

# St. John the Baptist Catholic Church

10955 SE 25th Avenue, Milwaukie, OR 97222 503-654-5449 Fax: 503-653-9567  
www.sjbcatholicchurch.org

## Pentecost



Pentecost - Duccio di Buoninsegna (1308) Tempera on wood  
Museo dell'Opera del Duomo, Siena

**June 12, 2011**

## Our Mission

*St. John the Baptist  
Catholic Community,  
inspired by  
the Spirit of Christ,  
reaches out, educates,  
helps and nurtures all  
people, as we worship  
and serve  
Our Heavenly Father.*

## All are Welcome Parishioners, New Members, Visitors and Guests:

Thank you for joining our worshipping community. Please stop by our parish office to register and let us know if we can be of assistance.

### **Sunday Mass**

English:

7:30am, 10:00am,

6:30pm

Spanish: 12:00 noon

### **Saturday Vigil Mass**

5:30pm

### **Daily Mass**

Mon., Tues., Wed, Fri,

7:00am Mass

Thursday & Saturday

8:30am

### **Sacrament of Reconciliation**

4:00-5:00 Sat. or by  
appointment

### **Adoration Chapel**

Open 24 hours for  
prayer. Call the office  
for the code.

### **Parish Office**

Tues. - Friday

9am - 5pm

# VENI SANCTE SPIRITUS

Dear brothers and sisters,

I want to wish each one of you a very happy and a meaningful feast of the Pentecost.

This Sunday our Easter Season draws to a close with the celebration of Pentecost. We celebrate the pouring out of the Holy Spirit on the Church and the manifestation of the gifts of the Spirit within the Church as the promise of Jesus is fulfilled. Last Sunday we reflected on the mission mandate of Jesus to go and preach, teach and baptize all nations and his promise to be with us to the end of age. Today we celebrate the presence, the gifts and the fruits of the Holy Spirit as they are poured out into the hearts of all who believe. Pentecost became the birthday of the Church, the day that the Church went public and invited the world to share in the life of Christ.

The readings call us to reflect on the place of the Holy Spirit in the Church and in each of our lives. When the disciples went public with the "Good News" for the first time after the Lord left them, they found that Jesus had kept His word through the action of the Holy Spirit, and indeed had not left them orphaned. Being Church is only possible because of the action and power of the Holy Spirit.

Pentecost celebrates the fulfillment of Jesus' promise to send the Holy Spirit to the Church to act as teacher, counselor, advocate, and helper. The Holy Spirit will give us every gift and even show us how to speak with courage and strength.

The message that comes clear to us at Pentecost is that we must respect each other's differences. We have all been gifted with unique manifestations of the Spirit. The Church is stronger for our letting the Spirit live in our lives. The Holy Spirit united different people into the one Body of Christ. We, the members of the Body of Christ, benefit from our differences, one from the other. May we allow the Holy Spirit to flow through our lives so that our respect for each other's uniqueness might itself draw more people to become members of the Body of Christ.

Today let us pray for St. John's graduating class of 2011 and their families as they complete their education at St. John's and after a restful summer vacation they may make a healthy transition to the high school. I thank God for each of the 19 graduating students and ask the Holy Spirit whose temples they are, to work in their every plan, decision and daily life. Congratulations to SJB class of 2011 and also to all young men and women graduating from High School and universities. You've earned it with God's help, hard work and commitment.

On this feast of the Pentecost may we pray that the Holy Spirit will assist us to successfully complete the Archdiocesan Capital Campaign and may our response through prayers and pledges help us embrace the work of the Holy Spirit in "Sharing our Faith and Shaping our Future."

Many blessings

Rev. Maxy D'Costa  
Pastor



## Calendar for the Week

### Monday, June 13th

Mass	7:00am	Church
After School Care	3:15-6:00pm	Daycare Rm
Beginners	6:43pm	Parish Center
Spanish Prayer Grp	7:00pm	Church
AlaTeen/AA/Alanon	7:30pm	Parish Center

### Tuesday, June 14th

Mass	7:00am	Church
Good Grief Group	10:00am	Saalfeld
After School Care	3:15-6:00pm	Daycare Rm
YLI	6:30pm	Jordan
8th Grade Graduation	7:00pm	Church

