



Sacred Heart

C a t h o l i c C h u r c h

4087 West Broadway • Robbinsdale, MN 55422

Phone: 763-537-4561

Formed in His Heart, Serving with His Heart

Sunday Mass Times

Saturday Vigil:

5:00 PM Mass of Anticipation

Sunday — The Lord's Day:

8:00 AM Mass

10:00 AM Mass

(Child Care Available)

11:35 AM Latin Mass

(1962 Missal)

Daily Mass Times

Monday:

8:00 AM Communion Service

Tuesday — Saturday:

8:00 AM Mass

Holy Day Mass Times

Consult the bulletin

Penance and Reconciliation

Tuesday — Saturday Morning:

7:30 — 7:50 AM

Saturday Afternoon:

4:00 — 4:45 PM

Or by appointment, to arrange call the Parish Office.

Eucharistic Adoration

Thursdays in the

Sacred Heart Chapel:

8:35 AM — 8:00 PM

Parish Office Hours

Monday — Friday:

8:00 AM — 4:30 PM

Wednesday Evening:

5:00 — 8:00 PM

(October — April)

Sunday Mornings:

8:30 — 11:30 AM

Parish Web Site

www.shrmn.org

Parish Phone: 763-537-4561

Sacred Heart Catholic School

Daycare, Pre-K through 8th grade
4050 Hubbard Avenue North
Robbinsdale, MN 55422

School Web Site

sacredheartschoolrobbinsdale.org

School Phone: 763-537-1329

January 22, 2017



3rd SUNDAY IN ORDINARY TIME

He said to them, "Come after me, and I will make you fishers
of men." - Mt 4:19

Parish Directory

Phone: 763-537-4561
 General Email: cshadmin@shrmn.org

Worship

Priest, Fr. Bryan J.B. Pedersen.....ext. 101
 fr.bpedersen@shrmn.org
 Deacon, Dr. James Ramsey.....ext. 135
 jramsey@shrmn.org
 Music, Jeffrey Patry.....ext. 109
 jpatry@shrmn.org

Faith Formation

Director, Bunny Brouillard.....ext. 105
 bbrouillard@shrmn.org
 Youth & Young Adults, Confirmation
 Matthew Kruc.....ext. 104
 mkruc@shrmn.org
 Sunday School, Bunny Brouillard....ext. 105
 bbrouillard@shrmn.org
 Sunday Child Care, Terri Fleck.....ext. 105

Pastoral Care

Priest, Fr. Bryan J.B. Pedersen.....ext. 101
 fr.bpedersen@shrmn.org
 Deacon, Dr. James Ramsey.....ext. 135
 jramsey@shrmn.org

Parish Administration

Bus. Admin., Rollie Brouillard.....ext. 102
 rbrouillard@shrmn.org
 Bookkeeper, Michelle Carlson.....ext. 106
 mcarlson@shrmn.org
 Facility Manager and Maintenance
 Jon Tupy.....ext. 127
 jtupy@shrmn.org
 Admin. Asst. Facility Scheduling, Office
 Darlene Doranext. 100
 ddoran@shrmn.org
 Admin. Asst. General Office
 Rhonda Kuchinski.....ext. 100
 Sunday Admin Asst.
 Diane Yazvec.....ext. 100
 Marlene De Otis.....ext. 100

Sacramental Records

Bunny Brouillard.....ext. 105
 bbrouillard@shrmn.org

School

Main Office: 763-537-1329
 Principal, Karen Burse.....ext. 121
 kburse@sacredheartschoolrobbinsdale.org
 Advancement, Admin. Asst.
 Pat Moore.....ext. 123
 pmoore@sacredheartschoolrobbinsdale.org
 Admin. Asst. Records,
 Sarah Bowback.....ext. 120
 sbowback@sacredheartschoolrobbinsdale.org

The Church of the Sacred Heart is served by the clergy of the Archdiocese of Saint Paul and Minneapolis

