

A stone archway with a white picket gate leading to a sunlit path in a forest. The archway is made of rough-hewn stones and has a decorative wrought-iron lamp post on top. The gate is white with vertical slats and a curved top. The path leads into a dense forest with sunlight filtering through the trees.

For everyone who asks,
receives;

and the one who seeks,
finds;

and to the one who
knocks, the door will be

opened.

Luke 11:10

Saint Francis Xavier Catholic Church
17th Sunday in Ordinary Time
July 25, 2010

NFP Awareness Week is Finally Here!!!

The United States Conference of Catholic Bishops has designated the last week of July as NFP Awareness Week. Natural Family Planning is one of the great treasures of our Church. We hope all this information helps you to see the beauty of God's plan.

How Natural Family Planning Changed My Life

Dawn Farias

As a child I was baptized Catholic, but essentially grew up with no religious practice. As a married adult, I reentered the Church, and soon after felt a tugging at my heart to stop practicing contraception. At that time, I did not know about Natural Family Planning (NFP). I did not know about Church teachings on the moral practice of family planning. What I would learn about God's design for my married life and through the practice of NFP would change my life.

When my husband, Ariel and I took an NFP class, I have to admit that I was scared. Giving up control, was frightening! It was one thing to be committed to an ideal, but something quite different to follow through on it. It definitely involved a leap of faith! Over time and with some experience, I began to appreciate the gift and beauty of NFP.

In practicing NFP, my husband and I must decide if we, as a couple, are ready to embrace the possibility of a new life in each menstrual cycle. When we had used contraception, we ignored this reality. With NFP we could not ignore how God made us— as a man and a woman. NFP helped us understand the relationship that God designed between the marital act and procreation. It has made us "open to life." It even brought our last two children into the family!

In using NFP over the years both my husband and I, now see that we give ourselves to each other fully in the marital act. For us, the idea of contraception has become almost vulgar. It cheapens the marital act. Contraception seems to say: "I love you, honey, but I don't love you THAT much."

Contraception often keeps the woman in a defensive position because it allows "intimacy on demand." NFP does not allow this because of the practice of periodic abstinence when not seeking a pregnancy. A deeper equality between husband and wife can be nurtured with NFP. NFP begins the process of this awareness.

The sacrifices that NFP entails have only served to make me a better person and more devoted to the Lord. Without knowing it, using contraception promotes the idea that children are a burden. Children do require lots of work, and pregnancy demands its own set of sacrifices, but NFP has helped me meet these challenges by leading me to the realization that children are God's blessings. I am constantly forced to pray, change, make concessions and find solutions to the selfishness and laziness that come up often when meeting the needs of others.

Today, I am confident that had I not been open to life in the practice of NFP, I would not have needed to depend on God, and not have grown as a person. This growth benefits my family and the people I meet in everyday life. Jesus calls us

to serve others. Marriage and parenthood are ways we can immediately apply this call in our lives. NFP has led me to be more open to life, more aware of God's design for intimacy in marriage, more dependent on Him to fulfill these plans. It has strengthened my relationship with my husband, given me personal insight and it has given our children life!

Dawn and her husband, Ariel Farias have four children and live in the Archdiocese of San Antonio.

What is NFP?

NFP stands for Natural Family Planning and offers a married couple the opportunity to achieve or postpone pregnancies by learning about one's fertility. These scientific methods are based on observation of the naturally occurring signs and symptoms of the fertile and infertile phases of a woman's menstrual cycle. No drugs, devices, or surgical procedures are used to avoid pregnancy.

NFP is not "Rhythm." The Rhythm (or Calendar) method was developed in the 1930s and was based on the scientific theory that ovulation could be predicted by calculating previous menstrual cycles. This method was often inaccurate because it did not take account of the nature of each woman's unique menstrual cycle.

Benefits of NFP

Spiritual

- Deepens your trust in God
- Cooperates with God's plan for marriage

Safe

- Based on scientific data and current research
- Treats the woman's body with dignity
- No harmful side-effects, chemicals, pills, etc.

