



APOSTOLATE FOR PERSONS WITH DISABILITIES - DIOCESE OF MADISON

LOVE, CARE AND COMPASSION FOR PERSONS
WITH DISABILITIES SINCE 1967

Dear Sisters & Brothers,

I hope you are doing well these wintry days! As we enter the month of February, I am happy that we are moving closer to Spring. This month, we will join the Church for the beginning of the Season of Lent on February 22nd with Ash Wednesday.

Lent is a beautiful season during which we embrace special practices that help us Journey into God's Love. The first reading on each Sunday of Lent takes us on a journey through salvation history, offering models of sin, repentance, and God's overflowing mercy. Repentance is a turning away from the sins and mistakes of the past and present, and a turning toward God. We are invited to walk in God's path, which is to walk in holiness. While quite aware of our sinful choices, even habits, the goal of this Season is to deepen our awareness that God deeply loves us. The journey of Lent helps us to not forget God's merciful love, but to be open to it in new ways, to trust such Divine Mercy.

There is also a focus on the gift of baptism. Alongside the catechumens who are preparing for Baptism, the entire Church calls us to reflect on our own Baptism, heightening the call we first received to become Disciples of the Lord, to become holy.

This is the time to prepare for the Lenten Season, acknowledging our personal needs for growth, our needs for reconciliation and change, allowing the Holy Spirit to guide and refresh us. The three traditional practices of prayer, fasting, and almsgiving are meant to help us with our ever deepening relationship with the Lord, and God's people.

I continue to count it such a blessing in my life to journey with all of you into God's love. Please know that I know a special connection with all of you as I celebrate the Apostolate TV Mass on Sundays!

Msgr. Larry Bakke

UPCOMING LITURGICAL DAYS

FEBRUARY 22: LENT BEGINS

MARCH 20: FEAST OF ST. JOSEPH

APRIL 2: PALM SUNDAY

APRIL 6: HOLY THURSDAY

APRIL 7: GOOD FRIDAY

APRIL 8: HOLY SATURDAY

APRIL 9: EASTER SUNDAY

APRIL 16: DIVINE MERCY SUNDAY

MAY 18: ASCENSION OF THE LORD

MAY 28: PENTECOST

MAY 31: VISITATION OF MARY

APOSTOLATE SAVE-THE-DATES

MARCH 11; LENTEN RETREAT

APRIL 16: ST. MARGARET MASS

JUNE 20: DAY AT THE DUCK POND

The 4 Holy Habits



RECLAIM SUNDAY

FAST FRIDAY

FASTING



PRAY DAILY

CONFESSION



Bishop Hying has asked the faithful of the Diocese of Madison to add these 4 Holy Habits to our lives. Lent is a great time to start, if you haven't already, or to revisit the purpose of your holy habits.

Reclaim Sunday: Sunday is the Lord's Day. It is meant as a day of rest and a day of spending time with our family and community. Ask yourself: Am I treating Sunday as if it belongs to the Lord or to myself?

Pray daily: Did you know that if you spend 15 minutes in prayer per day, that's 1% of your whole day? Can you give the Lord that 1% each day? Morning offerings, listening to or singing praise and worship songs, or reading the Scriptures are all examples of ways to encounter the Lord in prayer.

Fast on Friday: we are called to fast from eating meat on the Fridays of Lent, Bishop Hying is asking us to extend the spirit of fasting throughout the whole year. What is something that you can sacrifice on Fridays? It doesn't have to be food related, it could be: screens, non-religious music, or hitting the snooze button.

Confession: Bishop Hying is asking the faithful to receive the Sacrament of Reconciliation once per month. In the Confessional, we can encounter the Lord's mercy and make steps towards eliminating habitual sins from our lives.

Spring Service Ideas

- BRING A BAG AND GLOVES WITH YOU TO PICK UP LITTER ON A WALK OR HIKE.
- MAKE EASTER CARDS FOR FAMILY, FRIENDS, NEIGHBORS, OR A LOCAL CARE CENTER.
- HELP AN OLDER NEIGHBOR WITH YARD WORK OR GIVE SOMEONE THE OPPORTUNITY TO SERVE BY ASKING THEM TO HELP YOU WITH A SPRING PROJECT.
- DO SOME SPRING CLEANING. DONATE ITEMS THAT STILL HAVE USE IN THEM TO YOUR LOCAL ST. VINCENT DE PAUL, EASTER SEALS, OR A LOCAL PARISH.
- VOLUNTEER FOR A CLEANING OR GARDENING PROJECT AT YOUR PARISH.
- HAVE A BAKE OR CRAFT SALE TO RAISE FUNDS FOR YOUR DISABILITY OR MENTAL HEALTH MINISTRY OR DONATE THE FUNDS TO A LOCAL CHARITY.



