



Saint Michael the Archangel CATHOLIC CHURCH

January 2017 Newsletter

In This Issue

- Pope Francis's "Top 10" for Happiness
- Habitat for Humanity
- New Year's Resolutions
- 2017 Parish Mission

Important Dates

January 1, 2017 - Mary, the Holy Mother of God

January 8, 2017 - The Epiphany of the Lord

January 16, 2017 - Martin Luther King Jr. Day



Pope Francis's "Top 10" Secrets to Happiness

At Catholic News Service, Carol Glatz writes about an interview with Pope Francis in which he relates his top ten secrets to happiness. It is a very powerful and spiritual list which is something that all of us can consider. It also may provide a useful tool for leading many of the day-to-day aspects of our church, including staff and small group meetings and other events. Following are a few of his top ten secrets to happiness, along with some brief commentary from the Pope.

- **"Live and let live."** Per Pope Francis, another way of saying this is **"Move forward and let others do the same."**
- **"Be giving of yourself to others."** People need to be open and generous toward others, he said, because **"if you withdraw into yourself, you run the risk of becoming egocentric."**
- **"A healthy sense of leisure."** The pleasures of art, literature and playing together with children have been lost, he said.
- **"Proceed calmly"** in life. The pope used an image from a character in an Argentine novel by Ricardo Güiraldes. "He says that in his youth he was a stream full of rocks that he carried with him; as an adult, a rushing river; and in old age, he was still moving, but slowly, like a pool of water." He said he likes this latter image of a pool of water - to have "the ability to move with kindness and humility, a calmness in life."
- **"Sundays should be holidays."** Workers should have Sundays off because **"Sunday is for family,"** he said.
- **"Find innovative ways to create dignified jobs for young people. We need to be creative with young people."**
- **"Respect and take care of nature."**
- **"Stop being negative. Needing to talk badly about others indicates low self-esteem."**
- **"Don't proselytize; respect others' beliefs."**
- **"Work for peace."** Peace sometimes gives the impression of being quiet, but it is never quiet, peace is always *"proactive and dynamic."*

-from freshvine

Ten New Year's Resolutions for Catholics



It's January again - time to make those New Year's Resolutions! During this "Year of Faith", why not make a few resolutions to become a better Catholic in 2017? You certainly don't have to tackle all ten, but choose two or three goals to improve your spiritual life this year.

A Catholic smartphone?

Surprisingly, you'll find plenty of smartphone apps to help you become a better Catholic. Simply type "Catholic" in your phone's app store search index, and you'll find a long list of apps including prayers, Catholic radio stations, Confession guides, Bibles, etc. Instead of texting or checking e-mail during idle time, make use of those apps to learn more about your faith.

Find a patron saint

If you don't have a patron saint, it's time to find one! Saints are our heroes in faith and are powerful intercessors for us in heaven. You might want to learn more about the saint you were named after, your Confirmation saint, the patron saint of your profession or hobby, or any saint who interests you.

Attend daily Mass

Most parishes offer daily mass during the week in the morning, evening or during lunch. Since the group attending is usually small and there is often no singing, most daily masses will only take about 30 minutes of your day.

Go to Confession every month

Yes, it's difficult to face your sins and say them out loud, but frequent reception of the Sacrament of Reconciliation gives you the grace to fight those sins and perhaps finally defeat them. If your parish's allotted time for the sacrament conflicts with your schedule, call the Parish office to make an appointment with a Priest.

Read the Bible

If you don't own a Catholic Bible, invest in one and keep it out where you will see it every day. Attend a Bible study. You'll also find helpful guides online or in a Catholic bookstore.

Get involved with your Parish

Volunteering as a lector, Eucharistic Minister, choir member or greeter requires a very small time commitment but will pay-off by helping you to feel like an important part of your Parish.

Pray the Rosary

The Rosary has been hailed by saints and popes alike as a powerful weapon to defeat evil and a beautiful way to meditate on the gospels. There are many powerful blessings and promises granted to those devoted to the Rosary.

