

Saint Edward's & Saint Paul's

June/July 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
13	14 SAILS 10 AM @ Saint Edward's Blood Drive 1:30-5:30 PM Saint Edward's	15 SVdP 1 PM @ Saint Paul's	16 Finance Council MTG 9 AM @ Saint Edward's	17 SAILS 10 AM @ Saint Edward's Men's Group 5 PM @ Saint Paul's	18	19
20 	21 SAILS 10 AM @ Saint Edward's	22	23	24 SAILS 10 AM @ Saint Edward's Men's Group 5 PM @ Saint Paul's	25 Pie's for Art Fair delivered to Saint Edward's By 3 PM	26 Women's Council Pie Sale @ Turtle Town Art Fair Longville
27	28 SAILS 10 AM @ Saint Edward's	29	30	July 1 SAILS 10 AM @ Saint Edward's Men's Group 5 PM @ Saint Paul's	2 First Friday Mass	3 First Saturday Mass

St. Edward's Collection

May 31 - June 6, 2021

Envelopes	\$	1725.00
Plate	\$	358.00
UCA	\$	14.70.00

Saint Paul's Collection

May 31 - June 6, 2021

Envelopes	\$	1230.00
Plate	\$	285.00
Building Fund	\$	275.00



The second of Longville's 4 Blood Drives for 2021, sponsored by the Longville Lions, is being held on Monday, June 14th at St. Edward's Catholic Church from 1:30 to 5:30. Anyone interested in being a donor, please call or text Pat Boen at 218-838-4202. This past year we met many newcomers wishing to donate. That is wonderful! Thank you to all our loyal, longtime donors who volunteer time after time. We appreciate you! You all help to put us on the map for a small town with a BIG heart!!



St Paul's Ladies Council—Bucket Raffle

Our first event for 2021 is our annual this year will be a Bucket Raffle, which will happen Saturday, July 10th at Bigfoot Days. We are again asking for donations of items of a worth of \$50 or more that can be raffled. Raffle items are needed by July 1st.

Please contact Pat Engen at 566-2430, if you have an item that you would like to donate.



Welcome in the Name of Jesus Christ

We extend our hearts and hands in Christian hospitality to you. To begin communications with the Parish Office, complete this form. You may send it by mail or drop it in the collection basket.

Choose One: **Saint Edward's**

Saint Paul's

New Member Registration

Update Registration

Name _____

Address _____

Phone and Email _____

**LIVE THE LITURGY -
INSPIRATION FOR THE WEEK**

Jesus compares the Kingdom of God to a mustard seed, the tiniest of seeds. When planted, the tiny mustard seed grows into a tremendous tree with large branches. So too in each of our lives small things can have profound effects. God can use one of our more insignificant gestures to radically change another person's life. It may be the kindness of a smile, our willingness to accommodate someone, listening to someone's story, helping someone who is hurting, standing up for someone who is right or complimenting someone on something they did. We all have God given gifts and talents. What are some of yours? Our task is to use our talents creatively, consistently, lovingly, and generously. Because we are always guided by the Holy Spirit, things that may be insignificant or unnoticed to us can profoundly change the life of someone else. While we may think we are small and insignificant, God can make us large and magnificent. All we have to do is open ourselves to being used. We trust that God will take care of the rest.

Mary Group Bible Study at Saint Edward's will start a new book (*The Words of the Risen Christ*) in August. If you are interested in joining this wonderful group of women, please let the parish office (218-363-2799) know, so that a study book can be ordered for you. We meet one Saturday a month. at 9 AM.



Just a reminder to return your filled baby bottles for the Walker Area Pregnancy Support Center next week. Remember, a bottle of mixed change- equals about \$35.00. A bottle of dimes = about \$68.00.



This goes a long way in purchasing cribs, mattresses, bottles and diapers to help our clients get off to a better start in raising their babies. You are not too late to get involved. Just grab a bottle and return next week on June 20 - Father's Day.

SAVE THE DATE!

The family of Betty Johnson, formerly an active member of Saint Edward's, invite you to a memorial service at Saint Edward's on Friday, August 27, 2021 from 3-4 PM. Please come and join with us as we remember and celebrate her life.



**Electronics/Screen time
Effects on brain, sleep, moods, etc:**

Nearly everyone nowadays has a cell phone with a screen, games, social media or some sort of hand held device containing the same. Many of us use these devices on and off throughout the day and often at bedtime to "relax or unwind". What most people aren't aware of are the adverse effects of these devices and the light that they emit on the brain and our sleep.

A good night's sleep is key to brain development and researchers have shown that using blue light-emitting screen devices like smartphones before bedtime can disrupt sleep patterns by suppressing secretion of the hormone melatonin. Many teens who stay up late texting are not only getting less shut-eye, they're also lacking the deep REM sleep essential for processing and storing information from that day into memory. "So even if they stay awake in algebra class," Rich says, "they may not remember what happened in class yesterday."

The effects of screen time on our kids is a huge concern for parents, and rightly so. A new study on the effects of screen time on brain development has parents rethinking how they allow kids to spend their time. This study compared how both screen time and reading affected the brain. The study makes a comparison between kids who spend a lot of time in front of screens such as smartphones, tablets, computers, and TV and those who read books instead. Altogether, the results were astounding.

Kids who spent time in front of screens had poorer connectivity in language skills and also in cognitive control. Furthermore, excessive screen time significantly affected brain connectivity. Poor brain connectivity adversely affects a child's ability to communicate. Lower cognitive control means that the ability to make good decisions is altered.

This study is not an isolated account. Other studies have also linked screen addiction to mental health and behavioral issues. Some other effects of screen time on brain development can include difficulty forming and maintaining relationships and poor social interaction. Excessive screen time can affect sleep, increase the risk of obesity, and cause emotional instability.

These destructive effects of screen time on brain development are too serious to ignore. Parents should start setting some limits and making some changes to their child's routine. The child's brain develops best through creative play, interaction and connection with others, encouraging curiosity, and regular family routines. All of these can be nurtured by finding creative adventures that your whole family enjoys together.



Parish Nurse, Kerry Ruyak, RN/US Navy Veteran

Hosts with .01% Gluten are available for Holy Communion. Please see Father Keith before Mass if you wish to receive one of these.