Priest Staff: Fr. Bryan J.B. Pedersen
Deacon: Dr. James Ramsey

Pastor's Page | Fr. Bryan J.B. Pedersen**The Call to Make Spiritual Retreat**

Written on Tuesday January 17th, 2017

From January 9th through January 13th I was in Novato, California at Trumbull Manor, a Conference Center run by Opus Dei for my annual canonical retreat. The obligation for clergy to make an annual retreat comes from the official law of the Church. This law, known as Canon Law governs the Catholic Church and her members throughout the entire world. The legal system of the Catholic Church is the oldest continuous legal system in the world. It has been revised through the centuries, but many of its prescriptions have their origin in the first millennium. In regard to spiritual retreats for Clergy the prescription is found in Canon 276 §1 which reads: "In leading their lives, clerics are bound in a special way to pursue holiness since, having been consecrated to God by a new title in the reception of orders, they are dispensers of the mysteries of God in the service of His people." Canon 276 §2 part 4 reads "In order to be able to pursue this perfection they are equally bound to make time for spiritual retreats according to the prescripts of particular law." This weekend Deacon Ramsey is making his annual canonical retreat at King's House in Buffalo, Minnesota. Spiritual retreats can take several forms. It can be a solitary experience in a hermitage, such as at Pacem in Terris located in Isanti, Minnesota. It can be an individual or group retreat at a monastery like St. John's Abbey in Collegeville, where you meet daily with a monk to serve as a spiritual director. It can be a group retreat at a center such as at King's House in Buffalo operated by the



Chapel of Trumbull Manor

Oblates of Mary Immaculate, or the Jesuit Retreat House at Demontreville in Lake Elmo. In these group retreats a retreat master and preacher will give spiritual conferences to the group, and will make time to meet one on one with retreat goers so they can have direction in their spiritual life. Group retreats for laity are usually planned as weekend retreats beginning on Thursday night and continuing through Sunday midday. These retreats are held for men, women, or married couples at various times through the year. If you have never been on a spiritual retreat, one of the best things you can do for your spiritual life and your walk with God is to go on a retreat. By leaving the world for a few days, unplugging from technology and finding a place where the noise and busyness of life can be forgotten not only will you meet God in a more intense way and foster greater love for God you can also

come to discover more deeply who you truly are. Retreats are likewise opportunities to recommit to a plan of life. A plan of life is simply the daily, weekly and monthly spiritual and ascetical practices you follow to maintain and deepen your friendship with God as well as to cultivate the manner in which you fulfill the command to love your neighbor as yourself. A plan of life is a road map for living the life of faith in an intentional manner. I am including several web addresses of these various retreat center's in our local area, so you have an opportunity to see what is available. I pray you will consider making a spiritual retreat. They can be life changing events for the betterment of your soul. Below are several links to retreats houses in our area.

King's House in Buffalo: <http://kingshouse.com/>

Demontreville: <http://www.demontrevilleretreat.com/>

Pacem in Terris Hermitage: <http://www.paceminterris.org/>

St. John's Abbey: <http://www.abbeyguesthouse.org/retreats/retreats/>

Broom Tree, South Dakota: <http://www.broom-tree.org/>

Sacred Heart Catholic School



Thank you for collecting Box Tops for Education! We received a check in the amount of \$859.50 to help support our school programs. Thank you for your continued support of this program. Keep clipping! Thank you to our refunder group and coordinators Joanne Kennedy and Sarah Svien.

Schedule a Tour

As you consider your educational options for the 2017-2018 school year, we invite you to schedule a personalized tour of Sacred Heart Catholic School for Pre K -8th grade. We have many options for Pre-School and Pre-Kindergarten, including half and full days. Discover our school and the activities that enhance each child's educational experience. Come see how integrated faith lessons combined with our C-STEM program enrich our classrooms each day. We are preparing our students for 21st Century skills called the 4 C's: Creativity, Critical Thinking, Collaboration, and Communication. Call the school office to schedule a tour, 763.537.1329.

Save the dates! We have two opportunities for families to learn about our program

1. Family Engineering Night-Tuesday, January 31st 5:30-7:30 pm

The Works from Bloomington will be here hosting a night for the family to take part in engineering activities. FREE EVENT. Bring a prospective family.

