

the MESSENGER

ST. MICHAEL CATHOLIC COMMUNITY
40501 Hayes Road · Sterling Heights, Michigan 48313

MISSION STATEMENT: St. Michael Catholic Community strives to be a welcoming parish where people come together to worship, learn and grow in faith. Through our actions, we demonstrate our beliefs in fellowship, service and generous tithing of time, talent and treasure while empowering people to take a more active role in the mission of the church. We care for one another and receive comfort and support in our own times of need. All are encouraged to participate in the journey to live by Christ's example and build the kingdom of God by sharing His word with those we meet.



From Fr. Mike...



***Registration for Fall FLT
is on-going!***

(Families Learning Together)

If you have not yet registered your child(ren) for Fall FLT please either stop by the Parish Office, visit our St. Michael webpage at

www.stmichaelcc.org

**Faith Formation
Religious Ed/FLT**



or call the FLT office at 586.247.0098.

Classes begin the week of September 26.

**We look forward to partnering with you in
the Faith Formation of your child!**

This reflection was inspired, in part, by an article found on a website called bphope.com. It describes some of the symptoms of bipolar disorder and encourages us all to be more cautious in the judgments implied in the statements we make and the choice of words we use. Without our ever knowing it, we can say things we don't intend to say and diminish our observations that otherwise may be reasonable. Here is what I mean.

In the course of normal conversation, it seems to be commonplace for some of us to describe the moody or unpredictable behavior of another person as bipolar. I suspect we choose diagnostic terminology because it seems to "fit" the moodiness we are experiencing in someone else and by calling it by a name gives my complaint an air of legitimacy, my experiences, more credibility. My observations, however, don't necessarily need validation from others. They are mine and mine alone. Others may share the same observation or not, but their observations do not validate or invalidate my own. Further, my choice of diagnostic language to point out a

(Continued on page 2)

character flaw in another can be misleading. Bipolar disorder is not a character flaw, and it is not a personal weakness. It is a treatable medical condition. Misusing terminology not only undermines our own credibility, but it also does a disservice to those who suffer from bipolar disorder as well as those who care for them.



Our moods fluctuate constantly throughout the day depending on our experiences, and/or our reaction to those experiences or to a host of other biochemical reactions that go on in our body, some of which we may not be aware of, e.g., shifts on hormones, blood-sugar levels. Moods in people with bipolar disorder swing from opposite “poles” of highs (mania) and lows (depression) which can last for hours or months, seemingly without warning or provocation. BP affects about 5.7 million adults in America, an equal number of males and females. It is found among all ages, races, ethnic groups, and social classes. And it seems to have genetic links in families. The highs a person with bipolar can have are as difficult as the lows, and both the highs and lows can carry a negative impact on people’s relationships with family members, friends, and co-workers. Kay Redfield Jamison, a leading expert on the topic and a person who has managed her own bipolar disorder for decades, states: “Manic-depressive illness—marked as it is by extraordinary and confusing fluctuations in mood, personality, thinking, and behavior—inevitably has powerful and often painful effects on relationships.” (Her work, *An Unquiet Mind: A Memoir of Moods and Madness*, is a candid and informative discussion of the life and thoughts of a person with BP. After reading it, I could never speak glibly about bipolar disorder again.)

Bipolar disorder is categorized by patterns and severity of the highs and lows (some have longer and more frequent highs; some have longer and more frequent lows and some people experience behaviors common to both simultaneously). It’s extremely disruptive to normal life activities and causes no small amount of tension in relationships. BP is very difficult to diagnose precisely because it imitates common mood swings for age-appropriate emotions (remember the drama of falling in love for the first time?) or it can overlap with other mental conditions, for instance, attention deficit/hyperactivity disorder, or the experiences of depression and anxiety can be precursors to a fuller experience of bipolar which is diagnosed at a later time. It is not easy to pin down. The urge to diagnose is sometimes experienced by the victim herself who wishes to alter her dark moods with illegal drugs, which only complicates the diagnostic process, particularly if she becomes addicted.

There is good news, however. BP is treatable with medication, talk therapy and support groups. Jamison’s story itself is both inspirational and hopeful. Suspecting oneself or another with BP should lead us to the office of a competent professional for evaluation rather than judging under our breath (which we shouldn’t do as Christians anyway). Coping with a mental illness is difficult enough. On our part, we can ease the burden of others with our understanding and empathy.

