



Revelations



May 2011

Church of St. Thomas the Apostle

Welcome to the Easter Season

What gave courage and focus and new life to a group of frightened disciples who scattered in disarray at the time of Christ's passion and death? It was the resurrection experience and faith in the Risen Lord.

What has given a host of martyrs over the centuries the courage to die for what they believe in? It was belief in the Risen Lord.

What has given people the courage to act in just ways even when it cost them their business, their friends, and even their families? It was the call of Christ to go through death to life.

What has given leaders over the centuries the courage to say the things that needed to be said, even when they were unpopular? What has made them ready to face intimidation and rejection for speaking the truth? For many, it has been our Risen Savior inviting them to live out their baptism, the New Covenant, the Paschal Mystery.

What has given people hope in the face of serious illness, even death? It is the Resurrection and



knowing they have eternal life. What can help all to know our God will never abandon them? It is the Resurrection.

We live in a culture that likes to name, organize, control and conquer. Easter is far too profound for any of those categories. We are invited into the mystery of God's promise fulfilled. We are reminded that the profound depths of our origins, our life, and our future are wrapped in the plans and the goodness of God. Easter is not so much to be figured out as to be embraced and treasured. Jesus Christ is alive and among us and with us always until the end of time.

Welcome to the Easter season. From now until Pentecost, there are several weeks to pay attention to the light of Christ in peace. The disciples rejoiced at the presence of the Risen Christ, but Thomas didn't believe, so Jesus told him "*...bring your hand and put it into my side, and do not be unbelieving, but believe.*" Thomas answered and said, "My Lord and my God!" Jesus replied, "*Have you come to believe because you have seen me? Blessed are they who have not seen and have believed.*" THAT'S US!

by Sister Mary Lou Dummer

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Revelations

is an official publication of the Church of St. Thomas the Apostle and is published monthly except for the months of June, July and August. The parish community is welcome to submit articles.

Submissions should be sent to
Jean Yost, editor:
email: yostgarden@comcast.net

Deadline for the newsletter is the 5th of each month. Although the goal is to publish articles in their entirety, all are subject to editing.

This monthly newsletter and the weekly bulletin are both available on the parish website.



www.stthomasap.org

Joseph's Coat for the Poor

by Joe & Eva Tembreull

Since 1989, Joseph's Coat has been serving our neediest neighbors in Saint Paul and the surrounding Twin Cities communities. The free store provides clothing, household items, personal hygiene products, and children's items. Approximately 1,000 individuals are served each week through the dedicated efforts of our wonderful volunteers. They welcome your time, financial support, and donated goods. Your support will immediately be put to good use—over 90% of donated resources are used for program needs. Financial support is appreciated and may be designated toward purchasing items to meet the needs of the people we are serving.

Needs List for Joseph's Coat:

Clean seasonal clothing for men, women and children
T-shirts, socks and underwear, clean, gently used
Outerwear appropriate for the season
Shoes (especially men's tennis shoes)
Books for adults, mostly novels & mysteries
Personal hygiene products: toothpaste, toothbrushes,
shampoo, deodorant, lotion, disposable razors
Household items: pots & pans, glassware, dishes,
small electric items, sheets, blankets, towels,
bedspreads
Brownpaper grocery bags



Please make sure your donations are clean, gently used and in season. We are unable to wash clothing and do not have space to store out-of-season clothing.

Financial support is fully tax deductible. Your donation may be designated toward purchasing items to meet the needs of the people we are serving.

For donations, a box is provided on the bench in the Gathering area near the Stillwater door, or you may use a bag marked "Joseph's Coat and set it beside the box. Call us if you have a large amount: Joe & Eva Tembreull at 651-777-6276. Thank you very much for all your donations.

Come...Join us for an Enjoyable Evening Tuesday May 3, 2011 at 6:30pm

The St Thomas Women's Group is sponsoring a Fun – Fundraising event to help cover some of the cost of sending St Thomas and Blessed Sacrament youth to the National Catholic Youth Convention in Indianapolis this November.

