

# Our Lady of Perpetual Help

Catholic Community

All Saints Day, November 1, 2009

Served by the Missionary Oblates of Mary  
Immaculate

222 West Redoubt Avenue Soldotna, AK

Office Phone: 262-4749

Office Hour 9am-3pm Tuesday-Fridays, beginning November 2 —  
Closed on Mondays

Parish Hall Phone: 262-5542

Web Site: - [www.olph.cc](http://www.olph.cc)

E-mail: [olph@alaska.net](mailto:olph@alaska.net)

## PARISH MISSION STATEMENT:

*We, the faith community,  
accept the call of God to  
participate in the mission of  
Jesus Christ by  
Proclaiming the Gospel  
and living the reign of  
God among us as disciples.*

		<u>Phone</u>	<u>E-mail</u>
Marlys Verba	Parish Director	262-5542/262-4749 option 4 Home Phone: 262-8830	<a href="mailto:marlys.verba@gmail.com">marlys.verba@gmail.com</a>
Fr. Roger Bergkamp	Pastor	262-4749, Option 3	
Fr. Andrew	Pastor	262-4749, Option 3	<a href="mailto:andyomi@gmail.com">andyomi@gmail.com</a>
Fr. Joe	Pastor	262-4749, Option 3	<a href="mailto:joejdowling@yahoo.com">joejdowling@yahoo.com</a>
Bro. Craig	Pastoral Associate	262-4749, Option 3	<a href="mailto:cbonham0817@gmail.com">cbonham0817@gmail.com</a>

**SUNDAY LITURGY:** Saturday 5pm, Sunday 9am and 11:30am

**HOLYDAY MASS SCHEDULE:** Noon and 7pm (see bulletin)

**WEEKDAY Mass Schedule:** Monday through Friday, 12:05pm (beginning November 9, there will  
NOT be a Mass on Mondays)

**Sacrament of Reconciliation:** **Thursday 12:45pm — beginning November 12**  
**Saturday 4:00 – 4:45pm**

**Adoration of Blessed Sacrament:** Thursdays 12:30pm — Fridays Noon

**Sacrament of Anointing of Sick:** Available during the Sunday masses, or as needed.

**Sacrament of Baptism:** for children – Parents Prep class required. Call Marlys for reservations.  
Best done prior to birth.  
for adults – Contact the office about RCIA

**Sacrament of Marriage:** 6 month process (several classes and FOCUS Test and/or Engaged  
Encounter, or Couple to Couple...contact a priest.

**Funerals:** contact parish office immediately after the death

**Prayer Chain:** [pjham@att.net](mailto:pjham@att.net), Pat Hamilton 262-5250

**Sexual Abuse Victim Assistance Coordinator:** Marlys Verba

Please Note: Submissions/articles for the weekly  
bulletin via email must be in by Thursdays at noon to  
Marlys: [marlys.verba@gmail.com](mailto:marlys.verba@gmail.com) and you may send a  
copy to: [csponsel@acsalaska.net](mailto:csponsel@acsalaska.net)

## Sabbath Keeping for Leaders

As pastors and parish leaders, we want to give our best to our calling. We want to run the race we have been given to run to the best of our ability. We want to last for the long haul. There is nothing more crucial to the staying power of a leader than establishing rhythms that keep us replenished - body, mind and soul.

Sabbath keeping is the linchpin of a life lived in sync with the rhythms that God himself built into our world, and yet it is the discipline that seems hardest for us to live. Sabbath keeping honors the body's need for rest, the spirit's need for replenishment and the soul's need to delight itself in God for God's own sake. It begins with willingness to acknowledge the limits of our humanness and then to take steps to live more graciously within the order of things.

Sabbath keeping may be the most challenging rhythm for parish leaders to establish because Sunday in most churches has become a day of Christian busyness - and of course, the busiest people on that day are pastors and parish leaders. This means that pastors and parish leaders need to set aside another day for their sabbath.

