



**CATHEDRAL OF OUR LADY OF
PERPETUAL HELP
ST. MICHAEL PARISH, HERMOSA
www.cathedralolph.org**

**Most Rev. Blase Cupich
Bishop of Rapid City**

**520 Cathedral Dr.
Rapid City, SD 57701
605-342-0507**

Rector

Fr. Michel Mulloy (michel@cathedralolph.org)

Permanent Deacons

Rev. Mr. Raul D. Daniel
Rev. Mr. Greg Palmer
Rev. Mr. Marlon Leneagh
Rev. Mr. George Gladfelter (Retired)
Rev. Mr. Tom Lane (Retired)

Associate Pastors

Fr. John Lule
Fr. Ed Vanorny, Hospital Chaplain
Fr. Tyler Dennis
Fr. Christopher Hathaway, F.S.S.P.,
Ministry to St. Michael Community at ICC

In Residence

Fr. Steve Biegler, School Chaplain

August 9, 2009

Annie is two years old. Her little face lights up when she is happy, which is much of the day except those time when she is, as her mom and dad say, “being the drama queen.” (I think that means she tends to over react to the less than pleasant situations of her young life.) Annie has seen me two or three times in her short span of living and I am reasonably sure that she does not know who I am although she said my name with great ease and incessantly when she wanted my attention. Annie is my great-niece.

I visited her and her family last week for two days. I was amazed at the ease with which Annie trusted me even though we have had but a few days together in her two years. I suppose her parents have pictures of me that she sees, but, in truth, Annie does not know me. Yet, she trusted me almost immediately. I could hold her, play with her and make her smile and laugh out loud. I wondered about this as the hours of our time together passed. Why did Annie trust me so easily and is there a lesson to be learned from this? I think there is.

I would like to think that the reason Annie trusted me is because I am such a great guy. True as that may be, I don’t think that is a determining factor in the short time that I have been with her. Her trust rests in something deeper than my charming personality. (You can laugh.)

Annie lives in a safe and secure environment. Her mom and dad and five year old brother take good care of her. She receives all that she needs from adulation for going potty on the toilet, to a good meal and a warm bed. She has a routine that is consistent and she gets lots of hugs and kisses. Annie must know or sense this security. As much as two year olds understand, she understands that Mom and Dad would not hurt her or allow anyone else to either. So when I show up, a stranger in her little world, and receive a warm welcome, Annie must know that I can be trusted.

As I reflected on this I thought about our relationship with Jesus. All analogies limp to some degree but think of yourself as being Annie in your spiritual journey. You are a little girl or boy asked to trust Jesus. How do we arrive at that trust? It seems to me that an important part of that journey toward trust of Jesus comes in living in the security of a spiritual family and watching them trust the Jesus that we are ask to trust. None of us has come to believe in Jesus alone. Always we come to Jesus through the invitation and the support of others. We are introduced to Jesus by our families and friends. We spend time with Jesus in the context of our family and friends. We watch them interact with Jesus, talk to Jesus, love Jesus. We then grow in our ability to love and trust Jesus.

Simply stated, we cannot come to the Lord and build a relationship of love and trust with him without the help of the community we call Church. Like Annie, our trust is born out of the experience of living with people who trust the Lord and teach us how to reach out and trust him as well. It can’t happen any other way; or better said, the Lord has chosen to make our trust of him happen in this way.

Isn’t it also true that my relationship of trust and love with Annie will continue only if I continue to have a trusting and loving relationship with her parents and brother? Our faith journey happens in the same way. We come to Jesus with and through others and we are sustained and strengthened in our relationship with Jesus with and through others. If we are not surrounded by those who love and trust Jesus, how can we sustain our own love and trust of him?

I often tell parents at the baptism of their children that , “your children will teach you how to be good disciples if you let them.” Annie was my teacher this week. What a blessing for me. Thank you Lord for this little disciple.