Please come join us on Tuesday, May 17 at St Thomas Parish in the Robertson Room at 6:30pm. A short **Pampered Chef demonstration** will start us off followed by tasting a number of samples of **Tastefully Simple gourmet products**. We will get a kickback on all sales and 100% of this profit will go towards the Youth Group. So please, bring your family and friends and help make this event a huge success.



From main dishes to desserts, Tastefully Simple offers a wide variety of simple gourmet foods and gifts for every day and every occasion. So come sample some of our new summer treats as well as the wonderful tasting favorites.

Come see a short demonstration on some new essential kitchen tools and the latest fashions in wonderful cookware, bakeware and the cutting edge.

If you are unable to attend but would like to place an order, you may do so by contacting Sue Kronschnable (651)739-8864 or Julie Taylor (651)738-0677.



by Carol McKenna, RN

Second Opinion

Q: I've heard that skin cancer is slow to develop. I'm 78 years old. At my age, do I really need to wear sunscreen and otherwise protect myself from the sun?

A: Yes. Ultraviolet (UV) radiation from the sun can damage skin cell DNA, leading to a mutation of cell genes that can turn a normal cell into a cancerous one. This DNA damage can happen at any age. Your immune system can usually repair damaged DNA, but overexposure to UV radiation can suppress your immune system. This makes it harder for your skin to protect itself from cancer development.

Skin damage may be slow to develop. Damage that occurred when you were young may not become apparent until midlife or later. In addition, the most common forms of skin cancer are typically slow growing and highly treatable.

But don't let this lull you into a false sense of security. One in 5 Americans will develop skin cancer at some point in life, and not all forms of skin cancer are slow growing and easy to treat. In addition, your risk of developing skin cancer increases with age because of the accumulating effects of sun damage over time. It may take several episodes of damage to your DNA to cause a cancer. You can't go back in time to prevent previous damage, but you may be able to prevent the last critical piece of damage that could tip a cell to becoming cancerous.

Simply put, you never know when a certain instance of UV exposure will cause DNA damage that goes on to become cancer.

Mayo Clinic Health Letter, 3/11

Medication Nation

Half of all Americans took at least one prescription during the past month, about 10% more than a decade ago, according to a recent report from the National Center for Health Statistics. Spending on prescription drugs more than doubled over the past decade, even after accounting for inflation.

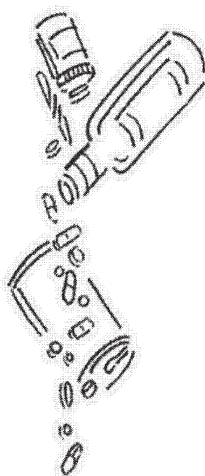
- Nine out of ten people over 60 took at least one prescription drug during the past month; three out of four took two or more drugs; and more than one in three took at least five drugs. Drugs for cholesterol and blood pressure are most common.
- Younger people are taking more medication, too. Nearly half of those age 20 to 59 take medication. Antidepressants are the leading drugs in this age group.
- One out of five children under 12 is taking at least one drug, most often for asthma. And so are nearly 30% of teenagers.
- About 20% more women take medication than men.
- People with health insurance are twice as likely to take medication as those without.

Adding it up: That's a lot of medication, and many people are undoubtedly taking drugs they don't really need. The more drugs people take, the more likely they'll experience adverse effects...a big concern among older age groups. At the same time, many others are not getting the drugs they need, often for financial reasons and lack of health care.

Wellness Letter, 4/11

People who exercised at least twice a week in middle age were 60% less likely to develop Alzheimer's disease when they got older. That's what researchers at the Karolinska Institute in Sweden found when they looked for signs of dementia in nearly 1,500 people after an average of 21 years. Walking and cycling were the most popular exercises. The people who benefited most had a genetic predisposition for Alzheimer's. Exercise may decrease risk by improving blood flow to the brain and transmission of brain signals, suggest the researchers.

Environmental Nutrition, vol.33



Robby Vee band

Fun Fest is Coming! August 20 – 21

The Robby Vee Band returns to rock our socks off . . . and this year, we welcome a classic car show to really put us in the retro mood!

