

The Catholic Church of **St. Alphonsus**

Founded 1959



www.stalsmn.org

En español página 6

Parish Mission Statement

St. Alphonsus is a Roman Catholic Community providing a spiritual home for people of diverse ages, ethnicity and economic status.

As a Christian community, we seek to welcome all individuals and families to grow in faith and express it.

We affirm Christ's presence in all people and value service, giving, worship, and education in all forms.

We strive to be the vibrant body of Christ in all its parts, energizing and evangelizing both ourselves and others.



Taking a CHILD, he placed it in their midst, and putting his ARMS around it, he said to them, "Whoever receives one child such as this in my NAME, receives ME; and whoever receives me, receives not me but the One who SENT me."

—◆—
MK 9:36-37

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SEPTEMBER 20, 2009 | TWENTY-FIFTH SUNDAY IN ORDINARY TIME

From Fr. Stillmock's Desk

Dear Parishioners,

One of the bright involvements in St. Alphonsus Parish life is the wonderful attendance we have at our week-day Masses. While no one is obliged to attend daily Masses, it is a time-honored tradition in the Catholic Church for many people to do so.

In a given year the Redemptorists help out at 30 parishes or more. We have been awed by the large attendance at some of the parishes. Sometimes there are more than 100 people at the Masses. That is one of the main reasons pastors ask us to fill in for them when they are unavailable for the daily Mass in their parish.

We would like to extend to you a warm invitation to attend daily Mass when and if you can. The invitation is not meant to put any burden on you, but perhaps you can attend once a week or once a month. Our Mass on Saturday morning is at 8:00 AM.

There are two seasons when attending extra Masses help you prepare more spiritually for two great celebrations of our Lord's life. His birth at Christmas (Advent) and His Resurrection at Easter (Lent).

If you attend a week day Mass, you will find that it is one of the best things you did that day.

God bless you.

Fr. Martin Stillmock, CSSR

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. Thomas 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

Mass Intentions for this Week

A † before a name indicates the person is deceased.

Monday, September 21

7:00 AM † Edmund Haller

8:30 AM † Tom Doyle

Tuesday, September 22

7:00 AM † Sarian D. Clement

8:30 AM † Arnie Thomas

Wednesday, September 23

7:00 AM † Andrew Shish

8:30 AM † Dianne Nye Bauer

Thursday, September 24

7:00 AM † Don, Carmel & Tom Kempton

8:30 AM † Herb Ehlert

Friday, September 25

7:00 AM † Sue Jude

8:30 AM † Elizabeth Zobitz

Saturday, September 26

8:00 AM † Gayle Berry

5:00 PM † Robert Malecki

Sunday, September 27

7:00 AM † Zenas & Edith Beadles

8:30 AM For the Parishioners of St. Alphonsus

10:30 AM † Rose Mae Narcisse

12:30 PM Intentions of the Day

5:30 PM † Sidney Chaffee

Liturgical Ministers for Next Week**Sept. 26 & 27—26th Sunday in Ordinary Time****Saturday 5:00 PM**

Lectors Mike Kraemer & Preston Hardy

Cantor Mike McGovern

Accompanist Kathy Drew

Ensemble Contemporary Praise Choir

Sunday 7:00 AM

Lectors Melissa Dubuque & Kim Pappas

Cantor Jean Olson

Accompanist Anthony Vella

Sunday 8:30 AM

Lectors Sarah Bennek & Gerald Hunt

Cantor Audrey Merfeld

Accompanist Beth Kirscht

Sunday 10:30 AM

Lectors Judy Jordahl & Karen Blanchard

Cantor Mike Steinmetz

Accompanist Kathy Drew

Ensemble St. Alphonsus Chorale

Sunday 5:30 PM

Lectors Phyllis Laing & Chuck Calhoun

Cantor Tony Meyer

Accompanist Kathy Drew

"We Believe" Adult Ed Series

Please join us for the second evening of the series this **Thursday, September 24, at 7:00 PM in the CSSR Hall.** Gain a deeper understanding of the second person of the Trinity as Father Pat Grile helps us "Consider Jesus", Son of God and son of man. Fr. Pat will clarify the theological teachings as well as discuss the Jesus of the Gospels. We hope to see you for this very enriching evening.

Choirs Are Starting Up

- *Contemporary Praise* Tuesdays 7—8:30
- *Exultation* Wednesday at 6:15—7:15PM
- *Chorale* Wednesday at 7:30—9PM
- *Bell Choirs:* Monday at 5PM, 6PM & 7 PM

New members are always welcome!
Please call Mary Raeker at 763.503.3322.

