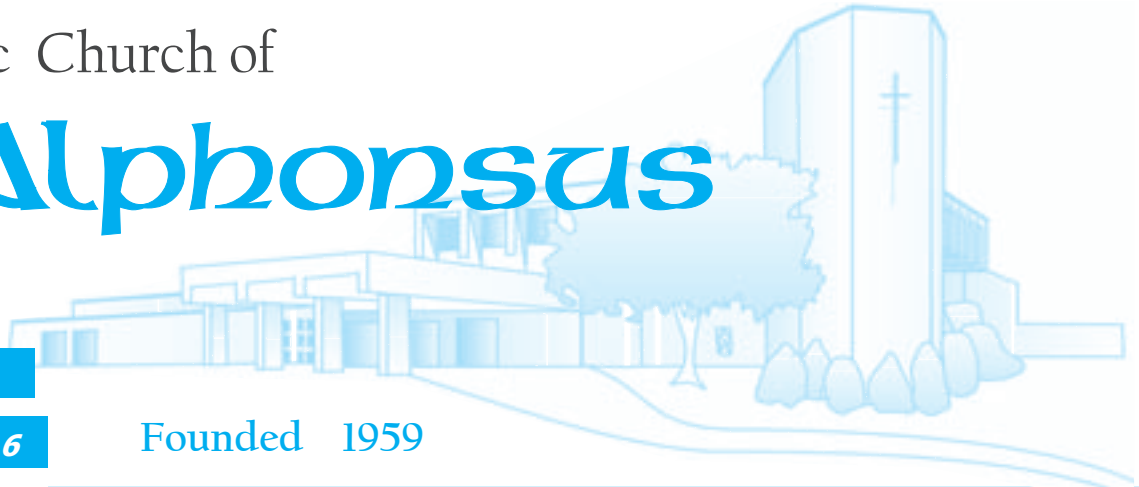


The Catholic Church of **St. Alphonus**



www.stalsmn.org

En español página 6

Founded 1959

LENT 2009

**Daily Masses,
Monday—Friday**

7:00 AM, 8:30 AM, 6:00 PM

Saturday morning

8:00 AM

Stations of the Cross

Friday at 5:30 PM

Friday Soup Supper

CSSR Hall at 6:30 PM

Reconciliation

All Saturdays

4:00 PM -5:00 PM;

Tuesday, March 31

9:00—10:00 AM;

Friday, April 3

4:00—5:00 PM;

Tuesday, April 7, 7:00 PM a

Taizé Penance Service;

Wednesday April 8,

9:00—10 AM &

4:00—5:00 PM

TRIDUUM

Holy Thursday April 9

Mass of the

Lord's Supper 7:00 PM

Good Friday April 10

Living Stations at Noon

Celebration of the Lord's

Passion 7:00 PM

Holy Saturday April 11

Easter Vigil 7:00 PM



From the Pastor's Desk

Sisters and Brothers in Christ,

Our St. Patrick's Dance Saturday March 14 was a fun evening and we had all the different ages of our parish represented. The children especially enjoyed the music and the dancing.....how I wish I had their energy!

THANKS to all who came and enjoyed the evening and to all who worked beforehand and during the evening. It again was a community effort by St. Al's parishioners. I will not be able to name all those who helped, but I want to acknowledge the following:

Dale & Theresa Hardy, Bart & Lora Martinson and their loyal group who decorated the gym so beautifully and helped clean up afterwards;
Pat Velander and Mike Rose who managed the beer and wine tent;
The many folks who worked the concession stand;
Marv & Betty Knox and helpers who sold the Sweepstakes tickets;
Tom & Mary Jo Kelly for selling the 50th Anniversary t- shirts.