Pulled pork sandwiches and walking tacos!

Silent auction, take-a-chance, book booth, dunk tank, kids' games and much more . . .



You won't want to miss it!

And if you don't want to wait for the fun to start, join the Fun Fest Committee, an incredibly fun and energetic group of people, and help plan this biggest fundraising event of the year.

To find out more,
attend the next Fun Fest meeting on
**Monday, May 2 at 6:30pm
in the Robertson Room.**

For more information,
call Samantha Barron,
Fun Fest chairperson,
at 651-769-8303.

Will a Change in the Mass Texts Change Our Faith?

by Sister Mary Lou Dummer



If what we pray is what we believe--then how should one prepare for a change in the words we use in prayer at Mass? Is this in some sense a change in the "what" we pray? Does this mean that there is a change in what we believe? Even though the words are changing, this does not mark a change in the core beliefs of

the church around the Eucharist. In fact, what is needed is for parishioners to have a renewed sense of the mystery we celebrate each Sunday.

We need to ask: Is the Sunday Eucharist the normative experience and expression of our Christian lives? And if not--what needs to change? I think that the greatest change we need to have is to capture a Eucharistic spirituality that recognizes that our participation in the liturgy allows our lives to be transformed into a kingdom of life. The sacraments are signs of transformation. When we say that the church is Eucharistic, we are saying that the celebration of the Eucharist is the expression of who we are and at the same time forms us as the Body of Christ.

Popular piety and Eucharistic devotion can lead us to think of Communion as a thing, an object, or as "the outcome" of the liturgy which we simply "receive". A passing presence that might lead to an "increase in grace" does not expect or enable any real transformation of mind and heart. However, the Eucharist is much more profound than that. Our prayer--our liturgy is an outward expression of an interior reality. Our external participation must lead to an interior participation and an interior transformation.

What Do We Mean by Participation in the Liturgy?

by Sister Mary Lou Dummer

Members of the assembly take an active part in the liturgy in these ways:

Preparing: We prepare for participation by our life and prayer during the week and by sharing attentively in the Liturgy of the Word.

Responding: We answer the priest during the various dialogues.

Singing: We sing the acclamations and hymns.

Watching: We watch as the priest takes the bread and then the cup and repeats the words of the Lord.

Listening: We listen attentively as the WORD OF GOD is read; as the priest proclaims the Eucharistic Prayer. It is the prayer of the whole Church, said in our name and in the name of Church on earth and in heaven.

Interceding: During the week, we pray for ourselves and for others. In the Eucharist, we join these petitions with the prayer of Christ and his Church to the Father.

Thanking: With Jesus and the whole Church, we give thanks and praise to our God.

Offering: We give ourselves to God, ready to obey His will and to live each day for Him.



Close-Up Corner

by Julie Taylor

Did you notice the important place of the subject of last month's photo (below, left) in the Easter Vigil Mass? It was a close-up photo of the Paschal Candle. Every Easter Vigil we bless a new Paschal Candle while dipping it in the baptismal font. This candle has a prominent place in the Easter season and at every baptism. On the candle one can find the year (which changes at Easter), the alpha and omega symbols (indicating that Christ is the beginning and the end), and a cross with pins symbolizing the five wounds of Christ.



This month's photo (right) is of a framed photo hanging on a wall somewhere in our church. Do you know what it depicts and where it hangs?



A Familiar Face

We thank God for many gifts. Let us not forget our fellow parishioners who demonstrate the spirit of the Catholic faith whether it be through their weekend worship (in the pew next to us) or through their time and talent efforts that have helped build the strong Catholic community that we now enjoy. This month, the focus is on Tim and Sue Koenig.