Fr. Mike



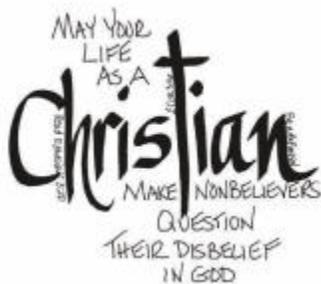
Claudia

DIRECTOR, RELIGIOUS EDUCATION
YOUTH MINISTER

Think, for a moment, of a time when you heard something particularly disturbing or shocking or even exciting. What was your initial response to what you heard? Haven't there been times in your life when you found it difficult to accept the "news" ...good, bad, or otherwise?

I've worked with (and survived!) high school kids for over 35 years. During this time I've occasionally had to be the bearer of bad news: "You failed the exam." "Your child was cheating on the test." "You will not be graduating because you have failed to complete the necessary requirements." No teacher relishes having to impart these kinds of messages and no child or parent wants to hear them. Jesus also conveyed messages that people sometimes didn't want to hear.

The Gospel, the "Good News," from today begins with this: *Many of Jesus' disciples who were listening said, "This saying is hard; who can accept it?"* The question that immediately comes to mind is "What was the saying and why is it difficult to accept?" One of the commentaries I read says that the Gospel gives no indication as to what was so shocking about what Jesus said. Another commentary leads me to believe that the apostles couldn't accept Jesus' assertion that he is the "living bread" and anyone who eats it will not die. To be sure, there are many ideas about what Jesus may have meant, but I believe that many of the things Jesus said could be difficult to accept.



Love One Another
Turn the Other Cheek
Do Not Judge

Do Not Worry About What You Will Eat or Drink
If You Wish to Follow Me, Deny Yourself and Take Up Your Cross
Blessed are Those Who Are Persecuted for Doing What is Right

Some of the disciples found it way too difficult to follow the commands of Jesus and "returned to their former way of life and no longer accompanied him." We may even know of people today who find the words of Jesus to be too demanding or too challenging and so they stop following him. Or we, ourselves, might even be the type of person who picks and chooses what teachings of Jesus we want to follow and what we do not.

Our 1st reading from the book of *Joshua* illustrates this quite clearly. The Hebrew people have settled into Canaan, the land has been divided according to the Tribes of Israel, and now Joshua calls the Israelites together to remind them of all the good things God has done for them and to chastise them a bit for not being thankful. *Joshua addressed all the people: "If it does not please you to serve the Lord, decide today whom you will serve, the gods your fathers served beyond the River or the god of the Amorites in whose country you are now dwelling.* I imagine a long pause before Joshua finally says, "As for me and my household, we will serve the Lord."

No one ever said that being Christian would be easy. We can, however, take comfort in the fact that we do not walk the journey alone. Not only are we accompanied by family members and friends who share in our struggles, but we are supported by the One who promised to be with us always...until the end of time.

Now, that's Good News that should be easy to accept!

High School Teens—Mark your calendars now for some Summer fun with teens throughout the Archdiocese! You have been invited to participate in the Teen Summer Mass Series at our own Cathedral. See all the details below—be sure to RSVP and dress for each monthly theme!

Teen Summer Mass Series

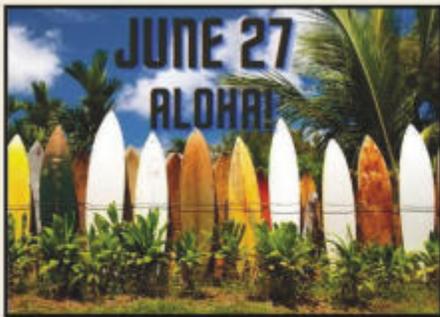
at the Cathedral of the Most Blessed Sacrament

Inviting all Teens from the Archdiocese
to join us for monthly themed **11:00am** masses

Sundays this Summer

June 27, July 18, August 29

Followed by food, fellowship and fun in the Plaza



*We encourage you to dress for each monthly theme

*Please consider bringing a donation of canned goods to benefit local food pantries.

