

# Spirit CONNECTION

SPRING/SUMMER 2019

A ST. JOSEPH OF THE LAKES PUBLICATION



ST. JOSEPH OF THE LAKES  
CATHOLIC CHURCH  
TOGETHER IN SPIRIT

ST. JOSEPH OF THE LAKES CATHOLIC CHURCH 171 ELM STREET, LINO LAKES MN 55014  
651-784-3015 WWW.MYSTJOES.ORG FACEBOOK: ST. JOSEPH PARISH

THE LORD IS MY SHEPHERD,  
I SHALL NOT WANT.  
HE MAKES ME LIE DOWN  
IN GREEN PASTURES  
HE LEADS ME BESIDE QUIET WATERS.  
HE RESTORES MY SOUL.  
HE GUIDES ME IN THE PATHS  
OF RIGHTEOUSNESS  
FOR HIS NAME'S SAKE.



Inside: The Homily | Burning the Mortgage | Saint John's Bible | San Damiano Cross | Memory Café AND MORE...

# MY ST. JOE'S SPIRIT CONNECTION

Welcome to the Spring/Summer edition of St. Joe's *Spirit Connection*!

*Spirit Connection* is a publication of St. Joseph of the Lakes, produced by staff and volunteers.

The mission of *Spirit Connection* is to provide a vehicle to bond parishioners and support the mission of St. Joseph of the Lakes by providing common information.

We welcome your input— suggestions, stories, poems, etc. Inclusion is subject to review and stories may be edited for length, grammar, or to fit the mission of this publication.

You can connect with the communications committee by email: [CC@SaintJosephsParish.org](mailto:CC@SaintJosephsParish.org).

The communications committee is always looking for volunteers to join the team.

**Make this your year to share your talents and get more involved at St. Joe's!**



**NOTE:**  
**Photographers:**  
**we need you!**

As we move into 2019, we would love to incorporate more photography into our various communications. If you have professional photography experience, or are a student studying photography, and are willing to volunteer a little time – we would love to talk with you! Please contact Anne Serwe at the parish office or send an email to [CC@SaintJosephsParish.org](mailto:CC@SaintJosephsParish.org).

## CATHOLIC SPIRIT SUBSCRIPTIONS AVAILABLE AT NO COST

If you do not currently receive the *Catholic Spirit*, our Archdiocesan newspaper, at home and would like a free subscription, please contact the parish office at either 651-784-3015 or [DarleneN@SaintJosephsParish.org](mailto:DarleneN@SaintJosephsParish.org).

*Catholic Spirit* provides relevant articles and timely information on the happenings around the Archdiocese and Catholic Church nationally and universally.

## LENT/EASTER SCHEDULE AT A GLANCE

### ASH WEDNESDAY

Wednesday, March 6

8:30 am Mass

6:30 pm Mass

### STATIONS OF THE CROSS

Fridays of Lent 7 pm  
in the Worship Space

March 8, 15, 22, 29

April 5, 12

April 19 (Good Friday)

Stations of the Cross  
are at 3 pm

### RECONCILIATION OPPORTUNITIES BEFORE EASTER

Saturday, April 6

2:30–4:30 pm

Saturday, April 13

1:30–4:30 pm

### PALM/PASSION SUNDAY

Saturday, April 13

5 pm Mass

Sunday, April 14

*Note Mass time change*

8:30 am Mass

10:30 am Mass

### HOLY WEEK

Monday, April 15

8:30 am Word & Communion  
Service

Tuesday, April 16

6:30 pm Mass

*Historic Church*

Wednesday, April 17

8:30 am Mass

*Historic Church*



### TRIDUUM

#### HOLY THURSDAY

Thursday, April 18

8:30 am Morning Prayer

*Historic Church*

7 pm Mass of the Lord's Supper

9 pm Candlelight Procession to the  
Historic Church for the Triduum  
Prayer Vigil

10 pm Night Prayer

*Historic Church*

#### GOOD FRIDAY

Friday, April 19

8:30 am Morning Prayer

*Historic Church*

3 pm Stations of the Cross

7 pm Service of our Lord's Passion  
and Death

#### HOLY SATURDAY

Saturday, April 20

*Note Mass time change*

8 pm Easter Vigil

#### EASTER SUNDAY

Sunday, April 21

*Note Mass time change*

8:30 am Mass

10:30 am Mass

# HOMILY AND HOMILIST

## INSIGHT FROM FR. MIKE



In the Acts of the Apostles after Jesus was raised from the dead, two of the disciples decide that the events of Easter Sunday were just too much for them so they decided to leave Jerusalem and walk to Emmaus, a town several miles away.

As they leave they are joined by a stranger who asks them what was happening in Jerusalem. They respond "you must be the only person in Jerusalem who does not know about Jesus of Nazareth; how he was put to death and now there are some who are saying he is raised from the dead."

As they walked this stranger began explaining everything to them that was in the scriptures that spoke about this Jesus. By the time they get to Emmaus they invite the stranger to break bread with them.

As they do so they recognize that the stranger was really Jesus Christ.

This is the foundational experience of the Christian liturgy. Even today the Church combines Old Testament readings with Gospel readings in the hope that, through the homily, the Old Testament may give enlightenment to the Gospel.

.....  
The homily is the proclamation  
of the good news of Jesus'  
presence both in the Word that  
has been explained and in the  
sacrament of the Eucharist.  
.....

A good homilist attempts to connect to the people through use of his own experiences and reflection on his faith. His goal is to uplift them so that they can grow in the joy of their relationship with Jesus Christ. A poor homilist uses the time to explain doctrine or to moralize in such a way that there is really no good news given to the congregation.

You have been taught to be kind to anyone who preaches, because it is natural for many to struggle to give the homily. My hope is that at the present moment you find the homilies at St. Joe's to be inspirational and enlightening.