Reception to follow in parish center

### Wednesday, June 15th

Mass	7:00am	Church
Staff Meeting	9:30am	Jordan
School BBQ	11:30am	Parish Center
After School Care	2:15-6:00	Daycare Rm
Pinochle	1-4pm	Saalfeld
Legion of Mary	7:00pm	Jordan

### Thursday, June 16th

#### Last Day of School

Mass	8:30am	Church
After School Care	12:15-6:00	Daycare Rm
Staff Luncheon	12:45pm	Cafeteria
Pillow Ministry	2:00pm	Jordan
School Advisory C	6:30pm	Library
Spanish Bible Study	7:00pm	Cafeteria

### Friday, June 17th

Mass	8:30am	Church
Bill Goettsch Funeral	1:00pm	Church
Reception to follow in parish center		
Cub Scouts	6:30pm	Cafeteria

### Saturday, June 18th

Men's Group	7:00am	Jordan
Mass	8:30am	Church
Private Gathering	4:00pm	Saalfeld
Confessions	4-5pm	Church
Vigil Mass	5:30pm	Church

Anointing of the Sick at Mass

### Sunday, June 19th-Father's Day

#### Anointing of the Sick at all English Masses

Masses: 7:30am, 10:00am, 6:30pm

Spanish Mass: 12:00 noon		
Liturgy Commission	8:45am	Jordan
Liturgy of Word	10:00am	Jordan
Spanish Band	10:45am	Jordan
Youth Band	11:15am	RE office
Spanish Liturgy of Wd	12:00	Cafeteria
Boy Scouts	5:00pm	Cafeteria
Coffee & donuts hosted by YLI		

## Parish Staff

### Pastor

Fr. Maxy D'Costa, Sfx.  
email: pastor@sjbcatholicchurch.org

### Parish Office 503-654-5449

Tues.-Friday 9am - 5pm  
email: parishoffice@sjbcatholicchurch.org

### School Office 503-654-0200

Mon. - Fri. 7:30am-4pm  
www.sjbcatholicsschool.org

### Principal

Ted Havens 503-654-0200  
thavens@sjbcatholicsschool.org

### Administrative Assistant—Dana Day:

[ddaysjb@msn.com](mailto:ddaysjb@msn.com) or [dday@sjbcatholicsschool.org](mailto:dday@sjbcatholicsschool.org)  
*If you are interested in what is happening at the school check out our website -- [www.sjbcatholicsschool.org](http://www.sjbcatholicsschool.org)*

### Pastoral Associate

Pat Raschio 503-654-5449  
email: pat.raschio@gmail.com

### Business Manager.....Barbara Downey

[bdowney@sjbcatholicchurch.org](mailto:bdowney@sjbcatholicchurch.org) 503-654-5449

### Deacon.....Gerald Delgado

[Gerald.delgado@comcast.net](mailto:Gerald.delgado@comcast.net) 503-722-1892

### Care Ministry Coordinator.....Barbara Dunlap

[bdunlap@sjbcatholicchurch.org](mailto:bdunlap@sjbcatholicchurch.org) 503-654-5449

### Youth Ministry/Religious Education Coordinator

Patrick David.....503-659-2760  
[pdavid@sjbcatholicchurch.org](mailto:pdavid@sjbcatholicchurch.org)

### Music Coordinator.....Michele Freeman

[mfreeman@sjbcatholicchurch.org](mailto:mfreeman@sjbcatholicchurch.org)

### Administrative Assistant.....Mary Jenck

[mjenck@sjbcatholicchurch.org](mailto:mjenck@sjbcatholicchurch.org) 503-654-5449

### Bookkeeper.....Eileen Kaiel

[ekaiel@sjbcatholicchurch.org](mailto:ekaiel@sjbcatholicchurch.org) 503-654-5449

### Development Director.....Libbie Allen

[lallen@sjbcatholicchurch.org](mailto:lallen@sjbcatholicchurch.org) 503-654-5449

### Hispanic Ministry Coordinator...Genesee McCarthy

[gmccarthy@sjbcatholicchurch.org](mailto:gmccarthy@sjbcatholicchurch.org) 503-654-5449

### Pre-School Director .....Mary Danna

503-653-9688

### Maintenance.....Randy Miller

[rmiller@sjbcatholicchurch.org](mailto:rmiller@sjbcatholicchurch.org) 503-654-5449

