



God's love knows no barriers. St. Pascal's...where all people matter.

Welcome! We hope you enjoy your time with us. Whether you are just visiting or looking for a parish home, it's great to have you with us. Whatever your life circumstances, wherever you have been or whatever has happened in your life, you are welcome here.

JUNE 26, 2022 | THIRTEENTH SUNDAY IN ORDINARY TIME

OUR STAFF

Pastor

Fr. John Mitchell | ext 125
john.mitchell@stpascals.org

Deacon

Rev. Mr. Richard Moore
richard.moore@stpascals.org

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Pastoral Associate for Faith Formation

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Communications & Office Manager

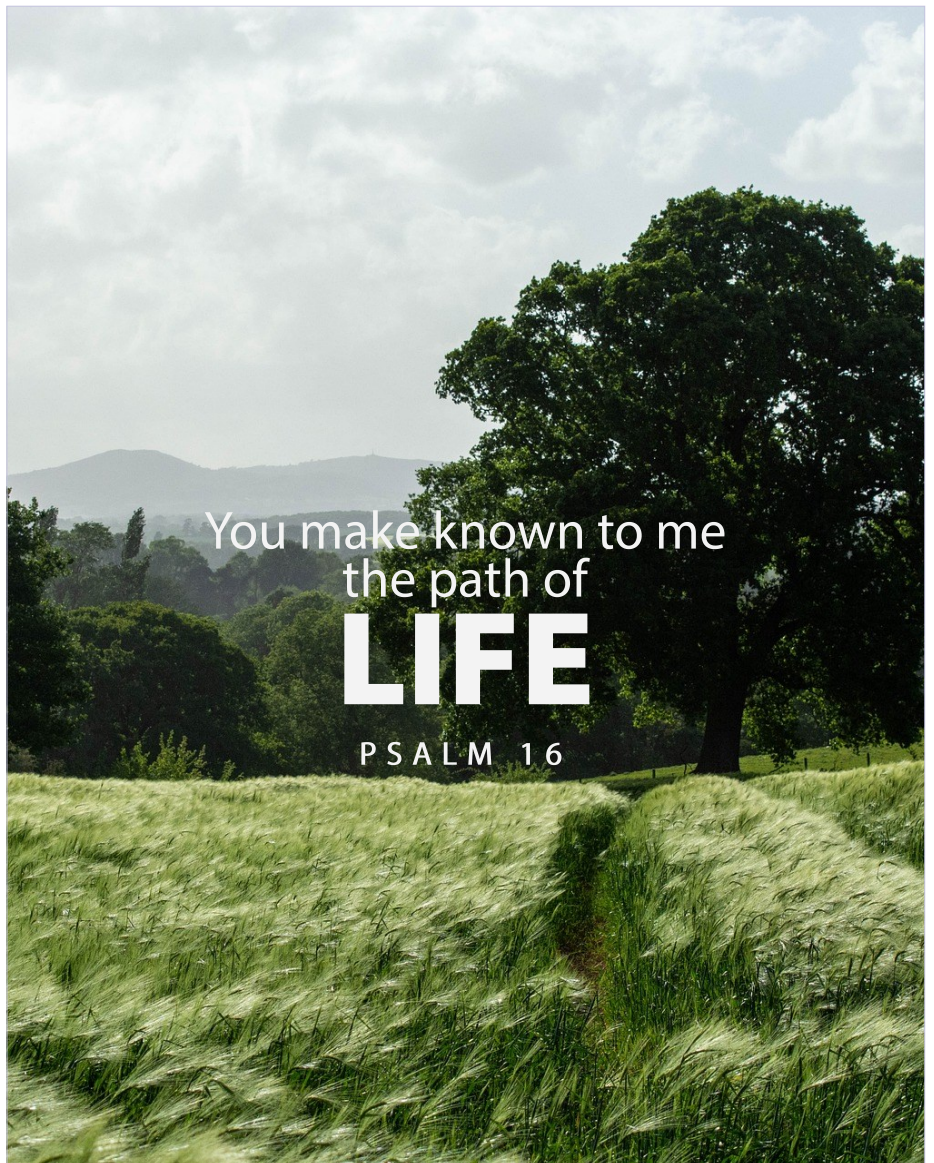
Thea Munoz | ext 133
thea.munoz@stpascals.org

