula is almsgiving. It's about more than throwing a few extra dollars in the collection plate; it's about reaching out to others and helping them without question as a way of sharing the experience of God's unconditional love.

10. Learn to love like Christ. Giving of ourselves in the midst of our suffering and self-denial brings us closer to loving like Christ, who suffered and poured himself out unconditionally on the Cross for all of us. Lent is a journey through the desert to the foot of the Cross on Good Friday, as we seek him out, ask his help, join in his suffering, and learn to love like him.





Saturday, March 7th 8:00 AM
Stations of the Cross Pilgrimage

In Fr. Mano's town of Sivakasi, Catholics participate in a foot pilgrimage during Lent, visiting various parishes and reflecting on a station of the cross at each church. To honor this tradition while keeping the pilgrimage to half a day, St. Joseph Church, along with other churches in the Durand Deanery, will journey to Mondovi, Lima, Durand, Arkansaw, and Plum City for this significant prayer experience.

We will convene at St. Joseph Church at 7:55 AM, where maps and handouts will be provided. You are welcome to join us in Menomonie or Mondovi.

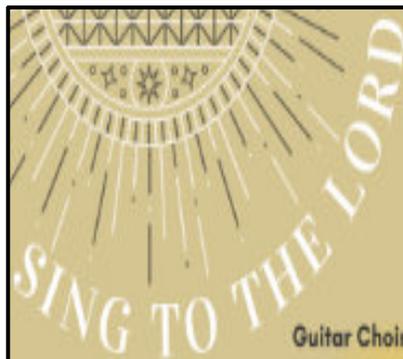
Itinerary for the Day:

1. Opening Prayer at St. Joseph Church.
2. Travel to Sacred Heart of Jesus Church in Mondovi to meditate on Stations 1-3 of the Cross.
3. Proceed to Holy Rosary Church in Lima for reflection on Stations 4-6 of the Cross.
4. Continue to St. Mary's Assumption Church in Durand to reflect on Stations 7-9 of the Cross.
5. Head to St. Joseph Church in Arkansaw to meditate on Stations 10-12.
6. Visit St. John the Baptist in Plum City for Stations 13-14.

There will be opportunities to tour each church at every stop.

This Lent, let's dedicate our time to Jesus as we come together in prayer as a community.

If you can help those who need transportation, please contact Nicki or Tammy at the parish center.



Handbell Choir: This instrumental ensemble is always looking for people with basic music reading proficiency to add to our list of substitute ringers.

No experience necessary. We practice on selected Sundays at 11:30am.

Guitar Choir: Rehearses once a month on Wednesday nights at 6pm. We invite all guitar players and/or singers to join us. All music is provided. We sing once a month at the 10:15 Mass.

SINGERS NEEDED

Traditional Choir: Rehearses twice a month on Wednesday nights at 6pm. We sing twice a month at the 4pm Mass. No experience required, all voice parts needed.

St. Joseph Parish's 2026
FISH FRY
FRIDAYS IN LENT

921 Wilson Avenue • Menomonie, WI • Charles Hall

February 20, 27, March 6, 20, 27

4:30-7:00 pm

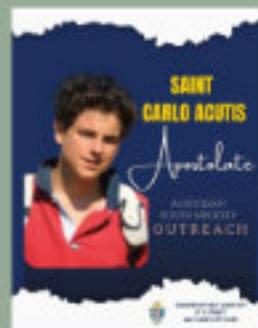
MENU

1 Piece Fish Dinner <small>Beef or Pork Cut</small>	\$12
2 Piece Fish Dinner <small>Beef or Pork Cut</small>	\$15
3 Piece Fish Dinner <small>Beef or Pork Cut</small>	\$18
Shrimp Dinner	\$15
Fish/Shrimp Combo Dinner <small>2 pieces of fish and shrimp</small>	\$18
Kids Meal (12 and under) <small>1 Mac & Cheese, baked carrots, applesauce, and milk</small>	\$6

All dinners served with a baked potato or mac and cheese, baked carrots, coleslaw, dinner roll, and your choice of water, milk, or coffee.