Memorial For: _____ **Given By:** _____

**Please send \$10 for each Mass Intention to: Apostolate for Persons with Disabilities
702 S. High Point Rd., Suite 225, Madison WI 53719.**

Select one per memorial: ☐ **Mass Request (Not tax deductible)** OR ☐ **Donation (Tax deductible)**
Please check a box to indicate if this memorial is a Mass request or a donation.

***If your request is more complex, please include a short letter including your phone number to ensure that we process the request correctly. Call the Apostolate at 608.821.3050 with any questions.**

Mental Health Ministries

Several parishes have started mental health ministries. Below and the next page are example of what these ministries are doing and quotes from participants/leaders have experienced by being a part of these ministries in their parishes.

If you are interested in having a support group or ministry at your parish, we are here to help! Contact us for resources, speaker suggestions, or training opportunities, including being trained in Mental Health First Aid.

The Apostolate is also offering a \$500 St. Dymphna Grant to help you parishes' Mental Health Ministry with costs such as speakers, trainings, brochures, or hospitality. This Grant requires Pastor approval and for your parish to have a designated Mental Health Advocate with the Apostolate. Visit APDMadisonDiocese.com/grants for the application.

Our Lady Queen Of Peace Parish - Madison, St. Dymphna Group

QP's mental health support group started about a year ago with the simple goal of spreading mental health awareness and being able to pray and support those who have a family member/loved one who struggles with mental health. We decided to name our group after St. Dymphna, the patron saint of the mentally ill. **"My biggest concern initially was being able to find Catholic mental health resources, which proved to be difficult. It was helpful to have taken the Mental Health First Aid course in preparation for co-leading this group, which gave me some confidence. However, after the first couple of meetings, I quickly realized that the Holy Spirit was the real leader of this group and that our job as facilitators was mostly coordinating meeting dates and being prayerfully present."**

Together we have shared stories of mental health difficulties and successes, read a book and had a question and answer session with the book's author, walked for NAMI, and hosted a speaker on self-care and gratitude. **"The most meaningful times together have been spent sharing hope and prayers with one another. As a nurse, I believe we need to take care of our mental health just as we would take care of our physical health, if something was ailing us. St. Dymphna, please continue to guide us and pray for us!"**

"The St. Dymphna support group is a community of caring individuals who come together to pray, share stories and support one another. This group has opened my eyes to realize there are individuals who share similar experiences, and has helped me feel not alone."

"Our support group started up just when we needed it. A family crisis began and being far away it was very difficult to deal with events and emotions at such a distance. Our group has been so supportive and given us so much valuable information but most of all, just loving caring friends to listen and be empathetic. And, we made new relationships too."

"Our St. Dymphna support group for family members of people who struggle with mental health issues has been meeting for months - and there is always someone new; a first-timer, at our gatherings..... It can be hard to walk in the first time. **Several people have said, "I sat in my car and couldn't decide if I was brave enough to go in."** Such is the stigma of mental illness support. Inevitably once people get in the doors they begin to feel at home. They know they aren't alone. We hold our discussion group in the center of our gathering space - in the open, not behind closed doors. There is nothing to be ashamed of. Mental Health issues affect nearly all of our families. **We need to be able to come together to talk and to pray together. We pray for each other, and we pray in gratitude for each other and for the parish community that brought us together."**





Divine Mercy Parish - Sauk City

“After being diagnosed with Complex PTSD about 2 years ago and I having unknowingly lived with symptoms of it since about age 12/13, I knew I needed certain things to help me. I found that receiving Jesus at Holy Mass and the Sacrament of Reconciliation were where much of my healing took place, alongside therapy. When I heard about a Mental Health Ministry beginning at our parish, I wanted to go, not just because I have suffered from mental illness, but because I know others who do and wanted to learn more. I also desired to connect with people in our parish community who may be carrying a similar Cross and needed a “Simon of Cyrene” or “Simonette” to learn, share, and connect with. I was tentative to go at first, but once there I felt so at home. I am learning so much and sharing my story with others has helped in the healing process. I have truly met Jesus through these lovely people and I thank God for this ministry! It is not a replacement for medical treatment or therapy, nor is it a replacement for meeting Jesus in the Sacraments; it is an addition to them. I do feel this is a much needed ministry in each parish. Thanks be to God for all the beautiful help He gives His children in the One, Holy, Catholic, Apostolic Church, where all are welcome!”

Blessed Sacrament Parish - Madison

The Mental Health Support Group meets the first Tuesday of the month. This group is designed to help those struggling with mental health issues through prayer, the support of the Church and other parishioners who are struggling with their mental health. A light home cooked meal is provided. **Sharing a meal builds fellowship, and members from the connections which enable them to support each other in the struggles they face. The group enters into prayer to develop a deeper relationship with the Lord and through that relationship, arrive at peace.** One on one meetings with the facilitator, Maria Habib, the parish Pastoral Assistant, are encouraged so that members can work through issues in a more personal setting.



