



# Living for Christ

## ST·MICHAEL CATHOLIC CHURCH

### Witnessing Stewardship in Our Community: *Meet Brian and Kristy Hegrenes*

**T**his month, we chatted with Kristy Hegrenes, who reflects on the journey of faith and stewardship that she has shared with her husband, Brian, as members of the St. Michael parish community.

**How long have you been a parishioner and in what ministries/groups at the parish are you involved?**



*Brian and Kristy Hegrenes with their three children, Adam (15), Mary (13) and Sarah (10)*

We have been a member of St. Michael parish for 14 years now. During that time, we have both been very active in Christ Renews His Parish retreats. We also serve as a mentor couple for engaged couples. Brian tends to like to move around with his volunteering. He has been involved with the Christ Renews His Parish Continuation Committee, has ushered, and helped the first-year startup of the St. Vincent de Paul Society. He also had a small part in the involvement of the building of the rectory, has been an RCIA sponsor, and likes to stay connected to the RCIA program, which he himself went through as a convert to Catholicism in 2006. He has also been involved in prayer groups on and off over the past few years. I, meanwhile, am very involved in music ministry, volunteering as a cantor and running the sound-board. I'm also involved in a women's Bible study group, the Liturgy Group,

and serve as a D Group Leader. I've also started and continue to lead an apostolate called SoulCore, which combines prayers of the Rosary with exercise and stretching.

**What do you do as part of your life of prayer, individually, as a couple, or as a family? (Mass, prayer at meals, etc.)**

Mass every Sunday for our family is a constant. We both do an adoration hour and I am a regular daily Mass goer, and our entire family makes a point of going to Confession either once a month or once every other month. We also say prayers together as a family both before mealtime prayers and again in the evening before bed. Brian and I both have personal prayer time daily, including the Rosary as much as possible, and we encourage our kids to do the same.

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# ST·MICHAEL CATHOLIC CHURCH

## *Brian and Kristy Hegrenes* continued from front cover

### **How do you live your life as a steward of God's gifts?**

We give our money to the church before anything. It just automatically comes out of our checking account to ensure it never gets forgotten. We all have gifts given to us by God. God gave me a voice to sing and to give it back to Him for His glory — a voice which can be used to help others pray and adore Him through music. And as a convert to Catholicism, Brian feels it's important to stay connected to the RCIA program and candidates. He feels blessed to be Catholic and wants to give that back. Serving Christ by doing what He asks of us is important to us as a couple. When He gives us the nudge to help, or join, or lead, we try our best to follow. We also try to live out stewardship by just actively participating in fellowship within our parish.

### **What are some ways you use to grow yourself and your family as disciples of Christ?**

We are avid Relevant Radio listeners, and we are always learning more and more about our faith by listening to it. We both read books about our faith and occasionally about different saints. As parents, we seek to give our kids the best examples we can of being servants of Christ, knowing that they are watching what we are doing and not just what we are saying. So we take them to Mass every weekend, even when we're on vacation. We say family Rosaries in the car on longer car trips. We encourage our children to be involved in the teen ministries at the parish. And we have always made it a priority to put our kids through Catholic schooling, because we want their Catholicism to be a way of life.

## *Parish Lenten Mission*

**April 8, 9, 10 and 11, 2019**

**Mission Director:** Fr. Larry Richards

*Your Life WILL Be Changed Forever*

**Monday 7 p.m.:** God's Love and Prayer

**Tuesday 6:30 p.m.:** Love of Others done in the context of a Mass

**Wednesday 7 p.m.:** Passion of Christ and the Need for Confession

followed by individual confessions

**Thursday 7 p.m.:** Adoration and Healing done in the context of Eucharistic Adoration and a Healing Service

**Hosted by:**

*Fr. Richards and the Stewardship Council*

Questions can be directed to the Parish Office at 763-497-2745 or to Patty at 612-220-6671



# Living for Christ



## *A Letter From Our Pastor*

# Answering the Call for Lent

Dear Parishioners,

This month, as we proceed on our Lenten journey to Easter, every one of us should ask ourselves, “What does it mean to be a disciple of Christ and how well am I living that out each day?”

The United States Conference of Catholic Bishops addressed what it means to be a disciple when they wrote their pastoral letter *Stewardship: A Disciple’s Response*. “Who is a Christian disciple?” the USCCB asked and, in turn, they also provided the answer, “One who responds to Christ’s call, follows Jesus, and shapes his or her life in imitation of Christ’s” (9). So, as disciples of Jesus Christ, it is essential that we consider the true meaning of that answer.

The first step in the Christian life is responding to Jesus’ call. Jesus invites every person to develop a relationship with Him. But obviously, not every person is a Christian disciple. Some people are too busy to even hear that invitation or don’t make the effort to recognize it. Others make a conscious decision to reject the call because it demands that they can no longer place themselves at the center of their lives.