SUNDAY, AUGUST 9, 2009 - THE NINETEENTH SUNDAY IN ORDINARY TIME

MASS INTENTIONS THIS WEEK

Hermosa is at St. Michael's Church in Hermosa which is a mission parish for the Cathedral. Mass in the extraordinary form - Immaculate Conception Chapel Monday - Saturday 8:00 AM and Sunday at 10:00 AM.

+ Indicates deceased

Monday (8/10) St. Lawrence

7:00 AM Harold Witte+
3:30 PM (Primrose) Leonard Birkel+
5:30 PM Penny Rudolph

Tuesday (8/11) St. Clare

7:00 AM Regina Palmer
5:30 PM Mike Kopp

Wednesday (8/12) St. Jane Frances de Chantal

7:00 AM Doris Meier+
5:30 PM Rita Pistulka+

Thursday (8/13) St. Pontian and St. Hippolytus

7:00 AM Robert Melville
3:30 PM (Valley View Highrise) Paul and Pauline Rust+
5:30 PM Rafferty family

Friday (8/14) St. Maximilian Mary Kolbe

7:00 AM Ed Hausmann+

VIGIL—THE ASSUMPTION OF THE BLESSED VIRGIN MARY—not obligatory

5:30 PM Tim Wagner+ (Mass in the main church)
5:30 PM (Hermosa)

Saturday (8/15) THE ASSUMPTION OF THE BLESSED VIRGIN MARY—not obligatory

8:00 AM Vocations (Mass in the main church)
5:30 PM Steve Hasenohrl

Sunday (8/16) Twentieth Sunday in Ordinary Time

8:00 AM John and Arvilla Sobotik+
8:00 AM (Hermosa)
10:30 AM People of the Parish
5:30 PM Darrin Lipp+

PLEASE PRAY FOR THE SICK

Names will remain on our list for *One Month*. Please contact the rectory to request continued prayers 342-0507.

Please remember the sick of the Cathedral Parish, especially Ed Vifquain, Raymond Tognotti, Sr. Jean Marie Tognotti, Mitch Linster, Fr. Ed Vanorny, Ludwick Garbacz, Clare Madden, Marion Goergen, Mary Burdsal, Charles Burdsal, Susan Oleson, Joseph Engelhardt, Sr., Joan Stahnke, Helga Kerr, Ray Winters, Kyle Oberlander, David Rykhus, Florence Williams, Fr. Ed Murray, Peggy Steengaard, Shirley Laws, Marion Elston, Jack Elston, Alice Bradford, Dell Hellekson, James Parker, Joseph Verret, Lou Roth, Lynda Grass, Paul Remund, Regina Palmer, Lillian Venoy Dyer, Clifton (Sam) Nelson, Ed Hellman, Ethel Haverman and Lorraine Kammerer.

PLEASE PRAY FOR THE DECEASED ESPECIALLY LARRY ROGERS.

THE PARISH THIS WEEK

Main Cathedral (MC), Our Lady's Chapel (OLC), Adoration Chapel (AC), Choir Loft (CL), Cathedral Hall (CH), Cathedral Hall Classroom (CHC), Large Meeting Room (LMR), Lower Sacristy (LS), St. Thomas More High School (STM), St. Elizabeth Seton School (SES).

Sunday, August 9

Coffee & Rolls—9:00 AM (CH)
Divine Mercy Chaplet & Rosary—3:00 PM (OLC)
Steubenville Reunion—6:30 PM—CH

Monday, August 10

Men's Group—6:30 PM(LS)
Cathedral All Committee Meetings—5:30 PM (Mass-OLC); 6:00 PM (dinner-CH); 6:30 PM (Meetings-CH); 8:00 PM (Parish Council-CH)

Tuesday, August 11

Knights of Columbus Potluck & Meeting—6:30 PM—CH

Wednesday, August 12

Holy Hour and Exposition—7:00-8:00 AM (ICC)
Staff Prayer—8:00 AM (OLC)
Reconciliation—12:00-1:00 PM, 4:30-5:30 PM (MC)
Adult Education Class—7:00-8:00 PM (ICC)

