

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.



Jesus replied, "Do NOT prevent him. There is no one who performs a MIGHTY deed in my name who can at the SAME time speak ill of me. For whoever is not AGAINST us is FOR us."

04969 MK 9:39-40

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SEPTEMBER 27, 2009 | TWENTY-SIXTH SUNDAY IN ORDINARY TIME



From the Pastor's Desk

Sisters and Brothers in Christ,

A list of eight "practices" have been sent to us from the Archdiocese regarding the prevention of the spread of the H1N1 influenza. **Please read these on page 7 of this Bulletin.** I call your attention to numbers 2 & 5 concerning the Sign of Peace and receiving Communion in the hand. Read number 8 a couple of times and practice Christian charity by not infecting others. These are all common sense practices and good hygiene to follow everyday of the year.

We were asked to take up a second collection last weekend for the maintenance and care of the St. Paul Cathedral. I opted not to do so since that is the weekend we have our Debt Reduction second collection. Envelopes are available in the pews and exits should you wish to make a contribution for the upkeep of the Cathedral. Place the envelope in the collection basket, bring it to the rectory office, or mail it to us here at St. Al's. We will collect all the donations and mail one check to the Archdiocese.

Next Saturday October 3rd is our Catholic Schools Marathon. Of course I will be riding my bike to support this event. I encourage you to support our Parish School in this important fundraiser. If you want to make a contribution to our St. Al's Parish School Marathon, make a check payable to St. Al's Parish School and write "Marathon" on the memo line. Cash donations are also graciously accepted. We have a great Parish School and turn out wonderful students. Our school families are very active in the parish as a whole and I am very grateful for the sacrifices they make to keep their children in our school!

Saturday evening, October 3rd is also the Alumni Reunion for our Parish School. We begin with a special Mass at 6:30 PM followed by food, beverages and entertainment in the school's gym until 11:30 PM. Get the word out to former school graduates and invite them to a fun and relaxing evening. I am sure that it will be a stroll down memory lane for many and a renewal of friendships. Call Melissa Dubuque (763-391-7363) for more information.

Have a good week. Pray for your fellow parishioners. And stay healthy.

Joyfully,
Fr. Pat, 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 28

7:00 AM † Bob Morrisette

8:30 AM † Walter & Lorraine Brynteson

Tuesday, September 29

7:00 AM † Helen Keller

8:30 AM † Clarence A. Murphy

Wednesday, September 30

7:00 AM † Marjorie Chamberlin

8:30 AM † Lloyd Olson

Thursday, October 1

7:00 AM † Russ Miller

8:30 AM † Teresa Nguyen Minh Nguyet

Friday, October 2

7:00 AM † Helen Schinas

8:30 AM † Huu Nguyen

Saturday, October 3

8:00 AM † Paul Trainor

5:00 PM † Evelyn Lund

Sunday, October 4

7:00 AM † Elmer & Dorothy Pouliot

8:30 AM † Frank Zeck

10:30 AM † Tom Fisher

12:30 PM Intentions of the Day

5:30 PM For the Parishioners of St. Alphonsus

Liturgical Ministers for Next Week

Oct. 3 & 4—27th Sunday in Ordinary Time

Saturday 5:00 PM

Lectors Peggy Gilsdorf & Michelle Buechner

Cantor Ed Dziedzic

Accompanist Gary Lien

Sunday 7:00 AM

Lectors Anna Hardy-Brown & Mike Jereczek

Cantor Jean Olson

Accompanist Carol Vickery

Sunday 8:30 AM

Lectors Andrew Eromobor & Jackie Skilondz

Cantor Dick LeVesque

Accompanist Kathy Drew

Ensemble Exultation Choir

Instrumental Mary Ann Marschall

Sunday 10:30 AM

Lectors Robert Thell & Christina Wilson

Cantor Carol Carlson

Accompanist Kathy Drew

Sunday 5:30 PM

Lectors Philomene Attipou & Ray Kroll

Cantor Virginia Richardson

Accompanist Kathy Drew

"We Believe" Adult Ed Series

You are invited to join us this **Thursday, October 1, at 7:00 PM in the CSsR Hall** for the third evening in the **"We Believe"** series. Fr. Bill Bueche will be discussing relationship between Scripture and Tradition as well as the role of the Holy Spirit as intermediary. Come and enjoy this exciting evening and gain new insights into the foundations of our Catholic Faith. We hope to see you there.

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 3AM, 5AM(partner); Wednesday 12 noon(partner); Thursday midnight (partner); 1AM, 2AM, 3AM; Friday 10AM or 7 PM (partner) Contact Gerri at 763.494.3163.

Grief Support 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, provided by area Nurse Programs. Registration takes place on site prior to each session. For more information or to Pre-register, call Lyla Pagels, Faith Community Nurse Program Coordinator @ 763/236-4342 lyla.pagels@allina.com.

