



**CATHEDRAL OF OUR LADY OF  
PERPETUAL HELP  
ST. MICHAEL PARISH, HERMOSA  
[www.cathedralolph.org](http://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](mailto: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 16, 2009**

From time to time someone asks me about holding hands during the *Our Father*. This happened in Denver last week. Those who ask generally don't like this gesture. The question is, should we or shouldn't we? (See next week for my answer.) It is an interesting question and it has some deeper ramifications that are important to reflect on.

It is always good to begin with the guidelines. In the General Instruction of the Roman Missal (GIRM), there is nothing stated about the posture of the congregation during the *Our Father* at Mass except that we stand. Nothing is said about what to do with one's hands in the part that deals with the *Our Father*. It is not forbidden but neither is it encouraged or expected. In another section of the GIRM it does state that a common posture (body position) in the Eucharist should be observed as "...a sign of the unity of the members of the Christian community gathered for the sacred Liturgy." (GIRM 42) We are then in a bit of a confusion.

The GIRM tells us we are to stand during the *Our Father*. That is our common posture. That is what expresses the unity of the community at that moment. Holding hands is not required and certainly should not be insisted upon, but should those who want to do so hold hands? Yes they can unless it is bothersome to another and it takes us away from the common posture and words we are praying. Not clear? Let's go a little deeper.

Where did this gesture of holding hands during the *Our Father* start? It was never a part of the general guidelines. It had to have been well-intending Catholics somewhere who believed this would be a good idea. They decided to do that at some moment in a specific place. The gesture spread because others thought it was good, because they believed they were supposed to or because a priest suggested it. The point is, the action spread without any official direction from anyone at

any time. Now, because of that, we have a problem, at least in some people's opinion.

What this tells us is that ritual actions shape us. We do the gestures and we say the words but over time, the words and the gesture we create change us; they impact our lives in ways that we are not aware of when we start them.. Some parishioners would not think of not holding hands during the *Our Father* because they think they are supposed to, because "we have always done it that way", and because they like it. While others are upset and confused because they don't like it and they don't know why they should. Thus some automatically extend their hands, even grab hands while others do all they can to avoid this. The unity that the posture of standing and praying words of the Lord's Prayer are diminished by the confusion and concern about a gesture that was never intended or encouraged.

Perhaps this is why the GIRM also makes the following statement about posture and gesture, "Therefore, attention should be paid to what is determined by this General Instruction and the traditional practice of the Roman Rite and to what serves the common spiritual good of the People of God, rather than private inclination or arbitrary choice." (GIRM 42) If some people had read and understood this when they decided holding hands during the *Our Father* was a good thing, we would not have the confusion we do today. Think about that the next time you find yourself doing something at Mass that others are not doing, something that you think is good and holy and right, something sincere and prayerful. Good as the intention might be, if it is not encouraged or allowed in the GIRM, perhaps you should not do it. Private inclination and arbitrary choice can really diminish the sacredness and the unity of the Liturgy. Next week we will look at the gesture and posture that are used in Mass that are not part of the general instruction.

# SUNDAY, AUGUST 16, 2009 - THE TWENTIETH 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 (8/17) Weekday

7:00 AM Louis Tippman+  
4:00 PM (Echo Ridge) Ed Pistulka+  
5:30 PM Doris Meier+

### Tuesday (8/18) Weekday

7:00 AM Rita Pistulka+  
5:30 PM Dennis Braun

### Wednesday (8/19) St. John Eudes

7:00 AM Fred Berendse, Sr.+  
5:30 PM Spenser Braun

### Thursday (8/20) St. Bernard

7:00 AM Penny Rudolph  
3:30 PM (Westhills Village Healthcare) Paul & Pauline Rust+  
5:30 PM Kevin Morsching+

### Friday (8/21) Pope Pius X

7:00 AM Don & Ellen Schmitz+  
5:30 PM Joe Engelmeyer+

### Saturday (8/22) The Queenship of the Blessed Virgin Mary

8:00 AM Paul & Pauline Rust+  
5:30 PM Elsie Herman

### Sunday (8/23) Twenty-First Sunday in Ordinary Time

8:00 AM People of the Parish  
8:00 AM (Hermosa)  
10:30 AM Alfred Weiers+  
5:30 PM Jordan and Amanda Strain

