

ST. MICHAEL BROADCASTING, INC.
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Web address: <http://www.stmichaelbroadcasting.com>

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How to help SMB:

You can help the station by making GoodSearch your search engine and designating St. Michael Broadcasting as your cause. www.goodsearch.com

Volunteers Needed! If you have skills in "digitizing media," we desperately need your help. We have a huge backlog of programs on VHS and DVD and older media that we need to convert into video files. Candidates should possess knowledge of digitizing, editing and encoding; familiarity with digital audio editing techniques; knowledge of Final Cut Pro, web skills (e.g., familiarity with video files and codecs); knowledge of MS office, Word, Excel, PowerPoint, on-line editing and color corrections. If you have all or some of these skills, please email the station: info@stmichaelbroadcasting.com or call the station at 612-724-2265.

Advisory Board:

Fr. Kenneth Baker, S.J., President emeritus, Catholic Views Broadcasts
Fr. Paul La Fontaine, Pastor, St. Charles Borromeo Parish, St. Anthony
Msgr. Matthew Odong, Rector, Sacred Heart Seminary, Uganda

February 2012, A.D.

Dear Friends and Family of St. Michael Broadcasting,

You are feeling ill. Your symptoms: fever, chills, vomiting, headache, etc. You go to the doctor. He enters the room, and says, "Your sins are forgiven." You might say, "Well thanks Doc, but, I'm *sick*, and what exactly do my sins have to do with my health?" Yet that's exactly what Jesus does in Mark 2:5: The paralytic man is lowered through the roof, and Jesus tells him, "...your sins are forgiven." After this, He cures his paralysis. To the Divine Physician, the paralyzed man's eternal soul came first.

The first hospital in North America north of Mexico City was built in 1639 in the City of Quebec, Canada. It was staffed by religious sisters. When a patient showed up at their hospital for care, the usual procedure was that he first had to go to confession, and second, a sister would wash the patient's feet. (See John 13:1-17, Jesus washes His apostles' feet.) Then he was admitted to the hospital. What were the sisters doing? They were imitating Jesus, showing that the health of one's soul is more important than one's physical health, and *being Jesus* to those who came to the hospital, serving both their spiritual and physical needs.

Each Lent, we renew our commitment to imitate Jesus. How do we begin? How did Jesus begin His public ministry? He began it by spending forty days in the desert, fasting and praying and overcoming the temptations of Satan. In the first temptation, Satan asks Jesus to "turn these stones into bread." But Jesus answers, "Not by bread alone does man live, but by every word that comes from the mouth of God." So here too, Jesus is saying that one's soul is more important than the body. It's interesting to recall that when Lenin called for revolution in Russia, in 1917, his slogan was "*Bread, peace, land.*" A mere 15 years later, in 1932, the poor Ukrainians had none of these, as the Russian communists killed them, redistributed their land and stole their wheat, thereby starving an estimated 7 million of them to death. I had a Ukrainian neighbor who experienced this first hand. His family had no food, so he as a teenager left his weeping mother so they could have more. He was conscripted into the Red army. He never saw his mother again.

In his book *Jesus of Nazareth*, Pope Benedict writes: "Constructing a world by our own lights, without reference to God... that is the temptation that threatens us in many varied forms... The German Jesuit, Fr. Alfred Delp, who was executed by the Nazis, wrote: 'Bread is important, freedom is more important, but most important of all is unbroken

fidelity and faithful adoration.' When this ordering is no longer respected, the result is not justice or concern for human suffering. The result is rather ruin and destruction even of material goods themselves."

The lesson we can draw from this, is that it behooves us this Lent to put care for our souls, and love of God, *first* in our lives: before care of our body, or entertainment, or work--- even charitable works--- or political activism. We might do this by starting each day with prayer and by going to confession more frequently. Fr. Baker, our founder, in his book, *Preach the Word*, says this: "The purpose of Lent is conversion of heart--- turning away from inordinate attachment to creatures and turning to God... The weapons we need to overcome temptation are well known: prayer, fasting, almsgiving, self-denial, the sacraments, reading the Bible, avoiding the near occasions of sin, such as immoral television, videos, music, magazines, books and internet pornography. We should know our faith well and be familiar with the Bible, especially the New Testament."

