

Healthy Choices by Fr. Mark Pavlik

As we enter into the flu season, it is a good time for all of us to think about how we can keep ourselves from becoming sick in the coming months. We each have a responsibility to do what we can to keep our entire community healthy. Here are some tips that we received from the archdiocese that we should all keep in mind when coming to church. Keeping yourself healthy will benefit you and the others who gather in prayer.

HELP PREVENT THE SPREAD OF H1N1 INFLUENZA

Influenza viruses are spread through contact with an infected person's bodily fluids. This contact occurs through inhalation or by touching a surface contaminated with the virus. The following six practices will help prevent the spread of illness at Mass. While these practices are strictly voluntary, in the interest of Christian charity, all persons are strongly urged to follow them.

1. If you suspect you are sick, stay at home and **do not** attend Mass until you feel healthy. Missing Mass due to illness is not sinful; it is prudent and shows a respect for your brothers and sisters. Stay at home, watch Mass on television or listen on the radio, pray devotional prayers such as the rosary or the Chaplet of Divine Mercy, make a spiritual Communion, etc.
2. During Mass, at the Sign of Peace, you **may choose** to simply say "Peace be with you," without offering your hand.
3. During Communion, you **may elect** to receive the Blessed Sacrament in the consecrated host and not receive the Precious Blood from the chalice.
4. Ministers of Holy Communion should wash their hands with soap and water or sanitize their hands with an alcohol based sanitizer prior to distributing Communion. The use of hand sanitizers, even during Mass, is acceptable for all ministers of Holy Communion, including priests and deacons.
5. Reception of the Blessed Sacrament in the hand is the best way to reduce the possibility of flu virus transmission.
6. Practice good hygiene: sneeze or cough into a tissue or upper sleeve, not your hands; wash hands frequently with soap and water and scrub for at least 30 seconds; avoid the transmittal of mucus or other bodily fluids; refrain from shaking hands; refrain from sharing a common cup; and above all, if you feel sick, **do not** come to places where you might infect others.

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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215 South 8th Street
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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

St. Olaf Worship and Sacred Music Series presents

CANTUS: ELEMENTAL

Friday, October 23, 7:30 pm

Cantus, a Twin Cities based full time professional male vocal chamber ensemble, brings its eclectic and acclaimed singing back to St. Olaf! Come experience the energy of the elements as Cantus explores how we connect to the Earth. The concert features works by Francis Poulenc, Eric Whitacre, Tom Lehrer and Franz Schubert, among others. This is the Twin Cities' only opportunity to hear Cantus' acclaimed touring program. Tickets: adults: \$25.00, students/children: \$12.50. For advance purchase, call 612-435-0055 or visit www.cantusonline.org. Tickets will also be available at the door.

Solemnity of All Saints Weekend at St. Olaf

On Sunday, November 1, the St. Olaf Parish Choir and soloists will present a one-half hour prelude of special music at 9:30 am before the 10:00 am Mass in the church. We welcome back a former choir member, solo artist, and Minnesota Opera intern, Matthew Boehler from New York City whose bass voice will resound with the beauty of our worship.

Special music will include *Te Deum* by Ralph Vaughan Williams, *Pie Jesu* and *Agnus Dei* from *Requiem* by John Rutter, and *Hallelujah Chorus* from *Messiah* by G. F. Handel. This is also the Mass during which the names of the deceased of our St. Olaf community in the past year are read and prayed. With special invitation we welcome the families of those members to our Mass that day, with hospitality following in the Gathering Room.

ART EXHIBIT

An art exhibit will deck the walls of the Gathering Room to enhance the celebration of All Saints weekend. Patty Paulus, local St. Paul artist, presents her work with pastoral scenes, contemporary and abstract designs. Meet the artist on Friday, October 30, 6:30 pm in the Gathering Room for an informal tour of her artwork.

Thank you to the many dedicated ministers of our liturgical art and environment team and worship committee at St. Olaf for planning and executing this visual feast!

Exhibit hours (free and open to all):

Friday, October 30, 5:45 - 7:30 pm

6:30 pm artist leads tour of the artwork

Saturday, October 31, 3:00 - 5:30 pm

Sunday, November 1, 8:45 am - 1:30 pm; 3:00 - 5:30 pm



Pastoral Care Update

Thank you to our eight new pastoral care ministers who have participated in a four-week training session in preparation for ministering to the homebound. I am very happy to be ministering with

you in pastoral care. Individuals who signed up after the trainings were in session will be contacted to go through a second series of trainings to be scheduled soon. Our pastoral team of ministers meets every second Tuesday from October through June from 6:00 - 7:30 pm in the Education Room. We currently serve parishioners throughout the metropolitan area in private residences, apartments, assisted living, and health care facilities such as Augustana, Ebenezer, Walker, Benedictine Center, Elder Care Providence Place, Chateau-Golden-Living, St Theresa's of Crystal/New Hope, and the Good Samaritan University Specialty Center.