For more information or to RSVP - contact ajschenajregmail.com or broses.christineeaod.org

Back to School!

final weekend

Members of Christian Service are teaming up with our St. Michael Circle of Support Strangers No Longer Group to provide school supplies for children of needy families. Backpacks this year will go to help the **313 Community & Development Project (part of the former St. Luke Outreach Ministry), Strangers No Longer-Macomb Vicariate Hispanic Ministry, Freedom House and members of our own parish.**



Our goal is to collect 80 backpacks. If you are out and about shopping over the next few weeks, the following school supplies are in the greatest need:

- | | | | |
|-------------------------------------|-----------------------------------|-----------------------|-----------------|
| Backpacks (<i>Of Any Variety</i>) | 3 Ring Binders | Pack of #2 pencils | Hand sanitizer |
| Colored pencils | Ink pens | Pencil sharpener | Pink erasers |
| Spiral Notebooks | Packs of loose leaf paper | Box of 16 crayons | Pack of Kleenex |
| (<i>Wide & Narrow Rule</i>) | (<i>Wide & Narrow Rule</i>) | Scissors (children's) | |
| 12" ruler | Glue sticks | Pocket folders | |

Please bring your donations to the Parish Office marked "Christian Service" by Sunday, August 22nd.

Thank you for your compassion and generosity

Well, it was a long time in coming this year, but our outdoor “Mass on the Grass” went very well. Remember, the name is “Mass on **the** Grass.” We had approximately 200 to 250 attendees and the weather cooperated....finally. Fr. Tim gave a wonderful homily for the Solemnity of the Assumption. Being outdoors, as I like to say in “God’s Great Church of the Outdoors” with the blue sky, not a cloud was evident. Well, it all seemed to fit perfectly. Special thanks goes out to Tom O’Grady for his hard work in setting up and toting all the equipment out of storage (sound amp, piano, podium, speakers, chairs, etc.) and putting together a nice-looking altar. We got a lot of positive comments on the event. A few things I noticed...we still had several folks who did not bring their own chairs. We provided them with chairs but really, please, if it’s an outdoor Mass you have to bring your own chairs. We had that information in the bulletin and also announced it at Mass for the two weeks prior. I also noticed some people sitting in the front that had those big sun umbrellas. That’s fine and no issues but perhaps if you’re using one of those you could sit more along the side or in the back so as not to block other’s views of the Altar. Our plan for the cement pad that we installed is to eventually put some type of structure like a Pergola/Gazebo and turn Tom O’Grady loose to decorate it. Our vision is that it could be used for many outdoor events or photo ops instead of using the Church or Social Hall. We appreciate any feedback from you on how you feel the “Mass on the Grass” went and about our future plans for the area.

I don’t know how many of you lost power a couple weeks ago, but Arlene and I did. We lost it at 4:05pm on Wednesday (according to the clock on the stove) and it was not restored until Sunday at 5:05pm...4 days and one hour (97 hours) after it had gone down. Fortunately for us, my daughter Joy and son-in-law Tony have a generator that they graciously lent to us. I dubbed the generator “the life saver” because that’s in essence what it did. We hooked up our freezer, refrigerator, sump pump, a couple lights and two fans. We only had two days and nights with high outside temps and high humidity. That brought back a lot of memories

of life pre-air conditioning. We BBQ’d a lot and bought some carry out as well. At the height of the outage, there were over 600,000 homes down. That constant drone of the generator, the one we were using and the ones all my neighbors were using, actually seemed to lull you to sleep at night as the sweet sound of those generators signaled that people were safe and doing ok. I want to thank all the linemen/linewomen and workers at DTE (not sure if any are parishioners). I feel they really went over and above to get us all up and running, fully working 12 and in some cases 16 hour shifts. My friends, I will never take electricity for granted again.

I’m glad to see our troops coming home from Afghanistan. Our longest war...over twenty years. I was amazed and surprised at how quickly the Taliban took control and it makes we wonder if the people of Afghanistan really wanted us there in the first place. I always thought our presence there was to ensure a people-led government and a viable armed force that we were assisting in training to hold back the terror groups, not to mention state of the art equipment that we trained them on and has now fallen into Taliban hands. From what I have read, the Taliban will soon be imposing Sharia law in the country and truly making women second class citizens, denying them any chance of a formal education or upper echelon jobs. My real heartbreak though comes for the just over 2,300 American Soldiers that we lost in that war, not just for them but their extended families and friends. Truly they have to be asking, as I am, what for? May God bless them for their unselfish service and may the peace of Christ be with their families and friends.

All for now....

May God Bless you all,
Deacon Franz

This ^{is} That from Deacon Franz

Ladies of St. Michael!



