

May 22, 2016

THE MOST HOLY TRINITY

Fr. Steve's Quotes for Consideration:

"The more we receive in silent prayer, the more we can give in our active life."

-Blessed Mother Teresa (1910-1997)

This week I wish to continue my bulletin article series on prayer, and specifically on practical ways to effectively engage in silent prayer with God. Last week, I talked about how before we can practically engage in silent prayer, we need to know the purpose of silent prayer. And I reminded us that unlike everything that clamors for our attention in the world around us, silent prayer is not a goal-focused, results-seeking endeavor. If we gauge our silent prayer by what we think we are getting out of it, and how we think we are progressing in it, we are already on the wrong page. Silent prayer with God is like quality time with our spouse or sibling or close friend. It doesn't need to be task-oriented in order to be quality time. In fact, Catholic author Henri Nouwen once famously said that prayer is "wasting time with God."

However, we may rightly ask, "Ok, Father Steve, but how do I know what to do in silent prayer? Should I just sit there and do nothing for 15 minutes? How do I start?" And this is a great, honest question. Admittedly, silent prayer is going to be slightly different for everyone, and that is how it should be. But there are some basic steps to silent prayer from which all of us can benefit.

So, when we go to silent prayer, it should be in a place that we are comfortable and are most likely to be uninterrupted. Then, we sit down and take a few deep breaths to calm ourselves, and importantly, to remember and call to mind the fact that we are in God's presence. No matter where we are, God is there. And then we can begin with a simple prayer to God asking Him to clear our mind, and help us to focus on Him and what He wants to say to us. We could say something like this: "Come, Holy Spirit, and cleanse my mind of all vain, sinful, or wandering thoughts, and help me to listen attentively to what You wish to tell me." And then we could do one of several things. We could simply and slowly recite a short phrase of praise, adoration or prayer to God in our mind, such as "Jesus, I trust in You," or, "Jesus is Lord," or, "Come, Holy Spirit," or, "Praise to you, Lord Jesus Christ." By repeating such a phrase slowly and attentively, we open ourselves up to an encounter with God. Or, we could read a short passage from the Bible and think about it and ponder it slowly in our mind for those 15 minutes of silence. There are several ways to open ourselves to God's presence.

The key is that no matter what happens in that daily 15 minutes of silent prayer, whether we are distracted the whole time, whether we fall asleep, or whether it is a beautiful time of prayer, what *happens* during a prayer time must have no effect whatsoever on whether we come to prayer the next day, and the next, and the next. This 15 minutes must be a discipline that we keep daily, no matter what. Jesus longs to speak to us, but we have to be quiet and consistent enough in our discipline of prayer to learn how to hear His voice, and we must not get discouraged by what we perceive to be a lack of results, because again, it's not about **doing**, it's about **being**! God bless you! ~Fr. Steve

St. Mary's Prayer Shawl Ministry group will meet on **Wednesday, May 25**, at **1 pm** in the Community Room at Silverpointe Apartments. We welcome new members. Knit/crochet/goodies. Questions? Contact Lana at 353-7714.

Upcoming Knights of Columbus events:

- **Meeting: Thursday, May 26.** Mass at **6:30 pm** - meeting to follow at **7 pm**. The District Deputy will be attending this meeting along with our insurance agent.
- **Semi-annual roadside clean-up on Friday, May 27.** They will meet at Tettegouche at **10 am**.
- **Annual Tootsie Roll Drive on Friday, June 3.** Members are asked to sign up to help, if only for one hour. The proceeds go to the Activity Center at Knife River and the Special Olympics. Please contact Greg Johnson in person or call 226-3104.

Deadline: Please have bulletin announcements to the Parish office by noon on Wednesdays.

St. Mary's Catholic Church - 57 Horn Blvd; Silver Bay, MN 55614

Parish Office Located in Rectory 8 am - 2 pm Monday - Thursday **Office/Rectory** 226-3100 **Fax Machine** 226-3116

Church Hall 226-3691 **Parish E-Mail** stmarysilverbay@outlook.com **Parish Website** www.stmarysilverbay.org

Eucharistic Adoration Wednesdays 8:45 am - 3:00 pm **K of C Auxiliary Prayer Chain** 226-3639 or 226-3351

Fr. Steve Laflamme (218) 834-4313 **Fr. Steve's E-Mail** : slaflamme@dioceseduluth.org

