

# Living for Christ

## ST·MICHAEL CATHOLIC CHURCH



### Service on the Altar Draws Young People *Closer to Christ*

**D**uring a 2015 papal address in Rome, Pope Francis told thousands of young altar servers, who had braved the hot summer sun just to hear him speak, that their role in service to the Lord had a threefold purpose.

“The closer you are to the altar, the more you will remember to speak with Jesus in daily prayer; the more you will be nourished by the Word and the Body of the Lord, the better able you will be to go out to others, bringing them the gift that you have received, giving in turn with enthusiasm the joy you have received,” he said.

Here at St. Michael, a message that started in Rome is brought home in the everyday gestures that our altar servers perform while spending time on the altar. Altar servers must be in the sixth grade to begin serving and training is offered each Fall.

“Our sixth-graders start out in the role of book and candle,” says Cindy Woitalla, Ministry Coordinator. “After their first year of serving, they may serve in the role of cross bearer, which has more responsibilities, and is a mentor for the younger servers. We also have the role of thurifer when we have incense.”

Sixth-grader Sasha Mueller began serving last fall. He says the best part about serving is getting to process up and down the aisle and being on the altar during Mass.

“It just looked fun and I wanted to serve God and I like being on the altar,” he says. “You have to pay attention to detail and what’s happening in the Mass. The worst part of the Mass is when it’s over when I’m serving.”

Isabelle Dehmer, who has been a server for the past three years, says her favorite parts of being an altar server have included meeting other parishioners her age and getting experience helping at church.



*With more than 100 students giving their time and talent to St. Michael as altar servers, our parish has no shortage of help during special Masses and services like the Stations of the Cross or the Corpus Christi Procession.*

## Inside

- 2 This Month’s Spotlight on Our Parish Ministries
- 3 Take Vacations from Work or School, Not From God
- 4 Welcoming Fr. Larry Richards for Our Parish Mission
- 6 The Art of St. Michael: *The Rosary Windows*
- 7 Catholic Watchmen: *Living the Faith “Full-Throttle”*

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## Service on the Altar Draws Young People Closer to Christ *continued from front cover*

“I like that you get to help in a hands-on way,” she says. “I like that you’re up close and seeing what the priest is doing. The first few times I was nervous, but I love it.”

Sasha says being an altar server has taught him not to worry about little things that might go wrong.

“It’s fun and it’s not really that hard,” he says. “And if you mess up, most people don’t know so they can’t say you messed up.”

Isabelle wants to encourage students who may have a desire to serve but don’t want to be the center of attention.

“I don’t like to talk in front of people, and I like this especially because I can do something, but I don’t have to talk,” she says.

Cindy says St. Michael is currently blessed with more than 100 altar servers, so those who choose to serve may only be scheduled one time in a three month schedule.

“Scheduling brings many challenges as we would like to have students serve more regularly,” she says. “Along with serving at Mass, they are invited to serve at special liturgies such as our Corpus Christi Procession, Stations of the Cross, and adoration and benediction.”

But it’s not all hard work being an altar server!

“Each year, the local Knights of Columbus takes the altar servers to a Minnesota Twins game at Target Field, which is always fun and a great way to show our appreciation to these students,” Cindy says.

*If you have a boy or girl in your family — in sixth grade or older — who has a desire to serve, please contact Cindy Voitalla at the parish office at 763-497-2745 ext. 232 for more information.*

## This Month’s Spotlight on Our Parish Ministries

### FALL FESTIVAL PLANNING COMMITTEE

The annual Fall Festival is the main community event of the year. The Fall Festival Planning Committee coordinates this event which happens in September. Families are assigned to a group when they register with the parish. Their group number determines what area they are assigned to help with at the Festival. Groups rotate responsibilities every year. All parishioners are encouraged to contribute to the success of the Fall Festival in some way. Help is needed on the planning committee in many areas.

*Dave Ferry – 763-497-2745, ext. 212 or [dferry@stmcaholicchurch.org](mailto:dferry@stmcaholicchurch.org)*

### VACATION BIBLE SCHOOL

A popular summer event at our parish for children 4 years old through sixth grade offered in early August each year. The children participate in various activities that include music, crafts, lessons, snacks, games, and skits about God and the Catholic faith. Many volunteer opportunities include catechists, catechist aides, food helpers, craft helpers and activity helpers.