These last 2 years have been rough and I am happy to say that the Capuchin Retreat Center is up and running! The theme this year is: **I will always be with you!** This seems so appropriate considering what all of us have been through! I hope to see many of our prior retreatants and many new ones this year. The retreat center is in Washington Township. It has private rooms, great food and the most beautiful nature and wildlife, and trails to walk. It is peaceful and serene and you will feel closer to God because of it. Please consider joining us. For more information call Carrie Kulasa at 586-306-2683 or Patty Takle at 586-524-5358. Hope to see you soon!

Adult Formation Program

We all have a desire to pray. Even the apostles asked for Jesus' help to pray. Everyone has their own style of prayer and there are many forms of traditional Catholic prayer. In prayer we encounter God; He is always there waiting.

Discover how to hear God's voice in scripture, in your heart and in ordinary moments. Pray and study scripture all in one process!

Are you looking to grow in your relationship with God?

Are you looking for a different way to pray?

Are you looking for a new way to understand scripture?

Have you thought about praying with scripture?

This adult formation program sponsored by the St. Michael Education Commission will begin in the fall.

THURSDAY EVENINGS 7PM-8:30PM

SEPTEMBER 23 AND 30, OCTOBER 7, 14, 21 AND 28, AND NOVEMBER 4 AND 11

An eight week DVD presentation will lead one to become aware of traditional prayer forms found in the Catholic Church that leads one to encounter scripture in a different way, becoming aware of how God is speaking through scripture which allows for new ways of relating to God. Using specific passages of scripture provided in a journal/workbook, scripture becomes the vehicle to express yourself in prayer. The journaling activity gives the opportunity to practice the process taught in the DVD. Following the DVD session, there will be a small group discussion.

OREMUS—Let Us Pray!

Registration for the program begins August 29. A registration sign-up sheet can be found in the Parish Office. You may also phone the Parish Office to get your name on the list. Registration is important so that the right number of journal/workbooks can be ordered.

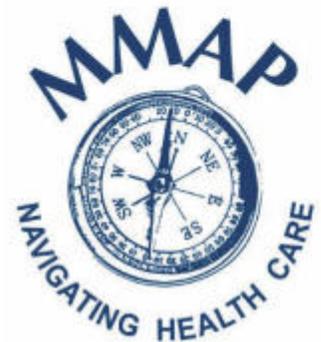
You are invited to grow in a relationship with God through the gift of prayer.

The Area Agency on Aging IB-Medicare/Medicaid Assistance Program is BACK and ready to help answer your benefit questions!

**St. Michael Catholic Community
Youth Center Conference Room**

**Friday, August 27th
Friday, September 10th**

**Friday, September 17th
Friday, September 24th**



While some elements of Medicare coverage can only be changed during Open Enrollment in the fall, did you know that you can review your benefits year-round? Free assistance with a state-certified counselor from the Michigan Medicare/Medicaid Assistance Program (MMAP) will be on-site at St. Michael for individual meetings to help with these or other questions concerning Medicare. MMAP is funded by your tax dollars through the national Centers for Medicare & Medicaid Services, to help you find the best health care programs available for you.

Counseling will be available from 10:00 a.m. to 1:00 p.m.

No appointment is necessary; meetings will be on a first come, first served basis in the Youth Center Conference Room.

For more information about MMAP services, call 800-803-7174.

1 Mass Intentions

Saturday, August 21

4:30pm Tom Gillette 7th Anniversary requested by sister
Phil Przybyla requested by Linda Ridge
William Travis requested by Gerald and Pat Kaminski

Sunday, August 22

8:00am Dolores and Robert Gorin requested by family
Linda and Sophia Popa requested by Norman Popa
Antonio Raona requested by Rocco and Mary Lou LaTorre

9:45am

Special Intention of St. Michael Parishioners

11:30am

Monday, August 23

9:30am Richard Clarke 18th Anniversary requested by family

Tuesday, August 24

9:30am Chester and Francesca Broniszewski requested by Linda Ridge

Wednesday, August 25

9:30am

Special Intentions for Louise Cole requested by Helen Fouchia

Thursday, August 26

9:30am

Friday, August 27

9:30am Richard Matyn requested by wife

Special Intentions for Matthew and Renee Dzieciolowski 10th Wedding Anniversary requested by parents

Saturday, August 28

4:30pm Fernando Fornelli requested by John Kaminski
Frank Hansinger 5th Anniversary requested by wife, children, grandchildren and great-grandchildren

Special Intentions requested by Dave and Laura

Sunday, August 29

8:00am Jaclyn DiPaola Birthday Remembrance requested by Mommy, Daddy, and Jessica Delores Messina Birthday Remembrance requested by children
Linda and Sophia Popa requested by Norman Popa

