

# Weekly Bulletin

January 10 to January 17, 2009

## Taking the plunge

I read with interest about the New Year's Day tradition in which (allegedly) rational people jump into the freezing waters of Lake Minnetonka. As a native Texan, it boggles my mind! I think it is far too cold being outside even "bundled up" in January—let alone semi-clothed and wet in subzero temperatures. So, I quizzed a Cathedral staff member who participated in this arctic folly with some 900 others last week.

The response: "It was invigorating." Interesting choice of words! This seeming understatement bears further analysis. "Invigorate" is defined as "to animate; to give life and energy." The root "anima" refers to the soul, the principle of life. This description thus indicates that the staff member found the jump to give freshness and renewal to life in a profound way. My mind leaned to the contrary... I was worried about resulting sickness but was reassured that the waters were cold enough to kill any germs!

Any time we jump into a body of water—hot, cold, or lukewarm—we make an act of trust. Our legs and feet can no longer support us. We rely on the natural buoyancy of our bodies and the "doggie paddle" we learned as children in order to survive. We are immersed in a new environment which somehow makes more clear our inability to control our surroundings. The illusion of self-sufficiency disappears rapidly.

This whole incident makes me think of baptism. We are plunged into the sacramental waters made holy by Christ's own baptism in the River Jordan. It knocks the spiritual breath out of us and gives new life and energy to our souls by the gift of the Holy Spirit. We then rely on our inherent dignity as children of God and the skills of prayer and virtue we have learned in order to float rather than sink. God is acknowledged as Creator and Ruler of the Universe and I recognize my dependence on Him. May the Feast of the Baptism of the Lord reinvigorate our own living out of the baptismal call to be holy!

Father Joseph



## St. Vincent de Paul Catholic Church

651 Virginia St.  
St. Paul, MN 55103  
Ph: 651-488-6737  
[www.svdpcchurch.org](http://www.svdpcchurch.org)

### CLERGY

- † Fr. Joseph Johnson,  
Pastor
- † Fr. James Adams,  
Associate Pastor
- † Fr. Andrew Cozzens,  
Associate Pastor
- † Dc. Nao Kao Yang

### SCHEDULES

#### Masses:

Saturday 5:00 PM  
Sunday 9:00 AM

#### Confession:

Sunday 8:00AM-8:45AM

#### Eucharistic Adoration:

Friday 7:00PM-8:00PM

#### Religious Education:

Sunday 10:30AM-  
12:00PM

#### 1<sup>st</sup> Sat. of Month:

- Mass at 8:30AM
- Altar & Rosary Society  
Meeting

**MASS INTENTIONS**

Saturday 1/10  
5:00 PM †Lorraine  
Trummer

Sunday 1/11  
9:00 AM People of the  
Parish

Saturday 1/17  
5:00 PM †Adeline Jahn

Sunday 1/18  
9:00 AM People of the  
Parish

**GOSPEL READING AT  
MASS**

**Saturday 1/10 (Vigil)**  
Mark 1: 7-11

**Sunday 1/11**  
Mark 1: 7-11

**Monday 1/12**  
Mark 1: 14-20

**Tuesday 1/13**  
Mark 1: 21-28

**Wednesday 1/14**  
Mark 1: 29-39

**Thursday 1/15**  
Mark 1: 40-45

**Friday 1/16**  
Mark 2: 1-12

**Saturday 1/17 (AM)**  
Mark 2: 13-17

**Saturday Confession**

Saturday Confession will be  
at the **Cathedral of Saint  
Paul** from 3:30PM-5:00PM

**Lus ceeb toom**

Vim tsis muaj tus teb xov  
tooj hauv peb lub Tsev teev  
Ntuj lawm, mas yog nej hu  
tuaj, tus yuav teb xov tooj  
yog tus khiav hauj lwm nyob  
pem lub niam Tsev teev Ntuj  
(Cathedral). Tso nej npe  
thiab xov tooj, Txiv Plig  
mam li hu rov rau nej.

St. Vincent de Paul,  
Pray for us!

**2009 Church Envelopes**

The donation envelopes for 2009 are available in back of church. Please check names and addresses to make sure we have up-to-date information. You should be using these new envelopes for your contributions in 2009. Please call the office number (651-488-6737) if you have any questions.

**Adult Faith Formation**

If you have signed up for the Adult Faith Formation classes but have not paid for your materials, please do so as soon as possible. See Father Adams if you have any questions.

**Mass Intentions Available**

The Holy Sacrifice of the Mass is the greatest possible prayer there is. It is a powerful prayer to offer for a friend or family member. Please call the parish office at 651-488-6737 to arrange for a Mass to be offered for your own intentions.

**Year of Saint Paul**

He, who is called “the Apostle to the Gentiles”. that is, to the Nations, never actually met Jesus during his life in Jerusalem or along the roads of Galilee, like the Twelve Apostles. He is the first apostle to have the experience of only the Risen Christ, as all Christians will continue to have through the centuries. With Paul, the words of the Prophet Micah, “.....from Zion shall go forth instruction, and the word of the Lord from Jerusalem” (Micah 4:2), were fulfilled in just a few years and in an ardent manner.

To know, love and serve Jesus Christ