We netted over \$13,100 in the Sweepstakes which will go towards reducing the principal on our debt. THANKS again to all of you wonderful people. All the winners are members of St. Alphonus Parish and here are their names:

Mark Yellich	\$5,000
Jerry & Bernie Tacheny	\$5,000
Dale & Theresa Hardy	\$500
Ray & Carol Kroll, Richard & Carol Vonderharr	\$200
Molly Malecki	\$200
John & Dorothy Gagnon	\$200
Larry & Sue Tillman	\$200

Thanks to all who bought raffle tickets. Your generosity to the parish is appreciated.

I also want to thank those who have made a contribution to the Catholic Services Appeal. These tough economic times make it difficult to give to other causes, but the Appeal touches many areas in the Archdiocese where assistance is needed. Remember that 25% of the funds raised are returned to St. Al's for our education and formation ministries. Thank you for your generosity on behalf of Archbishop Nienstedt.

Do seek some quiet time with the Lord this week and pray for your fellow parishioners.

Praying for you,
Fr. Pat, CSSR

What is ISAIAH Anyway?

St. Alphonsus is one of 90 ISAIAH congregations in the Twin Cities and St. Cloud area working for social, economic and racial justice. You are invited to join us for an informative one-hour live presentation, **Building Just Communities** to familiarize congregations about who ISAIAH is and what we do. Please join us on Tuesday, March 31 from 7—8:00 PM in the CSSR Hall. Space is limited, please call Mary Ellen 763.561.1761 if you plan to attend.

Sponsor a Special Needs Student

The Archdiocesan retreat for special needs students will be held in April. The weekend retreat's cost is \$140 per student. **WE NEED YOUR HELP** in sponsoring our Special Ed students so they can experience this opportunity. Any donations at all will be gratefully accepted. We would like to send as many students as we can. You can put your donation in an envelope marked **"Special Needs Retreat"** and drop it in the basket at Mass or send it to Barb Walhood, St. Alphonsus, 7025 Halifax Ave N, Brooklyn Center, MN 55429. Thank you!

Annual Spring Boutique

St. Gerard's Guild will again have their wonderful home made items for sale—just in time for Easter. Stop by after the Palm Sunday Masses-April 4 & 5.

Religious Articles for Sale Gifts for Confirmation, Baptism First Communion and all occasions.

St. Monica Guild will be selling religious gifts and articles Saturday, April 4 and Sunday, April 5 before and after all Masses except the Sunday evening mass. All available gifts are reasonably priced and are suitable for any of these sacraments. Look for our table in church hallway.

Grief Support

The Spring grief ministry series sponsored by the Faith Community nurse network will begin Thursday evenings, April 16 at 6:30 PM. Father Pat will be one of our speakers. This series is intended for those with any loss, whether death of a loved one, a job loss, or divorce. It is being held at Brooklyn United Methodist Church, on 71st and Brooklyn Blvd. Please call the Parish Health line to register or get more information 763-503-3331.

Mass Intentions for this Week

A † before a name indicates the person is deceased.

Monday, March 23

7:00 AM † George Lauzon
8:30 AM † John Wolney
6:00 PM † Don Polack

Tuesday, March 24

7:00 AM † James Johnson
8:30 AM † Jerome Minor
6:00 PM † Loren LeBlanc

Wednesday, March 25

7:00 AM † Bureros & Laurente Families
8:30 AM † Hong Nguyen
6:00 PM † Rose Mae Narcisse

Thursday, March 26

7:00 AM Martini Family, Living & Deceased
8:30 AM † Gary & Anita Pouliot
6:00 PM † Joan Daugherty

Friday, March 27

7:00 AM † Devore Cheney
8:30 AM † Sidney Chaffee
6:00 PM † James Kalaher

Saturday, March 28

8:00 AM † Reine Stalberger
5:00 PM † Peter Herlofsky

Sunday, March 29

7:00 AM † Elizabeth A. Larson
8:30 AM † Dick Trainor
10:30 AM For the Parishioners of St. Alphonsus
12:30 PM Intentions of the Day
5:30 PM † Deceased Members of the George Family

Liturgical Ministers for Next Week March 29, 2009 — 5th Sunday of Lent

Saturday 5:00 PM

Lectors Christina Wilson & Gerald Hunt
Cantor Elaine McLane
Accompanist Carol Vickery

