

February 1–March 31,  
2009



ST. VINCENT DE PAUL  
CATHOLIC CHURCH

# The St. Vincent Voice

A PUBLICATION OF ST. VINCENT DE PAUL CATHOLIC CHURCH

## TAKING A CLOSER LOOK

At Our Church and Ourselves as the Lenten Season Draws Near

As this issue arrives in your home in early February, we are only a few weeks away from the beginning of Lent on Ash Wednesday. During these next few weeks of “Ordinary Time” in the church calendar, we’ll celebrate romantic love on St. Valentine’s Day, and lots of people will celebrate on “Fat Tuesday” by indulging in feasts and parties before the solemn season of Lent commences the next day.

After these celebrations, Lent is a time for most Catholics to contemplate their faith and work to deepen their relationship with God and understanding of Jesus’ life and teachings. Lent is a time to take a closer look at many aspects of our faith—several of which we’ll discuss in this issue:

- The article below about the San Damiano Crucifix takes a closer look at the symbolism of the crucifix behind the altar and its lessons on the faith for us.
- We have several book recommendations that will aid you in making a closer study of the lives of the saints, the last words of

Christ on the cross, or the faith journeys of other Catholics like ourselves.

- We continue our series on the 10 Commandments in modern life—in this issue, we discuss the 9th & 10th Commandments which require us to control our desires and appreciate what we have.
- One of our JustFaith participants and our Youth Minister will describe ways that we as Catholics need to reach out to others in volunteer service. We also need to educate ourselves on the needs and challenges of those less fortunate, so that we can know how best to aid the poor as Jesus instructed us.
- You’ll hear about an upcoming retreat offered this Lent at our parish. This is just one of a multitude of opportunities available at St. Vincent’s to grow your faith and connect with other parishioners.

We hope that some of these stories will aid you in your Lenten reflections and renewal.

—Nikelle Morris, Editor

### THE SAN DAMIANO CRUCIFIX

The Story Behind the Crucifix at St. Vincent de Paul

The colorful, uniquely shaped cross behind the altar at St. Vincent de Paul is a familiar sight in the church. This is not only a beautiful representation of the crucifix; it is a replica of the San Damiano cross, which played an important role in the life of St. Francis of Assisi. The Association for Catechumenal Ministry tells the story as follows:

“In the early days after his conversion, St. Francis was living a penitential life alone in the countryside outside of the walls of Assisi. One day, as he passed a rundown church known as San Damiano (St. Damian), Francis felt the urge to go in and pray. He entered and knelt before the cross. There followed a time of contemplation and ecstasy. While gazing at the cross, Francis saw the lips of Jesus move and heard the words, ‘Francis, go repair my house, which as you see is falling completely into ruin.’ Francis responded, ‘Gladly I will do so, Lord.’

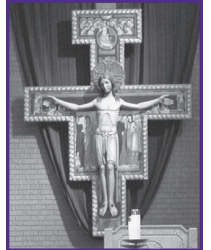
“At first, Francis concentrated on repairing the church buildings of San Damiano and

nearby churches. Then, when the Lord sent him followers, he understood his commission to build up

the lives of God’s people, the Church. His commission was confirmed by Pope Innocent III, who had a dream of the Church. In the dream, the pope saw the Basilica of St. John Lateran leaning over as if to fall and one little man keeping it from doing so. When the pope recognized Francis as the man in his dream, he approved the Franciscan order and its rule of life.

“The San Damiano cross is an icon (literally, ‘image’), a traditional form of artwork arising in the Eastern Church that had been transported by Serbian monks to the Umbria district of Italy. An icon is intended to teach the meaning of the event depicted and thereby strengthen the faith of those who view it. The San Damiano cross was one of a number of crosses painted in the icon style of the 12th century in Umbria. The artist is unknown.

(Continued on page 3)



## MARK YOUR CALENDAR!

- Feb. 7: Cana Dinner
- Feb. 14: Caregivers Retreat at SVDP
- Feb. 25: Ash Wednesday
- Mar. 8: Daylight Savings Time Begins
- Apr. 5: Palm Sunday
- Apr. 9: Liturgy of the Hours at 8 am and Holy Thursday Mass at 7 pm
- Apr. 10: Liturgy of the Hours at 8 am; Good Friday Stations at 3 pm and Liturgy at 7 pm
- Apr. 11: Liturgy of the Hours at 8 am and Easter Vigil Mass at 8 pm
- Apr. 12: Easter Masses at regular Sunday Mass times

### *Soup Suppers and Stations of the Cross*

Please join your fellow parishioners in Regan Hall for a delicious meal between 5:30—6:45 pm, offered each Friday during Lent. The suppers are followed by the Stations of the Cross at 7 pm in the church.

Here are the choices that will be offered every Lenten Supper: Grilled cheese, egg and tuna salad sandwiches, cream of tomato soup, hearty garden vegetable, potato chips, ½ slices of hearty breads and butter, cookies, lemonade, milk, coffee, and water. In addition, each week we will feature one additional soup option. (Good will offering.)



## ASK FATHER

Fr. Jack Answers Parishioner Questions

### Q. What is the Catholic Church's position on the "prosperity gospel"?

—Submitted by parishioner Eric O'Link

A. First of all, one has to define "Prosperity theology". Prosperity theology is a religious teaching that God desires the material prosperity of those He favors. Material prosperity, in this belief, emphasizes financial prosperity (but success in relationships and good health is also expected). This favor may be preordained, or granted in return for correct faith if significantly evidenced in the attitude and obedience of the adherent. Prosperity theology is most commonly found within the charismatic and Pentecostal tradition of Christianity, although it is not exclusive to these traditions. The Prosperity Gospel gained more prominence in the 1980s through the teaching of the so-called televangelists, but this was a movement separate from mainstream Christianity.

The truth is that we should believe *everything* we possess is a gift from God. Our jobs, homes, salaries, children, material possessions, etc. exist because of our generous and loving God. All that God has given to us must be shared for the proclamation of God's kingdom. This is lived out faithfully in Religious communities that take the vow of poverty. However, for most of us, we are called to practice good stewardship. Good stewardship requires that we recognize our gifts, and then share those gifts with others.

Other than what I mentioned above about stewardship, I believe Prosperity Theology is baloney. The Roman Catholic Church is very rich in its Social Gospel teaching. If you read the Sacred Scriptures, you will find many writings about the poor. Matthew 5 talks about feeding the hungry, clothing the naked, visiting the sick and those in prison. The Beatitudes give us a gauge for our happiness: "Blessed are the poor in spirit".

In the Old Testament, Isaiah the prophet and many others talk to us about the poor around us, and call us to reach out to them. In Matthew 6 it says, "Do not store up for yourselves treasures on earth, where moth and rust consume, and where thieves break in and steal, but store up for yourselves treasures in heaven...For where your treasure is, there your heart will be also." Luke 16 tells us, "No one can serve two masters. Either he will hate the one and love the other, or he will be devoted to the one and despise the other. You cannot serve both God and money." 1 John says, "Do not love the world or the things in the world. If anyone loves the world, the love of the Father is not in him."