*Andrea Zachman — 763-497-2745, ext. 216 or [azachman@stmcaholicchurch.org](mailto:azachman@stmcaholicchurch.org)*

*Bob Swift — 763-497-2745, ext. 215 or [bswift@stmcaholicchurch.org](mailto:bswift@stmcaholicchurch.org)*

# Living for Christ



*A Letter From Our Pastor*

## Take Vacations from Work or School, Not From God

Dear Parishioners,

**B**y now, many schools across America have let out for the summer. In almost no time, camp programs for younger students will be underway. Meanwhile, many older students are ready to trade their homework and notebooks for seasonal jobs until it's time to return to class in a few months.

Whether or not we're directly involved with schools — as students, teachers or parents — we find that the calendar for the school year also impacts our lives at work, at church and in our leisure time. And although some people are on vacation at any time of year, summer traditionally retains its place as *the* vacation season.

Vacations, no matter when or where we take them, provide us with a wonderful opportunity to refresh our lives by following a totally different daily pattern. Whether it's a day trip to the beach or hiking in the mountains, an excursion to the big city or a road trip out to the country, a visit to relatives or friends, or even a quiet and relaxing week spent at home, a vacation offers a break from our daily routines. We get to spend our time the way *we* choose.

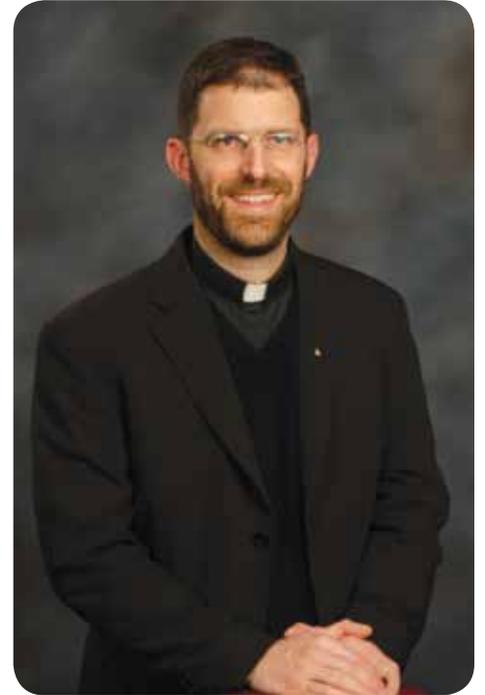
A vacation also provides a good opportunity for us to make some permanent changes in our use of time. When we're free from the demands of everyday life, this is a perfect chance to try something that is not part of our regular routine, such as spending a few minutes a day in prayer or meditation. "Try it — you'll like it!" as the old commercial said. It may have some lasting, positive results in fostering a stronger spiritual life.

Importantly, we must also remember that this is a time of year when our parish will be welcoming visitors who are on vacation themselves — whether they are visiting family, spending time in the area, or just happen to be passing through on the way to their next destination. So, let us all uphold the Stewardship Pillar of Hospitality and provide a warm welcome to those visiting our parish.

Be sure to worship at Mass, wherever you happen to be each Sunday. You'll come back from vacation refreshed both emotionally and spiritually.

Sincerely yours in Christ,

Fr. Peter Richards,  
Pastor



## Welcoming Fr. Larry Richards

This April, St. Michael welcomed Fr. Larry Richards, who hosted our Parish Mission, *Four Nights in Lent*. Attendees shared how the Parish Mission — which covered important spiritual topics such as prayer, love towards others, the importance of Confession and healing in the context of Eucharistic Adoration — made a positive impact on how they understand and live out their faith.

We are happy to share with you some reflections from our Parish Mission attendees:

- “We feel so spiritually fed and more blessed than ever to be a part of this parish.”
- “Amazing mission — each night built to greater graces.”
- “The grace of forgiveness is so freeing.”
- “It added so much to our Lent!”
- “Loved the ending on the first night and spending time with God’s Holy Embrace — felt at peace!”
- “He has a great sense of humor, but to the point at the same time — something I can totally relate to.”
- “He was very good at describing God’s love for us.”
- “I was one of the ones Fr. Larry was talking about — I hadn’t been to confession in decades. The sin sheet was helpful and made it a lot easier to come back to this sacrament.”
- “Fr. Larry’s talk on forgiveness helped me to finally forgive someone who hurt me greatly.”