**Daily Scripture Readings**

**Monday, June 13**

2 Corinthians 6:1-10; Psalm 98:1-4;  
Matthew 5:38-42

**Tuesday, June 14**

2 Corinthians 8:1-9; Psalm 146:2-9;  
Matthew 5:43-48

**Wednesday, June 15**

2 Corinthians 9:6-11; psalm 112:1-9;  
Matthew 6:1-18

**Thursday, June 16**

2 Corinthians 11:1-11; Psalm 111:1-8;  
Matthew 6:7-15

**Friday, June 17**

2 Corinthians 11:1-30; Psalm 34:2-7;  
Matthew 6:19-23

**Saturday, June 18**

2 Corinthians 12:1-10; Psalm 34:8-13;  
Matthew 6:24-34

**Sunday, June 19**

Exodus 34:4-9; Daniel 3:52-55;  
2 Cor. 13:11-13; John 3:16-18

**Weekly Mass Intentions**

**Monday, June 13**

7:00: Ted Havens (Int)...Jenck Family

**Tuesday, June 14**

7:00: Joe Fossati (Int)...Geri Cunningham

**Wednesday, June 15**

7:00: Abbie (Int)...Mom & Day

**Thursday, June 16**

8:30: Justina Palka (d)...Family

**Friday, June 17**

7:00: Stanislaw Rogoz (d)...Daughter

**Saturday, June 18**

8:30pm: Giltus & Ivy Mary Gomez (d)...Irene  
5:30pm: Greg & Esther Bride (d)...J. & J. Kreilich

**Sunday, June 19**

7:30am: Joan Molinari (d)...Family  
10:00am: For the People of the Parish...Pastor  
12:00: Rena Oakden (d)...Julie Spencer  
6:30pm: Scott Winter (d)...Bill & Mary Jenck

We have quite a few openings for mass intentions.

Makes a nice birthday gift!!!!

**Fatima Prayer Group** meets at 7:00pm in the Saalfeld room on June 12th to pray for world peace. All are welcome!



Thank you to Yvonne Braun for volunteering to water our plants and keep them healthy inside our church. She will be taking care of them so we are asking that no one else water them. Thank you to those who offered to help. We are blessed with many great volunteers.



**Prayer Concerns for June**

Vicki Culkins  
Connie Fajardo  
Joe Fossati,  
Paul Newman,  
Shirley Otto,

These names will remain through June. If you are unable to attend Mass due to a chronic illness or are recovering from surgery, please call the church office if you would like to receive the Anointing of the Sick and/or weekly communion visits.

### Altar Servers

#### Saturday, June 18

5:30: Jeremy Hill, Griffin McLaughlin, Max Middendorff

#### Sunday, June 19

7:30: Nicolas & Natalie Pernas, Brittany Gottsch

10:00: Lauren & Dominic Pisaneschi, Bryn Landrus, Michael Weber

12:00: Alonso Ramirez-S., Hector Ornelas, Alexis Sanchez, Danna Guzman

6:30: Nicole Schreiber, Marissa Vanecko, Ashley Biteng

### Youth News

On June 26th, 10:00am Youth Mass, all High School Seniors and graduating students are invited for a special blessing. All middle school and high school students are invited for fun, food, and faith in the Teen Room after Mass.



**Blood Pressure Screening will be available on Sunday, June 19<sup>th</sup> 2011 after the 7:30 A.M. and 10:00 A.M. Mass in the Saalfeld room.**

### RCIA

RCIA is beginning a new season. We will gather a few times in the summer to reflect on the basics of the Catholic Faith. If you or someone you know is interested in learning more about the Catholic faith please join us. Our dates for this summer are Tuesday, June 21st, July 12th, July 26th, August 9 and August 23. We meet at 7pm in the parish center. If you are interested but not able to attend June 21st please email Pat at [pat.raschio@gmail.com](mailto:pat.raschio@gmail.com).

### Baptism

Are you expecting or do you have a baby who you would like to baptize?



St. John's offers baptism once a month on the first

Sunday of the month. First the parents must attend a baptism class. Please contact Pat at 503-654-5449 or email at [pat.raschio@gmail.com](mailto:pat.raschio@gmail.com).

### Advertiser of the Week

Wichita Feed & Hardware  
503-775-6767 6089 SE Johnson Crk Blvd.

### Care Ministry News

#### "Is any one among you sick?"

The Anointing of the Sick will be during the Saturday Vigil Mass, and all English Masses on June 18th & 19th.