Dine In or Carry Out



LENTEN RETREAT
ST. JOSEPH PARISH
MENOMONIE, WI
FEBRUARY 24, 25, AND 26TH
6:30-7:30 PM

Be inspired by Dynamic Young Saints & their devotion to the Eucharist, Faith, & Forgiveness.

- HEAR THE SAINTS' AMAZING STORIES
- EXPERIENCE THEIR MIRACLES
- VENERATE FIRST CLASS RELICS OF EACH
- COME TO RECEIVE THE HOLY SPIRIT AND GET CLOSER TO THE LORD



SAINT CARLO ACUTIS



SAINT JOSE SANCHEZ DEL RIO



SAINT MARIA GORETTI



WILL BE LIVESTREAMED

OUR FALL SEMESTER

Last semester, students learned about prayer and were challenged to spend this essential time with Jesus each day especially during the Advent season. With prayer as the focus of our Thursday events, students had the chance to learn about how to develop a prayer life and the ways in which Christ is calling them into deeper relationship with Himself. It has been really beautiful to see the fruits of these discussions. We have a group of freshmen girls who has started staying after student Mass each Sunday to pray for each other and the week ahead. Another student discerned a call to serve high school students as a NET Missionary and was accepted to the team for next year. Adoration attendance has continued to increase, and we have several students who are interested in becoming Catholic. All of which has been made possible by the grace of God and the students' continued desire to draw close to Him.

Becca Sheahan
Director of Catholic Campus Ministry | stoutcatholic.org



SEEK26 CONFERENCE

To ring in the new year, 20 other StoutCatholic students and I headed to Columbus, Ohio for SEEK26, a nation-wide conference with over 26,000 Catholics across 3 cities, 16,000 of which were in Columbus. Over the duration of the conference, we attended daily Mass, got to listen to informative talks on how to live out our faith, experienced Eucharistic Adoration, confession, and more. The ways that the Holy Spirit affected me at Seek are beyond profound. I walked into SEEK26 with one question, how was I going to spread my faith to those around me? Thankfully, God answered that question time and time again. My favorite quote from the week was Sr. Mary Grace's, "God wants to untie you, but He needs your permission first," a constant reminder to fully surrender



yourself to God, because as St. Pier Giorgio Frassati said, "Jesus is with me. I have nothing to fear."