Adoration Update

There is a time and a place for you to draw closer to Jesus. The time would be one of the following open hours and the place would be the Adoration Chapel. Saturday 1AM, 2AM, 12noon, 1PM, 3PM, 6PM(partner) 7PM, 8PM (partner); Sunday 3AM; Monday 7PM(partner); Tuesday 5AM(partner); Wednesday 12noon(partner); Thursday midnight (partner); 1AM, 2AM, 3AM; Friday 10AM. Contact Gerri at 763.494.3163.

Parish Special Events

- September 20 Pancake Breakfast
- September 20 Baptisms
- September 24 Eucharistic Ministers of Care
- September 24 Adult Ed "Consider Jesus"
- September 26 Charter Member Dinner
- September 27 Sundae Sunday
- September 29 Home & School Meeting
- October 1 Thursday Bible Study begins
- October 1 "Scripture and Tradition"
- October 1 Miniisters of Care
- October 3 Marathon
- October 3 Alumni Reunion
- October 4 Friendship Sunday
- October 4 Sunday Bible Study begins
- October 6-14 School Book Fair
- October 8 Ministers of Care
- October 10 Latino Baptisms
- October 10—11 Blood Pressure Screening
- October 11 Special Ed Party
- October 15 St. Al's Seniors
- October 15 Ministers of Care
- October 18 English Baptisms
- October 22 Ministers of Care
- October 24 Train Show
- October 25 Latino Flu Shot Clinic
- October 27 Marian Morning

Pancake Breakfast Today

The best Pancake Breakfast in town! The Oldtimers and the Youngsters are cooking it up and are ready to serve you on **Sunday, September 20th** after the morning Masses in the CSSR Hall. Help us support Sharing and Caring Hands and our Youth Programs. See you there!!



CCW Bake Sale Today!

The Council of Catholic Women (CCW) is having a Bake Sale in the CSSR Hallway. Stop by for a home-made, delicious treat for yourself or to take to work or to a friend.



Community News

Please stop at the Community Garden Sept. 19 and 20 from 9:00 AM -1:00 PM at 5727 Brooklyn Blvd. for fresh vegetables. Donations are for the Norm Arneson Fund.

CCW Fall Deanery Meeting

Monday, September 28 at Assumption Church in Richfield. From 9:30 AM—2:30 PM includes excellent speakers, Rosary. Mass, and lunch. Cost for the day is only \$10. Call Lorrie May at 763.657.1757 for reservations by Weds, September 23.



This Week From Dave

Parish Administrator Dave Johnson

Dear Parish Community,

Every week around our community, groups of caring people come together to volunteer at Sharing and Caring Hands. Some of the work these folks do include the collection, preparation and serving of meals for the most destitute and forgotten members of our community. Those involved tell me that they find the work not only personally rewarding but also a great chance to meet like minded volunteers with whom they build enduring relationships. Other individuals whose work is to lead, find it spiritually refreshing to trade in the boss role for a servant role instead. Many St. Alphonsus parishioners have in the past or are now working together in this ministry. At the present time more volunteer help is needed and commitments vary from weekly to monthly. Please call Jean Nowak at 763-537-3075 if you can help.

God Bless! Dave

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

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.

Dave Muehlberg, Chair
763.315.9375

Bob Byrnes 612.490.3790
Gerie Fischer 566.3222
Katherine Hibbs 561.6796
Brian Johnson 425.6418
Joe McCue 493.5754
Mike Rose 493.5158
Kami Schmitz 425.8735
Ryan Snee 566-8583
Luz Zagal 612.889.2658

Finance Commission

Ed Daley, Chair
763.566.5232

FAITH FORMATION AND YOUTH MINISTRY

Religious Education Classes Beginning Dates:

Pre-K, K, 1st, Friends of Jesus	Sunday September 13
2nd through 6th grades	Wednesday, September 9 and Sat, Sept 12
Foundations of Faith	Wednesday, September 9 and Sat, Sept 12
7th and 8th grade	Wednesday, September 9
9th grade	January 2010
10th & 11th grades	October, 2009
SALT	September 16
Special Education	October 4

If you haven't yet registered your children, please do so as soon as possible. If you need registration materials stop at the Parish Office or call Barb Walhood.

Youth Praise Band Is Back!!!