Sunday 7:00 AM

Lectors Heather Daley & Rick Christensen
Cantor Jean Olson
Accompanist Carol Vickery

Sunday 8:30 AM

Lectors Peggy Gilsdorf & Jackie Skilondz
Cantor Mary Raeker
Accompanist Kathy Drew

Sunday 10:30 AM

Lectors Philomene Attipou & Kevin Haeg
Cantor Dick LaVesque
Accompanist Kathy Drew
Ensemble Exultation Choir
Instrumentalist Mary Ann Marschall

Sunday 12:30 PM

Music Spanish Choir

Sunday 5:30 PM

Lectors Melissa Dubuque & Chuck Calhoun
Cantor Bill Miller
Accompanist Kathy Drew



A Redemptorist Community

7025 Halifax Ave.
Brooklyn Center, MN 55429
(763) 561.5100
Latino oficina (763) 503.3326
www.stalsmn.org
Email: parishoffice@stalsmn.org

Mass Schedule

Saturday 5:00 PM
Sunday 7:00 AM, 8:30 AM, 10:30 AM, 12:30 PM (in Spanish) and 5:30 PM

Holy Days As Announced

Weekdays Mon-Fri

7:00 AM & 8:30 AM
6:00 PM (During Lent)

Saturday morning

8:00 AM

Confessions

Saturday 4:00-5:00 PM

Parish Staff

763.561.5100

Pastor

Rev. Pat Grile, C.Ss.R.

Redemptorist Pastoral Staff

Rev. Bill Bueche, C.Ss.R.
Rev. Brian Gilles, C.Ss.R.
Rev. Brian Johnson, C.Ss.R.
Rev. Wil Lowery, C.Ss.R.
Rev. Jimmy Pham, C.Ss.R.
Rev. Joseph Stenger, C.Ss.R.
Rev. Martin Stillmock, C.Ss.R.

Permanent Deacons

Rev. Mr. David Holst
Rev. Mr. John Winkelman

Administrator

David R. Johnson
503.3344
djatstals@hotmail.com

Parish School Principal

Robert E. Terry
763.561.5101

Religious Education Staff

Barbara Walhood
503.3340
Jon Q. Heyer
503.3342

Youth Ministry Coordinator

Teresa Rousseau
503.3349

Bilingual Pastoral Assistant

Michael DePass
503.3326

Director of Music

Mary Raeker
503.3322

Bilingual Stations of the Cross

5:30 PM Stations of the Cross on Friday, March 27 and Friday April 3 will be bilingual-alternating English and Spanish to accommodate our intercultural community this Lenten Season.

"Right or Wrong" Lenten Series

The Adult Ed Commission presentations are Thursdays at 7:00pm in the CSSR Hall by Redemptorist Moral Theologians. The March 26 topic is "*Principles and Criteria*" with Fr. Don Kirschner, CSSR, addressing the processing procedure we use as Catholics to decide difficult and complex cases. What if our conclusions differ from others. You are welcome to come for any session.

Ladies of the Parish

Are you looking for a connection to the other women of this parish? The CCW (Council of Catholic Women) has a number of small groups, called guilds, formed by neighborhood, or by common interest, or lifestyle, etc. The guilds participate in the Bazaar, and enjoy social time year round, as well as spiritual sharing, and have a mission project. For more information, call Carol at 763.424.7217. A guild is a great way to feel at home in this large parish.



This Week From Dave

Parish Administrator Dave Johnson

Dear Parish Community,

Recently I attended a retreat for archdiocese administrators and our speaker Father Tim Nolan asked us a rhetorical question; Who owns your parish? Some responded the archdiocese, and others thought the pastor. Still others thought the parish members owned the parish. We were all wrong. God owns our parish. Father Nolan's next challenge to us was; what does God have planned for your parish and what are you doing to support Him. This really set me to thinking about what a treasure we all have in God's gift to us as believers. It also got me to thinking about my responsibility as both an administrator but even more so as a parishioner. It is our responsibility to do everything we can to keep God's church strong and vital for all of us and for those who will come after us.