# SUNDAY HOMILIES ARE NOW ONLINE!

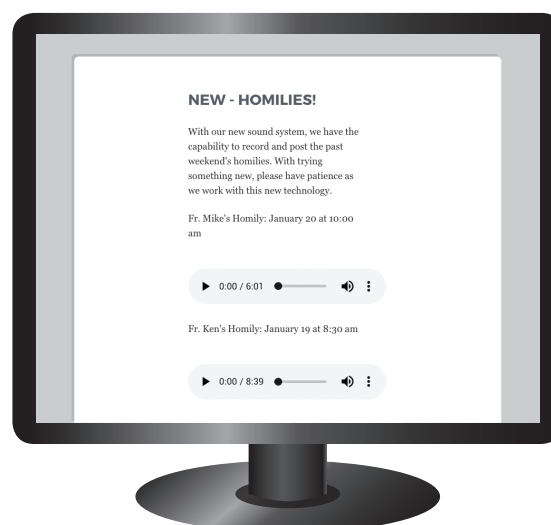
Miss Mass on Sunday? Loved the Homily so much you want to listen to it over and over again? Homebound? Want to share the good news with others?

Well, now you can access the Homilies on the St. Joe's website: [mystjoes.org](http://mystjoes.org).

This is just one more way St. Joe's is making use of technology to connect with parishioners and our community.

Be sure to also check out the mobile app and St. Joe's YouTube channel (St. Joseph of the Lakes Catholic Church) as well as our Facebook page (St. Joseph Parish).

Of course, our favorite way to communicate with you is face to face – we'd love to see you at Mass, enjoying one of our many events, or participating in a committee. Check out the website for more information on all of these great opportunities!





# SAINT JOHN'S HERITAGE BIBLE AT ST. JOE'S!

St. Joe's is excited to announce that it has been gifted a Heritage Edition of the Saint John's Bible.

## ***What is the Saint John's Bible?***

The Original Saint John's Bible is the first completely handwritten and illuminated Bible that has been commissioned by a Benedictine Abbey since the invention of the printing press.

In 1998, Saint John's Abbey and University commissioned renowned calligrapher Donald Jackson to produce a hand-written, hand-illuminated Bible, which is housed at St. John's University.

This work of art combines ancient Benedictine tradition with the technology and vision of today that is said will "illuminate the Word of God for a new millennium."

The Bible measures two feet tall by three feet wide when open, has seven volumes, along with an eighth volume of commentary that

describes the Saint John's Bible and its historical context and several of the illuminations.

The Heritage Edition of The Saint John's Bible – limited to 299 sets, is true to the scale, beauty, and artistic intent of the original manuscript.

The Bible is made of vellum, with 160 illuminations. Many of the illuminations are touched up by hand, including the burnishing of gold leaf. Michael Patella, who worked on the committee overseeing illuminations on the Bible, said, "The illuminations are not illustrations. They are spiritual meditations on a text. It is a very Benedictine approach to the Scriptures."

The version of the Bible contained in the Saint John's Heritage Edition is the New Revised Standard Version Catholic Edition.

The Bible is on display in the Gathering Space and open to the public for viewing.



Gizzy Miko will schedule classes and events with more information on this Bible in the near future.

Learn more at [saintjohnsbible.org](http://saintjohnsbible.org)

***We thank our generous donor Caroline Amplatz, for this wonderful opportunity to explore our faith!***

## UNIFIED WE RISE 20 MINISTRIES. ONE FAITH.

### CATHOLIC SERVICES APPEAL FOUNDATION 2019

Once again this year, St. Joe's is participating in the Catholic Services Appeal Foundation (CSAF) annual campaign. As you saw on the video introduction the weekend of February 23/24, CSAF is a response to the Gospel call to serve the poor and spread the Good News. The foundation works as Christ's hands and feet throughout the 12-county Archdiocese and is an independent non-profit organization that partners with 20 various outreach ministries, thousands of individual donors, and over 185 parishes. Together, we serve the poor, support life, and strengthen the Catholic faith.

For those of us familiar with CSAF, we know the many stories of the lives and organizations that have