With this in mind, the pastoral leadership here at OLPH will be setting aside Mondays as a day of rest beginning November 9, 2009. The office will be closed and no Mass or service will be offered on Mondays. Of course the priests will be available for emergencies but short of that, please honor our day of rest.

Thanks for your understanding,

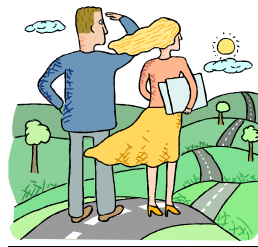
Fr. Joe, omi

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**N**ovember Teen Night— November 15 @  
**NOLA in Kenai** *All are invited to attend this Mass.*  
Mass at 4:00pm — Teen Even to follow  
Thanksgiving Banquet and Thanksgiving Basket Preparation  
\$5.00 per teen

This is a fun event along with a service project. Remember we are here to serve and this is an important part of our ministry.

**PERMISSION SLIPS MUST BE SIGNED AND TURNED IN BY NOVEMBER 8 AFTER THE 11:30 MASS!** This is a new rule and your permission slip must be turned in to participate. No exceptions.



## A LOOK AHEAD:

**Y**early gathering for ministries of lectors/Eucharistic ministries is scheduled for Saturday November 14 10am-1pm. Invitations with specific info is being sent out.

PLEASE KEEP THE DATE FREE.

**A**doration Opening - There is an opening for Eucharistic Adoration on Thursdays from 5pm until 6pm. If you would like to try this hour, please call **Maria** at **262-1703**. Thanks!

**E**ven though **November 2<sup>nd</sup>** is not a HOLY DAY OF OBLIGATION this year, because it falls on a Monday, we will celebrate the Mass at noon and again at 7pm for All Souls Day. Please join us.

**T**his next weekend at all Masses we will take up a special collection for the tsunami victims in the south Pacific. Please respond generously.

**C**onsecration to the Blessed Mother through Jesus begins November 5. Please see Marlys for books that are to be used. Cost is \$15 for both books. Please make checks out to OLPH — if you have books already, please drop checks off to Marlys.

**F**ather Andy will host a gathering of all those doing the Total Concentration to Mary for discussion on Monday, November 9<sup>th</sup> at 7pm in Church. Also, on Wednesday November 11 after noon Mass, please join us for further discussion on this topic in the foyer while we have lunch. We will provide the soup for the gathering.



**Journey to Bethlehem 2009** begins November 1; What better way to truly prepare ourselves for the ongoing birth of Christ in our lives, than to commit to a deepening of our spiritual and physical wellbeing. Those interested sign up at the bulletin board or contact Jane for further info: cell 398-4524 or email: [jfellman@alaska.net](mailto:jfellman@alaska.net) You will be contacted and given your materials.

**Those who received** information on the Safe Environment Training: please revise the website access to: <http://safeandsacred-anchorage.org> IF the [www.archdioceseofanchorage.org](http://www.archdioceseofanchorage.org) doesn't work for you. Another info meeting on Safe Environment will be on November 14 & 15 after all Masses.

**A huge "thank you"** goes out to all those who helped in any way with this years' Oktoberfest. It always involves a lot of hard work but thanks to all those who volunteered so much of their time and talent and donations we were able to add \$18,664.00 to our building fund. This annual fundraiser is enjoyed by many members of the local community as well as our parishioners.

**Generations of Faith Update** — The sacrament to be addressed Sunday November 8 at the GOF event is Reconciliation—Archbishop Schweitz will be here to facilitate part of our event. Please consider joining us if you've not experienced the GOF process and want to see what its about. A light meal is served after 11:30am Mass, we then gather for an opening prayer/learning experience and then break into groups which gather back to share and have a closing prayer.  
Everyone is welcome. If childcare is needed, please sign up — Please RSVP on the clipboard in the foyer by the GOF table for planning purposes.