Thursday, August 13

KC Card Party—9:00AM (LS)
NAMI Family to Family Program—6:30 PM (LMR)

Friday, August 14

5:30 PM Mass—in the main church
5:30 PM Mass—in Hermosa

Saturday, August 15

Mass/Adoration—8:00-9:30 AM—in the main church
Reconciliation—3:00-4:00 PM

Sunday, August 16

Coffee & Rolls—9:00 AM (CH)
Divine Mercy Chaplet & Rosary—3:00 PM (OLC)

WEEKLY READINGS:

MONDAY	2 Cor 9:6-10 Jn 12:24-26
TUESDAY	Dt 31:1-8 Mt 18:1-5,10,12-14
WEDNESDAY	Dt 34:1-12 Mt 18:15-20
THURSDAY	Jos 3:7-10a,11,13-17 Mt 18:21-19:1
FRIDAY	Jos 24:1-13 Mt 19:3-12
SATURDAY	Rv 11:19a;12:1-6a,10ab 1 Cor 15:20-27
SUNDAY	Prv 9:1-6 Eph 5:15-20 Jn 6:51-58

PLEASE PRAY FOR THOSE IN THE MILITARY

If you have a family member who is currently serving overseas and you would like to have that person's name listed on a prayer list in the bulletin, please call Sue at 342-0507.

Sr. Amn Jeremy Garrow, AIC Kyriisa Sandal, Amn Michael Burke, Captain R.J. Murphy, SSgt. Tim Jensen, USN Lt. Shaun Steinbarger, SCPO Richard Huebner, CW4 Robert Anthony Schuler, Lt. Col. Glen Chadwick, PFC Julius Lacey, SSgt. Shannon Lacey, Lt. Matt Walenta, Major Angela Beck, Lt. Col. James White, Sgt. IC Christopher Goodart, AIC Allen Fanter, SPC Rodney Schlechter, SPC Kevin Stone, Andy Martinmaas, Pvt. Matt Vedder, Chief MSgt. Larry Osborne, Capt. Martin R. Yost, Angelo Schiraldi, PFC Tristin Murphy, Capt. Jason Wagner and PFC Brian Berendse.

Biblical reason for wanting to spend one hour with Jesus in the Blessed Sacrament



"Indeed, this is the will of My Father, that everyone who looks upon the Son and believes in Him shall have eternal life. Him I will raise up on the last day." (Jn 6:40)

Each moment that you spend in His Eucharistic Presence will increase His Divine Life within you and deepen your personal relationship and friendship with Him.

PRAYER FOR PRIESTS

Dear Lord,
we pray that the Blessed Mother wrap her mantle around your priests and through her intercession strengthen them for their ministry. We pray that Mary will guide your priests to follow her own words, "Do whatever He tells you" (Jn 2:5). May your priests have the heart of St. Joseph, Mary's most chaste spouse. May the Blessed Mother's own pierced heart inspire them to embrace all who suffer at the foot of the cross. May your priests be holy, filled with the fire of your love seeking nothing but your greater glory and the salvation of souls.
Amen.

Saint John Vianney, pray for us.

PARISH NEWS

ASSUMPTION OF THE BLESSED VIRGIN MARY - AUGUST 15

The Assumption of the Blessed Virgin Mary is not a Holy Day of Obligation this year. However, Cathedral will celebrate this occasion on Friday, Aug. 14, @ 5:30pm Mass and on Saturday, Aug. 15, @ 8:00am Mass. Both Masses will be in the main church. Everyone is invited to attend.

PERPETUAL HELP COLLECTION

School Supplies

During August, we will be collecting school supplies for the 13th Annual School Supply Drive sponsored by the Black Hills Federal Credit Union. The road to success can begin with pencils and paper, a box of Crayons and a pair of scissors. However, for many students in our community these basic supplies are simply too expensive. Your donations of crayons, glue sticks, markers, 3-ring binders, scissors, backpacks etc. will make a significant impact on the lives of students in need. Collection bins are by each entrance.

ATTENTION STEUBENVILLE NORTH PARTICIPANTS!