God Bless! Dave

Food Share Drive Next Weekend

Please bring food for CEAP next weekend, March 28 & March 29. This collection will be part of the March Food Share, and will be matched! Bring nonperishable food items to place around the altar. This is an excellent time to use your CEAP envelope too. CEAP can get \$25 worth of food for each \$5 donated. This will replace the usual *1st Sunday Food Drive*, which would have been on Palm Sunday this year. Thank you for helping your neighbor.

KC Breakfast Today

Sunday, March 22 the Knights of Columbus have prepared a terrific breakfast featuring eggs and sausage. Stop by 8—12:30 for a real morning treat. Your donations will help the Knights with their good works throughout the year for our parish and our community.

Building Healthy Communities – a Friday Night Series by ISAIAH

Each Friday we explore the ways social conditions affect the health of our community through the documentary "*Unnatural Causes*" Topics remaining: *Bad Sugar, and Place Matters*. Shown and discussed in the south portion of the CSSR Hall during Friday Soup Supper. Info: Mary Ellen 763.561.1761.

Adult Education Lenten Series

"Right or Wrong-How Can You Decide"
Thursday evenings at 7:00 PM

Isaiah Video/Discussions

"Building Healthy Communities"
Friday evenings—South side of CSSR Hall during Soup Suppers.

Living Stations

Presented by St. Alphonsus Youth
April 3, 7:00 PM; April 5, 7:00 PM
Good Friday, April 11, at Noon

Lenten Regulations

All Fridays through the year, and especially during Lent, are penitential days.

Abstinence

14 years old and older-abstain from eating meat on Ash Wednesday and on all Fridays during Lent.

Fasting

Ages 18 - 59, are to fast on Ash Wednesday and Good Friday.

Parish Phone Numbers

Parish Office 763.561.5100
Fax 763.561.0336
Email parishoffice@stalsmn.org

Parish Office Hours

Mon-Thurs 8:30-8:00 PM
Friday 8:30-4:00 PM
Saturday 8:30-7:00 PM
Sunday 8:00-1:00 PM

Business Office

763.503.3389

School

763.561.5101

Parish Health Ministry

Message Line 763.503.3331

Perpetual Adoration Chapel

Open 24 hrs. every day
Call Becky at 763.566.8276

Parish Trustees

Randy Pearce 612.886.1800
Lynne Wyffels 763.315.3432

Parish Pastoral Council

The Parish Council meets on the 1st Wednesday of each month at 7 PM at the Parish Office.

Parishioners are welcome to contact a council member if you wish to include an item on the agenda.

Council Meeting Minutes are available at the Parish Office.

Bob Byrnes, Chair
424.7630

Jill Collins 536.0079
Gerie Fischer 566.3222
Jose Flores 208.2092
Kathy Hartley 566.3067
Brian Johnson 425.6418
Joe McCue 493.5754
Dave Muehlberg 315.9375
Kami Schmitz 425.8735
Ryan Snee 566-8583
Terrance Spanier 503.6760

Finance Commission

Ed Daley, Chair
763.566.5232

FAITH FORMATION AND YOUTH MINISTRY

- Barb Walhood – 763.503.3340, • Jon Heyer – 763.503.3342,
- Teresa Rousseau – 763.503.3349 • Michael DePass, en Español – 763.503.3326

Music Notes:

You may have noticed a few little differences the last weeks at church. For instance, there was no opening song, and we sang the Penitential Rite (Kyrie Eleison). During Lent, the season of penance, the Penitential Rite takes on a special importance. We use this rite to acknowledge our own sinfulness and our need for God's goodness in our lives. We begin Mass in silence, omitting the usual greeting and handshake we are accustomed to and focus on God and his goodness and mercy. Singing the Kyrie Eleison together places further emphasis on this rite of the church.

