

ST. MICHAEL BROADCASTING, INC.
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Catholic TV

Volunteer Wanted: If you have expertise at organizing fundraisers, or novel ideas for a fundraiser, please contact the station at Info@StMichaelBroadcasting.com, or call and leave message:
612 724-2265.

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Fr. Paul La Fontaine, Pastor, St. Charles Parish, St. Anthony
Msgr. Matthew Odong, Rector, Sacred Heart Seminary, Uganda

April, 2014 A.D.

Dear Friends and Family of St. Michael Broadcasting,

In 1973, an armed man attempted to rob a bank in Stockholm, Sweden. The robbery went awry, shots were fired, and a policeman was wounded. The robber took four people hostage into the bank vault. He negotiated with the police, and received permission for a crook friend to join him. He threatened to kill the hostages if his demands for money, bullet proof vests and a getaway car weren't met. Six days later, gas was released into the vault, and the robbers surrendered.

To everyone's surprise, the hostages expressed sympathy for their captors and irritation, and even anger, toward the police. Psychologists sought to explain this phenomenon and created a term for it: Stockholm Syndrome. Stockholm Syndrome, also known as *capture-bonding*, is a psychological phenomenon in which hostages express sympathy or even positive feelings toward their captors, even to the point of defending them. It sometimes includes not only not even escaping or asking for help when one has a chance, but willing complicity.

In 1974, newspaper heiress Patti Hearst was kidnapped by a revolutionary group, physically and sexually abused, and some say, brain-washed, by her captors. Two months later, brandishing an M-1 carbine (a type US military semi-automatic rifle), she willingly robbed a bank with them. After she was rescued, she spoke well of her captors and refused to testify against them. Hearst is considered a classic case of Stockholm Syndrome.

A friend once told me the story of an incident where a man physically and verbally abused his girlfriend in a bar. A male patron told him to knock it off. A brawl ensued. The girlfriend started beating on the man who had come to her defense. This too, is a type of Stockholm Syndrome.

Maybe it's also true that when our government, under the guise of "helping people," turns free, capable and intelligent citizens into enervated captives of the welfare system--- who vehemently fight against cuts to their "benefits" --- we have an *en masse* manifestation of Stockholm Syndrome.

But there is a spiritual type of Stockholm Syndrome as well.

Satan takes us hostage through sin. Sin looks fun, attractive, liberating, like it will benefit us, while all the while it darkens the intellect, weakens the will, and enslaves. Before we know it, we're defending our intemperance, anger, envy, selfishness, lust, avarice, or sloth. If we are admonished, or admonish someone: regarding approval of contraception, divorce, homosexual acts, same-sex marriage, abortion, euthanasia, et cetera--- the response can be anger and indignation. By defending our sins, we are showing sympathy and signs of willing complicity toward the Deceiver who wants us forever his captive, and spurning the freeing hand of the One Who Loves Us, who indeed is Love.

Liberation is through the sacraments, especially Confession and Holy Communion, through prayer, and by living a virtuous life. The sacraments enable us overcome the captivating magnetism of sin. Living virtuously sharpens the intellect and strengthens the will to resist sin.

We, the laity, are called to the vocation of holiness for the purpose of renewing the temporal order by means of evangelization. Fortified by the sacraments and by living lives of virtue, we are enabled to pursue this vocation.

At St. Michael Broadcasting, we volunteers hope our programming will strengthen your (and our) vocation to holiness so that each of us can help evangelize and brighten a darkening world. Please support the station through your prayers, by volunteering and telling others, by putting a few program guides in your church, or maybe a financial contribution. The last few months contributions have been far short of what is needed to break even.

Dominus vobiscum!

Michael Bird, President and Chief Volunteer

Special Programming this month includes: *Finding the Fullness of Faith; Overcoming the Evil of Abortion* by Judi Brown; *Global Warming Unmasked; St. Catherine of Siena; The Crusades;* and *Mary, Mother of God* by Fr. Hardon, S.J.

Latin Mass on 16.1: Monday-Saturday 12, 5 and 10 pm. Sunday, 5 and 10 pm. Movies, see page 4.

Channel 16.3 Schedule (Repeats at midnight, 6 am and noon the next day.)