On the other hand, for those of us who make an affirmative response to Christ’s call, the most meaningful life possible awaits us, both now and into eternity. However, saying “yes” to Jesus has consequences that affect the rest of our lives.

The first consequence of becoming a disciple is that we now follow Jesus. The Gospel accounts record that when He called His disciples, they left what they were doing and followed Him. The same is true for us today. Becoming a Christian disciple does not necessarily mean that all of us will



leave our present job, or enter into the consecrated life, or serve as a missionary in another country — although that might be where the journey leads you. But it does mean that we offer our work — whether as a doctor, homemaker, mechanic, farmer or teacher — to build up the Kingdom of God.

In following Jesus as His disciples, we should strive to more fully absorb His teaching and then apply it to our daily lives. As we do, we find that we attempt to imitate Him, treating others with the same welcoming and generous spirit. St. Peter was direct when he described how Jesus acted: “He went about doing good... for God was with Him” (Acts 10:38). That’s the model for how we must live.

Discipleship leads naturally to stewardship as a way of life. The time we offer in prayer and worship will give us the strength and guidance for serving Christ. Using the skills and gifts we have to build the Kingdom will direct our offering of talent. The support of all these endeavors with our treasure will ensure that our lives as disciples and stewards are genuine.

As a Christian steward this Lent, I encourage you to reflect on the changes you can make in growing as a disciple of Jesus.

Sincerely yours in Christ,

Fr. Peter Richards,  
Pastor

## Explore *The Sacred That Surrounds Us*

**H**ave you ever stopped for a moment just to take in all the beauty that is present in our church? Doing so might not only help you slow down and prayerfully focus on the Mass ahead, but also lead to many questions — questions like, “Why does the tabernacle look like that?” or “How come confessionals are so narrow?” All those questions and more are answered in *The Sacred That Surrounds Us: How Everything in a Catholic Church Points to Heaven* (Ascension Press), a new book by Faith Formation Coordinator Andrea Zachman.

The idea for the book came about when a friend of Andrea’s was facing questions about the church and its surroundings as her child prepared to make his First Holy Communion.

“She said what she wanted was something to answer his questions about, ‘What is that for?’” Andrea says. “There are websites, but there’s nothing in book form that I can just read and answer him. I said, ‘Let me start working on that.’ It wasn’t on my radar until that moment. So, I started writing.”

Andrea then sought out the help of our clergy to start answering those questions and dug deeper into her own questions through intense research.

“I got together with our two parish priests and I said, ‘Tell me about this stuff — what’s on your vestments? What’s with all this beauty that surrounds us at church?’” she says. “I was typing up a general definition of what these things are and not just saying ‘The sanctuary is the area in the church that’s raised up a little,’ but saying why it’s important. I ended up then with the template for the book and it just expanded from there.”

As a convert to the faith, Andrea says writing *The Sacred That Surrounds Us* has helped her answer questions she didn’t know she needed to ask. Like many of us, she took on the familiar gestures of the practice of our faith without stopping to wonder why.

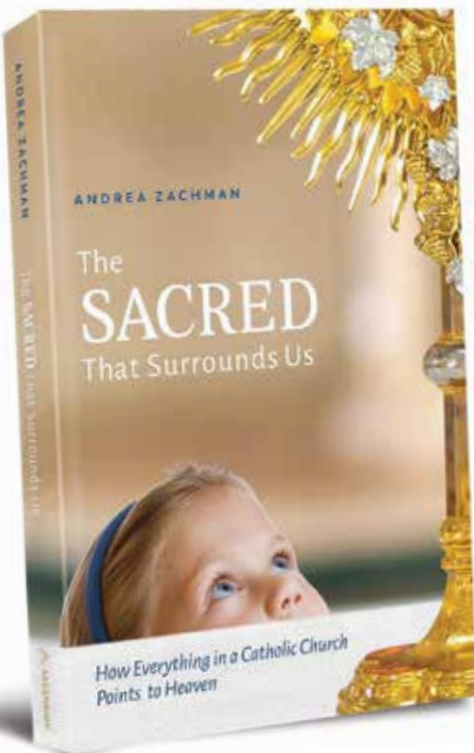
“It took me about four years after coming into the faith to ask those questions,” she says. “I wasn’t in opposition



*For Andrea Zachman, the experience of going from a self-described “mom from Minnesota” to author has been a transition truly guided by the Holy Spirit.*

of it, but I just sort of blindly did things and I didn’t ask myself why I was doing them. When I started to take my faith seriously, I wanted to know. I started to wrap my head around it and then I wrapped my heart around it. I want people to see the beauty that I missed out on for too long.

