



*Mary and Baby, A Prokofiev*

## LOADED WITH LOVE – ANYTHING BUT PLAIN.

Fr. Kevin Kenney, Pastor

Being a bit more cautious and aware of my aging and health, I have taken advantage of a new position created within the Institute for On-Going Clergy Formation. It is called, "Priest Wellness Coordinator." I am thankful that this position was created and is available for all priests in the Archdiocese. The purpose of creating this position is to allow us to live our healthiest life now. Coming out of the pandemic and trying to reestablish some normalcy in life, I have found that having a "Coach" who does not hover over, but encourages one into a healthier life-style has been beneficial. "Temperance teaches us to discipline our physical and emotional drives. When we grow in discipline in our body, our spiritual and emotional lives

also become well ordered. By learning a few simple principles with your food choices, you will learn how to shift your body from fat storage mode into fat-burning mode, which helps with weight loss, increased energy, and decreased sugar and carb cravings," is the underlying mantra of this style of wellness. Exercise is good, eating better is good, prayer is good, and accompaniment is good. All around, one can feel better about themselves and the world. I am making a few changes of my own habits, and one was to try a different kind of yogurt to enjoy in the morning. I looked for one that served up more protein and had less sugar. I found one that was tolerable and best of all, on the covering of the container is printed, "Loaded with love – anything but plain." "Wow," I thought, "this is the one."

Loaded with love, anything but plain, cuts to the core of our hearts. We hear in today's gospel Jesus' words, "Whoever has my commandments and observes them is the one who loves me. And whoever loves me will be loved by my Father, and I will love him and reveal myself to him." Jesus summed up for us the commandments down to two, "Love the Lord your God and love your neighbor." Our lives are loaded with love and when we are courageous enough to accept God's love in Jesus Christ and share that love, we know that life is anything but plain. Waking every morning and reminding ourselves that we are loved and forgiven, our days seem lighter and brighter, waiting for what we will encounter. Jesus continues to accompany us in our daily walk as we strive to do God's will. We are brought to life in the Spirit, and the Spirit renews in us the gift we have received so the fruits bear witness in our lives of the love God has for us. Our lives, our faith, our community is loaded with love, we are anything but plain when we awaken to the potential of the Holy Spirit present with us.

As we celebrate Mothers' Day this weekend, I reflect on the first Mothers' Day without my Mother. My Mom fit the bill, "Loaded with Love – anything but plain." Mom exemplified this expression in her words, her actions and her life. Mom taught all of us to live in this manner, accepting what was given to us and trying to see the positive side to anything. I look back and I always wondered how Mom remained sane having eight children in nine years. I have concluded that each day was loaded with love for her, as it was for her mother and for her mother's mother. When life is loaded with love, we can all agree it is anything but plain.

I look forward to awaking every morning knowing I am loved and forgiven, and being reminded of this when I approach my protein enriched yogurt. These days of the growing national pandemic of loneliness, it is good to know love is abounding, and when we consume love in food and in the Eucharist, may we find companionship in the community where we know we are loved and forgiven.



**BLESSED MOTHER'S DAY!**



## EVENTS & OTHER INFORMATION

ADDITIONAL INFORMATION AT [SAINTOLAF.ORG/EVENTS](http://SAINTOLAF.ORG/EVENTS)

### READINGS FOR SUNDAY MASS

*\*RESPONSORIAL PSALMS ARE DENOTED BY SEMI-BOLD ITALICS*

May 14, 6th Sun of Easter: Acts 8:5-8, 14-17, **Ps 66**, 1 Pt 3:15-18, Jn 14:15-21  
May 21, Ascension: Acts 1:1-11, **Ps 47**, Eph 1:17-23, Mt28:16-20

### WATCH SAINT OLAF SUNDAY MASS ON MCN CH 6

Watch our Sunday 10:00am Mass on MCN Cable TV Channel 6 on Sunday evenings at 8:00pm and replayed on Mondays at 10:00am. Saint Olaf also live streams our Monday-Friday 12:00Noon Mass and our Sunday 10:00am Mass on YouTube: [youtube.com/user/SaintOlafChurch/live](https://youtube.com/user/SaintOlafChurch/live).

### NEED SOME PRAYERS IN PERSON?

If you are homebound, cannot attend Sunday Mass, and would like a visit, please call Fr. Wehmann, **612-767-6203**, to schedule a weekly visit with one of our trained Pastoral Care Ministers.

### PRAY FOR OUR SYNOD EVANGELIZATION TEAM

Saint Olaf's Synod Evangelization Team members have completed the School of Discipleship. We are grateful for their work and ask for Parishioner prayers as our team continues their formation, and over halfway through the Guided 40-Day Discipleship Challenge to help put what they have learned into practice as "activated disciples" who will lead our parish with our synod response.

