



# Church of Saint Cecilia

2357 Bayless Place • Saint Paul, MN 55114  
651.644.4502  
Fax 651.647.1445 • [www.stceciliasp.org](http://www.stceciliasp.org)

Weekly Masses:  
Saturday 4:30 & Sunday 9:30  
Sacrament of Reconciliation: Saturday 3:45

“...whoever does not  
carry their cross and  
follow me cannot be  
my disciple.”  
~ Luke 14:27



## WELCOME

To join the parish, please  
call the office at  
651.644.4502

## OFFICE HOURS

The parish office is open  
Monday-Thursday  
10:00am to 2:00pm

## PARISH STAFF

**John M. Hofstede**  
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Trustees  
**Matthew Tande & Mary Ellen Ryan**

## The Church of Saint Cecilia

**Reflections and resolutions after the shooting: What babies can teach us about healing.** By Michael Arenson

The night after the shooting at Annunciation Church in Minneapolis, I lay awake, unable to sleep. What haunted me most was this: I had picked up my child from school that day. I saw them run into my arms, felt the weight of their hug, listened as they poured out the small stories of their day. For some parents in our city, that everyday ritual will never happen again. Two children will never run into their parents' arms. Two voices will never be heard at the dinner table. That truth pressed down on me — grief, anger, helplessness all mingled together.

And yet, as the night stretched on, I found a measure of peace. Not because the sadness had lessened, but because I resolved to do something. My resolution was simple: Do what babies do.

Babies come into this world helpless. They cannot feed themselves, protect themselves or even roll over. And yet they are born with an extraordinary gift: the ability to connect. From their very first breath, babies reach out to their caregivers and to their community with two elemental messages: "I need your care." And "You matter to me."

This is the essence of our humanity. When we are under stress, when we feel threatened or afraid, unlike other creatures, we don't survive alone. We turn toward one another. Relationship is our shield and our balm. It protects us from harm, and it helps us heal from trauma.

And babies show us what that really looks like. Connection happens not in grand gestures, but in micromoments: when a caregiver responds with warmth, when they reconnect after missing a cue, when they create safety that allows a child to explore the world with trust. Claudia Gold, a pediatrician and author, describes four truths that guide these early bonds:

----- Relationships are messy. Growth doesn't come from perfect attunement, but from the act of reconnecting when we miss each other's bids for connection.

----- Safety is not built by words alone. It's carried in tone and touch, in presence and consistency. A child feels safe not because they are told, "You are safe," but because their body recognizes it — in the steadiness of a voice, in the reliability of care, in the warmth of an embrace.

----- Every child comes into the world with unique qualities, and when those qualities are honored, relationships become a source of strength.

----- And children thrive when they feel "held in mind" — when they sense that someone is carrying their thoughts and feelings with them, even in absence.

If these are the principles that allow infants to grow, then perhaps they are also the principles that can allow us to heal.

There will be stories about the shooter. Politicians will argue. Pundits will divide.

But what we need most right now is something simpler and more human. We need to sit with our loved ones. We need to share a meal. We need to say, in whatever way feels natural: "I need your care. You matter to me. And I am here to care for you." As a pediatrician at Hennepin Healthcare, I am humbled by my colleagues who cared for the victims of this tragedy. They are heroes. I am grateful, too, for the first responders, the teachers who shielded children with their own bodies, and the many helpers who rose in those desperate moments.

A friend, a devout Catholic, told me what it was like to break the news to his 13-year old son: "Discussing it with tears in my eyes was hard. Look for the helpers, love your neighbor... it doesn't bring those children back, but it spreads the light that drives out darkness."

The helpers have done their part. Now it is time for us to do ours.

In this moment, when we feel most helpless, let us remember what babies already know: Healing begins when we turn toward one another.

*Dr. Michael Arenson is a pediatrician and relational health researcher at Hennepin Healthcare. The views expressed here are his own and are not intended to reflect those of his employer—Mpls. Star Tribune, 8/29/2025.*

**Common Hope Mission**

Parishioner Bill Huebsch representing Common Hope will speak briefly after the Masses this weekend to invite you to become part of Common Hope's mission. You'll be invited to meet and get to know a specific Guatemalan family, one with young students, and to help support them on their journey out of poverty. As you befriend this family, they'll become like cousins to you. They will learn from you and benefit from your support, and you will gain from them as you grow in understanding their lives and how much material wealth we all really need.

