

MAY 2, 2010
FIFTH SUNDAY OF EASTER

Eucharist: Source and Summit of Christian Life

by Fr. Mark Pavlik

We continue our seven-part series on the sacraments this week by looking at the sacrament of the Eucharist. This article is so vast that it could easily take up thousands of pages. Since I do not have that much space in the bulletin, I would rather just focus on one aspect. The Vatican II document *Lumen Gentium* notes that in “taking part in the Eucharistic sacrifice, the source and summit of the Christian life, they (the faithful) offer the divine victim to God and themselves along with it. And so it is that, both in the offering and in Holy Communion, each in his own way...has his own part to play in the liturgical action.” (LG 11)

So what do we mean by “source and summit”? To say the Eucharist is the source and summit of Christian spirituality means our participation in the Eucharist, both in receiving and in prayer before, strengthens us with grace to lead a strong Christian life which in turn brings us into communion with the Lord, which is the goal of our faith.

As the source of Christian spirituality, the Eucharist reveals that our salvation begins with God, not ourselves. So we must live our lives to reflect that by praying for guidance and maintaining a life in sync with Christ. In the Gospel, Jesus tells His followers: “I am the vine, you are the branches. He who abides in me, and I in him, he it is that bears much fruit, for apart from me, you can do nothing.” (Jn 15:5) Therefore in participating in the Eucharist, we are turning to God to be nourished in our Christian journey.

At the same time, as the summit of Christian spirituality, the Eucharist is our supreme and freely given offering of ourselves back to God through Jesus Christ, our high priest, by the power of the Holy Spirit. If we think about it, this is precisely our experience when we share in the Eucharist. In every Mass the Liturgy of the Word introduces us to our participation in the mystery of the Cross and Resurrection of Christ and hence, introduces us to the Eucharistic Meal, to union with Christ.

Our communion is also a celebration of our communion with one

continued on page 2

St. LAF

Catholic Church

Downtown Minneapolis

*Serving as a living sign of
Christ's saving presence
in the heart of the city*





Catholic Church

*Serving as a living sign of
Christ's saving presence
in the heart of the city*

Weekly bulletin vol. 5, issue 49

215 South 8th Street
Minneapolis, MN 55402-2803
Phone: 612-332-7471
Fax: 612-332-3412
www.SaintOlaf.org

OFFICE HOURS

9:00 am to 4:00 pm Monday - Friday

Pastoral Staff

Pastor

Fr. Mark Pavlik, 612-767-6201

Associate Pastor

Fr. A. Michael Sauber
612-332-7471, ext. 275

Deacon

Rev. Mr. Thom Winninger
612-332-7471, ext. 238

Parish/Business Administrator

Peter M. Barrett, 612-767-6205

*Director of Worship & Music,
Organist/Pianist*

Dr. Lynn Trapp, 612-767-6213

Assistant in Worship/Music

Director, Worship & Sacred Music Series
Anne Susag, 612-767-6214

Director of Social Outreach

Joan Miltenberger, 612-767-6211

Director of Pastoral Care

Mary Brady, 612-767-6202

Director of Faith & Work Program

Carol Bishop, 612-332-7471, ext. 255

Spiritual Counselor,

Centering Prayer Group

Sr. Joan Tuberty, 612-767-6212

Eucharist: Source and Summit of Christian Life *continued*

another. In sharing in the Eucharist, we are not only united with Christ, but with one another. In this way, we are more closely united as the Body of Christ. This weekend we will expand our celebration of community as we welcome our First Communion class to join us in sharing the Eucharist for the first time. Please keep them in your prayers as they come to the table of the Lord, that their love for Jesus in the Eucharist may be a source of strength their entire lives.

Congratulations to our children receiving their First Communion on Sunday, May 2, at the 10:00 am Mass. They are: Pedro Cazales, Koffi Gbekll, Sarah Miller, Uzo Ngwu, Destino Spinks, Gabriel Spinks, Daniel Spinks, and Julisa Torres. The students have attended classes in the Good Shepherd Sacramental Program since September, instructed by our parishioner and catechist, Marjie Blevins. We give our thanks and gratitude to Marjie for her quality teaching and care of our children. We are delighted to celebrate with and support our children and their families. Congratulations!