## 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, Lorraine Kammerer, Fr. Mark McCormick and Robert Melville..

**PLEASE PRAY FOR THE DECEASED ESPECIALLY PAUL SCHURGER.**

## 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 16

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

### Monday, August 17

Men's Group—6:30 PM(LS)

### Tuesday, August 18

Parents in Prayer—6:30 PM (AC/MC)

### Wednesday, August 19

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 20

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

### Friday, August 21

Hall Kitchen Clean Up—9:00 AM-noon (CH)  
Cursillo—7:00 PM (LMR)

### Saturday, August 22

Hall Kitchen Clean Up—9:00-noon (CH)  
Reconciliation—3:00-4:00 PM

### Sunday, August 23

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

## WEEKLY READINGS:

<b>MONDAY</b>	Jgs 2:11-19 Mt 19:16-22
<b>TUESDAY</b>	Jgs 6:11-24a Mt 19:23-30
<b>WEDNESDAY</b>	Jgs 9:6-15 Mt 20:1-16a
<b>THURSDAY</b>	Jgs 11:29-39a Mt 22:1-14
<b>FRIDAY</b>	Ru 1:1,3-6,14b-16,22 Mt 22:34-40
<b>SATURDAY</b>	Ru 2:1-3,8-11;4:13-17 Mt 23:1-12
<b>SUNDAY</b>	Jos 24:1-2a,15-17,18b Eph 5:21-32 Jn 6:60-69

**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 Kyriasa 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**



***"I have come that you may have life, and have it more abundantly." "I am the Vine and you are the branches. Whoever remains in Me and I in Him shall bear much fruit because without Me, you can do nothing." (Jn 15:5)***

**Each hour you spend with Jesus will deepen His Divine Peace in your heart.**

**LAST CHANCE TO PICK UP YOUR PICTORIAL DIRECTORY**

Last week postcards were sent out to parishioners who had their pictures in the pictorial directory and have not picked up their free directory. If you do not have a chance to stop at the Rectory office to pick up your directory, the directories will be at the main entrance on the weekend of August 22/23 with names on them. Please take a minute to stop and pick up your directory. If you did not have a picture taken for the directory but would like to buy one, we have some available for sale for \$10.00. They can be purchased at the Rectory office. Beth Strain, Parish Administrator

**ATTENTION SPECIAL GROUPS ASSOCIATED WITH CATHEDRAL**

We are in the process of adding additional information to the Cathedral web site and our volunteer handbook and need your help. The goal is to have a drop down bar on the web site with a listing of different groups at Cathedral, a brief description of what the group focus is, when they meet and a contact person. If you have a group you wish to be listed, please let us know as we would like to have as extensive a listing as possible, so if there are parishioners who may be interested in a particular group but do not know when they meet or who to call for information, we can direct them to the web site. If you prefer not to have the contact information on the web site or in the book, we will gladly list the information regarding the group excluding the contact information. As our parish grows it is easy to overlook groups that have been around for a long time and difficult for new parishioners to find the information. If you are not sure your group should be listed, please ask. We would like to have the information by Tuesday, August 18. Please send the information to [beth@cathedralolph.org](mailto:beth@cathedralolph.org), mail it to the Cathedral or drop it off at the Rectory office. Thank you for your help with this project.

**PARISH NEWS**

**ATTENTION HIGH SCHOOL JUNIORS & SENIORS—CONFIRMATION PROGRAM**

If you are a high school junior or senior who has not been confirmed, you are invited to register for the Confirmation Program at the Cathedral. Registration will be the weekend of August 22-23. You and your parents are also asked to attend one of the three informational meetings with Fr. Mulloy. The meetings will be held in the Cathedral Hall at 7:00 PM on the following dates: August 23, August 26 and August 27. The meeting will outline the expectations of the program and allow you to have questions about the program answered. If you wish to be in the program, but are unable to attend one of these meetings, please register the weekend of August 22-23 and let Fr. Mulloy know you are unable to attend a meeting—342-0507 or [michel@cathedralolph.org](mailto:michel@cathedralolph.org)

**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. 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.

**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).

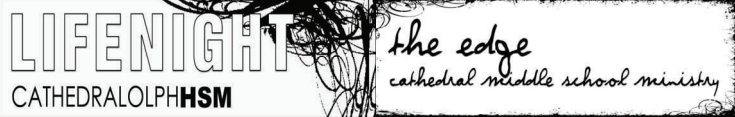
**ANNUAL CHURCH HALL KITCHEN CLEANING**

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.