2. Open House Sunday, February 5th 11:00-1:00 pm.

On Sunday, February 5th, our school doors will be open for tours for prospective students, current students, and parishioners. C-STEM activities will be in each classroom so visitors may experience our hands-on activities. Visitors may also stop by our Scholastic Book Fair and coffee & donuts.

Like our Facebook Page - [Sacred Heart Catholic School Robbinsdale, MN Alumni/Parent](#)

<http://www.facebook.com/SHCSRobbinsdale>

Follow us on Twitter - <https://twitter.com/SHCSRobbinsdal1>

To Join Sacred Heart Parish

If you are new to our community, or have been attending Mass here but have not yet joined Sacred Heart call 763-537-4561 or stop in the parish office to register.

Sacrament of Initiation — RCIA (Rite of Christian Initiation for Adults)

To join the Catholic Church call Bunny Brouillard in the Parish Office.

Sacrament of Baptism for Infants and Children (RCIC)

Baptism for Infants and young Children is celebrated on the first & third Sundays of the month at 1 PM. Pre-Baptism Class meets on the second Tuesday of the month at 7 PM. To make arrangements call Bunny Brouillard in the Parish Office.

Sacrament of Confirmation

If you are in High School or an Adult who has yet to receive Confirmation contact Matt Kruc or Bunny Brouillard in the Parish Office to make arrangements.

Sacrament of Holy Communion

If you or your child have not yet made your First Holy Communion contact Bunny Brouillard. If you are shut in and would like to receive Holy Communion contact Deacon Ramsey to make arrangements

Sacrament of Penance

See the schedule for confessions or contact Fr. Pedersen to make an appointment. To receive instruction on making a first confession contact the Parish Office.

Sacrament of Anointing

To make arrangements to receive the Sacrament of the Sick or Last Rites contact the Parish Office.

Sacrament of Marriage

Registered Parishioners should call Father Pedersen or Deacon Ramsey at least 8 months in advance of the wedding date to make arrangements.

Sacrament of Holy Orders

Catholic Men contact Fr. Pedersen or Deacon Ramsey for more information on joining the Diaconate or Priesthood.

Sunday School

Open to children ages 3 years through Kindergarten. Meets during the 10 AM Mass October through April. Please call Bunny Brouillard in the Parish Office.

Religious Education

For students grades 1 through 12. Meets Wednesday evening 6:45pm—8pm, October through April. Please call Bunny Brouillard or Matt Kruc in the Parish Office.

Mass Intentions

JANUARY

SUN. 22	8:00 AM	Roger Johnson+
	10:00 AM	Parishioners
	11:35 AM	Fr. Michael Tegeder+
MON. 23	8:00 AM	Communion Service
TUES. 24	8:00 AM	William Joseph Fink+
WED. 25	8:00 AM	Jackie Wilwerdin
THURS. 26	8:00 AM	Mary Whiting+
FRI. 27	8:00 AM	Elmer Weishaar+
SAT. 28	8:00 AM	AnnMarie Dverak Moore+
	5:00 PM	Jim Crandall+
SUN. 29	8:00 AM	Cliff & Tiny Eckman+
	10:00 AM	Parishioners
	11:35 AM	Fr. Kevin Abakisi+

Liturgical Ministers

Tues.—Sat. January 24-28, 8:00 AM Mass

Altar Servers:

January 24: Becket Hertelendy, Cadence Haines

January 25: Ellen Antoine, Maya Mash

January 26: Mitchell & Molly McDyre

January 27: Lucas Patterson, Matthew Gerding

January 28: Lisette Knaeble, Hannah Holtz

Saturday Vigil, January 28, 5:00 PM Mass

Altar Servers: Mitchell & Molly McDyre, Joey Silva

EMHC: Gerry/Mary Mimick, Andrea DeOtis

Lector: Andrea DeOtis

Sunday Mass, January 29, 8:00 AM Mass

Altar Servers: Luke Timmerman, Nick Sticha, John Thibault

EMHC: Mary Glynn, Jon Tupy, Stuart Culver

Lector: To Be Assigned

Sunday Mass, January 29, 10:00 AM Mass

Altar Servers: Caden Thissen, Eli Hippen, Lucas Patterson

EMHC: Becky Haapanen, Brandi Reed, Bobbie Ramsey

Lector: Ken Timmerman

Money Counters, January 29, 9:00AM

John Schreiber, Jack Fortman, John Martin



Faith Formation



Bishop Robert Barron's Catholicism — The Pivotal players

In our next session Bishop Barron will lead us in considering Blessed John Henry Newman – The Convert Part 1. A session is scheduled for Tuesday January 17 at 1 PM and repeated at 7 PM.



The Sacred Heart Adult Education Book Club

Our next meeting will be on Monday, January 23 at 7 PM in M-Room 5. Please read chapter 5 of Thirsting for Prayer.



PRE-BAPTISM CLASSES

Pre-Baptism Classes are offered at Sacred Heart. All parents are required to attend a pre-baptism class before the Baptism of their first child or if it has been over three years since they

last attended a pre-baptism class. If you plan to attend a Pre-Baptism Session in February, please call the Parish Office 763-537-4561.

Youth Ministry

Middle School Extreme Faith Camp

Start thinking about the best week all summer! Extreme Faith Camp 2017 will be June 19th -23rd this year. More details to come!

Worship

PLEASE NOTE TIME CHANGE!!!

Sunday, January 22 3:00 PM – Organists Dr. John Salveson and Jeffrey Patry will delight you in their annual recital. This year's theme will be **Movie Music**. Come and hear favorites by composers Bach, Barber and Parry. Also included will be music from *The Sound of Music*. Join us for a fun afternoon of music

Q January 25 is the feast of the Conversion of St. Paul and the end of the Week of Prayer for Christian Unity. What does one have to do with the other?

A The Week of Prayer for Christian Unity consists of eight days beginning January 18, at that time the feast of the Chair of Peter, and ending on January 25, the feast of the Conversion of St. Paul. The Franciscan Friars of the Atonement, founded in the early twentieth century in Graymoor, NY, sought to promote unity among Anglicans and Roman Catholics. Paul James Wattson, a former Episcopalian priest, founded the community, which was formally accepted into the Catholic communion.

The idea for Christian unity soon began to catch on, and by the 1930s, more and more Christians welcomed such a focus. Suggestions for prayer and education are distributed each year, emphasizing a jointly chosen theme. The 1964 Vatican II document on ecumenism, *Unitatis Redintegratio*, gave a great boost to the octave, so that today many Christians worldwide promote and participate in the octave time of prayer.

The emphasis on both Peter and Paul aptly fits into the rationale of the octave. Peter is seen as the source of unity within the Christian tradition. Paul is highlighted due to his vision of bringing all to Christ. The Week of Prayer for Christian Unity is an ideal opportunity to pray for and promote respect, understanding, and, hopefully, eventual unity among Christians.

Parish Organizations

Respect Life Ministry

USCCB 9 Days for Life, January 21-29, 2017, is a focused period of prayer, penance and pilgrimage marking the anniversary of Roe v. Wade. While the overarching intention of the novena is the end to abortion, it also addresses topics spanning across the range of life issues. Each day's one-page prayer guide focuses on a different intention and is comprised of five short sections: intercession, prayers, reflection, acts of reparation and one step further. Visit www.9daysforlife.com to find resources for each day of this novena.

Due to January 22, 2017 falling on a Sunday, **NO** Prayer Service for Life at the Cathedral of Saint Paul **But Stand up for God's most precious gift of human life.**

Ride the St. Raphael Bus **Sun., Jan 22, 2017 to MCCL's 44th Annual March for Life at our State Capitol.**

***Call Teri at 763-504-2897 today to reserve your seat. Suggested \$5 donation per seat.**

All ages welcome.

