

JULY 18, 2010  
16TH SUNDAY IN ORDINARY TIME

## *Finding Balance*

by Fr. Mark Pavlik

This Sunday's Gospel features those favorite of all biblical sisters, Martha and Mary. I think what makes them so endearing is their humanness. They treat each other in ways that only siblings can. "Lord, do you not care that my sister has left me by myself to do the serving? Tell her to help me." My, that sounds like my sister — and dare I say, like myself, at certain times in my life. Martha was a do-er and it appears that she did things well. What then is the problem?

I think most of us, if we are really honest, can side with Martha. We like to do things. Is there anything so satisfying as a "to do list" that is all checked off? Our society seems to glorify those people who can "get things done." How many times a week do we ask people, "what are you doing?" or "what did you do today?" So we can sympathize with poor Martha. We are perhaps more like her than we would like to admit.

In response to Martha's complaint, Jesus points out and compliments Mary, who sat at His feet listening to His teaching. Mary is said to have chosen for herself contemplation, which Jesus refers to as the "better part." Instead of "doing," Mary is simply "being" with the Lord.

But, to be clear, doing things is not bad. If all of us were contemplating all the time, the world would be a wreck. Even those who live contemplative lives take time for household chores. The summer I entered seminary, a friend of mine entered a cloistered religious order. She felt called to the stillness and life of contemplation. After three weeks, she returned home, having discovered that there was more to living in community than simply praying all day long. There were chores to do and time with the community. She was disappointed to learn that her life as a nun was not going to be sitting in chapel in communion with the Lord all day. A healthy spiritual life needs both — the important part is to find balance between the two.

These quiet days of summer might be just the time to consider how we are doing in our spiritual life. Are we more like Mary or more like Martha? What part of the day do we set aside to just "be" with the Lord, setting aside all those important tasks to grow closer to Jesus? No advancement in the spiritual life is without its struggle — but no genuine attempt at prayer is left unfruitful.

St. OLAF

Catholic Church

Downtown Minneapolis

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





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Weekly bulletin vol. 6, issue 8

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

## Volunteer with a New Refugee Family

This spring St. Olaf was invited to assist a new refugee family to resettle in Minneapolis through the World Relief MN resettlement program. The St. Olaf Commission on Social Justice learned about this program, the families served and how parishioners can help them to understand the local community and connect to education and employment opportunities.

We invite you to learn more at an information meeting on Sunday, July 18 following the 10:00 am Mass in Cowley Hall. A short video will be shown with time for your questions and comments as well as volunteer opportunities to welcome and assist the family. For more information to learn about this opportunity for hospitality and cross cultural learning through Refugee Life Ministry, contact Katie Day at 612-746-5634; [KDay@wr.org](mailto:KDay@wr.org) or Joan Miltenberger at 612-767-6211. You may also visit [www.WorldReliefmn.org](http://www.WorldReliefmn.org).



## JOIN OUR TEAM!

The needs of the St. Olaf Pastoral Care Team continue to grow for visiting and distributing Eucharist to the homebound, health-care and hospital residents. We need you! Our parish community wants and must continue to be prepared to meet and serve these growing pastoral needs.

We will be recruiting and interviewing people throughout July, August, and September. A training program is provided which includes understanding our baptismal call, listening skills, confidentiality, mutuality, praying with others, and loss and grief.

If you are interested in this beautiful ministry and would like more information, please call Mary Brady at 612-767-6202 or [mbrady@saintolaf.org](mailto:mbrady@saintolaf.org).

## A New Opportunity for the Parish and You

St. Patrick's Guild is now officially closed at St. Olaf. As I wrote in an earlier article, we are assessing how we can best maximize this opportunity for the parish. Fr. Pavlik, along with both the Parish Advisory Board and the Finance Council of the parish, believe that the opportunity to operate our own store is one we should pursue now. There will be a number of challenges to meet along the way. One of them will be the staffing of our store. We are considering the possibility that we can utilize volunteers to support this new ministry. We may also consider using part paid and part volunteer staff as well. Today, I am asking that anyone interested in being a part of this new ministry get in touch with me. I expect we will operate the store on at least a 5-day basis, including Sundays, so there will be many times open for your possible involvement. If you would seriously consider volunteering your time for this ministry, please let me know. You can reach me at the parish office 612-332-7471 or email [pbarrett@saintolaf.org](mailto:pbarrett@saintolaf.org).

— Peter M. Barrett, Parish/Business Administrator



## Weekly Bulletin

Will you opt out of the weekly mailing? All of the information contained in the weekly bulletin is also available on our website.

If you have seen this information before and are able to "receive" our weekly bulletin through our website, please consider opting out of the weekly mailing thus helping us save paper and postage expenses. Write to [pmoses@SaintOlaf.org](mailto:pmoses@SaintOlaf.org) with "Opt Out" in the subject line. You can also sign up to receive the St. Olaf bulletin in PDF form sent directly to your own computer. Send your request to receive these weekly emails to: [pmoses@SaintOlaf.org](mailto:pmoses@SaintOlaf.org) with your name and email address.