Holy Angels Parish - La Valle

Farmer Angel Network got its start in 2018 when a local church community in Sauk County came together to support a farm family who lost a farmer to suicide. **Providing a safe space to reach out and openly talk about farm stress has been the basis for our events & programs.** Our mission statement is: The Farmer Angel Network builds strong rural communities that support agriculture by providing education, resources, and fellowship with a focus on mental health. While many of Farmer Angel Network community partners are primarily ag-based, the group continues to look to local churches as a partner to foster fellowship within ag communities. Thank You to the Apostolate for the St Dymphna grant, we will be incorporating these funds into our educational programs for 2023.

DAY AT THE DUCK POND 2023

FREE EVENT
SPONSORED BY THE
APOSTOLATE!

LUNCH AND BASEBALL
GAME INCLUDED WITH
TICKET

PRAYER SERVICE BEGINS
AT
11:00 AM

SAVE THE DATE

TUESDAY,
JUNE
20TH

@ WARNER PARK
HOME OF THE
MADISON MALLARDS

Apostolate Contact Info

Co-Director, Rev. Msgr. Larry Bakke

Co-Director, Megan Wedwick
(608) 821-3051

megan.wedwick@madisondiocese.org

Admin. Coordinator, Kayla Schiesser
(608) 821- 3050

kayla.schiesser@madisondiocese.org

702 S High Point Rd Suite 225
Madison, WI 53719

Website:

APDMadisonDiocese.com

Email: APD@MadisonDiocese.org

Phone: (608) 821-3050



Mass Intentions and Memorials

Al Ripp	James Finger	Norbert Roth
Alice Hanson	James Laufenberg	Peter & Marcella Ripp
Alphonse and Elizabeth Ripp and Family	Janet Robertson	Peter Kirschbaum
Ambrose Waelti	Jeremay Buol	Randy Diehl
Arnold R. Neises	Joan Marie Dorgan	Ray Laufenberg
Bill Torgerson	Joe Ripp	Roland Ripp
Bonnie Poole	John & Louella Buol	Sharon Fillnow
Clete and Dorothy Alt	John and Florentine Ruhland	Sharon Mitchell
Connie Rufi	John Berkich	Sr. Lorene Haas
Dan Paquette	John Helleckson	Tom O'Donnell
Dave Cavanaugh	John Sr. & Helen Wiegman	Viola Buechner
Delmer Hellenbrand	John W. Owens	Viola Helt
Dolores Ness	John Wedwick	Will Coulthard Family
Dolores Shiveler	Joseph, Anna and James Weckerle	William & Abigale Derivan
Don Lang	Joshua A. Pratt	Willie Anderson
Donovan Boley	Joyce Schuh	Deceased Maloney & Lashock Families
Dr. Joseph Ganshart	Julius & Calogera Bonura	Deceased of the Ben & Mary Minter Family
Ed Hellenbrand	JW & La Monte Marshall	Deceased of the Zodrow Family
Edward & Sarah Owens	Karel Family	For those who have died and have no one to pray for them.
Elizabeth Erb	Kathy Hall	
Elmer & Rita Kammes	Lavern Ballweg	
Ernest and Arluwine Scribner	Laverne & Kathleen Herbst	
Esther Botting	Linda Schwab	
Esther Mootz	Lydia & Leonard Endres	
Evelyn Brandt Kaiser	Marcel Ripp	
Florence Laufenberg	Margaret Esser	
Frederick (Fritz) Rauls	Mark Hellenbrand	
Gerald Brunner	Melivin Bollig	
Gerald Hellenbrand	Menzo Bronson	
Harold Ripp	Mer and Clara Niesen	
Helen Liska	Merlin Helbing	
Jacob & Florence Buol	Mike F. Rauls	
James Ballweg	Mike, Carrie and Tommy Herbst	
James Conway	Monsignor Thomas Francis Campion	

**please join us
in praying for
these and all
who have died**

October 2022 - January 2023

Donors

Thank you to all who have generously donated to the Apostolate!

Anne Wiehle	Diane Weber	John and Donna Glynn	Marvin and Norma Ballweg
Agnes (Meier) Beckwith	Dilsha Happel	Jonathan Robertson	Mary Ripp
Audrey Lukes	Duane & Joan Wilcox	Joseph and Julie Motz	Mary Torgerson
Barb Ziegler	Elvy Weiss	Judith Schlesner	Mitch Quade
Bernard L. Fourrier	Eugene Esser and Family	Leona Grubb	Opal Huber
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Della A Rancourt	Helen Liska Family	Magdalen Ballweg	Sheila Ruhland
Deloris Squire	Iris Brunner	Marily Helleckson	Stan and Nancy Skolaski
Dennis Outhouse	Jerome and Mary Lou Baryenbruch	Mark Oesterle	Terry Hicks
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APOSTOLATE FOR
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702 S. High Point Rd. Suite 225
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Television Mass Schedule

Sundays

6 am on WISC-TV Channel 3
7 am on TVW and Direct TV 14



*Thank you to
WISC-TV Channel 3
for your ongoing generosity
in providing the weekly Mass
to our viewing audience*