Some of you have asked me why the cantor is singing the psalm from the brick ambo. The psalm is more than a musical break in the action at church. It is the word of God, and in keeping with the recommendation of the church, we are proclaiming it from the same place the rest of scripture is proclaimed. Part of the reason we had not been going to the ambo in the past is because the cantors had a hard time hearing the piano from the ambo. We have made adjustments to the monitor speakers in the sanctuary, allowing us to hear the piano, and make the change to singing the psalm from the ambo.

Mary Raeker

Job Club—Job Loss Support

Come be part of the sharing and networking of those looking for work. For more information call Kevin Haeg 763-561-5092 or klhcash@comcast.net.

Aluminum Can Collection

Cub Scout Pack 454 Aluminum Can Recycling is back! Our new location near the garage on the west side of the church parking lots. We have a trailer for drop-offs. Thanks for your support.

Parish Special Events

March 22	KC Egg & Sausage Breakfast
March 22	Pan African Meeting
March 22	Civil Rights Assembly
March 26	<i>Moral Decisions</i> Adult Ed
March 27	Soup Supper by the School
March 29	Sundae Sunday
March 31	Building Just Communities
April 2	Baptism Class (English)
April 2	<i>Moral Decisions</i> Adult Ed
April 3	Soup Supper by Choir
April 4 & 5	Spring Boutique
April 5	Palm Sunday
April 5	Friendship Sunday
April 7	Taizé Penance Service
April 9	Holy Thursday
April 10	Good Friday
April 11	RCIA Retreat
April 12	Easter Sunday

Theology of the Body

Epiphany Parish in Coon Rapids will be holding an 8 week Theology of the Body series featuring the Christopher West DVD's, *Created and Redeemed*, beginning Monday, April 20 from 7:30 – 9:00 p.m. You can download the form from the parish website at www.epiphanymn.org and send it to 1900 111th Ave NW, Coon Rapids MN, 55433. For more information, please contact Gerald Hunt at 763.503.6833 or Katie Gebhard at 763.862.4335.

Prepare Ministry

This Program is an opportunity for married couples to help prepare engaged couples for the sacrament of marriage. This ministry can be conveniently performed in your own home on your own schedule. A training session will be held in May. If you are interested, please call Rudy or Lucy Anderle for more information at 763.566.5829.

Cana Dinner DVD Set Available

A two-disc professional DVD is available from the Cana Mass, Dinner speakers, and other highlights of the evening. To order this set, please bring or mail \$15 to the Parish Office.

Sacramental Information

Sacrament of Reconciliation

Saturdays 4:00 - 5:15 PM

Confesiones

Todos los Domingos 30 minutos antes de la misa en Español.

Baptisms

A program for both parents is offered before the baptism of a child. Call the parish office for the date of the program and to register.

Bautismo

Pláticas Bautismales el 1°
Martes de cada mes a las 7:00 PM.
Llamar para reservar su lugar
763.503.3326

Bodas

Contactar Padre Bill
763.503.3313

Weddings

Please contact the parish office at least six months prior to your anticipated wedding date.

Rosary

After the 8:30 AM daily Mass
Please join us!

Perpetual Help Devotions

Tuesday after 8:30 AM Mass

Prayer Request Box

A box to receive special prayer requests is located by the Baptistry. These requests will be remembered during the daily rosary.

St. Alphonsus Endowment Fund

Please contact the parish office for more information on how to donate to the Endowment which provides long term support for the parish.

St. Alphonsus School Endowment Fund

Brochures are available at the parish office, or on our web site

www.stalsmn.com



Crusader Corner

St. Alphonsus School

Calendar Reminder

Just a friendly reminder, our Spring All Parent Home and School meeting is Tuesday, March 24th, at 6:30 PM in the CSsR Hall. Our preliminary agenda will include Tuition/ Registration, Uniforms (possible changes and some samples), and the next year's school calendar.