G.K Chesterton was once asked to write an article for publication on the topic of "What's Wrong with the World?" His submission was the shortest: "I am." Chesterton seemed to be saying, "If we want a better and more just society, we must have more people living holy lives, seeking the Supreme Good. I am part of what's wrong for my failings in this regard." We can work on external evils and injustices, but our efforts will prove futile unless we, like the good sisters in Quebec 375 years ago, imitate Christ and bring Jesus to others through interior holiness, which is then expressed in words and deeds. St. Michael Broadcasting can help each of us know our faith better so we can do this. Please support this apostolate through your prayers, by telling others and financial contributions.

May you draw closer to the Bread of Life this Lent.

Michael Bird, President and Chief Volunteer

"Christ came into the world to free us from sin and from the ambiguous lure of seeking to plan our lives without God. He did this not with high-sounding proclamations but by struggling personally with the Tempter, all the way to the Cross. This example holds true for us all: that the world is improved by beginning with ourselves, by changing, with God's grace, what is wrong with our lives." Pope Benedict XVI

New programs this month include *De-Christianization of Culture and the Catholic Counter-Revolution* by Raymond DeSouza; *St. Augustine: His life and Spirituality* by Fr. Groeschel; *Depression: the Silent Epidemic*, by Our Lady's Tears in Mankato; *Carmel of Allentown*, a documentary about this holy order of nuns.

Compliments We volunteers thank all of you who call and leave compliments on our answering machine and in notes enclosed with your contributions. These encourage us very much.

Programs for 16.3 (below) that begin at 6 pm will replay at 12 midnight, 6 am, and noon the following day.

Latin Mass on 16.1 (Tridentine form) appears Monday-Friday at 12 noon, 5 pm and 10 pm.

Movie schedule appears on top of page 4.

Ch. 16.3 February, 2012

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
06:00PM	The Seven Sacraments	Christ in the City	Christ in the City	Christ in the City	Christ in the City	Christ in the City	Behold The Man
06:30Pm	Padre Pio Fr. Apostoli	G.K. Chesterton	G.K. Chesterton	G.K. Chesterton	G.K. Chesterton	G.K. Chesterton	In The Presence of Our Lord
07:00 PM	Becoming Catholic	Dr. Haas: Intro to Moral Theology ICU	St. Augustine: His Life and Spirituality	Bishop Sheen: Life is Worth Living	Inside the Bible	Friday Night Family Film	(ICU) Dr. Rice: The Natural Law
07:30 PM	Fatima Today		Fr. Fox: Sharing the Faith	Making Abortion Rare	Saint Stories		
08:00 PM	Fr. Ashley Philosophy for Theologians ICU	De-Christianization and the Catholic Counter-Revolution: Raymond De Souza	The Pure Life	St. Michael's Basic Training	Man & Woman: Divine Invention		Saturday Night Cinema
08:30 PM	Catholic Parents OnLine		Seek First The Kingdom		Life Unexpected		
09:00 PM	The Ten Commandments Fr. Groeschel	Fr. Groeschel: Psychological Growth and Spiritual Dev.	The One True Faith: Michael Voris	Fr. Groeschel: The Mystery of The Trinity	The One True Faith: Michael Voris		
09:30PM	The Spiritual Exercises of St. Ignatius			The Good Code Dr. C. Rice			
10:00 PM	(ICU) Religious Art History	Catholic Investigative Agency	Dr. Smith: Intro to Sexual Ethics	Depression: The Silent Epidemic	Carmel of Allentown	The Last Things	The Road to Cana
10:30PM						Suffering & What To Do With It	

