REMEMBER TO PICK UP YOUR ST. MARY’S CAR RAFFLE TICKETS!

If you haven’t already, please pick up your 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 our parish’s only general fundraiser!

— PARISH WIDE MINISTRY EVENT —
RAISING THE FOOTSTONES AT ST. MARY’S CEMETERY!

Schedule:
Monday, July 30 - 10:00 AM to 9:00 PM
Tuesday, July 31 - 8:00 AM to 9:00 PM
Wednesday, August 1 - 10:00 AM to 9:00 PM
Thursday, August 2 - 9:00 AM to 9:00 PM
Friday, August 3 - 8:00 AM to 5:00 PM
Saturday, August 4 - 9:00 AM to 5:00 PM

We will need everyone’s help! Help whenever you are able to - we will take any and all help we can get! The work includes lifting, shoveling and/or providing refreshments!

Organize a group to help!
• GOLF GROUPS
• SPORTS TEAMS
• CONFIRMATION KIDS
• FRIENDS
• CLUB GROUPS

A Cemetery Committee member will be there to supervise and instruct - just come whenever you are able to help! Bring a shovel if you can.

READINGS FOR THE WEEK OF JULY 29TH
Tue. Jer 14:17-22; Mt 13:36-43
Wed. Jer 15:10, 16-21; Mt 13:44-46
Thurs. Jer 18:1-6; Mt 13:47-53
Fri. Jer 26:1-9; Mt 13:54-58
Sat. Jer 26:11-16, 24; Mt 14:1-12

WEEKLY MASS SCHEDULE
Tue. 5:00 PM +Michael Bruzek
Wed. 8:30 AM +Edna Krohn
Thurs. 7:00 AM +Victoria Bosch
        1:30 PM Knute Nelson +Jeanette Binsfeld
Fri. 8:30 AM Intentions of the Knights of Columbus
Sat. 5:00 PM +Bill Platto, Sr.
Sun. 8:00 AM For the Parish
      10:00 AM +George Murphy

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
Dear People of St Mary’s,

Thank you to Pat Dahlheimer and Mary Larson for their leadership on the Art and Environment Committee. This is the committee who regularly adorns our church for worship during the many seasons of the liturgical year and calendar year. They are also consulted when changes are made to our parish buildings. Stepping up to the plate as overall leaders are Nancy Beltz, Bonnie Bromen, and Kathy Kretchmer. Reenie Elkington will be keeping order to our storage areas. Wayne Summers will be the procurer of “elements from nature.” Thank you to both sets of leaders. It is a great committee. Some help at various seasons, others take care of watering plants, others just take care of the Commons Area… but there is always something.

Again, thank you to so many of you in your expression of sympathy upon my mother’s death. Cards have still been coming in. As a memorial to her I am going to make sure that we have some good elements with which to decorate the church, such as good pots in which to place flowers and plants.

August 15—the feast of the Assumption of Mary, a holy day of obligation—is on a Wednesday this year. Mass at 8:30 AM will be in the Cemetery. Bring a lawn chair if you have one. The evening Mass is at 7 PM in Church. We will need ushers (yes, there is a collection). The reader, server and communion minister of the day will minister at the cemetery. Ministers for the evening Mass will be handled through sign up near the sacristy door.

Fr. Steve

+We wish to offer our sympathy and promise of prayers to family and friends of Loretta Wilken.

THANK YOU to the following for serving the funeral luncheon of: Loretta Wilken – Cam Loch, Poots Nelson and Team 5.

— BANS OF MARRIAGE —
  I Robert Lamp & Anita Bicke

FINANCIAL GIFTS

<table>
<thead>
<tr>
<th>COLLECTION FOR THE WEEKEND OF JULY 22, 2018</th>
<th>ACTUAL</th>
<th>BUDGETED</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sunday Envelope</td>
<td>$38,104</td>
<td>$29,941</td>
</tr>
<tr>
<td>Loose</td>
<td>$3,993</td>
<td>$2,115</td>
</tr>
<tr>
<td>Sunday Children</td>
<td>$3</td>
<td>$115</td>
</tr>
</tbody>
</table>

A more detailed report may be viewed at the Parish Office.
ATTENTION LECTORS AND SERVERS - We are currently working on the schedules for September - November. If you have any dates you know that you are not available, please contact the parish office by July 31 at 320-763-5781 or email jeddy@stmaryalexandria.org.

