

Events next two weeks ...

Saturday, June 11

7:30 a.m. Legendary Lodge "Retreat, clean, prayer"
4 p.m. Reconciliation
5:30 p.m. Mass at St. Francis

11th Sunday in Ordinary Time, June 12

7:30 a.m. and 9 a.m. Mass
11 a.m. Mass at St. Philip (Darby)
Blood pressure checks after Mass at St Philip's

Monday, June 13

No Mass
5 p.m. Rosary in the Blessed Sacrament Chapel

Tuesday, June 14

12:10 p.m. Mass
Building Committee meets with Architects 1 to 7 p.m.
5 p.m. Rosary in the Blessed Sacrament Chapel

Wednesday, June 15

9 a.m. Mass
9:30 a.m. Women of Faith meet

Thursday, June 16

9 a.m. Mass
7 p.m. Joint Pastoral/Finance Meeting

Friday, June 17

9 a.m. Mass

Saturday, June 18

4 to 5:15 p.m. Rosary Makers
4 p.m. Reconciliation
5:30 p.m. Mass at St. Francis

Sunday, Father's Day, June 19

7:30 a.m. and 9 a.m. Mass
11 a.m. Mass at St. Philip (Darby)

Monday, June 20

No Mass

Tuesday, June 21

12:10 p.m. Mass
5 p.m. Rosary in the Blessed Sacrament Chapel

Wednesday, June 22

9 a.m. Mass
9:30 a.m. Women of Faith meet

Thursday, June 23

9 a.m. Mass
10 a.m. to 2 p.m. Share and Care meet
6:30 p.m. Pope Francis group meet

Friday, June 24

9 a.m. Mass

Thank you to our advertisers that make this bulletin possible. A special thank you this week to:

Jerry Wessels Tire Center

Les Schwab, 211 North First, Hamilton

Being restored to life:

11th Sunday in Ordinary Time

We hear again in today's readings that God's mercy is abundant and endless. Perfection is not required of us. In fact, self-righteous legalism and judgmentalism buy us nothing. What matters is faith and repentance. No sin is too great for God's mercy. Not only is this incredibly hopeful for each of us. It's also important – and challenging – to remember because we are all called to show mercy to others.

Thinking about who Jesus is

12th Sunday in Ordinary Time

Today we ponder Jesus' critical question: "Who do you say that I am?" He wasn't asking the disciples this question for himself. He already knew the answer. He was asking them if they knew what they were in for. We are wise not to attach ourselves to those we don't really know, especially if they're asking us to come along with them. Our eyes need to be wide open. Are we cruising on automatic, or do we know who this Jesus really is and what he's asking of us?

(from Celebration: A comprehensive worship resource)

Weekly Mass Intentions

Sunday June 12:

9 a.m. Mass: For Parish Families

Wednesday June 15: For Bob Sain r.b. Richard Sain

Thursday June 16: For Colleen Hare r.b. her Family

Sunday June 19:

9 a.m. Mass: For Parish Families

Wednesday June 22: For Bob Sain r.b. Richard Sain

Thursday June 23: For Colleen Hare r.b. her Family

Happy Birthday

- 6/11 Jeny Shannon
 6/12 Eric Healy, Rebecca Jones, Karen Stout-Suenram
 6/13 Jennifer Ferraro, Bernie Huff, Grant Wilson
 6/14 Shirley Alsbury, Carrie Athman, Cole Kayser, Debbie Wilson
 6/16 Ted Almgren
 6/17 Brian Healy, Jamie Ross, Peggy Tonon
 6/18 Christopher Albright, Mia Faulk, Don Jahnke, Mary Jo Kapphahn Brough, Patricia Keeler, Rita Neustrom
 6/19 Marilyn Crocco, Julie Fryberger, Grace McGowen, Philip Whitney
 6/20 Teresa Baldrige
 6/21 Whitney Cleveland, Patti Rosa, Ginny Rose, Patricia Ryan-Swindler, Randy Stewart
 6/22 Caleb Clairmont, Shiloh Gary, Kerryellen Hart, Marie Morin, Phyllis Ouellette, Marie Shockley, Gayle Weber
 6/23 Maria Bednorski, Judy LaScala, Patrick Treece
 6/24 JC McDowell, Larry Pittack



Happy Anniversary

- | | | |
|------|--------------------------------|----------|
| 6/11 | Ron & Susan Kullick | 50 years |
| 6/12 | Jonathan & Theresa Milak | 6 years |
| 6/13 | Ken & Teresa Borino | 35 years |
| 6/14 | Bernice & Rudy Kratofil | 58 years |
| | Marlene Betschart & Herb Cook | 8 years |
| 6/15 | Kerryellen & Robert Hart | 14 years |
| 6/16 | Barabara & John Wasem | 54 years |
| 6/17 | Judy & Dane Kendall | 21 years |
| | Jeny & Jeff Shannon | 10 years |
| | Judith Seddon & Jim Rousselle | |
| 6/18 | Barbara & Jack Losensky | 56 years |
| 6/19 | Bonnie & John McKenna | 34 years |
| 6/20 | Shan & James Vetter | 45 years |
| | Joanne & Klint Cleveland | 24 years |
| 6/21 | Sal & Julie Ochoa | 3 years |
| 6/22 | Wayne & Sharlene Farley | 59 years |
| | Larry & Linda Jakub | 48 years |
| | Dick & Terese Athman | 42 years |
| 6/24 | Peggy Tonon & Warren Neyenhuis | 39 years |

St. Philip Benizi

Rosary

Members of St. Philip meet to pray the Rosary before the 11 a.m. Mass, starting at 10:15 a.m. All are welcome to join.

