



***HOLY IS ANY PLACE WHERE IT IS SAFE TO TELL YOUR STORY.***

***HOLY IS ANY PLACE THAT CREATES JUSTICE.***

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**St. Stanislaus Church Bulletin**  
**St. Stanislaus Church**  
**398 Superior Street**  
**St. Paul, MN 55102**

Dear People Whom God Loves,

**January 2, 2022**  
**Issue No. 438**

### **One Christian's Journey, a Different Perspective**

Nonetheless, we need to realize that willpower alone will not do the trick. It is certainly not the whole answer, and I would say not even the major part of the answer.

What are the obstacles to spiritual growth? One obstacle is the behavior of people around us, who give us bad examples. (I am not thinking about behavior that traumatizes. I will talk about that later.) When we are young we are particularly impressionable.

The bad behavior of others, especially those in authority, can teach us some very bad lessons. For example, we need to have some things that we want, but we need limits. If we learn that when we want something we should always have it, we can easily become self-centered. That lessens our concern for others.

Also, if we learn that everyone is out to get us, then we think we must get them before they get us. This puts a shield around us that makes it almost impossible to have healthy, caring relationships. All these learnings become embedded in us most deeply when we are young.

Another obstacle to spiritual growth becomes clear to us when we look at our evolutionary threefold brain. The three parts do not always get along. Getting them into a healthy relationship is difficult. I am 89 years old, and they are a long way from being in harmony in me. That complete harmony will never happen in my lifetime. I think this is the common experience of most if not all of us.

For example, when something is threatening to us, the reptilian brain leaps into action to protect us. That protective action is instinctive. There is no free, conscious decision on our part. It is just the reptilian brain doing its job. This helps us to survive, and we probably don't mistake it for sin.

In response to this bodily sensation, the mammalian brain triggers the emotions of anger and fear. This is still not a free, conscious choice. The anger and fear help us to survive. The anger builds up bodily strength so that we can fight the threat. Sometimes the fight option is not the way to go. The other emotion of fear also builds bodily strength so that we can escape the threat by running away faster than we normally could.

Although fighting or fleeing are not free and conscious choices, we may have learned that they are wrong. That learning is misleading. There is no sin. The bodily sensations that grow into anger and fear are necessary for our survival.

There is also the need for the survival of the species. To assure this, the bodily sensation of lust moves us to procreate. Just as with anger and fear, lust is not wrong or a sin. It is just part of being human.

Considering all this, we can begin to understand why becoming loving, compassionate people is a difficult journey.

More to come.

Smile, God loves you,

Father Clay

## **JANUARY CALENDAR**

### **MONDAYS**

- Al-Anon: 11:30am-12:30pm, online.

### **TUESDAYS**

- Women's Spirituality Group: 5:00-6:30pm, Parish Center library. Meets this month January 4, 11, 18 and 25. Please call Lindsay Lopez at 651-292-1913 with any questions.

### **WEDNESDAYS**

- Youth Group: Meets 6:30pm—8:00pm, Grades 7-12, Parish Center.

### **THURSDAYS**

- Women's Spirituality Group: 9:30am-11:00am online and in person, Parish Center library. Meets this month January 6, 13, 20 and 27.
- Centering Prayer: 12:00pm-1:00pm, Parish Center and 7:00-8:00pm (currently meeting online) on January 6, 13, 20 and 27.
- Lectio Divina: 6:00-6:50pm meeting online on January 6, 13, 20 and 27. Please call Lindsay Lopez at 651-292-1913 with any questions.

### **SATURDAYS**

- Penance: 3:00-3:30pm
- Mass: 4:00pm

### **SUNDAYS**

- Mass: 8:00am and 10:00am

## **JANUARY SPECIAL EVENTS**

- New Year's Day Saturday, January 1, 10:00am. No 4:00 pm Mass or Penance. Regular Mass times resume Sunday, January 2 at 8:00 am & 10:00 am.
- Youth Group Holiday Party: January 5th (December original date was canceled due to weather).
- Parish and Finance Councils Meeting: Sunday, January 23, 2022 11:00 am. Church hall (lower level).
- Religious Education Sacraments Class: 1<sup>st</sup> Reconciliation: Sunday, January 23, 9:00 am. Church.

## **Mass Readings: January 1, 2022 Solemnity of Mary, the Holy Mother of God**

First Reading: Numbers 6:22-27 (18ABC)

Second Reading: Galatians 4:4-7

Gospel: Luke 2:16-21

## **Mass Readings: January 2, 2022 The Epiphany of the Lord**

First Reading: Isaiah 60:1-6 (20ABC)

Second Reading: Ephesians 3:2-3a, 5-6

Gospel: Matthew 2:1-12

## **MASSES—JANUARY 1—JANUARY 9, 2021**

Sat. 10:00 John Myers	Sat. 4:00 Rosanne Soika
Sun. 8:00 Nicholas Zimmer	Sun. 8:00 Veronica Kraft
10:00 Clarice Gombold	10:00 William Heroff



## **LECTIO DIVINA**

*We saw his star at its rising and have come to do him homage.*

## ***THE CATHOLIC SPIRIT***

If you would like to receive a free subscription of [The Catholic Spirit](http://TheCatholicSpirit.com) newspaper, please feel free to contact Kim Myers, Parish Administrator at 651-224-7998 or [kimmyers@ststans.org](mailto:kimmyers@ststans.org). Sign up is also available on the homepage of [The Catholic Spirit](http://TheCatholicSpirit.com) website. Free subscriptions are made available by our Archdiocese.