benefited from the foundation's financial assistance in the past. In addition to the ministries who have benefited from the foundation's generosity previously, two additional ministries have been added this year: Abria Pregnancy Resources and the St. Vincent de Paul Society. Each are targeted to receive \$50,000 in 2019 from CSAF. The overall total goal for the 2019 appeal is \$9.2 million.

~~~~~  
To learn more about all  
20 ministries, please go to the  
CSAF website: [www.csafspm.org](http://www.csafspm.org)  
You can follow them on Facebook: Catholic  
Services Appeal Foundation - CSAF

If you have participated in the appeal in the past, you should have received a 2019 letter in early February. Commitment envelopes were made available at Masses in late February, or can be picked up at the church office. You can also donate online via the CSAF website at [csafspm.org](http://csafspm.org).

If you missed this year's video at Mass, please check it out online, as it features, among others, our own Youth Minister, Gizzy Miko.

Additionally, as in the past, parishes will receive a rebate once our parish goal is met. We have benefited by this rebate in past years, and anticipate the generosity of our parishioners will result in a 2019 rebate as well.



# SIGN, SIGN, EVERYWHERE A SIGN...

By Anne Serwe, Communications/IT at St. Joe's

It's the little things in life that can make you smile. It was a cold morning as I was making my commute here to St. Joe's from where I live in Anoka. I had my coffee in my travel mug, MPR on the radio, and was enjoying the end of a bright morning drive on 35W northbound. I was casually looking around at the signs on the side of the highway and hey....there was a new sign on the side of the road – and it was for St. Joe's!!!

You may or may not know that our highway sign has been missing for about a year. The wooden support structure was there, but the old 3-panel wooden sign had seen better days, and one of the panels had actually fallen off when we finally had our groundskeeper take down the two pieces that were still hanging on... I am not really sure about the exact year that sign was built, but it was time for a new one.

Fr. Mike asked me, "How long does it take to get a sign made?" Well, the answer is....*a while*. The Communications/Marketing and Technology Committee meets once a month – for about four months, at each meeting, several different designs were presented and discussed. The very first design and the final design are very different...so you can see how the sign evolved as we thought about what we wanted to convey at 70 miles an hour. We finally arrived at conveying the most important information: our name and logo, our slogan, and the website. Our hope is that this information is enough to capture the attention of those speedy highway drivers – and maybe bring new faces to our parish!

So, after such a long time, as you can imagine, it was very exciting to finally see the new sign announcing our St. Joe's community!



FIRST DRAFT: PRETTY DESIGN – BUT MAYBE A LITTLE TOO MUCH TO TAKE IN AT 70MPH



FINAL DRAFT: SIMPLE, STRAIGHTFORWARD, EASY TO READ. BRING IN THE NEW FOLKS!

## 6 FAMILY IDEAS FOR LENT

By Denise Walsh

Lent is the Church's season for reflection, forgiveness, and almsgiving. It starts with Ash Wednesday and lasts until Holy Thursday. Lent is six weeks (six Sundays) and the last one is Palm Sunday, which begins Holy Week. Lent lasts 40 days, which is also reflective of the 40 days Christ spent in the desert praying and fasting. Lent prepares us for the most important date in the Church Calendar – Easter!

Sacrifice, time for prayer and reflection, and forgiveness can seem like a heavy concept but here are a few practices to incorporate into your 40 days to propel you forward towards Easter.

**TAKE SOME TIME TO PRAY:** Print out some simple blessings or readings on index cards and put them in a box in the center of your table. Draw one for each night of Lent and take turns reading them.

**PRACTICE RANDOM ACTS OF KINDNESS:** St. Joe's information desk has printed copies of some suggestions– stop by and pick up a list!

**SERVE:** Sign up for a session at Feed My Starving Children, babysit for a neighbor for free so tired parents can have a night off, sign up to be a greeting family one Sunday, or sign up to help serve at Loaves and Fishes.

**GIVE:** Go through your home and choose 40 things to donate. We all have too much stuff. Why not decrease your clutter and increase your good will to the world? Check out the needs list for Hope4Youth.org or Alexandrahouse.org, or Believe Guatemala on mystjoes.org. Another way to give is the annual Rice Bowl where you collect your change and return the bowl during Holy Week and it will go towards serving the poor.

**SLOW DOWN:** Take some time to read, listen to music, unplug, or go for a walk in the woods. Appreciate God's creation.

**FAST:** From swearing, from gossip... watch less TV... instead, reach out to 4 people a week through text, talk, a written note, or face to face and give them a compliment or share something about your life.

**MOST OF ALL – BE INTENTIONAL THIS LENTEN SEASON AND FIND WAYS TO INCLUDE THE WHOLE FAMILY AS EASTER APPROACHES.**

# VIDEO AND MULTIMEDIA MESSAGING IN OUR MASSES

## WHAT'S NEXT?

*By Rusty Ray, St. Joe's "Video Guy." Rusty Ray, his wife, Sarah, and daughter Shelby (along with a new arrival coming in March!) have attended St. Joseph of the Lakes for more than two years and they live in Lino Lakes.*

From the very first time I saw the new video/multimedia desk set-up in the Worship Space, I knew I wanted to be a part of helping use it to minister to the St. Joe's community. I knew that the screens that roll up and down could offer more than just words to sing and read along with (though they have been a blessing in many more ways than the parish could have ever believed).

Video storytelling is something I believe in and have done for 20 years, in one form or another. While some may have been skeptical about including video and multimedia messaging in our Masses at first, I am proud to see folks ask why we don't have video announcements on a given weekend.

So what's next? Quite a bit actually! We're going to be adding a little more content to the announcements, in terms of faith sharing. Stay tuned to see what we mean by that – I think it's really going to add an element to the presentations that may reach even more people.