Fifth Graders' Poetry Published in *Anthology of Poetry*

We have been notified that a number of 5th graders will have their poems published in the *Anthology of Poetry by Young Americans*. The class under, Mrs. Neff's guidance, wrote short poems on holidays of their choice and submitted them to the publisher. Congratulations to these newly published poets: Tyler Artis, Andrew Askwith, Joseph Cesare, Sonia Chavez-Meza, Peter Crema, Alyssa Freeman, Patricia Gibson, Julia Goman, Jessica Fernandez-Bastian, Dan Hanson, Giovanni Jessee, Madison Kroehler, Andrew Lyons, Brianna Leininger, Riley Reuter, Michaela Schmitz, Calin Techam, and Mathias Theisen



Reminder - Next Sunday is Paper Drive Sunday – March 29th

Next Sunday, March 29th is Paper Drive Sunday! St. Al's Parish School will have someone available, at the truck by ball field, to assist with unloading from 9:00 AM to 12:00 noon.

Join Us – Children's Mass every Wednesday

Wednesday morning Mass at 8:30AM is hosted by the students of St. Alphonsus School. Please feel free to join us as students present the reading, prayers and music.



Pray For Faith Formation Students

For Lent, the grade 2—6 Faith Formation students are praying **the Stations of the Cross** and have a reflection to discuss with the adult giving them a ride home. Our goal for the students is to learn the story of Jesus' death and resurrection and share their knowledge and thoughts with others. Also, All elementary students will be **collecting and donating hygiene items** for Sharing and Caring Hands. *You* can donate too—there will be a collection box beneath the Faith Formation bulletin board in the CSSR Corridor. Thanks for helping!

Annual Catholic Services Appeal

Please let us know what your intentions are regarding the Annual Catholic Services Appeal. St. Alphonsus receives 25% of the gifts/pledges that are made now through the parish. **No gift is too small!** Much good is done throughout the metro area with the gifts you give. The Archdiocese will begin processing information in April for the follow-up calls in May to all non-responders. If you are unable to give this year, please still send in your pledge slip with "\$0". Thanks to everyone who has already responded!

We are one body, one body in Christ.

Little Brothers Friends of the Elderly Seeks Peer Counselors

If you are 55 or older, a good listener, supportive and interested in helping isolated seniors, consider becoming a peer counselor. The program serves older adults in Ramsey and Hennepin counties. A free 36-hr training is provided. For more information, call Nicole at 612.747.0753.

Could You Be a Minister of Care?

We take the sacrament of the Eucharist to those who are homebound, at Care Centers and Hospital. If you are interested in this ministry, please call Joyce Ellis at 763.561.7351. Training is provided.

Old Blessed Palms

Drop off the blessed palms from previous years in the boxes at all the church entrances.

Financial Stewardship March 14 & 15, 2009

	<u>Weekly</u>	<u>Year to Date</u>
Actual	\$22,364	\$1,089,875
Budgeted	\$26,789	\$1,120,538
Variance	(\$4,404)	(\$30,663)
For Debt Reduction		\$5,872.37
<i>Thank you for your generosity!</i>		

Readings for the Week of March 22, 2009

Sunday

2 Chr 36:14-16, 19-23
Eph 2:4-10 / Jn 3:14-21

Monday

Is 65:17-21 / Jn 4:43-54

Tuesday

Ez 47:1-9; 12 / Jn 5:1-16

Wednesday

Is 7:10-14; 8:10

Heb 10:4-10

Lk 1:26-38

Thursday

Ex 32:7-14 / Jn 5:31-47

Friday

Wis 2:1a, 12-22 / Jn 7:1-2, 10, 25-30

Saturday

Jer 11:18-20 / Jn 7:40-53

Next Sunday

Jer 31:31-34 / Heb 5:7-9
Jn 12:20-33

Please Pray for the Sick

Gordy Gunderson,
Husband of Irene Gunderson

Jack Yernatich,
Father of Mary Ravnikar

Lucy Holmes

God Grant Eternal Rest

Joan Pavlik

Mary Cison,
Member of Jayne Kuhar's family

Richard N. Udalla,
Father of Grace Onuoha

Wedding Banns

April 17

**Vicente Hernandez &
Zielo Ramirez**

April 18

**Luis Miguel Dias Aguilar &
Evelyn Luna Vasquez**

**Nate Deringer &
Abigail Aarsvold**

NOTICIAS DE NUESTRA COMUNIDAD

Calendario de Bautizos

Pláticas de Preparación (En el salón de la iglesia)

