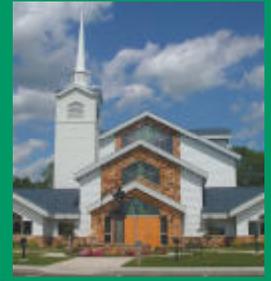




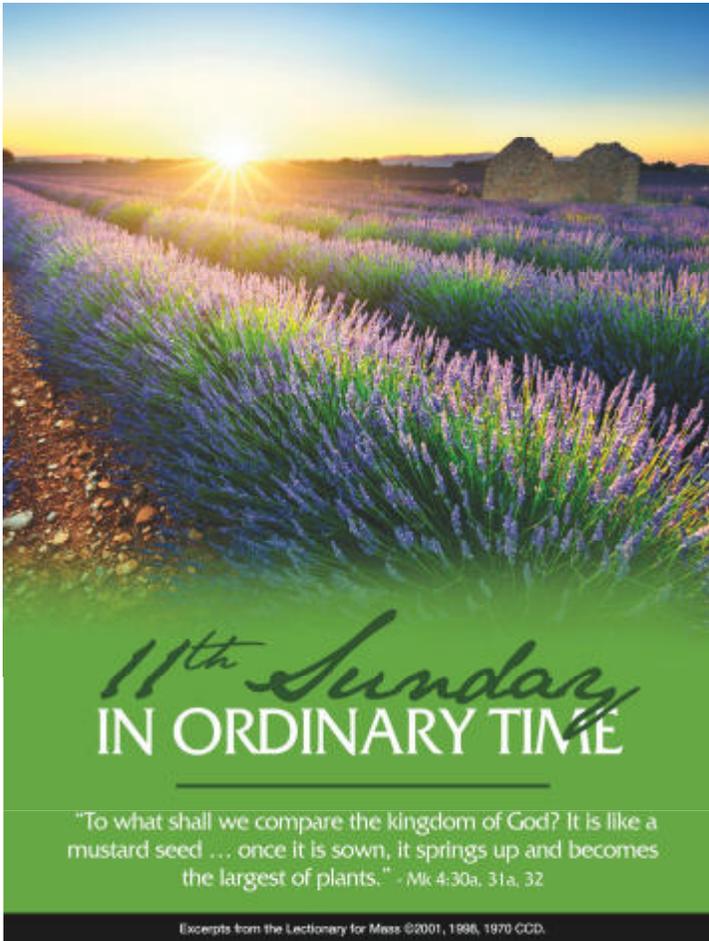
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Welcome to the Catholic Parishes of
ST. MARY & ST. RAYMOND
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Eleventh Sunday in Ordinary Time | June 13th, 2021



WEEKLY MASS SCHEDULE

June 12 through June 20

Sat., June 12	4:00p SM	† Ashley Condinho
	6:00p SR	† Don Ida
Sun., June 13	8:30a SR	† Becky Eckman
	11:00a SM	† JoAnn LeMere
<i>(Misa en español)</i>	1:00p SM	Priest Intention
Mon., June 14	No Mass	
Tue., June 15	8:00a SR	† Karen Bisek
Wed., June 16	8:00a SM	† Laura Klimisch
Thu., June 17	8:00a SR	Family of Peter Gallick
Fri., June 18	9:00a SM	† Kevin Klimisch
Sat., June 19	4:00p SM	John Weiss Jr.
	6:00p SR	Priest Intention
Sun., June 20	8:30a SR	All the Fathers of the Parish
	11:00a SM	† Vicki Lux
<i>(Misa en español)</i>	1:00p SM	Parishioners of SM & SR

SACRAMENT OF RECONCILIATION

Thursday	7:00p–9:00p	SR
Saturday	10:00a–12:00p	SM

EUCCHARISTIC EXPOSITION & ADORATION

Tuesday	5:00p–9:00p	SM
Thursday	5:00p–9:00p	SR

OFFICE HOURS

Mon-Thurs	9a-noon or by apt	SM
Sunday	noon-3p	SM
Tues/Thurs	9a-noon or by apt	SR

Pastor

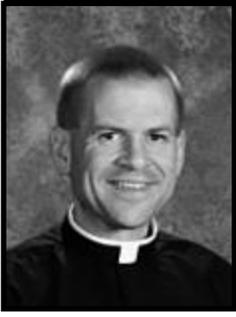
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 715-855-1294 ext. 101
frsakowski@gmail.com

Parochial Vicar

Fr. Peter Kieffer
 715-855-1294 ext. 140
frpeterkr@gmail.com

Rectory: 715-514-0161

Reflections from Fr. Derek Sakowski



Learning to Listen to Anger

It has become apparent to me that I have a hard time welcoming the human experience of anger and figuring out what to do with it. That becomes quite a setup for struggle and heartache during a year with as many frustrations as this past one!

Never mind that God created the emotion of anger; never mind that his Son Jesus was truly human and experienced anger without sinning. Many of us Christians feel a major “should” that warns us against anger – and we find ourselves stuck.

