TODAY’S MUSIC

PRELUDE
Flute of Grace ~ Mons Leidvin Takle (b. 1942)

PROCESSIONAL HYMN
Praise to the Lord, the Almighty [Worship 616]

INTROIT
See, I have God for my help. The Lord sustains my soul. I will sacrifice to you with willing heart, and praise your name, O Lord, for it is good.
~ Ecce Deus adiuvat me (Psalm 54:6-8)

GLORIA: A New Mass for Congregations [Worship 320]

READINGS OF THE DAY
Worship 1156
Psalm 15: “He who does justice will live in the presence of the Lord.”

COMMUNION HYMN
The King of Love My Shepherd Is [Worship 712]

MARIAN ANTHEM
Salve Regina [Worship 882]

RECESSINAL HYMN
Love Divine, All Loves Excelling [Worship 642]

POSTLUDE
Fugue in E-Flat Major (St. Anne), BWV 552
~ Johann Sebastian Bach (1685-1750)

PRAY THE ROSARY DAILY!

“There is no sinner in the world, however much at enmity with God, who cannot recover God’s grace by recourse to Mary, and by asking her assistance.” ~ Saint Bridget of Sweden

“Some people are so foolish that they think they can go through life without the help of the Blessed Mother. Love the Madonna and pray the Rosary, for her Rosary is the weapon against the evils of the world today. All graces given by God pass through the Blessed Mother.” ~ Saint Padre Pio
ON NATURAL FAMILY PLANNING

This Sunday marks the beginning of NFP Awareness Week, an educational campaign of the United States Conference of Catholic Bishops that aims to celebrate God’s design for married love and the gift of life and to raise awareness about Natural Family Planning. The following testimonials, one from a husband and one from a wife, speak of the fruits of NFP. They are helpful because they come from “real” people who have seen God’s work in their lives through their practice of NFP.

Be Her Joseph!
by Tom Mealey

When we first married, my wife and I were the typical secular couple. We relied on hormonal contraception. Due to bad side effects, that didn’t last long. Misty found out about Natural Family Planning (NFP) through a Catholic friend. Admittedly, I was suspicious of all the “hocus pocus” involving thermometers at o’dark-thirty in the morning and observations written down in cryptic symbols on the NFP chart. That would all change in surprising ways once we got into living the NFP lifestyle.

Before having children, Misty had been an atheist and I had been an agnostic. With our first child, the miracle of life sparked a spiritual awakening in us. We realized the Holy Spirit had already led us into a Catholic life. Even after our conversion, however, NFP grew our relationship with each other and with God in ways we never expected.

We studied Pope John Paul II’s “theology of the body” and became excited about living out our faith and sharing it. It was thrilling to learn the compelling reasons behind the Church’s beautiful teachings on sex and marriage.

Much to my surprise, I also learned how grateful my wife was that I was willing to learn how her body worked. Sharing the family planning responsibility, as well as finding non-sexual ways of expressing affection and intimacy when we had good reasons to postpone pregnancy, strengthened our marriage and made me a better husband and father.

When we became Catholic, I knew I wanted to be the spiritual leader of our family, but I didn’t understand what that entailed besides herding our children to church on Sundays. Through NFP and Scripture, I discovered that I had a choice in the kind of man—the kind of husband—I was going to be.

We often blame Eve for eating the forbidden fruit. But in Genesis, we learn that after taking a bite, she turned and offered the fruit to Adam, who was with her. Adam didn’t stop her and say, “This is a bad idea, let’s go.” He did not protect his wife, but stood by silently while the serpent convinced her to surrender her holiness and damage her relationship with God.

Then there was Saint Joseph. When Joseph obeyed the angel who told him to bring Mary into his home, he was accepting the public shame and embarrassment of a pregnant fiancée. He sacrificed his personal honor and reputation to obey God and protect Mary and Jesus.

The choice for a husband is clear: he can be his wife’s Adam or he can be her Joseph. A man can stand by silently and allow his wife to suffer the physical and spiritual consequences of contraception. Or he can defend her virtue, body, and soul by using NFP. Today, contraception is accepted and expected. Any man who forgoes it for NFP will likely be exposed to ridicule and criticism. But as Saint Joseph taught us, there are some things more important than the opinion of others. May we husbands choose to be Joseph to our wives!

Tom and Misty Mealey have four children and live in the Diocese of Richmond.

