



Our Mission is to know, love and serve God by living the Eucharist.

Promulgated on Pentecost Sunday, 2013

420 Irving Street | Alexandria, MN 56308 | (320) 763-5781



The Church of
St. Mary

MAY 20, 2018 PENTECOST SUNDAY

LOOK FOR YOUR ST. MARY'S CAR RAFFLE TICKETS



St. Mary's Parish Car Raffle ticket sale begins soon. This year we are implementing a new procedure for distribution of tickets to our 2,100 parish families. An envelope for each registered parish family, containing 5 tickets, will be available for pick up in the Commons Area beginning the weekend of May 19-20, 2018.

We ask that each family pick up their envelope and purchase or sell the raffle tickets. The ticket price of \$20 remains the same as last year. We appreciate your ongoing support of the raffle.



*On Course Games!
Door Prizes! 50/50 Cash Raffle!
.....and Much More!*

Join Us for the St. Mary's School 11th Annual Trust Fund Scholarship GOLF TOURNAMENT

18 Holes with Cart ~ 4 Person Scramble

Date: **Wednesday, May 30th** Fee: **\$125 / Golfer**

Time: **12:00 Registration**
1:00 Shot Gun Start
5:30 Social
6:30 Dinner & Prizes



READINGS FOR THE WEEK OF MAY 20TH

Mon. Jas 3:13-18; Mk 9:14-29
Tue. Jas 4: 1-10; Mk 9:30-37
Wed. Jas 4:13-17; Mk 9:38-40
Thurs. Jas 5:1-6; Mk 9:41-50
Fri. Jas 5:9-12; Mk 10:1-12
Sat. Jas 5:13-20; Mk 10:13-16
Sun. Dt 4:32-34, 39-40; Rom 8:14-17; Mt 28:16-20

WEEKLY MASS SCHEDULE

Tue. 5:00 PM +Marion Sonstegard
Wed. 8:30 AM +Gayle Ignowski
1:30 PM Edgewood Vista +Lynnette Wibstad
Thurs. 7:00 AM +Bill Dropik
1:30 PM Grand Arbor + Jerry Munson
Fri. 8:30 AM +Mary Steffen
Sat. 5:00 PM +Mike Melby
Sun. 8:00 AM For the Parish
10:00 AM + Irma Cattoor

NEW MEMBERS: To register, stop by our Hospitality Desk located in the Commons Area of the church or visit our website to complete the registration online.

CONTACT US

www.stmaryalexandria.org
stmary@stmaryalexandria.org

FROM OUR PASTOR



Fr. Steve Binsfeld

Dear People of St Mary's,

Today we celebrate Pentecost Sunday; we celebrate the giving of the Holy Spirit to the Apostles and to us. Scripture teaches us that the Holy Spirit is both the force of gravity and the source of love. They tell us that the Holy Spirit is both a physical and a spiritual force, the source of all creativity and all morality, all at the same time.

We first meet the person of the Holy Spirit in the opening line of the bible: "In the beginning there was a formless void and the Spirit of God hovered over the waters ..." In the early chapters of the Bible, the Holy Spirit is presented as a physical force, a wind that comes from the very mouth of God—his breath--that not only shapes and orders physical creation but is in fact the energy the lies at the base of everything, animate and inanimate alike: "Take away our breath, and everything returns to dust."

The ancients believed that there was a soul in everything and that soul, which was God's breath, held everything together and gave it meaning. They could not explain these things scientifically the way we can, but they recognized, just as we do, that there is already some form of love inside all things, however inanimate. They attributed all of this to God's breath, the wind that comes from God's mouth and ultimately animates rocks, water, animals, and human beings.

They also understood that this same breath that animates and orders physical creation is also the source of all wisdom, harmony, peace, creativity, morality, and fidelity. God's breath was understood to be as moral as it is physical, as harmonious as it is creative, and as wise as it is fertile.

