

Spirit on 7th Street

An up close and personal look at the ministries of Saint Henry's

Weekly Hour of Positivity

What Adoration Means to Me

"Adoration is my weekly hour of positivity," writes a parishioner from Saint Henry's. "It's my one-on-one time with Jesus. This time has led me to so many positive revelations in life, and what I feel is open communication with God!"

Perpetual Eucharistic Adoration has been occurring at Saint Henry's for over six (6) years. Approximately 400 parishioners commit to one hour each week to spend time with the Eucharistic body of Jesus Christ.

The ultimate goal of

Perpetual Adoration is for someone to always be with Him, for unending, uninterrupted time with Jesus. The Saint Henry's adoration schedule is from 6 p.m. Sunday through midnight the following Friday.

What exactly is Perpetual Eucharistic Adoration? The Eucharist is the physical Body, Blood, Soul and Divinity of Jesus Christ. The Eucharist is displayed in the chapel in a monstrance

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Counting the Forty Days of Lent



Father Tony VanderLoop

Dear Friends in Christ,

I have always appreciated Lent. And many people have said to me that they have enjoyed Lent and look forward to it. It is ironic, really, that a penitential season could be something that people look forward to. Lent is a time of getting back to basics. It is a time to renew our life of prayer with God, a time to not focus so much on our own food, drink and comfort. It is a time to do works of charity and redouble our efforts to befriend those most in need. I have found that when everyone around me is doing these things, it really strengthens

my faith and makes it easier to commit to this renewal.

People often ask me, "How do you count the forty days of Lent?" There are two themes or emphases of the season of Lent: baptism and penance. Lent is a time to prepare both catechumens who are seeking baptism and the faithful who renew their own baptism to celebrate the mystery of Jesus' passion death and resurrection at Easter time. So while we pray for those who are undergoing a preparation for baptism, we ourselves join in our own preparation by being ever more attentive to the Word of God, to prayer, and to penance so that we can renew our own baptismal promises.

These two emphases have provided the Church with two ways of counting the "forty days of Lent". The "baptismal" or

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The Eucharistic Body of Jesus resides in a monstrance located in the chapel. Approximately 400 parishioners commit to one hour each week.

What Adoration Means to Me

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(a vessel used in Roman Catholicism to display the consecrated Eucharist), situated between two candles, in which the Blessed Sacrament is exposed and adored by the faithful. Perpetual Adoration is Eucharistic devotion, where members of a parish unite in taking hours of adoration before the Most Blessed Sacrament.

"We find that God speaks to our hearts during Adoration," said Father Tony. "We will find consolation and help in our decision making. And if peace comes into our hearts, we can be sure that it comes from God."

Perpetual Adoration is YOUR personal time with Jesus Christ. It integrates the entire faith community of Saint Henry's into one

perpetual prayer, uniting us in our intentions and concerns, increasing our prayer time and devotion. Many miracles and blessings have been associated with perpetual adoration. For so many of us this is the most important hour of our week.

Here's what some of your fellow parishioners say Adoration means to them:

- *"Adoration is a time for me to stop spinning my wheels. It's a time to sit and be surrounded by God's love and to be reminded of His tender care."*
- *"Adoration is a time for me to find peace in a hectic day, week, etc. It brings me back to calm."*
- *"In that monstrance is a gift of love waiting to pour itself out upon its visitors."*

"Adoration is my quiet, peaceful time to pour my heart out to our Lord. It has strengthened my prayer life that I knew was weakening. I feel His love pouring down on me."

- *"Prayers answered!"*
- *"A time to ask God what he wants me to do for Him in this life."*
- *"At first, I signed up to adore because volunteers were needed. Over the last several years, it has become MY time – time to offer praise and thanksgiving, ask for strength, or forgiveness, a time to simply talk to Jesus, and ask him to remain with me after I leave the chapel. I believe the time I spend in Adoration helps me to be a better person, closer to the person God wants me to be. And I realize I need this hour every week."*
- *"The hour of adoration is really the best hour of the week. Very meaningful!"*
- *"There was a time when I first started adoration I worried about being able to fit it in my schedule. It didn't take long, however, before I realized how important this time in adoration really is. How fitting is it that we*



deepen our relationships with God, spending more time together, more time in prayer. Now, instead of fitting adoration into my schedule, my schedule fits around adoration."