Far too often I have avoided feeling or expressing my anger. It turns out that it doesn’t just go away by itself. Anger is experienced interiorly as an urgent call to action; it wants to do things! If we ignore it, much like rushing water, it insists on finding a path. It leaks out on others through sarcastic or shaming comments. It swirls around in resentment, pulling us and those around us down into the muck of self-pity. Or it propels us up to a pedestal of self-righteousness and judgment, from which we eagerly label “those people” as inferior to ourselves and cast blame on them for our misery. It’s all their fault! If only, if only, if only...

Resentment is an especially common way of not listening to our anger. We cling to our resentments; we hug them close and snuggle up with them. That sounds strange yet so true. It is easy to stay in a place of resentment because it doesn’t take any courage. In my resentments, I can identify myself as a victim. “That guy” or “those people” have caused all my problems, and I am powerless to do anything about it. That feels a whole lot safer to me, because it also means I cannot be held responsible – which in turn means I am entitled. Commiserate and gossip with others about “those people” and how terrible my suffering is because of them? Don’t mind if I do! Think of witty labels with which to name those who are causing all my problems? Sure, that will be fun! Binging on comfort food or sugar? Yes please! Avoiding important tasks that will actually make the world a better place? Hey, if you were suffering as much as I, you would understand! You get the idea...

Many of us, especially if we have highly empathic hearts, may find that our anger turns inward and erodes us from the inside out. Enter anxiety, depression, or an assortment of bodily illnesses. We can’t bear the thought of showing our anger to others, so we allow it to consume us from the inside. For some reason we find it okay to pour contempt onto our own human dignity, telling ourselves that in this way we are being kind to others. Only it leaks out anyway, and others don’t much care to be around us in those moments.

What can one do?? Clearly, just putting our anger in the driver seat is not recommended. Aggression and violence cause harm to self and others – whether the overt violence of interrupting, shouting, raging, or assaulting; or the more subtle forms of violence such as the silent treatment, sarcasm, gossip, or passive aggression. They all harm and rupture our relationships. They all result from not truly tending to our anger, not learning to listen to it.

Instead, we can see our anger as a God-given warning signal, an invitation to be curious and pay attention, a call to receive the care we need and to work for the justice and peace that Christ came to bring. Instead of “should-ing” away my anger (which never works), I can invite Jesus to join me in listening to it.

In some cases, listening to my anger makes me aware that I am guarding deep and scary places of my heart – reservoirs of unshed tears and grief, tremors of fear or terror, or perhaps even stronger and older anger over harm experienced that was far worse than the injustice presently bothering me. If I allow Jesus to take me into (and back from) those places, my anger becomes the fuel on a journey of retrieving all these broken fragments and becoming a whole person capable of justice and peace in the present moment. I begin to know who I truly am and what I deeply desire, and I can be strong in the face of present evils, without needing to “power up” in aggression against others, nor to shrink and hide my true self or let others trample upon me.

Sometimes our anger needs to be expressed. It helps to develop healthy outlets, allowing it to pass out of our bodies so that we can be released of it. If we think creatively, there are all kinds of ways for our anger to do what it wants to do. As long as we are not harming others or self or damaging personal property, pretty much anything goes, especially if we feel better afterwards and can say truthfully that we have honored our own human dignity and that of others.

This is all so counter-intuitive for those of us who have been conditioned to view our anger as “bad.” Far from causing harm, when we take ownership of our anger, allow ourselves to feel it and acknowledge it, and listen empathically to it, we actually gain the freedom to be released from its grip. Our anger does not actually want to be in the driver’s seat – it is crying out for attention and help. When it actually gets heard and taken seriously, it will gladly step aside and allow the Wisdom of God to take over.

Check out Father’s blog at www.abideinlove.com

Job Opportunity

Stewardship

Marriage Prep & Wedding Coordinator

This is a part-time position, usually involving Saturday weddings and Friday rehearsals, in addition to meeting with couples prior to the wedding. Interested candidates should send a résumé and cover letter describing interest and experience with Marriage Ministry to Jacqueline Van Hemert, Director of Evangelization and Faith Formation, at JacquelineEVanHemert@gmail.com. Please include in the subject line "Marriage Prep and Wedding Coordinator".



St. Mary's This Week

Adults\$4,941.00
 1st Offering.....\$15.00
 Offertory (Plate).....\$858.25
Total Envelope & Plate.....\$5,814.25

St. Mary's Diocesan Appeal

Goal: \$39,460.00

Received: \$31,515.00



Thank You!

St. Raymond's This Week

Adults\$2,153.00
 Holy Day.....\$11.00
 Offertory (Plate).....\$203.00
Total Envelope & Plate.....\$2,367.00

St. Raymond's Diocesan Appeal

Goal: \$45,925.00

Received: \$26,977.04



Thank You!