Parish Time & Talent

Tim

Confirmation leader 10 years
St. Nick Brunch: 10 years
Hospitality: 10 years
Italian Dinner: at least 6 years
Fun Fest: 5 years
Parish Council: 1 year
Men's Club: 1 year
Video taped special Masses
for the homebound

Sue

Eucharistic Minister: 15 years
Confirmation leader: 10 years
St. Nick Brunch: 10 years
Italian Dinner: at least 6 years
Fun Fest: 5 years
2nd grade catechist: 3 years
Parish Council: 1 year
Loaves & Fishes
MOMs group



Sue and Tim Koenig

Since 1996, the parish of St. Thomas the Apostle has been Tim and Sue Koenig's church home. Tim said, "My wife chose STA as our parish when I was not active in church; I saw how happy she was when she came and I just had to check it out. I could not believe that a Catholic church could be so open and inviting. I soon realized what was missing in my life. It was shortly after that, that I decided to join RCIA and I was confirmed a Catholic in 2000."

Tim grew up in the Como Park area and Sue grew up in Highland Park. They have three children, Shelly, Kayla and Frank and one grandchild named Logan. They also have two small dogs, Luka and Piper.

Tim is a computer consultant who helps maintain the computer networks at the small business where he works. Sue is an office administrator and said, "I love the people I work with, especially Jen Cortitlet."

Family time for the Koenigs includes sporting events (professional and their children's) such as hockey, basketball, baseball and lacrosse. They also like to go on long drives and "sight see" and find a new place to have a greasy burger. Tim also likes to fish, hunt and golf. He added, "I am really into cooking right now. I intend on taking some classes to learn more about cooking and what foods go together and why." Sue said, "We love board games and in the summer we love to BBQ and swim." She also said that St. Thomas the Apostle parish "has made a huge impact in our family life. We have truly been blessed throughout the years!"

Tim said that volunteering has changed his life BIG TIME. "I was not the best kid growing up and as a young adult, I was not much better. My wife, my children, and my church have taught me how to be a better person through volunteering. And I will tell you, it does feel a lot better to be the person I am today than it did being the selfish, 'out for myself' person I used to be." Tim said he's enjoyed everything he's volunteered for, "especially the Italian Dinner — cooking is a passion of mine."

For Sue's volunteering efforts, she remembers: "In 1996, Sister Mary Lou approached our daughter Shelly and asked her to be an altar server, and then she approached me to be an EM and ever since then, we have been involved. I enjoy being involved and all the opportunities I've had. We've made so many awesome friends being involved at STA. We are blessed."

Over the years at St. Thomas the Apostle, both Tim and Sue have had heartwarming events that they remember fondly. Sue said that on the first Christmas Eve that Fr. Tony was at St. Thomas, "we thought about him as we were leaving church and asked him if he had plans after Mass and he said 'no'. We invited him to our house on Christmas Eve that year and he came for the next seven years." As for Tim, he said, "One of our Confirmation kids came up to us at the Cathedral on the day of Confirmation, with tears in her eyes and could hardly talk because of the lump in her throat. She said, 'I get it! I get what you guys were trying to get us to see and feel!' Then she hugged us." Both Tim and Sue added, "Sr. Mary Lou has been a pillar of strength at St. Thomas; she has been there for us since the day we started coming to church there. We love you Sr. Mary Lou - you are awesome!"



The Men's Club: Who We Are & What We Do

by Dicker Teeters, Club President

Who Are We?

The STA Men's Club is a group of men whose mission is to promote and foster spiritual growth among the male population of our community and to the youth of our community. We held our first meeting in September 2001. Membership has been open to all male members of the parish who have reached the age of 18. If you're not currently a member we invite you to consider joining our group.

The group meets on the second Thursday of each month, except for July and December, at 6:30pm in the Robertson Room. Required business is transacted at the meeting which opens and closes with prayer and meditation. Refreshments, food and beverages, are served following the meeting with ample time for socializing.

What Do We Do?

What we do revolves around the 'Three Ss' — Spiritual, Social and Service. I would like to mention several examples of each of these three categories.

Spiritual: As was mentioned above, every meeting begins and ends with prayer and meditation. In addition, the Club annually hosts a Saturday morning and afternoon retreat that is open to all men of the parish. The retreat is led by an experienced retreat leader -- in the past this has been Mickey Friesen, Deacon Richard Moore, Joan Irgen Nedeau, Jim Smith and Dave Fried. The retreat usually ends with Mass which is followed by a delicious dinner (prime rib has even been on the menu!). There is no cost to the attendees.