“With my previous indifference and my current adoration, I wanted to write something that could help those who read see the sacred around them as they sit in church, as they experience the



*The Sacred That Surrounds Us:  
How Everything in a Catholic Church Points to Heaven*  
is now available for purchase at [ascensionpress.com](http://ascensionpress.com).

# Living for Christ



## with Staff Member Andrea Zachman

sacraments,” she adds. “To truly appreciate the richness of what surrounds us at Mass, we need to understand what these items are and why they are here, why they are important. Otherwise these beautiful and sacred items are just — stuff. I wanted to help others to learn and understand and appreciate the beauty and sacredness of their Catholic faith.”

As a mother to four children, Andrea says her hope for the book is that parents reach for it as a resource that allows for deeper conversation with our children as they trust us to help them find answers.

“We should never stop asking those ‘why’ questions,” she says. “When our children ask, we should look it up, because if we don’t answer those ‘why’ questions, then friends, the media, social media, they will start answering our children’s questions — just not in the beautiful light that we as parents can answer them, and with the reverence and awe that is due our faith.”

For Andrea, the experience of going from a self-described “mom from Minnesota” to author has been a transition truly guided by the Holy Spirit.

“It is surreal,” she says. “If I would have not answered the call, my hope would be that the Holy Spirit would have put it on someone else’s heart, and it would happen either way. I couldn’t have done this by myself and I feel that because it’s Holy Spirit-driven that that’s why it’s being published.”

Andrea says she wants to thank her husband, Nathan, and her family for their endless support during the writing and publishing process. She also wants to thank the amazing team at Ascension Press.

“I feel very blessed to have been a part of this book coming to life and I thank God for all who offered prayers, advice, and guidance,” she says.

*“We should never stop asking those ‘why’ questions. When our children ask, we should look it up, because if we don’t answer those ‘why’ questions, then friends, the media, social media, they will start answering our children’s questions — just not in the beautiful light that we as parents can answer them, and with the reverence and awe that is due our faith.” — Andrea Zachman*

## This Month’s Spotlight on Our Parish Ministries

### CATHOLIC WATCHMEN

The Catholic Watchmen is a men’s movement created to help Catholic men grow in their faith and become better spiritual protectors and leaders of their families. The program was initiated by the archdiocese, but is managed within each parish. It includes monthly meetings with great speakers and the opportunity for fellowship. All men, including young adults, are invited to join us for our monthly gatherings, or to volunteer for the committee that oversees the program for the St. Michael Catholic Church.

*Pete Ruhland — 763-257-7862 or [pkruhland@hotmail.com](mailto:pkruhland@hotmail.com)*

### WELCOME CENTER/GREETER

This ministry of hospitality greets and welcomes parishioners and visitors before and after each Mass. The welcome center is a great resource for those interested in joining our parish, as well as parishioners who have general questions. Volunteers are scheduled approximately once a month.

*Heidi Arndt — 612-749-2008 or [sharndt2@gmail.com](mailto:sharndt2@gmail.com)*



### THE ART OF ST. MICHAEL: *The Tabernacle*

By JIM THORP

Centered behind the marble altar and visible from every pew in the nave of the church, the tabernacle is home to our Lord in the Holy Eucharist. It is beautifully wrought and covered in gold, the finest of houses for the King of Kings, atop an Italian marble stand, faced in gold, carved to match the altar. The front of the tabernacle stand features a carving of a white horse as a representation of Christ from the book of Revelation: “Then I saw the heavens opened, and there was a white horse; its rider was [called] ‘Faithful and True.’ He judges and wages war in righteousness” (Revelation 19:11).

The tabernacle itself resembles the house of God in which it resides — four golden pillars support a golden dome with a cross at its pinnacle. The pillars are topped with the four Gospel evangelists — Sts. Matthew, Mark, Luke and John, each seated with one of the four living creatures from Revelation chapter 4 at their feet. These living creatures are thought to symbolize the evangelists:

- St. Matthew is represented by a winged man, because his Gospel begins with St. Joseph’s descent from Abraham, calling to mind in a particular way the miracle of the Incarnation.
- St. Mark is represented by the winged lion, in part because he has his predecessor, St. John the Baptist, *roaring like a lion* in the desert, calling the Israelites to repent and prepare for the Lord’s coming — the lion is also a symbol of courage, kingship and the Resurrection, as lions were said to sleep with their eyes open.
- St. Luke is represented by a winged ox, a symbol of strength and sacrifice, calling to mind the Lord’s passion and the opening of the Gospel of Luke, which features Zechariah’s service in the Temple.
- Finally, St. John is represented by the winged eagle, representing Jesus’ Ascension and Divinity, as well as the evangelist’s unflinching visions of Christ and the spiritual battle to come.