The easiest way to find how we produce the video announcements is to volunteer to read them. We want you – and I know you can do it!

We're also very close to being able to add a third camera to the Worship Space production capabilities, and we'll be able to get closer to areas like the baptismal font and the choir for special presentations and events, including Holy Week celebrations and liturgies.

We hope you've noticed the addition of the recorded homilies from Frs. Mike and Ken on the St. Joe's website. In the future, we would like to be able to offer the video version as well. A few more clicks and kinks to work out, and that should happen.

The announcements and other videos we produce, as well as original programming like Café Jose are all currently playing on St. Joe's YouTube channel. Please be sure to check it out. We'll be adding videos of the homily in the future as well as more original content, including a brand-new segment called *Why Do We Do That?* which we hope will engage all members of the parish community and beyond.

The video programming and production aspects of what we're doing at St. Joe's is unique compared to many other Twin Cities parishes, and that's something for all of us to be proud of. I would love for more parishioners to be a part of this process! We are truly Changing Lives!

IF YOU ARE INTERESTED IN READING THE WEEKLY VIDEO ANNOUNCEMENTS OR BEING INVOLVED IN THE PRODUCTION OR PLANNING ASPECTS OF THE VIDEOS OR OTHER COMMUNICATIONS ACTIVITIES AT ST. JOE'S, PLEASE CONTACT ANNE SERWE IN THE PARISH OFFICE: [ANNES@SAINTJOSEPHSPARISH.ORG](mailto:ANNES@SAINTJOSEPHSPARISH.ORG)



## WE ARE CHANGING LIVES!

# ST. JOE'S LIFELONG JOURNEY...THEN TIL NOW

By Karen Larson

We say "life is a journey." So too, St. Joseph of the Lakes Catholic Church has been on a journey for over 130 years. We know the beginning, but what about the end? *Fortunately, there is no end.* We are always evolving. Our mission statement: "Inspired by the Holy Spirit, we follow Jesus, worship God, serve others and spread the Good News." Our new vision statement: "We, the people of St. Joseph of the Lakes Catholic Church, as Christ's Body, strive to be the heart, hands and feet of Jesus Christ." You can see why we are still evolving – and our statements will continue to do so in the future.

We've had our trials, tribulations, and many goals  
set and reached over the years. Perseverance is in our blood.

In the late 1800s, as the population around our area grew, so did our membership. In the beginning, the people of the parish met in various nearby facilities and private homes. We were a mission church of St. Genevieve's of Centerville. Things began to quickly change as the parish boundaries grew in population and developed. Anxious to have our own church building, efforts were made to find land and raise money. Two acres of land were donated by a parishioner for the original church and cemetery. Parishioners each donated \$40 for materials, and the first church was completed in 1889. As time went on, more land was donated or purchased, giving us our current campus.

That first church was built of wood and was destroyed by a tornado in 1895. Not to be discouraged, we built a second church of stronger material on the same spot, completed in 1897. Eventually the membership grew to the point of needing a BIGGER church! *Praise God!* Besides the four Masses at the Historic Church, we rented space at Centennial Jr. High for two more Masses each Sunday.

It was determined that a minimum of \$1,263 in contributions each Sunday would be needed to fund the building of a facility to house the church and 8 rooms for an elementary school. Building a high school was in the long range plans. With that in mind, a gymnasium was built, which ended up being a "temporary" church (now known as the Great Hall). We moved into that church during Holy Week of 1963. The elementary school was opened in 1964, only to close in 1970. In between these years a convent was built for the nuns and a rectory for the priests.

Once again, in the middle 1980s, we had grown to the extent we needed a larger church and more space for meeting rooms and educational space. We were going to move out of our "temporary" church. *Praise God!* A research committee was formed to determine our current and future needs. With that information gleaned, a building committee was formed and a capital campaign drive was set in place. The new facilities cost \$4.3 million. The capital campaign had raised \$.8 million and a mortgage of \$3.5 million was obtained to cover the remaining costs. It was a very exciting time at St. Joe's Catholic Church.

***And we're thrilled that the mortgage is now on target to be paid off by May, 2019!***

WE'RE HAVING A BONFIRE!  
ACTUALLY... WE ARE  
"BURNING THE MORTGAGE"  
FOR THE WORSHIP SPACE

SUNDAY, MAY 5 BETWEEN  
8:30 AND 10:30 AM MASSES



"Mortgage burning parties" were common events during which homeowners burned a copy of their paid-off mortgage to signify their freedom from debt. Friends and family shared in the celebration to congratulate them on their financial achievement.

We love to celebrate here at St. Joe's, so mark your calendar for May 5 and plan to help us celebrate the burning of the mortgage for the worship space.

## ***Get in on the Planning!***

If you are interested in joining the planning committee for this celebration please contact Amy Moore at [AmyM@SaintJosephsParish.org](mailto:AmyM@SaintJosephsParish.org) or 651-784-3015.

## ***Were you on the Building Committee at the time that the worship space was built?***

We'd love to know who you are – it will help make the celebration even more special! Please contact Amy Moore at 651-784-3015.

***DON'T STOP NOW!*** In the Fall of 2018 a second mortgage was obtained since our "new church" isn't so new anymore and our entire campus is in needs of many repairs and updates. We continue to need your support in 2019 and beyond as we look to provide funds for future needs and our growing parish.

The journey continues—our work is never completed.  
May God put our feet on the right path, and lead, guide and direct us.



# SAN DAMIANO CROSS

*By Dan Stauder, a St. Joe's parishioner*