St. Olaf to Host Health Screenings **Wednesday, May 5 ~ 8:00 am-4:30 pm ~ Gathering Room**

Each year, about 700,000 Americans suffer a new or recurrent stroke. Life Line Screening, a leading provider of community-based preventive health screenings, will be offering five affordable, non-invasive, painless health screenings here at St. Olaf which include:

- Stroke/Carotid Artery
- Heart Rhythm (Atrial Fibrillation)
- Abdominal Aortic Aneurysm
- Peripheral Arterial Disease
- Osteoporosis Screening

The package including the first four tests is \$149. Osteoporosis screening may be added for \$10 more. Pre-registration is required. Call 1-800-324-1851 and don't forget to mention the special \$10 St. Olaf discount. All five screenings take 60-90 minutes to complete. **Please refer to the pink flyers in the church complex for more information.**



St. Olaf Worship and Sacred Music Series presents

MAY DAY PIANO

Andrew Staupe, pianist
Lynn Trapp, organist
Saturday, May 1, 7:30 pm

St. Olaf member and virtuoso pianist, Andrew Staupe, performs works by Frederic Chopin and Robert Schumann in honor of the 200th anniversary of their births. The program also includes the music of Domenico Scarlatti, Christopher Goddard, and Samuel Barber as well as Felix Mendelssohn's *Piano Concerto No. 1 in G minor* scored for organ and piano, with Lynn Trapp at the organ.

Frequent prizewinner and concerto soloist, Mr. Staupe performed Mendelssohn's Concerto with the Minnesota Orchestra in Minneapolis in July, 2009. Staupe has recently performed at the Kennedy Center in Washington, D.C. and six recitals in Europe. He is currently a doctoral student in piano performance at Rice University in Houston, Texas. Freewill offering taken. Reception follows.



Downtown Coalition for Grief Support

Excellent speakers, trained facilitators and a group of others who have experienced loss make these sessions a place of healing. It's possible to walk the path of grief alone, however the companionship of others who are also wounded by loss is tremendously consoling and powerfully healing.

**Meetings every Saturday
from 9:45 - 11:30 am**

From May 1 through August 28, meetings will be held at St. Mark's Episcopal Cathedral
519 Oak Grove Street, Minneapolis
A small weekly donation is gratefully accepted.

Simply Stewardship...

In today's Gospel, Jesus gives His disciples — and us — a new commandment: "Love one another." Good stewards who spend their time and talents in service to others are well on their way to fulfilling this commandment.

Building Strong, Healthy and Sustainable Communities

Last summer five people from St. Olaf traveled to Kenya. The purpose of the trip was to strengthen our partnership by sharing gifts with each other, visiting the churches built with the financial support from the annual appeal and to set up medical clinics in some of the smaller villages. Working in the medical clinics was an experience I will never forget. The people of the villages heard about the clinics through word of mouth. Many walked long distances and sat patiently for hours just for a chance to see the physician. They were so appreciative of the opportunity to receive medical care. Because we were working in remote areas where there was no electricity, when darkness came, we had to turn people away. This was very difficult for all of us in the group. Although the clinics were helpful to the people, it was only a temporary solution to a larger need. Once we left, there would be no follow up for those with chronic conditions. It is the vision of the people in the remote areas to have a health clinic where they will be able to come for medical care. Through the help of our donations in the annual appeal, we are working toward building and sustaining a medical clinic. Money donated toward scholarships for student education will hopefully train future medical personnel to staff the health clinic so the people in the villages won't have to wait so long to get basic medical care. Help us celebrate our St. Olaf African Partnership on the weekend of May 15-16 in the Gathering Room after all Masses. Learn more about our trip to Kenya and our partnership.

— Lynn Radecki, African Partnership Committee Member

EUCCHARISTIC ADORATION ON FRIDAYS

INTENTION FOR FRIDAY, MAY 7

That by opening our hearts to love, we may put an end to the numerous wars and conflicts that continue to bloody our world.