A las 7:00 de la tarde

El primer martes

No hay en abril

5 de mayo

2 de junio

7 de julio

4 de agosto

Bautizos

A las 11:00 de la mañana

El segundo sábado

14 de marzo - No hay en abril

9 de mayo

13 de junio

11 de julio

8 de agosto

Comunidades Latinas Unidas En Servicio (CLUES)

Ofrece clases de inglés como segundo idioma (ESL) y clases de ciudadanía.

Todas las clases son gratis y ofrecidas en St. Paul y Minneapolis. CLUES es el proveedor más grande en Minnesota de servicios de salud mental y humanos a Latinos en las áreas de: Salud Mental, Fármaco Dependencia, Bienestar de Personas Mayores, Educación y Empleo. Para más información y para inscribirse, por favor llame a 651-379-4200.

Venta de Garaje Parroquial

¡Es tiempo ahorrar dinero! Esta venta de garaje será el 17, 18, y 19 de abril. **Se puede donar sus cosas sábado, el 11 de abril atrás de la escuela.**

Celebramos el Cinco de Mayo

Será sábado, el 2 de mayo a las 6:00 de la tarde en el gimnasio de Nuestra Escuela.

Todos están invitados para esta celebración importante. También, buscamos gente trabajar de voluntario ayudarnos hacer el evento un éxito. Favor de llamarnos si puede ayudar. Gracias.

Video de la Cena de Caná

Si le gustaría ordenar el DVD de 2 discos, se puede pagar \$15 y apuntar su nombre después de misa o en la oficina. Es un recuerdo tan bonito de la misa bilingüe, la cena, la orientación matrimonial, los presentes, y el baile. También, es una representación excelente de quien somos como comunidad intercultural.

Cuaresma- los viernes

Misa (inglés) -6pm

Cena de sopa después

El Vía Crucis (inglés) 5:30 PM

Bilingüe (**español e inglés**)

Viernes, el **27 de marzo**

Viernes, el **3 de abril**

Viernes Santo – Ceremonia bilingüe de Veneración de La Cruz -7:00 PM

Domingo de La Pascua – 12:30 PM

Donación de Comida

Estamos pidiendo a todos traer comida de lata o caja para La Misa de domingo, el 29 de marzo y ponerla enfrente del altar. Es para la organización CEAP que ayuda gente en su tiempo de necesidad. Por la ayuda de otras organizaciones, CEAP va a poder comprar \$25 de comida por cada \$5 de donativos, pero solamente durante este fin de semana. Su ayuda sería muy agradecida. Gracias.

Registrarse en La Parroquia

Se puede registrarse en La Parroquia de San Alfonso cualquier día en la oficina de la iglesia. También, la hoja de registración está puesta enfrente de las puertas de la entrada principal de la iglesia. Los miembros registrados de la parroquia reciben sobres cada semana para entregar sus donativos. Así, cada enero podemos enviar por correo **un record de la cantidad total que fue donado** a la iglesia para poder declararlo en sus **impuestos (taxes) oficialmente.**

Ministerio de Evangelización

Es para adultos que tienen interés de estudiar La Biblia, rezar, y desarrollar su vida espiritual. Los sábados entre las 9 AM y las 11 AM. Llámenos a 763.503.3326.

El Grupo Juvenil

Nos reunimos el 1° y el 3° domingo de cada mes después de Misa. Todos los jóvenes de grados 7 a 12 están invitados.