06:00PM		Christ in the City	Christ in the City	Christ in the City	Christ in the City	Christ in the City	The Joy of Music
06:30Pm		G.K. Chesterton	G.K. Chesterton	G.K. Chesterton	G.K. Chesterton	G.K. Chesterton	Classic Instructional Films
07:00 PM	Fr. Barron: The Seven Deadly Sins	They Could Be Saints: Fr. Groeschel	Philosophy for Theologians (ICU)	Bishop Sheen: Life is Worth Living	Helping People Psychologically and Spiritually	Friday Night Family Film	St. Stories by Mary's Dowry Productions
07:30 PM		Catholic Parents OnLine	Sacred Art (Catholic Courses)	The Crusades: Michael Voris			
08:00 PM	The Moral Magisterium of JP II (Msgr. Smith)	CIA: Global Warming Unmasked	What Every Catholic Needs to Know about Hell	Catholic Adult Education (Scott and Kimberly Hahn)	Saints With a Past (Thomas Craughwell)	Saturday Night Cinema	
08:30 PM							
09:00 PM	Finding the Fulness of Faith: Stephen Ray	St. Catherine of Siena	The One True Faith: (Michael Voris)	St. Winifred: Mary's Dowry	The One True Faith: (Michael Voris)		
09:30PM							
10:00 PM	What To Do When Life Doesn't Make Sense (Fr. Groeschel)	After This Our Exile (Fr. Groeschel)	The Immaculate Conception: Fr. Hardon	Mary Mother of God: Fr. Hardon	How Contraception Causes Drive-by Shootings: E. Michael Jones	Catholic Underground	Seek First the Kingdom: Fr. Groeschel
10:30PM							Out of the Darkness
11:00 PM	Overcoming the Evil of Abortion: Judy Brown		Fr. Groeschel: Psychological Growth and Spiritual Dev.			The Armor of God (Michael Voris)	
11:30 PM	Stop Planned Parenthood	Conversion (Fr.Barron)		Pius XII and the Jews (Michael Voris)		Conversion (Fr.Barron)	