#### Who may receive the Anointing of the Sick?

For baptized Catholics who have serious health problems due to sickness or old age. The illness may be physical or mental.

#### Christ the physician

CCC 1503 Christ's compassion toward the sick and his many healings of every kind of infirmity are a resplendent sign that "God has visited his people" and that the Kingdom of God is close at hand. Jesus has the power not only to heal, but also to forgive sins; he has come to heal the whole man (sic), soul and body; he is the physician the sick have need of. His compassion toward all who suffer goes so far that he identifies himself with them: "I was sick and you visited me." His preferential love for the sick has not ceased through the centuries to draw the very special attention of Christians toward all those who suffer in body and soul. It is the source of tireless efforts to comfort them.



**VACATION BIBLE SCHOOL (VBS) VOLUNTEER Form**  
**WE NEED YOU TO HELP MAKE VBS THE VERY BEST IT CAN BE!**

The VBS theme this year is **“Pandamania – Where God Is Wild About You!”**  
 Our VBS is planned to be held *July 25-29th from 9:00am to 12:00 pm*

We’re looking for enthusiastic 6th graders to Adults, who love God, love children and want to share Jesus Christ with children of all ages in a fun and positive way. Not to mention that you’ll have lots of *FUN* and get to be a “kid” again!

We, together with God, can *once again* make this summer’s VBS a fun-filled and memorable experience in the lives of the children within our church and the community! What better way to share Jesus with children!

We’re putting together a committed team of volunteers and need to know in which area(s) you would enjoy volunteering:

- |   |   |
|---|---|
| <input type="checkbox"/> Behind-the-scenes preparation  | <input type="checkbox"/> Registration           |
| <input type="checkbox"/> Art work/decorating  | <input type="checkbox"/> Snack preparations     |
| <input type="checkbox"/> Preparing/teaching crafts  | <input type="checkbox"/> Teaching outdoor games |
| <input type="checkbox"/> Bible skits/storytelling   | <input type="checkbox"/> Publicity/Advertising  |
| <input type="checkbox"/> Teaching new songs   | <input type="checkbox"/> Audio/Visual           |
| <input type="checkbox"/> Photographer   | <input type="checkbox"/> Drama                  |
| <input type="checkbox"/> Pandamania Crew Leader who guides his/her “crew” through activities from VBS Station to Station and facilitates discussion of each day’s Bible Point and kids’ God Sightings!. |   |
| <input type="checkbox"/> Other Area (let us know!): _____   |   |

Have you been involved in a VBS program in the past? \_\_\_\_\_

Can you volunteer all 5 mornings? \_\_\_\_\_. If not, how many mornings can you volunteer? \_\_\_\_\_

Name: \_\_\_\_\_ Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

***If you’re interested, please complete this form and return to Patrick David in the religious education office ASAP to join the “Panadamania” VBS Team.***

## 2011 Spring & Summer Outings Schedule

*Active Seniors, It's time to get out and play!!!!*



**June 16<sup>th</sup> Vista House and Multnomah Falls Restaurant** for lunch, or bring a sack lunch and eat by the Falls. Car pool fee \$ 5.00; meet at 11:00 am back by 3:00pm.



**June 30<sup>th</sup> Seaside and Cannon Beach,**  
Lunch at Moe's. Car pool \$10.00; meet 9:15 am.



**July 14<sup>th</sup> Larch Mountain View Point and Tad's Chicken -N-Dumplings.** Car pool \$7.00; leave at 2:00 pm get back 6:00 pm.



**August 11<sup>th</sup> Lost Lake picnic and short lake-side walk.**  
Car pool \$10.00; leave at 9:15 am back by 6:00 pm.



**September 15<sup>th</sup> Mt. Angel Oktoberfest.**  
Bring money for lunch. Car pool \$7:00; leave at 9:15 am and back by 5:00 pm.

For all outings, meet at St. John's northeast back parking lot. Bring good walking shoes, water, sunscreen, emergency names and phone numbers and medical information and cell phone if you have one.

Please RSVP to John White (503-513-6809) three days in advance.  
We are open for any other places you would like to visit.



SHARING OUR FAITH,  
SHAPING OUR FUTURE  
*A Campaign for the Archdiocese of Portland*

### Capital Campaign Corner

For the greater good of Catholic education and Faith formation – please consider making a pledge to the capital campaign. May you feel strengthened for having done the right thing to ensure the future of our faith, our church, and our people.