Effective

- Track fertility cycles for achieving or avoiding / postponing pregnancy
- Cost-effective (Modest fees typically charged for initial instruction only)
- Can be used throughout a woman's reproductive lifetime

Personalized & Couple-oriented

- Customized to each woman's individual cycle
- Encourages couple communication & interaction
- Fosters mutual responsibility by husband and wife

Natural

- Works with (not against) nature's design of the body
- Fosters deep respect and acceptance of the total person
- Values children and openness to life

What is the Catholic Church's stance on NFP?

Catholic Church has always taught that married couples have the right to "plan" their families, provided this is done in a responsible and just manner, and is done with the proper motivation. The *Catechism of the Catholic Church* says:

"2368 A particular aspect of this responsibility (Marriage) concerns the *regulation of births*. For just reasons, spouses may wish to space the births of their children. It is their duty to make certain that their desire is not motivated by selfishness but is in conformity with the generosity appropriate to responsible parenthood."

Why say Yes to NFP and No to the Birth Control Pill?

Obviously, one of the reasons why the church does not like the Pill is because of what it does physically to the woman's body. According to the *Textbook of Contraceptive Practice*, the Pill causes more than 150 biological changes in a woman. Some of the common physical side effects are: constant nausea, mood swings, and loss of libido. Some of the long term birth control side effects and risks are: high blood pressure and cholesterol, gall bladder disease, blood clots, heart attacks, strokes, liver tumors and breast cancer. Why would a husband want his wife to take a pill that could affect her in such a negative way?

But even more than avoiding physical side effects, saying yes to NFP brings about so much good that the pill can never accomplish. Couples who use NFP say that it allows them to deepen their faith in God. NFP challenges couples to put their

lives into the hands of God and allowing God to work spiritually in their lives.

In spacing the births of their children, NFP allows couples to see the wonders of the way the human body is made. Women gain a new respect for themselves and husbands have a new supportive attitude. NFP helps couples to see their spouse as a person with great dignity and deserving respect.

There are also challenges with NFP. As one husband says: "The reality is that NFP is challenging (But) it is clear to me that working together through the tough times strengthens and enriches our marriage." And as another spouse says: "The value I experience in NFP is in the long run It forces you to place your immediate choices in the context of spouse, children, family and Creator."

If you are interested in local classes here at our Parish Offices, please contact Rebecca Ruff, FCP from *Twin Cities FertilityCare Center*. Her cell is 763-458-0370, business number is 763-463-8540, and e-mail is beckie.ruff@gmail.com. Other NFP providers are listed below, and they accept most health insurances to cover the cost of their services.

Providers of Natural Family Planning

Provider	Method Description	Contact
Twin Cities FertilityCare Center	The Twin Cities FertilityCare Center offers instruction in the Ovulation Method of NFP, using the Creighton Model. Couples receive personal, professional instruction by a FertilityCare Practitioner. The sessions are individualized to meet the client's specific needs. Classes are conveniently scheduled throughout the Twin Cities.	St. Joseph's Hospital 69 West Exchange Street Saint Paul, MN 55102 (651) 232-3088 Email: info@tcnfp.org www.tcnfp.org or www.popepaulvi.com
Billings Ovulation Method	The Billings Ovulation Method (B.O.M.) attracts couples / clients because of its simplicity and accuracy. Developed by Australian physicians Drs. John and Lyn Billings, it is simple, yet highly scientific and taught by a certified B.O.M. teacher. Recognition of individual needs is given high priority.	Billings Ovulation Method Reference Center St. Paul (651) 726-4134 Minneapolis (612) 396-4019 Apple Valley (952) 913-7623 To find a teacher, go to www.boma-usa.org www.woomb.org
Couple to Couple League International	The Couple to Couple League teaches the Sympto - Thermal Method of Natural Family Planning. Couples attend a series of four classes, scheduled approximately one month apart. Several new class series are beginning each month at convenient location throughout the Twin Cities.	Minneapolis/St. Paul Chapter 3204 East 43rd Street (612) 721-3791 CCL Twin Cities Chapter Faribault Chapter (507) 334-6215 http://twincities.ccli.org
Family of Americas Foundation	The Family of the Americas Foundation offers classes in the highly effective Ovulation Method. Instruction is provided by a certified FAF teacher in group or individual sessions. This method can be easily learned in as few as two short classes. One-on-one follow up is available according to individual needs. Class and materials are also available in Spanish and other languages.	Minneapolis - (952) 934-0382 St. Paul - (651) 224-1465 www.familyplanning.net

The Faith Formation Corner

VBS participants – Remember VBS is coming up in just a few weeks. We will have Station Leaders and Crew training on Wednesday, August 4, from 7:00 – 9:00pm in the Education Center Cafeteria. We will decorate on Sunday, August 8, right after the 11:00am Mass.