The music is about to begin - again. Youth Praise Band is looking for young people in grades 7 – 12 and Young Adults to sing, play instruments and praise God through music. We practice Sunday afternoons at 3:30 pm in the choir loft in church! All young people who want to praise God with song and instrument are invited to join us!! Come and check us out. Help us make a difference in leading our parish in worship. Call Teresa for more info. 763-503-3349!

St. Al's Leadership Team

All Young People in Grades 10 – 12 who have been or WANT to be part of this team should join us. It is going to be a great year for the SALT Team so join us. If you have any questions or concerns, call Teresa at 763-503-3349.

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

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 1º 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

FALL BIBLE STUDY October 1.-Nov. 2009 *Parables of the Kingdom*

The St. Alphonsus Parish Bible Study will begin this fall with the Little Rock study: "Parables of the Kingdom." Some of the most memorable teachings of Jesus were delivered as parables and are found in the Gospels of Matthew, Mark and Luke. This study explores how the parables of Jesus, which use ordinary people, draw the reader to the deepest heart of the Gospels: The revelation of Jesus Christ and what it means to follow him.

You can choose to attend this 7-week session on Thursday mornings or Sunday evenings. Home study includes reading from the commentary booklet. Workbook questions will be answered in the group during class. **Everyone is welcome. No experience or knowledge of the Bible is necessary.**

Name _____
 Address _____
 Phone _____ E-mail: _____

Bible Study Dates

Thursdays 9:15 a.m.-11:30 AM October 1-November 12 , 2009 in the CSSR Hall
Or

Sundays 6:30 PM to 8:30 PM October 4—November 15 in the Faith Formation Building

The cost of materials is \$13.00. Make checks payable to St. Alphonsus. You can pay at the first session of Bible Study. Register by calling Rose Gordon at 763-566-4193, or leave this form at Parish Office before September 21, 2009. Please register early.



Crusader Corner

St. Alphonus School News

St. Al's Parish School Marathon News

We want to thank all the parishioners and school families who have contributed to our school's Marathon Fundraiser in the past. We would appreciate your continued support. If you would like to donate money to the St. Al's Parish School Marathon, and help the students reach their goal of raising \$40,000, please do so by making a check payable to St. Al's Parish School and in the regards line write "Marathon" and send it to the school office. This year's fundraiser will be helping to continue to make improvements in our elementary wing. If you have any Marathon questions, this year's Chairs are Sue Hall (763-493-2165) and Sylvia Matijasevich (763-424-4929).

Marathon Committee – Donations Needed!

The St. Al's Marathon Committee is still in need of contributions for Marathon Day and Prize Day. St. Al's Students & Families are available to take contributions before & after each Mass this weekend. Financial contributions or item donations are both welcome. Here are some ideas: Event Tickets, Gift Certificates/Gift Cards, Electronics, Sports Equipment. Also needed - Small items that can be included in bags for the kids on Prize Day - erasers, pencils, folders, free ice cream certificate, McDonald's Certificate, stickers. Any help is appreciated! Please contact Sue Hall (763-493-2165 or suzanhall@embarqmail.com) or Sylvia Matijasevich (763-424-4929 or sylvia.matijasevich@mrhandyman.com) with questions.

St. Alphonus Parish School - All School Reunion

Alumni and a guest are invited to the All School Reunion on Saturday, October 3rd from 6:30 p.m. to 11:30 p.m. Alumni Mass starts at 6:30 p.m. in the church followed by food, beverage (cash bar-beer & wine) and entertainment in the school's gym. The cost is \$10 per person – payable at the door. For more information visit "St. Alphonus (MN) Alumni Association" on Facebook or stalphonusreunion.myevent.com.

Volunteers to help out at the Reunion are also needed. If you are able to help and/or want more information please call: Melissa Dubuque at 763-391-7363.

Library Volunteers Needed

Our school is in need of parents, grandparents or parish members to volunteer to help out in the library. We need class shift volunteers on Tuesday or Wednesday to assist students and we are also looking for guest readers to read to younger students once a month. Please contact Coleen Monroe @ 763-585-1244 to volunteer for class shifts & Jennifer Grinde @ 612-810-6910 to volunteer as a guest reader. Thank you.

Separated and Divorced

The Annual Fall Conference for the Separated and Divorced sponsored by Catholic Charities will be held on **Saturday, October 3, 2009**, 8:45 to 12:30 at St. John the Baptist Church in New Brighton. This year's conference theme is **"Understanding the Loss and Stress of Divorce,"** Cost is \$20. Financial assistance is available. For brochures and information call 651.603.0251, or email ccsepdv@ccspm.org.