Parish Special Events

| | |
|---------------|-----------------------------|
| September 27 | Sundae Sunday |
| September 29 | Home & School Meeting |
| October 1 | Thursday Bible Study begins |
| October 1 | "Scripture and Tradition" |
| October 1 | Ministers 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 | Flue Shot Clinic |
| October 18 | English Baptisms |
| October 22 | Ministers of Care |
| October 24 | Train Show |
| October 25 | Free Flu Shot Clinic |
| October 27 | Marian Morning |

St. Alphonsus Alumni Mass

We are in need of ministry help at the Alumni Mass to be held on Saturday, October 3rd at 6:30 PM. Father Pat Grile will be celebrating Mass, and we are in need of six Eucharistic ministers and three Ushers to serve. The Mass will be held at 6:30 pm in the evening. Contact Melissa Dubuque at 763.391.7363 to sign up and help with Eucharist. Contact Kevin Rahne at 763.425.1650 to sign up to usher. Please consider helping with this special Mass.

Can You Do Calligraphy?

We are in need of a few parishioners who are blessed with calligraphy skills to help with a project. If you could donate an hour or so of your time, it would be greatly appreciated. Please call Fr Brian Johnson at 763.561.5100 to volunteer or for further information.

7th Annual Candlelight Rosary Procession -

Bring your family and join in **Friday, October 2, 2009**. Bishop Lee Piché will lead the Rosary Procession from the Minnesota State Capitol to the Cathedral of Saint Paul. We will entrust our families to the Immaculate Heart of Mary and close with Benediction of the Most Blessed Sacrament. Gathering time is 6:30 at the Minnesota State Capitol and procession begins at 7:00 PM. Please visit us at our website:
www.familyrosaryprocession.org

Flu Clinics At St. Al's

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. 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. It is essential that you register for your shot either after Masses or call the Parish Health Ministry line at 763.503.3331.

World Renown Speaker

Will Steger, Polar Explorer and Environmental Advocate will be speaking at St. Joseph the Worker, 7810 Hemlock, Maple Grove on **Sunday, October 4, 7:00-8:30 PM**

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

Youth Praise Band Is Back!!!

The music has 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. Just show up for rehearsals or call Teresa for more info. 763-503-3349!

Sr. High Youth Night

Times are confusing! What is happening in our country – my school! I’m stressed out!! Come and join others grades 9-12 to talk about life and teen issues or just to have a laugh or play a game. We meet the 2nd and 4th Wednesdays each month from 6:30 – 8:00 pm in the Youth Room. Our next gathering is Wednesday, September 30th, and don't forget to bring a friend. For more info call Teresa, 763-503-3349.

St. Al's Leadership Team

The next meeting of the SALT team is Wednesday, October 7th, from 6:30 – 8:30 pm in the Youth Room. 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

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

The St. Alphonus 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. Alphonus. You can pay at the first session of Bible Study. Register by calling Rose Gordon at 763-566-4193, or leave this form at 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 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. Alphonus 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. Alphonus School Endowment Fund

Brochures are available at the parish office, or on our web site www.stalsmn.com



Crusader Corner

St. Alphonsus School News

St. Al's Parish School Marathon for Non-Public Education is Saturday, October 3rd!

Registration begins at 8:30 am in the school gym. Marathon begins at 9:00 am in the school parking lot by the gym. The Marathon is the most important single event that the school puts on in terms of finances, community development and awareness, and general energy and enthusiasm. **We hope everyone will join us for this exciting day!**



Also, there is still time to contribute to our Marathon Fundraiser. 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 (write "Marathon" in the regards line) and send it to the school office. We appreciate your continued support.

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. 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. Alphonsus Parish School - All School Reunion – Saturday Night! Parents Welcome, too!

Reminder – Alumni & a guest are invited to the All School Reunion - 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 provided by Supersound DJ in the school's gym. The cost is \$10 per person – payable at the door. For more information visit "St. Alphonsus (MN) Alumni Association" on Facebook or stalphonsusreunion.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.

Sundae Sunday – Today – September 27th!

Please join the St. Al's 7th & 8th graders for an ice cream sundae after the 10:30 Mass today in the CSSR Hall.



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 ccsepddiv@ccspm.org.

The Gathering Place

Support, Strength, Hope and Renewal for Care Givers and Care Receivers. For more information leave a message at 763.503.3331.

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 19 & 20, 2009

| | Weekly | Year to Date |
|-----------------|----------------|------------------|
| Actual | \$22,179 | \$310,537 |
| Budgeted | \$22,471 | \$312,699 |
| Variance | (\$292) | (\$2,162) |

For Debt Reduction \$5407.86

Thank you for your generosity!