Feb. 2012 Basic Weekly TV Schedule

CT-USA	A/P	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12:00	AM	Our Father's Plan	LITANY OF THE SACRED HEART	THE JOURNEY HOME (ENCORE)	MOTHER ANGELICA LIVE CLASSICS	EWTN LIVE (ENCORE)	THE WORLD OVER (ENCORE)	LIFE ON THE ROCK (ENCORE)
12:30	AM		BENEDICTION & DEVOTIONS					
1:00	AM	EWTN GLOBAL SHOWCASE	SUNDAY NIGHT PRIME WITH FATHER GROESCHEL	THE BEST OF MOTHER ANGELICA LIVE	The Abundant Life	Genesis to Jesus	Octavia Dies	CATHOLICISM ON CAMPUS
1:30	AM					Mary, Mother of the Philipines	Saints of China	DEFENDING LIFE
2:00	AM	Legacy to the Family	EWTN GALLERY					Prophecy in Song
2:30	AM	The Little Flower	The Heavens Proclaim the Glory of God	Forgotten Heritage: Europe and Our Lady	I was Glad	BENEDICTION & DEVOTIONS	Eucharist Journey	The Suffering Church
3:00	AM	EWTN LIVE (ENCORE)	Scandal of the Cross	Saints Alive!	THE SPIRITUAL LEGACY OF ARCHBISHOP FULTON SHEEN	CATHOLIC LIVES	THRESHOLD OF HOPE	JOY OF MUSIC
3:30	AM		EWTN Religious Catalogue	Angels of God				
4:00	AM	Reasons for Our Hope	EWTN BOOKMARK	Dana and Friends	CATHOLIC COMPASS	Living the Discerning Life: St. Ignatius	EWTN PRESENTS	
4:30	AM	A Light for All Nations	The 12 Promises of the Sacred Heart	Adventures in Exodus: Freedom				Crash Course in The Saints
5:00	AM	Angelus with Pope Benedict XVI	EWTN ORIGINAL PRODUCTIONS					
5:30	AM	Discovering Our Glorious Faith	CROSSING THE GOAL	Great Moments in Church History	The Church and the Poor	Speaking of Saints	THE CHOICES WE FACE	Letter and Spirit
6:00	AM	CHAPLET OF ST MICHAEL						
6:30	AM	THE HOLY LAND ROSARY						
6:50	AM	LITANY OF THE HOLY NAME	LITANY OF LORETO	LITANY OF THE HOLY NAME	LITANY OF ST JOSEPH	LITANY OF THE PRECIOUS BLOOD	PAPAL AUDIENCE	LITANY OF LORETO
7:00	AM	SUNDAY MASS (LIVE)	DAILY MASS (LIVE)					
7:30	AM							
8:00	AM	LITANY OF THE SACRED HEART	SUNDAY NIGHT PRIME -FATHER GROESCHEL (ENCORE)	THE JOURNEY HOME (ENCORE)	THRESHOLD OF HOPE (ENCORE)	EWTN LIVE (ENCORE)	LIFE ON THE ROCK (ENCORE)	The Donut Man
8:30	AM	EWTN BOOKMARK						The Friar
9:00	AM	Vaticano	THE WORLD OVER (ENCORE)	The Best of Mother Angelica Live	MOTHER ANGELICA LIVE CLASSICS	EWTN CATHOLIC CLASSIC : Living the Scriptures	EWTN CATHOLIC CLASSIC : MOTHER ANGELICA Presents	My Little Angels
9:30	AM	Saints Alive!				EWTN RELIGIOUS CATALOGUE	G.K. CHESTERTON	Lucy and Friends
10:00	AM	Apostolate for Family Consecration	Women of Grace					KNIGHTS OF ST MICHAEL
10:30	AM	HOLY ROSARY W/MOTHER ANGELICA & THE NUNS OF OLAM						
