



# Church of the Holy Family

5900 West Lake Street ✕ St. Louis Park, MN 55416

## August 2, 2009

*Eighteenth Sunday in Ordinary Time*

**Reverend Thomas W. Dufner, Pastor**  
**Reverend James Stromberg, Weekend Associate**

**Mass Times:**

**Sunday Masses** 9:00AM and 11:00AM  
**Saturday Mass** 5:00PM  
**Weekday Masses** 8:00AM (Rosary 7:35AM)

**Confessions:**

**Saturday** 3:30PM to 4:50PM  
**Sunday** 8:00AM to 8:50AM

**Parish Office**

**952.929.0113**

**Staff:**

Rev. Thomas Dufner	Pastor	ext. 15
June Kattar	Baptism/Marriage Prep.	ext. 14
Sharon Pero	Pastoral/Parish RN/Liturgist	ext. 13
Claudia Capello	Assistant	ext. 17
Jean Prather	Coord. Elementary Religious Ed.	ext. 12
Elizabeth Brown	Confirmation Coord.	ext. 19
Kathy Vansickle	Controller	ext. 16
Bobbi Hanson	Bookkeeper	ext. 11
John Pero	Facilities Manager	ext. 20
Theresa Bakos	Secretary	ext. 10
Lynn Tomaszewski	Youth Minister	<b>612.396.6890</b>

**Extensions:**

*Hearken, my people,  
to my teaching;  
incline your ears  
to the words of my mouth.  
I will open my mouth  
in a parable,  
I will utter mysteries  
from old.  
What we have heard  
and know, and what our  
fathers have declared to us.  
We will not hide from  
their sons; we will declare  
to the generation to come  
the glorious deeds  
of the Lord and  
his strength and the  
wonders that he wrought.*

*Psalm 78*

**Web Address:** [www.hfcmn.org](http://www.hfcmn.org)    **Email Address:** [staff@hfcmn.org](mailto:staff@hfcmn.org)

**Registration in Parish:**

Required for baptism and marriage. Adults 18 and over call the parish office 952.929.0113.

**Marriages:**

Registered parishioners must make application 6 months prior.

**Baptisms:**

First Sunday of the month. Must be registered parishioners. Baptism class required. Please call 3 months in advance.

**Perpetual Adoration - Jim Glover** 763.533.0423

**Prayer Chain -Dona Marek, 9AM to 9PM** 952.926.3130

**STEP - Emergency Program** 952.925.4899



5925 West Lake Street ✕ St. Louis Park MN 55416

**Ann Coone, Principal**

**School Office**

**Web Address**

**952.925.9193**

[www.hfamn.org](http://www.hfamn.org)

### **Divorce undermines health in ways remarriage doesn't heal**

Impact of chronic illness lingers after remarriage

By Patrick B. Craine

CHICAGO, July 27, 2009 (LifeSiteNews.com) - Divorce and widowhood have a lingering, detrimental impact on health, even after a person remarries, research at the University of Chicago and Johns Hopkins University has shown.

"Among the currently married, those who have ever been divorced show worse health on all dimensions," said University of Chicago sociologist Linda Waite and co-author of a new study on marriage and health. Further, "Both the divorced and widowed who do not remarry show worse health on all dimensions," she said.

Waite, the Lucy Flower Professor in Sociology and Director of the Center on Aging at the National Opinion Research Center at the University, conducted the study with Mary Elizabeth Hughes, Assistant Professor at Johns Hopkins' Bloomberg School of Public Health. Their research, which was based on a study of 8,652 people aged 51 to 61, will be published in the September issue of the *Journal of Health and Social Behavior* in the article, "Marital Biography and Health Midlife."...

The study found that divorced or widowed people have 20 percent more chronic health conditions, such as heart disease, diabetes, or cancer, than married people. They also have 23 percent more mobility limitations, such as trouble climbing stairs or walking a block. Further, people who remarried have 12 percent more chronic conditions and 19 percent more mobility limitations, but no more depressive symptoms, than those who are continuously married.