INTERESTED IN LEARNING how you can help our college students stay involved in their Catholic Faith and build the future of the Church? Join Lisa Klinkner Tuesday, July 31st at 7pm in the Great Hall for ice cream sundaes and a short presentation. She will be sharing information on the mission of FOCUS (The Fellowship of Catholic University Students), an organization on college campuses that is winning the hearts of college students for Christ, building them in the faith and sending them into the world. If you have any questions please contact Lisa at 320-304-1975.

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:

ABOUT LIFE

JUSTICE PEACE AND THE INTEGRITY OF CREATION (JPIC):
Matthew 5:9 “BLESSED ARE THE PEACEMAKERS, FOR THEY ARE THE CHILDREN OF GOD.”

What does it mean to be a peacemaker? What does Peace mean? In the Bible it has several different meanings. In terms of human beings, peace has to do with a sense of well-being in all aspects of our lives. It is sometimes described as a feeling of harmony or tranquility. The Israelites came to realize that PEACE IS A GIFT FROM GOD. (Loyola press)

In 1963 President Kennedy, in his commencement address at American University, passionately called for disarmament. He said “I am talking about genuine peace, the kind of peace that makes life on earth worth living, and the kind that enables men and women and nations to grow, and to hope, and to build a better life for their children—not merely peace for Americans but peace for all men and women, not merely peace in our time but peace in ALL time.”

This kind of peace starts with each individual’s own attitude – their sense of well-being and harmony toward themselves and others.

Take the time to celebrate the PEACE Mass on August 7 at 5 PM. Let us live the Eucharist and examine our hearts and minds and actions as peacemakers. Let us celebrate PEACE as a Gift from GOD.

SANCTITY OF LIFE MOMENT:
Love one another, contribute to the needs of others, Live peaceably with all. - Romans 12: 9-18
Visit St. Mary’s Sanctity of Life online, at http://sanctityoflifestm.org/ for information and resources.

HELP WANTED: Special Olympic Area Bocce Meet at Fillmore Park, Alexandria on Aug. 9th. Meet goes from 8:30 AM - about 3:00 PM. Workers needed from 8:30 – 12:00 and 12:00 – end. No need to know the rules for Bocce, we will train you. Come enjoy a day with some very special athletes from our area. For more information call Deb Hovel at 763-4944.
Thank you to all who supported the 29 youth and adults who traveled to Grenada to work alongside the people there. We were able to grow in our faith, learn about Grenada and her people, and develop relationships with them; all while working hard on projects that we were assigned. Schools were painted, houses were built, and children were played with.

We look forward to sharing our journey with you on the St. Mary’s Youth Ministry Facebook page and also at our sponsor breakfast for all of those who sponsored our trip.

SPONSOR BREAKFAST:
July 29th at 9:00 AM in the school gym

ST. MARY’S SCHOOL
St. Mary’s School educates the whole child within a nurturing Catholic Christian environment
stmaryss@stmaryalexandria.org | 320-763-5861

CALENDAR RAFFLE WINNERS
JULY 2018

<table>
<thead>
<tr>
<th>Date</th>
<th>Sponsor</th>
</tr>
</thead>
<tbody>
<tr>
<td>July 22</td>
<td>Debbie Webber, Havana, IL $35</td>
</tr>
<tr>
<td>July 23</td>
<td>Shannon Blair, Alexandria $20</td>
</tr>
<tr>
<td>July 24</td>
<td>Josie Husman, Alexandria $20</td>
</tr>
<tr>
<td>July 25</td>
<td>Josefin Cervantes, Browerville $20</td>
</tr>
<tr>
<td>July 26</td>
<td>Shirley Schirmers, Sauk Centre $20</td>
</tr>
<tr>
<td>July 27</td>
<td>St. Mariterse Woida, St. Joseph $20</td>
</tr>
<tr>
<td>July 28</td>
<td>Margaret Peterson Retka, Brandon $20</td>
</tr>
</tbody>
</table>

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 5-6:00 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.

EUCARISTIC ADORATION, A STEWARDSHIP OF PRAYER. Have you been wondering how you can be a good steward at St. Mary’s, but are just not sure where to begin? Consider an Adoration time with our Lord in the quiet of the Blessed Sacrament Chapel and let Him be your guide to stewardship. For more information you can contact Sue McCulloch at 320-491-7006; tscamcculloch@charter.net. Thank you.