## Simply Stewardship...

Today's readings speak of hospitality. Abraham, who cheerfully did for his guests all that desert hospitality required, was rewarded with his heart's desire — a son. Martha also busied herself with all the details of hospitality, but grudgingly and with complaint. Am I a cheerful or a grudging giver?

**Relevant Radio® 1330AM: Talk Radio for Catholic Life in the Archdiocese of St. Paul and Minneapolis!** Take your faith beyond Sunday and into the rest of the week with Relevant Radio! True to our mission of *Bridging the Gap Between Faith and Everyday Life*, Relevant Radio is committed to bringing you programming that will feed your soul. This isn't radio that is a part of the culture...this is radio that is *changing* the culture. Tune in to Relevant Radio 1330AM. Listen online at [www.relevantradio1330.com](http://www.relevantradio1330.com).



**Fr. Mark and our Venite Choir Ministers at the Vigil Mass of Pentecost**

## EUCCHARISTIC ADORATION ON FRIDAYS INTENTION FOR FRIDAY, JULY 23

*For all the baptized, may they grow in faith and be bold and courageous witnesses of Christ.*

# God's Vision for Humanity

St. Olaf is pleased to host another in a continuing series of very timely and deeply meaningful discussions that touch all of our lives!

Rev. Dr. Arthur Agnew, pastor of Bethesda Missionary Baptist Church, returns as facilitator to St. Olaf, leading us in reflection and discussion that centers on **God's vision for humanity**. This is an opportunity for us to join in community, sharing ideas and experiences as we journey together in faith toward racial justice for all.

Join us Thursday,  
July 22

Light supper begins at 6:30 pm in Gathering Room; discussion follows from 7:00 - 8:30 pm

**All are welcome!**

Mark your calendars ahead for this continuing series of Discussion Forums: each second Thursday of the month, sponsored by Bethesda Baptist at Augustana Health Care Center (1007 E. 14th Street, Minneapolis) and each fourth Thursday of the month, sponsored by St. Olaf.

For further information, please contact Bill Keatts, 612-209-6120 or keatts@austin.rr.com.



## *You Are Invited to the* **TUESDAY CLUB**

**at the League of Catholic Women**

Each second and fourth Tuesday of the month the League of Catholic Women invites seniors living in and near downtown Minneapolis to a social, bingo and lunch at 207 South Ninth Street, one block from St. Olaf's. Since 1974 the League members have offered this outreach and hospitality for seniors.

The program includes:

10:00 am social; 10:30-11:30 am bingo;

11:30 am-12:30 pm lunch — and it's free of charge.

The League also reimburses Metro Mobility Ride expenses! For more information contact Mary Murray at 952-920-3028.

## **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**

Meetings are now held at  
St. Mark's Episcopal Cathedral  
519 Oak Grove Street  
Minneapolis

*A small weekly donation is gratefully accepted.*

## Jesus Speaks... Are You Getting the Message?

Each day you have an opportunity to read the scriptures as a source for direction in your life and your work. Scripture study is not just about the meaning of scripture, but more importantly the messages of what Jesus is speaking to you. Learn the process of reading the Bible so that it speaks to you. Jesus speaks to your specific life challenges. Wednesdays for 25 minutes following 12:00 noon Mass:

July 21: Applying the process to the Sunday scripture readings. Luke 11:1-13

July 28: Making it a life style. Luke 12:13-21

Not only the process but the sources will be referenced during this series.

— Deacon Thom Winninger & Sr. Joan Tuberty

### All Masses

**Saturday, July 24**

**Sunday, July 25**

Celebrate the patronal feast of our parish — Solemnity of St. Olaf, King and Martyr.

St. Olaf Parish Choir on Sunday, 10:00 am Mass; Contemporary Music Ensemble on Sunday, 4:00 pm Mass.

Music by the Scandinavian Music Ensemble in the Gathering Room following the Sunday 10:00 am Mass.



**St. Olaf Feast Fest Weekend**  
offers unique opportunities for us  
to celebrate the Feast of St. Olaf  
July 24 & 25

### **Food/Bingo Fest**

**Saturday, July 24**

**5:30 - 9:30 pm**

**Fleming Hall**

The evening is highlighted by a spaghetti and meatball dinner followed by bingo and a silent auction. \$8 per person for adults. Tickets will be sold after all weekend Masses on July 17-18.

### **Family Fest**

**Sunday, July 25**

**Gathering Room**

Join us for family fun and fellowship immediately following all Sunday Masses for live music, root beer floats and lemonade. There is no charge for this event.

## St. Olaf Feast Fest Registration

**Food/Bingo Fest (Fleming Hall) ~ Saturday, July 24, 5:30 - 9:30 pm**

Number of people attending:  
\_\_\_\_\_ x \$8 per person

Total Amount Enclosed: \$ \_\_\_\_\_

Tickets are limited — reserve your spot today!  
Drop this form and your payment in the  
collection basket, or mail to the parish office:  
215 South 8th Street, Minneapolis MN 55402

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

## Preparing for Next Sunday's Liturgy

**JULY 25**  
**17th Sunday**  
**in Ordinary Time**

**FIRST READING:**  
*Genesis 18:20–32*

**RESPONSORIAL PSALM:**  
*Psalms 138:1–2, 2–3, 6–7, 7–8*

**SECOND READING:**  
*Colossians 2:12–14*

**GOSPEL:**  
*Luke 11:1–13*

### DISCUSSION QUESTIONS

In today's Gospel, we find the oft-quoted statement of Jesus, "Ask and you will receive; seek and you will find; knock and the door will be opened to you." He's informing us that not only should we not be afraid to ask questions and seek answers, but if we do so in a positive spirit they may well yield rich rewards.

