

A COMMUNITY OF ENCOUNTER

We are excited to begin a year of encounter with you...encountering God, encountering community, encountering each other. This guide to Adult and Teen Discipleship, Enrichment, and Community Night is an overview of discipleship opportunities at St. Mary of the Lake.

Community Night 6:30 - 8:00 PM

Wednesdays In Kohler Hall (at the Parish Life Center - PLC)

- St. Mary of the Lake is partnering with the University of St. Thomas (UST) to bring “the Great Questions” series to St. Mary’s beginning October 5 and continuing through March 15 (see inside for details).
- Community Dinner is returning! Plan to come for dinner on the second Wednesday of each month, beginning October 12 (see calendar inside). The monthly meal will be served family style. All are welcome! Dinner is served from 5:15 PM-6:00 PM in Kohler Hall. A free will offering is optional.
- The Justice, Peace and Outreach Commission will host 5 sessions on topics such as Human Trafficking and Care for Our Common World.
- Youth and Mental Health will be the focus on January 11. The National Alliance on Mental Illness (NAMI) will present for teens, *Ending the Silence*, and for adults, *Early Warning Signs*.
- A 4-week series on Ignatian Prayer will be held during Lent, beginning March 22 and continuing through April 12.
- Childcare will be available during Community Night, from 6:15 PM- 8:15 PM. Watch the bulletin for details on how to sign up.



St. Mary's Community Night - 6:30 - 8:00 PM in Kohler Hall

October 5

UST- Great Questions Hebrew Bible Series #1
Can I believe in God—and evolution!?

October 12

Community Meal (5:15 - 6:00)
UST- Great Questions Hebrew Bible Series #2
What does it mean to be chosen?

November 2

UST- Great Questions Hebrew Bible Series #3
Is God a liberator?

November 9

Community Meal (5:15 - 6:00)
UST- Great Questions Hebrew Bible Series #4
Does God care about politics?

December 4 - 10

Hope for the Journey Home Week

December 7 - Advent

UST- Great Questions Hebrew Bible Series #5
Why do bad things happen to good people?

October 19 - MEA - No Programming

October 26

Refugees (JPOC)

November 16

Homeless and Housing (JPOC)

November 23 - No Programming

November 30 - Advent (week 2)

Human Trafficking (JPOC)

December 14 - Advent

Community Meal (5:15 - 6:00)
UST- Great Questions Hebrew Bible Series #6
Does the Hebrew bible speak of Jesus?

OCTOBER 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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NOVEMBER 2022

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DECEMBER 2022

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2023

JANUARY 2023

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January 4

UST- Great Questions New Testament Series #1 What kind of world did Jesus inherit?

January 11

Community Meal (5:15 - 6:00)
Youth and Mental Health

January 18

Crisis Pregnancies - Letting God be the Author (JPOC)

January 25

UST- Great Questions New Testament Series #2 Was Jesus born to be a king?

FEBRUARY 2023

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February 1

UST- Great Questions New Testament Series #3 What did Jesus teach?

February 8

Community Meal (5:15 - 6:00)
UST- Great Questions New Testament Series #4 What do Jesus' stories mean?

February 15

Domestic Violence (JPOC)

February 22 - Ash Wed. No Programming

MARCH 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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March 1

FAMILY FORMATION Lent
UST- Great Questions New Testament Series #5 What happened on the night Jesus was betrayed?

March 15 - Lent

Community Meal (5:15 - 6:00)
UST- Great Questions New Testament Series #6 What did Paul have to do with the Jesus movement?

March 22 - Lent

Ignatian Prayer #1 Examen

March 29 - Lent

Ignatian Prayer #2
Discernment

APRIL 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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April 5

Ignatian Prayer #3 Writing Our Own Faith Story

April 12

Ignatian Prayer #4
Faith Sharing

April 19

The Call of Laudato Si (JPOC)

April 26

Community Meal (5:15 - 6:00)
International Café- overview of year

Community Nights – FUSED Track for High School Youth

Generally held the 2nd and 4th Wednesday of the month, the FUSED High School track for Community Nights provide an opportunity for youth in grades 9-12 to have community with their peers, grow in their faith, and have fun through social activities. Teens will gather in a large group setting for a variety of opportunities including service, prayer experiences, games, social activities and more. No need to register in advance; come when you can to connect with your peers, the larger community, and God. **We will have two types of nights:**

Service & Social Nights 5:00 - 8:00 PM – Come early at 5:00 PM to help serve the meal for Community Nights. After serving and eating yourself, join in a large group social event – anything from large group games to movies to holiday parties. Each night will include a brief time of prayer or another faith element like a personal testimony. Teens are invited to join at 6:30 PM for the social even if they cannot join to serve the meal. Serving the meal will count toward needed service hours for school/extracurricular activities.