First Communion pictures are still available for pick up in the Parish Office. Please see Preston at the front desk to pick up your copy.

Your Parish School News

“Growing Our Seeds of Faith”

For information regarding School Supply Lists and the 2010-2011 School Calendar...

Please see the School Website at www.stfxb.org



...OUR WISH LIST...

Good News!

We have had two gentlemen volunteer to help with the new Art Room taping and painting. They will begin working on Monday, July 26. Please know that more help with the project will be greatly appreciated. So...if you can help...Monday is the day we begin!!! Thank you so much!

...And our big, big wish...Is coming true!
I understand that while I was on vacation, one of our parish families arranged to have our storage island built.

Other Items that are still needed:

- Full reams of copy paper, white or colored
- Full Ink Cartridges, HP21, 22, 27 or 28
- Gently used doll clothes for 18” dolls (boy or girl)
- Gently used Lego table
- Gently used child’s table and chairs
- A wooden rocking chair for the teacher for the Prayer corner.

Thank you, thank you, thank you!!!

Growing in Faith together

500 Card Club



More card players wanted!!! Please come and join fellow parishioners in this very fun ministry. There is no hassle, no responsibilities, and you do not need any prior experience.

We will only be meeting on the fourth Wednesday July and August this summer. This month’s meeting (**July 28th**) time is 1:00pm in the Education Center - use the left entrance and head down the hallway by the staff lounge. We will be gathering for refreshments, mingling and a game of cards.

Council of Catholic Women Meeting



Our next general meeting is being held on Monday, August 2nd at 7:00pm in the Parish Hall.

The Council of Catholic Women is collecting back to school supplies at this meeting to assist with the parish collection for children. Let’s see how many backpacks we can fill. When you join us on Monday, August 2nd, we ask that you please bring along your donation.

Refreshments will be served. If you have any questions or comments, please call Simone Brovege at 763-684-0759, Jean Carlson at 763-682-6345, or Lois Pahl at 763-682-5279. Thank you.

Buffalo Food Shelf

Bring Food Today!

The Buffalo Food Shelf is in dire need of food. The summer months are a time of many children home and literally no food drives. The weekend of **July 24-25th** has been designated as a time of helping those less fortunate in our community. Let us rise to the occasion by bringing items to Mass. Drop them either at the back of Church or the entrance to Trinity Hall.



6th Annual Green Bean Open

It’s time to register for the *Green Bean Open Golf Tournament* benefiting the Buffalo Food Shelf at Wild Marsh Golf Club. The event will take place on August 9th. Shotgun starts at 1:00pm with awards and dinner to follow at approximately 5:30pm. Also, there are many levels of sponsorship still available... great advertising for your company!

Not really a golfer...come for dinner and awards ~ tickets available at Wild Marsh. Any questions/registration can be directed to Joe Malone (at Wild Marsh) 682-0545 or j.malone@wildmarsh.com

Asked and Answered,
a reflection on this weekend's
readings *By Dr. Scott Hahn*



Though we be "but dust and ashes," we can presume to draw near and speak boldly to our Lord, as Abraham dares in this week's First Reading.

But even Abraham - the friend of God (see [Isaiah 41:8](#)), our father in the faith (see [Romans 4:12](#)) - did not know the intimacy that we know as children of Abraham, heirs of the blessings promised to his descendants (see [Galatians 3:7,29](#)).

The mystery of prayer, as Jesus reveals to His disciples in this week's Gospel, is the living relationship of beloved sons and daughters with their heavenly Father. Our prayer is pure gift, made possible by the "good gift" of the Father - the Holy Spirit of His Son. It is the fruit of the New Covenant by which we are made children of God in Christ Jesus (see [Galatians 4:6-7](#); [Romans 8:15-16](#)).

Through the Spirit given to us in Baptism, we can cry to Him as our Father - knowing that when we call He will answer.