The Cathedral will be hosting a Steubenville North Reunion for Black Hills Area youth who attended the July Steubenville North Conference in Rochester on Sunday, August 9, at 6:30 PM in the Cathedral Hall. The evening will feature a concert performed by GodStruck (http://www.godstruckband.com/fr_Home.cfm), free food, and a period of Eucharistic Adoration. Please come and take advantage of this opportunity to rekindle the Steubenville experience.

CHANGE IN SUNDAY MASS TIME AT ST. MICHAEL'S PARISH, HERMOSA

Beginning Sunday, September 13, St. Michael's Parish, Hermosa will have Sunday Mass at 9:00 AM (not 8:00 AM).

RCIA

Not Catholic? Interested in finding out more about the Catholic Church?

If you are not Catholic but would like to know more about the Church, or even consider joining the Catholic Church, please join us for our RCIA (Rite of Christian Initiation of Adults) classes on Thursdays, beginning September 10, from 7:00—8:30pm, downstairs in the Church Hall. If you know someone who is not Catholic but may be interested, please invite and bring them on Thursday night. If you are interested but cannot be there, or if you would like more information, please contact Nancy at 342-0507.

ANNUAL CHURCH HALL KITCHEN CLEANING

We will be having our annual cleaning on Friday, August 21, and Saturday, August 22 beginning at 9 AM until noon. Please stop by during this time and give us a hand. There will be a job for everyone—even the kids!! We will be cleaning the kitchen and pantry. We will also be washing all the tables and chairs.

INFORMATION

LIFENIGHT
CATHEDRALOLPHSM

the edge
cathedral middle school ministry

CORE TEAMS

We are finalizing the 2009-2010 Core Teams. If you are still interested in serving as a Core Team member, please contact Tom at 342-0507 or tom@cathedralolph.org and he will be happy to talk with you about being part of this important ministry. Please pray for our youth programs and if God is calling you to serve the youth of our parish as a core team member.

Cathedral Life Teen is looking for persons who love to teach.

Identity For those with interest/experience on Church History, what it means to be authentically Catholic and how we live that out today.

Sacrament For those with interest/experience on the Sacraments of initiation, healing and vocation.

Prayer For those with interest/experience on types of prayer, stretching youth in their prayer lives.

Discussion For those with interest/experience facilitating a welcoming/inclusive discussion about life meaning, faith and reason and spiritual versus religious.

Retreats For those with interest/experience running retreats for others to get away and recharge their faith lives.

Service For those with interest/experience creating opportunities to serve/volunteer, experience social justice on Mission Trips and living out Catholic Social Teaching.

Bible Study For those with interest/experience facilitating scripture lessons and growth that will teach others that it's cool to be a Jesus freak and a Bible Geek at the same time.

Small Groups For those with interest/experience with leading small groups for us; saints and sinners, building accountability, friendship and community.

If you possess talents in these areas, desiring to help youth go deeper, please join us on the Education Team.

To contact Tom call 342-0507 ext 20 or tom@cathedralolph.org

Cathedral of Our Lady of Perpetual Help
Generations of Faith

Generations of Faith (GOF) is the name for lifelong faith formation for Cathedral Parish. This program is designed for the education of every individual in the parish. Events are planned to involve our parishioners of all ages. Every event will have activities planned for each age group. Everyone is invited to attend.

During the 2009-2010 school year, Social Justice will be covered in 6 events and 1 event will focus on the Year of the Priest. The 6 social justice events will follow the 7 major themes of Catholic social teaching. The Year of the Priest has been proclaimed by Pope Benedict XVI from June 19, 2009-June 19, 2010.

The 6 social justice events will be offered 3 times in one month.. This will give parishioners the following choices of times to attend:

11:30 to 2:00 Sunday AM

6:30 to 8:00 Sunday PM the same day

or 6:00 to 8:00 Wednesday PM of that week

The pm time slots will be in partnership with Life Night on Sunday PM and the EDGE on Wednesday PM. All parishioners will be welcome at these evening events. Families of middle school and high school youth will attend the once a month Generations of Faith events with their youth.

