



CATHEDRAL of SAINT PETER

MONTHLY NEWSLETTER

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What Does St. Benedict's Life Mean for Us? *How We Can Apply Wisdom, Peace, and Hospitality to Our Own Lives*

If you thought St. Benedict was a monk who lived monastic life thousands of years ago and is, therefore, unrelatable in the 21st century, think again!

On July 11, we celebrate the feast of this great saint. His life gives us so much to emulate, and his Rule of St. Benedict gives us a how-to as we strive to become great saints ourselves.

"One of the most essential chapters in the Rule is chapter four, The Tools for Good Works," says Bishop Godfrey, our resident monastic. "The love of Christ must come before all else. Love your enemies. Do not grumble or speak ill of others. Yearn for everlasting life with holy desire. Do not aspire to be called holy before you really are. Shun arrogance. Never



lose hope in God's mercy. All of these simple statements from chapter four help us foster a life of virtue in our lives as disciples."

Furthermore, Bishop Godfrey says we can learn much from the way St. Benedict lived. After being sent to Rome to study and recognizing that so many spent their time pursuing pleasure

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Summer

Doesn't Mean a Vacation from God

School is out — there's no more homework, school projects, or papers to be written. Cars headed to the beach are packed with towels, chairs, coolers, buckets, and shovels. Hammocks are hung in shady backyards for lazy afternoons filled with reading and relaxing.

Yes, summer has arrived with its slower pace and time to relax and take vacations.

Even though we take vacations and enjoy the leisurely pace of the season, we need to remember that summer is not a time to take a vacation from God. In fact, summer can serve as the perfect opportunity to grow our relationship with God, especially since most of us have considerably more free time.

So, instead of neglecting our faith due to busy days and late nights, why not try these simple steps to embrace God during your vacation?

Pray Behind the Wheel

As you begin your journey this summer, why not say a prayer as a family for safe travels? It's the perfect chance to include God in your vacation and teach your children that you put your trust in His loving hands. A decade of the Rosary or a simple personal prayer for safety are both great options.

Summer Reading Program

Almost every family with children participates in a summer reading program — either a formal program from the school or local library, or a “Mom said I have to read during the summer or else” program. Either way, why not incorporate some religious books into the reading list? Learning about a favorite saint, learning how to better defend our faith if challenged, or prayerful reflection books are a great addition to any reading list.

Give Thanks for the Sun

Praise God for the sun, time off from school, and easy-going days by dropping by the adoration chapel to say a quick prayer. Bring a journal or rosary along to help keep

you focused. Little children can even bring a religious coloring book to give thanks to God on their own terms. Or, before heading to the pool, why not attend daily Mass with the kids? It's a perfect way to start the day and set the tone that — vacation or not — God is still an important part of your family life.

Grill Out with God

Summer is the perfect time for grilling out. While preparing the meat, why not put on some Christian music to set the tone? Select hymns, Gospel music, or contemporary Christian music — whatever you enjoy — to incorporate your faith into feeding time.

Don't Take a Vacation from Mass

Often, while on a vacation away from our parish family, we are not familiar with where to attend Mass. Don't let that be an obstacle for you. Check out www.masstimes.org to find out where and when to go to Mass. In addition, if you are lodging at a hotel, the concierge will assist you with directions or suggestions to the nearest Catholic Church.

So, enjoy the warmer temperatures and the relaxed atmosphere. Just don't forget who provides the sun and the sand! And most importantly, remember to take God on vacation wherever you go!



A Letter from Our Bishop and Pastor

Stewardship and the Miracle of *Multiplication*

Dear Parishioners,

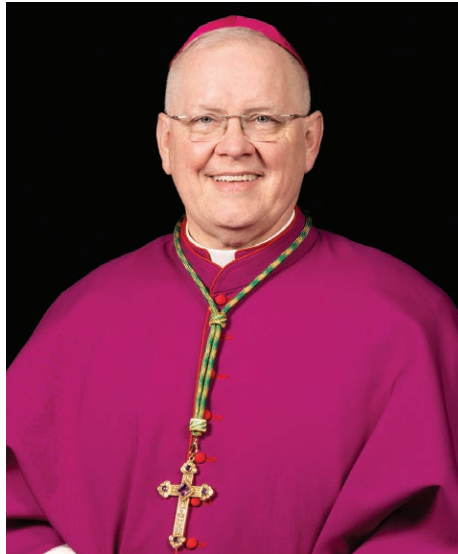
One of the most familiar miracles in the Gospels is the feeding of the multitude. It is a story we know well — a large crowd, very little food, and the Lord multiplying what was given so that all were fed.