**Have you ever looked closely at our St Joe's procession cross? It has many interesting details!**

This popular cross is known as the San Damiano Cross, which was in an abandoned run-down chapel in the town of San Damiano, near Assisi, Italy. Over 800 years ago, the young Saint Francis of Assisi knelt before this cross. As he prayed, our Lord miraculously spoke to him from the cross, telling him: "Francis, repair my Church." Francis answered that call, initially assuming that he was called to rebuild this and other nearby churches.

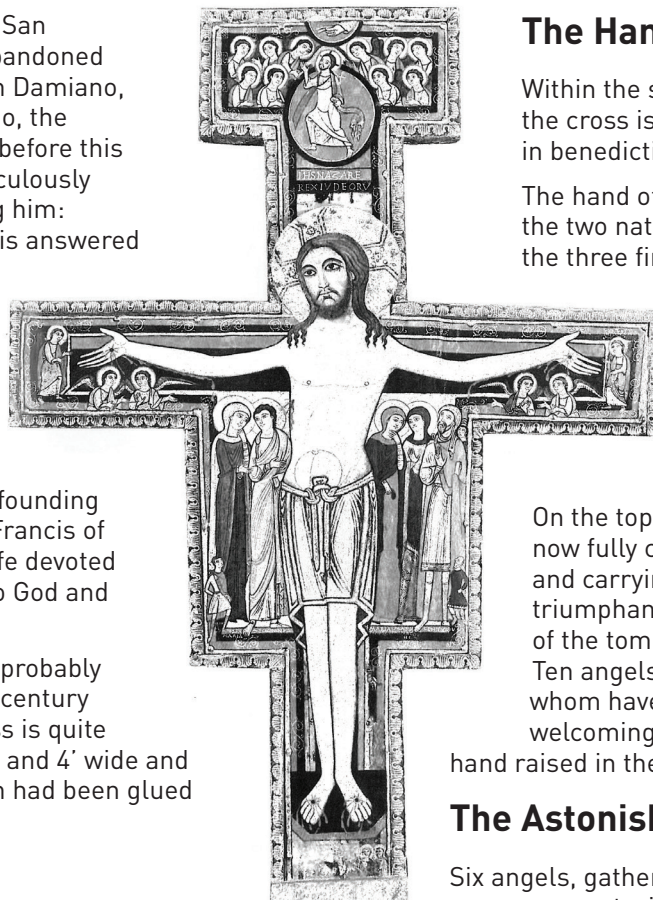
Over time, though, Francis came to understand that Christ desired that he build up the lives of God's people through Christ. This evolved to the founding of the Order of Franciscans. Saint Francis of Assisi spent the remainder of his life devoted to leading Christians in returning to God and obedience to the Church.

The San Damiano Cross is an icon, probably painted some time during the 12th century by a Syrian monk. The original cross is quite heavy walnut wood, being 6'4" high and 4' wide and 5" thick. It is painted on cloth which had been glued to the wood.

## The Risen Jesus

The Risen Jesus is the largest figure, looking directly at us with a compassionate gaze, regal, triumphant, and strong, radiating the hope of the Resurrection. He does not hang on the Cross, but rather His arms seem to be supporting it, standing in His full stature.

His wounds are present, though the nails and thorny crown are gone. Because He has conquered death, He is crowned with a halo, with the shape of the cross incorporated into His halo. Above the head of Christ is the inscription in Latin: "Jesus of Nazareth, King of the Jews". The black background depicts the empty tomb. The seashells that frame the cross are symbols of eternity. The blood red indicates love and life, and the loincloth is the priestly garment worn after sacrifice.



## The Hand of the Father

Within the semi-circle at the very top of the cross is the right hand of God is poised in benediction of His Son.

The hand of God shows two fingers up for the two natures, human and divine, and the three fingers down for the Trinity.

## The Heavenly Welcome

Just under the hand of God, the Ascension is depicted.

On the top of the cross, one sees Jesus now fully clothed in His regal garments and carrying the golden cross as a triumphant scepter. He is climbing out of the tomb and into the heavenly courts. Ten angels are crowded around, five of whom have their hands extended in a welcoming gesture to Jesus, who has His hand raised in the form of a greeting.

## The Astonished Angels

Six angels, gathered along the beam of the cross, are gesturing with their hands, suggesting that they are discussing the momentous event of Christ's Crucifixion, and calling us to marvel with them.

## The Major Witnesses

The Major Witnesses are the five witnesses of the Crucifixion pictured standing below Christ's outstretched arms. On the left, we see Mary, Mother of Jesus, standing next to John, the Beloved. Jesus has handed His mother into John's care. On the right, we see Mary Magdalene and Mary Clopas, the mother of James. These four witnesses are saints and are therefore represented with halos. Their names are written beneath their pictures.

*continued on next page*

The final Major Witness is the centurion who proclaimed, "Truly this is the Son of God." Just beyond the centurion's shoulder, the face of his little boy who was healed by Jesus. Behind the boy are three more faces, thought to be the centurion's family who also accepted Jesus.

### The Minor Witnesses

The Minor Witness are the smaller figures pictured on either side of the Major Witness. On the left stands the Roman soldier Longinus, holding the spear used to pierce Christ's side. On the right stands the Jewish temple guard Stephanos who is ready to offer Jesus his sponge soaked with vinegar wine. The blood running down the right and left forearms of Jesus begins at the elbows and drips straight down and will land on the upturned faces of Longinus and Stephanos.

### The Rooster or Peacock

On the right side of the picture next to the left calf of Jesus, there is a small figure of a fowl. Some art historians have interpreted it to be a rooster, which recalls Peter's betrayal of Jesus as well as the new dawn of the Risen Christ and the hope it brings. Other commentators see it as a peacock, a frequent symbol of immortality in Early Christian art.

### The Patron Saints of Umbria

Though debatable, the row of figures at the base of the cross are said to be the Patron Saints of Umbria. Scholars suggest the saints are Saint Damian, Saint Rufinus, Saint Michael, Saint John the Baptist, Saint Peter and Saint Paul.

The San Damiano Cross now hangs in the Basilica of Saint Clare (Basilica di Santa Chiara) in Assisi, Italy, with a replica in its original position in the church of San Damiano nearby.

#### THE PRAYER OF SAINT FRANCIS BEFORE THE CROSS AT SAN DAMIANO

"Most High glorious God, bring light to the darkness of my heart. Give me right faith, certain hope, and perfect charity, insight and wisdom, so I can always observe Thy holy and true command. Amen."

## FRIDAY FISH DINNERS

The Men's Group and the Knights of Columbus are joining up to provide us with fellowship and their awesome fish dinners this Lenten Season.

**March 8, 15, 22, 29**  
**5-7:15 pm in the Great Hall**

Tickets are available at the door the night of the dinner: \$12 for adults, \$5 for children ages 5-10, \$30 for families

On the menu: pan-fried or baked fish, potato, green beans, tomato soup, coleslaw, homemade desserts, coffee and milk. Fish sticks and Spaghettios are available for kids. Beer and wine extra.

### STATIONS OF THE CROSS

After the fish dinner, join us in the worship space each of the nights for the Stations of the Cross starting at 7 pm.



## LENTEN SOUP SUPPERS & MASS

**Tuesdays March 12, 19, 26 and April 2, 9**

**Soup Supper begins at 5:15 pm in Great Hall**  
**Mass follows at 6:30 pm in Historic Church**

Join us for a delicious, heart-warming meal followed by soul-warming Mass. Free will offering taken to support our local food shelf and Guatemalan Mission Trip.

Soup is prepared by a different ministry each week, including our Choir, August Festival Committee, Knights of Columbus, Parish Council, CCW, and Pastoral Care.

Bread and Spaghettios and Hall set up are provided by the Men's Group.

*Meet you in the Great Hall for Soup!*