I am pleased with the Catholic Church's social teaching. Outside the Sacraments, we can and will experience the presence of God in the poor and needy. Being needy and poor makes us more dependent on the power and presence of our God. ■

### Submit Your Question!

If you have a question for Fr. Jack or Fr. Wehmann, please mail it to: **The St. Vincent Voice Editor** at the church, or e-mail it to: [editor@saintvdp.org](mailto:editor@saintvdp.org).

## LENTEN READING RECOMMENDATIONS

From the Staff of St. Vincent de Paul, with Descriptions from the Publishers

**My Life With The Saints by James Martin SJ from Loyola Press:** For Martin, the saints (some canonized and some not) "pray for me, offer me comfort, give me examples of discipleship and help me along the way." One comment on the book cover states: "In this warm, conversational book, James Martin shows us how the saints challenge us, lead us, shape us and help us to deal with our worst failings."

**The Day Christ Died by Jim Bishop:** Bishop's meticulous research has uncov-

ered little-known facts that contribute to the overwhelming sense of immediacy in this story of God's love for humanity.

**The Seven Last Words by Michael Crosby:** This book reveals the powerful implications for contemporary followers of Jesus in the final words from the cross. The Seven Last Words makes profound spiritual reading not only for personal Lenten reflection but for groups studying the scriptures and everyone concerned with making the scriptures come alive.

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# ABOUT THE SAN

# DAMIANO CRUCIFIX

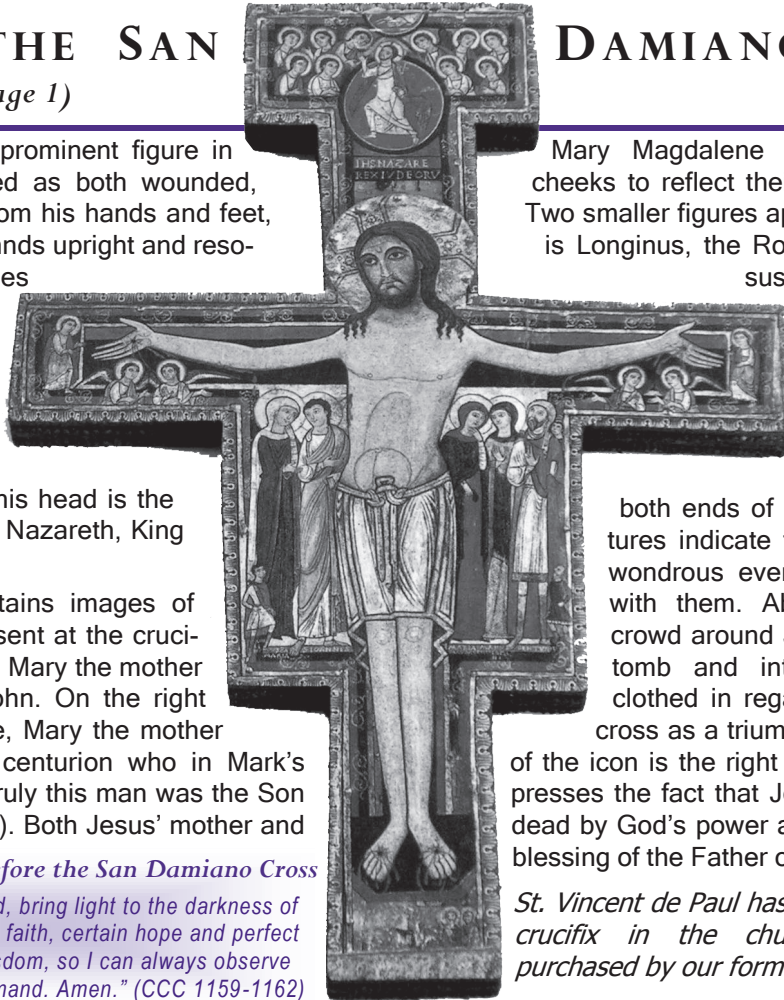
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“Jesus is the most prominent figure in the icon, represented as both wounded, with blood flowing from his hands and feet, and strong, as he stands upright and resolute. His halo includes a depiction of the glorified cross. This image of Christ focuses attention on Jesus as the one to be worshipped. Above his head is the inscription, ‘Jesus of Nazareth, King of the Jews.’

“The icon also contains images of those who were present at the crucifixion. On the left are Mary the mother of Jesus and St. John. On the right are Mary Magdalene, Mary the mother of James, and the centurion who in Mark’s gospel proclaims, ‘Truly this man was the Son of God!’ (Mark 15:39). Both Jesus’ mother and

### *St. Francis’ Prayer before the San Damiano Cross*

*“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 your holy and true command. Amen.” (CCC 1159-1162)*



Mary Magdalene have their hands on their cheeks to reflect their extreme grief and anguish. Two smaller figures appear below. On the lower left is Longinus, the Roman soldier who pierced Jesus’ side with a lance. On the lower right is Stephanton, identified with the soldier who offered Jesus the sponge soaked in vinegar wine.

“Six angels are positioned at both ends of the crossbar; their hand gestures indicate they are both discussing this wondrous event and calling us to worship with them. Above the cross, ten angels crowd around Jesus as he climbs out of the tomb and into Heavenly courts. He is clothed in regal garments and carrying the cross as a triumphant scepter. At the very top of the icon is the right hand of God. This image expresses the fact that Jesus is being raised from the dead by God’s power and can be understood as the blessing of the Father on Jesus’ entire ministry.”

*St. Vincent de Paul has a replica of the San Damiano crucifix in the church sanctuary which was purchased by our former pastor, Fr. Lybarger.* ■

## LENTEN READING RECOMMENDATIONS

(continued from previous page)

**Living the Mass: How One Hour a Week Can Change Your Life by Grassi and Paprocki:** Studies show that most Catholic young adults do not attend weekly Mass. But what if they saw it as the one hour of their week that could transform the way they live, dream, work, play, serve & love? These experienced, engaging authors not only explain the Mass, its purpose and its parts, but draw readers into the question, “What would our faith look like if we truly understood the gift of the Eucharist?”

**Teresa of Avila: An Extraordinary Life by Shirley du Boulay:** A colorful and compelling journey into the heart of one of the greatest mystics of all times.

**The Dreamgiver by Bruce Wilkinson:** The bestselling author shows how to identify and overcome the obstacles that keep millions from living the life they were created for. Wilkinson gives readers practical, biblical keys to fulfilling their own dream, revealing that there’s no limit to what God can accomplish when we choose to pursue the dreams He gives us for His honor.

**The Inner Voice of Love by Henri Nouwen:** This Catholic priest and popular author hit a six-month spiritual and mental crisis in 1987. This book is his personal journal written during his time of anguish.

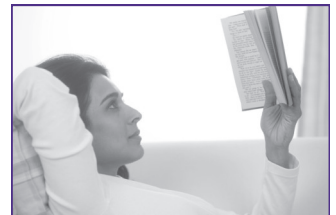
**Life of the Beloved: Spiritual Living in a Secular World by Henri Nouwen:** How can we

blend service and spiritual worship with the harshness of the everyday world? How can we, imperfect and each broken in our own way, feel beloved by the Almighty? Nouwen ponders these topics in an open letter to a troubled friend.