- *"Peace and contentment in my heart. I feel much closer to God, Jesus, and the Blessed Mother."*
- *I know one can feel close to the Lord anywhere. But there is something about that hour I can't explain. For one thing, quietness, no interruptions, not getting side tracked. I love my hour!"*

To read more comments on adoration, visit our website at <http://www.sthenrycatholic.info/Perpetual-Eucharistic-Adoration>.

If you have been thinking about committing time to Adoration, or are willing to help out, now is the time. Jesus wants you! Contact Grace Janssen at 763-360-5334 to sign up today!

Year of Mercy

Pope Francis asks us to "live this Year in the light of the Lord's words: 'Be merciful, just as your Father is merciful.'" (cf. Luke 6:36) Participate throughout the year by making a pilgrimage to a Holy Door at the Cathedral of Saint Paul or Basilica of Saint Mary, regularly receiving the sacrament of Reconciliation, performing corporal and spiritual works of mercy, and participating in the #MercyWorks video challenge. Find additional ways to pray, learn, and act at www.archspm.org/Mercy.



Paul Buck of Saint's Henry's Ordained Deacon

Paul Buck of Saint Henry's was one of seven ordained deacons for the Archdiocese of St. Paul and Minneapolis at the Cathedral of St. Paul on December 5, 2015.

"The Mass was one of joy and thanksgiving, but it also prompted sober reflection of the large responsibilities given to the newly ordained," reported Jonathan Liedl in *The Catholic Spirit* (December 17, 2015).

The following articles were submitted by Deacon Buck and his wife Anne.

My Journey Into Ordination

By Deacon Paul Buck

My initial calling to the diaconate came about seven (7) years ago while attending a "Why Catholic" study series. As it turns out, Deacon Steve Dupay and his wife Betsy were in our group and they had an impression on me. Vikki and I decided at the time that we weren't ready and thought it would be best to wait. The calling really never went away and came back much stronger around a year later while attending the Christ Renews His Parish retreat at St. Henry's (both Vikki and I were in CRHP group). It was quite clear to both of us that it was something I needed to pursue.

My journey through the diaconate formation program began with the requirement to attend the Catechetical Institute, which was a wonderful experience in going through the entire Catechism of the Catholic Church. Upon completion of the first year of the Catechetical Institute, I entered the inquiring phase of formation and formally applied.

After going through the application process, I was accepted into the Aspirancy and became an aspirant. At this point, one is aspiring to become a candidate for Holy Orders. The Aspirancy phase is one year long and wives are required to attend everything

so that they can make an informed assent. Vikki needed to know what she would eventually be agreeing to. I really enjoyed having her go through the year with me!

Once the Aspirancy year was completed (and simultaneously the second year of the Catechetical Institute), Vikki and I went before the Scrutinies and Admissions Board and I was formally accepted as a Candidate. The Candidacy is a four year process of which there are two additional steps where I was installed as a Lector and an Acolyte. Each step required a hand written letter to the Archbishop asking to be installed and at the end of each year we went before the same Scrutinies and Admissions Board prior to moving on.

I was ordained in the middle of the 4th year of candidacy. I am still considered to be in formation as post-ordination formation continues for the next 6 months.

The classes throughout formation were absolutely wonderful! Some of the classes we had were Old and New Testament, Christology, Canon law, Evangelization, Liturgy, Theology and Philosophy. It was a lot of work but it was also very satisfying. I can honestly say that I fell deeper in love with Jesus while studying for final exams on more than one occasion. You don't normally expect that to happen when

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Paul Buck (left) was one of seven ordained deacons at the Cathedral of St. Paul on December 5th.

Journey into Ordination

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you're cramming for a test.

Each summer I was blessed to be able to serve others through internships such as working with Catholic Charities, visiting people in the hospital and visiting people in prison. I found through this process that I have an affinity for hospital ministry and I love serving God's people in this capacity.