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 so we know you would like to be visited by someone on the Pastoral Care Team. Please call the 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.

St. Olaf wants and must continue to be prepared to meet and serve the growing pastoral needs of our parish community. Please pray for all those in our parish who are sick or being hospitalized. If you are interested in pastoral ministry, please call Mary Brady at 612-332-7471 ext. 254.

— Mary Brady, Director of Pastoral Care

Simply Stewardship...

Good stewards must not argue about who is the most important. Today's Gospel says clearly that those who aspire to greatness must humbly serve the needs of all. Even Jesus came not to be served, but to serve.

PRAYER for HEALING

Procession of healing with the laying on of hands will take place during Mass after the homily.

Saturday, October 24, 4:00 pm Mass

Sunday, October 25, 10:00 am Mass

Immediately following Mass, the Sacrament of the Anointing of the Sick with Holy Oil will take place in the chapel.



“Cooking with Julia” at St. Olaf

You are all invited to attend an event sponsored by the League of Catholic Women which will be held at St. Olaf in Fleming Hall on Wednesday, November 11.

Tom Larson is well-known as a fine musician, but he also does a wonderful impersonation of Julia Child. Tom will be bringing Julia to us as Julia demonstrates the art of French cooking. The program includes brunch, “Cooking with Julia,” and 12:00 noon Mass.

Cost is \$18.50. Registration begins at 10:00 am, followed by brunch at 10:30, program at 11:15 and Mass at 12:00 noon. RSVP by November 9 to the League office, 612-332-2649.

EUCCHARISTIC ADORATION ON FRIDAYS

INTENTION FOR FRIDAY, OCTOBER 23

May missionaries live their vocation to follow Jesus with joy and enthusiasm.

NURSERY HOURS CHANGE

Due to the small demand and costs involved, we will no longer offer our nursery service during the 4:00 pm Sunday Mass *beginning November 1.*

Tutors Needed Now!

The Catholic Tutor Corps is looking for volunteers to help eighth grade math students two hours a week during the school day from October through April. They are also expanding into other subjects and younger grades at several inner-city Catholic schools.

For more information, contact Dick McGuire at 612-371-0661 or Carolyn Byrne at 952-944-6254. YOU can make a big difference in a young person's life. Call now!



Caritas in Veritate (Charity in Truth)

AN INVITATION FROM THE U.S. BISHOPS

Caritas in Veritate (Charity in Truth), Pope Benedict's third encyclical, is a call to see the relationship between human and environmental ecologies and to link charity and truth in the pursuit of justice, the common good, and authentic human development. In doing so, the pope points out the responsibilities and limitations of government and the private market, challenges traditional ideologies of right and left, and calls all men and women to think and act anew.

We (the U.S. Bishops) are pleased to make these resources available to help ministry leaders and individuals explore and promote the Holy Father's teaching letter. Please find the complete text and information at the following websites:
www.vatican.va/holy_father/benedict_xvi/encyclical/index_en.htm
OR www.usccb.org/jphd/caritasinveritate

The Catholic Charities Office for Social Justice will also have reflection and study materials available in October for Lent 2010 (www.osjspm.org).

You can also contact Joan Miltenberger, St. Olaf Director of Social Outreach, for a paper copy by contacting her at 612-767-6211 or jmiltenberger@saintolaf.org.

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,
October 22

Light supper begins at
6:30 pm in Fleming West;
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 Elliott Field House (1000 E 14th Street, Minneapolis) and each fourth Thursday of the month, sponsored by St. Olaf.

There will be no November or December meetings. Please check the bulletin for updated dates and locations.

Preparing for Next Sunday's Liturgy

OCTOBER 25
30th Sunday
in Ordinary Time

FIRST READING:
Jeremiah 31:7-9

RESPONSORIAL PSALM:
Psalm 126:1-2, 2-3, 4-5, 6

SECOND READING:
Hebrews 5:1-6

GOSPEL:
Mark 10:46-52

DISCUSSION QUESTIONS

It's safe to say that Bartimaeus was handicapped physically, but unlike many of us, he was far from handicapped spiritually. We all fail to see many things. Are we blind because we don't understand or because we refuse to understand? Many of our blind spots developed to cover weaknesses like prejudice, ignorance, hatred. Bartimaeus trusted Jesus, but do we trust Jesus enough to open our eyes in recognition of our own shortcomings? All we need to do is call out for help and God's saving grace, through Jesus Christ, will give us sight.