9:45am

11:30am Walter and Virginia Bonk requested by sons and family
Barry Zielke requested by Janice Cangelosi and Gregory Geromin
Thomas Bard 1st Anniversary requested by wife and family

Rest in Peace

We extend our prayers and sympathy to the families of

Beverly Allen

Frances Corti

Christine Evans

Annemarie Reichert

Mickey Troutman

Frances Vetere

Mass Schedule for August 28/29

	<i>Presider</i>	<i>Commentator</i>	<i>Lector</i>	<i>E.M. Captain</i>
4:30pm	Fr. Mike	Nancie Whaley	Shirley Sukes	Linda Borek Karen Kelly
8:00am	Fr. Mike	Kristine Pina	Robert Laichalk	Debbie Kuskowski Mary Lou La Torre
9:45am	Fr. Tim Deacon Franz	Virginia Chadwick	Darren Petras	Kayla Wouters
11:30am	Fr. Tim Deacon Franz	Ann Chirco	Bill Pruzinsky	Pat Bedner Sonny Sison

Kathy Black
Don Garrett
Holly Mackler
Diane Orazac
Bob Smelser
Judy Zimmerman

Bev Adkins
Marisa Arabo
Diana Horne
Rev. Phyllis Kersten
Nancy Kramer
Vincent Ferrante
Lore Pautz
Albert Shamaly
Emily Shimmel
Ed Siarkowski
Dave Stoppelkamp

Ralph Vogan
Carol Wipp

Betty Gajewski
Liam O'Donovan
Sheila Sienkiewicz

Roger Andrews
Philip Briffa
Liam Snyder-Welbes
Vita Solitro
Tracy Root Weck

Lettie Fox

Bobbie Joe Caruso
Frank Couture
Ann Grime
Betty Wilk



Email the Parish Office at parish@stmichaelcc.org to add or remove a name from the Prayer List. Names will remain on the list for 4 weeks.

St. Michael Catholic Community

40501 HAYES ROAD
STERLING HEIGHTS, MI 48313-5332
PHONE: 586-247-0020
FAX: 586-247-4081
WEBSITE: WWW.STMICHAELCC.ORG
EMAIL: PARISH@STMICHAELCC.ORG

MASS SCHEDULE
SATURDAYS: 4:30PM
SUNDAYS:
8:00AM, 9:45AM, 11:30AM
WEEKDAYS: 9:30AM

PARISH SUMMER OFFICE HOURS
MONDAY-FRIDAY —9AM-2PM
SATURDAY—3PM-6PM
SUNDAY—9AM-1PM

BAPTISM
SECOND SUNDAY OF EACH MONTH
CALL FOR APPOINTMENT
MARRIAGE
ARRANGEMENTS MUST BE MADE AT
LEAST SIX MONTHS IN ADVANCE OF THE
MARRIAGE DATE.

PRIVATE CONFESSIONS
SATURDAYS 3:00PM, OR BY APPT.

Staff

REV. MICHAEL QUAINÉ PASTOR
586-247-0020

REV. ARTEMIO GALOS ASSOCIATE PASTOR
586-247-0020

DEACON JERRY CAMPERNEL

DEACON FRANZ HOFFER WORSHIP
586-566-4494

ANN ALTOMARE PARISH SECRETARY
ANNA DICICCO PARISH SECRETARY
586-247-0020

KATHY DICICCO ADMINISTRATIVE ASSISTANT

MICHELLE HAYES CHRISTIAN SERVICE
586-566-4487

DON DAHER MUSIC MINISTER
586-566-4485

TOM O'GRADY BUILDING SUPERVISOR/WORSHIP
586-566-4488

PATTY HOJNACKI, BOOKKEEPER

BARB KOZLOWSKI WEDDING COORDINATOR/SACRISTAN

Religious Education

CURRENT OFFICE HOURS
PLEASE CALL AHEAD

CLAUDIA WELBES DIRECTOR, RELIGIOUS EDUCATION
YOUTH MINISTER
586-566-4492

KATHY CHADICK SECRETARY, RELIGIOUS EDUCATION
BULLETIN
586-566-4491

Parish Pastoral Council

PARISH PC VOICEMAIL : 586-566-4499 X 5005

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DILLON JOHNSON VICE CHAIR
DON HARRIS SECRETARY

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DEACON JERRY CAMPERNEL
FR. ARTEMIO GALOS
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MAUREEN ORTWEIN EDUCATION
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ROBERT MURPHY EVANGELIZATION