The entire formation process was very taxing but was very rewarding as well. I learned through the process that I must constantly surrender myself to the will of God. This is something we all should strive

for. If we do this, there is nothing to worry about. If we get out of His way and let Him work through us, great things will happen. I like the way Saint Paul puts it: "I am content with weaknesses, insults, hardships, persecutions, and constraints, for the sake of Christ; for when I am weak, then I am strong...it is no longer I who live, but it is Christ who lives in me" (2Cor 12:10; Gal 2:20). In other words, get out of His way and let God work through you.



My Journey to be a Deacon's Wife

By Vikki Buck

I am sure that God was planting the seeds long ago when I first met Paul in my 20's, along with much intercessory prayer. I was away from the church. When we were preparing for our marriage I felt a beautiful pulling toward God and the sacraments. That feeling continued when we were having children and having them baptized as well as enrolled in religious education. I went through the RCIA program at our local parish. It was a wonderful blessing in my life. I particularly remember when the litany of saints was sung, it was as if heaven was opened up and I could feel the love from above.

Life continued on, and I began having a pulling to move to Minnesota. Paul was in jeopardy of losing his job unless we moved to the corporate office in Maple Grove, MN, and I encouraged him to relocate. It was a hard decision, as we had to leave all our family behind. It meant having our kids grow up without family close by, very different than how I grew up. It was a huge leap of faith where we relied and trusted in God.

We made that move nine years ago. There were many graces that God put in my path. I found Relevant Radio, which made a great impact on me, along with learning about the Divine Mercy devotion and St Faustina. We struggled to find a fit and attended a couple different churches in our area. I believe that was in God's plan also, as we met Deacon Steve and Betsy Dupay who invited us to a

bible study. That was when Paul started feeling his calling. During the bible study, I came to receive a St. Lawrence medal, and Deacon Steve said, you know that is a Deacon medal. Yes, I know, I said and felt that God was giving me signs.

Yet again, we felt that pulling of God towards St. Henry in Monticello and as a family we decided to start attending mass there. It was the time when Adoration was starting and the signup for CRHP was happening for the first time. I also felt a calling to be a part of CRHP and I was the last woman to sign up before a wait list. During the CHRP retreat, I also felt the call for Paul to be a Deacon. I met a great group of women, whom I call sisters, who encouraged and

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Vikki Buck, far right, back row, pictured with her 2010 CHRP retreat group.

Journey of a Deacon's Wife

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supported me. Years earlier, while living in Colorado, I felt a call to take a pilgrimage to Medjugorie, and God had that planned also. Through CHR P I met the wonderful group of women I would take the trip with.

My trip to Medjugorie was life changing and still has an effect on me to this day. I still remember climbing cross mountain, while praying the Stations of the Cross, with the climb getting harder towards the top. We had to join hands and help each other up. But once I reached the top, it was the most beautiful panoramic view I had ever seen. A relic of the true cross of Christ is imbedded in the huge concrete cross at the top. There are no words to describe what I felt. Then I was overcome with a great joy and happiness on the journey down. "The way Jesus shows you is not easy. Rather it is like a path winding up a mountain. Do not lose heart! The steeper the road, the faster it rises toward ever wider horizons!" John Paul II, 1996.

The journey of the Diaconate has been a beautiful experience. It is a rich, beautiful program. I have learned many things about myself, it has strengthened our marriage and it has given me the opportunity to trust in God more fully. There have been struggles and spiritual attacks during the journey. Some of which have been really difficult to make it through as I struggle with anxiety and fear. However, the prayers we received during the formation process were very instrumental in our journey and I want to personally thank you very much. When we were first starting the process, Deacon Joe Michalak said we were giving our permission for our husband to marry another woman – the Church. I gave my yes, my fiat, because God has shown me through the struggles and all the sacrifices over the last five and a half years, He gives an abundance back. Yes, Paul's ordination felt like a marriage, a beautiful and lovely continuation of our lives together with the church.



Saint Henry's Web Site Updated

Have you visited the Saint Henry's website recently? If not, you are invited to check it out!