**The Holy Longing by Ronald Rolheiser:** “What is spirituality?”, this book gets quickly to the heart of common difficulties with this question, and shows through compelling anecdotes and personal examples how to channel that restlessness into a healthy spirituality.

**Walk in a Relaxed Manner by Joyce Rupp:** In this edifying and inspirational book, Rupp presents her adventures on a 47 day pilgrimage along the Camino de Santiago in Spain. At the age of 60, she took this arduous journey of 450 miles with Tom, a retired pastor & close friend.

**What Makes Us Catholic by Thomas Groome:** Inviting readers “to critically consider and deliberately choose what could be life-giving from their faith tradition,” he describes eight spiritual qualities that he believes are distinctively Catholic. ■





CELEBRATE  
YOUR  
MARRIAGE AT  
THE CANA  
DINNER!



Spend a special evening together and join our annual Cana celebration on **Saturday, Feb. 7.**

We will begin with an evening prayer service at 6:30 pm in the church to renew our commitment to each other. This will be followed by a social hour, catered dinner, and dance. Please consider joining us for this wonderful evening to honor the Sacrament of Marriage. **Take time for the two of you!** Purchase tickets after Mass, or call the parish office at 763-425-2210.

**The St. Vincent  
Voice Newsletter  
Committee**

- **Tim Huston,**  
*Parishioner*
- **Eric O'Link,**  
*Parishioner*
- **Chuck Pratt,**  
*Staff Member*
- **Marci Siers,**  
*Pastoral Council Member*
- **Nikelle Morris,**  
*Editor/Designer,  
Parishioner*

For information on joining the committee, contact Chuck Pratt at 763-425-2210.

**WE WOULD LOVE TO ADD  
A FEW MORE MEMBERS!**

## LIVING THE COMMANDMENTS

A Continuing Series on Living the Commandments in Modern Life

*This continuing series reviews the 10 Commandments revealed to the Israelites (as well as the 2 Great Commandments given to us by Jesus) in the context of the life of a modern-day Catholic. With this series, we seek to provide a few basic ideas and challenges in hopes of inspiring readers to reflect anew on God's Commandments—and how to live in a way that honors them.*

### #9: You shall not covet your neighbor's wife.

A discussion of this commandment must begin by pointing out that although the original language used was "wife", this is currently acknowledged by Biblical scholars as a commandment against all kinds of lustful thoughts about another person. Whether the subject of those desires is your neighbor's wife, a famous celebrity, or your friend's older brother... this commandment applies to all of us. We have already discussed the fact that the Sixth Commandment forbids unchaste actions; the Ninth Commandment forbids unchaste thoughts and desires.

It is also important to remember that sexual desire, in and of itself, is one of God's creations and therefore inherently good. But we must practice self-discipline and not allow sexual desire to become lust. The Catholic Catechism defines it this way: "Lust is disordered desire for—or inordinate enjoyment of—sexual pleasure. Sexual pleasure is morally disordered when sought for itself, isolated from its procreative and unitive purposes." (CCC 2351) Lust turns the subject of one's thoughts into an object—yet all people are created by God with an innate dignity that we must respect. When it comes to sexuality, God has made it clear that such relations are intended as a part of the loving, sacramental relationship between husband and wife.

While not all of us are called to the vocation of marriage, marriage is the only time that God intends for people to have sexual relationships. Even within marriage, a husband and wife must remember that God's purpose for sexuality is for the partners not only to demonstrate their love, but also to demonstrate their openness to God's gift of a new son or daughter.

That is one reason that the Church has always taught that artificial contraception is not within God's plan for us: "Fecundity [the ability to reproduce] is a gift, an *end of*

*marriage*, for conjugal love naturally tends to be fruitful. A child does not come from outside as something added on to the mutual love of the spouses, but springs from the very heart of that mutual giving, as its fruit and fulfillment. So the Church, which is 'on the side of life' teaches that 'it is necessary that each and every marriage act remain ordered per se to the procreation of human life.'... This particular doctrine, expounded on numerous occasions by the Magisterium, is based on the inseparable connection, established by God, which man on his own initiative may not break, between the unitive significance and the procreative significance which are both inherent to the marriage act." (CCC 2366 )

Jesus said in the Sermon on the Mount: "You have heard that it was said, 'You shall not commit adultery'. But I say to you, everyone who looks at a woman with lust has already committed adultery." (Matthew 5:27-28) As humans created in God's image, we must exhibit self-control not only in our actions, but also in our thoughts. We must appreciate each person as a beloved child of God. Whether we are married or single, we cannot treat each other's bodies (or even our own) as objects for pleasure.

### #10: You shall not covet your neighbor's goods.

The tenth commandment also commands us to govern our thoughts, but this time in the desire of material goods. Whereas the 9th commandment warned against lust, the 10th warns against greed and envy. Once again, we must remember that God's creation is inherently good—so desire for material things is not necessarily a bad thing. However, when that desire causes us to lose our focus on God and his plan for our lives, we have slipped into sinful behavior.

We live in a society where we are constantly exposed to messages that say we should want more than we currently have—a bigger house, a better wardrobe, a better car, a better cell phone...

After all, isn't it the "American Way" to work hard to achieve financial success? However, quite often we get so wrapped up in reaching our next financial milestone that we forget to take the time to reflect on two important questions:

*(Continued on page 5)*

# COMMANDMENTS

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1. Do I appreciate what I already have?
2. How much is enough?

The first question is a matter of your attitude... do you spend the majority of your time feeling thankful for what you already possess, or dreaming of what you could have? For instance, this January there was a serious bout of cold weather across half of the country. Think back to that time and ask yourself—how did it affect me? Did you take a moment to thank God for the ability to pay your gas bill, or for the ability to serve a hot and healthy meal to your children? If not, then you are forgetting how good you have it. There were people across the nation who had to choose between heat and food. Many people died that week, alone and freezing in their homes. It's so easy to forget that most of us live in relative luxury, and we should be grateful.

The second question is one that I think few of us remember to ask ourselves very often: How much is *enough* stuff? How much money... or beauty products... or gadgets... or awards... do I need in order to get through life? If you don't know the answer, it's important to prayerfully consider it and then live with that goal in mind. As you think it over, keep in mind that the ultimate purpose of our time on earth is to get to heaven—and bring as many people there with us as we possibly can. That is where real treasures await us all.

—Nikelle Morris, Parishioner

## HOW LONG HAS IT BEEN??

The Lenten Season is historically a time for Catholics to reflect and refocus on their relationship with God. This makes it an excellent time to lift the burden of sin from one's shoulders through the Sacrament of Reconciliation.

Whether it's been 20 days or 20 years since your last confession, wouldn't it feel wonderful to hear those words, "I absolve you from your sins, in the name of the Father, and of the Son, and of the Holy Spirit"? Confession will be offered frequently at our parish this Lent.

May we suggest?

Why not keep the

Examination of Conscience at right in your wallet?

Just cut it out and fold along the dotted lines.

You can refer to it on your way to confession.

## THE "HOW-TO" OF CONFESSION

Each of us desires to live a virtuous life. The Catechism of the Catholic Church says, "A virtue is a habitual and firm disposition to do the good. It allows the person not only to perform good acts, but also to give the best of himself. The virtuous person tends toward the good with all his sensory and spiritual powers; he pursues the good and chooses it in concrete actions." (1803) Hence, confession and reconciliation helps us to return to the virtuous life.

