

St. Boniface

Catholic Church

stboniface.net

230 1st St. NW - Lidgerwood, ND 58053

Also Serving St. Martin of Tours, Geneseo and Sts. Peter & Paul, Cayuga

Weekend Mass Schedule

Saint Boniface

Saturday - 7:00 p.m.

Sunday - 8:30 a.m.

Saint Martin of Tours - Geneseo

Sunday - 10:30 a.m.

Saints Peter & Paul - Cayuga

Sunday - 11:45 a.m.

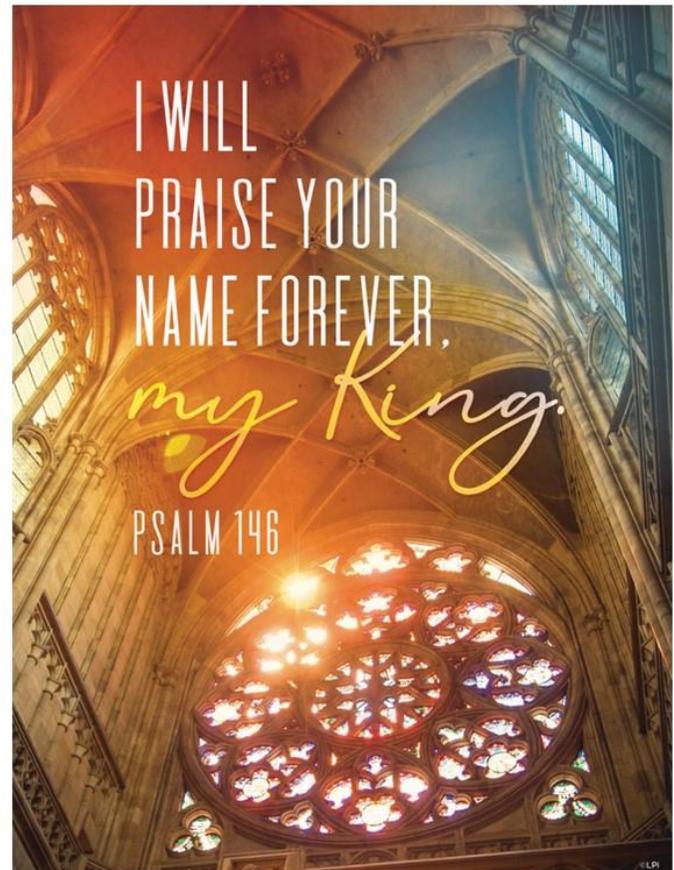
(Even Numbered Months)

May 15, 2022 - 5th Sunday of Easter

Q What are the "fruits" of holy Communion?

A The Eucharist, like all sacraments, offers its own unique grace. We receive a special share in God's life that helps us in our faith journey. We are given all we need to sustain and nurture our relationship with God. The Eucharist is the source and summit of the Christian life. Everything we are and everything we hope to become is found in this sacrament. It is essential to the life of the church, to each member of the church. Without it, there is no church. The Eucharist is the center of our spiritual life and has enormous effects on our growth, our holiness, and our way of life.

The fruits of holy Communion are the benefits one receives from the sacrament. These fruits of holy Communion are discussed in the catechism in the article on the Eucharist. The primary benefit is union with Christ. We become one with him sacramentally, just as we hope to become one with him for eternity. The Eucharist also separates us from sin, both past and future. It forgives the venial sins of the past and, by the love we receive, protects us from mortal sin in the future. The church community is also unified and strengthened by the Eucharist. It unites us to the poor and offers the pledge of eternal life.