If you don't have a Rosary, they will provide you with one.

Faith Formation

St. Philip parishioners host Faith Formation classes for all -- adults, children families, everyone!

Faith Formation at St. Philip in Darby is held Mondays from 2 until 3 p.m.

They are currently working on The Catechism of the Catholic Church, Part 3, The Decalog: The ten words -- "Our ten commandments"

This month they are studying The Sixth Commandment and will continue working on this for about a month or so

"Male and Female He created Them"

Everyone is welcome!

For questions or more information, please call : Neal Williams at 903-654-2935

Third Annual
Women's Retreat
 at Legendary Lodge on Salmon Lake
 July 22-23, 2016

S. Noreen Walter, SCL
 will direct our retreat:
Rest Stops for the Soul

Open to women 21 and up
 \$100 per person

stewardship@diocesehelena.org
 for more information

showmyevent.com
 to register

Please welcome ...

Katie McWilliam as St. Francis' new afternoon secretary. She and her husband, Chay, recently moved here from Nevada.

After sailing around the world with their son Jamie, they are planting roots in the Bitterroot Valley and look forward to becoming engaged members of the Saint Francis Community.



Church Renovation Information

This parish is beginning the process of the major renovation of our church building. More details about this process will be forthcoming. Each of you is encouraged to become actively involved as we begin a series of full parish meetings this Fall. A Building Committee has been established and will guide and direct the renovation efforts. Members of that committee are:

Ted Almgren, Father Connor, Jim Kaney, Joe Kupko, Sonny LaSalle, Ken Pekoc, Cheryl Smith, Jim Stuart, Jean Swanz, John Talia, Jeff Wolfe, and Annie Zora

H.S Camp June 25 to July 1

Some activities of the camp will include - guided tours through Yellowstone, instructional time with Carroll College professors, Daily Masses, educational hikes, and video reflections on the days' activities and their spiritual significance. For more information call: 406-200-9419 or go to www.carroll.edu/academics/majors/theology/kateri.cc or Email: stkateri@carroll.edu

Hosted by the St. Kateri Institute at Carroll College in Helena

Bone Health Part 3: *Learn more about Calcium*

A bone health seminar was hosted at St. Francis Parish in May. Listed are some topics which were covered.

What happens if I don't get enough calcium?

Insufficient intakes of calcium do not produce obvious symptoms in the short term because the body maintains calcium levels in the blood by taking it from bone. Over the long term, intakes of calcium below recommended levels have health consequences, such as causing low bone mass (osteopenia) and increasing the risks of osteoporosis and bone fractures.

Symptoms of serious calcium deficiency include numbness and tingling in the fingers, convulsions, and abnormal heart rhythms that can lead to death if not corrected. These symptoms occur almost always in people with serious health problems or who are undergoing certain medical treatments.

What are some effects of calcium on health?

Scientists are studying calcium to understand how it affects health. Here are several examples of what this research has shown:

Bone health and osteoporosis

Bones need plenty of calcium and vitamin D throughout childhood and adolescence to reach their peak strength and calcium content by about age 30. After that, bones slowly lose calcium, but people can help reduce these losses by getting recommended amounts of calcium throughout adulthood and by having a healthy, active lifestyle that includes weight-bearing physical activity (such as walking and running).

Osteoporosis is a disease of the bones in older adults (especially women) in which the bones become porous, fragile, and more prone to fracture. Osteoporosis is a serious public health problem for more than 10 million adults over the age of 50 in the United States. Adequate calcium and vitamin D intakes as well as regular exercise are essential to keep bones healthy throughout life.

Taking calcium and vitamin D supplements reduce the risk of breaking a bone and the risk of falling in frail, elderly adults who live in nursing homes and similar facilities. But it's not clear if the supplements help prevent bone fractures and falls in older people who live at home.

Cardiovascular Disease

Whether calcium affects the risk of cardiovascular disease is not clear. Some studies show that getting enough calcium might protect people from heart disease and stroke. But other studies show that some people who consume high amounts of calcium, particularly from supplements, might have an increased risk of heart disease. More research is needed in this area.

