

The Most Holy Trinity

May 22, 2016



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*

SAVE the DATE! 2016 Annual Diocesan Assembly will be held Sat., Oct. 8, at the Marshall School Auditorium in Duluth. Speaker is Sherry Weddell, author of "Forming Intentional Disciples." This Assembly will lead us through the steps that help Catholics make a conscious choice to follow Jesus as his disciples, transforming parish life and ultimately the life of the whole Church. Everyone is invited to attend! For more information or to register, please visit www.dioceseduluth.org or call Annette at 218-724-9111.

Holy Spirit Catholic Church

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Parish Office Located in the Basement of the Church

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Youth Ministry 834-4433

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Birthright 1-800-550-4900

Fr. Steve's E-Mail slaflamme@dioceseduluth.org

Deacon Tim Egan 349-9175

Deacon Scott Peters 834-2543

Saturday	ST CHRISTOPHER MAGALLANES & COMPANIONS	05/21/16
3:30 p.m.	Reconciliation	
4:30 p.m.	Mass — <i>Intention for All Parishioners</i> Reader: Barb Haynes Chalices: Carol Anderson & Beth Egan Servers: Karly Fleischer & to be assigned	
Sunday	THE MOST HOLY TRINITY	05/22/16
11:00 a.m.	Mass — <i>Intention for Cara Barthman</i> Reader: Shannah Groothausen Chalices: Laura Lien & Linda Hoffman Servers: Livy & Sid Hendren	
Monday	WEEKDAY DURING ORDINARY TIME	05/23/16
8:15 a.m.	Mass — <i>Patrick Perfetti</i>	
Tuesday	WEEKDAY DURING ORDINARY TIME	05/24/16
8:15 a.m.	Mass — <i>Intention for Cory O.</i>	
Wednesday	SAINT BEDE THE VENERABLE	05/25/16
Thursday	SAINT PHILIP NERI	05/26/16
8:15 a.m.	Mass — <i>Intention for † Gary Aleff</i>	
9:00 a.m.	Adoration	
Friday	SAINT AUGUSTINE OF CANTERBURY	05/27/16
7:30 p.m.	Reconciliation	
8:15 a.m.	Mass — <i>Intention for † Gene Ricard</i>	
Saturday	WEEKDAY IN ORDINARY TIME	05/28/16
3:30 p.m.	Reconciliation	
4:30 p.m.	Mass — <i>Intention for All Parishioners</i> Reader: Gloria Uremovich Chalices: Liz Scheidt & to be assigned Servers: Spencer Ross & to be assigned	
Sunday	THE MOST HOLY BODY AND BLOOD OF HRIST	05/29/16
11:00 a.m.	Mass — <i>Intention for Frank Giacomini</i> Reader: Gina Lemke Chalices: Nancy Olsen & Christ Lemke Servers: Anthony Lemke & Corey Sandretsky	



Last Week's Contributions

Weekend Collection	\$2,395.92
UCA	\$1710.00
Bldg. Fund	\$272.00

- † **PARISHIONERS:** Please pray for Arthur Barthman, Ron Kor, Diane LeRoy and Ron Ostendorf.
- † **FRIENDS & RELATIVES:** Please pray for Cara Barthman, Bill Carlson, Coeur d'Alene Dahl, Russ Hanson, Patty Harrison-Isakson and Gorma Rose.
- † **MILITARY PERSONNEL:** Please pray for Garrett Aho, Nate Berger, Keith Dahl, Jacob Kearin , James Mickle, Ryan Ray, Christopher Uremovich, and Maddison Zavoral.
- † **Sacred Heart Candle:** The Family of Paulette Moreland.



Please call the church office if you'd like to submit a prayer request; these requests will run for 3 weeks. If continued prayers are needed after that time, prayer requests can always be renewed by calling the church office 834-4659.

Youth Happenings

FREE.... Vacation Bible School
-June 27th-30th, 6-7:30pm.

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. Registration is now open for grades pre-4th. Registration forms are available in the Church entryway. Come along with us as we sing fun songs, do crafts, yummy snacks, and games. Can't wait to see you there!

For more details, contact Connie Koss at 834-4433 or koss@frontiernet.net.

Our congregation is cordially invited to the second annual Sonju Trail Spring Cleanup, to be held on Saturday, June 4 from 9:30 – 11:00 a.m. Coffee will be on at 9:00 a.m. gather and orientation at Lakeview Park, 1st Street and 3rd Avenue, Two Harbors. Beverages, food, bags, and gloves provided. Dress appropriately for walking into trailside areas. Children welcome when supervised by parents. Teams this year will clean up not only the Lighthouse Point part of this trail, but the lovely new additional bike/walk path that goes through town.