Open times:
Mon: 4-5 am, 2-3 pm; Tues: 3-4 pm; Wed: 7-8 pm, 11-midnight; Thur: 2-3 pm, 3-4 pm, 4-5 pm, 10-11 pm; Fri: 3-4 am, 4-5 am, 10-11 am, 2-3 pm
Getting the Least

Paul Turner

If you’d like to get the least out of going to Mass on Sundays, here are some strategies you can try:

- Eat a large meal just before going to church.
- Arrive for Mass late.
- Sit in the back of the church.
- Read the bulletin during the service.
- Don’t sing any songs.
- Don’t make the responses.
- Keep your cell phone turned on and handy to hear your ring tones and send texts.
- Chew gum.
- Mentally criticize the appearance of people you see.
- Be angry about something. It really doesn’t matter what.
- Think constantly about where you are going when Mass is over.
- Whenever there is time for silent prayer, look at your watch.
- Let your mind wander throughout the service, but especially during the readings, the homily, and the eucharistic prayer.
- Never offer to assist as a greeter, usher, lector, communion minister, server, or cantor.
- Don’t contribute to the collection, or if you do, use coins.
- Avoid eye contact during the sign of peace.
- Never drink the Blood of Christ at communion.
- Leave Mass early. After you receive communion, head for the door. Do not return to your seat. You may want to put your car keys in one hand while you receive communion with the other.
- Drive away as quickly as possible. If others who are trying to get the least are in your way, honk the horn at them.
- Don’t pray at home during the following week, unless an emergency comes up.

What is Over-the-Counter Medicine?

A medicine (drug) changes the way your body works or treats or prevents a disease.

An over-the-counter (OTC) medicine is the kind you buy without a doctor’s order (prescription). Before you use any medicine, you should always read the label.

The Drug Facts label

In the United States, all OTC medicines have a Drug Facts label. The Drug Facts label is there to help you choose the right OTC medicine for you and your problem and to use it safely. All medicines, even OTC medicines, can cause side effects (unwanted or unexpected effects). But if you follow the directions on the label, you can lower your chance of side effects.

Drug Facts label tells you:

- the ingredients in the medicine
- what the medicine is for
- if the medicine is right for you and your problem
- if there are reasons to talk to your doctor first
- how to use your medicine

Drug Facts

Active Ingredient (in each tablet) Purpose
Chlorpheniramine maleate 2 mg. Antihistamine

Uses temporarily relieves these symptoms due to hay fever or other upper respiratory allergies:
- sneezing
- itchy, watery eyes
- itchy, dry nose

Warnings Ask a doctor before use if you have:
- glaucoma
- a breathing problem such as emphysema or chronic bronchitis
- trouble urinating due to an enlarged prostate gland

Ask a doctor or pharmacist before use if you are taking tranquilizers or sedatives.

Directions Adults and children 12 years and over take 2 tablets every 4 to 6 hours; not more than 12 tablets in 24 hours.
- children 6 years to under 12 years take 1 tablet every 4 to 6 hours; not more than 6 tablets in 24 hours.
- children under 6 years ask a doctor.

Other Information Store at 20–25°C (68–77°F). Protect from excessive moisture.

Inactive Ingredients: D&C yellow no. 10, lactose, magnesium stearate, microcrystalline cellulose, pregelatinized starch.
Aphasia is a language disorder that affects the ability to communicate. It’s most often caused by injury to parts of the brain that control speech and language resulting from a stroke.

**What is Aphasia?**

**I need to communicate with someone who has aphasia.**

- **Keep It Simple**
  Speak in short, simple sentences.

- **Be Patient**
  Allow plenty of time for a response. Talk with him/her not for him/her.

- **Remove Distractions**
  Turn off radios and TVs.

- **Be Creative**
  Try writing, gesturing, pictures and communication tools like an iPad.

- **Confirm**
  Repeat back what you think he/she is saying.

**People With Aphasia**

1. Communicate differently, but they are as smart as they were before.
2. Their hearing is fine; speaking loudly does not help.
3. Aphasia is not contagious! To talk to people with aphasia, you’ll just have to communicate differently.

**If You Get Stuck, You Can**

1. Admit you’re struggling.
2. Recap what you have discussed so far.
3. Decide whether to carry on or come back to it later.

**I have aphasia.**

- **Take Your Time**
  Remember it may take a while to get the words out.

- **Let People Know What Works Best For You**
  Do you want a question asked in multiple ways? Let them know.

- **Use Assistive Devices**
  Bring photos, diagrams, pen and paper, etc.