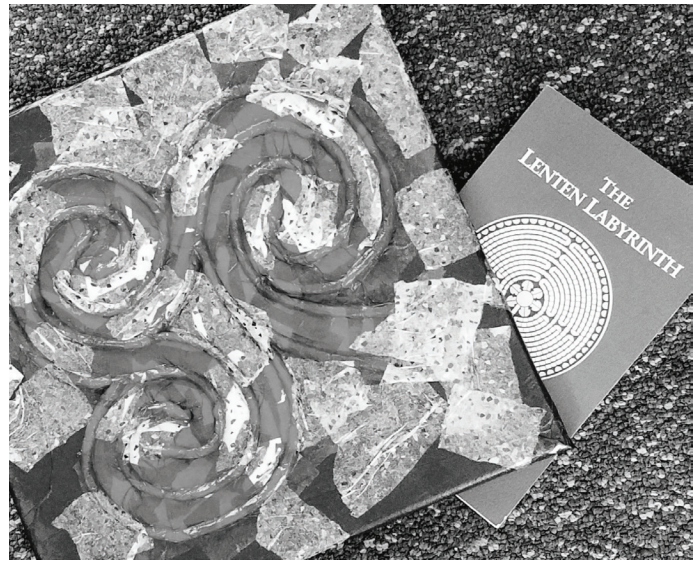
## MAKE & TAKE LENTEN LABYRINTH MARCH 9

All women are invited to join us for this Lenten Labyrinth Make & Take on Saturday, March 9 from 9 am to noon (childcare available).

It will be something like a 'paint night' with friends.... though, no paint is involved, and we'll add the component of prayer and reflection to the fun and socializing.

Spend some time with other women as we begin the season of Lent. We'll start with prayer reflection on the centering prayer of the Labyrinth and then you will create your own hand labyrinth from colorful tissue paper to use during your journey through Lent and beyond. There will be a few different labyrinth designs to choose from.

Join other women for a morning of laughter, prayer, reflection, conversation, and creating with your own two hands. Invite a friend to join you. You might find this to be a bit messy, however, you are invited to enjoy the presence of God's playful and creative heart within you!



**Sign up by March 4 at the Parish Office.**

*Please indicate if you need childcare.*

Please bring a freewill offering of \$10–15 to cover costs. Refreshments and supplies will be included!

Optional 12–2 pm additional reflection time will be offered if enough interest is indicated at time of sign up. Please contact Barb Uschold Anderson at 651-784-3015 for additional details.

## ST JOSEPH DAY LENTEN RETREAT – MARCH 19 – 9 AM–1 PM

Celebrate St Joseph Day, with a Lenten morning of reflection at St. Joe's. This is a purposeful and prayerful way for those who are available during the daytime hours to mark Lent and our parish patron saint, St. Joseph! Join us on Tuesday, March 19 from 9 am–1 pm as we begin with prayer reflection and conversation, followed by Stations of the Cross, an opportunity for reconciliation, and conclude with a light lunch.

For planning purposes, please sign up at the parish office by March 13. Look for a sign-up table after the March 9/10 weekend liturgies. Suggested \$10–15 freewill donation to cover expenses. For more information, contact Barb Uschold Anderson at the parish office – 651-784-3015.





Positive emotions have inherent value to human growth and development, and cultivation of these emotions will help people lead fuller lives.

Barbara Fredrickson

On one of our -50° afternoons I grumbled a little at the thought of going outside for a two-hour workshop called *A Different Kind of Happy Hour*.

Happiness and -50° seemed like an oxymoron to me at the time, but our Social Justice Commission wanted us to throw some support behind this and I was curious to learn more about mental wellness, so I got over myself and headed into the cold to join Ron Peterson from our commission. ***I was so glad I did!***

If you've ever suffered from those winter doldrums, or more seriously from depression, or if you just want to improve your mental health, this is a workshop for you. There were some valuable practical tips and resources I'd like to share.

**If we can change our lens we can change reality.** In other words if we can look at things more positively we can affect our circumstances. Scientists have actually found that if we are happy our intelligence quotient also goes up.

**Watch the TED talk by Shawn Achor.** He spoke about the Happiness Quotient – how our circumstances only make up about 10% of what makes us happy...50% is genetics, and 40% is our internal state of mind.

**Try these exercises:**

- Gratitude Exercises
- Meditation
- Journaling
- Conscious Acts of Kindness
- Deepen Social Connections

**Read one of these books:**

*Buddha Brain* – by Rick Hanson  
*Furiously Happy* – by Jenny Lawson  
*Belong* – by Radha Agrawl

## MEMORY CAFÉ

A Memory Café will be opening at St. Joe's beginning Friday, March 8. A Memory Café is a place for persons concerned about memory issues and their significant other to come and socialize with others who share the same concern.

There is no need to pre-register as this venue is open to walk-in attendance. The purpose of the Memory Café is to provide a social atmosphere for sharing and engaging in creative projects. The Memory Café will be open from 10 am to 12 pm in room 101/103. Coffee and snacks are provided.

Anyone in the community is welcome. The Memory Café will be open once a month, on the second Friday of the month, March, April, May and June, with a break during July and August due to the Parish Festival, and will resume the second Friday of September. Both the person with a memory concern and his/her caregiver must attend.

Anyone wishing to volunteer their services to help set up and serve, or to present a creative project for the group (any art, craft, or musical offering) please contact Val Berwald, parish nurse, at 651-270-8655, or email: [valeriebenedix@gmail.com](mailto:valeriebenedix@gmail.com).



## LAKES LIFE CARE CENTER BENEFITS FROM ST. JOE'S GENEROUS HEARTS

St. Joe's Council of Catholic Women (CCW) and the Lakes Life Care Center in Forest Lake extend a huge THANK YOU to St. Joe's parishioners for their generous donations to the annual Baby Shower held in January. Your donations of clothing, diapers, formula, blankets, stuffed animals, baby supplies and financial gifts all provided needed support for women facing an uncertain future due to crisis pregnancy.

Along with these tangible gifts, please keep the women who are served by the Lakes Life Care Center and their babies in your prayers. Additional items/donations can always be made to the center via St. Joe's. We will make certain that items get into their hands and hearts.

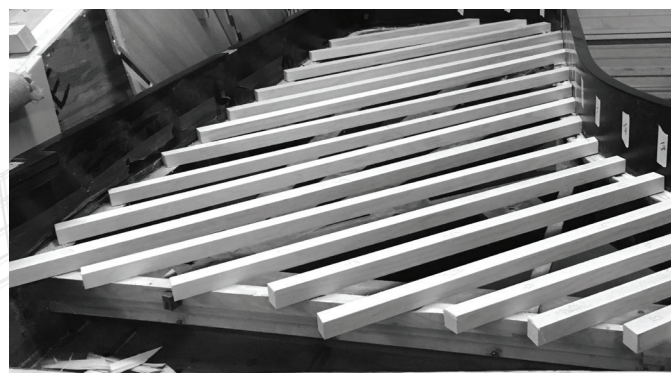
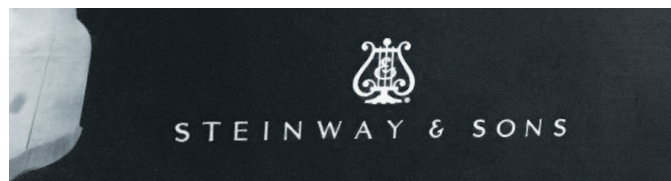
# GRAND PIANO UPDATE

Thank you again to all of the donors who made the purchase of our new Grand Piano a reality. So many of you gave generously at the end of last year, and we are hoping to get the piano before Easter. Some may wonder why we couldn't just purchase a new piano outright, and have it delivered within a few weeks. The Grand Piano that we purchased is being built for us, at a much lower cost than purchasing a piano outright, thus the timeframe.

After we gave the vendor the go-ahead to rebuild the piano, it was refinished with an ebony black nitrocellulose finish and branded with the Steinway & Sons logo. At this point the keys were removed and sent to a piano key craftsman in California. He will make all new keys and top them with a product called Thera, this is a step up from the normal key tops and will have a similar feel to real ivory keys.