Welcome Desk

Karri Creamer | ext 120
karri.creamer@stpascals.org

PARISH OFFICE HOURS

Monday – Friday from 9:00 AM – 3:00 PM



Mass Times

Saturday 4:30 PM | Sunday 8:45 & 10:30 AM (ASL) | Tuesday - Friday 8:00 AM

1757 Conway Street | Saint Paul, Minnesota 55106 | 651.774.1585

website: www.stpascals.org | email: church@stpascals.org

FROM THE PASTOR'S DESK

Eating Healthy. In my homily last weekend, I talked about physical food and spiritual food. I compared eating good food for our physical health to receiving the spiritual nourishment of the Body and Blood of Christ for our spiritual health. For my physical health, I have started eating sardines about once a week because my doctor recommended that I follow the Mediterranean Diet to help my heart health. "The Mediterranean diet is a way of eating that is based on the traditional cuisines of Greece, Italy and other countries that border the Mediterranean Sea. Plant-based foods, such as whole grains, vegetables, legumes, fruits, nuts, seeds, herbs and spices, are the foundation of the diet. Olive oil is the main source of added fat. Fish, seafood, dairy and poultry are included in moderation. Red meat and sweets are eaten only occasionally" (mayoclinic.org). Here is a recipe that I like when eating sardines:



Sardine and Herb Bruschetta

Serving size: 2 baguette slices. Makes 4 servings.

Ingredients:

8 (1-inch) thick whole-grain baguette slices, 1½ tbsp extra virgin olive oil for the baguette slices, 4 oz. olive oil-packed sardines (1 can), 2 tbsp lemon juice, 1 tsp red wine vinegar, 2 tbsp capers, (drained), 3 tbsp finely chopped red onion, ½ tsp oregano, 1 tbsp finely chopped mint, 1 garlic clove for bread, 1 garlic clove for the sardine topping.

Directions:

Preheat oven to 400 degrees. Place the baguette slices on a large baking sheet and brush them with the olive oil. Place the baguette slices in the oven and toast until they are golden, about 10 minutes. Note: I usually put the bruschetta on crackers or other bread rather than baguette slices. While the baguette slices are toasting, make the sardine topping by combining the sardines, lemon juice, and vinegar in a medium bowl. Mash with a fork. Add the capers, onions, oregano, and mint, and stir to combine. When the baguette slices are done toasting, remove them from the oven and rub them with the garlic. Note: I add 1 minced garlic clove to the sardine topping. Transfer the slices to a serving platter. Place 1 heaping tablespoon of the topping onto each baguette slice. Store the sardine topping in the refrigerator for up to 3 days. 15 minutes preparation. 10 minutes baking. Each serving has 193 calories, 9g total fat, 1g saturated fat, 16g carbohydrates, and 11g protein. (The Mediterranean Diet Cookbook for Beginners, Alpha, 2020, p. 152)

Morning Prayer on Friday, July 1, 8:00 AM. There will be no Mass on Friday, July 1 because I will be on vacation from July 1-3. Instead of Mass, we will have Morning Prayer at 8:00 AM. All are welcome.

Visiting priests for the weekend of July 2-3. On Saturday, July 2, Father Bob Hart will preside at the 4:30 PM Mass. On Sunday, July 3, Father Phil Rask will preside at the 8:45 and 10:30 AM Masses. I will be out of town on vacation.

Prayer Intention of Pope Francis for June 2022: *The Elderly.* We pray for the elderly who represent the roots and memory of a people; may their experience and wisdom help young people to look towards the future with hope and responsibility.

God Bless You,

Father John Mitchell

— SOCIAL JUSTICE & CARING —

July Collection:

Merrick Community Services

Merrick's mission is to support individuals and families to navigate life transitions, find health and stability, and promote independence. Merrick upholds their Mission by providing services through their Food Shelf, Meals on Wheels, and Employment and Family Services. Their most needed items include:

- Bath soap
- Dish detergent
- Laundry soap
- Tissue
- Shampoo and/or conditioner
- Paper towel
- Sponges and/or wash cloths
- Household cleaning items and/or disinfectant spray
- Hand sanitizers
- Masks
- Body soap
- Lotion

Place items in the donation closet, located off the coat room, before and after Masses until July 31. Thank you!

Faith in Action

Care for God's Creation

As our parish cares for God's creation by beginning construction of the tree trenches and rain garden to reduce pollution, there are individual actions we can take to help the environment. Not only will you help the environment, but you may save money as well. Go vegetarian for a day. Install a water saving shower head. Make your own cleaning products (check the internet for recipes). Vow to stop using plastic water bottles. Unplug electrical appliances when not in use. Change out light bulbs. Use leftover drinking water to water your plants. Walk rather than use your car for short distance errands. You will save gas as well. *Brought to you by the Social Justice and Caring Committee.*

"All of creation is a song of praise to God. Love abounds in all things, excels from the depths to beyond the stars, is lovingly disposed to all things."

—Hildegard of Bingen

— In Christ We Live Forever —

Please remember in your prayers...

Jeannette Hunter

who was recently buried from our church. We extend our sincere sympathy to her family and friends, and pray for her soul's eternal peace.