The impacts of marriage, divorce and remarriage on health are based on the ways in which the various illnesses develop and heal, study co-author Linda Waite said. "Some health situations, like depression, seem to respond both quickly and strongly to changes in current conditions," she said. "In contrast, conditions such as diabetes and heart disease develop slowly over a substantial period and show the impact of past experiences, which is why health is undermined by divorce or widowhood, even when a person remarries."...

Divorce, he said, "is an incredibly adversarial situation. ..." Hayward suggested that, on the level of health, divorce should not be discouraged because the health benefits of marriage may decline due to people staying in "bad" marriages.

However, previous research has shown that divorce has a worse impact on the couple's children than staying in a 'bad' marriage. A 2004 study at the University College Dublin discovered that separation even in the case of a 'bad' marriage, is more harmful to children than staying together. The study found that divorce was even more harmful to children than the loss of a parent...

Fr. Thomas Dufner, a priest at a parish in St. Louis Park, Minnesota, who has been an outspoken defender of the Christian view of marriage (in 2003 he testified at a legislative hearing during Minnesota's debate on a proposed marriage amendment) told LSN that in his view this most recent study provides natural evidence in support of the traditional Christian view that marriage is "for life."

"By faith we know that in the beginning God created marriage for the good of spouses and the procreation of the race," said Fr. Dufner. "Now research confirms that health is also better for people who stay married. No surprise. Faith and reason go together confirming the same truth: What God has joined together, let no man put asunder."

# Holy Family Festival

(Phase I)

**CASH PRIZE!**

## Smoker Poker

Friday - August 21st - 7:00 pm

\$100/person

Advance tickets only\*

Texas Hold'em Tournament ♠ Rib Dinner ♦ Cigars ♣ Drinks



## Family Fun Night

Saturday - August 22nd

### Chicken Dinner

5:00 pm -6:30 pm - Katter Hall

\$8 and \$4 meals

Advanced Sales Only\*

### Beer Garden

Pop and Popcorn for the kids!

4:30 pm—10:00 pm

### Dance

7:00-10:00pm

Put on your dancing' shoes and boogie to the sounds of....

**Papa D and the Knights of Rock**

Featuring the

**32nd Street Brass**



## Pancake Breakfast

Sunday—August 23rd - 8:30 am -12:30 pm

Moorman Hall

Free Will offering

Sponsored by Knights of Columbus



### \*Advance Tickets Sales

After Weekend Masses Aug. 1st / 2nd Aug. 8th / 9th Aug. 15th / 16th

Tickets may be purchased from Theresa Bakos, Parish Secretary 952-929-0113 ext. 10  
Monday thru Friday from 8:30 am—4:30 pm



**SAVE  
THE  
DATE!**



## Holy Family Festival

(Phase II)

**International Dinner and Live Auction**

**Raffle**

November 14th

## ✠ Weekly Calendar of Events ✠

*Sunday, August 2 ~ Eighteenth Sunday in Ordinary Time*

*Food Drive Sunday*

- 8:00 am** Confessions
- 9:00 am** Mass
- 11:00 am** Mass

*Monday, August 3*

- 8:00 am** Mass
- 8:30 am** Exercise Class
- 3:00 pm** WOW Holy Hour (Adoration Chapel)
- 7:00 pm** Opus Dei (Church/Moorman Hall)

*Tuesday, August 4*

- 8:00 am** Mass
- 10:30 am** Goodtimers 500 Club (Gathering Place)
- 7:00 pm** Gun Safety Class (Moorman Hall)
- 7:30 pm** Opus Dei (Church/Gathering Place)

*Wednesday, August 5*

- 8:00 am** Mass
- 8:30 am** Coffee & Rolls
- 10:00 am** MRI Informational Mtg. (Gathering Place)
- 11:45 am** Exercise Class

*Thursday, August 6*

- 8:00 am** Mass
- 7:00 pm** NFP (Gathering Place)

*Friday, August 7*

- 8:00 am** Mass
- 8:30 am** Exercise Class (Gathering Place)

*Saturday, August 8*

- 6:30 am** Holy Name Society (Gathering Place)
- 10:00 am** Rosaries for Life (Robbinsdale)
- 3:30 pm** Confessions
- 5:00 pm** Mass