11:00	AM	SUNDAY MASS (ENCORE)	DAILY MASS (ENCORE)					
11:30	AM							
12:00	PM	LITANY OF THE SACRED HEART	Living the Discerning Life: St. Ignatius	CATHOLIC COMPASS	EWTN Cinema	SUPER SAINTS	EWTN PRESENTS	EWTN CATALOGUE
12:30	PM	IN CONCERT				EWTN CATALOGUE		Threshold of Hope
1:00	PM		JOY OF MUSIC	Faith and Culture	Voices on Virtue		THE JOURNEY HOME (ENCORE)	
1:30	PM	CHAPLET OF DIVINE MERCY IN SONG	THE CHAPLET OF DIVINE MERCY					CHAPLET OF DIVINE MERCY IN SONG
2:00	PM	REFLECTIONS						
2:15	PM	THE INTERNATIONAL ROSARY						
2:30	PM	MYSTERIES OF THE ROSARY IN STAINED GLASS	LITANY OF LORETO	LITANY OF THE HOLY NAME	PAPAL AUDIENCE	LITANY OF THE PRECIOUS BLOOD	LITANY OF THE SACRED HEART	ROSARY FOR LIFE
2:50	PM							
3:00	PM	THE WORLD OVER (ENCORE)	Hi Lucy BIG AL LIVE	MY LITTLE ANGELS	ABCATHOLIC	FAITH IN MOTION	VIRTUE STORYBOOK	Apologetics
3:30	PM		My Catholic Family	WE ARE CATHOLIC	Animated Stories From the New Testament	Knights of St. Michael	CHAPLET OF DIVINE MERCY FOR KIDS	Saints Alive!
4:00	PM	Faith and Culture	TRUTH IN THE HEART Grade 1	TRUTH IN THE HEART Grade 2	TRUTH IN THE HEART Grade 3	TRUTH IN THE HEART Grade 4	TRUTH IN THE HEART Grade 5	SUNDAY NIGHT PRIME WITH FATHER GROESCHEL
4:30	PM	Crash Course in Saints	CATHOLIC LIVES	VATICANO	EWTN BOOKMARK	I was Glad	The Heavens Proclaim the Glory of God	
5:00	PM	BENEDICTION & DEVOTIONS	Saints Alive!	THE CHOICES WE FACE	DANA AND FRIENDS	Bedrock Basics	THE CHURCH AND THE POOR	LIFE IS WORTH LIVING
5:30	PM	CROSSING THE GOAL	EWTN GALLERY					Where God Weeps
6:00	PM	SUNDAY NIGHT PRIME WITH FATHER GROESCHEL	DAILY MASS (ENCORE)					
6:30	PM							
7:00	PM	Living the Discerning Life: St. Ignatius	THE JOURNEY HOME (LIVE)	MOTHER ANGELICA LIVE CLASSICS	EWTN LIVE	THE WORLD OVER (LIVE)	LIFE ON THE ROCK (ENCORE)	EWTN CINEMA
7:30	PM							
8:00	PM	G.K. CHESTERTON	Genesis to Jesus	EWTN RELIGIOUS CATALOGUE	SUPER SAINTS	CROSSING THE GOAL	CATHOLICISM ON CAMPUS	
8:30	PM	HOLY ROSARY W/MOTHER ANGELICA & THE NUNS OF OLAM						
9:00	PM	CATHOLIC COMPASS	THE WORLD OVER (ENCORE)	THRESHOLD OF HOPE	Saints Alive!	LIFE ON THE ROCK	EWTN GLOBAL SHOWCASE	Web of Faith
9:30	PM				Crash Course in Saints			
10:00	PM	Saints of China	VATICANO	THE SPIRITUAL LEGACY OF ARCHBISHOP FULTON SHEEN	FAITH AND CULTURE	DEFENDING LIFE	Made in His Image: Family Life Today	THE JOURNEY HOME (ENCORE)
10:30	PM	EWTN BOOKMARK	Women of Grace	Women of Grace	Women of Grace	Women of Grace	Women of Grace	
11:00	PM	SUNDAY MASS	DAILY MASS					