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TONY PECORARO
CHRISTY PUDYK
KEVIN SEBASTIAN

Evangelization Committee

ROBERT MURPHY

FR. MICHAEL QUAINÉ

Parish Organizations

CHRISTIAN SERVICE
MARY DERÉY
586-566-4487

SENIOR CITIZENS
RALPH ASH
586-722-3011

PARISH NURSE
NANCY DILLON
586-566-4499 EXT. 5003

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GEORGE HABERER
586-263-5034

HEAD USHERS
KEITH MCKENZIE AND LARRY JORDON
4:30PM

BERNARD MARTIN
8:00AM

ELIO PARENTI & NORM PURZYCKI
9:45AM

PETER EPSHA
11:30AM

586-566-4495
INTERFAITH
VOLUNTEER
CAREGIVERS
HOTLINE



Sunday: Jos 24:1-2a, 15-17, 18b/Ps 34:2-3, 16-17, 18-19, 20-21, 22-23 [9a]/Eph 5:21-32 or 5:2a, 25-32/Jn 6:60-69

Monday: 1 Thes 1:1-5, 8b-10/Ps 149:1b-2, 3-4, 5-6a and 9b [cf. 4a]/Mt 23:13-22

Tuesday: Rv 21:9b-14/Ps 145:10-11, 12-13, 17-18 [12]/Jn 1:45-51

Wednesday: 1 Thes 2:9-13/Ps 139:7-8, 9-10, 11-12ab [1]/Mt 23:27-32

Thursday: 1 Thes 3:7-13/Ps 90:3-5a, 12-13, 14 and 17 [14]/Mt 24:42-51

Friday: 1 Thes 4:1-8/Ps 97:1 and 2b, 5-6, 10, 11-12 [12a]/Mt 25:1-13

Saturday: 1 Thes 4:9-11/Ps 98:1, 7-8, 9 [9]/Mt 25:14-30

Next Sunday: Dt 4:1-2, 6-8/Ps 15:2-3, 3-4, 4-5 [1a]/Jas 1:17-18, 21b-22, 27/Mk 7:1-8, 14-15, 21-23

Scripture Readings

GOSPEL MEDITATION

“Far be it from us to forsake the Lord for the service of other gods.” We struggle with our gods. They appear in the forms of things like money, power, prestige, popularity, privilege, and self-fulfillment. We like these “gods” because they make us feel good and ask very little of us in return. When we worship them, we worship ourselves. How can you go wrong with that? We buy into the illusion that if something can give us a comfortable life, free of want and need, then it is worth setting other things aside to pursue it. In essence, we sell our souls. Our struggle with “who is God” and to whom do we belong is a real one and one that can easily find us empty and experiencing disillusionment.



The devil tempted Jesus in the desert and promised him more. We are promised “more.” But in pursuing the more and the satisfying we lose track of the cost, and the cost is great. We sacrifice our very life in pursuit of something disguised as life. We sacrifice truth for something that only “feels” true. While the true and real God certainly promises us many things, many things are also required. It is not about the warm and secure feelings and self-absorption the world wants to provide, but of giving back. There can be no lukewarm stance with regard to faith. If we are in, then faith in Jesus Christ asks us to do some difficult things: work in service of God’s kingdom (not our own), love our enemies, offer no resistance to injury, that we must die to ourselves in order to find ourselves, and trust that Jesus truly gives us his flesh and blood to eat and drink. These are hard things to accept and even harder to put into practice. It is no wonder that many, who may be attracted to Jesus at first, walk away in pursuit of the more self-satisfying gods.

But truth is truth. If we cannot accept it from the lips of Jesus Christ, then where else will we find it? To whom can we go? There is only one source of truth and life, Jesus Christ. Jesus has the words of eternal life and if we do not go to him, then where else will we find this gift? But we must be faithful and buy into the whole package deal that requires sacrifice and fidelity. When we do, we find ourselves, through the Body and Blood of Christ, connected to the Source of all life and then intimately bound with our brothers and sisters. We all have to decide whether we want to stay or go and if we can accept what Jesus has to say. It’s a choice we all have to make.

©LPI

Knights of Columbus Council 13799 *www.kofc13799.com*



Meeting/Activity/Event	Date	Time	Location
Business Meeting	August 24	7pm	Youth Gathering
Charity Poker	November 15-18		Ciccarelli's

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