The physical and the spiritual world were not set against each other. One spirit was understood to be the source of both. We need to understand things in that same way. We need to let the Holy Spirit, in all his and her fullness, animate our lives.

-Fr. Steve

— BAPTISMS —

Clara Ann - Child of Jacob & Jenna Bryce

Lyla Adelle - Child of Joshua & Crystal Guetter

Joseph Robert - Child of Joseph & Jill Niehaus

Charlotte Mae & Henry Robert - Children of Nathan & Jillian Reiner

— BANS OF MARRIAGE —

Ill Chase Paulson & Kristal Zenzen

+ We wish to offer our sympathy and promise of prayers to family and friends of Matthew Bormann, Thomas Quist and Tom Gobel.

Looking for the Liturgical Minister Schedule? All schedules are posted on our website (stmaryalexandria.org), posted in the sacristy, and mailed to every liturgical minister.

PARISH STAFF

Steve Binsfeld.....320-763-5781
Pastor

Todd Wentworth.....320-763-5781
Parish Business Administrator

Laurie Youngers.....320-763-5781
Director of Music & Liturgy

Kathy Fischer.....320-762-2320
Parish Nurse

Troy Sladek.....320-763-5861
School Principal & Elementary Religious Education

Laurie Bienias.....320-763-9202
Logistics Coordinator

Gina Pohlen.....320-763-9202
Coordinator of Youth Ministries & Confirmation

Elmer Kobberman.....320-834-3101
Francie Peterson.....320-360-0325
Parish Trustees

SACRAMENTS

RECONCILIATION Saturday at 4 PM in the Blessed Sacrament Chapel (room behind presider's chair; also has a separate entry)

BAPTISM

All parents must take the Baptism Preparation Course. Call the Parish Office to sign up. Check our website for dates.

PREPARATION FOR MARRIAGE

Members of the parish (or children of members) must arrange for marriage at least 6 months in advance. Contact the Parish Office for more info.

ANNOINTING OF THE SICK

is held the 1st Sunday of the month, immediately following the 8AM Mass. Those who wish to be anointed are asked to come to the front of the church.

FINANCIAL GIFTS

COLLECTION FOR THE WEEKEND OF MAY 13, 2018

	ACTUAL	BUDGETED
Sunday Envelope	\$44,345.36	\$29,941.18
Loose	\$2,340.17	\$2,115.38
Sunday Children	\$183.88	\$115.38

A more detailed report may be viewed at the Parish Office.

PARISH NEWS

THE KNIGHTS OF COLUMBUS BINGO Sun., May 20 at 7:00 PM & Wed., May 23 at 2:00 PM at the KC Hall on 6th Ave. and Nokomis. Team 6 Mike Peck, Dennis Maack, Ron Sczublewski, Mike Doyle & Aaron Korynta will be in charge.

UPCOMING PASTORAL COUNCIL ELECTION

The following people have been nominated for the Pastoral Council and have said "Yes," they would be willing to serve on the committee. We have three open positions. The election will take place on Sunday, May 20 in the Great Hall after the 10:00 AM Mass.

Janice Doebber	Mary Gorghuber
Deb Hadley	Deb Hertzog
Jerry Kostreba	Janet Schiltgen
Bruce Strandkov	Rita Winters

THANK YOU to Father Steve & members of St. Mary's for hosting the Red Cross Blood Drive May 14 & 15, and to all the members that donated blood. It is very much appreciated by the Red Cross & the Grey Ladies of the Red Cross.

THE FAMILY AND FRIENDS OF FATHER ALEXANDER P. LUDWIG wish to express their sincere appreciation to those who assisted and participated in his visitation and Mass of Christian Burial on May 4, 2018 at the parish of St. Mary in Alexandria, MN. At Father Al's request, memorials will be donated to St. John's School of Theology.

THANK YOU TO THE FOLLOWING for serving the funeral luncheons: Matthew Bormann - Sylvia Klimek, Jan Anderson & Team 3. Tom Gobel - Cam Loch, Poots Nelson & Team 5. Thomas Quist - Diane Maday, Joyce Burghardt, Sue Dumm and Team 6.