12:45pm Bus sign in at St. Raphael Church lower East entry (between school and church)

1:00pm Load Bus & depart

2:00 pm MCCL March in front of State Capitol

2:30 pm MCCL program on Capitol front steps. All meet in middle of bottom of steps of Capitol. A scout will lead us to our bus.

3:00 pm Return to Bus & depart

4:00 pm Bus arrives back at St. Raphael's, 7301 Bass Lake Road, Crystal, MN 55428

Additional questions call Carol @ 763-533-8809



Prayer Rally outside Planned Parenthood, 671 Vandalia St., St. Paul – 3:30pm Sun., January 22, 2017 — Remembering the nearly 60 million babies killed by abortion in the U.S. since the 1973 Roe v. Wade decision. For more information, please contact Pro-Life Action Ministries at 651.771.1500 or visit their website at www.plam.org

Council of Catholic Women

St. Paul & Minneapolis Archdiocesan Council of Catholic Women presents:

SPIRITUAL LIPSTICK TO BEAUTIFY YOUR SOUL

Going Beyond Hospitality to Discipleship

ACCW LEADERSHIP DAY

Connect leadership to service

Why we do what we do

Search for your missing puzzle pieces

8:00 AM Mass

8:30 AM Registration & Refreshments

8:45AM-12:30 PM Speaker Forum & Participant Sessions

Saturday, February 4, 2017

Sacred Heart Church, 4087 W. Broadway Ave

Robbinsdale, MN

Cost for the day is **\$15.00 before January 26, 2017.** \$20.00 thereafter.

SHCCW will pay for the first ten ladies.

To register call Pres. Barb Osborne at 763-521-6107

Calendar of Events

3rd Sunday of Ordinary Time and the 3rd Sunday after Epiphany;

Coffee & Donuts Sponsored by 4th Grade of both School and Religious Education

8:00 AM Mass: Fr. Pedersen

10:00 AM Mass: Fr. Pedersen

10:00 AM Sunday School

10:00 AM Child Care

11:35 AM Latin Mass: Fr. Pedersen

3:00 PM Movie Music Organ Recital—Church

Monday, January 23 – St. Vincent, St. Marianne Cope; St. Raymond of Penafort 1275, Trad.

8:00 AM Communion Service

Tuesday, January 24 — St. Francis de Sales ; St.

Timothy 97, Trad.

7:30 AM Confession: Fr. Pedersen

8:00 AM Mass: Fr. Pedersen

7:00 PM Handbell Ensemble Rehearsal—
School Cafeteria

7:00 PM Random Spirits Rehearsal— Church

Wednesday, January 25 — Conversion of St.

Paul; Conversion of St. Paul 36, Trad.

7:30 AM Confession: Fr. Pedersen

8:00 AM Mass: Fr. Pedersen

10:00 AM Grandfriends— Marian Rooms

2:15 PM Open Youth Room

6:15 PM Kantorei Rehearsal-Choir Room

6:45 PM Rel. Ed.

7:00 PM Chancel Choir Rehearsal Choir Room

Thursday, January 26 — Sts. Timothy & Titus;

St. Polucarp 166, Trad.

7:30 AM Confession: Fr. Pedersen

8:00 AM Mass: Fr. Pedersen

8:35 AM – 8:00 PM Eucharistic Adoration

2:15 PM Cherub Choir Rehearsal—Choir Rm.

3:15 PM Junior Choir Rehearsal—Choir Rm.

Friday, January 27—St. Angela Merici; St. John

Chrysostom 407, Trad.

7:30 AM Confession: Fr. Pedersen

8:00 AM School & Parish Mass: Fr. Pedersen

Saturday, January 28 — St. Thomas Aquinas; St.

Peter Nolasco 1256, Trad.

7:30 AM Confession: Fr. Pedersen

8:00 AM Mass: Fr. Pedersen

4:00 PM Confessions

5:00 PM Mass

Sunday, January 29— 4th Sunday of Ordinary Time and the 4th Sunday after Epiphany, Trad.