- **Getting Frustrated Is Okay**
  Don’t blame yourself if you get stuck or stumble on your words. Be patient with yourself as you find what works.
Love INC
Love In the Name of Christ
Love INC of Douglas County Lakes Area
Call to volunteer, donate or receive services!
44 Glenn Rd NW
320-759-3022
www.loveincdouglas.org

“Mobilizing Churches to Transform Lives”
Call 320-763-5781
Advertise your Business Here

Zacher Excavating, Inc.
P.O. Box 85 / Alexandria, MN 56308
Gary Zacher  Shop & Res: 762-2035

Call 320-763-5781
Advertise your Business Here

Alexandria Electric
ELECTRICAL CONTRACTOR
620 Oak Street South
ALEXANDRIA, MN 56308
763-5222 “Since 1945”

Thompson
Heating & Air Conditioning
ALEXANDRIA, MN 320-763-6634

IVerson INSURANCE
www.iversoninsurance.com
320-762-9400

Rauk, Family Dentistry
Kim Rauk, DDS
320.763.5556
raukfamilydentistry.com

PAPPenFus
Personal Injury Lawyers
Robert H. Pappfenbus • Thomas J. Pappfenbus
Alexandria, MN 56308 • 320-763-6688
Email: law@pappfenbus.com • Web: www.pappfenbus.com

Is Your Involvement In An Abortion Haunting You?
FIND
HOPE, HEALING,
MERCY
Help for Mothers,
Father, Siblings,
Fetuses, Adults
HopeAfterAbortion.com

Fornada Supper Club
Receptions & Catering
763-4400

BITZAN/OHREN Masonry, LLC
Residential / Commercial
320-834-5488

For an appointment:
805 1st Avenue E, Alexandria, MN 56308

THORNTON, DOLAN, BOWEN, KLECKER & BURKHAMMER, PA
Attorneys At Law
1017 Broadway, Alexandria, MN

10 Minute OIL CHANGE
1316 Broaday, Alexandria, MN
320 763-5259

1130 Broadway, Alexandria, MN
www.dzilleyzimmyninsurance.com
320-762-2124

Alexandria Motors
762-2114

Alexandria Motors
762-2114

ROERS FAMILY BAKERY
“Being Sweet to you is our Business!”
430 Broadway 763-4741

DilleyZimmyn INSURANCE
www.dzilleyzimmyninsurance.com
320-762-2124

Auto | Home | Business | Life | Health | LTC Ins.

PAPPenFus
Personal Injury Lawyers
Robert H. Pappfenbus • Thomas J. Pappfenbus
Alexandria, MN 56308 • 320-763-6688
Email: law@pappfenbus.com • Web: www.pappfenbus.com

Zacher Excavating, Inc.
P.O. Box 85 / Alexandria, MN 56308
Gary Zacher  Shop & Res: 762-2035

Call 320-763-5781
Advertise your Business Here

Alexandria Electric
ELECTRICAL CONTRACTOR
620 Oak Street South
ALEXANDRIA, MN 56308
763-5222 “Since 1945”

Thompson
Heating & Air Conditioning
ALEXANDRIA, MN 320-763-6634

IVerson INSURANCE
www.iversoninsurance.com
320-762-9400

Rauk, Family Dentistry
Kim Rauk, DDS
320.763.5556
raukfamilydentistry.com

PAPPenFus
Personal Injury Lawyers
Robert H. Pappfenbus • Thomas J. Pappfenbus
Alexandria, MN 56308 • 320-763-6688
Email: law@pappfenbus.com • Web: www.pappfenbus.com

Is Your Involvement In An Abortion Haunting You?
FIND
HOPE, HEALING,
MERCY
Help for Mothers,
Father, Siblings,
Fetuses, Adults
HopeAfterAbortion.com

Fornada Supper Club
Receptions & Catering
763-4400

BITZAN/OHREN Masonry, LLC
Residential / Commercial
320-834-5488

For an appointment:
805 1st Avenue E, Alexandria, MN 56308

THORNTON, DOLAN, BOWEN, KLECKER & BURKHAMMER, PA
Attorneys At Law
1017 Broadway, Alexandria, MN

10 Minute OIL CHANGE
1316 Broaday, Alexandria, MN
320 763-5259

1130 Broadway, Alexandria, MN
www.dzilleyzimmyninsurance.com
320-762-2124

Auto | Home | Business | Life | Health | LTC Ins.