Lance, StoutCatholic Service Coordinator

LENT 2026

Reflect. Repent. Restore.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			February 18 Ash Wednesday—Lent Begins Behold, now is a very acceptable time; behold, now is the day of salvation. 2 Corinthians 6:2	February 19 Set your intention for this Lenten season. What penitential practices will you observe? How will you try to grow closer to God?	February 20 Explore some new recipes and commit to living more simply, accompanying our brothers and sisters who lack material resources.	February 21 Many who will be baptized at the Easter Vigil will celebrate the Rite of Election tomorrow. Say a prayer for the elect, for those who will be received into the full communion of the Catholic Church, and for all who seek God with a sincere heart.
February 22 First Sunday of Lent "One does not live on bread alone, but on every word that comes forth from the mouth of God." Matthew 4:4	February 23 Commit to Lenten prayer for those experiencing poverty or unemployment, using this resource: Lenten-Prayer.pdf	February 24 Prayerfully discern ways that you can give to others by sharing your time, treasure, and talent.	February 25 "Contact with those who are lonely and powerless is a fundamental way of encountering the Lord of history: in the poor, he continues to speak to us." Pope Leo XIV, <i>Dilecti in</i> , no. 5	February 26 Examine your conscience before going to bed tonight and make plans to receive the Sacrament of Penance during Lent.	February 27 Fast from television, streaming, gaming, social media, or some other pleasure and spend the extra time praying or reading the Bible.	February 28 Discern participation in a faith formation program or service project sponsored by your parish or diocese.
March 1 Second Sunday of Lent Bear your share of leadership for the gospel with the strength that comes from God. 2 Timothy 1:8	March 2 If possible, apologize to someone you have hurt or offer forgiveness to someone who has hurt you.	March 3 Before going to bed tonight, take some quiet time to reflect on your day. Notice where God was present and how you responded to his presence. Resolve to be more attentive to God's presence tomorrow.	March 4 "Almsgiving ... offers us a chance to halt before the poor, to look into their eyes, to touch them and to share something of ourselves with them." Pope Leo XIV, <i>Dilecti in</i> , no. 116	March 5 Pray for peace in all the troubled parts of our world, in our communities, and in our families.	March 6 Say a prayer for all those discerning a vocation to the priesthood, the consecrated life, or the diaconate, that they will have the courage to say "Yes" to God's call.	March 7 Today is the memorial of Saints Perpetua and Felicity who were martyred for their faith. Pray for those whose religious freedom is threatened.
March 8 Third Sunday of Lent "But the hour is coming, and is now here, when true worshipers will worship the Father in Spirit and truth." John 4:23	March 9 Pray one of the Penitential Psalms (Psalms 6, 32, 38, 51, 102, 130, 143) and give thanks for God's mercy. Have you gone to confession yet this Lent?	March 10 Pray the Sorrowful Mysteries of the Rosary for the Pope's Intention for March: For disarmament and peace. Let us pray that nations move toward effective disarmament, particularly nuclear disarmament, and that world leaders choose the path of dialogue and diplomacy instead of violence.	March 11 "The poorest are not only objects of our compassion, but teachers of the Gospel. It is not a question of 'bringing' God to them, but of encountering him among them." Pope Leo XIV, <i>Dilecti in</i> , no. 79	March 12 As Lent nears its halfway point, recommit yourself to prayer, fasting, and almsgiving to purify your heart for the Paschal feast.	March 13 Pray the Stations of the Cross (Stations Of The Cross USCCB), either in your parish or on your own.	March 14 Lord Jesus, have mercy on me, a sinner.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>March 15</p> <p>Fourth Sunday of Lent</p> <p>Live as children of light, for light produces every kind of goodness and righteousness and truth.</p> <p>Ephesians 5:8-9</p>	<p>March 16</p> <p>If possible, spend some time in prayer before the Blessed Sacrament, asking God to fill you with his grace so that you may draw ever closer to the Body of Christ.</p>	<p>March 17</p> <p>On this Memorial of Saint Patrick, pray for missionaries and all who are called to spread the Gospel.</p>	<p>March 18</p> <p>"The Church, like a mother, accompanies those who are walking. Where the world sees threats, she sees children; where walls are built, she builds bridges. ...In every rejected migrant, it is Christ himself who knocks at the door of the community."</p> <p>Pope Leo XIV, <i>Dilecti</i> n. 75</p>	<p>March 19</p> <p>Today is the Solemnity of Saint Joseph. Pray for all fathers and those who exercise a father's responsibility, that they may give the children in their care an example of self-sacrificial love.</p>	<p>March 20</p> <p>As spring brings new life to the earth, take a walk in your community to praise God in his creation. (Bonus points if you pick up trash as you walk!)</p>	<p>March 21</p> <p>In Lent, we are called to renew our baptismal commitment. We recall those waters in which we were baptized into Christ's death, died to sin and evil, and began new life in Christ.</p>