The Gathering Place

Support, Strength, Hope and Renewal for Care Givers and Care Receivers. Come to Brooklyn United Methodist Church the 2nd and 4th Thursday each month. St. Alphonus Health Ministry helps staff "The Gathering Place." Care and fellowship is provided for care *receivers* and there is a support meeting for care *givers* For more information leave a message at 763.503.3331.

Thank you St. Elizabeth's Guild

The ladies of this guild make the white garments placed on the children who are baptized at St. Alphonus. This is wonderful service to our parish. There have been 185 Baptisms January—August 2009 at St. Al's.

RCIA

Each year new Catholics enter the Church through the RCIA Process. This program gradually introduces people to the beliefs and practices of the Catholic Church. For more information call Fr. Brian Johnson at 763-651-5100. Invite a friend or relative!

Financial Stewardship September 12 & 13, 2009

	Weekly	Year to Date
Actual	\$25,682	\$288,614
Budgeted	\$21,825	\$290,228
Variance	\$3,856	(\$1,613)

For Debt Reduction \$280

Thank you for your generosity!

Readings for the Week of September 20, 2009

Sunday

Wis 2:12, 17-20

Jas 3:16—4:3/ Mk 9:30-37

Monday

Eph 4:1-7, 11-13 / Mt 9:9-13

Tuesday

Ezr 6:7-8, 12b, 14-20

Lk 8:19-21

Wednesday

Ezr 9:5-9 / Lk 9:1-6

Thursday

Hg 1:1-8 / Lk 9:7-9

Friday

Hg 2:1-9 / Lk 9:18-22

Saturday

Zec 2:5-9, 14-15a / Lk 9:43b-45

Next Sunday

Nm 11:25-29 / Jas 5:1-6

Mk 9:39-43, 45, 47-48

Please Pray for the Sick

Diane Smith,

Cousin of Rose Gordon

Nancy Heideman,

Mother of Carla Hunt

Kathy Schleyer

God Grant Eternal Rest

Richard Genetti

Anna Drechnik

Lavonne Johnson,

Aunt of Deacon Dave Holst.

Wedding Banns

September 26

**Anai Gutierrez Noriega
& Fernando de Luna**

October 10

**Mariana Rivera &
Juan Salgado**

The Fountains of Living Praise Prayer Group

meets the second and fourth Tuesday of each month. 6:15 -Rosary in the Chapel and Prayer group gathering at 7:00 PM in the CSSR Hall Come for Praise, Prayer and Fellowship. Questions? Call Margaret at 763.566.4990, or Paul at 763.560.566.5920.



NOTICIAS DE NUESTRA COMUNIDAD

Estudio de nuestra Fe

Ofrecemos un curso de estudio para adultos para aprender más de nuestra Fe Católica.

También es para la preparación de los Sacramentos de Confirmación, Primera Comunión, y Bautismo.

1 clase cada mes de septiembre a marzo
Será el 4° sábado de cada mes

También, podemos ofrecer el curso **los miércoles** entre las 6:30 pm a 8:00 pm. Llámenos para inscribir al 763.503.3326.

Para nuestros voluntarios

Las próximas sesiones en español de Virtus, clase de cómo proteger nuestros niños. Es obligatorio para los padres de nuestra escuela y toda la gente que van a trabajar de voluntaria o participar en actividades de nuestros niños y jóvenes. Es para todos nuestros líderes de varios ministerios y los que participan. Niños no puedan estar en el salón durante la sesión. Llámenos para apuntar su nombre al 763-503-3326. Las próximas sesiones en español de Virtus, clase de cómo proteger nuestros niños estarán en

Minneapolis

Lunes, 19 de octubre - 6:30 – 9:30 pm
Parroquia del Santo Rosario 2424 18 Ave
South Minneapolis, MN 55406

Y Saint Paul

Sábado, 17 de octubre
9:00 a 12:00 a.m.

Sagrado Corazón, 840 6th St. E.
St Paul, MN 55106

Adoración al Santísimo

Invitamos a todos adorar al Santísimo cualquier día y hora. También se puede comprometerse una hora cada semana. Se puede escoger cualquier hora, pero necesitamos adoradores por las horas siguientes: **los domingos** a las 3am; **los lunes** a las 7pm; **los martes** a las 5am; **los miércoles** al mediodía; **los jueves** a la 1am, 2am, 3am; **los viernes** a las 10am; **los sábados** a las 1am, 2am, mediodía, 1pm, 3pm, 7pm y 8pm. Llámenos al 763.503.3326.