Jesus teaches His disciples to persist in their prayer, as Abraham persisted in begging God's mercy for the innocent of Sodom and Gomorrah.

For the sake of the one just Man, Jesus, God spared the city of man from destruction (see [Jeremiah 5:1](#); [Isaiah 53](#)), "obliterating the bond against us," as Paul says in this week's Epistle.

On the Cross, Jesus bore the guilt of us all, canceled the debt we owed to God, the death we deserved to die for our transgressions. We pray as ones who have been spared, visited in our affliction, saved from our enemies.

We pray always a prayer of thanksgiving, which is the literal meaning of Eucharist. We have realized the promise of this week's Psalm: We worship in His holy temple, in the presence of angels, hallowing His name.

In confidence we ask, knowing that we will receive, that He will bring to completion what He has done for us - raising us from the dead, bringing us to everlasting life along with Him.

Scripture for the week of July 25, 2010

25	SUN	Gn 18:20-32/Col 2:12-14/Lk 11:1-13
26	Mon	Jer 13:1-11/Mt 13:31-35
27	Tue	Jer 14:17-22/Mt 13:36-43
28	Wed	Jer 15:10, 16-21/Mt 13:44-46
29	Thu	Jer 18:1-6/Jn 11:19-27 or Lk 10:38-42
30	Fri	Jer 26:1-9/Mt 13:54-58
31	Sat	Jer 26:11-16, 24/Mt 14:1-12
1	SUN	Ecc 1:2; 2:21-23/Col 3:1-5, 9-11/Lk 12:13-21

PLEASE DONATE

KID'S PRIZES ARE NEEDED FOR GLORY DAYS

Prize items are needed to make the Kids' games successful. Early contributions will make a difference in planning the activities. A bin will be at the back of Church and at Trinity Hall to collect your generous donations. Items needed:

- ▶ Bags of individually wrapped candy... tootsie rolls, skittles, kisses, candy bars (bite/small sized), lollipops.
- ▶ Boxes of individually wrapped Little Debbie's cakes and cookies... etc.
- ▶ Boxes of individually wrapped Hostess Twinkies, HoHos, Ding Dongs, Fruit Pies, Suzie Q's... etc.
- ▶ Small toys, books, puzzles, pencils, and games (new please).
- ▶ Novelty items, hair clips, barrettes, jacks, rings, matchbox cars, planes, tractors... etc.
- ▶ Mini cans of pop.
- ▶ Money to cover any of the purchased items listed above and other supplies needed for games and/or display.
- ▶ We are also in the need of a couple lightly used cash registers. Please contact Laurie at 763-682-6579.



Volunteers are needed, sign-up online at www.stfxb.org **Join the Fun!**

Weekly Calendar

Monday, July 26, 2010

Tuesday, July 27, 2010

6:00pm	Reconciliation	Church
7:00pm	Mass: Rory Gavic+	Church

Wednesday, July 28, 2010

7:00am	Reconciliation	Church
7:30am	Mass: Ronald Loch+	Church

Thursday, July 29, 2010

7:00am	Reconciliation	Church
7:30am	Mass: Marcella Athmann+	Church

Friday, July 30, 2010

7:00am	Reconciliation	Church
7:30am	Mass: Mary Schultz	Church

Saturday, July 31, 2010

3:30pm	Reconciliation	Church
5:00pm	Mass: Belle and Phillip Lanigan++	Church

Sunday, August 1, 2010

7:30am	Mass: Holy Souls in Purgatory	Church
9:00am	Mass: Ralph Speckel+	Church
11:00am	Mass: Parishioners of St. Francis Xavier	Trinity Hall



Wedding Banns

August 14, 2010
Anthony Krueger and Miranda Jans

Remember In Prayer



Roger Volkman
Karen Zempel
Troy Eggert

Steven Buschel
Sgt. Gordon Sage
Marion Muckenhirn

In Memoriam



We express our deepest sympathy to the families and friends of Jeannette Thayer, aunt of Claire Solien. We pray the love of God provides her with comfort and that she, as an amazing child of God, may rest in the eternal peace of Christ.

