

# The Community of St. Matthew



*... exists  
in the world  
as a visible  
expression of  
God's love.*



Dear Saint Matthew Community and Visitors:

As the new school year begins I offer you this reflection on the importance of self esteem in children.

Yours truly,



Stephen Adrian  
Pastor

### **The Importance of Self Esteem in Children**

By Paul J. Ashton, Psy.D., D.Min.

*... We who have taken refuge might be strongly encouraged to hold fast to the hope that lies before us. This we have as an anchor of the soul, sure and firm.*

—Hebrews 6: 18-19

Recently, several parents have approached me and asked questions about improving their child's self esteem. In this article I have listed some very practical information that will assist parents, teachers, and counselors in helping children to build up their self esteem and allow them to have a solid foundation for a strong character.

Through some of the following suggestions, you may find appropriate ways to assist your child grow up with positive self esteem.

#### **What is self esteem?**

Each person is specially created and uniquely loved by God. There is only one of us in the world, and we are all very special. Children are not born feeling good or bad about themselves. They learn this from what happens to them. Self-esteem is the pride that a person has in himself or herself. A person with high self-esteem feels worthwhile (good and capable). People with low self-esteem think they are not worth-while and that what they do is not important to others or to themselves.

#### **What can you do to help build self esteem?**

Praise each child's success (even very small ones). Praise

each child who tries hard.

- Give sincere affection. Let children know that they are loved and wanted.
- Show interest in each child's activities, projects, or problems.
- Tell children what to do instead of what not to do. This prepares them for what to do.
- Instead of: "Don't throw the ball," say: "Roll the ball on the floor."
- Instead of: "Don't squeeze the puppy," say: "Hold the puppy gently."
- Let children know that mistakes are a natural part of growing up. Everyone (including adults) makes mistakes.
- Try to ignore temper tantrums and other negative behavior as much as possible.
- Show appreciation when children cooperate, help you, say kind things to other children, obey the rules, and do other positive things.
- Remember that learning new skills takes time and practice. Children do not learn new skills all at once.
- Let children know that you believe in them and expect them to do well.
- Accept and respect each child's family and culture. Provide activities that offer success to children.

#### **Actions that May Lower Children's Self-Esteem**

Try to avoid the following actions because they may lower children's self-esteem. This can be very harmful.

- Expecting too much or too little from children.
- Yelling at or criticizing children, especially in front of other people.
- Criticizing children more often than praising or showing appreciation.
- Calling children clumsy, thoughtless, stupid, lazy, etc.
- Telling children who have made mistakes that they are failures.

Overprotecting or neglecting children.

#### **BAKE SALE**

Get out your favorite recipe, make up a batch or two, and donate items to the Fall Festival Bake Sale. A variety of goods are needed and include bars, breads, cakes, candy, cookies, fudge, and pies— just to name a few. If you would package items for selling it would be appreciated. Bring items to the Social Hall after 1:00 p.m. on Saturday, 8/18/10. Rosary Society/CCW Meeting - will be Tuesday, September 14, 2010 at 6:45 p.m. in the Social Hall. All women are invited

#### **SAINT PAUL DEANERY**

On Thursday, 9/16/10, the first Quarterly Meeting of the Saint Paul Deaneries Council of Catholic Women will be held at Holy Childhood Church, 1435 Midway Parkway, St. Paul, MN. Cost is \$10 and includes lunch. The speaker will be Bonnie Blanchette, who will speak on 'Leading a Blessed Life'. RSVP by Monday 9/13/10, by calling 651 488 3351. All women of the parish are invited to attend. Registration starts at 8:15 a.m. , the entire program is over by 2:00 p.m. The second quarterly meeting will be 11/18/10 at the Church of St. Odilia in Shoreview.

## EDUCATION AND FAITH FORMATION NEWS

### RELIGIOUS EDUCATION REGISTRATION

It is time to sign up for religious education classes. Registration will take place after mass on Saturday September 11 and Sunday September 12. Students in grades 1-10 are welcome to take part in the Wednesday evening classes. Classes are 6:30-7:45 and run from September 15th to April 6th.