Going to confession is not difficult, and the priest can help you if you forget something, or are nervous. **Here are the basics:** to begin your confession, say, "Bless me, Father, for I have sinned. It is (state the time since your last confession) since my last confession. Since that time, I have ..." and tell your sins humbly and clearly and entirely. (Be bold, be brief, and be gone.) As you are concluding your confession, say to the priest, "For these sins, and those I truly do not remember, I ask for your forgiveness, advice, and absolution." Then the priest may give advice or helpful words to resist those sins in the future. Next, the priest

will give your penance. The priest will ask you to say an Act of Contrition. There are many different versions, but here is one you may use: "O my God, I am heartily sorry for having offended Thee, and I detest all my sins because I dread the loss of Heaven and the pains of Hell; but most of all because they offend Thee, my God, who art all good, and deserving of all my love. I firmly resolve, with the help of Thy grace, to confess my sins, to do penance, and to amend my life. Amen."

Finally, the priest will pray the beautiful words of the Prayer of Absolution. After your confession, kneel before the Blessed Sacrament, then perform your penance according to the direction of your confessor, and thank God in your own words for His mercy.

## EXAMINATION OF CONSCIENCE

Some people have trouble recalling their sins. Calmly and honestly consider what you have done, with full knowledge and full consent against God and His commandments. Here are some questions that may help:

**1. I am the Lord your God, you shall have no other Gods besides me.**

Did I fail to love God, to make God first in my

life, to thank Him, trust Him, love Him, as He deserves? Have I simply not cared about God in my everyday life—instant worshipping TV, work, power, or sex by spending most of my time and energy on them? Did I fail to pray? Was I careless in saying my prayers? Do I try to give God time every day in prayer? Have I doubted or denied my faith? Are there things that I placed in importance before the honor due to God, such as seeking the esteem of others or wealth? Have I rejected the teachings of Jesus and His Church because they were not in agreement with what I wanted to do? Have I ever chosen not to express my faith in the home, at work, or with friends, for fear of ridicule? Have I been involved with magic, horoscopes, Ouija boards, or fortune telling? Have I willingly put myself in a near occasion of sin?

**2. You shall not take the name of the Lord your God in vain.**

Did I curse or swear? Did I use God's name in vain, lightly, carelessly, or with blasphemy? Have I spoken disrespectfully and behind the backs of our Bishops and Priests? Have I used foul language or jokes? In conversation, have

I passively listened to slander or to jokes meaning to the Church or God's authority?

**3. Remember the Sabbath day, to keep it holy.** Have I deliberately missed Mass on the Lord's Day or Holy Days of Obligation? Have I made a sincere effort to attend Mass, even when on vacation? Did I leave Mass early without a good reason? Have I skipped Mass to please my spouse or children? Have I failed to insist that my children attend Mass, even when they are at a friend's house or sports tournament weekend? Did I receive Holy Communion in the state of serious sin? Have I become such a slave to my work and chores that I have not set aside Sunday for spiritual and family activities? Have I been lazy, neglectful, inattentive, irreverent, or willingly distracted during my prayers or at Mass? Have I given good example about the importance of Mass to those under my care?

**4. Honor your father and your mother.**

Did I honor, obey and pray for my parents? Have I failed to help my parents when they were in need? Did I respect my brothers and sisters? Have I been disobedient or disrespectful to any lawful authority— (OVER)



# OUR PASTORAL COUNCIL IS SEEKING NEW MEMBERS THIS SPRING!

**Pastoral Council members function as representatives of our parish to our pastor.**

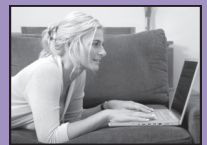
The Council meets at 7 PM every 3rd Tuesday of each month for 1 1/2 hours (excluding the months of December and July). The Council consists of nine parishioners who are voting members, and three non-voting members (our pastor, our parochial vicar, and our business manager). Each member serves a term of three years and may serve up to a limit of two full terms.

**The current parishioner members are:** Marci Siers, Tom McMullen, Ann Bergmann, Dave Duffy, Janice Gabrick, Rose Kahnke, Don Ritter, and Adriana Matzke.

## Every March, we offer two evening Pastoral Council Information Nights.

Any parishioner may attend, and learn more about the Council. Please watch the church bulletin in February for the dates and times for the Information Nights. Final decisions about new members are made in May, as the terms for current members expire in June. Every year approximately 1-3 terms expire for current council members.

**View previous issues online:**



To view past issues of The St. Vincent Voice, visit our parish web site at: [www.saintvdp.org/parish/parish\\_newsletters](http://www.saintvdp.org/parish/parish_newsletters)

## Did You Know?

**St. Vincent's has created an online Employment Network for Parishioners!**

The postings will be at [www.saintvdp.org](http://www.saintvdp.org) and accessed through a link at the bottom of the Home Page. Parishioners of St. Vincent de Paul who may be looking for job opportunities and employers who are looking to hire are welcome to post their résumé and job openings. Please log on and check it out!

boss, teacher, police officer, spouse, etc.?

Have I neglected to correct my children just to keep peace in the house, or been excessive in my correction? Did I fail to help at home or to spend time with my family? Do I blame my parents for my own shortcomings? Have I willingly failed to arrange for my children's Baptism? For divorced parents: Have I disrespected my former spouse to my children or others? Have I instructed my children in the Catholic Faith as I promised to do in my marriage vows? Do I give my children a good example as a Catholic by word and deed?

### 5. You shall not kill.

Did I give in to feelings of anger or jealousy? Have I kept hatred in my heart or refused to forgive anyone? Have I ever struck anyone in anger, intending to injure the person? Did I fight or cause scandal? Have I willfully hurt my spouse or children? Have I unjustly wounded another by word or deed, or been purposefully unkind? Have I taken pleasure in anyone's misfortune? Have I abused alcohol or drugs? Have I failed to apologize for my wrongdoing? Have I in any way permitted, encouraged, coerced or helped someone, including myself, to have an abortion?

### 6. You shall not commit adultery.

Have I allowed the media to form my view of sexuality, instead of letting the Holy Spirit do it through the teachings of the Church? Has my current marriage been blessed by a priest or deacon? Am I guilty of impurity with myself, premarital sex, adultery, or contraception by pills, devices etc.? Do I live chastely according to my state in life (married, single, or ordained)? Do I avoid occasions of impurity? Have I sinned with others of the same gender?

### 7. You shall not steal.

Have I stolen what is not mine? Did I return it or make up for what I have stolen? Have I cheated on tests or homework? Have I neglected my duties or been slothful and wasted time at my work? Have I taken things from work that were not my property? Have I willfully and unjustly damaged the property of others? Have I cheated or defrauded others? Have I borrowed money or property and willfully not returned it in a timely manner? Have I downloaded music I have not paid for from the Internet or copied music from a friend's CD, or allowed my children to do so? Have I contracted debts without plans to pay

them back, or without any prospect of being able to do so? Do I avoid laziness or gluttony?