50TH JUBILEE CELEBRATION for Fr. Herbert Gappa on June 3, 2018. The celebration begins with Mass at 10:30 AM at his hometown parish of Sacred Heart in Urbank, MN. Come and celebrate with us!

PRAYER CORNER

If you or someone you know in our parish community is sick or ill or has a family member who could use our prayers, please call our Parish Nurse, Kathy Fischer, at 762-2320.



Please remember the following people in your prayers:

Ruth Partington, Chris Ficenc, Ken Judson, Jim Rutten, Scott Addy, Dice Ganje, Carol Peterson, Lorine Vipond, Yvonne Lorsung, Betty Schlosser, Lyle Keller, Joyce Tomasulo, Melissa Guggisberg, Perry Brown, Patrick Stroh, Chuck Miller, Dan Woods, Rock Anderson, Virgene Grubb, Carla Wheeler, Geno Ley, Keith Tvrdik, Lois Peterson, Kevin Richmond, Dick Henshaw, Shirley Henshaw & Caroline.

**THE BEST CATHOLIC CONTENT.
ALL IN ONE PLACE.**

It's EASY and FREE to register!

Go to:

stmaryalexandria.formed.org

FORMED

THE CATHOLIC FAITH.
ON DEMAND.



ABOUT LIFE

JUSTICE PEACE AND THE INTEGRITY OF CREATION (JPIC): ABOUT MIGRANTS AND REFUGEES: All indicators available to the international community suggest that global migration will continue for the future. Estimates indicate there are currently 250 million international migrants around the world, 22.5 million of whom are refugees. There is good news: The United Nations has two pending agreements, known as GLOBAL COMPACTS – one for safe, orderly migration and the other for refugees. In 2018, the UN will draft and approve of structures in which nations can meet their obligations to ensure human rights for all immigrants and special protections for vulnerable migrants, such as refugees, forced migrants, victims of human trafficking, and women and children at risk.

SANCTITY OF LIFE MOMENT: Jesus answered, "Everyone who drinks this water will be thirsty again, but whoever drinks the water I give him will never thirst. Indeed, the water I give him will become in him a spring of water welling up to eternal life." -John 4:13-14.

Visit St. Mary's Sanctity of Life online, at sanctityoflifestm.org for information and resources.

FAITH FORMATION

stmreled@stmaryalexandria.org | 320-763-9202



VACATION BIBLE SCHOOL IS COMING!!

JUNE 11–14, 2018

Join us this summer for VBS – St. Mary’s annual summer vacation kick-off. During this busy time we present God’s word to children (ages 3–Grade 3) in four fun, activity-packed mornings.

Registration and Volunteer forms can be found at the Hospitality Desk, in the Religious Education office or on our website at stmaryalexandria.org/vacation-bible-school/

We are looking for helpers of all ages. We need teachers, recreation helpers, craft helpers, snack preparers, music leaders, and aides. We also need someone to lead the Faith Fun classes – this is the time we celebrate and highlight our Catholic Identity (not found in other community VBS programs).

Classes run from 9:00 AM – Noon. Volunteer position hours vary depending on the job. Grab a friend and come join us! Call 763-9202 or 846-1842 to volunteer!!



Donations needed for VBS!!

- Large stuffed forest animals (raccoons, skunks, bears, squirrels, eagles, beavers, fox, etc...)
- Animal Print Fabric (forest animals)
- Old binoculars (real or toy)
- Canteens, backpacks & camping toys
- Ranger hats
- Small tents for children
- Old sleeping bags
- Wicker baskets
- Pine boughs & pine cones
- Tree stumps
- Old rolling pins
- Cross cookie cutters
- Plastic horse shoes or throwing games
- Marbles
- Lots of big brown paper grocery bags
- Ketchup & mustard
- Hamburger & hot dog buns
- M & M’s
- Snacks for hungry teen volunteers

**All items can be left in the box in the Commons Area at church or brought to the Religious Ed. office.
Thanks!!**

STOCK SALES

Interested in helping our teens participate in a Mission Experience? Please stop by the kiosk before or after Mass this weekend to purchase stock in them for their trip to Grenada this summer. As a result of your support, you will be invited to a breakfast following our trip to hear all about the experience. Thank you for your prayers and support!