Preparing for Next Sunday's Liturgy

MAY 9
6th Sunday of Easter

FIRST READING:
Acts 15:1-2, 22-29

RESPONSORIAL PSALM:
Psalm 67:2-3, 5, 6, 8

SECOND READING:
Revelation 21:10-14, 22-23

GOSPEL:
John 14:23-29

DISCUSSION QUESTIONS

The word peace, when uttered in a setting of tragedy and difficulty and suffering, carries with it the idea of relief, the idea that conflict, turmoil, and discomfort have come to an end. We've come to associate peace with the atmosphere of a cemetery. It was because of this association that Jesus added a note of clarification when speaking of peace in the Gospel. He didn't want a "cemetery" peace to be confused with the peace he was offering. Since he knew that his disciples would experience anything but tranquility in the life ahead of them, he knew it was important to provide an inner peace, a peace that could be maintained despite the chaos and storms raging around them.

1. Describe ways in which peace and quiet can be a curse and not a blessing.
2. What might be some ways of achieving the peace of Christ?
3. In history's darker times, the Church was employed to maintain the peace. When does maintaining the peace strike a negative chord instead of a positive one?

We Believe! We Believe!

ST. OLAF AFRICAN PARTNERSHIP
2010 APPEAL WEEKEND
MAY 15-16

...in One God, Father, Son, and Holy Spirit

Our Appeal continues...

reflecting the spiritual, educational, and health care goals along with ongoing response for emergency relief due to a severe drought.

Building & Water Projects:

Churches, Schools, and Health Care Clinics

Projects include ongoing construction of dining hall for Kiamwangi Catholic School, water, electricity, ongoing construction and maintenance of exterior and interior structures: Busia, Bulanda, Mwari, Kakurikit, Ojamii, and Rabondo.

Student Scholarships:

Student fees/tuition: Busia, Kakurikit, DeLaSalle Christian Brothers, Rabondo.

Our 2010-2011 Appeal goal \$30,000.

A special second collection will be taken on appeal weekend of May 15-16. 100% of all gifts support the 2010-2011 projects.

We Believe! We Believe!
ST. OLAF AFRICAN
PARTNERSHIP APPEAL

GIFTS MAY BE
GIVEN ANYTIME
USING THIS FORM.
Thank you!

Attached is my gift of \$ _____ to be used for:

Building Projects Water & Electricity Student Scholarships

Name _____

Address _____

City/State/Zip _____

Make checks payable to: "St. Olaf Catholic Church" and add "African Partnership" in the check's memo space. Attach this form to your check and return in the collection basket or bring to the parish office. You may also mail your gift to: St. Olaf Catholic Church, 215 South 8th Street, Minneapolis, MN 55402. *Thank you!*



Fifth Sunday of Easter — May 2, 2010

Order of the Mass

Hymnal #153

Our celebration of the Mass lasts about one hour. Why depart early?
"So you could not keep watch with me for one hour?"

Jesus, in the Garden of Gethsemane, before he gave his life for our salvation

PRELUDE

Gymnopedie No. 1 by E. Satie

Sun. 10am, 12noon: *Victimae Paschali Laudes* by T. Hytrek

Sun. 4pm: *One Communion of Love* by J. Marchionda

OPENING

This is the Feast of Victory #429

Sun. 4pm: *Come, Let Us Sing with Joy to the Lord* by P. Tate

GLORIA

from *Missa Pacem* by L. R. Babin

Liturgy of the Word

We open our minds and hearts to the Word of God.

SCRIPTURE READING

Acts of the Apostles 14:21-27

*Paul and Barnabas preached the faith
and many disciples followed.*

RESPONSORIAL PSALM

Psalm 145 by L. Trapp; Sun. 4pm by L. Roberts

SCRIPTURE READING

Revelation 21:1-5a

John saw a vision of the new Jerusalem.

GOSPEL ACCLAMATION

tune: *Lasst uns erfreuen*, arr. M. Burkhardt; Sun. 4pm: by D. Haas

GOSPEL

John 13:31-33a, 34-35

*Jesus said, "I give you a new commandment:
love one another as I have loved you."*

HOMILY

PRAYERS OF THE FAITHFUL

Liturgy of the Eucharist

Our communion with the Lord and one another.