**Q. Why pledge multiple years when we don't know what the economy will do or what my circumstances will be next year.**

A. We know that when people make a commitment or pledge over multiple years they are generally able to give more than if they made a single payment. Often it surprises people when they realize how much more they can give. It is true that we can't know what lies ahead in out years, but if someone's situation changes, the pledge amount can also be changed.

**Q. It seems as though the Archdiocese is not being responsive to our needs, especially when making decisions about priest placements. Why should we be responsive to their needs?**

A. The Archbishop really does care about our needs. But with the priest shortage and the many needs of the Archdiocese it has become a difficult balancing act. Many parishes, larger than St. John's, have only one priest. For example, Holy Trinity parish in Beaverton, has over 2,000 families but only one priest. There is also a permanent deacon on staff as the pastoral associate, but the pastor says all four weekend masses.

When we are responsive to the

Archbishop's Capital Campaign, we are really helping ourselves. The proceeds from this campaign will pay for seminarians' education, resulting in new priests being available throughout our Archdiocese. The campaign also funds faith formation – the continuation of our Faith, just as previous generations did for us. Our faithful, retired priests need to be cared for, and one of the campaign pillars is to build an endowment fund that will do that. Finally, we have our own critical needs that will be met by reaching our goal. Twenty-five percent of every dollar raised comes back to St. John's for those projects.

**Q. Our parish has grown smaller over the last few years as some leave to go to other parishes. How can we meet the campaign goal of \$880,000?**

A. On first glance, the goal does seem to be very high. But over five years, it amounts to \$176,000 per year. And that is a very doable amount for our parish, which has shown over and over again its ability to give generously to not only our local needs but also those of the greater Archdiocese.

Collection	This week	BUDGET (Average/week)	
06/05/2011	\$14,016	\$14,135	
Week 49 of 52	2010/2011	2010/2011	Over (Short) Year to Date:
Fiscal Year to Date:	\$664,091	\$692,615	(\$28,524)
Prior year to Date (2010):	\$652,981		

**Building Maintenance Fund this week: \$994**

### **Living Your Strengths and Growing Spiritually**

Do you know what specific gifts you have been given by God? Discover your God-given gifts (also known as *signature themes*) in the book, **Living Your Strengths**, available at no cost through the parish office. In the first letter of Peter, Chapter 4, he says:

"Each of you has been blessed with one of God's many wonderful gifts to be used in the service of others. So use your gift well. If you have the gift of speaking, preach God's message. If you have the gift of helping others, do it with the strength that God supplies. Everything should be done in a way that will bring honor to God because of Jesus Christ, who is glorious and powerful forever."

This week we look at the gift of Significance. Those of you who are strong in this gift want to be heard and to be known and appreciated for the unique strengths you bring. It is important that you be recognized for being credible, successful, and professional. LYS describes you as an independent spirit who wants your work to be a way of life rather than a job, and you want to do your job without restrictions, to do things your way. Because of this strong desire to be credible and successful, the gift of Significance will cause you to reach ever higher, from the mediocre to the exceptional. Scripture that relates to significance comes from Mathew 5:14-16:

"You are the light of the world. A city set on a mountain cannot be hidden. Nor do they light a lamp and then put it under a bushel basket; it is set on a lamp stand, where it gives light to all in the house. Just so, your light must shine before others, that they may see your good deeds and glorify your heavenly Father."

Do you recognize yourself? LYS says "Significance talents are valuable because they can be a source of energy for doing good and helpful things that will outlive you. You are motivated by a driving force to produce transformational, lasting change." One way to grow spiritually is to write down your signature themes (from the LYS assessment) and refer to them frequently – they are gifts from God. Heightened awareness of your talents gives you confidence. Inspire yourself by making a list of the spiritual goals you want to achieve, and post it where you can see it every day.