ADULT FAITH FORMATION

ADULT BIBLE STUDY: Tuesday evenings in the Great Hall immediately following the 5 PM mass. Call Mike at 759-1911 for more info.

MEN’S BIBLE STUDY: Thursday mornings in the Commons Area of the church at 6 AM. Call Mike at 759-1911 for more info.

WOMEN’S BIBLE STUDY: We will participate in the guided consecration retreat, “33 Days to Morning Glory.” This six-week study begins July 7/8 and is offered Sat 8-10 AM and Sun 6:30-8:30 PM. You may alternate between sessions. (Sessions are on our parish subscription to FORMED.) Please join us and grow in your devotion to Mary, your love of her Son and foster faith-filled friendships! Contact Lori 320-808-1145 or Tammy 320-808-6404 or email biblestudywomen@gmail.com

ST. MARY’S PRAYER LINK: If you have a prayer request, please send to Wosepkak@aol.com or phone Kelly Wosepka at 320-815-4655, or Julie Desautels at 846-1842. All prayer requests will be kept confidential.

PRAYER OPPORTUNITIES in the Blessed Sacrament Chapel, Rosary: Sundays (before Mass) 7:35 AM & 9:35 AM

HOLY SPIRIT PRAYER GROUP: Thursdays 5:30-6:00 PM (rosary in Commons Area) 6-7 PM prayer time in the Chapel. Contact Jim Joerger at 834-2945.

DIVINE MERCY HOUR: Mondays from 3-4 PM. Contact Barb Nei at 846-0022.

SANCTITY OF LIFE PRAYER GROUP: Meets the 1st Wednesday of every month at 7 PM. Contact Louise Revering at 762-8632.

EUCCHARISTIC ADORATION - SHARING ONE HOUR WITH THE LORD. Adoration is one way you can make prayer and spending time with the Lord a greater priority in your life. Please consider being a regular adorer for our Chapel. For more information - contact Sue McCulloch at 320-491-7006 (call or text); tscamcculloch@charter.net.

Stewardship

Keith Miller, the Christian writer, once wrote about how he came to tithe his income. He said it all began when he came to the realization that any money he had really belonged to God. Then he came to understand that he was responsible for taking care of money that came to him and to use it for God's purposes.

Percentage Giving

When he came to that wise realization, he started pledging a particular percentage of his income to God and God's Church. At first it was only 2%. Starting that specific program, he confessed, brought great agony to him. Two percent seemed like an outrageous amount given his particular mindset at the time. Finally, however, he began to feel that maybe those who tithed were really exhibiting more seriousness about stewardship than was he.

After Keith made that conclusion, he began to increase his giving bit by bit until he reached his goal a full 10% tithe.

And what was the final result of this struggle concerning his giving? Here is what he wrote: "God did bless me through tithing, but not by making me wealthy. Instead God made me more comfortable with what I had."

Your Comfort Level

Surely that is a wise realization for which each of us should strive: An acceptable comfort level in our giving and with what we have. 



Two small boys went into the dentist's office one day and waited for the dentist to get through with his appointment. When he came into the waiting room, the older of the two boys spoke up. "Doctor, I want a tooth taken out, and I don't want any gas, and I don't want it deadened because we're in a hurry." The doctor smiled and said, "Well, you're quite a brave young man.

You want a tooth pulled, and you don't want any gas, and you don't want it deadened." And the little boy said, "That's right, 'cause we're in a hurry." "Well, okay," said the dentist, "but tell me, which tooth is it?" And the little boy turned to his smaller friend and said, "Show him your tooth, Albert!"