### 8. You shall not bear false witness against your neighbor.

Have I lied, gossiped, talked about people behind their backs, or lent an ear to scandal about someone else? Do I always tell the truth? Did I reveal secrets that should have been kept confidential? Am I uncharitable, or overly critical or negative in my speech? Have I read letters not intended for me? Have I injured the reputation of others by speaking about their failures or sins with little desire or intention to help them? Have I condoned prejudice and hatred toward people of other nationalities, races, or religions?

### 9. You shall not covet your neighbor's wife.

Have I consented to impure thoughts? Have I indulged in impure talk, or sung or listened to improper or suggestive songs? Did I give my mind over to lustful thoughts or fantasies? Have I been an occasion of sin or temptation to others by my language or actions? Was I immodest in dress or behavior? Have I looked at pornography, impure books, magazines, or videos? Did I neglect to control my imagination or desire for other people? Have I been guilty of using flirtation or my dress to entice others to notice my body? Have I used indecent language or told indecent stories? Have I rejected my family in my heart, wishing to distance myself emotionally and personally from them?

### 10. You shall not covet your neighbor's goods.

Is my heart greedy? Am I envious of others because I don't have what they have? Do I habitually compare myself with others? Have I encouraged my children to define themselves by their possessions, or to envy others' possessions? Am I moody or gloomy because I don't have all the material things I desire? Do I work, study and keep busy to counter idle thoughts? Is my heart set on earthly possessions, rather than the treasures in Heaven? Have I refused or neglected to help someone in need? Have I wished or desired a loss or misfortune upon my neighbor or their property?

*Look forward to sharing the beauty and joy of the Sacrament of Reconciliation with many of you this Lenten Season.*

—Fr. Wehmann



# MY EXPERIENCE SO FAR...

An Update from JustFaith Participant Julie Aho

It is easy to be too self-focused as a single twenty-three year old. At least I find it to be. I've always been a pretty thoughtful person, but my goals, decisions, and ideals ultimately have revolved around me. I noticed this about myself and had been praying for an opportunity to become less self-focused, volunteer more, get more involved with a group of like-minded Christians, learn more about my faith, and become more compassionate. No longer than a month after writing this list in prayer, a woman at St. Joseph the Worker (the church I attend) spoke about her experience in JustFaith. Her experience spoke precisely to my prayers. I debated whether or not to join because of the time commitment. (JustFaith involves 30 weeks of weekly meetings, reading each week, and occasional weekend activities).

Then, when St. Joseph's JustFaith group didn't fill with enough people, I considered using it as an excuse not to participate, even though I was offered a spot in the group at St. Vincent's parish. Ultimately, I felt called to join the group; it didn't feel like the decision was mine, but that it was the Spirit that led me.

Along with my upbringing and my world travels, JustFaith has already been (after 14 weeks of 30) among my most significant life experiences—through its impact on my outlook and understanding. **Through JustFaith, I have had the opportunity to:**

- ... Discover how our Catholic faith calls us to be advocates of social justice through powerful books we have read and weekly discussions.
- ... Be inspired by the passion and conviction of the people in our group and Okey, who we are blessed to have as our lead facilitator.
- ... Hear the experiences of speakers from purposeful organizations and different walks of life.
- ... Learn more about the different cultures in the Twin Cities.

These experiences have already deeply impacted who I am with my family, my friends, at work, and in the community. I am becoming more grateful, more com-

passionate toward people close to me as well as strangers, less self-focused, more willing to serve, and more appreciative of our faith. Perhaps most significantly, the experiences have renewed and strengthened my confidence and conviction to become more active for causes I believe in and to discover how I am being called to serve God's purpose.

I have so much further to grow, but I do feel I am being propelled in the right direction. And I have so many more questions about how I am being called to serve, but it is becoming clearer every week.

— Julie Aho, JustFaith Participant

**Please keep our JustFaith Participants in your prayers:** Julie Aho, Cathy Anderson, Jim Carney, Duane Crosland, Dee Davis, Sallie Frye, Janice Gabrick, Amy Holtan, Anne Lindgren, Terry Nelson, April Peloquin, Collin Peterson, Theresa Swehla



*"We are one human family. We are our brothers' and sisters' keepers, wherever they may be. Pope John Paul II insists, 'We are all really responsible for all.' Loving our neighbor has global dimensions in a shrinking world. At the core of the virtue of solidarity is the pursuit of justice and peace. Pope Paul VI taught that 'if you want peace, work for justice.'"*

—**"Faithful Citizenship: A Catholic Call to Political Responsibility"**

## NEWSLETTER SUBMISSION DEADLINES

Please submit your ideas to our committee by e-mailing them to: [editor@saintvdp.org](mailto:editor@saintvdp.org), or by mailing them to the church, to the attention of "The St. Vincent Voice Editor."

Please note the following deadlines to submit ideas, so that the Newsletter Committee can consider them at our planning meetings:

- By Nov. 15 for the Feb. 1–Apr. 31 issue;
- by Feb. 15 for the May 1–July 31 issue;
- by May 15 for the Aug. 1–Oct. 31 issue;
- by Aug. 15 for the Nov. 1–Jan. 31 issue.

We don't need the full article by the deadline—just the basic idea for the article to be developed. The Newsletter Committee will determine the final content of each issue.

## GIVING TREE SUCCESS!

St. Vincent's helped over 500 people this year through the Giving Tree, as more than 2,200 dolls were taken off the tree by our parishioners!

We thank everyone who helped: the staff at St. Vincent's, all the people who cut out the dolls, all those who helped put stickers on the dolls, to Bidy Waletzko and her helpers for setting up the trees and to Bob & Kay Dammer for the donation of boxes. Also, thanks to everyone who helped carry and sort the gifts, especially the Gasperlin family, Joe Haefliger and Larry & JoAnn Lawinger.

Finally, thanks to Doug & Diane Tigner for organizing the Giving Tree, and to their 4 children who worked very hard sorting gifts and putting stickers on dolls.

## JOIN US!

We are still looking for a few parishioners to join the committee that puts together this newsletter. We have lost a couple of our members recently, due to time conflicts and other responsibilities. The time commitment is relatively small—about 6-10 hours per issue. (We publish 4 issues/year.) We generally meet in the early evenings at the church and also share ideas and articles via e-mail. Do you have the time, talent and interest to be part of our volunteer editorial team? If so, please call Chuck Pratt at (763) 425-2210 for more information about this opportunity!

# WE NEED TO HEAR FROM YOU!

The St. Vincent Voice Newsletter Committee Seeks Your Input...

As we put together this newsletter every few months, we are always searching for inspiration about what articles will be most informative and meaningful to the parishioners here. We pray that God will guide our efforts before each of our meetings and throughout the creation of each issue. Nevertheless, we could use your help as well! There are over 3,800 households that receive this newsletter, but less than 50 parishioners have ever responded with questions, comments, or article ideas. We'd love to hear from more of you! In each issue, we seek to provide a balance of parish events, parishioner stories, and education about our Catholic faith. We have been blessed to have several parishioners write articles for us on everything from their own story of conversion to the group that makes them feel most connected to our parish. But we want more!

Here is a great example: parishioner Duane Crosland is one of St. Vincent's many volunteer Faith Formation teachers. He likes to share with his students the reasons why he is proud to be Catholic, because he thinks it's something they don't hear often enough in our society. He writes several of them throughout the year and shares them with his students. One of his short essays is reprinted at right. Thanks, Duane, for sharing this with us!