PREPARATION OF THE GIFTS

Where Charity and Love Prevail tune: Shanti

Sun. 10am Choir: *Love One Another* by J. Bell

Sun. 4pm Ensemble: *There is a Redeemer* by M. & K. Green

EUCCHARISTIC PRAYER ACCLAMATIONS

from *Mass of Angels and Saints* by S. Janco

Sunday 4pm: *Missa Pacem* by L. R. Babin

*The community prayer of praise, petition and thanksgiving is offered.
Christ, the Saving Victim is present in the consecrated Body and Blood.*

THE LORD'S PRAYER

Sun. 4pm: musical setting by S. Warner

LAMB OF GOD

from *Mass in Honor of St. Andrew* by J. Tuuk;

Sun. 4pm: from *Mass of Rejoicing* by J. Angotti

COMMUNION SONG

God is Love by R. Proulx

Sun. 4pm: *Christ is Alive* text: B. Wren; tune: L. True)

MEDITATION

Sun. 10am Choir: *Blessing* by D. Conte

Sun. 4pm: *Love One Another* by B. Fisher

SENDING FORTH

Now Let Us From the Table Rise

tune: Duke St.; text: F. Kaan

Sun. 4pm: *Sing a New Song* by D. Schutte **#537**

You are invited to stay to enjoy the music postlude.

POSTLUDE

Trumpet Tune by A. Carter

Sun. 10am, 12noon: *Fanfare* by R. Arnatt

Sun. 4pm: *Celebrate Jesus* by G. Oliver

COPYRIGHT ACKNOWLEDGEMENTS

GIA Publications/Onelicense.net, Chicago, IL. All rights reserved. Used with permission.

Come Let Us Sing With Joy to the Lord by P. Tate ©2001; *Missa Pacem* by L. R. Babin ©2004; *Psalm 145* by L. Trapp ©1989, Morning Star Music Publishers; *God Is Love* by R. Proulx ©1999; *Christ is Alive* text by B. Wren ©1975, 1995 (Hope Publishing), tune by L. True ©2003; *Now Let Us From This Table Rise* text by F. Kaan ©1968 (Hope Publishing); *Love One Another* by B. Fisher ©1999; Gospel Acclamation by D. Haas ©1986, 1997; *Mass of Angels and Saints* by S. Janco ©1996; *Lamb of God* by J. Tuuk ©1980.

World Library Publications, Franklin Park, IL. All rights reserved. Used with permission.

The Lord's Prayer by S. Warner ©1980, 1993; *One Communion of Love* by J. Marchionda ©1995; *Psalm 145* by L. Roberts ©2003; *Lamb of God* by J. Angotti ©2000.



Catholic Church

215 South 8th Street
Minneapolis, MN 55402-2803



Food and Cash for the Poor Weekend

— May 1 & 2 —

**Baskets will be in the vestibule
for your contributions.**

Thank you again for your sharing and praying for those who struggle with meeting their basic needs. If you have any questions or thoughts you would like to share about the food pantry or Social Outreach, please contact Joan Miltenberger at 612-767-6211.

MASS SCHEDULE

Music is part of all weekend Masses

Saturday Vigil: 4:00 pm

Sunday: 8:00 am, 10:00 am, 12:00 noon, 4:00 pm

Monday - Friday: 7:00 am, 12:00 noon, 5:15 pm

Saturday: 8:00 am, 12:00 noon

Sacrament of Penance / Confessions

Monday through Saturday: Following morning Mass

Tuesday, Thursday, Saturday: Following 12:00 noon Mass

Benediction / Adoration of the Blessed Sacrament

Fridays at 12:30 pm, chapel

(following 12:00 noon Mass in the church)

Adoration and Exposition of the Blessed Sacrament until 5 pm
5:15 pm Mass, chapel

Broadcasts

Sunday 10:00 am Mass is broadcast Sundays at 8:00 pm
on Relevant Radio, WLOL, 1330 AM.

Sunday Mass is broadcast Sundays at 8:00 pm and
Mondays at 10:00 am on MCN Cable TV Channel 6.