## COMMUNITY NEWS



### St Cecilia's Pilgrimage of Hope for Creation Is Scheduled for Sunday September 14<sup>th</sup>

We will leave church at 10:30am and we will be done at 1:45pm  
Registration and more info in the Link

### Census Form

We're asking a member of every household in our parish to complete a census form. This will help us to ensure that we have the most up-to-date and accurate information possible. Hard copies are available in the Link or you may complete the form online through our parish wide email. Please note that we updated the census and are now asking whether or not you wish to have your contact information published in our upcoming parish directory. Please take a few minutes to complete the census. Questions may be directed to the parish office.

### Pictorial Directory-- Photo Sitzings September 18th-20th

We've partnered with Universal Church Directories with photo sittings taking place at St. C's on September 18th-20th. For participating in a photo session you'll receive a complimentary color 8x10 photo and a printed copy of the directory when completed. Your photography session will include multiple photos to choose from and you will have the opportunity to purchase extra photos as you wish (there will be no pressure to buy anything).

Submitted photos are also welcome. We prefer jpg format and a vertical photo. Professional photos are not accepted due to copyright laws. You will also receive a copy of the directory for submitting a photo. Email submissions to [bulletin@stceciliasp.org](mailto:bulletin@stceciliasp.org) by September 18th. Please include all the names of those in the submitted photo.

**Sign up today for a photo sitting!** Paper sign up is available in the Link after Mass on the weekends.

### Rest in Peace

We extend our deepest sympathy to Fr. John Hofstede on the passing of his brother-in-law, Jim Kostick. May he rest in the Peace of Christ.

### Pancake Breakfast Fundraiser Sept. 7th



Join us after Sunday Mass for a pancake breakfast fundraiser. Your free will offering will go towards our youth mission trip to Guatemala next summer. Gather for breakfast in Friendship Hall.

### Food Drive Next Weekend

Feeding the hungry is one way that the St. Cecilia community lives the principles of Catholic Social Teaching. Next weekend we'll be collecting nonperishable food, personal care items, and monetary donations (payable to St. Cecilia) for our neighborhood food shelf.



### Mark your Calendar - Two Upcoming Adult Formation Opportunities

#### Thursday, September 11th - 6:00pm in Friendship Hall

All are invited to a dinner and presentation by Vicki Klima. Vicki was the director of the former Archdiocesan Worship Center and is the author of "Participation of the Heart-Deeper engagement in the Mass." Vicki will lead us in a reflection about what we experience at liturgy and how it teaches us to live the rest of the week. Vicki is a knowledgeable and passionate presenter about all things liturgical, and we are fortunate that she is available to share her wisdom with us. **Sign up in the Link or RSVP to Marge Virnig ([marge@stceciliasp.org](mailto:marge@stceciliasp.org)).**

#### Sunday, September 21st - our first Sunday Forum - 10:30am

##### Journeying with Leo XIV: From Villanova to the Vatican

When Leo XIV first greeted Rome and the world, he identified himself as "a son of St. Augustine, an Augustinian." We will look to the spirituality of St. Augustine, the Rule of St. Augustine, and Augustinian spirituality to better understand the spirituality of the first Augustinian pope. We will reflect on his chosen name revealing a spirituality committed to justice and peace.

Our presenter, Angela Senander, is a theologian who has taught with the Augustinians at Washington Theological Union and Merrimack College.

### Music for Liturgy

Opening	#633 Vs 1, 2, 6
Gloria	#319
Psalm 90 In every age, O Lord, you have been our refuge.	
Gospel Acclamation	#334
Preparation	#792
Eucharistic Acclamations	#370, 373, 374, 391
Communion	#728
Closing	#790 Vs. 1, 2, 5

### Twenty-third Sunday in Ordinary Time

Wisdom 9:13-18. *If we can scarcely guess about earthly things, how can we ever know heavenly secrets? God sends the holy spirit to make known our paths on earth.*

Psalm 90. **In every age, O Lord, you have been our refuge.**

Philemon 9-10, 12-17. *In returning the runaway slave Onesimus to his owner Philemon, Paul asks the latter to receive the slave as a beloved brother.*

Luke 14:25-33. *We are to renounce all our possessions to be a disciple of Christ, even our father and mother, wife and children, brothers and sisters, yes our very self.*

## PARISH CALENDAR

Sun	9:30	Mass Common Hope Speaker
	10:30	Mission Trip Meeting
	10:30	Pancake Breakfast
Tue	7:00	Choir
Wed	10:00	Staff Meeting
	6:00	Parish Community Council
Thur	6:00	Adult FF Dinner
Sat/Sun		Food Drive
Sun	10:30	Pilgrimage

**Early Bulletin Deadline:** Monday, September 8th at 9:00am. Email submissions to [bulletin@stceciliasp.org](mailto:bulletin@stceciliasp.org).



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