Ministry Fair

The Ministry Fair is scheduled for August 29/30.

This will be a great opportunity for you to volunteer to help with all of the formation events.

If you will not be at Cathedral for Mass that weekend please call to volunteer at 342-0507.

Linda for Generations of Faith (all ages)

Tom for the EDGE (6-8 grade)

Tom for Life Night (9-12 grade)

Nancy for RCIA & RCIC

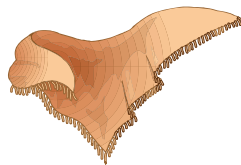
Nancy for the Newman Center

Linda for 1st Holy Communion

Father Mike for Confirmation

Dcn Raul for *Why Catholic*

BLESSING OF PRAYER SHAWLS



More than 50 shawls created by members of our Shawl Ministry will be blessed at 5:30 pm Mass on Saturday, August 8.

Shawls are given to persons who are in need of God's loving, healing presence such as persons who are chronically or terminally ill,

who are lonely or grieving, for other needs, and to persons of all religious denominations. As they knit or crochet, the shawl makers pray for the person who will receive the shawl.

Following Mass, visit the tables at the entrances to see the beautiful shawls of all patterns and colors. Pick up information about the Shawl Ministry and visit with the shawl makers.

In several weeks the bulletin will have information about how you can choose a prayer shawl for a loved one. For more information contact LaVae at 718-9461

WHY CATHOLIC? PROGRAM TO BEGIN IN OCTOBER

Those who enjoyed the RENEW Program for the last 3 years will have the opportunity to meet in small groups again for 6 weeks beginning October 4 & ending 2 weeks before Thanksgiving.

Why Catholic follows very much the same format as RENEW (published by the same company). I will be communicating with small group leaders soon to determine their interest in continuing to lead a small group. Participants should contact their past small group leaders in the next 2 weeks if they are interested in continuing with a small group. This information will be used to determine how many books we will need to purchase. The books cost about \$12 a piece but are used for 2 seasons each. For any other questions call Dcn Raul at 390-3333 in the evening hours.

CONGRATULATIONS

At the recently completed Rapid City Church Softball League postseason tournament, the Cathedral women's team went undefeated and took first place in the Women's A Division Tournament. The Cathedral men's team also went undefeated and took first place in the Men's B. Division Tournament. Congratulations to both teams!



EXPOSITION AND BENEDICTION

Wednesday Holy Hour with Exposition and Benediction
7:00 AM to 7:55 AM at Immaculate Conception Church.
Sponsored by St. Michael's Community.

CHOIR CHAIRS TO BE PURCHASED

This fall Cathedral's adult choir, Oremus, will be moving from the choir loft to the sanctuary. In addition Cathedral's new youth choir will sing from the sanctuary. Moving the choirs to the sanctuary will allow them to be closer to and a part of the community gathered. The Cathedral will be removing the existing large choir pews and replacing them with 30 smaller choir chairs that allow for more seating in the space allotted. The new choir chairs with kneelers will cost approximately \$275 each. If you would like to purchase a chair in memory or in honor of a family member or friend, please contact Beth Strain, Parish Administrator at the Rectory office, 342-0507, beth@cathedralolph.org. We will affix an engraved nameplate to each chair that is purchased by a donor.

Stewardship Committee

Ministry Fair (coming August 29-30)

Our parish has countless opportunities for us to "give back", "volunteer", "reach out" and "minister to one another". Commitments can be as varied as your life. There is truly something for everyone. The Ministry Fair will provide information about all the opportunities from committees to candle keepers as well as all the contacts to get you started. There will be fun for the kids and great door prizes as well!

This week's ministry highlight: **KNIGHTS OF COLUMBUS**

The Knights of Columbus, an independent men's charitable and service organization comprised mostly of Cathedral parishioners, provides a variety of services at the request of the rector for the parish. They also provide fellowship and support for one another.