Acts 14:21-27
Revelation 21:1-5a
John 13:31-33a, 34-35

Pastor | Fr. Peter Anderl

Cell Phone: (701) 640-6050

Rectory Phone: (701) 538-4608

Email:

peter.anderl@fargodiocese.org

Secretary | Cindy Jelinek

Office Hours: Wed. 1:00 - 6:00 pm

Office Phone: (701) 538-4604

Cell Phone: (701) 640-1401

Email: stboniface@rrt.net

DRE | Melodi Novotny

Office Phone: (701) 538-4604

Cell Phone: (701) 640-9314

Email:

stbonifacedre@rrt.net

Weekly Mass Schedule



Sunday Liturgies		
Saturday, May 14	7:00 pm (St. B.)	† Richard Wettstein
Sunday, May 15	8:30 am (St. B.)	† Bill Oster
	10:30 am (St. M.)	Pro Popula
Weekday Liturgies		
Monday, May 16	NO MASS	
Tuesday, May 17	NO MASS	
Wednesday, May 18	NO MASS	
Thursday, May 19	NO MASS	
Friday, May 20	NO MASS	
Sunday Liturgies		
Saturday, May 21	7:00 pm (St. B.)	† Pat Duerr
Sunday, May 22	8:30 am (St. B.)	† Art & Lois Schouville
	10:30 am (St. M.)	Pro Popula

Reconciliation Schedule

St. Boniface: Saturday – 6:30 - 6:55 pm
Sunday – prior to Mass
Wednesday – 9:45 am
St. Martin: Sundays – Before and after 10:30 am Mass

Prayer Requests

Please keep the following people in your prayers:

- Levi Witt	-Jan Breker	-Dan Frolek
- Peggy Harles	- Shelby Northrop	- Shirley Ahrens
- Brad Meyer	- Miranda Jelinek	- Beth Stroehl
- Rita Schmit	- John Popp	- Harvey Heley
- Dejah Anderson	- Rick Kane	

- If you have any imminent prayer requests, please call or text Cindy at 701-640-1401.

All Parishes

Join us in Prayer. The Rosary and Divine Mercy Chaplet will be said at the following times: Monday through Friday at 9:30 am. The Rosary for the Unborn will be said on Tuesdays.

Eucharistic Adoration – Adoration is open to all, please come and visit Jesus in Adoration anytime on Thursdays from 5am to midnight. Also, cannot find a substitute please call Sharon Frolek as soon as possible at or 538-7010 or 612-790-1211 to find a substitute.

Mass Time Change – For the month of June, Mass at Sts. Peter & Paul in Cayuga will be on Sundays at 7pm.

KC Highway Cleanup (date change) will be held on Sunday, May 15 at 1pm.

Cavuga Christian Mothers will have their monthly meeting at 9:30 am on Tuesday, May 17.

Fr. Anderl will be on a Silent Retreat this week from Monday through Friday. If there is a need, you can call Fr. Troy Simonsen at 701-566-0405.

Baccalaureate will be Sunday, May 22. Breakfast will follow the 8:30 am Mass at St. Boniface. Everyone is invited.

First Mass of Thanksgiving for soon to be ordained Fr. Robert Foertsch will be at St. John's in Wyndmere on Sunday, June 5 at 10:30 am with a meal to follow. All are welcome to attend.

How to Become a Better Listener, According to Science

High-quality listening is an underrated ability. How well and frequently you listen to others is a better predictor of your leadership potential than your actual intelligence or personality. As a recent review shows, good listeners tend to perform better at work, and to report higher level of wellbeing, as well as more meaningful and fulfilling relationships. We tend to trust them more, and they tend to be seen as curious, empathetic and emotionally intelligent.

To some degree, the power of listening can be explained by the fact that good listening is rare. We live in a world in which people are often rewarded for self-promoting, being the center of attention, and talking as much as they can, even when they have nothing to say. The fact that Susan Cain's rational defense of introversion is arguably counterintuitive to most people (especially in hyper-outgoing American culture) suggests that we are still not fully convinced about the virtues of listening, though most people are happy to recommend this activity to everyone else.

So, how can you become a better listener? The simplest formula or recipe I can think of is:

1. Shut up
2. Listen
3. Repeat

However, this is easier said than done, and (if you are still listening) I suspect you may be looking for something meatier. Decades of scientific research suggest that if we want to become better listeners, we should consider working on these four key enablers of high-quality listening:

Focus

A simple reason most people struggle with listening, even when they have the intention to doing so, is that they fail to provide their undivided attention.