**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, 532 Adams St. For more information call Brad at 343-3157.

# INFORMATION



The summer of 2009 has been eventful from Watiki Water Park to the Steubenville Conference to the Life Teen Core Team selection process.

## Welcome

Fr. Tyler Dennis, Associate Pastor, will be joining the Youth Office staff to help with the Life Teen program this year. We are appreciative of his insights, experience and fresh ideas.

## We Want You!

Please contact our office at 342-0507 x20 if you would like to learn about teaching, communicating, leading and witnessing for the 2009-2010 Life Teen program.

## Families are Included

To continue in our mission of forming every individual in the parish, all families are encouraged to join with the youth, once a month in the program to foster support, collaboration and full family participation in the whole formation process.

## What if I'm bored?

There are plenty of Catholic pod casts, articles and reviews of music and movies, that you can catch on Life Teen's website, especially a new movie with Michael Cera, entitled Paper Heart. Check it out at <http://tinyurl.com/cuerj8>.

## Making a Connection

It is our hope that we can talk to each individual youth, discover what they enjoy and need to grow in faith and connect them to the program in some way, shape or form, so we ask that you are open to that conversation.

## Save the Dates

Edge Night debuts September 2  
Life Night debuts September 13

Launching into the month of August, I encourage all of you to keep growing, seeking and learning and never lose that desire. Discover who you are, dive into the liturgy scripture for this weekend or get together with an old friend. I have been blessed to meet, talk or see most of you and look forward to continuing that.

Sincerely,

Tom

To contact Tom call 342-0507 ext 20 or [tom@cathedralolph.org](mailto: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. Each 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 AM to 2:00 PM Sunday

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

6:00 to 8:00 PM Wednesday 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

**Deacon Raul D. Daniel** for *Why Catholic?*

## 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.

### ATTENTION PARISHIONERS! DON'T THROW AWAY EMPTY INKJET CARTRIDGES-BRING THEM TO THE CATHEDRAL!

The Cathedral is launching a recycling/fundraising project with the help of an inkjet recycling company Empties4Cash. Empty inkjet cartridges can be recycled and remanufactured. The Cathedral will receive up to \$4.00 for each cartridge turned in. This will directly benefit the Cathedral not to mention it is great for the environment.

You can help! Any inkjet cartridge with a print head can be recycled, regardless of brand or type. Do you have an HP, Lexmark, Xerox, Compaq, Brother, Dell, Canon, or Apple printer? Bring in your empty OEM inkjet cartridges to the Cathedral starting in *September*! More details in next week's bulletin.

### 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.

### 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](mailto:beth@cathedralolph.org). We will affix an engraved nameplate to each chair that is purchased by a donor.

### 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](mailto:cathedralyoungadultgroup@yahoo.com)

## 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! Door prizes include gift cards to area restaurants, t-shirts, ice cream certificates, plus a grand prize.

### This week's ministry highlight: **Ministers of Hospitality**

Isn't it nice to have someone (besides your mother) glad to see you at Mass? Hospitality Ministers provide that first greeting welcoming you at the door. They also assist in the collection, presentation of gifts, distribution of bulletins and straightening up the church in preparation for the next liturgy.

**Who:** People of all age

**What is involved:** A little extra time before and after Mass

**When:** Regularly scheduled according to your preference and the need

**Talent needed:** Willingness to be friendly, polite and courteous

**Training:** Will be provided

**Sign-up:** At the ministry fair or contact Mary Daniel 342-0507 ext 19 or email [mary@cathedralolph.org](mailto:mary@cathedralolph.org)

### **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 Ft. 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.

## **CATHEDRAL PRE-BAPTISM CLASSES**

All parishioners who are seeking Baptism for their children are reminded they need to attend a Pre-Baptism Class which is held once a month. The next class is scheduled for **Sunday, August 30, 2009.**

If parents have attended this class within the last three years and have manifested in their lives through the practice of their faith, an understanding of the promises they make in Baptism, they will not need to repeat the class. If this is the case, please call Fr. Mike at 342-0507.