Check-out Catholic radio

Catholic radio stations are popping up all over America and you need not live near one to listen in. Most stations broadcast online or offer smartphone apps. Try a few different stations and programs to find one that interests you.

Read about your faith

If all you do is go to mass every Sunday, you're missing out on many wonderful resources for your faith. This year, resolve to read at least five books on Catholic topics. Pray to the Holy Spirit for guidance.

Spend some time in front of the Blessed Sacrament

Many parishes offer Eucharistic Adoration, but you can stop by a Catholic church any time the doors are open and spend a little quality time with Christ. Even just 10-15 minutes on a regular basis will deeply improve your spiritual life.

-Taken in part from beliefnet



Home for the Holidays - 17 Years and Counting!

John and Penny moved into their Habitat home in the summer of 1999, and have cherished celebrating 17 holiday seasons there since. But,



their home is more than accruing holidays - it's filled with memories, milestones, and traditions.

Penny describes their first meeting with Habitat as the “moment our lives were about to change.” Their hearts filled with hope and they jumped into their partnership with gusto.

Completing over 1,000 hours of sweat equity, Penny and John note that their Habitat partnership meant so much to them. “We loved helping to build our home and showing our children how things can be accomplished with hard work, as well as how many generous people there are in the world who are willing to help.”

“Today, we’ve lived in our home for 17 years and it’s filled with so many amazing memories. We’ve raised five kids in this home - and every one of them has graduated.”

Their Habitat house means so much more than just a decent place to live. John and Penny describe it as **“a place that gives my family and me those feelings that can’t be described... security and a sense of self-worth.”**

...When you ask what I most appreciate about Habitat for Humanity, I would say it’s that they didn’t just build a house – they built a place that gives my family and I those feelings that can’t be described... security and a sense of self-worth. Our Habitat home has served as a foundation for everyone – it was the beginning of a whole new era for our family.

-Penny & John Madrid

St. Michael the Archangel Parish Mission March 13th -15th 2017

**Featuring: Fr. Greg
Cleveland, O.M.V.**
Executive Director of the
Lanteri Center



Fr. Greg is a native of Chicago and the youngest of 11 children. He graduated from the University of Illinois with a degree in Business Administration. After college, he worked as a market manager for a Midwestern railroad. He followed God’s call to priesthood in 1987, joined the Oblates of the Virgin Mary [OMV] and attended Our Lady of Grace Seminary and St. John’s School of Theology in Boston. After completing an M.Div. in Theology and an M.A. in Spiritual Theology, he was ordained a priest in 1995. His first assignment was to St. Andrew’s parish in Avenel, New Jersey, where he worked especially with the poor, disabled and imprisoned. He obtained certification in spiritual direction from the Center for Spiritual Development in New York City, and returned to Boston to work seven years in seminary formation, as Rector and Novice Master. He is currently Executive Director of the Lanteri Center for Ignatian Spirituality in Denver, Colorado, where he offers spiritual direction and retreats, while teaching training programs in these ministries. Mark your calendar now!

**Make attending the Parish Mission a New
Year Resolution for 2017!**

January 2017

St. Michael the Archangel Catholic Church

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 New Years Day Parish office closed	2 Parish Office closed	3 Parish Office closed until 1:00 pm	4	5	6 10:00 am 1st Friday Adoration	7 10:00 am "Rise" Presentation 4:20 pm 1st Saturday Rosary
8	9	10	11	12	13	14
15	16 Martin Luther King Day Parish office closed	17	18 12:00 noon Sainly Salads	19	20	21 5:00 pm Wed. Anniversary Blessing
22 Men's Club Pancake Breakfast	23	24	25	26	27	28 6:30 pm Chili Bingo
29 TMIY Coffee & Donuts	30	31				
31						

**Please be advised, dates and times are subject to change*