What is easy to overlook is how that miracle begins. It does not start with abundance. It starts with a simple act of generosity — one person willing to offer what little he had. From that small gift, Christ provided for thousands.

That same principle is at work in the life of the Church today. We are not asked to give what we do not have. We are asked to offer what we have been given. Our time, our talents, and our resources may seem limited when viewed on their own, but when placed in the hands of the Lord, they become part of something much greater.

Stewardship is rooted in this understanding. We provide the gifts, and God provides the growth. It is not our role to measure the outcome or to see all the results. Our responsibility is to respond with generosity and trust, believing that God will use what we offer in ways we may never fully see.

It can be easy to think that our contribution does



not matter. But the life of the parish depends on the willingness of many people to offer what they can. Every act of generosity — no matter how small — becomes part of the larger mission of the Church.

The summer months often bring a change in routine, and with that can come a shift in priorities. Yet the call to stewardship does not change. The needs of the parish remain, and the opportunity to give continues.

As we reflect on this Gospel message, we are reminded that God does not ask for perfection or abundance. He asks for willingness.

When we respond with open hearts, He takes what we offer and uses it to accomplish far more than we could on our own.

Peace,

Bishop Godfrey, OSB

Bishop Godfrey Mullen, OSB
Bishop and Pastor

A LOOK AT THE Sponsors *Michele and Paul Storment III Reflect on Accompanying*

Michele and Paul Storment III have been married for 38 years, and the time that they spent at an Engaged Encounter weekend before their wedding is still memorable. So, when Fr. Godfrey Mullen — now Bishop Godfrey — asked them to serve as a sponsor couple, it was an easy “yes.”

“During that weekend, we had the opportunity to slow down and share our views about each other, ourselves, and our goals for our future marriage,” Michele says. “We loved our own preparation time and wanted to share that time with couples who are beginning their own marriage journey.”

Paul and Michele regularly meet with couples who are preparing for marriage in the Catholic Church. First, the engaged couple meets with Bishop



Michele and Paul Storment III

Godfrey and takes an assessment. Paul and Michele receive the results, compare their answers, identify the similarities and differences, and decide which areas need more discussion.

“The topics that we cover are communication, conflict resolution, partner styles and habits, sexual expectations, gender role expectations,

friends and family, including family of origin and spiritual beliefs,” Michele says. “Our duty to the couple is to ask questions of them to facilitate a conversation between the engaged couple.”

Paul and Michele admit they are always a little nervous before meeting the new couple. But, a few minutes in, they always feel better.

“That is the presence of the Holy Spirit,” Paul says. “We start talking, and the Holy Spirit seems to take over. We also notice a change in the couple after a few minutes. They seem to relax also and realize that this session is all about them and their future life, and the discussions are for their betterment.”

Serving as a sponsor couple has been a huge joy for Paul and Michele. They love sharing their faith and reflecting on their 38 years of marriage. They also feel they have a gift for communicating well with people, which makes them a great fit for this ministry.

“Taking time to facilitate conversations and discussing with the engaged couples about our own marital experiences is utilizing our gifts and talents to the benefit of the Church,” Paul says. “It is rewarding to see engaged couples contemplate their future married lives and think through some of their upcoming circumstances.”

Paul and Michele have been members for more than 25 years. Their three children



“The act of stewardship and active involvement anchors you into your parish and into your faith — you begin to crave more. By donating your time, treasure, or talent, you give yourself a sense of belonging within your parish community.”

— Michele Storment

For Couple Ministry

Accompanying Couples on the Road to Matrimony

were baptized and confirmed at the Cathedral, and they also attended grade school here. They've accepted the call to serve in many ways and are thankful they did. They also currently serve as Extraordinary Ministers of Holy Communion, and Paul is a lector. They both participate in the 40 Days for Life campaigns in the spring and fall.

"Throughout all these committees and groups, we have met a variety of people and continue to see Christ in new and different people and places," she says. "Giving time volunteering for a variety of causes and meeting many different people has led us to develop a deeper understanding of our faith."