How Natural Family Planning Changed My Life
by Dawn Farias

As a child I was baptized Catholic, but essentially grew up with no religious practice. As a married adult, I reentered the Church, and soon after felt a tugging at my heart to stop practicing contraception. At that time, I did not know about Natural Family Planning. More basic, I did not know about Church teachings on the moral practice of family planning. What I would learn about God’s design for my married life and through the practice of NFP would change my life.

True Freedom and Openness to Life: When my husband and I took an NFP class, I have to admit that I was scared. Giving up control, was frightening! It was one thing to be committed to an ideal, but something quite different to follow through on it. It definitely involved a leap of faith! Over time and with some experience, I began to appreciate the gift and beauty of NFP. In practicing NFP, my husband and I must decide if we, as a couple, are ready to embrace the possibility of a new life. When we had used contraception, we ignored this reality. NFP helped us understand the relationship that God designed between the marital act and procreation. It has made us “open to life.” It even brought our last two children into the family!

The Gift of Self: In using NFP over the years both my husband and I now see that we give ourselves to each other fully in the marital act. For us, the idea of contraception has become almost vulgar. It cheapens the marital act. Contraception seems to say: “I love you, honey, but I don’t love you that much.” NFP also guards against the objectification of the woman in the relationship. Contraception often keeps the woman in a defensive position because it allows “intimacy on demand.” NFP does not allow this because of the practice of periodic abstinence when not seeking a pregnancy. A deeper equality between husband and wife can be nurtured with NFP.

Growing Together in Holiness: The sacrifices that NFP entails have only served to make me a better person and more devoted to the Lord. Without knowing it, using contraception promotes the idea that children are a burden. Children do require lots of work, and pregnancy demands its own set of sacrifices, but NFP has helped me meet these challenges by leading me to the realization that children are God’s blessings. I am constantly forced to pray, change, make concessions, and find solutions to the selfishness and laziness that come up often when meeting the needs of others.

Today, I am confident that had I not been open to life in the practice of NFP, I would not have needed to depend on God, and not have grown as a person. This growth benefits my family and the people I meet in everyday life. Jesus calls us to serve others. Marriage and parenthood are ways we can immediately apply this call in our lives. NFP has led me to be more open to life, more aware of God’s design for intimacy in marriage, more dependent on Him to fulfill these plans. It has strengthened my relationship with my husband, given me personal insight, and it has given our children life!

Dawn and her husband, Ariel Farias, have four children and live in the Archdiocese of San Antonio.

**INTERNATIONAL CONCERT SERIES**

Join us for the International Concert Series, which brings us good and beautiful music performed by artists from around the world right here at Good Shepherd.

Free admission. Followed by reception.

- **Tuesday, July 23 at 6:15 p.m.**
  - Angelika Podwojska & Mateusz Rzewuski (Poland), soprano and organ

If you would like to volunteer for this event, please contact Dr. Rizzotto after Mass or via e-mail.

**NFP AWARENESS WEEK**

**July 21-27, 2019**

The United States Conference of Catholic Bishops has designated the last week of July as NFP Awareness Week. NFP stands for Natural Family Planning, and offers a scientific and marriage building opportunity by learning about one’s fertility. NFP Awareness Week supports couples by bringing awareness of spousal love. This year NFP Week runs from July 21-27, 2019. These dates include the anniversary of the papal encyclical *Humanae Vitae* (July 25) and the feast of Saints Joachim and Anne (July 26). Human life is a beautiful gift and is to be cherished. For additional information please visit [www.archspm.org/NFPAwarenessWeek](http://www.archspm.org/NFPAwarenessWeek).

**RETRouvAILLE MARRIAGE PROGRAM**

**August 2-4, 2019**

Is your marriage going down the right road … or is it a little off track? Life can be difficult, and so can the challenges you face in marriage. Does the distance between you seem wide? Are you already separated? Looking for a better way? Retrouvaille can help and offers hope for a better relationship. Retrouvaille is a peer ministry of volunteer couples that can help you learn the tools of healthy communication, build intimacy, and heal, just as they have done in their own marriages. Retrouvaille is Christian-based, and Catholic in origin, but welcomes couples of all faiths as well as non-religious couples. Retrouvaille can help get your relationship back on track. For more information, contact Twin Cities Retrouvaille:

- 651-484-5655
- twin.cities.retrouvaille@gmail.com

**Readings for the week of July 21, 2019**

<table>
<thead>
<tr>
<th>Day</th>
<th>Readings</th>
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<tbody>
<tr>
<td>Sunday</td>
<td>Gn 18:1-10a/Ps 15:2-3, 3-4, 5 [1a]/Col 1:24-28/Lk 10:38-42</td>
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<tr>
<td>Monday</td>
<td>Sg 3:1-4b or 2 Cor 5:14-17/Ps 63:2, 3-4, 5-6, 8-9 [2]/Jn 20:1-2, 11-18</td>
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<tr>
<td>Tuesday</td>
<td>Ex 14:21-15:1/Ex 15:8-9, 10 and 12, 17 [ib]/Mt 12:46-50</td>
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<tr>
<td>Thursday</td>
<td>2 Cor 4:7-15/Ps 126:1bc-2ab, 2cd-3, 4-5, 6 [5]/Mt 20:20-28</td>
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<tr>
<td>Friday</td>
<td>Ex 20:1-17/Ps 19:8, 9, 10, 11 [Jn 6:68c]/Mt 13:18-23</td>
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<td>Saturday</td>
<td>Ex 24:3-8/Ps 50:1b-2, 5-6, 14-15 [14a]/Mt 13:24-30</td>
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<tr>
<td>Next Sunday</td>
<td>Gn 18:20-32/Ps 138:1-2, 2-3, 6-7, 7-8 [3a]/Col 2:12-14/Lk 11:1-13</td>
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Event Calendar

Tuesday, July 23
8:00 am  Hospitality
6:15 pm  International Concert Series

Wednesday, July 24
6:30 pm  Alcoholics Anonymous Meeting

Friday, July 26
8:00 am  Church Cleaning
8:15 am  Eucharistic Adoration (until 9:00 pm)

Saturday, July 27
8:00 am  Mass
9:00 am  Confessions (until 10 am)
3:30 pm  Confessions (until 4:30 pm)
5:00 pm  Mass

Mass Intentions for the Week

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<tr>
<th>Date</th>
<th>Time</th>
<th>Intention</th>
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<tbody>
<tr>
<td>Sun. 7/21</td>
<td>8:30 am</td>
<td>All Parishioners</td>
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<td></td>
<td>10:30 am</td>
<td>Sick of the Parish</td>
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<tr>
<td>Tues. 7/23</td>
<td>7:30 am</td>
<td>Special Intention</td>
</tr>
<tr>
<td>Wed. 7/24</td>
<td>8:30 am</td>
<td>Lorraine Meehan</td>
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<tr>
<td>Thurs. 7/25</td>
<td>7:30 am</td>
<td>Richard Kostick</td>
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<td>Fri. 7/26</td>
<td>7:30 am</td>
<td>Ann Didier</td>
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<tr>
<td>Sat. 7/27</td>
<td>8:00 am</td>
<td>Private Intention</td>
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<td></td>
<td>5:00 pm</td>
<td>Donald E. Botting</td>
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<tr>
<td>Sun. 7/28</td>
<td>8:30 am</td>
<td>Paul &amp; Noreen Stratman</td>
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<tr>
<td></td>
<td>10:30 am</td>
<td>All Parishioners</td>
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Weekend Ministry Schedule

Saturday, July 27 - Sunday, July 28, 2019

Altar Servers
5:00pm Sydney Kapphahn, Ryan Norkosky, Kaylin Konkoly-Thege
8:30am Teddy Farrell, CJ Sauer, Charlotte Feller
10:30am Ashley Sarvie, Ashley Skram, Ben Holicky

Lectors
5:00pm Mark Foresman
8:30am Mike Koski
10:30am Tom Schmitz

Ushers
5:00pm Mike Van Hove, Bill Lent, Noel Vogen, Gregg Virnig
8:30am Deb Bruder, Pat Copeland, Bill Schultz, Shirley Kell
10:30am Larry Berscheit, John Nagel, Kathy Joyce, Bob Raschke

EMHC
5:00pm Debbie & Kyle Bailey, Jean Seitz,
James Copeland, Nate Breunig
8:30am Jean & Pat Rainbow, Cathy & Bill Monsoor,
Barb Helgager
10:30am Michael & Theresa Gray, Bob Schriver,
Shelly Slattery

ADDITIONAL CONTACTS

Prayer Chain.............................................612.599.5739
PRISM..................................................763.529.1350
Southwest Options for Women
Pregnant? Need Help?.................................952.938.4496
Befrienders............................................763.544.0416
Archdiocese’s Victim Assistance Program... 651-291-4497

16th Sunday in Ordinary Time