### ARCHDIOCESAN PLANNING PROCESS UPDATE

Did you know that the Archdiocese of Saint Paul and Minneapolis is engaged in a strategic planning process? This process will result in mergers and other structural changes in a significant number of parishes as well as a comprehensive set of strategic initiatives affecting all parishes and schools. The strategic planning process was launched in February 2009. Decisions regarding changes in parishes will be announced at Masses throughout the Archdiocese on the weekend of October 16th and 17th, 2010.

It's important to know that the Archdiocese of Saint Paul and Minneapolis is not alone in our need to make changes to ensure the future health of our local Church. Many other dioceses across the United States have gone through reorganization in the past several years. Even during the past ten years in this Archdiocese, there have been changes to parish and school structure. Currently, there are 217 parishes within the Archdiocese, ten less than a decade ago and there are 98 schools within the Archdiocese, three less than a decade ago. Clustered parishes are also not a new concept. Right now, 25% of parishes within the Archdiocese are in a cluster relationship with one pastor serving two or more parishes. Nationally, the percentage of clustered parishes is higher.

### FALL FESTIVAL CORNER

Just two weekends from now, our annual Fall Festival will be here. Please bring your donations for the Fall Festival as soon as possible. Drop off your donations at the Parish Center Monday thru Friday from 8 AM-4 PM, or to the back of church on the weekends. The sign-up sheet for volunteers is located at the rear of church. Volunteers are needed, so please sign-up. Someone will contact you with date, time, location, etc. Quilt and painting raffle chances are available in the back of church, buy a chance to win one or both of these beautiful items! We hope everyone is selling their Fall Festival Raffle tickets, which gave chances to win up to \$1,000.00! The next meeting for the Fall Festival committee and any people interested in helping at the festival, will be Wednesday, September 8 at 6:30 p.m. in the Parish Center.

### FESTIVAL PIE BOOTH

You are invited to bring pies (homemade or otherwise) to the festival pie booth. To help us plan, please take a pink form and/or pie plate from church, and tell us if, how many and whether you can bring them on Saturday, September 18th or Sunday, September 19th. Thanks. Sister Anne and the Pie Boothers.

## THIS WEEK AT SAINT MATTHEW

|   |  |
|---|--|
| <b>Sunday</b>                                       | <b>September 5</b>   |
| <b>Monday</b><br>3:00 PM, SH                        | <b>September 6</b><br>Loaves and Fishes                      |
| <b>Tuesday</b><br>2:00-6:00 PM, PC<br>3:00 PM, SH   | <b>September 7</b><br>St. Mary's Clinic<br>Loaves and Fishes |
| <b>Wednesday</b><br>1:00-6:00 PM, PC<br>3:00 PM, SH | <b>September 8</b><br>St. Mary's Clinic<br>Loaves and Fishes |
| <b>Thursday</b><br>3:00 PM, SH                      | <b>September 9</b><br>Loaves and Fishes                      |
| <b>Friday</b>                                       | <b>September 10</b>  |
| <b>Saturday</b>                                     | <b>September 11</b>  |
| <b>Sunday</b>                                       | <b>September 12</b>  |

### SCRIP ECONOMIC STIMULUS SALE

Order any gift card that has a discount of 8% or more and receive 5% off. A \$10 card for \$9.50 or a \$25 card for \$23.75. Stop by the Scrip table or contact Tim Nowak (612-269-9471) for details. Orders accepted until October 17. Examples - Applebee's, Cherokee Tavern, Joseph's Grill, Olive Garden/Red Lobster, Herberger's, Macy's and many more.

### Abbreviations:

MC – Main Church  
 CH – Chapel  
 PC – Parish Center  
 SH – Social Hall  
 SC – School  
 CC – Child Care  
 XC – Extended Day

## STEWARDSHIP

*Jesus tells the crowd that only those who renounce all of their possessions can be His disciples. Is He truly asking us to give up **everything**? Perhaps instead He is trying to help us see that everything we think we own is really a gift from God. Good stewards know that and strive to use those gifts accountably.*

Sharing Last weekend...[oops!]...\$5,411. The year to date total is now about \$3,400 behind the budget. Nonetheless: thanks to all who were faithful in their stewardship. Hopefully, those who may have been absent will be present this weekend.