Do you have a faith experience that you could share? Have any of the articles ever changed your faith life? Inspired you to change somehow? Let us know how we're doing, and what else you would like to see in this publication! Please send your feedback to: St. Vincent Voice Editor at the parish office, or e-mail your feedback to: editor@saintvdp.org. Thank you!

—The St. Vincent Voice Newsletter Committee

## Why I am Proud to be Catholic

I am Proud to be Catholic... we have Pope Benedict XVI, a direct successor to our first Pope, St. Peter. My wife and I were in Rome earlier this fall and we touched the tomb of a man that walked with Jesus and talked with Jesus on a daily basis 2,000 years ago. "And so I tell you, Peter; you are a rock, and on this rock foundation I will build my church, and not even death will ever be able to overcome it. I will give you the keys of the Kingdom of heaven: what you prohibit on earth will be prohibited in heaven, and what you permit on earth will be permitted in Heaven." Matthew 16:18-19. These are truly powerful words! The Apostolic Powers given by Jesus to Peter to govern his people are now held by Pope Benedict XVI.

—Duane Crosland,  
Parishioner

## Communal Celebration of the Liturgy of the Hours: a Holy Week Invitation to all Parishioners

We started the celebration of the Liturgy of the Hours during the Holy Week Triduum in 2008, and it was well received by our parishioners. We are therefore inviting more parishioners to join us this coming season.

### What is it?

Liturgy of the Hours, otherwise known as "Divine Office" is a solemn expression of the Church at prayer. Its origin goes back to the early Church when the Jews gathered and prayed the Psalms. It has been incorporated into our Church life and restructured to include the reading or chanting of the Psalms, Antiphons, Canticles, and scripture reading (optional short reflections) Intercessions, and closing prayer at certain hours of

## WHEN WE GATHER TOGETHER...

Gain a Deeper Understanding of the Liturgy and How Music Enhances It

How would you answer this question: **When does the Gathering Rite begin?**

- ... Is it when the cantor goes up to the ambo to give the welcome and to proclaim the opening antiphon to lead us in the Prayer for Vocations?
- ... Is it when the Gathering Song begins?
- ... Is it when Father leads us in the Signing of the Cross before his greeting?

Elaine Rendler (PhD Catholic University of America, Washington DC, Keynote Speaker, OCP author on Liturgical Renewal) offers this perspective: "The Gathering Rite begins when you go to bed the night before and you make the decision to rise the next morning to prepare to come to Mass." That could mean for some of you with children, to rise early enough to bathe, dress and feed the little ones and head out for Mass in a timely manner. For others, it might mean calling ahead to arrange for transportation. And for most of you, it simply means preparing your "Sunday best" garments, and setting your alarm in time for preparations prior to heading out for Mass. Upon arriving at the church, the parish ushers and greeters are at the door to welcome you. You find a

comfortable spot and you settle in, anticipating what is about to take place...

The Sacred Liturgy of the Eucharist is rich with signs and symbols, of which the assembly plays a most important role. There are positions of leadership in various capacities in the Liturgy: the priest takes the role of presiding, the deacon takes the role as the proclaimer of the Gospel, the musicians take the role of leadership in sung prayer, the acolytes take the role of supporting the actions of the presider, the lectors take the role of proclaiming sacred scripture, and the Eucharistic Ministers serve the assembly in partaking of the Sacred Body and Blood. All of these actions are signs and symbols of ritual that are a part of the Sacred Liturgy.

In the structure of the Liturgy of the Eucharist, there are two main parts: The Liturgy of the Word and the Liturgy of the Eucharist. Before the Liturgy of the Word begins, there are the Introductory Rites which consist of the Entrance or Gathering Song, the reverencing of the altar, a greeting of the assembly, an act of penance and the Kyrie (or the sprinkling rite in Easter), the Gloria and the Opening Prayer (also known as



# WHEN WE GATHER TOGETHER

(continued from previous page)

the Collect). All of these rituals are meant to gather all together in the same frame of heart and mind in order to worship as one in the sung and spoken word.

The Opening Hymn is meant for all assembled to join their voices with those around them to sing as one - a symbol of unity. All that we do and see are signs and symbols of ritual meant to bring us closer to God in our worship together. It is so important for the assembly, including those in roles of leadership in the liturgy, to sing together *with* the faithful gathered. We are supposed to "form one body". Singing together is what Vatican II meant for us all to do: "A full, conscious and active participation" in our collective worship. This is such an awesome gift to all of us, because before Vatican II, we were not allowed to participate in this way. The priest and the acolytes prayed all of the sung and recited prayers and the members of the assembly were spectators.

In order for the assembly to participate more fully in the Opening Song and other Introductory Rites, careful consideration must be made in researching the seasonal/scriptural texts of each liturgy in making the musical selection. The music selected must be in the realm of capability of the musical group leading the assembly, as well as the assembly's ability to participate. This piece of music should foster full, conscious, and active participation, and those in leadership positions must always foster this objective.

Developing a good repertoire of liturgical song should be one of the goals of music ministry. A good repertoire of liturgical song must encompass the Musical, Liturgical, and Pastoral Judgment when compiling this repertoire. Just because a song has a word or two from the bible does not necessarily make it a good song to use in the liturgy. We must be especially careful when considering the text of contemporary pieces of music to add to the liturgy. There are some great songs out there, but they may not be suitable with good theological content. We use hymns from our Catholic musical heritage that are tried and true in combination with some of the newer pieces that are rich in theological content to nurture the assembly. These

choices should also serve the liturgy of the day.

From the document "Sing to the Lord—Music in Divine Worship (2007 edition)", I quote a paragraph on the choir:

*"The Second Vatican Council stated emphatically that choirs must be diligently promoted while ensuring that 'the whole body of the faithful may be able to contribute that active participation which is rightly theirs...' The choir must not minimize the musical participation of the faithful. The congregation commonly sings unison melodies, which are more suitable for generally unrehearsed community singing. This is the primary song of the Liturgy. Choirs and ensembles, on the other hand, comprise persons drawn from the community who possess the requisite musical skills and a commitment to the established schedule of rehearsals and Liturgies. Thus, they are able to enrich the celebration by adding musical elements beyond the capabilities of the congregation alone."*

At St. Vincent's, the musicians typically lead the assembly in song on all parts of the Liturgy, except for an occasional Prelude, Preparation of Gifts, a third Communion Song (if needed) and a Postlude. The music ministers should regard themselves not so much as "leading the assembly in song," but as singing *with* the assembly. The music ministers are a part of—albeit an extension of—the congregation.

Music draws us all into the presence of God in our lives. We are all given a beautiful, divine gift to share together as we celebrate the Sacred Mystery of the Paschal Sacrifice.

Don't worry about whether or not you "can sing". If you can talk, then you can sing. God doesn't care what you sound like - he gave us all the gift of our various voices. We are like a beautiful orchestra made up of vocal strings, flutes, oboes, horns, bells, timbre, lutes and harps—all coming together to create the unique sound of our own assembly—never ever the same. What a beauty that is!