Topics Nights 6:30 - 8:00 PM – Ask the tough questions about faith and life issues, explore different facets of the Catholic faith, and have experiences of living out your faith through different types of prayer and service. Learn tips and tools for how your Catholic Faith can help you in your daily life.

DATE	TOPIC	DESCRIPTION
October 12	Service & Social	Kickoff Night
October 26	Who's My Neighbor: Catholic Social Teaching and the Need for Community	Did you know that the Catholic Church has seven principles that guide our social justice work? We will explore an overview of Catholic Social Teaching with an emphasis on solidarity and community, both in our own lives and the world.
November 9	Service & Social	Help serve the community night meal at 5:00 PM and join for a fun large group activity at 6:30 PM.
November 30*	How Do I Pray?	Prayer Experience – Prayer Stations to experience the different types of prayer in the Church and how to incorporate these into your life, especially during Advent.
December 14 (no 4th Wed. in Dec.)	Service & Social	Help serve the community night meal at 5 PM and join for a Christmas Party at 6:30 PM.
January 11	Issue Night: Mental Health Service & Special Topic	NAMI Mental Health Presentation: Ending the Silence
January 25	Issue Night: Dangers of Marijuana Special Topic	Presentation: The Dangerous Truth About Today's Marijuana: The Harms of Youth Marijuana Use
February 8	Service & Social	Help serve the community night meal at 5:00 PM and join for a fun large group activity at 6:30 PM.
February 22	Ash Wednesday Mass	We'll be at the 6:30 PM Mass. Sit with the FUSED group if you'd like!
March 1*	Lent & Holy Week 101	Learn about the season of Lent leading up to Christ's Passion, Death, and Resurrection and discover practical tips on how you can grow closer to God through this time of prayer, fasting and almsgiving.
March 15*	Service & Social	Help serve the community night meal at 5 PM and join for a fun large group activity at 6:30 PM.
March 29*	Ignatian Examen	Prayer Experience – Introduction to the Ignatian Examen for Teens.
April 12	Easter Celebration	Celebrate and learn about Christ's Resurrection, the Easter Octave & the 50 Days of Easter!
April 26	Service & Social & Final Celebration	Help serve the community night meal at 5 PM with the international café and a review of the year.

*Indicates that the date is not the second or fourth Wednesday of the month.
Note that March will meet the 1st, 3rd, and 5th Wednesday instead.

Follow us on Instagram: [estmaryswblfused](https://www.instagram.com/estmaryswblfused)



Paul Niskanen is a Professor of Theology at the University of St. Thomas where he has taught for twenty years. He specializes in the Old Testament, with a particular interest in Prophetic Literature, Biblical Theology, and Catholic Biblical Interpretation. His research and writing have focused especially on the biblical books of Daniel and Isaiah. He lives in Falcon Heights with his wife, Erin, and their three children: Adam, Noah, and Bianca, whose names reflect his great love for the Bible and for Italy.

GREAT QUESTIONS: HEBREW BIBLE SERIES

Session 1: Can I believe in God—and evolution!? (Genesis/Creation Accounts) – October 5

The creation account in Genesis presents one of the most challenging texts for modern readers, yet it is also among the most theologically significant portions of the Bible. Just what is God revealing to us in these early chapters of Genesis, and what is not being said?

Session 2: What does it mean to be chosen? (Genesis/Abrahamic Covenant) – October 12

God's plan of salvation in human history involves choosing and calling particular individuals. How should we understand God's calling and entering into a covenant with Abraham and his descendants?

Dr. Catherine Cory is a Professor Emerita of Theology at the University of St. Thomas. She has her Master of Arts degree in theology from St. John's University, Collegeville, and her Ph.D. in Christianity and Judaism in Antiquity, an interdisciplinary study of the Bible, Judaica, and Early Christian theology, from the University of Notre Dame. After 31 years of teaching and administration at the University of St. Thomas, she is recently retired and enjoying a variety of projects including writing for publishers of Catholic resources for biblical studies and giving presentations on the New Testament for area parishes.

GREAT QUESTIONS: NEW TESTAMENT SERIES

Session 1: What kind of world did Jesus inherit? (First-century Judaism) – January 4

We will investigate the world into which Jesus of Nazareth was born. What were the values, expectations, and cultural practices of people living in the first-century Greco-Roman world? What religious and cultural practices did Jesus engage in as a devout Jew living in first-century Palestine?

Session 2: Was Jesus born to be a king? (Birth narratives) – January 25

Examining the birth stories of Jesus allows us to explore what it means to call Jesus the messiah, the anointed one of God. The Gospels of Matthew and Luke, different in their presentation of historical details of the birth, are powerful theological statements about the identity and destiny of Jesus as the Christ. Infancy narratives in the Gospels of James and of Thomas that are not in the New Testament may also be explored.