Social: There is ample time for socializing at all of our meetings. The Men's Club holds one, sometimes two, golf tournaments each year which are open to all parishioners and friends -- male and female. Included is a steak dinner. Part of the cost is underwritten by the Men's Club. The Men's Club initiated the practice of having a Mass and party for our homebound parishioners in December and July. Initially funded by the Mens Club they are now funded by profits from the pancake breakfasts. Men's Club members continue to assist in many ways.

Service: There are many ways that Men's Club members serve our parish. For example, many minor repairs and continuing maintenance of our facilities has been handled by members. Money from the continuing Aluminum Recycling Project conducted by the Club is dedicated to be used for activities involving our youth, such as summer camp and education materials. Also, members are involved in setting up and taking down tables and chairs for funerals and other parish functions.

Over the years since its formation, money realized from our main fundraiser, the Rummage (Recycled Treasures) Sale has been used to fund many purchases. Included have been a closed circuit TV system to monitor the main entrance; new counter tops and lower cabinets in the workroom, new shutter style Bingo Cards, six 10' x 20' canopies for use in outside activities, three stools for the kitchen, two high chairs, a tall, heavy duty ladder, 16 new 4' x 8' lightweight folding tables to name just a few.

Donations have been made to the Venezuelan missions that are under the direction of Father Greg Shaffer. Gift cards were presented to several parish families this past December to enable them to buy gifts and food for their Christmas celebrations.

Recently the Men's Club has begun paying for the Living Faith booklets that are available to parishioners for use in daily devotions. The Men's Club purchased educational materials that are being used in the small groups that are studying the changes that will be made to our Mass celebrations beginning in Advent 2011. Also, the Men's Club paid for the buses that transported youth and parents to participate in the Feed My Starving Children project in Coon Rapids.

Again, in closing, I would like to extend a sincere invitation to all men of the parish to consider becoming a member of the Men's Club. It has a lot of benefits, both to the member and to the parish and requires very little time commitment on your part.



The St. Thomas the Apostle parish community extends our prayers and condolences to the families who recently lost a loved one.

George Lauzon March 21, 2011

Shirley Lindabaur March 21, 2011

Neal D. Elm April 6, 2011



The Gardens of St. Thomas

by Kathy Zawislak

It came, Spring really came!! I hope you're enjoying it. Please go and visit the Meditation garden or the tulips and daffodils out front. The roses in front should be blooming toward the end of May and are usually spectacular.

Planting will be done whenever the soil warms up and no more frost is forecast. Weeding will be on June 11 and 25, July 9, August 13 and September 10 at 8am. If that's too early, call me (651-738-8266) and I'll meet you at the garden and show you what to do on your own schedule.

"We need to find God, and he cannot be found in noise and restlessness. God is the friend of silence. See how nature - trees, flowers, grass - grows in silence; see the stars, the moon and the sun, how they move in silence...we need silence to be able to touch souls."

Mother Teresa
(1910-1997)



Trip to Feed My Starving Children on Friday, April 1

by Julie Taylor

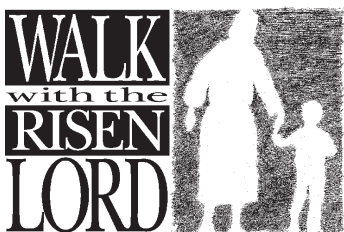
A group of 71 enthusiastic parishioners from St. Thomas the Apostle and Blessed Sacrament ranging in age from kindergarten to seniors spent an evening fighting hunger at Feed My Starving Children in Coon Rapids. Over the course of a little more than an hour, we packed 11, 016 meals, each made up of rice, vegetables, soy and chicken broth, to be sent to places like Haiti where children are starving. Thank you to the DiVita family for organizing the fundraising drive last fall, and a special thank you to the St. Thomas Men's Club for funding the buses to get us there! Look for another trip for families to Feed My Starving Children soon!