— REGIONAL SCHOOL NEWS —

St. Pascal Regional Catholic School— *Faith is in everything we do!*

At St. Pascal we pride ourselves on being a Catholic school that provides an exceptional education to our students that is wrapped in our Catholic faith and steeped in the traditions and teaching of the Church. Daily instruction in our faith and weekly Mass are just a part of the formation our children receive. Our faculty intentionally integrates our faith and teachings into all of our content areas as we form disciples who are going to go out and change the world!

Come! Take a peek and learn more! Visit www.stpascalschool.org.

Looking for an Angel with a Cargo Van

Much of the food that is distributed at the Fishes and Loaves Food Pantry at Progressive Baptist Church comes through a food rescue program where drivers collect food at various markets and deliver it to the pantry. The food is then checked for freshness and distributed. The pantry could really use a pre-owned cargo van in good condition. While an outright donation would be wonderful, it may be possible to pay a reasonable price. If you can be the angel who has such a van or knows of someone who would be able to help, please contact Rev. Paul Johnson at revpauljohnson@gmail.com.

National Night Out—Save The Date!

Tuesday, August 2 from 6:00 - 8:00 PM

All are invited to our second celebration of National Night Out at St. Pascal's in the Flandrau Street (main church) parking lot. There will be music, food, and fun! Our neighbors will also be invited to join us. If you are interested in helping with the event, please email Mary Weyandt, mlweyandt@mac.com. Watch for more details to come! *Sponsored by the Parish Life and Activities Committee and the Social Justice and Caring Committee.*

Parish Service Opportunity—Feed My Starving Children in Eagan

Saturday, July 9 from 11:30 AM - 1:15 PM

Join friends from St. Pascal's in packing food for children in need around the world! Many of you are familiar with FMSC, a Christian nonprofit that works with food distribution partners to help communities move from relief to development. There are 27 spots still available! Bring your friends—it's a fun, satisfying way to spend part of your Saturday!

Sign up to join our group by using the convenient link at stpascals.org/parish-news. **Note: You will need to create an account on the site in order to join our group.** Those participating are asked to provide their own transportation. For more information contact Kim Roering in the parish office.

Sponsored by the Parish Life and Activities Committee.

— FAITH FORMATION —

Pre-Baptism Session

Monday, July 25 at 6:30 PM

Parents interested in having their child baptized at St. Pascal's are asked to participate in one formation session prior to baptism. Pre-registration is required. To register for a session or schedule the celebration of a baptism, contact Kim Roering in the parish office.

Faith Formation Registration 2022-23

Wednesday Evening Faith Formation

Open to all children of St. Pascal's who attend public schools. Forms are available on the parish website. Note that there are 3 forms to be completed:

1. FAMILY INFORMATION FORM (1 per family)
2. INDIVIDUAL REGISTRATION FORM (1 per child enrolling)
3. SOCIAL MEDIA AND ELECTRONIC COMMUNICATION PERMISSION (1 per child enrolling)

Registrations are due August 1! Please register early to help us allocate appropriate space and materials for each group. *Fees will not be collected until after August 1.*

First Reconciliation and First Eucharist

Children in grade 2 and older during the 2022-23 school year whose families belong to St. Pascal's are welcome to prepare for and celebrate First Reconciliation and First Eucharist. **Registrations are due August 1!** Registration forms and information are now available on the parish website. For more information contact Kim Roering in the parish office.

"Love isn't a state of perfect caring. It is an active noun like struggle. To love someone is to strive to accept that person exactly the way he or she is, right here and now."

—Fred Rogers, *The World According to Mister Rogers: Important Things to Remember*

C O N T A C T U S

Parish Office

Phone 651.774.1585

Email church@stpascals.org

For after-hours pastoral emergency (death, dying or anointing), call 651.774.1585 and dial 1.

Parish Office Hours

Mon-Fri 9:00 AM - 3:00 PM

Holidays as announced

St. Pascal Regional Catholic School

Phone 651.776.0092

Email icollierpaske@stpascalschool.org

School Office Hours

Mon-Fri 7:00 AM - 3:00 PM

Parish Councils

Parish Pastoral Council

Meetings 1st Tuesday at 6:30 PM

Mary Weyandt, Chair

Parish Finance Council

Meetings 4th Thursday at 6:30 PM

Mike Aeling, Chair

Sacramental Information

Reconciliation

Saturday from 3:45-4:15 PM
or contact Fr. John in the parish office
Communal celebrations as announced

Baptism

Pre-baptismal classes are required.
To register for classes or to schedule a celebration, call the parish office.

Marriage

Arrangements must be made with the pastor at least six months in advance of the desired date.