Fr. Michael Lyons (218) 830-1600 **Fr. Michael's E-mail**: mjlyons16@gmail.com

Saturday	<i>ST. CHRISTOPHER MAGALLANES & COMPANIONS</i>	05/21/16
6:30 p.m.	Sacrament of Penance	
7:15 p.m.	Mass — <i>Intention for Lois Hynes</i> ☩	
	Reader.....Jody Majewsky	
	Cantor.....Andy Buell	
	Plate.....Susan Frericks	
	Chalices....Tom Frericks	
	Chalices....Leann Buell	
	Servers.....Sheena & Mita Frericks	
	Gifts.....Volunteer	
Sunday	<i>THE MOST HOLY TRINITY</i>	05/22/16
7:50 a.m.	Sacrament of Penance	
8:30 a.m.	Mass — <i>Intention for All Parishioners</i>	
	Reader.....Thomas Clifford	
	Cantor.....Andy Buell	
	Plate.....Deacon Jack Ferris	
	Chalices....Gerry Bahar	
	Chalices....Sue Bahar	
	Servers.....Thomas Rowlee & Jada Kirk	
	Gifts.....Volunteer	
Monday	<i>WEEKDAY IN ORDINARY TIME</i>	05/23/16
Tuesday	<i>WEEKDAY IN ORDINARY TIME</i>	05/24/16
	7:50 a.m. Rosary	
	8:15 a.m. Mass — <i>Intention for Deanna Larson</i>	
Wednesday	<i>ST. BEDE THE VENERABLE; ST. GREGORY VII; ST. MARY MAGDALENE DE' PAZZI</i>	05/25/16
	7:50 a.m. Rosary	
	8:15 a.m. Mass — <i>Intention for Lois Hynes</i> ☩	
	8:50 a.m. Adoration	
Thursday	<i>ST. PHILIP NERI</i>	05/26/16
	7:50 a.m. Rosary	
	8:15 a.m. Mass — <i>Intention for Margaret Lyons</i> ☩	
	8:50 a.m. Morning Prayer Group	
Friday	<i>ST. AUGUSTINE OF CANTERBURY</i>	05/27/16
	7:50 a.m. Rosary	
	8:15 a.m. Mass — <i>Intention for the parishioners of St. Mary's</i>	
Saturday	<i>BLESSED VIRGIN MARY</i>	05/28/16
6:30 p.m.	Sacrament of Penance	
7:15 p.m.	Mass — <i>Intention for Deanna Larson</i>	
	Reader.....Jeff Asmussen	
	Cantor.....Rick Frericks w/Guitar Acpt	
	Plate.....Jeff Asmussen	
	Chalices....Don Seipke	
	Chalices....Shelley Fredrickson	
	Servers.....Jason Blood & Giovanni Marolt	
	Gifts.....Volunteer	
Sunday	<i>THE MOST HOLY BODY & BLOOD OF CHRIST</i>	05/29/16
7:50 a.m.	Sacrament of Penance	
8:30 a.m.	Mass — <i>Intention for All Parishioners</i>	
	Reader.....A.J. LeGeault	
	Cantor.....Rick Frericks w/Guitar Acpt	
	Plate.....Deacon Jack Ferris	
	Chalices....Lois Kaari	
	Chalices....Judy Zupancich	
	Servers.....Mita Frericks & Zack Fredrickson	
	Gifts.....Volunteer	

PLEASE KEEP THESE PEOPLE IN YOUR PRAYERS:

- † **Parishioners:** Joe Rollins, Leona Currier, Steve Elam, Lino Rauzi, Marj Von Schenk, Lillian Miller, Tom Bott, Gale Fredrickson, Susan Gelatic, Alma Ferris, Suzanne Seguin, Terry Scallen, Vicky Johnson, Deanna Larson, Marlene Petersen.
- † **Clergy:** Deacon Fred Wright, Fr. Francis Paquette.
- † **Relatives & Friends:** Gary Garlie, Fred Paine, Jim Seipke, Don Hicks, Jim Osterholm, Dawn Stefanich, Aria & Aedan Ament, Rauri Byrnes, Don Hedin, Stephanie (Clifford) Martin, Elsie McGuire, Johnny Jerabek, Mae Dehnhoff, Jim Morcomb, and Delaney, Cooper, Thomas & William Kutcha.
- † **Military:** Karen McGrane, Alex Seanger, Michael Seipke, Sam West, Chris Gensing, Sean Stebbins, Mike Ament.

**Vacation Bible School
Preschool – 4th grade
Holy Spirit, Two Harbors
June 27 – June 30
6 pm – 7:30 pm**

VBS 2016 is “farm-tastic!” In Barnyard Roundup, your children learn that Jesus gathers us together! They’ll look into the Bible, God’s Holy Word, and explore 5 Bible accounts where Jesus gathers us together to be with Him with His abundant provision and saving protection, now and forever. For more details, contact Connie Koss at 218-834-4433 or koss@frontiernet.net. It’s sure to be fun with songs, crafts, yummy snacks, and games. Registration forms in the back of the church. Please register by Thursday, June 16. Completed registration can be dropped off to Cindy in the Parish office, she will get them to Holy Spirit.

Little Rock Bible Study Group: We will meet this **Sunday, May 22, 6:30 – 8:00 pm** in the Parish Hall. We will be studying Lesson 3, Chapters 6-8 of the Acts of the Apostles. Those who have not picked up their books can do so in the Parish Office. There are extra books for anyone who would like to join. We will not be meeting Memorial Day weekend.

VOLUNTEERS NEEDED. Thank you to Leilani Peterson who has graciously volunteered to manage our gardens. We’d still like more volunteers for helping with the labor when extra hands are needed for gardening projects. If you have a green thumb, or even just enjoy being outdoors, please prayerfully consider giving your time and talent to help keep our grounds beautiful. There is a sign up sheet in the back of the church. Also, a thank you to Joe & Zack Fredrickson who have volunteered to mow again this year.

LAST WEEK’S CONTRIBUTIONS

General Collection.....\$1774.00
UCA.....\$405.00