Please contact Libbie Allen in the parish office at 503.654.5449 to get your copy of

## Outside News

### **Madonna's Center 5th Annual Fundraising Sale**

We are NOW accepting donations of items which can be sold to raise revenue for year-round outreach programs to provide housing assistance, educational support and essential items for teen parents and their children. Would you please help? Look around your home for those odd or mismatched pieces of smaller-scaled furniture or home decor items such as chairs, lamps, end table, bookshelf, rack, night stand, cabinet, painting/print etc. Search in your garage for sports/recreation equipment, parts, or tools you no longer use. Clear out your garden shed/patio by donating planters, year art, lawn chairs, a trellis, or two, etc.. Make more room in your closets when you donate handbags, jewelry, scarves, belts, wallets, etc. Find stuff in your kitchens cupboards - small appliances, serving bowls, platters, dishes, teapots, cookbooks, etc. (You get the idea—anything that you would sell in an estate sale yourself, if you ever had time or enough stuff to do it.) Call 503-653-1595 to arrange drop-off/pick-up times or email [info@madonnascenter.org](mailto:info@madonnascenter.org). Thank you for Responding to Their Call!

### **NEEDED - SEASIDE, OR RENTAL**

Looking for a house to rent in the Seaside, OR area the weekend of August 26th - 28th. We are a group of very responsible women teachers walking in the Portland to Coast. Please contact Lisa Hamaoka at 503-653-6132 or by email at [lisham425@msn.com](mailto:lisham425@msn.com).

### **4th Annual Real Catholic Men Conference**

**Saturday**, June 18<sup>th</sup> at St. Joseph Parish, Vancouver, WA

Featured speakers include: *Fr. Larry Richards, Michael Cumbie and Fr. Brian Mullady O.P.*.

The morning session includes Confession, with the Vigil Mass concluding the day's events.

A continental breakfast and deli lunch are part of the ticket price.

For more information or to register: [www.RealCatholicMen.com](http://www.RealCatholicMen.com)

### **Rosary Walks**



Christ the King Knights of Columbus and the Portland Division of the World Apostolate of Fatima are sponsoring Rosary processions, on the 13th of each month, May through October at 7:00pm.

June 13th, July 13th, August 13th, September 13th and October 13th. Please meet at Good Shepherd Place, 12596 SE 162nd Ave, Happy Valley, OR. Take 205 to Sunnyside go east to SE 162nd, north to Good Shepherd Place. Driveway on right. Meet a bit before 7:00pm.

## **WHAT ARE YOU MISSING AT MASS?**

Pentecost is a wonderful time to reflect on how we prepare for the Celebration of the Eucharist, involve ourselves in the Mass, and take away the messages of the readings and the homilies.

Amy Florian, the author of *The Mass, An Invitation to Enjoy It* (a copy is in the Adoration Chapel), tells us "God invites us to the meal to fulfill what Jesus asked of us: To break the bread, share the cup, and be nourished in body and soul so that we can carry on his mission in the world."

But what happens when we can't hear or understand the presider or lectors? What can we do to stay engaged in the most central issue of our Catholic faith?

There are a lot of things that play into our ability to hear clearly and understand what is being said: Acoustics (e.g. how sound bounces off our rocks and window walls), the sound system itself, poor enunciation of words, talking too fast or too softly, and our own hearing disabilities. At St. John's we are always looking for ways to improve our sound system, and provide training or coaching for those who use the microphones. Regardless of our efforts, sometimes we fail to meet your needs.

Interestingly, it wasn't that long ago that the Mass was said in Latin and most of us couldn't understand that! But this is today, and we know that it is very frustrating not to be able to understand the readings or the homily. At our recent Coffee & Conversation event, one parishioner told her story. She is not a native-English speaker and was very frustrated when she came to St. John's and people could not understand her. Likewise, she could not understand the pastor because he spoke too fast (and he was a native English speaker). Her solution could apply to all of us: She prays when she can't understand the speaker at Mass. She prays that God will open her heart and send the Holy Spirit to fill her with an understanding of the day's readings and homily. In this way, she finds fulfillment in the celebration.

Amy Florian tells us that when we disengage from Mass, "God's action in us is blocked. The Spirit of God is all around us, longing to pour grace and peace into our hearts... When God's Spirit does not connect with us through the presider or one of the other ministers, instead of bemoaning the ineffective outlet we simply need to find another way to plug in." Perhaps asking God to open your heart and send His Spirit to fill you with understanding is one way to plug in. Or, another of Florian's suggestions is to prepare for the weekly liturgy by studying the readings ahead of time and thinking about their meaning in your life. "Let the gift of yourself be placed on the altar with the gifts of bread and wine." Florian asks us to remember that rather than considering the weekly liturgy to be an obligation, "We celebrate Mass to become who we are created to be."