Paul and Michele admit that it would be easy to attend Mass, leave, and just come back the next week, but we are all called to do more.

"The act of stewardship and active involvement anchors you into your parish and into your faith — you begin to crave more," Michele says. "By donating your time, treasure, or talent, you give yourself a sense of belonging within your parish community. You are a part of something bigger than you — and as a couple, you exponentially gain in your marital relationship and in your faith."

To get involved as a sponsor couple, call the parish office at 618-234-1166.

What Does St. Benedict's Life Mean for Us? *continued from front cover*

rather than truth, St. Benedict fled Rome. He gave up his inheritance and lived in a small village where he sought to grow deeper in his understanding and appreciation for the truth, beauty, and goodness of God's design.

"St. Benedict rejected the corrupt culture of Rome," Bishop Godfrey says. "He spent two years of solitary life envisioning a community of peace. Couldn't we agree that our culture needs some purifying?"

Sure, most of us are not called to lives of solitude, but we are called to bring God into the culture in which we live. And Bishop Godfrey invites all of us to consider how well we are doing that.

"How are we envisioning communities of peace in our families, our parish, our diocese, the Church as a whole?" Bishop Godfrey asks.

After years of solitude, Benedict was approached by men who wanted to follow his lead, and he eventually set up a community in the mountains. With that, the Church's monastic system took root. And as he led his men to holiness through prayer and communal living, St. Benedict

wrote the Rule of St. Benedict, an instruction for religious life. Bishop Godfrey encourages all of us to take time to read it. Though St. Benedict wrote it for his fellow monks, Bishop Godfrey says there are many ways it applies to our lives as Christian disciples today.

"St. Benedict has made such a difference in the life of the Church," Bishop Godfrey says. "Knowing his wisdom and living the life of peace he envisioned is good for all of us.

"We all need the ability to envision peace," he adds. "With war, terror, greed, and narcissism all around, St. Benedict's vision still endures. Virtuous living that considers the good of the other is still an important way for us to welcome others. Hospitality itself is a fundamentally Benedictine value."

So, this July, as we celebrate the feast of St. Benedict, take time to get to know more of his story and consider how God is calling each one of us to follow Benedict's lead. We are all striving for holiness. We are all called to be saints. How can St. Benedict and his Rule lead you closer to Christ today?



The *Liturgy of the Hours:* Sanctifying the Day With Prayer

What if the busy present moments that constitute our daily lives were consecrated to Christ? Each insignificant moment or mundane activity becomes another opportunity to glorify Him.

The Liturgy of the Hours is a means of not only centering the day on Christ but also sanctifying the day, offering these moments to Him. It is a prayerful, habitual practice of the clergy and religious — yet, in ever-increasing numbers, the laity is also gravitating towards these daily prayers.

Though it has undergone various developments over the years, the Liturgy of the Hours — also known as the Divine Office or the Breviary — actually finds its origins in the Old Testament. Colin B. Donovan, a writer for EWTN, explains that in the years of the Babylonian Exile (587-521 BC), synagogue services of reading the Torah at fixed hours throughout the day began, thereby creating a “sacrifice of praise.”

The practice continued with the Early Church. Then, in the sixth century, St. Benedict’s Rule offers an example of an established psalm cycle with readings for different hours throughout the day.

The basic structure of the Liturgy of the Hours has remained relatively the same since the 11th century. The Hours are divided into five parts of “canonical hours” — Office of Readings, Morning Prayer, Daytime Prayer, Evening Prayer, and Night Prayer.

Each of the Hours includes readings of the psalms. Morning Prayer and Evening Prayer, the two most important Hours, include a Gospel canticle.

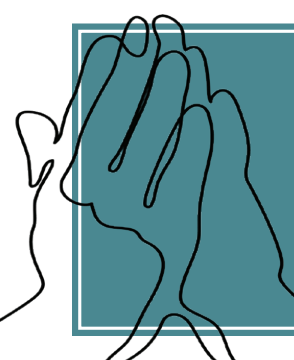
The United States Conference of Catholic Bishops describes the prayers as “a meditative dialogue on the mystery of Christ.” Through Scripture, the Hours invite us into this dialogue, a prayerful conversation that can undergird our daily moments.