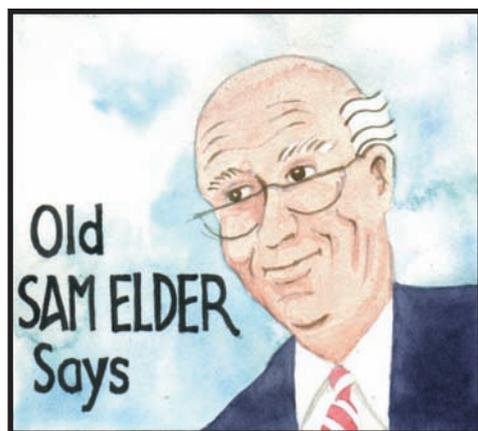
The world is full of people like that, isn't it? People who want to see things happen and get things done, but who let someone else pay the price and to deal with the consequences. That's not the way it works. We have to get into the dentist's chair ourselves.

Continued on page 3

When you think about your church commitment, do you think in terms of how much the church budget is - or whether the church spends it wisely - or how much can I afford to give?

Or, do you think in terms of how many blessings the Lord has showered on your life and the privilege of saying "thank you" through your financial response to the church's work?





Old Sam wasn't surprised by a visit from Horace Trader. Sam had observed Horace's sheepish glances as he dropped his weekly five dollar bill in the plate.

"Sam, I want you to know how it is with me," began Horace, "I can't give to the church like the pastor tells us to."

"Horace, I view your commitment as a private matter between you and God." Sam answered.

"Look, 'I have no close relatives; the church will get everything when I die,'" said Horace.

"Your intentions are good," Sam acknowledged, "and expectations from estates are always uncertain. A lot can happen to you between now and then. All of us should remember the church in our wills."

"Yes, but I need all the cash I can hang onto for working capital," continued Horace; "I have to be ready to grab a bargain, when I find it."

"Your business is a lot like our church," Sam said. "The church needs working capital to save souls, to comfort the distressed, and to aim our youngsters in the right direction. You don't want to lose a trade; the church doesn't want to lose a soul."

"Are you suggesting that the church would rather have its share now than to gain a fortune later?" asked Horace.

"Yes! And mostly for your ben-

efit," answered Sam. "This 'promise now and pay later' that you practice deprives you of the good feeling that comes from giving generously. Horace, try giving a fair share to the church's working capital and you will feel like a new man." 

The Poor Spider

The poor spider has such a hard life. It builds and battles all day, every day. The web that it weaves is so fragile that even the wind will blow it down, and yet the spider depends upon it for its breakfast, dinner, and supper each day.

The spider doesn't ever quit building. Its well-being depends upon its ability to string a web in the right place and to keep it strung day after day. When the spider quits doing what it does best, its life is over.

We could all take some advice from the spider. It works hard; it does his job well and is then rewarded for the work.

As we live from day to day, we are investing our time and talent in various things. Are they really important? As Christian stewards, do we willingly volunteer some of our time and talent to the work of our church?

Whatever we are doing had better be important! It costs us a day of our lives. As we build our webs, let's be sure that they are built sturdily. Let's work hard each day to build our webs and maintain them. We will be rewarded accordingly! 



Think of life as something God has given us to manage or take care of. Everything comes from God. We may use our talent or ability to achieve material goods, but the talent or ability is a gift from God to begin with.

Once you look at life this way, as a stewardship, it becomes clear that we just give of what we are, as well as what we have. It means cultivating an attitude of generous giving and getting into the habit of thinking of others.



Through the Stained Glass...

Instead of great rejoicing on the part of all Christians, some consider stewardship education a time of positive gloom and doom.

If there is any area of life in which we need a sense of humor, it's where our money and our pocketbooks are concerned. Humor is always a sign of good feeling and of balance. So occasionally laugh over attitudes about money.

You have heard that "you can't take it with you." We want to share with you the response of an undertaker to that. He said, "it's true that you can't take it with you, but I've seen a lot of people drag it awfully close to the grave!" We need to have a sense of humor about money.