Additional dollars for which thanks is given: \$15 for the food shelf; \$20 to help with the Assessment payments [They are greater than \$50,000 annually]; another \$105 for Assumption.

Service: Helped a lady with her groceries.

Prayer: Daily prayer, rosary, mass, spiritual reading... prayer for the trapped miners in Chile.

Youth: \$4.22, Thank you! They wrote: Said prayers at dinner time... cleaned pool.

### ANNUAL MASS FOR PERSONS WITH DISABILITIES

Sunday, September 12, 2010 at 3:00 PM in St. Mary's Chapel at the St. Paul Seminary, 2260 Summit Avenue, St. Paul. This year's celebrant will be Bishop Lee A. Piché. Sing-along will begin at 2:30 PM. Social and light refreshments will follow after Mass. Please note: Mass will have a sign language interpreter.

## MASS INTENTIONS

Mass intentions may be found on the monthly calendar available in the back of church.

## WEEKLY READINGS

Readings for the Week of September 5, 2010

Sunday: Wis 9:13-18b/Phlm 9-10, 12-17/Lk 14:25-33  
 Monday: 1 Cor 5:1-8/Lk 6:6-11  
 Tuesday: 1 Cor 6:1-11/Lk 6:12-19  
 Wednesday: Mi 5:1-4a or Rom 8:28-30/Mt 1:1-16, 18-23 or 1:18-23  
 Thursday: 1 Cor 8:1b-7, 11-13/Lk 6:27-38  
 Friday: 1 Cor 9:16-19, 22b-27/Lk 6:39-42  
 Saturday: 1 Cor 10:14-22/Lk 6:43-49  
 Next Sunday: Ex 32:7-11, 13-14/1 Tm 1:12-17/Lk 15:1-32 or 15:1-10

## PARISH DIRECTORY

Saint Matthew Church Office..... 651-224-9793  
 Fax.....651-228-9448  
 Hours: Monday-Friday, 8 AM-12 NN; 1-4 PM  
 Web site: st-matts.org  
 Bulletin Email: bulletin.editor@st-matts.org

### Pastoral Staff

Pastor..... *Father Stephen Adrian*  
 Deacon..... *Rev. John Murphy*  
 Parish Pastoral Administrator..... *John Riehle*  
 Dir. Education & Formation..... *Doug Lieser*  
 Dir. Music & Liturgy..... *Bonnie Faber*  
 Dir. Child Care and KLT..... *Shar Lavelle*  
 Bookkeeper..... *Cindy Hoffman*  
 Administrative Assistant..... *Nicole Johnson*  
 Dir. Food Service..... *Donna Jenniges*  
 Parish Engineer..... *David Rosas*

### Phone Numbers

Parish School.....651-224-6912  
 KLT Kids..... 651-665-0786  
 Child Care Center..... 651-224-1459  
 Prayer line..... 651-686-5463 or 651-455-6886

### Schedule of Services

Weekend Liturgies Saturday: 5:00 PM  
 Sunday: 8:00 & 10:30 AM  
 Weekday Liturgies Monday-Friday: 6:45 AM  
 1st Friday: 6:45 AM & 5:15 PM

### Reconciliation

Tuesday..... 7:15 AM  
 Saturday..... 4:00 PM

### Sacrament of Baptism

Parents who are parishioners make arrangements with the Pastor or the Deacon one month prior to baptism.

### Sacrament of Marriage

Couples make arrangements with the Pastor or the Deacon six months prior to wedding. Must be a member of the parish

### Parish Council Members

Parish Council email: [parishcouncil@st-matts.org](mailto:parishcouncil@st-matts.org)

|                   |                  |
|-------------------|------------------|
| Karen Thompson    | Georgann Henjum  |
| Mark Thomford     | Joyce Osborne    |
| Jason Delmont     | Anthony Minus    |
| Dean Steinbrenner | Chris Stevens    |
| Stephen Adrian    | Becky Montgomery |