From helpful instructional videos on YouTube to written resources through EWTN and the USCCB, there is a wealth of resources for the laity on learning how to pray the Liturgy of the Hours.

Many Catholic bookstores and even Amazon.com sell the four-volume book set that contains the complete Hours. The prayer books *Christian Prayer* and *Shorter Christian Prayer* offer an abbreviated version of the Hours and could serve as an accessible introduction to the prayers.

If using the actual four-volume set seems daunting, www.divineoffice.org offers the entire Liturgy of the Hours online for free. An app is also available to download, therefore providing us with a means of keeping the prayers within reach throughout the day.

Whether with a faith community or in solitary prayer, saying the Liturgy of the Hours situates us within a rich tradition of Catholic prayer and consecrates the present moments of our lives to Christ.



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Getting to Know

“Summertime” Saints



St. Christopher

School is out, and summer is now in full swing. The days are longer, warmer, and filled with plenty of fun summertime activities.

This summer, as we take family vacations, gather with friends and loved ones for barbecues, spend time by the pool, and enjoy all of the usual summertime activities, we can also take the time to reflect on some of the saints who are associated with the summer.

Family vacations are perhaps the most iconic of all summertime activities. Although there is no patron saint of vacations, there are a number of saints associated with traveling. One of the most popular is St. Christopher. According to his story, St. Christopher was an extremely tall and strong man who served Christ by helping people cross an especially dangerous river. That is why many people wear St. Christopher medals while traveling — to ask for his blessing and protection.

For those of us who are taking road trips this summer, there is St. Frances of Rome, the patron saint of cars and drivers. While St. Frances died well before cars were invented, her story says that her guardian angel went ahead of her when she traveled at night and lit the road with a lantern to keep St. Frances safe.

There are also saints we can look to

when traveling by plane. St. Joseph of Cupertino was a Franciscan friar who is said to have frequently and miraculously levitated off the ground during intense prayer sessions. Because of this levitation, he is recognized as the patron saint of air travelers. St. Therese of Lisieux is also associated with aviators and flying.

If you are going on a cruise this summer, you can ask for the intercession of St. Brendan the Navigator, an Irish monk who founded the Clonfert monastery and monastic school and is the patron saint of mariners and sailors. He and his brothers sailed the Atlantic Ocean and evangelized on a number of islands, and may have even reached the Americas.

Another favorite summer activity is swimming. Whether you choose a pool, a lake, or the ocean, seek the intercession of St. Adjutor of Vernon, a knight who was captured in the First Crusade. His captors tried to force him to give up his faith, but St. Adjutor escaped by swimming to his freedom. For this reason, he is the patron saint against drowning, and for drowning victims, sailors, and swimmers.

The summer is also a time of amusement and enjoyment. One of the biggest national celebrations of the summer is the Fourth of July. For this type of summertime activity,

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St. Joseph of Cupertino



St. Brendan the Navigator



St. Adjutor
of Vernon

No matter what kinds of activities we choose to enjoy during the summertime, let us remember to honor the saints who have gone before us and give their intercession for us as we walk through our own journeys of faith.



CATHEDRAL of SAINT PETER

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Getting to Know “Summertime” Saints *continued from page 7*

we look to St. Barbara, the patron saint of fireworks.

There are also a number of saints with feast days during the summer. The feast day of St. Anne, the mother of Mary and grandmother of Jesus, is celebrated on July 26. July 31 is the feast day of St. Ignatius of Loyola, who is also associated with stewardship. These are just two of the many saints whose feasts we celebrate this summer.

No matter what kinds of activities we choose to enjoy during the summertime, let us remember to honor the saints who have gone before us and give their intercession for us as we walk through our own journeys of faith.



MASS TIMES

Saturday: 4:00 p.m. | Sunday: 8:00 a.m., 10:30 a.m., 5:00 p.m. | Weekdays: Monday-Friday 6:45 a.m., Thursday 12:00 p.m.

SACRAMENT OF PENANCE (CONFESSIONS)

Monday-Friday: 7:15-7:30 a.m. | Thursday: 6:00-7:00 p.m. | Saturday: 3:00-3:45 p.m.

ADORATION

Tuesday: 12:00-1:00 p.m. | Thursday: 6:00-7:00 p.m.