(Reference: from the American Academy of Orthopaedic Surgeons - <http://orthoinfo.org/topic.cfm?topic=a00330>)

High blood pressure

Some studies have found that getting recommended intakes of calcium can reduce the risk of developing high blood pressure (hypertension). One large study in particular found that eating a diet high in fat-free and low-fat dairy products, vegetables, and fruits lowered blood pressure.

Cancer

Studies have examined whether calcium supplements or diets high in calcium might lower the risks of developing cancer of the colon or rectum or increase the risk of prostate cancer. The research to date provides no clear answers. Given that cancer develops over many years, longer term studies are needed.

Kidney stones

Most kidney stones are rich in calcium oxalate. Some studies have found that higher intakes of calcium from dietary supplements are linked to a greater risk of kidney stones, especially among older adults. But calcium from foods does not appear to cause kidney stones. For most people, other factors (such as not drinking enough fluids) probably have a larger effect on the risk of kidney stones than calcium intake.

Weight loss

Although several studies have shown that getting more calcium helps lower body weight or reduce weight gain over time, most studies have found that calcium—from foods or dietary supplements—has little if any effect on body weight and amount of body fat.

Can calcium be harmful?

Getting too much calcium can cause constipation. It might also interfere with the body's ability to absorb iron and zinc, but this effect is not well established. In adults, too much calcium (from dietary supplements but not food) might increase the risk of kidney stones. Some studies show that people who consume high amounts of calcium might have increased risks of prostate cancer and heart disease, but more research is needed to understand these possible links.

The upper limits for calcium are listed below. Most people do not get amounts above the upper limits from food alone; excess intakes usually come from the use of calcium supplements. Surveys show that some older women in the United States probably get amounts somewhat above the upper limit since the use of calcium supplements is common among these women.

Life Stage Upper Limit

Birth to 6 months	1,000 mg
Infants 7–12 months	1,500 mg
Children 1–8 years	2,500 mg
Children 9–18 years	3,000 mg
Adults 19–50 years	2,500 mg
Adults 51 years and older	2,000 mg
Pregnant and breastfeeding teens	3,000 mg
Pregnant and breastfeeding adults	2,500 mg

HEALTHBEAT..



Brain Health, Caring for the Elderly and Caring for the Caregiver

Information seminars will be held at 3 p.m. each Thursday this June at St Mary's Mission Family Center, in Stevensville.

Come get the straight scoop on the concerns of aging; tips on brain health and preventing dementia; providing the most effective care and controlling medical costs; learn about caring for the elderly, even when dementia is present; resources for care partners of aging people; changes to expect in later years and planning for the best and the worst.

June 16 at 3 p.m.: Improving Memory and Brain Health

How memory works, how to improve your mental functioning and abilities to expand the life and health of your brain to its fullest. Includes brain fitness programs and dietary suggestions for brain maintenance and memory support.

June 23 at 3 p.m.: The Care Partner and Care Planning

Tools and tips to reduce stress, anxiety and depression for caregivers; problem-solving and planning care for aging people with or without dementia; caring for the care partner.

June 30 at 3 p.m.: Advance Directives – Who, Why and How

Do you have a Health Care Power-of- Attorney? Should you be talking about a Living Will? What are they and how do they work? How are they made and what is done with them? What are some of the alternatives and how do they compare?

St Mary Family Center – 333 Charlos St (West end of 4th St), Stevensville

Sacraments

Baptism: By appt. Baptismal preparation sessions offered to parents and sponsors four times a year as announced.

Reconciliation: Saturdays 4pm in the Church or by appt with the priest.

Marriage: Diocesan policy requires six months preparation. If you are planning a wedding, always check with the pastor before setting a date.

Confirmation: Preparation to receive the sacrament of Confirmation is integrated into High School Youth Program. Youth are expected to attend starting in the 9th grade. The sacrament is celebrated for 10th through 12th graders who have received a minimum of two years catechesis and other Confirmation Classes in addition to other requirements. The next confirmation year will be in 2017.

1st Penance & 1st Eucharist: For 2nd grade as scheduled in the year. The child must be enrolled in Religious Education Class.

Sacrament of the Sick: As needed in each sickness, call and let us know.

Prayer Chain: Judy Giggar 363-2784, Joyce Faucher 363-1003 or Ginny Rose 961-3795

Parish Directory



Parish Office phone 363-1385 fax 363-1451

Website www.stfrancishamilton.org

Email Address mail@stfrancishamilton.org

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Hamilton MT 59840

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Pastoral Assistant	Sr Margaret Hogan SCL	Finance Council	John Talia	363-4661
Deacon	Jim Kaney	Music Coord	Anne Weber	360-7507
Business Manager	Lygia Skipper	K-6 RE Coord	Sara Morin	961-5226
Receptionists	Alexandra Stuart & Katie McWilliam	7-8 RE Coords	Karin Melnarik	375-9004
		9-12 RE Coords	Marilyn Wildey	363-3472
		RCIA Coord	Craig & Diane Tredik	381-1120
			Regina Newberry	961-5629