Clases de Catecismo

Hay tiempo inscribir a sus niños todavía para clases los miércoles o los sábados. Llámenos con preguntas al 763.503.3326.

Ministerio de Oración

Todos están invitados aprender de la oración y rezar con nosotros los miércoles entre las 6:30 pm y las 8:00 pm en la iglesia en el cuartito de vidrio. También, oramos el Rosario en casas durante la semana. Llámenos al 763.503.3326.

El Grupo Juvenil

Reuniones: Nos reunimos 2 o 3 veces cada mes después de la Misa de 12:30 PM. Jóvenes de los grados 7 a 12 están invitados. Llame al 763-503-3326.

Necesitamos maestros sustitutos o asistentes

Tenemos una necesidad de maestros sustitutos bilingües o asistentes a los maestros en nuestro programa de Catecismo los miércoles a las 6:30 a 8:00 pm y los sábados a las 9:30 a 11:00 AM. Podemos entrenar y apoyarlos. Si tiene interés en servir en este ministerio tan importante, se puede llamar al 763.503.3326.

Calendario de Bautizos

Pláticas de Preparación **(En el salón de la iglesia)**

A las 7:00 de la tarde **El primer martes**

6 de octubre
3 de noviembre
1 de diciembre

Bautizos

A las 11:00 de la mañana **El segundo sábado**

10 de octubre
14 de noviembre
12 de diciembre

Bautizos de septiembre

¡Felicidades a todas las familias que bautizaron sus niños el sábado pasado! La Iglesia le da la bienvenida a su niño(a) con amor y oraciones por la paz y felicidad futura de su familia. Que Dios los bendiga.

Vacunas de la Gripe

De temporada gratuitas aquí en San Alfonso

*****ESTA NO ES LA VACUNA H₁N₁ *****
Para adultos y niños mayores de 3 años. Domingo, 25 de octubre entre la 1:30 y las 3:30 de la tarde en el salón de la iglesia.

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.



St. Alphonsus Health Ministry Flu Season

Parish Health Line: 763.503.3331

Flu Clinic

The Minnesota Visiting Nurse Association (MVNA) will be offering a flu clinic for St. Al's Community **on Sunday, October 18th** from 9 AM to 12:30 PM. Please mark your calendar. This is a *seasonal* flu shot and the H1N1 will NOT be available here at this time. Some flu mist will be available on a limited basis. MNVA accepts cash and checks, and the cost this year is \$24.99. MNVA can bill major insurances including Medicare, Medica, BC/BS, Health Partners, Humana, Aetna, Unicare, Cigna, MHP and Minnesota Health Care. It is essential that you register for your shot either after Masses or call the Health Ministry line at 763.503.3331.

Free Grief Support Series Expands to 8 Weeks

The NW Hennepin Grief Coalition is offering a *FREE 8-week series* that begins **Thursday, October 1, 2009** from 6:30 – 8:30 PM at Brookdale Covenant Church, 5139 Brooklyn Blvd., Brooklyn Center. You are invited to attend one or all of the sessions. Registration takes place on site prior to each session. Provided by area Nurse Programs, including St. Alphonsus Health Ministry. For more information or to Pre-register, call Lyla Pagels, Faith Community Nurse Program Coordinator @ 763/236-4342 lyla.pagels@allina.com.

The members of the St. Al's Health Ministry have many concerns about the coming flu season and we would like to offer suggestions to keep our community safe

We highly suggest that parishioners sanitize their hands before entering the worship space. Hand sanitary dispensers will be placed on tables as each entrance for your use. Parishioners who have compromised immune systems because of chronic illness, chemotherapy or other infirmities will be encouraged not to receive the Precious Blood. Also, if you have a respiratory infection and are coughing and sneezing or if you have arthritis that makes handshaking painful and you are uncomfortable shaking hands, we recommend that you fold your hands in a prayer-like gesture and bow to the person next to you with a verbal expression of greeting or Peace.

Be sure to get your seasonal flu shot very soon. The H1N1 flu shot will be available in October. Protect yourself and anyone you come in contact with by getting your flu shots. **Remember – you are contagious before your symptoms appear.** If you are ill, stay home! No need to share. The very best thing you can do is **WASH YOUR HANDS!** Hand washing is still the most effective way to prevent the spread of disease!