### HABITAT FOR HUMANITY – BRUSH WITH KINDNESS

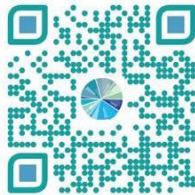
Saint Olaf will again partner with the Habitat for Humanity on a Brush with Kindness project in Minneapolis on June 15-16. No experience is needed as this project is for scraping, painting, and minor repairs. Up to 10 volunteers are needed each day from 8:30am-4:00pm. Register at [tchabitat.volunteerhub.com/vv2/lp/stolafcatholicchurch](https://tchabitat.volunteerhub.com/vv2/lp/stolafcatholicchurch). If you are unable to volunteer, consider donating to Saint Olaf via check, put Habitat for Humanity in the memo line or select Habitat for Humanity through our secure online giving portal, [saintolaf.org/give](http://saintolaf.org/give).

### REAL PRESENCE FLYERS AVAILABLE

Join in the National Eucharistic Revival, to "renew the Church by enkindling a living relationship with the Lord Jesus Christ in the Holy Eucharist." Flyers are available in the church vestibule. More information is on the Saint Olaf website, scroll down to News and Announcements on the main page.

### SUPPORT THE CATHOLIC SERVICES APPEAL FOR THE LOVE OF CHRIST IMPELS US TO BELIEVE IN THE POWER OF GIVING

Thank you to all who have given to the Catholic Services Appeal already! Saint Olaf's goal is \$76,698.06. As of May 4, we have met and surpassed our goal, receiving pledges and donations of \$78,460.00 from 113 donors, which is 102.30% of our goal. If you still wish to participate in supporting this vital appeal, envelopes are available in the acrylic stands at the Church entrances, at [csafspm.org](http://csafspm.org), or use the QR code link here:



### SAINT OLAF NIGHT AT THE TWINS IS COMING MONDAY, JULY 24, 2023

6:40pm game time vs. Seattle Mariners. Tickets will be \$25 which includes a hot dog pre-game meal at Saint Olaf, bus to and from the game. Registration forms coming soon.



## THIS WEEK'S SCHEDULE

ADDITIONAL INFORMATION AT [SAINTOLAF.ORG](http://SAINTOLAF.ORG)

## WELCOME HOME

- Building closes at 5:30pm Monday - Friday.
  - Offices are open until 4:30pm Monday-Thursday
  - Chapel is open for private prayer Monday – Friday, 7:30am – 5:30pm
- + LIVE STREAMED

### SATURDAY, MAY 13

10:00 AM CENTERING PRAYER  
FORLITI GATHERING RM

12:00 PM **MASS**

12:30 PM CONFESSIONS

12:30 PM ROSARY - CHAPEL

4:00 PM VIGIL MASS

### WEDNESDAY, MAY 17

7:00 AM **MASS - CHAPEL**

7:00 AM AA MEETING  
EDUCATION ROOM

7:30 AM CONFESSIONS

11:30 AM NICOTINE ANONYMOUS  
MEETING - EDU ROOM

12:00 PM **MASS+**

12:30 PM ORGAN RECITAL  
RICHARD GRAY

6:30 PM WOMEN'S BIBLE STUDY  
FORLITI GATHERING RM

6:30 PM SAINT OLAF PARISH  
CHOIR REHEARSAL

### SUNDAY, MAY 14



6:00 AM **MASS**

8:00 AM **MASS**

9:40 AM MOTHER'S DAY PRELUDE  
BEFORE MASS

10:00 AM **MASS+**

12:00 PM **MASS**

4:00 PM **MASS**

### THURSDAY, MAY 18

7:00 AM **MASS - CHAPEL**

7:30 AM CONFESSIONS

12:00 PM **MASS+**

12:30 PM CONFESSIONS

### FRIDAY, MAY 19

PARISH OFFICES CLOSED

7:00 AM **MASS - CHAPEL**

7:30 AM CONFESSIONS

10:00 AM KNITTING GROUP  
FORLITI GATHERING RM

11:00 AM ADORATION

12:00 PM **MASS+**

### SATURDAY, MAY 20

12:00 PM **MASS**

12:30 PM CONFESSIONS

12:30 PM ROSARY - CHAPEL

4:00 PM VIGIL MASS

### SUNDAY, MAY 21

ASCENSION OF THE LORD

6:00 AM **MASS**

8:00 AM **MASS**

10:00 AM **MASS+**

12:00 PM **MASS**

4:00 PM **MASS**

### MONDAY, MAY 15

7:00 AM **MASS - CHAPEL**

7:30 AM CONFESSIONS

12:00 PM **MASS+**

12:00 PM AA MEETING  
EDUCATION ROOM

### TUESDAY, MAY 16

7:00 AM **MASS - CHAPEL**

7:30 AM CONFESSIONS

12:00 PM **MASS+**

12:30 PM CONFESSIONS

### SAVE THE DATE!

Plans for *Of Ministry and Music 2023* are underway for Thursday evening, October 5, 2023. More details to follow. For now, mark your calendars - we look forward to a fun-filled evening!

### ANNUAL BUDGET AS OF WEEK #44

CONTRIBUTIONS	ACTUAL	BUDGET	DIFFERENCE
Apr 24 - 30	\$17,031	\$20,000	-\$2,969
YTD through Week #44	\$1,068,262	\$1,115,000	-\$46,738

Thank you for your continued support of Saint Olaf.