Session 3: What did Jesus teach? (Ministry of Jesus – Sermon on the Mount) – February 1

The gospels of the New Testament present Jesus as a great teacher and miracle worker. We will examine some of Jesus' major teachings and a few miracle stories to learn what they tell us about his teaching concerning the coming reign of God.

Session 3: Is God a liberator? (Exodus | Mosaic Covenant) – November 2

The Exodus is the main event of the Old Testament. This freedom from the slavery of Egypt is at the same time a freedom for a new relationship with God, expressed in the Sinai Covenant.

Session 4: Does God care about politics? (II Samuel 7 | Davidic Covenant) – November 9

God's covenant with David is at the root of Israel's messianic expectations and Christian belief about Jesus. It also reveals a very fundamental truth about the nature of God in relation to human beings.

Session 5: Why do bad things happen to good people? (Job) – December 7

The suffering of the innocent is perhaps the most persuasive argument of all time against the existence of God. The book of Job faces this problem head on, but just what is the answer that Job offers us?

Session 6: Does the Hebrew Bible speak of Jesus? (Isaiah) – December 14

The book of the prophet Isaiah is sometimes called the Fifth Gospel. How do the words of Isaiah relate to his own times as well as to the coming of Christ and to our world today?

Session 4: What do Jesus' stories mean? (Ministry of Jesus – parables) – February 8

As we continue to talk about the ministry of Jesus, we will focus on Jesus' parables found in the Gospels Matthew, Mark, and Luke. Parables are a particular form of communication in which fictional stories are used to illustrate a teaching. They involve a comparison, and are also riddles designed to make the hearer pay attention to the deeper message of the story.

Session 5: What happened on the night Jesus was betrayed? (Crucifixion/Resurrection) – March 1

How do the death and resurrection of Jesus function as describing the meaning of the defining event of humanity's salvation? The synoptic gospels (Matthew, Mark, and Luke) are similar in the way they tell this story, but the Gospel of John differs in its nuanced explanation of the events. The extant fragment of the Gospel of Peter and the Coptic Apocalypse of Peter, that are not in the New Testament may also be explored.

Session 6: What did Paul have to do with the Jesus movement? (Epistles) – March 15

Paul of Tarsus, was a major player in the expansion of the Jesus movement to the Gentile (non-Jewish) world. Thirteen of 27 books of the New Testament were written by or attributed to Paul. We will attempt to synthesize his message about what it means to be one with Christ in mind and heart so that we might be "children of God without blemish" and "shine like lights in the world" (Philippians 2:15).

JPOC Session Information

Refugees - October 26

This presentation will be made up of three speakers: **Lynn Mullins**, a staff member of Lutheran Social Services (St. Mary of the Lake is in partnership with LSS to provide mentors for newly arrived refugees), **Khushhal Mirza**, an immigrant from Afghanistan who now works as an interpreter for LSS, and one of our parish mentors, **Aine Michelson**.

Topics will include re-homing of refugees, a refugee's experience of re-homing in the United States, and the experience of mentors in the re-homing process and relationship-building with refugees.

Homelessness and Housing - November 16

Sue Watlov Phillips is a founding Board Member and served on the Board of Directors of MICAH since 1988. Sue has helped to write and advocate for many of the Minnesota and Federal Laws passed to fund homeless prevention, rapid re-housing, transitional programs, and affordable housing.

She will speak on creating the housing solutions people experiencing homeless and housing instability want and need.

Human Trafficking - November 30

John Choi, the Ramsey County Attorney has transformed the way government intervenes in sex trafficking situations in Minnesota and is doing the same for victims of sexual assault. He serves on the board of the Minnesota Coalition Against Sexual Assault.

His talk will help increase our awareness of the problem of human trafficking and give us time to ask questions.

Lenten Series Information

Monique CM Keffer, M.A. is a spiritual director of 10+ years trained in the 6-year certification program at Sacred Ground in St. Paul, Minnesota. She is a writer with advanced degrees in English, teacher of adults for 20 years, retreat and workshop facilitator, author and speaker. Her passions in the field of spirituality are writing and reading as spiritual practice, and embodied prayer utilizing her teaching certificates in this area and Integrative Therapies and Healing Practices from the University of Minnesota.

The Examen - March 22, 2023

Begun through the work of St. Ignatius of Loyola, Ignatian spirituality includes: seeing God is in all things; developing friendship with God through Jesus; moving from heartfelt spirituality; undergoing careful discernment; being contemplatives in action; and doing all for the glory and good of God. In this workshop we will be learning to strengthen all of these modes of living through the daily foundational spiritual practice known as the Examen.

Discernment - March 29, 2023

Most of us make our many life choices through what others modeled or what is comfortable, but there is a more life-giving way. This workshop teaches Ignatian discernment, a method spanning 500 years that continues to shape meaningful lives for tens of thousands. This process involves intentionally co-creating with God, using all that he made us to be—body, mind, and spirit, to make choices leading to our best possible life journey.