Asamblea de Sus Derechos Civiles

Será domingo, el 22 de marzo después de la misa. Comienza a las 2:00 de la tarde en el gimnasio de nuestra escuela. Hay guardería por los niños. Todos están invitados aprender más de sus derechos al respeto de inmigración. Es para preguntas específicas también.

Horario de las Misas

En Español

Domingo—12:30 PM

En Inglés

Sábado: 5:00 PM

Domingo:

7:00 AM, 8:30AM, 10:30 AM,
y 5:30 PM

Días de la semana
(lunes a viernes)

7:00 AM y 8:30 AM

sábado – 8:00 AM

Información De Los Sacramentos

Confesiones:

Todos los domingos 30 minutos antes de la misa en español.

Bautismo

Pláticas Bautismales el 1°
Martes de cada mes a las 7:00
PM. Llamar para reservar su
lugar 763.503.3326

Bodas:

Debe hacer una cita con
Padre Bill.

Confirmación:

Llama la oficina a
763.503.3326.

Unción de los Enfermos:

Llama la oficina a
763.503.3326.

Estamos aquí para servirles.

Paz y alegría en Jesucristo,

Nuestro Salvador,

Padre Bill Bueche,

Ministerio Latino

Michael DePass, Asistente

**Se puede llamarnos a
763.503.3326.**



Parish Health

Smart Ways to Deal with Diabetes

The CDC (Center for Disease Control) reports 24 million Americans have diabetes and 52 million Americans are on the verge of it. There are things you can do to prevent or decrease your risk and protect yourself from this disease.

- 1.) Eating fruit at every meal satisfies cravings for sweets and whole fruit has soluble fiber and other insulin controlling compounds. Drinking fruit juices with concentrated sugars can increase your risk. Fruit and vegetables also are packed with antioxidants which prevent free-radicals from damaging cells.
- 2.) Eat protein. Eating protein cuts blood sugar spikes and prevents cells from using sugar as fuel. Use high quality protein such as lean meat, poultry, eggs, seafood, nuts or protein powder. Use 2 ounces of protein for every cup of carbs.
- 3.) Eat healthy fats such as olive oil, nuts, avocado, etc. because they stabilize blood sugar by slowing the absorption of carbs and you won't overeat sugar-disrupting sweets.
- 4.) Take your vitamin D, 800-1000 IU daily. Vitamin D works with calcium to control insulin secretion. You need 1200 mg of calcium daily too.
- 5.) Get enough sleep. Getting less than 6 hours can raise the stress hormone cortisol. Cortisol inhibits

Continued next column

Continued from previous column

your body's ability to use insulin to control blood sugar levels. Start sleeping longer and get blood sugar levels linked to diabetes back to normal.

6.) Engage in fun and laughter. It cuts sugar-disrupting cortisol by about 25%. Have a cup of coffee. The antioxidants in coffee make cells more sensitive to insulin absorption. Stay warm, stay healthy! Help is on the way.

On The Go with the Seniors

Tos Orchestra Hall – Sunday, May 3. Vocal Essence: Orchestra Hall welcomes 6 prestigious professional and community choirs from Minnesota to join together for a celebration of incredible music. We have reserved great main floor seats. The cost is only \$34.00 which includes motor coach transportation and admission. Call Alice at 763-424-6094 for further details and to sign up. (The Holy Thursday trip is filled –call Alice for waiting list.)

Perpetual Adoration Chapel

Regular Adorers are needed: **Sun:** *3 AM, *4 AM, 3 PM; **Mon:** 4 AM, 2 PM; **Wed:** 11 AM; **Thurs:** 7 AM; **Fri:** 6 AM, 1 PM; **Sat:** *1 AM, 2 AM, 9 AM, *NOON, 1 PM, 8 PM. Call Becky Borchardt at 763-566-8276. *indicates there is no regular adorer for that hour, it is being temporarily filled by a substitute. Everyone is welcome to stop in anytime. This is a wonderful way to enhance your prayer life.