We are encouraged to be like the cow who daily gives her master a gift, rather than like the pig who only can give her master a gift at the end of her life. Sometimes we can't decide whether we are being complimented or not when we are asked to be more bovine than porker; but at least there is some humor there. 

Continued from page 1

Two Small Boys...

We have to recognize that giving of our time, talent and treasure to our church is not something someone else does. It is an effort we all need to support. It is everyone's responsibility.



On Giving



I haven't much, but I'll give the first portion of my income.



Let me tell you, when every Christian worships God by being good stewards of their money, Christ's work will be advanced.



Giving a grateful portion of your income makes sense ... try it and see.



What's my standard of giving?

Stewarding God's time in my life involves these questions:

Am I giving sacrificially of my time to the church and to others?

How many of my free hours are spent each week doing things that serve or entertain myself?

How much of my time is wasted?

Am I using all my time in ways that are God-pleasing?

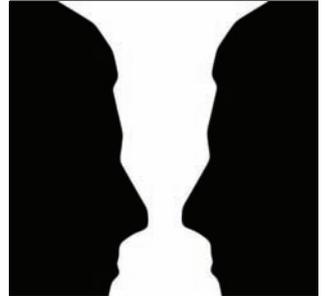
Do I believe that God will bless me with adequate time to do everything expected, if I give generously of my time to others?



Albert Schweitzer ... Steward ... 1875 - 1965

A man named Albert Schweitzer died over 50 years ago in September of 1965, at Lamberene on the Ogowe River, Central Africa, and his death was mourned by people throughout the world. He had been awarded a doctorate in Philosophy at the age of 24 and was named a doctor of Theology a few years later. He was an accomplished musician: a leading authority on Bach and foremost organist and pianist as a performer of Bach's works. In 1905 at the age of 30, he resigned as principal of the Theological College of St. Thomas, Strasbourg, to enter medical school - to prepare himself for the life of a medical missionary. Thus with a renowned reputation in music, philosophy and theology secure, with a limitless future before him, he suddenly gave it all up. Why? Albert Schweitzer explained his decision simply. His life was very happy, God has been good to him, and he stated, "I must not accept this happiness as a matter of course, but must give something in return for it." He gave nothing less than the rest of his life. 

Profiles in Stewardship



ST. MARY'S SCHOOL

St. Mary's School educates the whole child within a nurturing Catholic Christian environment.

stmaryss@stmaryalexandria.org | 320-763-5861



Dear Parishioners,

The 11th Annual St. Mary's Golf Tournament is planned for Wednesday, May 30 at 1:00 PM at Geneva Golf Course! There is still time to form a team or have your place of business sponsor a hole.

The purpose of this tournament is to raise money for the Trust Fund Tuition Scholarship Fund. This year, 26 students are receiving scholarships valued at over \$36,000. Without the help of the scholarships, many students would not be able to attend St. Mary's School. Having fewer students would create higher cost per pupil, increased tuition, and fewer technology and learning experiences for all students. As a result, all students, families, and parishioners benefit from the Trust Fund Scholarship Fund!

Fill out your Registration Form and return with your payment to the school office! 

St. Mary's Golf Tournament Committee

CALENDAR RAFFLE WINNERS

MAY 2018

May 13	Jody Dahlseid, Alexandria \$35
May 14	Ryan Rosengren, Alexandria \$20
May 15	Kelly Wosepka, Alexandria \$50
May 16	Marc Godfrey, Alexandria \$20
May 17	Travis Bakker, Alexandria \$20
May 18	John Walz, Alexandria \$20
May 19	Rob Davidson, Alexandria \$20

SCHOOL HAPPENINGS

2018 - 19 Registrations are being accepted. Please contact the school office for more details.

Save the Date St. Mary's School Trust Fund Golf Tournament is scheduled for Wednesday, May 30th.