Haley Barron, the Stouts
& Ken Kronschnable



Sr. Mary Lou and the Duggans



We Love Our Volunteers!

by Julie Taylor

Just today, I drove out of the St. Thomas parking lot and there was Mike fixing the church sign. Sue had spent the morning working on the Catholic Appeal donations and then leading a small faith group. Last night, twelve people spent a couple of hours brainstorming ideas for the Fun Fest. Tomorrow night twenty-five catechists will spend another Wednesday evening to teach our children their Catholic faith, while five people will work in the kitchen to serve a dinner to families before children go to class. They all do it for the big bucks, right? No, these wonderful volunteers give their time and talent because of love of God and love for this wonderful community. And often they do it because they have a lot of fun!



St. Thomas the Apostle Church has a long history of volunteerism. After our parish's humble beginnings in the basement of the Kielsa Hardware Store in 1954, our founding pastor, Fr. Tom Robertson, rallied enthusiastic parishioners not just to contribute money to the construction of a new school and church, but to actually build much of it with their own hands. The generous spirit of those founding members continues today as we see hundreds of parishioners volunteering their time and talent. Just imagine our parish without people who:

- proclaim the readings and distribute communion at Mass
- sing at Mass
- plan the special liturgies and church environment for our church seasons
- wash the altar linens
- share the Catholic faith with our young people and RCIA candidates
- visit our sick and aging parishioners and bring them communion
- run our Fun Fest, Rummage Sale, and other fundraisers
- paint our classrooms and repair our wooden pews
- plant and weed our gardens
- publish our newsletter and web site
- count the weekly collection

And these are just a few of the things that are accomplished by volunteers here at St. Thomas. It is amazing and certainly humbling to all the staff to experience how generous so many of our parishioners are with their time and talents. That's why it's become an annual tradition for the staff members to honor the work of our incredible volunteers with an appreciation dinner.

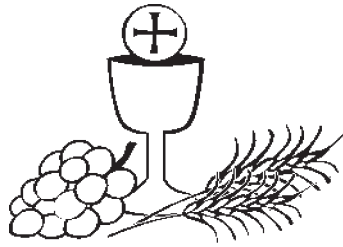
This year's Volunteer Appreciation Dinner will take place in June.

We invite all who have served our parish in ANY way during this past year to join us in the celebration of your many gifts. Children are welcome!

More information will be available in the coming weeks.



Celebration
of First Eucharist
by Julie Taylor



Haley Barron

On Sunday, May 1, thirteen children from St. Thomas the Apostle will celebrate their First Holy Communion at the 10:30am Mass, while children from Blessed Sacrament will celebrate it at the 8:45am Mass.



Lindsey Duggan



Aiden Kilibarda



Jacob Kjorstad



Dana Kotchick



Kate Kroening



Nevaeh Martinez



Mary Miske



Michael O'Gorman



Matthew Proulx



Dakota Race



Brooke Shabelski



Jaad Stout



All parishioners are invited to a reception in the Robertson Room following Mass to congratulate the children. Second grade teachers Joy Hoffman, Jill Kleidon, and Peggy Boege deserve special thanks for their work to help prepare the children for this wonderful sacrament. Keep these children in your prayers along with their classmates from Blessed Sacrament and St. John's who will also be celebrating their First Eucharist this month at their parishes.

Saints to Remember

by Julie Taylor

Father Christian de Cherge and the Trappist Monks of Tibhirine Martyred in May, 1996

"If it were ever to happen... that I should be the victim of the terrorism that seems to be engulfing all the foreigners living in Algeria, I would like my community, my church, and my family to remember that my life was given to God and to this country."

With these words Father Christian de Cherge, prior of a Trappist monastery in Tibhirine, Algeria, began a letter to his family sealed with the notation, "to be opened in the event of my death." Several months later, during the night of March 26, 1996, seven of the nine monks present at the monastery were kidnapped in circumstances that have never been clarified. The seven monks were murdered, probably on May 21, 1996. The precise happenings of the fifty-six days of their detention and the details of their death are still shrouded in mystery. Their choice to remain in Algeria, despite an increasing atmosphere of terror, expressed their will to remain together, as they shared with their neighbors the dangers of the violence which was aimed especially at the most destitute. It also expressed their solidarity with the small ecclesial community and the gift of themselves to God and to Algeria.