8:00 AM Mass: Fr. Pedersen

10:00 AM Mass: Fr. Pedersen

10:00 AM Sunday School

10:00 AM Child Care

11:35 AM Latin Mass: Fr. Pedersen

Appointed Sunday Readings

First Reading -The burdens that were once laid upon the people have been vanquished (Isaiah 8:23 -9:3).

Psalm -The Lord is my light and my salvation (Psalm 27).

Second Reading -Paul exhorts the believers at Corinth: As there is one Christ, so too must there be no divisions among you. (1 Corinthians 1:10-13, 17).

Gospel -After calling his first disciples, Jesus goes throughout Galilee teaching, proclaiming the gospel, and curing the people (Matthew 4:12-23 [12-17]).

The English translation of the Psalm Responses from *Lectionary for Mass* © 1969, 1981, 1997, International Commission on English in the Liturgy Corporation. All rights reserved

Latin Mass Sunday Readings

Epistle - Brethren: Be not wise in your own conceits. (Paul to Romans, 12.16-21)

Gradual - The Gentiles shall fear Thy Name... (Ps. 101. 16-17)

Gospel -At that time, when Jesus was come down from the mountain...(Matthew, 8.1-13)

Appointed Daily Readings

January 22nd through January 28th, 2017

Sunday: Is 8:23--9:3/Ps 27/1 Cor 1:10-13, 17/ Mt 4:12-23 or 4:12-17

Monday: Heb 9:15, 24-28/Ps 98/Mk 3:22-30

Tuesday: Heb 10:1-10/Ps 40/Mk 3:31-35

Wednesday: Acts 22:3-16 or Acts 9:1-22/Ps 117/Mk 16:15-18

Thursday: 2 Tm 1:1-8 or Ti 1:1-5/Ps 96/Mk 4:21-25

Friday: Heb 10:32-39/Ps 37/Mk 4:26-34

Saturday: Heb 11:1-2, 8-19/Lk 1/Mk 4:35-41

Prayers of the Faithful

IN YOUR PRAYERS PLEASE REMEMBER

Those Who Are Ill:

Tom Ambrose, Betty Durant, Marlene Tuschen, Ben Gorski, Frank Nixon, Brenda Gadd, and Dave Bonicatto

Those Serving In Our Armed Forces:

Chad Tatur, Barbara J. Hoeben, John F. Landolt III, Philip Aubart, Sam Dahlgren-Castilla, Daniel Arnold, Justin Rathbun, Shannon Gregory, John Aubart, Joey Eckman, Joseph Mash, Liam Gregory, Jordan Reese, and Andrew Gladitsch

Parish Prayer Line

To be placed on the prayer line call Michele at 763-717-0444. You can also send in your request via e-mail: cshadmin@shrmn.org

Administration

Stewardship

*For Weekly Contribution Information:
Contact Rollie Brouillard in the Parish Office.*

Help Wanted

Help Wanted-Kids Club After School Care

Sacred Heart School is looking for an adult to work at our after school program a couple days a week beginning at 1:45 pm. Adults supervise children in all activities along with taking part in crafts and games. Please contact Karen Bursey at 763.537.1329 for more information.

News From Other Sources

Come see for yourself all the reasons why enrollment has grown at DeLaSalle to its highest level in 45 years, up 30 percent in the past six years alone! Our final Open House for Prospective Families is scheduled for Wednesday, January 18, from 7:00-9:00 pm. This is the best opportunity for families to learn a lot about DeLaSalle in one visit. The "early decision" application deadline for the 2017-18 school year is Friday, February 10. To learn more about the application process, to access application materials, set up a student shadow visit, or to complete a Financial Aid Application, please go to <http://delasalle.com/admissions/applying-for-admissions/>

Is God calling me?