What: A service organization for men

When: Regularly scheduled meetings, socials and service

Talent needed: All men of the parish are invited to become members

Sign-up: At the ministry fair or call the Cathedral and ask to speak to Sue Bell - 342-0507 Ext.12 or email sue@cathedralolph.org. Sue will get you the information you need.

CATHEDRAL YOUNG ADULT GROUP

Monday, August 17-5:30 PM Mass and BBQ at Chelsea's
Monday, September 7—5:30 PM Mass and dinner at Casa Real
For more info: cathedralyoungadultgroup@yahoo.com

JustFaith

What is my responsibility toward the poor? How do I become someone who really cares for and acts on behalf of the poor and the vulnerable? *JustFaith* is a program designed to empower and transform participants so that they can become voices for the voiceless and agents of God's good news to the poor.

JustFaith provides parishioners with an opportunity to explore the Biblical tradition, the historic witness of the church, Catholic social teaching, and the relationship between spirituality and justice. The program offers an opportunity for participants to explore Jesus' invitation into compassion and how to live our faith in today's complex world. In hundreds of parishes across the country, *JustFaith* has proven to be an exciting journey of conversion and new commitments. *JustFaith* works in partnership with the Catholic Campaign for Human Development, Catholic Charities USA and Catholic Relief Services.

There will be an introductory workshop on Sunday, September 20, 1:00 -5:00 PM, at St. John the Evangelist Catholic Church in Fr. Pierre. The workshop will cover the theological tradition on which *JustFaith* is based, stories of the impact of *JustFaith*, and instructions on how parishes can implement the program. It's not too late to register for the workshop, which will be given by Dan Driscoll. Attending this introductory workshop does not commit one to the *JustFaith* program. For more information on the workshop, call Pat Storms at 605-945-2933. Cost of the event is \$15.00 and snacks will be provided.

4TH DEGREE KNIGHTS OF COLUMBUS MTG.

The Fourth Degree Knights of Columbus August meeting has been changed to Tuesday, August 18, at 7:00 PM at St. Therese of the Little Flower, 623 Adams St. For more information call Brad at 343-3157.

NOTES FROM THE MUSIC DIRECTOR

ACCOMPANIST SUBSTITUTES NEEDED!

Are you a pianist or organist? Would you like to help lead the community in prayer? Cathedral is looking for accompanists who would be willing to serve as substitutes. If you have excellent sight-reading skills, would be willing to serve when called upon, and feel called to this ministry, please contact Katie Severns at 342-0507 or katie@cathedralolph.org for more information.

OREMUS SINGERS – STARTING IN SEPTEMBER (NEW MEMBERS WELCOME!)

Cathedral's adult choir, Oremus, will be starting up again in September. They will be singing at the 10:30 AM Masses. The first rehearsal is set for Wednesday, September 9, at 6:30PM. New members are always welcome! Watch the bulletin in August for more details.

ATTENTION CATHEDRAL YOUTH!

This September Cathedral will be starting a youth choir! Watch the bulletin for more details in August!

BREAKING BREAD HYMNALS

This is a reminder to please watch young children closely if they are handling the hymnals. The pages of these books are very lightweight and tear easily. If a page is accidentally torn, please bring the book to the sacristy after mass so that it may be repaired. Thank you for your cooperation!

WEEKLY PARISH SUPPORT

August 2, 2009

Regular Sunday Collection	\$	15,634.26
Special Collection		<u>2,016.00</u>
	\$	<u>17,650.26</u>
Total Seminary Fund FY 2010:	\$	2,403.70

Thank you for your generosity!

DIOCESAN NEWS

SISTERS ON THE MOVE

If you would like to help the Benedictine Sisters move into their new monastery, please call Sister Edna Marie at 343-8011 to reserve a day and time. Pick a date from August 3-21, no Sundays. Pick a time between 9:00-11:00 a.m., 1:00-3:00 p.m., or 6:00-8:00 p.m. Bring a truck or van or car and celebrate with the Sisters!!! There is a LOT to move!!