11TH ANNUAL ST. MARY'S GOLF TOURNAMENT REGISTRATION FORM

GENEVA GOLF CLUB

WEDNESDAY, MAY 30, 2018

REGISTRATION	12:00 PM
SHOT GUN START	1:00 PM
SOCIAL HOUR	5:30 PM
DINNER/PRIZES	6:30 PM

CONTACT PERSON _____

ADDRESS _____

EMAIL ADDRESS _____

❖ __REGISTRATION:

Team Name _____
(if you don't have a team, we can assign you to one)

Golfer #1 Name _____ \$125.00

Golfer #2 Name _____ \$125.00

Golfer #3 Name _____ \$125.00

Golfer #4 Name _____ \$125.00

Total Team Registration Fee: \$500.00

❖ __ **BUSINESS HOLE SPONSORSHIP: \$125** A sign with your name will be displayed on a tee box or green.

❖ __ **MEMORIAL DONATION: \$____** "In Memory of Sign" will be posted at a prominent location on the golf course. Please list the loved one or friend you would like to honor _____

❖ __ **DOOR PRIZE DONATION:** I/We would like to contribute the following item(s) to be used as a door prize _____

❖ __ **Not a golfer or can't play in the tournament? Please consider joining us for the social and dinner event.**

Number of guests _____

Names of guests _____

Your free will donation to cover meal(s) and contribution to the Trust Fund \$ _____

PLEASE MAKE A COPY OF THIS FORM FOR YOUR RECORDS and send along with your donations to:

**St. Mary's School Trust Fund, St. Mary's School,
421 Hawthorne, Alexandria, MN 56308**

All Donations are Tax Deductible: Tax ID #41-634628

PARISH HEALTH MINISTRY

LIFTING SPIRITS, TOUCHING LIVES

MAY IS FOOD ALLERGY ACTION MONTH

Sponsored by FARE (Food Allergy Research & Education)

FOOD ALLERGY MYTHS AND MISCONCEPTIONS: FARE is dedicated to speaking up for 15 million Americans with food allergies, including all those at risk for life-threatening anaphylaxis. Whether you live with food allergies or care for someone who does, brushing up on the facts is a great place to start. You can show your support for the food allergy community by helping to dispel these popular myths and misconceptions.

MYTH: FOOD ALLERGIES AREN'T SERIOUS. FACT: This is more than just an itch or a stomachache. Food allergies can cause symptoms from hives and a stuffy nose, to vomiting, difficulty breathing and loss of consciousness. If an allergic reaction is severe or involves several parts of the body, it becomes anaphylaxis and can be life-threatening. Food allergies are not only potentially life-threatening, they're life-altering. People with food allergies must always be vigilant to ensure they avoid reactions. Food allergies – and people who live with them – should always be taken seriously.

MYTH: EATING A LITTLE BIT WON'T HURT. FACT: For someone with a food allergy, even a trace of food allergen can trigger a severe reaction. You must remove the allergen completely from your diet to stay safe and live well. Avoiding cross-contact between a safe food and your food allergen is just as important as avoiding the allergen itself. Cross contact occurs when an allergen is accidentally transferred from one food to another. The food that was safe before is now dangerous for people with that food allergy.

MYTH: EACH ALLERGIC REACTION WILL GET WORSE AND WORSE. FACT: Food allergy reactions are unpredictable. The way your body reacts to a food allergen one time cannot predict how it will react the next time. You don't know if a reaction is going to be mild, moderate or severe. You should always be prepared with emergency medication, just in case.

MYTH: A FOOD ALLERGY THAT HAS ONLY CAUSED MILD REACTIONS IS A MILD FOOD ALLERGY. FACT: There is no mild or severe food allergies – only mild to severe reactions. What caused a mild reaction in the past may lead to a severe reaction in the future, and vice versa. Never let your guard down. Always take precautions to prevent allergic reactions before they happen. Even mild symptoms can quickly progress to a severe reaction, or anaphylaxis. You should be watchful and prepared to give medications-seconds count! It is important for every person with life-threatening food allergies to have an individualized food allergy action plan. This document explains the symptoms of an allergic reaction and what medication(s) you should take for each symptom(s).