Special Thank You to all who Sanitized



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Knights of Columbus (SR)

For updates from the KOC, call St. Raymond Parish (715-877-3400) and push "3" to reach the KOC mailbox. There you will hear the latest news and meeting info.



Baby Bottle Fundraiser at St. Raymond's Supports the Eau Claire Chapter of Right to Life - Runs thru Father's Day.

ST. MARY & ST. RAYMOND OF PEÑAFORT PARISHES

DIRECTORS

Evangelization & Faith Formation



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 715-877-3400, x 119 (SR)

JacquelineEVanHemert@gmail.com

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 715-877-3400 x 120 (SR)

TJA3500@gmail.com

St. Mary's Dedicated Staff



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 FaithFormationSM@gmail.com

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 715-855-1294, x 141

StMaryMainAltoona@gmail.com



Office Support Staff



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 StMaryRecAltoona@gmail.com (SM)
 715-877-3400, x 100 (SR)
 StRaymondParish@gmail.com (SR)

Bilingual Office Assistant,
 Carmen Nuñez (SM's Only)
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 CarmenAide4@att.net



St. Raymond's Dedicated Staff



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 MaCallaghan115@gmail.com

Maintenance,
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 715-492-9677

AutoBobs@outlook.com



Coordinators Serving Both Parishes



Communication Coordinator,
 Heather Halberg
 715-855-1294
 SmCommCoord@gmail.com



Marriage Prep & Wedding Coordinator
COULD THIS BE YOU?
 Send Résumé to Jacqueline Van Hemert
 JacquelineEVanHemert@gmail.com



Pastoral Outreach Coordinator
 Carla Kostka
 715-225-7419
 KostkaCarla@gmail.com

For Baptism Prep, Marriage Prep & RCIA (Rite of Christian Initiation of Adults) Contact Faith Formation Coordinator

News from the Diocese

Dive Deeper in Faith

Join the Lay Formation Institute. (LFI) Spend one weekend a month (Friday evening-Saturday afternoon) in an enthusiastic, faithfilled community that prays, learns, discusses and dines together. Discover a renewed spirit that says: this is what life in Christ should be like! That is the contagious spirit LFI participants carry back into their families and their parishes. Visit diolc.org/lay-formation for full details and speak to your pastor about enrolling. Class size is limited, so don't delay!

Newman Connection



Helping College Students stay connected to their Catholic Faith Newman Connection is a national organization that connects your graduating seniors to college Catholic campus ministries. Cassie Campton with Newman Connection will be contacting you. Without this connection so many students drift away from their faith and relationship with Jesus Christ and His Church. You can speak with Cassie at 217-262-6571 to participate or you can use this link to sign-up now: hso.newmanconnection.com. Participating in this program is so simple — you can send your student's college information to Newman Connection, who will pass that on to the college campus ministers in the fall, plus you can encourage your 2021 high school grads to download the Newman Connect app where they can connect instantly to their college campus ministry! The app is new this year, and more than 100 college campuses are using it already, to reach Catholic students.

Heroic Men Website

If you haven't done so, check out the Heroic Men website heroicmen.com, and let the Catholic men in your parish know about this great site. It is a 100% free Catholic streaming platform designed especially for men who want to discover (or re-discover) the truth, beauty and goodness of the Catholic faith. Offering more than 100 feature-length films, TV shows, documentaries and short films, Heroic Men seeks to source the best Catholic media available and bring it all to you, all in one place.

WHAT DOES YOUR FUTURE HOLD?

When we are young, we look towards the future and wonder what's in store. Perhaps there are dreams of accomplishing great things, helping others, or being able to change the world. Well, there is a vocational calling that can provide the opportunity to do all of that and so much more: the priesthood! Consider the Lord's call to the priesthood, a calling that gives young men the opportunity to be part of something greater, the Church. It provides an opportunity to be part of God's healing mission, a mission to save souls and bring people into deeper relationship with Him. If you or someone you know is interested in discovering this call, please contact me at: Fr. Nate Kuhn, Director of Vocational Recruitment for the Diocese of La Crosse, 3710 East Ave. S. PO Box 4004, La Crosse, WI 54602; or by phone at: 608.791.2667. God bless you!



VISIT THE U.S. BISHOPS' "ACTION ALERTS" PAGE. OUR BISHOPS HAVE A LIST OF ACTION ITEMS CALLING UPON US TO MAKE OUR VOICES HEARD. MANY HAVE TO DO WITH THREATS AGAINST THE UNBORN, AGAINST THE DIGNITY OF THE FAMILY, AND AGAINST RELIGIOUS FREEDOM AS INDIVIDUALS AND CHRISTIAN CHARITABLE INSTITUTIONS. VISIT WWW.VOTERVOICE.NET/USCCB/ HOME FOR MORE INFORMATION AND TO TAKE ACTION.



Joy of Baptism

On Sunday June 6th, Harrison Walter Bergeron, son of Jeremy & Keriann Bergeron of St. Mary's, was welcomed into the family of God through the Sacrament of Baptism.



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