**Calendar for November 2, 2009 – November 8, 2009, with Daily Readings**

November 2, Monday: All Souls Day, Noon and 7pm Masses Morning prayer, 7:30am	November 3, Tuesday: Noon Mass Morning prayer, 7:30am Teen Music practice, 7pm	November 4, Wednesday: Noon Mass Morning prayer, 7:30am	November 5, Thursday: Noon Mass Morning prayer, 7:30am Men's Group Breakfast 6:30am	November 6, Friday: Noon Mass Morning prayer, 7:30am	November 7, Saturday: 5pm Mass Reconciliation 4:00pm	November 8, Sunday: 9:00am, 11:30am Masses
				<b>Parish Nursing Workshop</b> Friday night 5-10; Saturday 9-3:30pm		
			<b>Adoration of Blessed Sacrament:</b> Thursday 12:30pm — Friday Noon		Music Practice 1-3pm	
Wisdom 3:1-9 Psalm 23:2-3a, 3b-4, 5, 6 (668.1) Romans 6:3-9 John 6:37-40	Romans 12:5-16ab Psalm 131:1bcde, 2, 3 Luke 14:15-24	Romans 13:8-10 Psalm 112:1b-2, 4-5, 9 Luke 14:25-33	Romans 14:7-12 Psalm 27:1bcde, 4, 13-14 Luke 15:1-10	Romans 15:14-21 Psalm 98:1, 2-3ab, 3cd-4 Luke 16:1-8	Romans 16:3-9, 16, 22-27 Psalm 145:2-3, 4-5, 10-11 Luke 16:9-15	1 Kings 17:10-16 ((155B) Psalm 146:7, 8-9, 9-10 Hebrews 9:24-28 Mark 12:38-44

**Saturday November 7, 2009, 5:00pm**

**Eucharistic Ministers:** Cheryl Hammarstrom, Steve Hammarstrom, Barbara Bonk, John Bonk, Bill Sadler

**Lectors:** 1<sup>st</sup> Reading: Charles Miller; 2<sup>nd</sup> Reading: Jackie Swanson

**Altar Server:**

**Sunday, November 8, 2009, 9:00am**

**Eucharistic Ministers:** Helen Knopp, Laurie Stropes, David Stropes, Meg Zerbinos, Alex Zerbinos

**Lectors:** 1<sup>st</sup>. Reading: Barb O'Lena; 2<sup>nd</sup> reading: Scott Earsley

**Altar Server:**

**Sunday, November 8, 2009, 11:30am**

**Eucharistic Ministers:** Mike Walker, Karen Evans, Connie Gatling, Marguerite McIntosh, Need Help

**Lectors:** 1<sup>st</sup>. Reading: Tamara Slone; 2<sup>nd</sup> reading: Kathy Walker

**Altar Server:**

**Mop & Bucket 11/2 — 11/7:** Greg Spring Family **Collection Counters: 11/8:** Joyce & Paul Fischer

## **Revised, N1H1 (Swine) Flu Precautions:**

The beginning of the school year brings continued warnings from the Center for Disease Control and Prevention about the possibility of a pandemic arising from an increase in the N1H1 flu virus. New cases are being reported daily in our state and some deaths have been reported as a result of the virus.

With the spread of this flu, I believe it is prudent that the Archdiocese of Anchorage, after consulting with local medical experts, and following the lead of the United States Conference of Catholic Bishops, issue these regulations. You are strongly encouraged to follow these practices effective immediately and inform your congregations about them to prevent the spread of the influenza/swine flu.

- Extraordinary Ministers of the Eucharist, Presiders and Deacons should use an alcohol based hand gel just prior to distributing Holy Communion.
  - Provide hand sanitizing stations at each entrance to the church.
  - Suspend the handshake of peace. We will bow to each other at the Sign of Peace.
  - Suspend holding of hands during the Lord's Prayer.
  - Reception of the Blessed Sacrament on the hand is the best way to reduce the possibility of flu virus transmission.
  - Distribution of the precious blood from a common cup is optional, intinction (dipping the host into the Precious Blood) is not an option. If you feel ill, or have a family member who is ill within your household or if you have a compromised immune system you should refrain from receiving the precious blood from the common cup.
  - While scientific evidence is inconclusive at this point, health professionals are recommending taking precautions when using holy water. Water from the fonts should not be ingested, nor should it enter the body via the eyes or nose. Holy water should be changed frequently.
  - The Center for Disease Control reminds people to practice respiratory etiquette; cover your mouth and nose when you sneeze or cough—into your sleeve NOT your hand. Wash hands frequently with soap and water, scrubbing for at least 30 seconds. Avoid transmission of mucus or bodily fluids if you suspect you may be infected, refrain from shaking hands, refrain from sharing a communion cup, and above all, if you feel sick, do not come to places where you might infect others.