<p>March 22</p> <p>Fifth Sunday of Lent</p> <p>"I have come to believe that you are the Christ, the Son of God, the one who is coming into the world."</p> <p>John 11:27</p>	<p>March 23</p> <p>As we journey with Jesus towards Holy Week, remember all those in our world today who carry heavy crosses of poverty, homelessness, and hunger.</p>	<p>March 24</p> <p>"Charity and justice should permeate the Eucharist through love and attention to the poor."</p> <p>Pope Leo XIV, <i>Dilecti</i> n. 41</p>	<p>March 25</p> <p>On this Solemnity of the Annunciation of the Lord, pray for all mothers facing crisis pregnancies and discern what actions you can take to support them.</p>	<p>March 26</p> <p>When confronted with your own weakness during Lent, don't give in to anger, frustration, and self-pity. Be patient, and see yourself as God does, with unconditional love and mercy.</p>	<p>March 27</p> <p>On this final Friday of Lent, let your sacrifices unite you with your suffering brothers and sisters and with Jesus' perfect sacrifice on the Cross.</p>	<p>March 28</p> <p>If possible, make plans to participate next week in your parish's celebration of the moving liturgies of the Triduum (Holy Thursday through Easter Sunday).</p>
<p>March 29</p> <p>Palm Sunday of the Passion of the Lord</p> <p>"Hosanna to the Son of David; blessed is he who comes in the name of the Lord; hosanna in the highest."</p> <p>Matthew 21:9</p>	<p>March 30</p> <p>Pray for a deeper respect for all human life, especially for the most vulnerable: the unborn, the infirm, those with disabilities, those on death row, and the terminally ill.</p>	<p>March 31</p> <p>As Lent draws to a close, reflect on your Lenten journey. How have you grown closer to God? How have you grown in holiness? Give thanks to God for accompanying you in this season.</p>	<p>April 1</p> <p>"When the Church bends down to break the new chains that bind the poor, she becomes a paschal sign."</p> <p>Pope Leo XIV, <i>Dilecti</i> n. 61</p>	<p>April 2</p> <p>Holy Thursday</p> <p>"I have given you a model to follow, so that as I have done for you, you should also do."</p> <p>John 13:15</p>	<p>April 3</p> <p>Good Friday</p> <p>"Through his suffering, my servant shall justify many, and their guilt he shall bear"</p> <p>Isiah 53:11</p>	<p>April 4</p> <p>Holy Saturday</p> <p>If possible, spend today in quiet prayer, praying for those who will receive Sacraments of Initiation tonight and that you will have renewed strength to live your baptismal call.</p>
<p>April 5</p> <p>Easter Sunday of the Resurrection of the Lord</p> <p>"Do not be afraid! I know that you are seeking Jesus the crucified. He is not here, for he has been raised just as he said."</p> <p>Matthew 28:5-6</p>	<p>"Christian love breaks down every barrier, brings close those who were distant, unites strangers, and reconciles enemies. It spans chasms that are humanly impossible to bridge, and it penetrates to the most hidden crevices of society. By its very nature, Christian love is prophetic: it works miracles and knows no limits. It makes what was apparently impossible happen. Love is above all a way of looking at life and a way of living it. A Church that sets no limits to love, that knows no enemies to fight but only men and women to love, is the Church that the world needs today."</p> <p>—Pope Leo XIV, <i>Dilecti</i> n. 120</p> <p><small>This calendar may be printed and distributed without charge in its original format only for personal and institutional use. No other use of the copyrighted content is permitted. Excerpts from the <i>Liturgical Year for Use in the Dioceses of the United States</i>, second typical edition, Copyright © 2001, 1998, 1997, 1984, 1970 Conferentia of Christian Doctrine. Used with permission. All rights reserved. Quotes from Pope Francis copyright © Libreria Editrice Vaticana, Vatican City State. All rights reserved. Used with permission. Excerpts from the English translation of <i>The Order of Penance</i> © 2019, International Commission on English in the Liturgy Corporation. Used with permission. Copyright © 2024, United States Conference of Catholic Bishops, Washington, DC. All rights reserved.</small></p>					 <p><small>© 2024, United States Conference of Catholic Bishops, Washington, DC. All rights reserved.</small></p>