Measure of Our Treasure to the Lord

Collection: Weekend of July 18th	\$12,171.95
Church Preservation Fund Balance	\$261,071.71

Ministry Schedule for July 31 - August 1, 2010

	5:00pm Church	7:30am Church	9:00am Church	11:00am Trinity Hall
Sacristan	Lois Pahl	Kelly Boyle	Edna Knoblauch	Tracy Colson-Brandes
Lector	Claire Solien	Bob Melcher	Michelle Voeller	Don Schmidt
Eucharistic Ministers	Amy Axtmann Whitney Latzig Thomas Schaefer Luvern Solien	Stacy Gerring Judy Loberg Ron Muntifering Pat Whalen	Mary Buschel Lois Nevinski Mary Schmitz Mary Jo Stubstad	Jim Bischoff Tracy Colson-Brandes Gael Jakel Jerry Niesen
Altar Servers	Chloe Boster Rachel Koch Allie Merz	Luke Boyle Ben Kunze	Andrew Braun John Braun Alex Rasset	Claire Brandes Sydney Brandes Mika Colson
Ushers	Dennis Baert Mike Holthaus Alex Pahl Judie Rose	Ralph Dalbec Courtney Jude Randy Jude Janet Middagh	Peter Brummer Jana Endres Lawrence Endres Nell Wohlenhaus	Cindy Edlund Vince and Debra Flatla Michael Jr. Holmstrom Michael Sr. Holmstrom
Hospitality		Bautch / Christensen	Bischoff / Braun	
CLOW			Jody / Thomas Clarke	
Lake Ridge			Larry and Janet Hance	
Park View			Mary Phillips	
Sunrise		Andrina Ringquist		

Staff Directory

Staff Emails

firstname.lastname@stfxb.org

Pastor: Fr. David Hennen • Ext. 111

Deacon: Deacon Sherman Otto • Ext. 104

Business Administrator:

Sarah Seiling • Ext. 102

Bookkeeper: Joe Dzurik • Ext. 103

Parish Secretary:

Preston Allex • Ext.100

Director of Music: Toni Diem • Ext. 109

Director of Faith Formation:

Tim Stanoch • Ext. 105

Faith Formation Assistants:

Katie Eng • Ext. 106

Ministry Assistants:

Michael Deisting • Ext. 115

David LaCroix • Ext. 107

Principal: Kim Zumbusch • Ext. 204

School Administrative Assistant:

Ann Greenhagen • Ext. 201

Education Advisory Committee:

stfxeac@stfxb.org

Summer Office Hours

Monday, Tuesday, Thursday, Friday
8:30am - 4:30pm

Wednesday 8:30am - 4:30pm

Office Information

Mailing Address:

223 19th St NW, Buffalo, MN 55313

Phone: (763) 684-0075 **Fax:** (763) 684-4771

Website: www.stfxb.org

Church Location

300 1st Ave NW Buffalo, MN

Trinity Hall Location (Faith & Education Center)

223 19th St NW, Buffalo, MN

Sacraments

Marriage

Call Faith Center at least 6 months
in advance to schedule wedding

Baptismal Classes

Call Faith Center to schedule Baptism

Baptism Celebration

Third Weekend of the Month

Saturday after 5pm Mass or

Sunday 12:30pm in the Church

Trustees

Margery Duffey

Jeremy Berndt

Parish Pastoral Council

Bob Pahl, Chair

parishpastoralcouncil@stfxb.org

Kelly Boyle

Randy Bunting

Val Enter

Debbie Gladitsch

Randy Latzig

Rita Rasset

Wayne Shamla

Pat Whalen

Finance Council

Tom Kuzma, Chair

financecouncil@stfxb.org

Mary Jo Stubstad

Rock Bobick

Mary Duerr

Joe Coolen

Jerry Borgerding

Judy Weldele

Ministry Chairpersons

Altar Servers

Lectors

Fr. Hennen

TBD

Building and Grounds

Nursery

Fritz Budig

Position Available

Children's Liturgy

Sacristans

Tim Stanoch

Debbie Gladitsch

Park View & Lake Ridge

Sunrise Communion

Communion Ministers

Ministers

Becky Berndt

Jerry Kelly

Eucharistic Ministers

Ushers

Ron Muntifering

Jane Filek

Hospitality

Liturgy

Ruth Ann Rolfzen

Kathy Peterson

If there is an **EMERGENCY** and you need to reach Fr. David Hennen, Call 763-684-0075 and press option 6