1. *What types of questions bring rewards?*
2. *What things do you ask for as you pray the Lord's Prayer?*
3. *Do you know someone whose persistence has yielded rewards? How might they be a model for you?*



Parents, teachers, grandparents, you are invited to become a Catechist in our Good Shepherd Sacramental Program, to help prepare children, 8 years and older, to receive First Eucharist and First Reconciliation. St. Olaf is offering an extensive training program in the Catechesis of the Good Shepherd for all interested catechists. The Catechesis of the Good Shepherd is Montessori based, with presentations, and the use of learning materials focused on Liturgy, the Word, and Sacrament. Presentation topics include parables, prophesies, geography of Israel, and seasons and feasts of the liturgical church year. The training will be led by Marjie Blevins, our Master Catechist in this program for the past four years. Don't miss this wonderful opportunity to receive this training and teach our children how to come to God on their own. For more information, please call Mary Brady at 612-767-6202 or [mbrady@saintolaf.org](mailto:mbrady@saintolaf.org).



Our Worship and Sacred Music Series brings accomplished artists to our parish community. St. Olaf Contemporary ensemble musicians gather with Cyprian Consiglio — monk, guitarist, vocalist and composer from California who joined us on Pentecost weekend as retreat leader and musician in the liturgy.



Sixteenth Sunday in Ordinary Time — July 18, 2010

# Order of the Mass

**Hymnal #153 (12noon African Mass, see separate handout)**

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

Sat. 4pm, Sun. 8am:

*Andante Cantabile* (from *Symphony No. 4*)

by Charles-Marie Widor

Sun. 10am: *Adagio in a minor* by J. S. Bach

Sun. 4pm: *Jesus in the Morning* #667

## OPENING

*Come, Host of Heaven’s High Dwelling Place* #751

Sun. 4pm: *I Want to Walk as a Child of the Light* #507

## GLORIA

by C. T. Andrews #176

Sun. 4pm: from *Mass of Creation* by M. Haugen #157

## Liturgy of the Word

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

## SCRIPTURE READING

Genesis 18: 1-10a

A guest announced to Abraham that the following year Sarah would bear a son.

## RESPONSORIAL PSALM

*Psalm 15* by J. Gelineau; Sun. 4pm: by J. Marchionda

## SCRIPTURE READING

Colossians 1:24-28

By preaching the fullness of God’s revelation through the Lord, Paul hoped every person might become complete in Christ.

## GOSPEL ACCLAMATION

by J. Chepponis; Sun. 4pm: by N. Gouin/J. Kerr

## GOSPEL

Luke 10:38-42

Jesus told Martha that Mary had made the better choice of hospitality.

## HOMILY

## PRAYERS OF THE FAITHFUL

## Liturgy of the Eucharist

*Our communion with the Lord and one another.*

## PREPARATION OF THE GIFTS

*Center of My Life* #598

Sun. 4pm: *Seek Ye First the Kingdom of God* #615

## EUCCHARISTIC PRAYER ACCLAMATIONS

*Land of Rest* arr. R. Proulx #300-302

Sunday 4pm: *St. Louis Jesuits Mass* by B. Dufford/D. Schutte #297-299

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

## LAMB OF GOD

by L. Trapp

Sun. 4pm by F. Goebel-Komala

## COMMUNION SONG

*Ubi Caritas* by J. Berthier #408

Sun. 4pm: *I Am the Bread of Life* #828

## MEDITATION

Sun. 4pm: *The Servant Song* #669

## SENDING FORTH

*Lord, Grant Us Grace to Know the Time*

text: S. Stuempfle; tune: St. Anne

Sun. 4pm: *Sing Praise to God* by M. Haugen

You are invited to stay to enjoy the music postlude.

## POSTLUDE

Sat. 4pm, Sun. 8am: *Psalm 29* by B. Marcello

Sun. 10am: *Trumpet Tune in D* by D. Johnson

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Catholic Church

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## Pastoral Care Team Visits

Because of the Right to Privacy Laws, St. Olaf is not notified of parishioners who are hospitalized, homebound, or have entered a health care facility. We must hear from you, a family member, or a friend if you would like to be visited by someone on the Pastoral Care Team. Please call the St. Olaf parish office at 612-332-7471 and our receptionist will take the necessary information and pass it along to the Pastor and the Pastoral Care Team.

### Sunday, July 18 ~ 12:00 noon **AFRICAN MASS**

Celebrate the Eucharist with global languages and African traditions of music and dance led by our African International Choir.

The African Mass is celebrated the third Sunday of each month at 12:00 noon. Prelude music begins at 11:45 am.

## 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.