

Saint Edward's & Saint Paul's

February/March 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
6	7 No Daily Mass NO SAILS	8	9 Stations of the Cross 9 AM @ Saint Edward's SE Women's Council MTG Following Stations of the Cross 5:30 PM @ Saint Paul's Soup Supper following	10 NO SAILS Men's Group 5 PM @ Saint Paul's	11	12
13	14 No Daily Mass NO SAILS	15	16 Stations of the Cross 9 AM @ Saint Edward's 5:30 PM @ Saint Paul's Soup Supper Following Let's Listen 5:30 PM @ Saint Edward's	17 NO SAILS Men's Group 5 PM @ Saint Paul's	18	19
20	21 No Daily Mass NO SAILS	22	23 Stations of the Cross 9 AM @ Saint Edward's 5:30 PM @ Saint Paul's Soup Supper following	24 NO SAILS Men's Group 5 PM @ Saint Paul's	25 Funeral Marion Buchanan Visitation @ Noon Funeral @ 1 PM Saint Edward's	26

Let's Listen

The Diocese of Duluth has announced a new initiative called "Let's Listen" to better understand the spiritual needs of the people of northeastern Minnesota and discern the next step in the church's mission.

Let's Listen coincides with and cooperates with an initiative of Pope Francis, Bishop Felton has emphasized the local importance of the process. A series of small group one-time sessions led by trained facilitators across the diocese will invite people to respond to two main questions:

What is hurting or in need of healing in your...

- ...personal life?
- ...parish (or church experience)?
- ...community?

What is healthy or hopeful in your...

- ...personal life?
- ...parish (or church experience)?
- ...community?

A 7-minute video is available on the Diocesan website or on YouTube for more information.

St Edward's will have a facilitated meeting March 16, 2022 at 5:30 PM There is a sign up sheet by the entrance to church.

Saint Paul's is yet to be determined.



**Parish business office CLOSED March 10-21.
Deb will be gone.**

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

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 _____

SEASONAL AFFECTIVE DISORDER (SAD) *Mayo Clinic website / Part 2-2*

Overview

Seasonal affective disorder (SAD) is a type of depression that's related to changes in seasons — SAD begins and ends at about the same times every year. If you're like most people with SAD, your symptoms start in the fall and continue into the winter months, sapping your energy and making you feel moody. These symptoms often resolve during the spring and summer months. Less often, SAD causes depression in the spring or early summer and resolves during the fall or winter months.

Part 2 -Seasonal changes and bipolar disorder

People who have bipolar disorder are at increased risk of seasonal affective disorder. In some people with bipolar disorder, episodes of mania may be linked to a specific season. For example, spring and summer can bring on symptoms of mania or a less intense form of mania (hypomania), anxiety, agitation and irritability. They may also experience depression during the fall and winter months.

When to see a doctor

It's normal to have some days when you feel down. But if you feel down for days at a time and you can't get motivated to do activities you normally enjoy, see your health care provider. This is especially important if your sleep patterns and appetite have changed, you turn to alcohol for comfort or relaxation, or you feel hopeless or think about suicide.

Causes

The specific cause of seasonal affective disorder remains unknown. Some factors that may come into play include:

Your biological clock (circadian rhythm). The reduced level of sunlight in fall and winter may cause winter-onset SAD. This decrease in sunlight may disrupt your body's internal clock and lead to feelings of depression.

Serotonin levels. A drop in serotonin, a brain chemical (neurotransmitter) that affects mood, might play a role in SAD. Reduced sunlight can cause a drop in serotonin that may trigger depression.

Melatonin levels. The change in season can disrupt the balance of the body's level of melatonin, which plays a role in sleep patterns and mood.

Risk factors

Seasonal affective disorder is diagnosed more often in women than in men. And SAD occurs more frequently in younger adults than in older adults.

Factors that may increase your risk of seasonal affective disorder include:

Family history. People with SAD may be more likely to have blood relatives with SAD or another form of depression.

Having major depression or bipolar disorder. Symptoms of depression may worsen seasonally if you have one of these conditions.

Living far from the equator. SAD appears to be more common among people who live far north or south of the equator. This may be due to decreased sunlight during the winter and longer days during the summer months.

Low level of vitamin D. Some vitamin D is produced in the skin when it's exposed to sunlight. Vitamin D can help to boost serotonin activity. Less sunlight and not getting enough vitamin D from foods and other sources may result in low levels of vitamin D in the body.

Complications

Take signs and symptoms of seasonal affective disorder seriously. As with other types of depression, SAD can get worse and lead to problems if it's not treated. These can include:

Social withdrawal

School or work problems

Substance abuse

Other mental health disorders such as anxiety or eating disorders

Suicidal thoughts or behavior

Prevention

There's no known way to prevent the development of seasonal affective disorder. However, if you take steps early on to manage symptoms, you may be able to prevent them from getting worse over time. You may be able to head off serious changes in mood, appetite and energy levels, as you can predict the time of the year in which these symptoms may start. Treatment can help prevent complications, especially if SAD is diagnosed and treated before symptoms get bad. Some people find it helpful to begin treatment before symptoms would normally start in the fall or winter, and then continue treatment past the time symptoms would normally go away. Other people need continuous treatment to prevent symptoms from returning.



Parish Nurse, Kerry Ruyak, RN/US Navy Veteran

March is Food Shelf Month February 28th– April 10th

Pack the Pews // Jam the Jar



Your monetary donation doubles the purchase power during the month of March for the amount of food able to be purchased. You will still be able to bring in food items and leave them in the food shelf boxes at both churches.

Marion Buchanan Funeral

Friday March 25, 2022
Visitation - Noon
Funeral - 1 PM
Saint Edward's Church



CRS Rice Bowl

CRS Rice Bowls are available at the entrances, your donation will help communities in Guatemala, Bangladesh, Rwanda and other countries overcome hunger and malnutrition. Your almsgiving will make a difference for families trying to escape poverty and thrive.