MYTH: PEANUT IS THE MOST COMMON FOOD ALLERGY IN KIDS. FACT: Milk and eggs are actually the most common food allergies in children – although peanuts do get a lot of attention for causing severe reactions. All food allergies, no matter how common or rare, are serious.

MYTH: ALL ALLERGY-INDUCING INGREDIENTS MUST BE LISTED ON FOOD LABELS. According to the Food Allergen Labeling and Consumer Protection Act the eight most common allergens must be labeled on packaged foods sold in the U.S. These allergens are milk, egg, peanut, tree nuts, soy, wheat, fish and shellfish.

MYTH: A FOOD ALLERGY ALWAYS DEVELOPS IN CHILDHOOD. THEN YOU'RE STUCK WITH IT FOR LIFE. FACT: You can develop a food allergy at any age, even to a food that you've safely eaten before. Children especially may outgrow a food allergy over time. This is common with allergies to milk, egg, soy and wheat. Allergies that are harder to outgrow include peanut, tree nuts, fish and shellfish.

More information go to: www.foodallergy.org.

LITURGICAL AND MUSICAL NOTES

Burning Question

This is the last Sunday of Easter season.

Its Mass is vivid.

Suddenly there came from the sky

a noise like a strong driving wind,

and it filled the entire house in which they were.

Then there appeared to them tongues as of fire,

which parted and came to rest on each one of them.

And they were all filled with the Holy Spirit

and began to speak in different tongues,

as the Spirit enabled them to proclaim (First Reading).

Wouldn't we have loved to be there? How thrilling!

But let us look at the wording. The noise was not an actual

wind but something "like" a wind. And these were not tongues

of fire, but tongues "as of fire" (i.e., "as if they were made

of fire"). They were discussing marvels that could not be

described as is, so they used metaphors.

What if we tried a literal description:

There was this sound that came from the sky, something that

sounded like, uh, oh, let's see, uh, wind! That's it. It wasn't wind

but that is the closest I can get. And then stuff that looked sort

of like chunks of fire, or maybe tongues made out of fire. Only

it wasn't really fire. Or tongues either. Oh, I can't describe it.

They were experiencing a presence that cannot truly be

written down. Obviously, it was something very real but too

deep for words. So, they resorted to metaphor.

Are we allowed to prophesy and talk in tongues as the

apostles did?* St. Paul handles this question beautifully in the

Second Reading. The answer is found by recalling who the

Holy Spirit is (the reader and I have been doing this in previous

weeks). The Holy Spirit is completely and truly God, the third

person of the Holy Trinity come to dwell within us.

No wonder it is hard to talk about!

In our time the bestowal of the Spirit is less dramatic. There

has been a regularization and it has been gradual. Look, for

instance, at Acts 19:1-8, in which St. Paul came upon a dozen

or so disciples who had never even heard of the Holy Spirit!

He baptized them, and as he "laid his hands on them, the

Holy Spirit came upon them, and they spoke in tongues and

prophesied." Was this the beginning of the sacrament of

Baptism? When we receive baptism and other sacraments,

we are receiving the Holy Spirit, quietly and in ritual form.

Christ and his Father come to dwell within us.

Let us ask again, as we have in previous weeks, why do you

and I not act as someone who has God within us?

Well, like anything planted so deep, the Spirit's presence

must have time to make its way into our actions, our words,

our deeds. Whenever we find patches of charity or joy in

ourselves, or patience and kindness, or the ability to endure

hardship and injuries, when we are drawn toward mildness

and modesty, then we can surely know that the Holy Spirit is

at work.

No, it is not heavy winds and tongues of fire, as in former days.

But it is the same Spirit of Jesus and of the Father that has

been bestowed throughout history.

Can we open to it?

John Foley, SJ

Fr. John Foley, SJ, is a composer and scholar at Saint Louis University.

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