Crisis Pregnancies - January 18

Mary Kellett founded Prenatal Partners for Life after her son, Peter, was diagnosed with Trisomy 18 in 2005. She chose to give him birth and experienced the gift of his presence in the family for 6 1/2 years.

Speaking on Letting God be the Author, she will focus on the support and resources needed for expectant parents who face an adverse diagnosis, recognizing that each child is a special gift from God.

Domestic Violence - February 15

Kari Hitchcock has been working in the field of Domestic Violence for over 33 years; her specialty is training on the dynamics of abusive relationships.

Domestic Violence 101- In this presentation participants will learn about power and control and how to recognize and respond to someone in an abusive relationship.

Krystal Hollins is the Senior Program Manager for Brittany's Place which offers shelter and support for girls who have been victims of sex trafficking or are in danger of being trafficked.

She will speak on the connection between sex trafficking and the domestic violence girls may experience.

The Call of Laudato Sí - April 19

Sister Kathleen Storms, SSND has been involved in environmental issues for many years and is presently on the Creation Team of the Archdiocese of St. Paul and Minneapolis, supporting parishes involved in caring for our common home.

She will speak on the central message and call of Pope Francis' encyclical Laudato Sí (On Care for Our Common Home).

Writing Our Own Faith Story - April 5, 2023

There is a sacred story inside each one of us that is longing to be told. Writing down this story tends to shape itself into a spiritual memoir which reflects God's abiding, ever-constant love for us. When piecing together our sacred story in this workshop, we will begin with tapping our interior awareness and gratitude for our lives. Then we will explore and identify God's presence moving through all our significant life choices.

Faith Sharing - April 12, 2023

During faith sharing each person shares their own experiences of God's love in the moments when they felt most touched by the hand of God. Faith sharing has the ability to enrich one's experience of life through accompanying others in the telling of their lives, but also revealing God's love moving in your own. In this workshop we will explore and experience this life-changing spiritual practice.

Mental Health Nights with NAMI

For Teens: *Ending the Silence* is a class for high school students that talks about mental health, mental illness, suicide prevention, where to get help, and how to end the silence around mental illness. It ends with a young adult speaker telling their story about their journey with mental illness. This powerful presentation is meant to open up the conversation around mental health.

For Adults: *Early Warning Signs* is a workshop with educational objectives that help parents, guardians and foster parents learn early warning signs of mental illnesses and trauma, gain an understanding of the impact of mental illnesses and trauma on children and youth, and learn strategies to support children who live with an illness. Suicide warning signs and resources are also covered.

The Catholic Church & Separation, Divorce & Remarriage

September 22, 2022

6:30 - 8:00 PM in the St. Joseph Room

Sister Adaire Lassonde, SSND, has spent 30 years at Catholic Charities in service to the separated, divorced and remarried. This talk will help us to understand how the Catholic Church deals with issues regarding separation, divorce, and remarriage. It is open to all parishioners, especially the divorced and separated, those who have close relatives or friends who are, or those who just want to understand this topic.

Small Groups & Parish-wide Study

Sign-up here



Living the Mass: How One Hour a Week Can Change your Life

by Fr. Dominic Grassi and Joe Paprocki offers all parishioners an opportunity to explore how each part of the Mass helps us to live our baptismal commitment each day. This inspirational book draws us to a greater and more meaningful participation in the Mass.

Living the Mass is the selection for small groups during Fall 2022 and Spring 2023. It is also available for any parishioner who wishes to read it. A study guide and/or a small group discussion guide accompanies the book.

Men's Retreat

February 25, 2023

8:00 AM - 1:00 PM at St. Mary's Church

This retreat is for men of the parish who wish to deepen their call to discipleship. It will guide participants to reflect on the intersecting inspiration of Ignatius of Loyola, Jesus, and the Eucharist. Dan Johnson, Director of Loyola Spirituality Center in St. Paul will guide the retreat. Dan offers Personal Spiritual Direction, the Spiritual Exercises, Group Spiritual Direction, Personal Directed Retreats, and customized workshops and retreats.

The Dangerous Truth About Today's Marijuana: The Harms of Youth Marijuana Use

St. Mary's parishioners with Johnny's Ambassadors will share their story and science based information to help teens understand the dangerous impact of high-potency marijuana on adolescent brain development, mental illness, and suicide. The parent version of this presentation on Tuesday, January 17 at 4:30 PM and 6:30 PM will cover specific prevention tips for parents, how to spot warning signs, and how to find support and resources. The teen version will be January 25 at 6:30 PM.

Catholic Young Adults

Join our Facebook group to learn more about upcoming events or reach out to Coordinator of Young Adult Ministries, Michelle Boris at mboris@stmarys-wbl.org, to join a small group.