More information along with links shown in the dates on the calendar may be found online at <https://www.usccb.org/resources/2026-daily-lent-calendar-english>

CONTACT INFORMATION

St. Joseph Parish | 910 Wilson Ave. | Menomonie, WI

Parish Center Hours: Monday-Friday 8:00 AM-4:00 PM

Phone: 715.232.4922 | **Fax:** 715.232.4923 | **After hours for Anointing of the Sick or emergencies call Fr. Mano** 608.780.8237
Mass: Sat 4:00 PM; Sun 8:30 AM, 10:15 AM, 6:00 PM; Tues & Wed 8:00 AM; Fri 9 AM | **Pastor:** John S. Muthu Vijayan (Fr. Mano)
Adoration in Church: Tuesdays 8:30 AM-3:00 PM | **Private Confession in Church:** Sat 3:00 PM, Sun 5:15 PM

Pastor: Fr. Mano, fr.mano@menomonicatholic.org
Principal: Mary Kiefer, mary.kiefer@menomonicatholic.org
Business Manager: Tiffany Clark, tiffany.clark@menomonicatholic.org
School Administrative Assistant: Mary Wayne, mary.wayne@menomonicatholic.org
Parish Administrative Assistant: Linda Young, linda.young@menomonicatholic.org
Music & Liturgy: Beth Wacek, beth.wacek@menomonicatholic.org
Parish Life Ministries: Nicki Welsch, nicki.welsch@menomonicatholic.org
Religious Education: Tammy Christianson, tammy.christianson@menomonicatholic.org
Director of StoutCatholic: Becca Sheahan, director@stoutcatholic.org
Choice Program: Maribeth Hartung, maribeth.hartung@menomonicatholic.org
Head Custodian/Maintenance: Wayne Koepke, wayne.koepke@menomonicatholic.org

Join Our Parish Community:
 Contact Nicki Welsch, or click on
 “I’M NEW” at :
MenomonieCatholic.org.

St. Joseph Grade School:
 Serving children 4K through 5th
 grade. We are a 4K
 program site and a Wisconsin
 Parental Choice Program school.
 Registration for the school year
 is ongoing.
 Contact Principal Mary Kiefer
 with questions or to set up a
 tour.

Baptisms:
 Contact Nicki Welsch for
 information and to schedule a
 baptism.

Weddings:
 Contact the Parish Center at
 least 6 months before your
 wedding to set up a meeting
 with Fr. Mano and begin
 preparation.

The **Parish Finance Council**
 consists of appointed members
 who work with the pastor and act
 justly and prudently in formation
 and administration of the parish’s
 financial policies, budget and
 long range planning.

Finance Council Members

- Fr. Mano
- Tiffany Clark
- Larry Feiler
- Priscilla Fuhrman
- John Heike
- Jeff Krumenauer, Chairperson
- Shirley Riedmann

The **Parish Pastoral
 Council** is a consultative body
 to the pastor with elected and
 appointed members to help
 define, plan, prioritize, and
 carry out the mission of our
 parish.

Pastoral Council Members

- Katie Baier
- Anna Beckman
- Debra Berends
- Karen Brunner
- John Heike
- Jason Horzewski, Chairperson
- Katie Mrdutt
- Dan Wengel
- Duane Zweber

Knights of Columbus:
 Catholic men age 17 ½ and
 older are invited to join
 the Knights. Scan this QR
 code with a smartphone/
 tablet. Enter your info and
 you will be contacted by a
 local member. Or contact
 Bob Brahmstadt
 Grand Knight at
 KC2055GK@gmail.com.



The **Parish Council for Catholic Women (PCCW)** is an organization all women of the Parish belong to whether they pay dues or not. It is part of the Durand Deanery of the La Crosse Diocese Council for Catholic Women (LDCCW). You may find more information on the website at <https://www.menomonicatholic.org/pccw>. Current president is Colleen Berg. Contact information is stjosephpccw24@gmail.com.



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St. Joseph Parish

Fall Festival

Saturday & Sunday, September 19-20, 2026

CHICKEN DINNER
 FAMILY BASKETS
 QUILT RAFFLE
 SILENT AUCTION (onsite & online)

CASH RAFFLE
 CONCESSIONS + BEVERAGES
 HARVEST MARKET
 Pie & Ice Cream
 CHILDREN’S GAMES & ACTIVITIES

Music by Joanne Keays & Vince Kujawa

SAVE THE DATE