**So... sing out, O ye People of God!**

— Jacquie Okoh, Director of Music Ministry



(Continued from page 8)

the day and night. It has been adopted as a regular order of community prayer in religious communities, seminaries and rectories all over the Catholic world for several years. It is the prayer of the Church and we (the people of God) are "the Church".

**What purpose will it serve during the Triduum?**

It offers our parish community the opportunity to come together in prayer in the mornings of Holy Thursday, Good Friday and Holy Saturday (since there are no Masses on these mornings) and celebrate the Divine Office as it was intended, with the wonderful psalms in all their unveiling of the human heart, Scripture readings, Intercessions for the needs of the Church, of the world, and of our own parish. The accompanying reflection deeply stresses the fundamental connection between the Paschal Mystery and human life.

**How is the prayer done?**

The Office begins with the sign of the cross and the Opening Verse, "O God, come to my assistance" and then follows the chanting of the Psalm and canticles accompanied by the Church organist. The sequence of the whole liturgy is printed in a small booklet that participants will receive each morning. This is an opportunity for us to experience another aspect of our rich Catholic tradition.

**Scheduled Days:**

Holy Thursday, Good Friday & Holy Saturday

**Time:** 8:00 am

**Venue:** Inside the Church

— Okey Anyanwu,  
Pastoral Minister

*"We adore you O Lord  
and we praise you,  
because through your  
Holy Cross, you have  
redeemed the world."*

*"The Spirit himself, soul of the Church, acts in her in every age, and his interventions, mysterious and efficacious, manifest themselves in our times in a providential way... The movements and new communities are like an inrush of the Holy Spirit in the Church and in contemporary society... One of the positive elements and aspects of the communities of the Catholic Charismatic Renewal is precisely the importance given by them to the charisms and gifts of the Holy Spirit and their merit lies in having reminded the Church of the actuality [of these gifts]."*

*—Pope Benedict XVI, Oct. 31, 2008*

#### WHAT IS THE CATHOLIC CHARISMATIC RENEWAL?

*The Catholic Charismatic Renewal is a movement of spiritual renewal in the Catholic Church that emphasizes the need for each of us to make a personal commitment to Christ and to be empowered by the Holy Spirit. The step or process of making this commitment and receiving the power of the Holy Spirit is usually called "being baptized in the Spirit." Although not a sacrament like water baptism, "being baptized in the Spirit" frequently helps us put into action the graces received in both baptism and confirmation. We are usually "baptized in the Spirit" in the presence of other people as they lovingly pray with us as we make this deeper commitment to the Lord...*

#### WHAT IS IT LIKE TO BE "BAPTIZED IN THE SPIRIT?"

*God is very gentle and knows just what you need. For some of us, being*

## ENCOUNTER THE SPIRIT RETREAT

Returning to St. Vincent de Paul on Saturday, March 14th

**S**urely, I am with you always, to the very end of the age" (Matthew 28:20). With these words Jesus returned to heaven and entrusted his authority and mission to his Church. As Catholics, we are familiar with the dynamic presence of Jesus in his living Word, in the interior spiritual life of prayer, in the visible sacramental and hierarchical Church, and in the "least of his brothers and sisters" (see Matthew 25:31-46). Christ has also been faithfully "with us always" in the dynamic manifestation of his Holy Spirit. "Jesus stood and said in a loud voice, 'If anyone is thirsty, let him come to me and drink. Whoever believes in me, as the Scripture has said, streams of living water will flow from within him.' By this he meant the Spirit, whom those who believed in him were later to receive" (John 7:37-39). (See also Acts 2, the account of Pentecost.)

The Holy Spirit manifests himself through those who believe in Jesus in an infinite variety of ways. Like a fountain of living water, the new life in the Spirit flows into the thoughts, words and deeds of the baptized believer. He or she is enabled to console with the consolation he or she has first received (2 Corinthians 1:3-4) and to be ministers of reconciliation as he or she has been reconciled to God by Christ (2 Cor 4:18). The Spirit is given in order to encourage, comfort and edify other members of the faithful (1 Cor 14:3). The Spirit is expressly given in order to reveal God's love to our hearts (Romans 5:5) and to help us to pray as we ought (Rom 8:26-27). The Spirit is given in order to serve, speak, contribute and even heal in the name of God (Rom 12: 6-8; 1 Cor 12:4-11). We are instructed not to put out the Spirit's fire but to discern all things through the rightful authority of the Church (see 1 Thes 5:19).

The Second Vatican Council encouraged us to be grateful for the gifts of the Spirit. "It is not only through the sacraments and the ministries of the Church that the Holy Spirit sanctifies and leads the people of God and enriches it with virtues, but, "allotting his gifts to everyone according as He wills" (1 Cor 12:11) He distributes special graces among the faithful of every rank. By these gifts He makes them fit and

ready to undertake the various tasks and offices which contribute toward the renewal and building up of the Church... These charisms, whether they be the more outstanding or the more simple and widely diffused, are to be received with thanksgiving and consolation for they are perfectly suited to and useful for the needs of the Church....from *Lumen Gentium* # 12.

This "Encounter the Spirit" retreat is intended for those who desire to "encounter the Spirit" in themselves, in other believers, in the Eucharist, in scripture, in prayer and in their service to others. Its "good fruit" will be in faithful, hope filled and loving hearts, hearts that have tasted the joy, mercy and peace of God, hearts that live in union with Christ and his Church. It is our belief that "normal Christianity" involves growing in the life of the Spirit (2 Cor 10:15; Mark 4:26-32). Is God calling your heart to grow in the Spirit? You are not alone. Come and encounter the Spirit!

*—Fr. Jim Livingston and the Encounter the Spirit Team*

#### ARE YOU SEARCHING FOR SOMETHING DEEPER? DO YOU WANT TO EXPERIENCE THE HOLY SPIRIT WORKING MORE ACTIVELY IN YOUR LIFE?

On Saturday, March 14th, a retreat team from St. Paul, led by Fr. Jim Livingston, are coming back to hold another "Encounter The Spirit" Retreat here St. Vincent's.

The March 14th retreat begins at 8:30 AM, continues with talks and small group discussions, and includes rosary meditations, evening Mass, and an opportunity for personal prayer ministry. The ending time is 9:30 PM.

Through this retreat, the Holy Spirit has touched the hearts of many in a powerful, and personal way. Please come to be nourished and renewed in the Spirit of Jesus, and say yes to all that God wants to give you!

*"Come Holy Spirit, enkindle the hearts of your faithful, and renew the face of the earth!"*



# YOUTH IN SERVICE—WHY DO IT?

Encouragement from our Director of Youth Ministry

This summer, the teens from St. Vincent's will be involved in a variety of service projects. For six Wednesdays this summer, teens in grades 6-8 will gather for "Summer Stretch". These teens have the unique opportunity to do multiple service activities in the morning and have an afternoon of fun! All of the service activities will be in the metro area. Projects will include working in nursing homes, working at People Serving People, the food shelf, park clean up, and even projects at St. Vincent de Paul. These activities give the teens a sense of what it means to serve others and to follow the teachings of Jesus. Don't forget the fun, though! In the afternoon, these teens will go to the Science Museum, a Twins game, and so much more. Plus on the last day, we will head to Valleyfair to celebrate the work that we have accomplished over the past weeks. Christpower Mission trip will take place June 21-27. More than 100 teens in grades 9-12 and adults from nine different Catholic Churches will gather during this week and help serve the people of Ascension Parish

## Youth Ministry Numbers

There is so much fun stuff going on for the teens at St. Vincent de Paul! Here are just a few examples of what we have done so far this year.