Distractions, stress, worries, and multitasking all

interfere with high quality listening, as we all know from everyday experience. Contrary to popular belief, tasks that require active attention cannot be done simultaneously. Multitasking is a bit like intuition, sense of humor, or musical taste: just because we think we are good at it doesn't mean we actually are. You may continue to multitask while you Zoom into crowded work meetings, but let's not equate that to listening. If you *truly* intend to listen, you have to focus—period.

Empathy

The vast majority of people are capable of displaying basic empathy, the ability to see things from another person's perspective—but we don't always do. Stepping outside our ego cocoon and making an effort to put ourselves in someone else's shoes, will significantly improve our listening skills. This is obviously easier when we care about the person, but humans are capable of being open and considerate towards others even in the absence of feelings towards them. In fact, if we truly want to create a more diverse and inclusive world then we cannot just rely on our empathy (whether we feel something for the other person) but must also exercise rational kindness and compassion.

Self-control

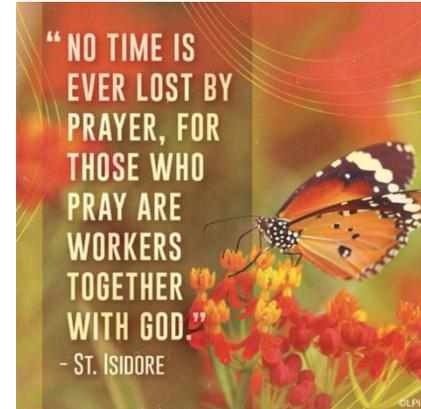
Impulsive interruptions are a big threat to listening. Unless you can control your emotions, whether positive or negative, you will jump in too soon, without letting people make their point. This is why mindfulness is a consistent predictor of better listening. Waiting for the other person to finish, and even counting two or three seconds after they've gone quiet, is a simple exercise to keep your feelings and thoughts under control. Even if you feel you are right, or you don't like what you are hearing, you will be much more likely to win the argument if you wait until the other person finishes unless you don't want them to listen to you. And if you really don't care about what the other person is saying, then don't waste your energies interrupting them.

Inclusion

Even if you managed to accomplish the first three things, it is still important that you convey to the *other* person that you've been listening. In other words, what you want is to harness a reputation for being a good listener. So, when your turn eventually arrives, and it is you who needs to speak, make sure you incorporate the other person's perspective, reference what they said, and react to their narrative and arguments. Many people learn to wait for their turn, only to deliver a speech they had planned before, perhaps while successfully pretending to listen to the other person. In short, include the other person in your story, so you can make it easier for them to empathize... and listen to you.

Finally, it is worth remembering that listening is no different from any other skill. Some people have more

potential than others, but in the end, we all need to practice in order to get better. Getting feedback from others—people who observe us during calls, meetings, discussions—is essential for improving, especially if they are able to call us out when we don't listen, and if being told that we are a bad listener makes us feel guilty enough to want to change it. If it does, it is at least a sign that we were listening.



Loving as New Creations

"There's something different about you."

Think about the times in your life when this has been said to you. Maybe it was after someone complimented you on a job well done, and you realized that you were walking through life with a little more confidence. Maybe it was after meeting someone special, as you carried the glow of that relationship wherever you went. Chances are, if someone has noticed something different about you, it's because, inwardly, you've been changed by the loving or respectful actions of another person. Love, you see, can make us into new creations. From the love of God flows the grace to tackle any challenge, including the biggest challenge of all: loving each other well. Christ knows what a big request this is. He was human, too. He came and lived among us. He knew intimately what it was to love people in the chaos of their own flaws. He knew what he was asking of us when he said, "As I have loved you, so you should also love one another."

In essence, this is the call to stewardship: loving as Christ loves, amidst the messiness of everyday reality. Loving with accountability, challenging ourselves and our brothers and sisters to be faithful even when it is hard. Loving with an unflinching sense of hospitality that welcomes even those we do not agree with or understand. Loving with gratitude, giving thanks for the great variety of ways that Christ can make himself known to us through others.

It isn't easy — we all know that. But if we ask God for the grace to remain steadfast in this greatest commandment, we will be given what we need to live as new creations.