Next, the piano will be gutted and replaced with a soundboard, action, hammers, pin block, Steinway strings, and then the keys and key tops will be added.

***Stay tuned...***our new Grand Piano is a work in progress and will be a beautiful addition to our liturgies and other musical moments in the worship space.



## YOUTH MASSES BRING OUT THE GIFTS OF PARTICIPANTS

*By Hannah Moore, a St. Joe's parishioner*

A guitar player, piano, flute, Cajon (drum box) and a few singers make up the eclectic mixture of musicians for the St. Joe's Youth Masses. Although we are a small group, we are mighty in our passion for music. Every second Saturday of the month I join others in sharing contemporary music at the 5 pm Mass. This is a very special experience for me personally, because the music really speaks to my journey in faith. Music has an incredible ability to connect people, and being able to share that unity at Mass with our congregation is awesome.

Music is another form of prayer, or individual conversation with God. Yet there is a deeper awakening when you can share that conversation with others too. 1 Peter 4:10-11 reads that "Each of you should use whatever gift you have received to serve others, as faithful stewards of God's grace in various forms." Our faith

encourages us to reach outside of ourselves to engage in meaningful, shared experiences.

I encourage anyone who is interested in sharing your gifts of music with the Youth Band to talk to Gizzy at 651-784-3015 or [GizzyM@SaintJosephsParish.org](mailto:GizzyM@SaintJosephsParish.org). Vocalists and instrumentalists of all levels of ability are welcome, and rehearsal time is not a huge commitment. It's all about making a joyful noise, as my dad says.

Youth Mass also invites middle school and high school youth to share their gifts of hospitality, reading (lectors), serving as Eucharistic Ministers (post-Confirmation), and bringing the gifts up to the altar. Or, just plan to attend and be part of the Mass – your participation is a gift too. Upcoming Youth Mass dates are: March 9, April 13, and May 11.



# RCIA

Each year at the Easter Vigil, the Church welcomes new converts to our faith through the process of RCIA.

What is RCIA?? It stands for Rite of Christian Initiation for Adults. This is a process by which someone who is not Catholic or who has not received all of their initial sacraments has the opportunity to more fully experience what it means to be Catholic and how to continue their journey of faith.

This process allows someone to peer into what the Church is, and provides an opportunity to discern if being Catholic is something that is for them. If you know anyone who is thinking about becoming Catholic, or just has questions about faith in general RCIA is a great tool!

Just because someone initially starts RCIA doesn't mean they are fully committed to becoming Catholic. RCIA is a process to learn more about Catholicism to see if it is a right fit. It is usually around Lent that each individual discerns if they want to continue the process of RCIA to be fully initiated into the Church. During Lent, each individual will have certain blessings and more time for formation as they prepare to receive the Sacrament of Initiation.

Please keep our RCIA candidates in your prayers as they prepare to be fully integrated into our faith community.

Adults: Jayme Jewel, Nicki Fackelman, Xavier Wehlage, Johnny Murray, Patrick Nolan, Lexi Perez

Youth: Maya & Evan Lautenschlager, Jada Grant, Kylie Cayford



## WOMEN IN SCRIPTURE – THE LOST VOICES

MARCH 26, APRIL 2, 9, 16

9–10:30 AM OR 7–8:30 PM – ROOM 101/103

The prophets cry out to sinners to repent; the kings cry out encouragement to warriors; the apostles cry out salvation through Jesus.

We hear voices of Isaiah, Jeremiah, David, and Matthew loudly as we read scripture. But what about the women – Rebecca, Rachel, Priscilla, Esther? Who are they? What are they telling us?

Almost 200 women are named in Scripture. More than 500 inhabit its pages. They each have a story to share. Join us as we look at and learn from the strong and the weak, the abused and the powerful women who are part of scripture and our history.

This new series, presented by Ivy Cavegn, will be held on four consecutive Tuesdays, beginning March 26 either at 9 am or 7 pm.

All are welcome to attend. There is no need to register and sessions are free of charge.



## YOUTH SUMMER ACTIVITIES

---



### SUMMER STRETCH JUNE 10-14

Every summer middle school students stretch their service muscles for a week of community volunteering at various organizations throughout the metro area. Not only do we serve our community but we also make time for Bible studies, worship, and fun!!! This year afternoon activities include outings to Bunker Beach, Como Zoo, Nickelodeon Universe, and a movie.

Don't miss out on this great opportunity to serve our community while also having fun with your friends!!!!

**Registration deadline is May 22.**

Cost: \$135 per person. Full payment is due at time of registration.

Youth leader training for any high schoolers wanting to be peer ministers will take place on Sunday, June 9 from 12:30 to 2:30.

### EXTREME FAITH CAMP

**JUNE 24-28, 2019**

Extreme Faith Camp is a week long overnight camp on the shores of Maple Lake where kids drop their phones, grab their friends, and experience the fun of camp! The week is packed with activities including archery, high ropes courses, paddle boarding, gaga ball, and MORE!!! What vacation Bible School is to elementary kids, Extreme Faith Camp is to middle schoolers!! This camp integrates all the fun of a classic camp with faith and it is truly a way to have your middle school student become more engaged in their own personal faith lives.

**Dates of Camp: June 24-28**

**Register Deadline is May 22**

Cost: \$400

Open to anyone in grades 6-8 in the 2018/2019 school year. High school students are invited to be part of the high school leadership team.

### GUATEMALA MISSION TRIP JULY 13-22, 2019

If you've ever packed meals at Feed My Starving Children and wondered what it's actually like when people receive them then you might be the right person for a mission trip!