MARRIED COUPLES NEEDED

Looking for a unique way to serve the diocese? Family Life Ministries is recruiting married couples to serve in the Natural Family Planning Ministry. Join a team of volunteers who assist with the Christian Family Planning Seminars for couples planning to marry in our diocese. For more information, contact Jill at Family Life Ministries at 605-343-3541 or jslegner@dioc.org.

LIFE TEEN CORE MEMBER UNIVERSITY TRAINING TEAM BUILDING AND SPIRITUAL RENEWAL

September 12th, Ft. Pierre. For Priests, Religious, DRE's, CCD Teachers, Youth Ministers. National Life Teen staff leads an inspirational day focusing on building a strong team! The day features keynotes and breakout seminars that help CORE focus on leading the teens in the parishes closer to Christ. Additional focus is on strengthening and renewing their relationship with Christ. Contact person: Lisa Fahey at 224-8969.

ANNUAL DIOCESAN WOMEN'S RETREAT

Ladies, mark your calendar! Annual Diocesan Women's Retreat, October 23-25, 2009! Join Fr. Mark McCormick for this year's retreat, "BIBLICAL WOMEN - GUIDES TO THE KINGDOM OF GOD" at Outlaw Ranch, Custer. Watch your bulletin for more information or call Family Life Ministries, 605-343-3541.

CHRISTIAN FAMILY PLANNING SEMINAR

The next Christian Family Planning Seminar will be offered by the Natural Family Planning Ministry on Saturday, August 22nd at St. John the Baptist Church in Custer. *This seminar is a requirement for engaged couples getting married in the Diocese of Rapid City.* Married couples, or anyone who wants to learn more about Natural Family Planning, are encouraged to attend. For more information, or to register, call Jill or Kathy at Family Life Ministries at 605.343.3541.

BEGINNING EXPERIENCE® LEVEL 1 SEPARATED & DIVORCED SUPPORT GROUP, "ENCOUNTERING LIFE ALONE"

Are you recently separated or divorced? Are you struggling with the pain and loneliness? Healing can begin with the next nine-week session of the support group. The group starts at 7:00 p.m. on Thursday, September 10th at St. Therese the Little Flower Church in Rapid City. The group is non-denominational and open to all Christian men and women who are hurting due to separation or divorce. Pre-registration is requested! Registration fee is \$25.00; need-based scholarships available. For more information and to pre-register, call Jill at Family Life Ministries, 605-343-3541.

"HEAL YOUR GRIEF" BEREAVEMENT SUPPORT GROUP

This is an eight-week non-denominational support group for anyone grieving the loss of a loved one. The group begins at 7:00 p.m. on Monday, September 28th at Blessed Sacrament Church, 4500 Jackson Blvd., Rapid City. Please come early to register! For information or to pre-register call Janece Rieman, 605-343-5547 or Family Life Ministries, 605-343-3541.



Rachel's Corner

For many women, the emotional and spiritual pain of an abortion is too much for them to handle. They turn to drugs and alcohol and engage in sexual promiscuity, hoping to numb the pain. If you or someone you know is suffering because of an abortion, there is help. The next Rachel's Vineyard Retreat™ will be held in Richardton, ND August 28-30, 2009. Contact Carol Kling for information about area retreats at 605-374-5639 or ckling@sdplains.com or go to the diocesan website: www.rapidcitydiocese.org/Ministires/FamilyLife.htm. For more information, contact the national office at 877-467-3463 or www.rachelsvineyard.org.

COMMON SENSE PARENTING CLASS

Thursday, September 10th, will be the first meeting for a new *Common Sense Parenting* six week class. The course offers parents practical ideas and techniques for raising happy, well-adjusted children. For care-givers (parents, grandparents, step-parents, significant others) of children ages five and up, it focuses on the parent/child relationship and stresses the important role care givers play as guides to their children. The classes will meet from 6:00-8:00 pm at 1st Presbyterian Church, 710 Kansas City St., Rapid City. Optional free meal provided at 5:30. Free child care from infant on up and adventure group for pre-teens/teens. For more information, or to register, call Catholic Social Services 1-800-727-2401 or 348-6086. To inquire via email send questions to: css@rapidnet.com.