*Sunday, August 9 ~ Nineteenth Sunday in Ordinary Time*

*Donut/New Member*

- 8:00 am** Confessions
- 9:00 am** Mass
- 11:00 am** Mass



### Adoration Update

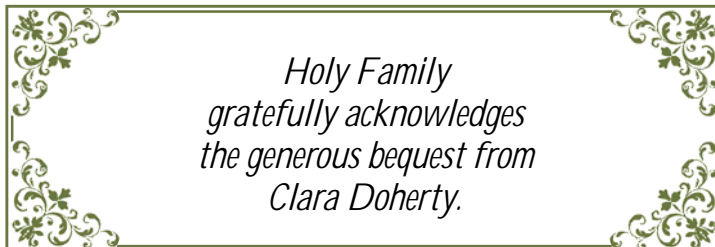
Mother Theresa of Calcutta and Pope John Paul II are examples of the fruits of Eucharistic Adoration. No matter how busy their schedules were or how many important people wanted to see them, Jesus in the Blessed Sacrament, the most important Person of all always came first. Every day they would spend 2 or 3 hours a day in his Eucharistic Presence, and they told the whole world that this is where they got their energy to do so much for God and His people. If you are not yet committed to an hour or would like information, please call Jim at 763.533.0423.

*Please remember to notify the Parish Office of any changes to your address or phone number.  
Thank you!*



### Banns II

*Eric Thompson and Katie Wiswell  
Alex Pak and Charter Chhong*



*Holy Family  
gratefully acknowledges  
the generous bequest from  
Clara Doherty.*

### READINGS FOR THE WEEK

**Monday:** Nm 11:4b-15; Mt 14:13-21  
**Tuesday:** Nm 12:1-13; Mt 14:22-36 or Mt 15:1-2, 10-14  
**Wednesday:** Nm 13:1-2, 25-14:1, 26-29a, 34-35; Mt 15:21-28  
**Thursday:** Dn 7:9-10, 13-14; Ps 97; 2 Pt 1:16-19; Mk 9:2-10  
**Friday:** Dt 4:32-40; Mt 16:24-28  
**Saturday:** Dt 6:4-13; Mt 17:14-20  
**Sunday:** 1 Kgs 19:4-8; Ps 34; Eph 4:30 - 5:2; Jn 6:41-51

### SAINTS AND SPECIAL OBSERVANCES

**Tuesday:** St. John Mary Vianney  
**Wednesday:** Dedication of the Basilica of St. Mary Major in Rome  
**Thursday:** The Transfiguration of the Lord  
**Friday:** St. Sixtus II and his companions; St. Cajetan; First Friday  
**Saturday:** St. Dominic

### Wills and Bequests

*Have you remembered Holy Family for 10% of your estate?  
When you do, our legal corporate title is:  
"Church of the Holy Family of St. Louis Park, Minn."*

### PLEASE HELP US TO HELP YOU!!!

In order to track your contributions and list them on your annual statement you must use your envelope OR put your envelope number in the memo section of your check. Thank you!

### Holy Family Weekly Offering

Regular Envelopes	\$13,650.00
Plate	\$ 2,677.32
Care Fund	\$ 563.69

*Thank You For Your Generosity!*

### Mass Intentions for the Week

- Aug 3 Angel Sanchez † (Father of Cumonda Ortiz)
- Aug 4 Father Thomas Dufner
- Aug 5 Monica Rampetsreiter
- Aug 6 Mike & Kevin Matheny
- Aug 7 Altar & Rosary Society
- Aug 8 Helen Pavela
- Aug 9 William & Judy Schuth Jr. & Family (9AM)
- Aug 9 For the Parish (11AM)





## ALTAR & ROSARY SOCIETY NEWS

Ladies, there are just a couple announcements to make you aware of as we move through the Summer.

☞ The completed rosary sign-up sheets will now be removed from the Adoration Bulletin Board. Blank sheets will still be available for those who still wish to take part in this ongoing initiative of prayer. We will have more information at the September Meeting.

☞ The Fall Altar and Rosary meeting is **Tuesday, September 29** beginning at 6:30PM with rosary in Church. More details to follow.