St. Joe's and Believe Guatemala have been blessed to partner with Feed My Starving Children and last year we hit our 1,000,000 meal mark! It is such a rich experience to be able to share the love that's packed into that food with our Brothers and Sisters in the Guatemala City Dump. I have witnessed the tears on our mission trip team members as they hand the food out to a long and winding waiting line of people living in some of the most impoverished of circumstances.

#### ***What do we do on a mission trip?***

We spend time with all the children at Believe, helping with tutoring and meals. We also create VBS style bible lessons and skits for the kids. High energy is always the name of the game - they love to sneak in a little soccer or basketball. As you get to know the kids throughout the week you become attached to their infectious spirit. There is nothing like having a small child slip their hand in yours and ask for your help with their schoolwork or an art project.

Life in the dump community is difficult, so we try to make it a little better by installing a cement floor, buying and delivering water filters to prevent illness from contaminated water, or distributing clothing, shoes, hygiene items and medical equipment to families. We may also visit an orphanage, schools or clinics, and even some homes.

Guatemala is a beautiful country, rich in coffee and cocoa farms, with mountains and lakes, tropical beauty, and a culture alive with color and spirit. We take time to get to know and appreciate Guatemala with a fun day which often includes some of our sponsor children so they can be exposed to life outside the dump, and so we can spend as much time as possible with them.

.....  
*Listen to that voice inside that is nudging you or your kids towards a mission trip. It may well change your lives and your perspective on life. I can guarantee you will be blessed beyond measure.*  
.....

*If it is something you'd like to do this year or next, contact Denise Walsh at [DeniseW@SaintJosephsParish.org](mailto:DeniseW@SaintJosephsParish.org).*

## ROAR! LIFE IS WILD. GOD IS GOOD.

JOIN US FOR VACATION BIBLE CAMP  
AT ST. JOE'S JUNE 24-28, 9 TO NOON



It's an epic African adventure that you don't want to miss!

We'll explore God's goodness and celebrate a ferocious faith that powers you through this wild life. Kids aged preschool (able to use the bathroom on their own) through 6th grade at Roar VBS travel through field-tested rotations that reinforce relevant Bible points and immerse kids in new adventures. Throughout the morning kids will travel through rotations including Wild Bible Adventures, Kid Vid Cinema, Imagination Station, and Stampede Sports.

**Cost: \$40 per participant. Registration begins in April**

Cost includes action packed mornings of supervised fun, friends, food, faith, crafts, activities, music, and more! Cost also includes a ROAR Life Is Wild-God Is Good theme t-shirt, Bible Buddy Tags and Awesome Bible Discovery Trinkets!

**Register before May 1 and receive a FREE ROAR Music CD (per family)!**

### Volunteers Needed!

Teen/student volunteers (completed 6th grade in 2019 and older – please apply soon by completing the St. Joe's VBC volunteer form available at the parish office. Volunteers receive a free t-shirt and other fun stuff throughout the week!

Parent volunteers: Please indicate that you are willing to volunteer on your child's VBC registration form. Parent volunteers receive a free t-shirt and a \$20 discount towards one child's tuition! Registration scholarships are available. Please contact the parish office.

Please contact Kelly Thurmes with questions at [KellyT@SaintJosephsParish.org](mailto:KellyT@SaintJosephsParish.org).

## LIFELINE

*Every first Saturday from October–May in West St. Paul – carpooling is available. Contact Gizzy Miko for more information.*

Every month teens from around the metro gather for Lifeline. Teens celebrate Mass with other teens, hear speakers present age relevant topics, and jam out to some fun music. The next two Lifeline events are April 6 and May 4.

### April 6 – “At whose altar do you worship” By Bishop Cozzens

In a world of social media, snapchats, texts and posts, there is so much fighting for our attention. Bishop Cozzens will be speaking on what our hearts were made for, how we often get sidetracked by things that will not satisfy, and how we can live a modern life in worship of God.

### May 4 – “You will receive power when the Holy Spirit comes upon you” by Fr. Emmanuel

Fr. Emmanuel is a Franciscan Friar serving in NYC who serves the poor in the Bronx with humor and passion. He will be coming to Lifeline to speak about the power of the Holy Spirit. Often times the Holy Spirit can be hard to concretely experience or understand. Father Emmanuel will speak to us on how we can experience the reality of the Holy Spirit in our lives.

## YOUTH MISSION TRIP

JULY 11-18, 2019  
ST. LOUIS MISSOURI

St. Joe's is gearing for this summer's mission trip to St. Louis, Missouri, July 11-18.

We will be working with the St. Louis food shelf, the neighborhood aid center, and the diocese of St. Louis for a week of community volunteer service.

Not only will be doing service, but we will also be attending the Steubenville Conference located in Springfield, Missouri. This conference gathers thousands of teens to experience the liveliness of the Church amongst the youth. It a great way to get your teen hooked on faith!!

### Anyone in Grades 9-12 are invited to join us in ministry!

Don't worry, it's not too late to register if your child is still interested in participating. We are guaranteed a certain number of spots up until April 1. If you would like to participate or want to learn more, please contact Gizzy Miko.

### Total Cost: \$800

The cost of the mission trip also includes tickets to the Steubenville Conference!

### Chaperones are needed!

If you are interested in being a chaperone please contact Gizzy Miko at [GizzyM@SaintJosephsParish.org](mailto:GizzyM@SaintJosephsParish.org).



ST. JOSEPH OF THE LAKES  
CATHOLIC CHURCH

TOGETHER IN SPIRIT

171 ELM STREET  
LINO LAKES MN 55014  
651-784-3015

WWW.MYSTJOES.ORG

NON-PROFIT ORG  
U.S. POSTAGE  
PAID  
PERMIT NO. 4190  
TWIN CITIES, MN

**NOW ON VIEW!**

**ST. JOHN'S  
HERITAGE BIBLE**

See page 4 for details.

**SAVE THE DATE!**

**MAY 5, 2019**

**MORTGAGE  
BURNING  
CELEBRATION**

See page 7 for details.