1. How has your blindness caused you to shut someone and their ideas out of your life? For whom do you have no tolerance because of their views? Is there something you can call out to Jesus that will help clear your vision in this situation?

2. Have you ever had an experience of "gaining your sight" or "seeing the light?" How did it come about? Did someone help you?

3. How does Bartimaeus' faith reflect your own? How is it different? Is there anything you can learn from Bartimaeus? Is there anything you plan to change to clear your vision?

Sin at Work

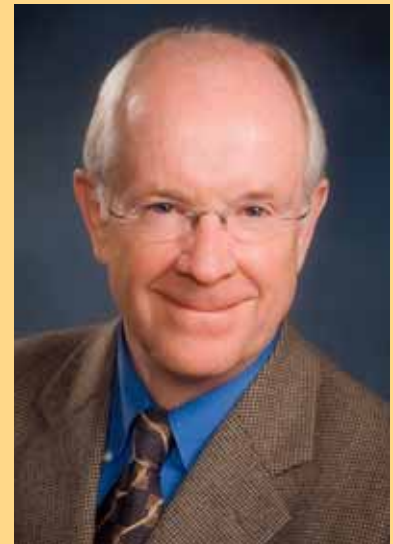
FAITH & WORK SERIES

DAVID WALSH
President, National Institute on
Media and the Family

*"Spiritual Growth in a
Self-Indulgent Culture:
Dealing with Lust and
the Media"*

We live in a self-indulgent world where media of all kinds has become a dominant force, particularly in the market place. Have we lost our moral perspective? How do we create a work culture that remains focused on virtue while surrounded by challenges of vice?

Thursday, October 22 ~ 7:00 - 8:30 am ~ \$20 (includes continental breakfast). To register, call 612-332-7471 ext. 255 or email cbishop@SaintOlaf.org.



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.



Twenty-Ninth Sunday in Ordinary Time — October 18, 2009

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 religioso* from *Sonata No. 2*
by F. Mendelssohn-Bartholdy

Sun. 10am: *Praeludium in E Major* by V. Lubeck

Sun. 4pm: *Christ, Be Our Light* by B. Farrell

OPENING

Center of My Life #598

Sun. 4pm: *Let Us Come to the Throne* by P. Berrell

GLORIA

music setting by C. Callahan; Sun. 4pm: by P. Jones

Liturgy of the Word

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

SCRIPTURE READING

Isaiah 53:10-11

“Through his suffering, my servant shall justify many...”

RESPONSORIAL PSALM

Psalm 33 by M. Guimont; Sun. 4pm: by M. Haugen **#45**

SCRIPTURE READING

Hebrews 4:14-16

*“...let us confidently approach the throne of grace
to receive mercy and favor...”*

GOSPEL ACCLAMATION

music setting: L. Trapp; Sun. 4pm: by J. Chepponis

GOSPEL

Mark 10:35-45

“The Son of Man has not come to be served but to serve.”

HOMILY

CREED #161

PRAYERS OF THE FAITHFUL

Liturgy of the Eucharist

Our communion with the Lord and one another.

PREPARATION OF THE GIFTS

If We Have Died to Ourselves in Jesus by M. Haugen **#154**

Sun. 10am Choir: *Let All Mortal Flesh Keep Silence*
arr. J. Ferguson

Sun. 4pm: *The Servant Song* by R. Gillard **#669**

EUCCHARISTIC PRAYER ACCLAMATIONS

Mass for the City by R. Proulx

Sun. 4pm: *Land of Rest* by R. Proulx **#300-302**

*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

LAMB OF GOD

music setting by L. Trapp; Sun. 4pm: by D. Haas **#225**

COMMUNION SONG

The Servant Song by R. Gillard **#669**

Vs. 1 = refrain; Ps. 25 verses

Sun. 4pm: *Within the Reign of God* by M. Haugen

MEDITATION

Sun. 10am Choir: *For God So Loved the World*
arr. D. Grotenhuis

Sun. 4pm: *Jesus, the Lord* by R. O'Connor **#418**

SENDING FORTH

O Christ, What Can It Mean For Us

text: D. Dufner; tune: Kingsfold

Sun. 4pm: *The Summons #700, vss. 1,2,3,5*

POSTLUDE

Sat. 4pm, Sun. 8am: *Finale* from *Petite Suite* by G. Bales

Sun. 10am: *Final* by A. Fedak

Sun. 4pm: *Voluntary in F* by D. Johnson

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Catholic Church

215 South 8th Street
Minneapolis, MN 55402-2803

**Sunday, October 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.

**This week's RCIA topic is
*The Sacraments of Penance
and Anointing of the Sick.***

All are invited to come and listen to the talk, presented by Fr. Mark Pavlik, in Fleming Hall West following the 10:00 am Mass on Sunday, October 18.

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.