For Father de Cherge, it was the repayment of an ancient debt. In 1958, as a young man of twenty-one, he served as a French soldier fighting Algerian rebels in the war of independence. One day during an ambush, his life was saved when a friend – who happened to be a devout Muslim – shielded him with his own body. This man's sacrifice, which de Cherge believed was motivated by religious faith, prompted his own conversion, a process that led him to the priesthood and ultimately to the Trappists. He asked to be assigned to Our Lady of Atlas monastery in the highlands near Algiers. Many French religious and missionaries had fled the country after independence in 1962. But at the urging of the Catholic archbishop, the Trappists had stayed on to offer a contemplative Christian presence among their Muslim neighbors.

To many of their neighbors the monks were trusted men of God. But to others – fundamentalists who felt increasing resentment toward the secular policies of Algeria's government – the French Trappists were foreign infidels. By 1993, the country was on the verge of violent rebellion. The rebels issued an ultimatum warning all foreigners to leave the country. But the monks decided to stay. It was then that Father de Cherge wrote his last testament and mailed it to his family in France. In the following years, a number of priests and women religious were killed. But the monks remained. As de Cherge wrote, *"For us it is a journey of faith into the future and of sharing the present with our neighbors, who have always been closely bound to us."*

An acclaimed 2010 film about the Trappist Monks of Tibhirine called *Of Gods and Men* opened in Minneapolis last month. If you do not have the opportunity to see it in the movie theater, look for it on DVD soon.

The end came in May 1996 when rebels invaded the monastery and seized Father de Cherge and six other brothers and marched them into the mountains. Several weeks later, on May 23, the rebels announce that they had killed the seven monks. The heads of the monks were discovered the next day. They were buried in the cemetery of the monastery.

As John W. Kiser, the author of *The Monks of Tibhirine: Faith, Love, and Terror in Algeria*, noted: "Universal fraternal love is the essence of Christianity and all true religion. Otherwise, religion degenerates into celestial nationalism. Father de Cherge himself frequently said that if religion doesn't help us to live together, it is worthless. The idea

may seem laughably naïve in a post-9/11 world. Love, however, has nothing to do with sentiment and everything to do with good will, justice, empathy, and respect for others. Like their Savior, the monks' lives were not taken. They were gifts of love."

Source: *The Saints' Guide to Happiness* by Robert Ellsberg, www.pbs.org/wnet/religionandethics, and www.trappists.org

Faith Formation News

by Julie Taylor

April was a very busy month for the students in Faith Formation. Along with a First Eucharist Retreat, Stations of the Cross, and our Lenten Reconciliation evening, on April 27 we celebrated Easter with games and crafts at our Faith Formation Fun Night.

We will end the Faith Formation year on May 4 with an all-grade Closing Mass at Blessed Sacrament. At the Mass, we will honor especially the catechists, assistants, substitute catechists, and supervised space leaders who gave of their time on Wednesday evenings to share the Catholic faith with the children of St. Thomas, Blessed Sacrament, and St. John's. These generous and faith-filled people are:

Sally Strasser	Cathy Shannon
Ruby Kotchick	Bobby Showalter
Anne Austad	Charlie Friebohle
Rose Austad	Kevin Sueper
Jennifer Cortilet	Jonathon Wadle
Samantha Barran	Jennifer Narveson
Kathy Donovan	Sue Koenig
Nicole Villneave	Tim Koenig
Peggy Boege	Mike Larson
Jill Kleidon	John Ranum
Sandy Damiani	Sam DiVita
Kari Kjorstad	Laura Lanik
Joan Reese-Urban	Carrie Stout
Nathan Taylor	Kelly Strasser
Theresa Dahlberg	Tracy Strasser
Greg Luger	Jeanne Miske
Doug Liebsch	Melissa Spaulding
Zack Damiani	

Faith Formation doesn't end in May, though – don't forget to sign up for Vacation Bible School or Summer Stretch, or ask us about Catholic Youth Camp!