Parish Prayer Line

8:00 - 10:00 AM 651.735.0004

Mary Butler-Levine

4:00 - 6:00 PM 651.774.3248

Pat Kackman

Parish Communication

Bulletin Notices

Due 3:00 PM Monday
thea.munoz@stpascals.org

Mass Announcements

Due 3:00 PM Tuesday
john.mitchell@stpascals.org

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St. Pascal Baylon Catholic Church

Mass Times & Intentions

Readings

June 26, 2022

Tuesday, June 28

8:00 AM + Mary Roche

Wednesday, June 29

8:00 AM + Jeanne Marcous

Thursday, June 30

8:00 AM The people of the parish

Friday, July 1

8:00 AM No Mass (morning prayer)

Saturday, July 2

4:30 PM + Edna Mary & William Quayle

Sunday, July 3

8:45 AM The people of the parish

10:30 AM Joseph Robinette

Sunday:

1 Kgs 19:16b, 19-21

Ps 16:1-2, 5, 7-11

Gal 5:1, 13-18

Lk 9:51-62

Monday:

Am 2:6-10, 13-16

Ps 50:16b-23

Mt 8:18-22

Tuesday:

Am 3:1-8; 4:11-12

Ps 5:4b-8

Mt 8:23-27

Wednesday:

Acts 12:1-11

Ps 34:2-9

2 Tm 4:6-8, 17-18

Mt 16:13-19

Thursday:

Am 7:10-17

Ps 19:8-11

Mt 9:1-8

Friday:

Am 8:4-6, 9-12

Ps 119:2, 10, 20, 30, 40, 131

Mt 9:9-13

Saturday:

Am 9:11-15

Ps 85:9ab, 10-14

Mt 9:14-17

Next Sunday:

Is 66:10-14c

Ps 66:1-7, 16, 20

Gal 6:14-18

Lk 10:1-12, 17-20

Use Your Smartphone to Make a Donation to St. Pascal's!

1. Scan this QR code with your phone.
2. Open the secure link.
3. Follow the prompts.
4. Thank you!



Stewardship of Giving

Financials for the Fiscal Year July 1, 2021-June 30, 2022

May 2022

Sunday Giving

Giving	\$ 81,748.61	YTD Giving	\$ 665,290.28
Budgeted	\$ <u>73,364.58</u>	YTD Budgeted	\$ <u>656,845.84</u>
Surplus	\$ 8,384.03	YTD Surplus	\$ 8,444.44

Mortgage Reduction (as of 05.31.2022)

Loan Balance:	\$ 3,027,062.70
Principal:	\$ 13,308.47
Interest:	\$ <u>9,152.58</u>
Monthly Payment	\$ 22,461.05
YTD Collected Donations	\$ 286,306.46
YTD Payment:	\$ <u>247,071.55</u>
Surplus	\$ 39,234.91
Reserve Account Balance:	\$ 226,915.48

of payments from Reserve: 10

Thank you for your support!

THE WEEKS AHEAD

Sunday, June 26

No scheduled events

Monday, June 27

1:00pm Bloodmobile: Brioschi Hall

Tuesday, June 28

1:00pm Merrick Setup: Brioschi Hall

3:30pm Merrick Food Distribution: Flandrau lot

Wednesday, June 29

9:00am Rosary: Church

7:30pm Men's Club Softball: Brioschi Hall, Kitchen

Thursday, June 30

No scheduled events

Friday, July 1

Parish office closed (maintenance)

8:00am Morning Prayer (No Mass)

Saturday, July 2

No scheduled events

Sunday, July 3

No scheduled events

Monday, July 4—Independence Day

Parish office closed—*Have a fun and safe holiday!*

Tuesday, July 5

No scheduled events

Wednesday, July 6

9:00am Rosary: Church

7:30pm Men's Club Softball: Brioschi Hall, Kitchen

Thursday, July 7

6:30pm SJCC: Zoom

Friday, July 8

No scheduled events

Saturday, July 9

11:00am Parish Service Project: Feed My Starving Children, Eagan

Sunday, July 10

11:15am Baptism (Guzman family): Church

Heart Questions

Don't Look Back

Another said, "I will follow you, Lord; but let me first say farewell to those at my home." Jesus said to him, "No one who puts a hand to the plow and looks back is fit for the kingdom of God."

—Lk. 9:61-62

Adults: When have you faltered or looked back during your journey of faith?

Kids: How can you be a stronger follower of Jesus this week?

St. Pascal's Legacy Society

Grandpa didn't have a will, but Grandma does. She had to settle Grandpa's estate without one, and she now knows how important a will really is. Do you have a will? Over 50% of all adults neglect to make out a will. Do your family a huge service and take the time to complete a will. Please consider naming St. Pascal's and other charitable organizations you care about as bequest beneficiaries when you complete your estate plan. If you want more information on St. Pascal's Legacy Society, please call Theresa Ruttger in the parish office at 651.774.1585 or talk to a member of the Legacy Committee—Ellen and Mike Aeling, Susan Hommes, Joe Sullivan, and Brigid O'Malley.