	Friday	Saturday
Feb. 3, 4	David and Goliath	The Fast and the Furious
Feb. 10, 11	Abraham Lincoln	Cyrano De Bergerac
Feb. 17, 18	The Flying Deuces	Farewell to Arms
Feb. 24, 25	Mr. Robinson Crusoe	The Penalty

-----**Reception Tips**-----

For antenna info, visit www.antennaweb.org or www.tvfool.com.

Is it possible to receive Channel 16 if you have cable? Yes! You may need these items:

Antenna (UHF) outdoor is better than indoor (cost: \$3-\$53 indoor, \$50-\$130 outdoor)

A-B Switch (cost: \$5-\$18)

Coaxial cable 3'-6' or more (cost: \$3-\$11)

Converter box (Cost: \$50-\$60)

Instructions for a digital TV:

Plug cable TV cable into "A" side of A-B switch. Connect coax cable to "Out to TV" on the A-B switch.

Plug other end of the coax cable into "Cable/Antenna IN" on the back of TV.

Make sure your cable channels work. If they don't, flip the switch on the A-B switch.

Once cable is coming in, flip switch on the A-B switch. You should now receive no cable channels.

Plug antenna into "B" side of A-B switch.

Go into MENU on channel changer. Go to "external inputs" and click to "cable off," or "antenna," or "standard." Then go to "Channels" and press "scan" or "auto program."

You should now be able to receive channel 16. To go back and forth between cable and antenna reception, go to the MENU and switch between cable and antenna reception.

Instructions for an analog TV:

Plug cable TV cable into "A" side of A-B switch.

Connect coax cable to "Out to TV" on the A-B switch

Plug other end of the coax cable into "Cable/Antenna IN" on the back of TV

Make sure your cable channels work. If they don't, flip the switch on the A-B switch.

Once cable is coming in, flip switch on the A-B switch. You should now receive no cable channels.

Plug antenna into converter box, and the converter box into "B" side of A-B switch.

Set TV to Channel 3 and PUT THIS (TV) CHANNEL CHANGER ASIDE.

Get channel changer for converter box. Go to MENU and scan for channels. 16 should come in. To go back to cable reception, flip the A-B switch. When you want to go back to antenna reception, set the channel to 3 using the TV channel changer, flip the A-B switch, and then control channels using the converter box channel changer.

Other helpful suggestions: Regarding antennas, outdoor is better than indoor. Higher up in the house, such as rooftop or attic (even higher in a room), is better than lower (basement). We broadcast from the top of the IDS, so you want the most unobstructed shot (e.g. near a window, no trees) between your antenna and the IDS that you can get. Stucco houses (enclosed in wire mesh), thick or multiple walls and basements impair your ability to receive Channel 16. The "bow-tie" Digitenna DUV-1 antenna (cost \$30) is a good indoor antenna, but others are available. We found the above listed components at Radio Shack, Best Buy and Wal-Mart, though Wal-Mart doesn't have A-B switches. The highest prices were Radio Shack, the lowest were from wholesaler Ness Electronics, 651-251-5700, located at 2135 Energy Park Drive, St. Paul, MN 55108. However, **you need to ask about their return policy!** You may want to look in your Yellow Pages under Television-Service & Parts for a smaller retailer near you who would accept returns. We are told Plaza TV, East Lake TV and Golden Valley TV might have these components, but there are many others. For outdoor antenna sales and installation locally, you might call Robin TV 763-533-1566, Robert Paul Installation 651-271-6819, or Rick Nichols 952-941-9067; . Stillwater area: Johnny's TV, 651-439-5965; Elk River: Minnesota Electronics, 320-251-2951; LeSeuer: Butch Ward TV, 507-665-6900; Cannon Falls: GS Antenna 507-775-2548; Faribault: DeGrood TV: 507-332-7495. We are not recommending these businesses; we just know they sell and install.

Instructions for an older (analog) TV with no cable:

You need an antenna (see "Other helpful suggestions" above) and a converter box. Aim your antenna at the IDS. Set TV to channel 3. Put that channel changer aside. Using the converter box channel changer, go to the menu and scan for channels.