Annie helps Kate practice the Sign of the Cross

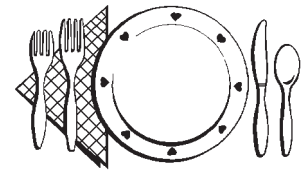


Confirmed in the Spirit

by Julie Taylor

On Thursday, May 26, twenty-two young people from our parishes will celebrate the Sacrament of Confirmation at the Cathedral of St. Paul:

Brandon Allen
Abby Anderson
Lucy Austad
Jake Dahlberg
Alyx Henriksen
Kathleen Jackson
Cody Joiner
Franky Koenig
Nicole Matykiewicz
Rebecca Mehsikomer
Josie Moy
Anthony Olson
Jay Olson
Drake Osaben
Matthew Ranum
Leah Riley
Danyul Rolli
Abby Ryan
Hank Ryan
Jake Ryan
Travis Sjogren
Rachel Taylor



Faith Formation Dinner Volunteers

by Julie Taylor

This year we also need to recognize a new group of volunteers who took turns preparing dinner for Faith Formation students and their families so they could sit down for a hot meal together instead of rushing through a drive-thru fast food restaurant. They truly deserve our thanks!

Rosemary Aleshire
Jeff Eberhardt
Maria Eberhardt
Barb Gorka
Fred Gorka
Lucy Jones
Patty Lange
Cindy Kuyack
Sarah Kuyack
Pam Malaske
Lloyd Maus
Marlene Maus
Coral McKenna
Mary Lou Nicosia
Deb Phillips
Steve Phillips
Linda Plemon
Amber Sullivan
Mary Trcka
Dave Villneave

Training for New Altar Servers

by Julie Taylor

Altar serving is one of the liturgical ministries open to young people. A server does more than light candles or hold books. It is a significant way to serve the people of our parishes. Like all other ministries, a server helps the community to pray.

We will soon be holding altar server training sessions, and invite children in Grades 3 and up to participate. If your child is interested in finding out more about becoming an altar server, please contact Sr. Mary Lou or Julie Taylor at 651-738-0677.



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Inside This Issue...

Welcome to the Easter Season.....	Front Cover
Voicemail for Parish Staff.....	2
Parish Pastoral Council.....	2
Joseph's Coat for the Poor.....	2
Pampered Chef/Tastefully Simple Fundraiser.....	2
Parish Nurse.....	3
Fun Fest is Coming!.....	3
Will a Change in the Mass Texts Change Faith?...	4
What Do We Mean by Participation in the Liturgy?..	4
Close-up Corner.....	4
A Familiar Face.....	5
The Men's Club: Who We Are & What We Do.....	6
With Sympathy.....	6
The Gardens of St. Thomas.....	6
Feed My Starving Children.....	7
We Love Our Volunteers/Appreciation Dinner.....	7
Celebration of First Eucharist.....	8
Saints to Remember.....	9
Faith Formation News.....	10
Confirmed in the Spirit.....	10
Faith Formation Dinner Volunteers.....	10
Training for New Altar Servers.....	10
Calendar.....	11



August 1 - 5, 2011 (note date change)
9am — 12 noon at St. Thomas the Apostle Church

All children ages 3 years old to entering Grade 5 this fall are invited to join us for a week of learning about God and how much he loves us during this year's VBS! You don't have to be a member of our parishes to come to Vacation Bible School, so ask your friends. Cost is only \$25 for the entire week.

We looking for young people entering Grades 6 and up this fall to help out as assistant leaders, as well as adult leaders, whether you can help for a few hours or for the whole week!

You can find registration forms in the Communication Center at Church or online at our parish web site, www.stthomasap.org.

For more information, contact Joy Hoffman at 651-735-3707, ext. 14.

Sponsored by the Faith Formation Program of
 St. Thomas the Apostle, Blessed Sacrament, & St. John