Other parents are asked to call the rectory and indicate which month's class they wish to attend. If parents are not registered in the parish, they will be asked to meet with Fr. Mike first to register and go over the outline of the Baptismal preparation program.

## **NOTES FROM THE MUSIC DIRECTOR**

### **Music Ministry Booth**

Please stop by the Music Ministry Booth at the Ministry Fair after any of the masses during the weekend of August 29<sup>th</sup> & 30<sup>th</sup>. Come find out how you can share your musical talents at Cathedral!

### **Attention Cathedral Youth Ages 13+!**

If you would like to become a member of Cathedral's new Youth Choir, stop by the Music Ministry Booth at the Ministry Fair after mass on August 29<sup>th</sup> or 30<sup>th</sup> or call or email Katie Severns at 342-0507; katie@cathedralolph.org for more information!

### **Adult Praise Band Members Wanted!**

We are looking for a few adult guitar players, pianists, and other instrumentalists and singers to lead praise music during The Edge on Wednesday evenings and Lifenight on Sunday evenings. If you would like to find out more information call Tom Centarri or Fr. Tyler at 342-0507

### **Oremus Singers to Begin in Sept! (New Members Welcome!!!)**

Cathedral's Adult choir Oremus will begin again in September. Our first rehearsal will be Wednesday September 9<sup>th</sup>. Stop by the Music Ministry Booth on August 29<sup>th</sup> or 30<sup>th</sup>, or call or email Katie Severns at 342-0507; katie@cathedralolph.org for more information!

## **WEEKLY PARISH SUPPORT**

**August 9, 2009**

Regular Sunday Collection	\$	14,258.54
Special Collection		<u>265.00</u>
	\$	<u>14,503.54</u>
 Total Seminary Fund FY 2010:	 \$	 2,423.70

**Thank you for your generosity!**

## **DIOCESAN NEWS**

### **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@diorc.org.

### **DIOCESAN MEN'S RETREAT**

Gentlemen, mark your calendar! The 2009 Diocesan Men's Retreat has been rescheduled at Storm Mountain Center, October 9-11, 2009! If you were unable to attend the retreat, originally planned for March, here's your chance! Join Msgr. William O'Connell for this year's retreat, "WALK WITH JESUS". Retreatants will reflect on those who walked with Jesus and what they have to teach us as we walk with him today. Pre-registration required! Registration fee: \$100. Registration Deadline: Friday, October 2<sup>nd</sup>! Need-based scholarships are available. For more information, contact Jill or Kathy at Family Life Ministries, 605-343-3541.

### **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 22<sup>nd</sup> 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 10<sup>th</sup>** 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 28<sup>th</sup>** 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.

## COMMON SENSE PARENTING CLASS

Thursday, September 10<sup>th</sup>, 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 1<sup>st</sup> 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](mailto:css@rapidnet.com).

## CATHOLIC SCHOOL NEWS

### 2009-2010 SUBSTITUTE MEETING

#### St. Elizabeth Ann Seton/St. Thomas More

Anyone interested in substituting for the Rapid City Catholic School System is required to attend a meeting on Tuesday, August 18, 2009 at 8:30 a.m. in the St. Elizabeth Seton Library. If unable to attend, please call Karen, St. Thomas More office at 343-8484 ext. 207. Substitute teachers are needed in all areas including PE, Music, and Computer.

## 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.

*Lord, to whom should we go? You have the words of eternal life. There is no where else to go. Follow Jesus, come what may. (John 6:60-69)*

## 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](mailto: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](http://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 was August 6. You can order for next month by calling Catholic Social Services at 348-6086 or online at [www.sharecolorado.com](http://www.sharecolorado.com) or [www.foodshareamerica.com](http://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.

### 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.