

Church of Saint Matthew – June 2, 2019

NOTICE TO ELEVATOR USERS

Beginning this weekend, for security reasons, once Mass begins the inner door to the Social Hall will be locked. You will not have access to the elevator after the door is locked, you may still use the stairway to the Church.

BLOOD PRESSURE THINGS TO KNOW

Have you been diagnosed with high blood pressure? Here are **Five Simple Steps to Control Your Blood Pressure**, while working with your health care provider to keep yourself healthy.

1. Know what your blood pressure is, and what your goal is. Normal blood pressure is less than 120/80; pre-hypertension is 120-139/80-89, and high blood pressure is 140/90 or higher, according to the Centers for Disease Control, Division for Heart Disease and Stroke Prevention. What does your doctor or nurse practitioner tell you your personal target blood pressure is?
2. Work with your health care provider to make a plan to lower your blood pressure. This may include both lifestyle changes and medication.
3. Make lifestyle changes, which may be your provider's first recommendation to control your blood pressure. These may include: maintain a healthy weight, eat a healthy diet that includes fruits, vegetables and low-fat dairy products and less fat, reduce sodium intake (ideally less than 1500 mg/day), stay active, and limit alcohol intake (no more than one drink a day for most women, two for most men).
4. Check your blood pressure at home (and the first weekend of the month at St. Matt's).
5. Take your medication correctly. If you need blood pressure medication, be sure to take it exactly as prescribed. Just because you may feel well, don't skip doses.

CARING FOR THE EARTH BY RECYCLING TIRES

Location: W. St. Paul Public Works Maintenance Facility
403 Maire Ave. E, West St Paul

When: Saturday, June 8, 2019, from 9 a.m. – noon

Details: Open to residents in South St. Paul, West St. Paul, Sunfish Lake, Mendota Heights

...Drop off tires **without rims**, at WSP Public Works Maintenance Facility Building at above address.

...**No rims or tires from businesses accepted.**

ROOF FUND

The Roof Fund continues to grow thanks to our dedicated parishioners. Even small amounts lead to big results, please donate if you are able. There are more envelopes available for your donations. You will find the envelopes on the table under the Icon of Saint Matthew.

THE POWER OF PRAYER

You can request prayers for yourself, family and friends by calling St. Matthew's Prayer Line 651.457.0228. You can request prayers for healing, family unhappiness, help to find a job, addiction to name a few. All requests are confidential.



COMMUNITY OF SAINTS NEWS

A "Congratulations" is in order for our many students who received one or more sacraments this school year! Several COS students received the sacraments of Reconciliation, First Holy Communion, or Confirmation at their family parishes. We are so excited for you, and feel honored that we are a part of your faith-based education and journey.

Enrollment for the 2019-20 school year is in full swing, and we are excited—last year our enrollment increased over 10%, and we are hoping to grow even more next school year. We are asking YOU to spread the word, and help us with our goal to increase enrollment! If you know of anyone, ages Prek-8 grade, looking for a high quality, AFFORDABLE, Catholic education, that emphasizes the values of faith, inclusivity and love, please send them our way and we will give them a tour and show them what we are all about! Doug Lieser: dliester@communityofsaints.org; School Office: [651-457-2510](tel:651-457-2510)-we communicate calls in English or Spanish. Please and thank you!

NEIGHBORHOOD NEWS

SAINT MICHAEL ADORATION CHAPEL

COME TO ME... IN PERPTUAL ADORATION

NINE Open Hours I gave all for you ...will you give an hour to ME?

Sunday 11:00 a.m.

Tuesday 10:00 a.m. Tuesday 11:00 a.m. Tuesday 1:00 p.m.

Wednesday 10:00 a.m. Wednesday 4:00 p.m.

Thursday 11:00 a.m.

Friday 8:00 p.m.

Saturday 1:00 p.m.

Help is also needed on Saturday mornings at 8:00 am cleaning the Chapel, many hands make light work.

Currently there are only a couple ladies cleaning every week, please consider, joining them or alternating with them. Call Shirley for details, please.

The Chapel is located at 337 East Hurley Street, West St. Paul MN 55118. The entrance is on the north end of the building. Please call Shirley for the entrance code 651.457. 6844.

ARCHDICESAN MARRIAGE DAY CELEBRATION

Archbishop Bernard Hebda invites you to celebrate the beautiful mystery of the mutual self-gift between a man and woman in the Sacrament of Matrimony on Saturday, **June 15 at the Cathedral of Saint Paul, 10 a.m. for Mass**, renewal of vows, and a short reception. Couples celebrating their silver, golden and platinum anniversaries will be honored in a special way and are invited to attend. Families and friends of couples are welcome!

Couples married one or more years may request a commemorative certificate signed by Archbishop Bernard Hebda. To request a certificate please contact Sonya Flomo at the Office of Marriage, Family & Life at 651.291.4488 or flomos@archspm.org!

QUO VADIS YOUTH VOCATION CAMPS July 21 – 24, 2019

Dunrovin Retreat Center, Marine on St. Croix, MN

Quo Vadis is a camp experience for youth ages 14-17 to learn that nothing is more important than discovering God's will for your life – and living it! Quo Vadis begins on Sunday, July 21 with 4 p.m. registration, followed by 5 p.m. Sunday Mass and concludes on Wednesday at 1 p.m. The camp includes Mass, prayer, campfires, talks, field trips to visit religious communities, confession, rosary along with lots of outdoor camp fun and recreation! Space is limited. For more information and to register, visit www.10000vocations.org

SACRAMENT OF CONFIRMATION CLASSES FOR THOSE WITH SPECIAL NEEDS

Saturdays, August 10 & 24, 9:30 – 11:30 a.m., Church of St. Richard, Richfield

Do you know anyone with special needs or mental or physical disabilities age 16 or older, who has not received the

Sacrament of Confirmation? Both classes are mandatory for guardians and candidates. Pre-registration is preferred but walk-ins will be accepted. Thank you in advance for your help in reaching out to all God's people. For more information, please contact Deacon Eric Gunderson or Sonya Flomo at 651-291-4488 or email us at flomos@archspm.org.

BETHANY HOUSE – APPLICATIONS ARE NOW BEING ACCEPTED

Applications are currently being accepted for women interested in Bethany House for the September 2019 to May 2020 season of discernment. Bethany House is a home for women who live in community, pray together, take meals together and discern whether they are called to consecrated life. It is sponsored by the Office of Vocations and is located in North East Minneapolis. Qualities of a good candidate for Bethany House include single women, ages 20 – 27, who are interested in dedicating a year to intentionally discerning a vocation to religious life. If this describes you, we invite you to contact us by completing the interest form at www.10000vocations.org/bethany-house

CITY OF WEST ST. PAUL SUMMER PARKS & REC

Summer Playground ½ Day Child Care & More June 17 – August 15 Harmon Park ages 4 to 12 - varying days of the week and times.

PeeWee Sports

June 17 to August 15 ages 4-5 years - varying days of the week and times

Harmon Park, Haskell Park and Southview Park

Soccer

June 17 to August 15 Haskell Park ages 5-6 years and 7 - 9 years - varying days of the week and times

T-Ball & Baseball

June 17 to August 15 ages 5 -6 and 6 – 9 years - varying days of the week and times

Harmon Park, Haskell Park and Southview Park

Registration fees apply to all activities, register at www.wspmn.gov There are also more activities listed such as field trips and art & music theater camps.