CATHOLIC SCHOOL NEWS

RCCSS 2009-2010 REGISTRATION

There is still time to register for St. Elizabeth Seton and St. Thomas More for the 2009-10 school year. Please visit our website at www.rccss.net or contact Marcia Werner 343-8484 x203.

CALLING ALL PRESCHOOLERS

In addition to our 4-year-old Preschool, St. Elizabeth Seton Preschool is starting a new program. We are offering a Tuesday/Thursday AM class for 3-year-olds. This class will be centered on socialization, with lots of fun built in. If you have questions or would like to schedule a tour please call Marcia Werner (343-8484 x203) or Jana Thies (348-1477).

VOCATIONS! CONSIDER IT!!!

PRAYER TO KNOW MY VOCATION

My Lord and my God, you are Love itself, the source of all love and goodness. Out of love you created me to know you, to love you, and to serve you in a unique way, as no one else can. I believe that you have a plan for my life, that you have a mission in your Kingdom reserved for me alone. Your plan and your mission are far better than any other I might choose: they will glorify you, fulfill the desires of my heart, and bring salvation to those souls who are depending on my generous response.

Lord grant me the light of grace I need to see the next step in your plan; grant me the generosity necessary to follow your call; and grant me the courage required to take up my cross and to follow you.

Show me your will, O gentle and eternal God, and help me to say with Mary, "I am the servant of the Lord; let it be done to me according to your word." Let me say with Jesus, "Let not my will be done, but yours." Amen.

Jesus is the bread of life. Our world still hungers. Who will feed the multitude? Consider a life of ministry, or encourage others to do so. (John 6:41-51)

COMMUNITY NEWS



ReStore Outlet Volunteers Needed

Help ReStore Outlet sell new and used donated building materials. ReStore Outlet hours—Tuesday-Saturday, 9:00 AM—3:00 PM; extended hours Friday, 9:00 AM—5:00 PM. All proceeds from the ReStore Outlet go toward building Habitat for Humanity homes. If you are interested in volunteering, please call 791-1880 or stop by at 410 11th St.

Habitat for Humanity also needs help in the following areas: Landscaping/lawn care, Family Support counselors, Faith Relations Committee, crew leaders for September Hills Alive Habitat Home Team (construction experience a plus!) You can also help a Deserving Family Become Habitat Homeowners! **Become a Family Support Committee Member.** Members of the Committee are assigned in pairs to partner with Habitat families. With our families, the Committee Members monitor the progress of the homeownership process and provide support. If you are interested in any of the above ways to help Habitat for Humanity, please call Kate at 348-9196 or email: kate@blackhillshabitat.org

FOOD SHARE AMERICA

Start saving money today with Food Share America. There are no preset requirements, qualifications, membership fees or monthly commitments to start saving money on quality food. Buy as much food each month as you wish. We offer a wide variety of frozen meats and vegetables, fresh produce and grocery items. Visit our website at www.foodshareamerica.com and check out our monthly menus. We accept cash, check, Food Stamp/EBT card or debit/credit card. By participating in Food Share America you not only help others but you save money and eat better.

The deadline for August orders is August 6. You can order by calling Catholic Social Services at 348-6086 or online at www.sharecolorado.com or www.foodshareamerica.com. Volunteers are needed to help with distribution on Saturday, August 22, 6:30—9:00 AM, and every month, generally on the 4th Saturday of the month. Call Laura Geary at 343-3667 or Sheila Lien at 342-6290 if you can help.

BIRTHRIGHT THANK YOU

Birthright is grateful to the generous Cathedral parishioners who donated a much-needed refrigerator. May God bless you for your generosity.

HEAD START

Youth & Family Services Rapid City Prenatal to Five Head Start is recruiting expectant families and families with children from birth to age four for enrollment in the upcoming school year. Head Start provides services at no charge to those who meet income guidelines. Please call 341-6448 or 342-4195 for more information.