The website was completely revamped about six months ago, and updates continue to be made.

You will be able to locate current calendar events, read about recent parish activities, complete with photos, stories, and information on the happenings of all ministries, among many other items.

We hope you will be able to feel the energy of our parishioners at Saint Henry's. We are a vibrant community, and want everyone to see for themselves!

Special thanks go to Lani Brouwer and Dan Dupay for their many hours of work on this project!

Go to <http://www.sthenrycatholic.info/> to see all Saint Henry's has to offer! And, if you have something you'd like to add to the web site, or have suggestions, feel free to contact Lani at lbrouwer@sthenrycatholic.com.





Saint Henry's Parish Mission GRATITUDE BEYOND BORDERS

Dear Friends in Christ,

I am so happy to announce the formation of our very own parish mission called Gratitude Beyond Borders. Our Gratitude Beyond Borders parish mission seeks to build on the words of Pope Francis, "If we have found in Jesus meaning for our own lives, we cannot be indifferent to those who are suffering and sad." It is these words that propel us and draw us outside of our church and into the world as disciples of Christ in a spirit of gratitude.

Our church has been invited to join another parish, Holy Name of Jesus in Wayzata and other churches, in supporting an orphanage in Miacatlán Mexico. NPH USA which runs the facility is a humanitarian service agency that operates in nine countries.

Nuestros Pequeños Hermanos (NPH, Spanish for "Our Little Brothers and Sisters"), is raising more than 3,400 orphaned, abandoned, and disadvantaged boys and girls in Bolivia, the Dominican Republic, El Salvador, Guatemala, Haiti, Honduras, Mexico, Nicaragua and Peru.

The orphanage we will be working with in Mexico is located in a fertile valley that, once the personal property of Hernán Cortés, now resides on an old, converted sugar plantation, Casa San Salvador. This site of 130 acres has served as the main facility for the NPH Mexico family since 1970. Always bustling with activity, over 430 children live, play and study in this village of Miacatlán, located 77 miles south of Mexico City.

Our mission will be to send volunteers to Mexico for one (1) week, June 21st through June 28th, to accompany the children and let them know that people care about them. This year being our first year we will be sending six individuals to go as our missionary delegates. Next year the program will be expanded to 42. Preparations are already underway for this year's trip.

For those of you that can't make a trip like this to Mexico, you can still support our mission in a variety of ways. We will be holding a number of fundraisers to support our delegates. We'll need prayer warriors and will be holding gift drives where we send suitcases of supplies that our delegates will leave behind. The average cost

is \$690 plus airfare, of which \$190 is used for food, transportation and lodging once in Mexico, and the balance is given in various forms to the orphanage to support the youth throughout the year. Watch for more information in the coming weeks and months.

It is my hope that our entire church supports this important mission and I am very excited to see how it will enable us to see our brothers and sisters in Christ in other countries in a new and personal light.

Thank you so much for your support.

Yours in Christ,

Father Tony VanderLoop, Pastor



40 Days of Lent

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“initiatory” Lent consists of the forty days from the First Sunday of Lent through Thursday of the sixth week of Lent (Holy Week). These forty days are also called the period of purification and enlightenment. This is a special time of prayer for the elect, that is, those preparing for baptism at the Easter Vigil.

Lent is also the principal time of reflection for all the faithful on their own baptism and on the mysteries of conversion, repentance, and reconciliation. This penitential emphasis and emphasis on self-denial is symbolized by the Lenten fast. Because Sundays are never days of penance, Lent is also counted as forty days of fasting from Ash Wednesday through Holy Saturday inclusive: six weeks, not

including Sundays, plus the four days from Ash Wednesday on.

This dual way leads to some confusion about when Lent begins and ends, but both Ash Wednesday and the First Sunday of Lent have texts and rites which mark the beginning of Lent:

“Grant, O Lord, that we may begin with holy fasting this campaign of Christian service, so that, as we take up battle against spiritual evils, we may be armed with weapons of self-restraint...” (Opening Prayer, Ash Wednesday).