**The Catholic Spirit**  
thecatholicspirit.com

\*\*\* VOLUNTEERING \*\*\*

GREAT WAY TO GET TO KNOW FELLOW PARISHIONERS AT ST. STAN'S

- ❖ St. Stan's is looking for new people to participate in its **Greeter Ministry**. Greeters welcome people to church on weekends, and provide the first contact to newcomers, people returning to the church after an absence, and regular attendees. This one-to-one ministry acknowledges the importance of each person attending mass. What an honor! We are looking for new greeters at all of our weekend masses: 4 pm Saturday, 8 am Sunday and 10 am Sunday. Please contact Pat Tommet at 651-698-1969 or [ptommet@tc.umn.edu](mailto:ptommet@tc.umn.edu) for more information and to sign up.
- ❖ We also invite those of you who may be interested in serving as **Lectors** at our Mass times. This is a special way to help out St. Stan's and learn more deeply about the teachings of Scripture.
- ❖ In 2022, we plan to form a volunteer group to provide the **Eucharist to the homebound**. More to come.  
\*\* Please contact Kim Myers, Parish Administrator, at 651-224-7998 or [kimmyers@ststans.org](mailto:kimmyers@ststans.org) if you are interested in serving as a lector or participating in the homebound outreach.

MANYMANY THANKS

As we approach the beginning of 2022, St. Stan's would like to acknowledge and thank the many devoted volunteers who contribute their time and talents to the special community that is St. Stan's:

- ❖ **St. Stan's Trustees**—Dave Bredemus, Treasurer and Rebecca Nordstrom, Secretary.
- ❖ **Finance Council Members**—Angela Anderson; Dave Dietz; Shelly Peterson and Dave Freier.
- ❖ **Parish Council Members**—Joyce Maddox; Shelly Peterson; Zoey Ryan; Mark Thiel; and Fr. Dan Haugan.

We also express our gratitude to those of you who serve as Eucharistic Ministers; Greeters; Lectors; Funeral Luncheon helpers; Religious Education teachers; Youth Group volunteers and *all* who help in the many special ways that keep us moving along together on our spiritual journeys. Pope Francis reminds us about the importance of serving others: "I ask you to build the future. Make the world a better place. Please don't see life from afar. Live it. Jesus didn't stay out in a balcony. Instead, He got involved. Follow Jesus' example."



SAFETY PRACTICES AT MASS CONTINUE

We continue to practice social distancing at St. Stan's, and **we strongly encourage wearing masks for those vaccinated and unvaccinated**. However, presently masks are not required. This is subject to change given the recent variants and virus surges. We have a designated basket to collect all donations in lieu of ushers and our holy water fonts remain emptied. We also continue to live stream our Saturday 4pm Mass. Pews are still marked to maintain social distancing. We regularly review the Minnesota Department of Health safety protocol guidelines to maintain a safe worship environment for all. Missals and songbooks have been temporarily removed from the pews as a precaution. However, we welcome you to pick up a Heritage Missal to keep with you and use when you attend Mass. We will not be singing until it is safe to do so.

ST. STAN'S STEWARDSHIP COMMITTEE

This fall a group of St. Stan's parishioners and staff gathered together for five Wednesday evenings to address what St. Stan's is doing well, what we might want to discontinue, and what are our current and future needs. The committee concluded the first two priorities should be improving Communication and Enhancing our Community Outreach. The Stewardship Committee plans to address the parish community and will continue to meet throughout 2022 to identify how the St. Stan's community can continue to work together to fulfill our Mission Statement.

### **ARCHDIOCESAN SYNOD**

The next step in the three year Synod process comes in January/February 2022 with the Deanery Consultation Process. Pastors and parish representatives will gather one Saturday to learn, pray, and discuss the focus areas. We are *still* looking for representatives from St. Stan's to attend the Deanery Consultation on February 12, 2022 at Cretin-Derham High School from 9:30am to 3:30pm. Please contact Kim Myers at 651-224-7998 or [kimmyers@ststans.org](mailto:kimmyers@ststans.org) if you are interested in serving as a representative for St. Stan's. Deanery feedback will help determine the Synod topics.

### **MASS OFFERING INTENTIONS**

We welcome your requests to have Mass offered for someone in thanksgiving, for the intentions of a loved one or for the repose of the soul of someone who has died. Feel free to contact our Sacristan, Pat Heroff, at [pat@ststans.org](mailto:pat@ststans.org) or 651-964-2808 to request a Mass intention.

### **VOTIVE CANDLES**

The lighting of votive candles in church signifies our prayers entering the light of God. We welcome your prayers with the lighting of candles. At this time with ongoing COVID safety precautions, we invite you to let us (staff, lector or Father Dennis) know if you would like to light a votive candle so we can get the candle for you from our sacristy. Suggested donation for the lighting of votive candles is \$2.00.