Readings for the Week of September 27, 2009 Sunday

Nm 11:25-29 / Jas 5:1-6
Mk 9:39-43, 45, 47-48

Monday

Zec 8:1-8 / Lk 9:46-50

Tuesday

Dn 7:9-10, 13-14 or
Rv 12:7-12ab / Jn 1:47-51

Wednesday

Neh 2:1-8 / Lk 9:57-62

Thursday

Neh 8:1-4a, 5-6, 7b-12
Lk 10:1-12

Friday

Bar 1:15-22 / Mt 18:1-5, 10

Saturday

Bar 4:5-12, 27-29 / Lk 10:17-24

Next Sunday

Gn 2:18-24 / Heb 2:9-11
Mk 10:2-16 or 10:2-12

Please Pray for the Sick

Kay Kelly

Denny Braget

Ed Zeller

Watson Mangel

Loretta Tanner,

Aunt of Jim Collins

Xu Ming,

Sister-in-law of Thomas Karason

God Grant Eternal Rest

Dixie Lee Latu Riley

Anita Lindgren,

Niece of Leona Stoltz

Steven Kufryn,

Son-in-law of Bernie and
Clyde Johnson

Wedding Banns

October 10

**Mariana Rivera &
Juan Salgado**

October 17

**Sara Trombley &
Dave Fandrigh**

Prayer Group

The Fountains of Living Praise meets the second and fourth Tuesday of each month at 6:15 PM for Rosary in the Chapel and Prayer group gathers at 7:00 PM in the CSSR Hall.

NOTICIAS DE NUESTRA COMUNIDAD

Ayuda Nuestra Parroquia

Tenemos una Maratón ayudar nuestra escuela recaudar fondos. Será el sábado, 3 de octubre. Favor de apoyar nuestra parroquia por dar un donativo a los estudiantes recolectando dinero en el pasillo hoy después de la misa. Cada dólar cuenta en lograr la meta. **Gracias**

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 Matrimonio, Confirmación, Primera Comunión, y Bautismo. Llame 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 medianoche, 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.

Planificación Natural de La Familia

Descubre una forma natural que es moralmente aceptable por la Iglesia Católica de posponer o lograr un embarazo...un método moderno de Planificación Natural de la Familia (PNF) que ha probado ser 99% efectivo. La mejor manera de aprender es asistiendo a las clases de PNF que ofrece la Liga de Pareja a Pareja para parejas casadas o que quisieron casarse. **Clases en español comienzan el miércoles, 7 de octubre de 2009 a las 6 pm a 9 pm a** (Guadalupe Alternative Programs), 381 E. Robie St., en St. Paul. Para mayor información visita nuestro sitio de web a <http://twincities.ccli.org> o llame a Teresa al 651-774-2480. Las parejas que respetan el orden de la creación de Dios disfrutarán de sus bendiciones.

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.

La Banda de Alabanza

Se llama Youth Praise Band y buscamos jóvenes entre los grados de 7° y 12° y jóvenes adultos para cantar, tocar instrumentos y alabar a Dios por música. Los ensayos son los domingos a las 3:30 de la tarde en la iglesia. Llame a Teresa para recibir mayor información al 763-503-3349.

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.

Felicidades a los Van a Casarse

26 de septiembre
Fernando de Luna y Anai Gutierrez Noriega

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.**

Archdiocesan Guidelines

Help Prevent the Spread of H1N1 Influenza

Influenza viruses are spread through contact with an infected person's bodily fluids. This contact occurs through inhalation or by touching a surface contaminated with the virus. The following eight practices will help prevent the spread of illness at Mass. While these practices are strictly voluntary, in the interest of Christian charity, all persons are strongly urged to follow them.

1. If you suspect you are sick, stay at home and *do not* attend Mass until you feel healthy. Missing Mass due to illness is not sinful; it is prudent and shows a respect for your brothers and sisters. Stay at home, watch Mass on television or the Internet, pray devotional prayers such as the rosary or the Chaplet of Divine Mercy, make a spiritual Communion, etc.
2. During Mass, at the Sign of Peace, you may choose to simply say "Peace be with you," without offering your hand.
3. During Communion, you may elect to receive the Blessed Sacrament in the consecrated host and not receive the Precious Blood from the chalice.
4. Ministers of Holy Communion should wash their hands with soap and water or sanitize their hands with

an alcohol based sanitizer prior to distributing Communion. The use of hand sanitizers, even during Mass, is acceptable for all ministers of Holy Communion, including priests and deacons.

5. Reception of the Blessed Sacrament in the hand is the best way to reduce the possibility of flu virus transmission.
6. Following the celebration of each Mass, after the vessels have been properly purified, the sacristans should wash the vessels with hot, soapy water, then towel dry them, and put them away.
7. While scientific evidence is inconclusive at this point, some health professionals recommend taking precautions when using holy water. Water from the fonts should not be ingested, nor should it enter the body via the eyes or nose.
8. Practice good hygiene: sneeze or cough into a tissue or upper sleeve, not your hands; wash hands frequently with soap and water and scrub for at least 30 seconds; avoid the transmittal of mucus or other bodily fluids; refrain from shaking hands; refrain from sharing a common cup; and above all, if you feel sick, *do not* come to places where you might infect others.