Come and see how Secular Franciscans live joyfully in the world and celebrate God's creation "In the Footsteps of St Francis". Please join the St. Alphonsa Franciscan Fraternity in prayer and fellowship on Sunday January 29th, 2-4p at the Epiphany Catholic Church in Coon Rapids. Learn what it means to live the life of a Secular Franciscan. "Here I am Lord.....Is it I Lord...I have heard you calling in the night". Questions? Laurie 763-561-7125

A Silent Retreat for women will be held at Christ the King Retreat Center in Buffalo, MN., on January 27-29. The retreat begins on Friday, January 27, at 8PM and concludes on Sunday, January 29, at 12:45PM. The retreat will be conducted by the staff of Christ the King Retreat Center. The theme of the retreat is "Reawakening Hope!" The suggested offering for this retreat is \$160.00 which includes a non-refundable deposit of \$30.00 per person to reserve a room. The women of this parish are cordially invited to a beautiful, inexpensive, lakeside weekend of wonderful relaxation and spiritual rejuvenation. Please call 763-682-1394 for a registration form and more information. www.kingshouse.com or christtheking@kinghouse.com

BUY COFFEE-SUPPORT OUR YOUTH

WE HAVE A NEW SHIPMENT OF COFFEE FOR SALE FROM OUR YOUTH GROUP. MEDIUM ROAST-WHOLE BEAN, OR GROUND BAGS OF COFFEE ARE AVAILABLE FOR PURCHASE IN THE PARISH OFFICE. \$13.00 A BAG. THANK YOU.



Growing in FAITH™

Discovering **hope and joy** in the Catholic faith.

January 2017

Sacred Heart Church
Robbinsdale MN.

One Minute Meditations

St. Genevieve

St. Genevieve was born in Nanterre near Paris in 422. She became a nun at the age of 15 and moved to Paris, where she became known for her piety. When Attila the Hun marched on Paris, Genevieve convinced the inhabitants to pray and fast. Attila retreated, leaving Paris untouched. Again, when King Childeric occupied Paris, she crossed enemy lines to bring food to prisoners and convinced the king to release them. She is the patroness of Paris.



Hope in God

Even the saints experienced times when their faith in God's goodness was tested, yet they never gave up hope; they knew that whatever happened, God's unchanging love would see them through. When you feel disheartened, pray for God's grace and hope in him.

"I have told you this that you might have peace in me. In the world you will have trouble, but take courage, I have conquered the world" (John 16:33).



Resolve to have perfect faith

Imagine having complete confidence that God was with you in all things. Think how differently you would respond to troubles, temptations, or hardships. Worry would be obsolete. That's perfect faith and it is possible. Here's how.

Believe in God's love. Perfect faith comes from believing that God loves you without limit or condition. God is love, so to believe in God is to believe in his love. *"Trust in the Lord with all your heart, on your own intelligence do not rely"* (Proverbs 3:5). The key is to remember that God loves you and only wills your good.

Banish fear. *"There is no fear in love, but perfect love drives out fear because fear*

has to do with punishment, and so one who fears is not yet perfect in love" (1 John 4:18). We were not created to be afraid. It is Satan who wishes to drive a wedge between us and God and tempts us to fear. When we remember that God has consistently proven himself to be faithful and dependable, only faith is left.

Practice makes perfect.

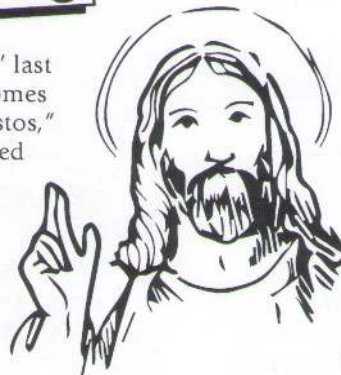
Perfect faith results when we live God's word, not just hear it. Adhering to the Ten Commandments, the Beatitudes and the two Great Commandments (love God, love your neighbor), we notice God's hand in our lives and trust in him grows.



Why Do Catholics Do That?

Why do Catholics call Jesus "Christ"?

"Christ" is not Jesus' last name, but a title. It comes from the Greek "Christos," which means "Anointed One." Ancient Jews enthroned their kings in a ceremony by anointing them with oil. This anointing distinguished the king as being the



one chosen by God to deliver Israel from its enemies. So in calling Jesus "Christ," Christians affirm not only his Lordship over all creation, but also his mission as Savior and the promised Messiah of the Jews.