# Living for Christ



## wards for Our Parish Mission





### THE ART OF ST. MICHAEL: *The Rosary Windows*

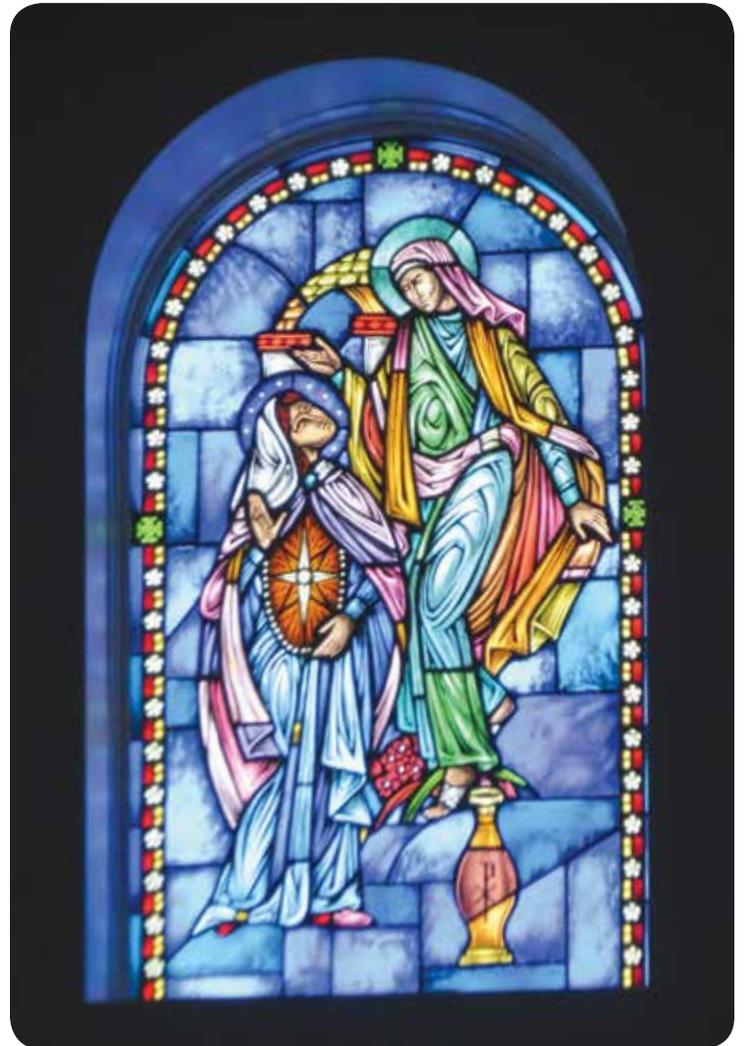
By JIM THORP

#### **The Second Joyful Mystery: *The Visitation***

*During those days Mary set out and traveled to the hill country in haste to a town of Judah, where she entered the house of Zechariah and greeted Elizabeth. When Elizabeth heard Mary's greeting, the infant leaped in her womb, and Elizabeth, filled with the holy Spirit, cried out in a loud voice and said, "Most blessed are you among women, and blessed is the fruit of your womb. And how does this happen to me, that the mother of my Lord should come to me? For at the moment the sound of your greeting reached my ears, the infant in my womb leaped for joy. Blessed are you who believed that what was spoken to you by the Lord would be fulfilled." – Luke 1:39-45*

The second Joyful Mystery is the Visitation, in which Mary travels to see her cousin Elizabeth, who is expecting a child, St. John the Baptist, in her old age as the Angel Gabriel had said. The Scripture passage above recalls the Old Testament account (2 Samuel 6) of King David going into the hill country and leaping and dancing before the Ark of the Covenant as it is brought back to Israel, and saying, "How can the ark of the Lord come to me?" Indeed, the Ark of the New Covenant has come to Elizabeth, and her unborn son begins his prophetic vocation, leaping in the womb to let his mother know.

If we look closely at Elizabeth, we can see the lines of age on her face and the subtle but unmistakable physical signs of her pregnancy. This is in contrast to the divine symbol of Jesus in Mary's womb — the eight-pointed star inside a *mandorla* — because not only is Elizabeth further along, but her son is only human and so is represented in a human way. Elizabeth is rushing down the path, which is lined with roses, at the sound of Mary's greeting; she is portrayed in motion and above Mary to recall the words of Scripture: "The infant in my womb leaped for joy." Before them, we see a jar of anointing oil marked with the Chi-Rho, an early symbol for Christ, and behind them is a *baldachino* like the one above our tabernacle, behind the altar. Both of these objects symbolize the lordship of Christ and the truth of Elizabeth's prophetic description of Mary, "The Mother of my Lord."