☞ In case anyone is wondering, we will **not** have the Country Store at this year's festival. Please save any saleable items and plan a "Baking Bonanza" for our **December 5 & 6, Sugar Plum Days**.

☞ Thanks to those who have responded to our call for Sacristy helpers. Substitute helpers are always welcome and much appreciated. Call Gloria Cruze with questions at 952.926.3198.

☞ If you are new to the parish, the Altar and Rosary Society welcomes you with an information packet available at the new member table on donut Sundays beginning in September.

## Come and celebrate the great gift of Adoption!

All adoptions and people involved with them are none other than the handiwork of God. Come and celebrate the gift of adoption! The Archdiocesan Office for Marriage, Family and Life cordially invites you to join us for the Annual Mass in Celebration of Adoption. The Mass will be held on Monday, August 10<sup>th</sup> at 7:00PM at Saint John the Evangelist Catholic Church, 6 Interlachen Rd. in Hopkins, followed by fellowship. For more information or to volunteer, please call 651.291.4488.

## Annual Champions for Life Awards

The Archdiocese of St. Paul and Minneapolis is looking for nominations for our second Annual Champions for Life Awards.

When Archbishop John C. Nienstedt made his address at the Prayer Service for Life, he reminded us that "We must be willing to be a pro-life people 24-7."

Do you know someone who is a Champion for Life 24-7? Do you know someone who works tirelessly in helping the poor or elderly; or someone who has devoted their time working with people with disabilities; or maybe you know someone who has helped women and families through a difficult pregnancy; or someone who prays tirelessly for Respect Life issues?

Who do you know that loves respects and promotes life?

Whether it is in grand gestures or small actions do you know a Champion for Life?

You may go to our website and print a nomination form at [www.archspm.org/family](http://www.archspm.org/family) or call Sonya at 651.291.4515. The deadline is August 15.

## MESSAGES from your HOLY FAMILYHEALTH BOARD

The Holy Family Exercise Program is conducted by a Certified Fitness Instructor, and is held every **Wednesday at 11:45AM in Moorman Hall. EVERYONE is welcome!** Don't put it off . . . come join us and reap the many benefits of exercise. (The cost is \$5.00 per session)

**TAKE ADVANTAGE OF THIS HEALTHY BENEFIT OFFERED RIGHT HERE AT HOLY FAMILY!** Questions? Call Sharon 952.929.0113 Ext. 13

## Natural Family Planning

NFP is based on comprehensive scientific research, which helps couples easily and effectively identify the physical signs of fertility and infertility.

There are no drugs, devices, or chemicals used to alter the reproductive system and cause unwanted or dangerous side effects - Natural Family Planning is healthy and marriage building!

If you are looking to enhance your married life, or even just curious about modern NFP, we invite you to attend an introductory sessions taught by a certified instructor near you!

There will be a class taught here at Holy Family on Thursday, August 6 & 20 at 7PM in the Gathering Place. For information/registration, call a Billings Method instructor @ **612.396.4019**

## PROTECTIVE MEDICAL DECISION DOCUMENTS

With Health Care Reform in the forefront these days, it is important that we all have Health Care Directives in the event we need them. It is not prudent to use the Minnesota Living Will which is available through most doctors and at all hospitals. The Minnesota Living Will is too restrictive and opens the door to Euthanasia.

Please see Sharon Pero for "A Catholic Guide to End-of-Life Decisions" that is in accord with Catholic moral teaching on end-of-life issues. They are the form used by Deacon Stephen Najarian and put out by the National Catholic Bioethics Center. The forms are free of charge.



## Pro-Life Corner

*Is Contraception (Birth Control) Immoral?*

Yes. The main reason why the Church states that contraception is wrong is that using any form of contraception separates the unifying power (bonding) from the life-giving power of sexual union. Sexual union is meant to reflect a complete and total gift of self between spouses. When the two goods of marriage (love and life) are separated, the couple begins to erode the common, unique bond between them. It becomes very possible for each person to view the other as an object to be used. The qualities of tenderness, interdependence, and selflessness upon which a faithful, happy marriage are built begin to wear away.