### Did you know...

- Each Wednesday from 5-6 pm, about 35 7<sup>th</sup> & 8<sup>th</sup> graders gather for EDGE Youth Group?
- Each Wednesday from 7:30-9 pm, about 30 9-12<sup>th</sup> graders gather for LIFE Night Youth Group?
- 180 10<sup>th</sup> Grade Confirmation teens went on a weekend retreat?
- 40 7<sup>th</sup> and 8<sup>th</sup> graders attended the Winterblast Junior High Lock-In?
- 135 stockings filled with personal hygiene items and toys were put together by the EDGE and LIFE Night teens and were donated to Sharing and Caring Hands?
- 40 9-12<sup>th</sup> graders attended the Jan. Lock-Out!

As you can see, our teens are simply amazing and have so many fun events to be a part of. Please continue to pray for our teens at St. Vincent. And teens...if you have any suggestions of activities to do or topics you would like us to talk about, don't hesitate to contact me at: mollygoers@saintvdp.org or on AOL Instant Messenger at StVDPyouth.

— Molly Goers, Youth Minister

in North Minneapolis and St. Bernard's parish in St. Paul. The teens will help with painting, yard work, indoor/outdoor clean up, home maintenance and repair on existing homes, neighborhood revitalization, and even helping to build a wheel chair ramp for a family. We will celebrate Mass every day as well as Adoration two times, and even get to participate in the Sacrament of Reconciliation.

But why serve? Why is it so important for teens as young as 6th grade to learn about service? Look at these ten reasons for service. It might encourage you or your teen to serve our local community in the future.

### Ten Reasons for Youth to Volunteer

1. **Gain Job Experience.** Volunteer experience looks great on a resume. Also, some of the work you do could lead to a job doing similar work.
2. **Improve Your Health and Self-Esteem.** Volunteering to help others has been shown to reduce stress, give you hope, and boost your self-esteem.
3. **Meet Real Community Needs.** Helping people learn to read, or get basic food, clothing, shelter, or furniture makes a huge difference! Whether the project is planting a tree or tutoring children, the community will look and feel better.
4. **Meet New People and Establish Friends, Connections, and References.** When you work alongside others, you really get to know them and become friends with them! Also, adults at organizations can connect you to great opportunities and provide you with a reference for a job or college.
5. **Gain New Skills and Develop Talents.** Whether you enjoy working with computers, children, or seniors, any interest you have can be developed through volunteering.
6. **Spread Positive Energy and Hope.** Just like random acts of kindness, when you volunteer, your energy and efforts affect the whole community.
7. **Make the World a Better Place.** If you see problems in your community that you feel need addressing, do something about them. By volunteering, you do make a difference and help make the world a better place.
8. **Personal Growth.** By taking on new tasks you will learn more about both people and life.
9. **Learn About the Call of Christ.** What better way to learn about what Christ preached and taught than by actually doing it!
10. **It's Fun!** Volunteering will bring laughter and smiles into your life.

(Continued from page 10)

"baptized in the Spirit" results in no outward expression or emotion. Others experience joy, peace, or a sense of the Lord's love. God will not embarrass you. What is most important is not what happens at that moment, but later.

### WHAT DOES HAPPEN LATER?

For almost everyone, God becomes more real. We become aware of His presence with us. We begin to view life as opportunities to have contact with God and to do His will. But "being baptized in the Spirit" is far more than a new way of thinking. The power of God's Spirit is released in our lives in many surprising and delightful ways. Prayer becomes less of a chore and more of a joy. One frequent "gift of the Spirit" is the gift of "speaking in tongues," a new language of prayer and worship, a way of praying to God in words we don't understand, but which are inspired directly by the Holy Spirit within us. Other "gifts of the Spirit" include seeing people healed through prayer, speaking wisdom to others beyond our own knowledge or ability, finding a new strength to resist temptations and discovering a boldness to speak to others about our relationship with God in the hopes of helping them come closer to Christ.

— From [www.mncro.org](http://www.mncro.org)

### WANT TO KNOW MORE?

Visit the web site of the MN Catholic Charismatic Renewal at [www.mncro.org](http://www.mncro.org), or call them at (763) 571-5314.

Or... come and see for yourself! Come to the retreat at St. Vincent's on Saturday, Mar. 14, 2009.





## The St. Vincent Voice

A Publication of  
St. Vincent de Paul Catholic Church  
9100 93rd Avenue North  
Brooklyn Park, MN 55455  
(763) 425-2210  
www.saintvdp.org

The mission of our newsletter is to provide all registered parishioners of St. Vincent de Paul Catholic Church with an interesting and engaging publication that includes detailed articles about the people and events of our parish, education about our Catholic faith, and inspiration to deepen their relationship with God and the Church.

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## A RETREAT EXPERIENCE AT SVDP THIS MARCH!

Parishioner Shirlann Biser Attended Last Year, and Shares Her Enthusiasm...

Feeling discouraged?? Stuck? Confused? Unmotivated? Disheartened? Lonely? Overwhelmed? Afraid? Joyless? **This may be your wake up call!**

Life is not easy for anyone, especially in these troubled times—economically, morally, etc. So, where do we get the strength to go forward?

Jesus said, “I came so that you may have life, and have it to the full!” He also said, “It is better for you that I go. For if I do not go, the Advocate will not come to you. But if I go I will send Him to you.” John 16:7

I want to encourage you to attend the next “Encounter the Spirit” retreat coming up again at St. Vincent’s on Saturday, March 14th! This is a powerful, life-giving, heart-healing opportunity to be restored and renewed in the power of the Holy Spirit. The Holy Spirit “transforms” what He touches. He is our Advocate, our Friend, our Counselor. No earthly creatures or created things can fill our hearts for the one thing we were created for... to know, love, and serve God! We cannot attain this relationship, however, with our own human power... we need the help of the Holy Spirit.

We were given the first fruits of the Spirit at Baptism, and then again at Confirmation. However, these personal sanctification gifts—knowledge, wisdom, forti-



tude, fear of the Lord, piety, understanding, and counsel—may lay dormant without a “rekindling” of the fire of the Holy Spirit, which is what this retreat provides.

We all need healing of some kind, whether it be the grace to forgive someone, or ourselves; the empowerment to follow more closely God’s will for our lives; or to even really know and believe the depth and breadth

of love that our heavenly Father has for each of us.

Personally, I have been “baptized in the Holy Spirit” each year over the past 5 years. Each time, the experience has truly been a gift—in renewing and deepening my faith and prayer life, and empowering me to put my faith into action. I have also attained deeper conviction and courage in following the Lord.

Last year many participants at the retreat were renewed, inspired, and healed. I hope you too will consider this wonderful opportunity. You will be glad you did! And, you will not leave the same—Alleluia!

—Shirlann Biser, Parishioner

**Editor’s Note:** For more information on this retreat, see the article on page 10 of this newsletter. For more information on what it means to be “baptized in the Holy Spirit” please read the sidebar article on pages 10 & 11.