If you are in any way ill or suspect that you might be experiencing any infectious disease, you are not obligated to attend Sunday Mass. The CDC recommends that people with influenza like symptoms remain at home until at least 24 hours after they are free of fever (100 F—137.8 C), or signs of a fever without the use of fever reducing medications. Normally this occurs 3-5days after initial symptoms. Stay at home until you feel healthy, Missing Mass due to illness is not sinful and is a prudent decision. The virtue of charity, which encourages us to care for our brothers and sisters, would demand that we do what is in our power to prevent others from becoming ill. This is specifically the case when others who might not have the flu but may be medically fragile are present. It is a sign of respect to refrain from attending Mass or, in fact, doing anything that might put others at risk if one is sick.

I urge all of us to continue our prayers for the speedy recovery of those suffering from this virus. The United States Conference of Catholic Bishops has more information on their website [www.usccb.org/liturgy](http://www.usccb.org/liturgy).

These practices will remain in effect until further notice.

## **Teens: The Kenai Peninsula's Hungry Need Your Help**

Last year the Teen Thanksgiving Food Drive collected more than 1600 pounds of food. The Kenai Peninsula Food Bank needs our help this year more than ever; in 2009 their new client base has **increased by 40%**. That's a lot of hungry mouths to feed, but if Jesus can do it with a few loaves of bread and a few fish, we can do it with an army of dedicated teens and the Holy Spirit!

We will post fliers around town on Saturday November 7<sup>th</sup> from 2-4pm and then collect around town and weigh in the food at the Kenai Peninsula Food Bank on Saturday, Nov. 14<sup>th</sup> from 2-5 p.m. Help with either or both Saturdays is appreciated! A sign up sheet is posted at the Teen Ministry bulletin board.

**Parents:** We need drivers! Please sign up along with your teen.

**Parishioners:** If your home doesn't receive a flier and you would like to bring your donation directly to the church, please drop it off in the foyer near the Teen Ministry bulletin board before 2 p.m. on November 14<sup>th</sup>.

For more information, please contact **Ruthann Truesdell at 262-4570 or Jen Ransom at 260-1678**. Remember, with one pound of food at a time we can feed the world!

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## **Year of the Priest: November prayer is for the cardinal virtue of**

**Temperance.** TEMPERANCE is the “virtue that moderates the desire for pleasure. In the widest sense, temperance regulates every form of enjoyment that comes from the exercise of a human power or faculty, e.g., purely spiritual joy arising from intellectual activity or even the consolations experienced in prayer and emotional pleasure produced by such things as pleasant music or the sight of a beautiful scene. In the strict sense, however, temperance is the correlative of fortitude. As fortitude controls rashness and fear in the face of the major pains that threaten to unbalance human nature, so temperance controls desire for major pleasure. Since pleasure follows from all natural activity, it is most intense when associated with our most natural activities. On the level of sense feeling, they are the pleasures that serve individual person through food and drink, and the human race through carnal intercourse. Temperance mainly refers to these appetites. (Etym. Latin temperare, to apportion, regulate, qualify.) (*Modern Catholic Dictionary*, Fr. John Hardon) Also, see the Catechism of the Catholic Church, 2<sup>nd</sup> edition, paragraph 1805. For more information on Year of the Priest, contact Joanne Biegel 262-2444

Bro. Craig R Bonham, OMI  
Missionary Oblates of Mary Immaculate  
222 W. Redoubt Ave.  
Soldotna, AK 99669  
Phone: 907-262-4725