“The First Sunday of Lent marks the beginning of the annual Lenten observance. In the Mass of this Sunday there should be some distinctive elements which underline this important moment, e.g.,

the entrance procession with litanies of the saints.

During the Mass of the first Sunday in Lent, the bishop should celebrate the Rite of Election in the Cathedral or in some other

church, as seems appropriate (Circular Letter Concerning the Preparation and Celebration of the Easter Feasts, Congregation for Divine Worship, 1988).”

Indeed we have in recent years began the liturgy of the First Sunday of Lent with the Litany of the Saints to mark this important moment in our life with God.



Again, I look forward to this great season of grace with you all so that, by God’s grace we can celebrate the reality of our destiny as those risen with our Lord, Jesus Christ!



Social Services Resource Directory Now Available

In trouble? In need of free or low cost assistance in some area? You may be able to find what you’re looking in for the newly created Social Services Resource Directory located at Saint Henry’s. This directory is located in the parish office, and the directory listings can soon be found on display down in the social hall.

The directory lists a variety of resource areas, from abuse hotline numbers, mental health counseling providers, crisis nursery services, dental and medical care, and emergency assistance, to name a few.

The resource directory is one way Saint Henry’s is reaching out to parishioners in need.





GROW **2016 PLANS**

Hispanic Ministry & Parish Collaboration

Our members asked if we could . . .

- Make strides to better integrate the Hispanic/Anglo cultures in our church.
- List key events in bulletin in Spanish and English.
- Improve our bi-lingual efforts, by using integrated e-mail lists & event calendars, sharing volunteers and office volunteers. Establish liaison to help form bridge between Hispanic and Anglo community.

These initiatives will continue in 2016



Logros **2016 plan de**

Ministerio Hispano y Colaboración de Parroquia

Nuestros miembros nos preguntaron si podíamos...

- Dar pasos de progreso para mejorar la integración de la comunidad Anglo-Hispana en nuestra iglesia.
- Enumerar los eventos clave en el boletín en ambos idiomas: español e inglés.
- Mejorar nuestros esfuerzos en la comunicación bi-lingue mediante el uso de listas de correo electrónico integrado y calendario de eventos, compartiendo voluntarios y de oficina.
- Establecer un enlace para ayudar a forma un puente entre la comunidad hispana y anglosajona.

Estas iniciativas comenzarán en 2016.

What is Grow? In 2012, our parish members responded with a multitude of suggestions and ideas of ways to grow, enhance and express their faith experience here at Saint Henry's. Our GROW team took all this information, distilling it down into six (6) primary Pastoral Need categories: 1) Communications and Stewardship, 2) Sacraments and Worship, 3) Faith Formation and Evangelization, 4) Charity, Pastoral Care and Social Justice, 5) Hispanic Ministry, and 6) Administration and Building Maintenance. The needs identified in this multi-year initiative were prioritized and work began. To date, there have been twenty-four (24) accomplishments, addressing many of those needs. 2016 will launch another round of initiatives to address eighteen (18) additional needs. Above are the 2016 Hispanic Ministry initiatives.

To read more about GROW and the 2016 initiatives in all pastoral needs areas, visit our website at <http://www.sthenrycatholic.info/What-is-GROW->.

**Join us for a
Community Café Conversation
"Juvenile Sex Trafficking:
Working Together for the Protection
of Children and Youth"**

Sunday February 28, 2016

5:30 to 8:30 p.m.

Living Waters Church
21246 Meadowvale Rd NW
Elk River, MN 55330

No registration fee. Register on line at
www.runningforjustice5K.com



Coming again . . . Spring Bling

**Friday, April 1, 2016, 4-7 p.m. and
Saturday, April 2, 2016, 9 a.m. - 1 p.m.**

Saint Henry's Catholic Church

Need to beat the mid-winter blues? It is not too early to begin sorting through your jewelry or accessories.

Bring your jewelry donations to Saint Henry's for a good cause. A box will be available in the church's office. All money raised will be used for church activities.

If you have any questions, please contact the co-chairs of this event: Char at 763-314-0366 or Lanette at 763-295-5244.