# Living for Christ



## CATHOLIC WATCHMEN: *Living the Faith “Full-Throttle”*

**A**s we celebrate Father’s Day and all that fathers mean to us, we gift them with neckties and special dinners. But we can perhaps give them an even greater gift by encouraging them — and all men in the parish — to join the Catholic Watchmen.

Pete Ruhland has been a member since the group’s establishment here three years ago and he helps coordinate the Leadership Team here at St. Michael. Catholic Watchmen was founded by Auxiliary Bishop Andrew Cozzens, as an initiative of the Archdiocese of St. Paul and Minneapolis to build up Catholic men as they embrace their call from God to be the pillars of their families, parish, and local and universal Church.

“The goal of Catholic Watchmen is to get men to live their Catholic faith full-throttle, and to really follow the Seven Disciplines,” Pete says. “I’ve been a member of a men’s groups for about 15 years. One of the things we recognized was how do we get more men in a faith life? Catholic Watchmen went diocesan-wide and its goal was to get men more involved in their faith.”



The Seven Disciplines are practices that will help men grow more fully engaged in their Catholic faith. The disciplines cover daily practices, weekly practices and monthly practices.

The daily practices include: Pray with persistence and with devotion to Jesus, Mary and Joseph; Encounter Jesus in Sacred Scripture; Strive to be a spiritual father like St. Joseph.

The weekly practices include: Engage fully in every Sunday Mass; Serve and be a witness to family and community.

The monthly practices include: Go to Confession monthly; Build fraternity and evangelize men in monthly parish gatherings.

The Leadership Team here at St. Michael has men ranging in age from 18 years old to those in their 70s. As members of Catholic Watchmen, they are growing in their faith by praying with persistence on a daily basis, studying Scripture, attending Mass and going to confession regularly.

“You are on a really good path if you do that,” Pete says.

New members come into the group in a variety of ways. There are announcements in the bulletins, announcements after Mass and an email listing.

“Just a personal invitation is most effective,” Pete says.

Besides growing one’s personal faith life, the members also are active in the parish community.



*In October, the Catholic Watchmen took part in the Sandwich Man event, during which the men made 1,000 sandwiches to be given to the homeless in Minneapolis.*

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# ST·MICHAEL CATHOLIC CHURCH

**11300 Frankfort Parkway  
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## **Sunday Mass**

*Saturday Vigil*, 5:00 p.m.

*Sunday*, 8:00 a.m., 10:30 a.m., 6:00 p.m.

## **Daily Mass**

*Monday*, 7:30 a.m.

*Tuesday*, 6:30 p.m.

*Thursday*, 7:30 a.m.

*Friday*, 7:30 a.m.

## **Sacrament of Reconciliation**

*Saturday*, 7:30 a.m. - 9:00 a.m.,  
3:30 p.m. - 4:45 p.m.

*Sunday*, 9:30 a.m. - 10:15 a.m.

*Tuesday*, 5:15 p.m. - 6:15 p.m.

*Thursday*, 8:00 a.m. - 8:30 a.m.

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<https://www.facebook.com/stmcatholicchurch>

## QUOTES FOR CATHOLIC LIVING

“If He who was without sin prayed, how much more ought sinners to pray!” — *St. Cyprian of Carthage*

## Catholic Watchmen *continued from page 7*

“In September, we had a school prayer vigil,” Pete says. “Men prayed for 12 hours for different students. In October, we had a service event. We made 1,000 sandwiches and gave them to the Sandwich Man, a local man who hands out sandwiches to the homeless in Minneapolis. In November, we hosted Paul Sadek, host of *Daybreak*™ on *Relevant Radio*®. He spoke on ‘How a Convert Looks at Prayer.’ In January, we heard from John Bonham, who talked about the call to holiness. In April, we had a teaching Mass with Fr. Richards who discussed different aspects of the Mass to give us a better understanding. We’re excited to announce that we have former Viking and NFL great, Matt Birk, lined up to speak at our September meeting later this year. We’re building it as a father/son event, but it should be a great event for men of all ages!”

*“The goal of Catholic Watchmen is to get men to live their Catholic faith full-throttle, and to really follow the Seven Disciplines. I’ve been a member of a men’s groups for about 15 years. One of the things we recognized was how do we get more men in a faith life? Catholic Watchmen went diocesan-wide and its goal was to get men more involved in their faith.” — Pete Ruhland*

*Anyone wishing to join the Vanguard of Catholic Watchmen here at St. Michael may call Pete Ruhland on his cell at 763-257-7862, or email him at [pruhland@baf.com](mailto:pruhland@baf.com). Interested parishioners may also call the parish office at 763-497-2745.*