The doors of the tabernacle feature scenes from the life of Jesus that call to mind the mysteries of Christ’s life and death. The Resurrection, however, is not portrayed in the images on the tabernacle — what purpose would an image serve, when our Risen Lord is present within, in the Holy Eucharist?

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## *Bids for Kids:* Making a Difference for Our Students at St. Michael Catholic School

If you haven't yet purchased your tickets, you still have time to make plans to attend the Bids for Kids!

The 2019 Bids for Kids is set for Saturday, March 30, at the Marriott Northwest in Brooklyn Park. Not only will you be guaranteed a grand evening out, but you also will be helping support our St. Michael Catholic School!

Dana Ellis is chairing this year's event, and she is still accepting donations for the silent auction.

"We'll take them up to about a week before because it takes time to print up a program and arrange to bundle some of the items in baskets," she says.

Registration that evening will begin at 4:30 p.m. and the silent auction will begin at 5 p.m. along with the Happy Hour. Dinner will follow, and there will be a variety of games offered, along with a 50/50 raffle. After a short presentation, the live auction will begin.

"We're raising money to support the school — all the needs for the kids, from kindergarten through eighth grade," Dana says. "We help with all kinds of things, such as tuition, or needed supplies or IT equipment, such as iPads. Really, a variety of things go toward supporting the school. The funds may help with different programs, such as a transportation for a school trip. It's for anything that supports learning at the school."

Each of the classes at school is creating its own basket for the silent auction, usually on a theme, such as a gardening basket or a kitchen basket.

Several local businesses donate items for the live auction. Some of the items up for bid will be school tuition, concert tickets, restaurant gift certificates or different sporting events.

"We've had a vacation package in previous years, and there can be a real variety of things from very small to big ticket items," Dana says.

While the evening is one of fun and excitement, it does carry a serious message.

"This helps support the mission of St. Michael Catholic School — that is, to educate the whole child," Dana says. "The school aims to nourish the children's faith and your contributions allow the school to serve as many kids as it can in the community. This really can help a student's life, as St. Michael School teaches kids all the skills they will need as they grow into adulthood. I believe in the school and its mission. If you can't attend, you can support the event by donating items or buying raffle tickets. I'm happy for any support you can give!"



*To donate auction items,  
contact Dana Ellis at  
612-240-5535. Event tickets  
are \$60 and will be posted on the  
St. Michael School Facebook page  
at [www.facebook.com/  
events/401845313882054](http://www.facebook.com/events/401845313882054)*

*For more information,  
please visit the event website at  
[www.StMCSbids4kids.com](http://www.StMCSbids4kids.com).*

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# ST·MICHAEL CATHOLIC CHURCH

**11300 Frankfort Parkway  
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**ADDRESS SERVICE REQUESTED**

## **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*, 7:45 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

*“The soul cannot live without love. All depends on providing it with a worthy object.”* — St. Francis de Sales

# LENT AND HOLY WEEK SCHEDULE

## **Ash Wednesday — March 6**

7 a.m. Mass

5 p.m. Mass

7 p.m. Mass

## **Stations of the Cross**

*Fridays at 7 p.m.*

March 8, 15, 22, 29

April 5, 12

## **Tuesdays at 1 p.m. (with parish staff)**

*(Please note time. The time listed in February*

*Newsletter was incorrect.)*

March 12, 19, 26

April 2, 9, 16

## **Lenten Penance Services**

Tuesday, April 2 at 7 p.m.- Mary, Queen  
of Peace - Rogers

Sunday, April 7 at 1 p.m.- St. John the  
Baptist - Dayton *(note time)*

Sunday, April 14 at 7 p.m. - St. Albert;  
Albertville

Monday, April 15 at 7 p.m.— St. Michael;  
St. Michael

## **Individual confessions are also available on:**

Tuesdays from 5:15 to 6:15 p.m.

Thursday from 8 to 8:30 a.m.

Fridays from 6 to 7 p.m. prior to the Stations  
of the Cross, during Lent only

Saturdays from 7:30 to 9 a.m. and from  
3:30 to 4:45 p.m.

Sundays from 9:30 to 10:15 a.m.

## **Living Stations of the Cross at Church on Frankfort Parkway**

*(Note: New location from previous years)*

Sunday, April 14 and

Friday, April 19 at 8 p.m.

## **Holy Week**

Holy Thursday, April 18 – Mass at 7:30 p.m.  
followed with adoration until midnight.

Good Friday, April 19- Service at 3 p.m.

Holy Saturday, April 20- Easter Vigil Mass at  
8:30 p.m. *(NO 5 p.m. Mass)*

Easter Sunday, April 21- Mass at 6:30, 8:30  
and 10:30 a.m. *(NO 6 p.m. Mass)*

*(Please note: There are no confessions on Holy Thursday, Good Friday, Holy Saturday or Easter Sunday)*