USA Central	April 2014 Basic Weekly TV Schedule EWTN Ch. 16.2								
	AM/PM	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
12:00	AM	THE BEATITUDES	LITANY OF THE SACRED HEART	JOURNEY HOME, THE (ENCORE)	MOTHER ANGELICA LIVE CLASSICS (B)	EWTN LIVE (ENCORE)	WORLD OVER LIVE, THE (ENCORE)	LIFE ON THE ROCK - ENCORE	
12:30	AM	SAVORING OUR FAITH	MARY'S DOWRY PRESENTS						
1:00	AM	EWTN GLOBAL SHOWCASE	SUNDAY NIGHT PRIME	EWTN NEWS NIGHTLY	EWTN NEWS NIGHTLY	EWTN NEWS NIGHTLY	EWTN NEWS NIGHTLY	EWTN NEWS NIGHTLY	
1:30	AM			TO KNOW AND TO LOVE	DEFENDING LIFE	HAIL HOLY QUEEN	WHERE GOD WEEPS	CATHOLICISM ON CAMPUS: PHILOSOPHY AND THE SEARCH FOR WISDOM	
2:00	AM	HOLY WOOD ACTING STUDIO PRESENTS	EWTN GALLERY					BEDROCK BASICS	
2:30	AM	LECTIO DIVINIA - THE PARABLES OF JESUS	IN DEFENSE OF GOD'S LIKENESS	EWTN PRESENTS	ST. LUKE'S GOSPEL, SEASON II	GRAB YOUR CATECHISM, SEASON I	CATHOLIC LIVES	MARY'S DOWRY PRESENTS	
3:00	AM	EWTN LIVE (ENCORE)	HOW TO PRAY FOR YOUR SONS AND DAUGHTERS AND LOVED ONES		PAPAL AUDIENCE LIVE	SUPER SAINTS	FINDING GOD IN ALL THINGS	WEB OF FAITH 2.0	SAVORING OUR FAITH
3:30	AM		EWTN RELIGIOUS CATALOGUE	OCTAVA DIES					
4:00	AM	THEOLOGY OF THE TABLE	EWTN BOOKMARK	DANA AND FRIENDS (2009)	EWTN CATHOLIC COMPASS	LIVING RIGHT WITH DR. RAY	REMEMBERING JESUS		
4:30	AM	LIFE IS WORTH LIVING	CATECHESIS: COMMUNION WITH JESUS CHRIST	MIRACLES OF THE EUCHARIST			DOOR OF FAITH	THE SACRED HEART OF JESUS...with Fr. Bernard McGuckian, S.I.	
4:00	AM	THE ANGELUS WITH POPE FRANCIS	EWTN ORIGINAL PRODUCTIONS						
5:30	AM	ST. LUKE'S GOSPEL, SEASON II	CROSSING THE GOAL	PRIESTS AND DEACONS: MINISTERS OF MERCY	JOY OF MUSIC	APOSTOLATE FOR FAMILY CONSECRATION	THE CHOICES WE FACE	THE CHURCH AND THE POOR	
6:00	AM	CHAPLET OF ST. MICHAEL CHAPLET OF ST. MICHAEL							
6:30	AM	THE HOLY LAND ROSARY GLORIOUS MYSTERIES							
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	DAILY MASS LIVE	DAILY MASS LIVE	DAILY MASS LIVE	DAILY MASS LIVE	DAILY MASS LIVE	
7:30	AM								
8:00	AM	LITANY OF THE SACRED HEART	SUNDAY NIGHT PRIME	LIFE ON THE ROCK - ENCORE	THRESHOLD OF HOPE (ENCORE)	EWTN LIVE (ENCORE)	WORLD OVER LIVE, THE (ENCORE)	HI LUCY/BIG AL LIVE	
8:30	AM	EWTN BOOKMARK						MY TIME WITH JESUS	
9:00	AM	VATICANO	MOTHER ANGELICA LIVE CLASSICS (A)	THE BEST OF MOTHER ANGELICA LIVE	MOTHER ANGELICA LIVE CLASSICS (B)	CATHOLIC CLASSICS: LIVING THE SCRIPTURES MARK 7:24	CATHOLIC CLASSICS: MOTHER ANGELICA PRESENTS HOLINESS IS BEING HUMAN	THE DONUT MAN	
9:30	AM	WHERE GOD WEEPS				EWTN RELIGIOUS CATALOGUE	THE CATHOLIC VIEW FOR WOMEN	ANIMATED STORIES FROM THE NEW TESTAMENT	
10:00	AM	CATHOLICISM	WOMEN OF GRACE					CATECHESIS: COMMUNION WITH JESUS CHRIST	
10:30	AM	HOLY ROSARY W/ MOTHER ANGELICA & THE NUNS OF OLAM							
11:00	AM	SUNDAY MASS (ENCORE)	DAILY MASS (ENCORE)	DAILY MASS (ENCORE)	DAILY MASS (ENCORE)	DAILY MASS (ENCORE)	DAILY MASS (ENCORE)	DAILY MASS (ENCORE)	
11:30	AM								
12:00	PM	LITANY OF THE SACRED HEART	THE BEST OF THE JOURNEY HOME				JOURNEY HOME, THE (ENCORE)	EWTN RELIGIOUS CATALOGUE	
12:30	PM	IN CONCERT	MIRACLES OF THE EUCHARIST						
1:00	PM		EWTN RELIGIOUS CATALOGUE	THRESHOLD OF HOPE LIVE	G. K. CHESTERTON: APOSTLE OF COMMON SENSE	CROSS TRAINING	STATIONS OF THE CROSS	EWTN ON LOCATION	
1:30	PM	GREAT MOMENTS IN CHURCH HISTORY	SUPER SAINTS	IN DEFENSE OF GOD'S LIKENESS	EWTN BOOKMARK				
2:00	PM	CHAPLET OF DIVINE MERCY IN SONG	CHAPLET OF DIVINE MERCY CHAPLET OF DIVINE MERCY					CHAPLET OF DIVINE MERCY IN SONG	
2:15	PM	REFLECTIONS WITH FR. LEO CLIFFORD							
2:30	PM	HOLY ROSARY IN STAINED GLASS	THE INTERNATIONAL ROSARY JOYFUL MYSTERIES					LITANY OF THE SACRED HEART	ROSARY FOR LIFE
2:45	PM		LITANY OF LORETO	LITANY OF THE HOLY NAME	PAPAL AUDIENCE	LITANY OF THE PRECIOUS BLOOD			
3:00	PM	GRAB YOUR CATECHISM, SEASON I	TRUTH IN THE HEART: Grade 1/ROSARY FOR KIDS	TRUTH IN THE HEART: Grade 2/ ROSARY FOR KIDS	TRUTH IN THE HEART: Grade 3/ROSARY FOR KIDS	TRUTH IN THE HEART: Grade 4/ROSARY FOR KIDS	TRUTH IN THE HEART: Grade 5/ROSARY FOR KIDS	WEB OF FAITH 2.0	
3:30	PM	THE PARABLES OF CHRIST	MY TIME WITH JESUS	THE FRIAR	THE DIVINE MERCY CHAPLET FOR KIDS	MY CATHOLIC FAMILY	THE WAY OF THE CROSS FOR KIDS	EUCHARISTIC JOURNEY AND THE NEW EVANGELIZATION	
4:00	PM	PRIESTS AND DEACONS	WE ARE CATHOLIC	ABCATHOLIC	LUCY AND FRIENDS	ROAMIN' CATHOLIC	CAT CHAT		
4:30	PM	CONSUMING THE WORD	EWTN BOOKMARK	THE CHOICES WE FACE	SUPER SAINTS	SAVORING OUR FAITH	FINDING GOD IN ALL THINGS	HOW TO PRAY FOR YOUR SONS AND DAUGHTERS AND LOVED ONES	
5:00	PM	THE CHURCH AND THE POOR	EWTN NEWS NIGHTLY	EWTN NEWS NIGHTLY	EWTN NEWS NIGHTLY	EWTN NEWS NIGHTLY	EWTN NEWS NIGHTLY	LIFE IS WORTH LIVING	
5:30	PM	CROSSING THE GOAL	EWTN GALLERY					CROSS TRAINING	
6:00	PM	WORLD OVER LIVE, THE (ENCORE)	DAILY MASS (ENCORE)	DAILY MASS (ENCORE)	DAILY MASS (ENCORE)	DAILY MASS (ENCORE)	DAILY MASS (ENCORE)	MOTHER ANGELICA LIVE CLASSICS (A)	
6:30	PM	SUNDAY NIGHT PRIME	JOURNEY HOME, THE (LIVE)	MOTHER ANGELICA LIVE CLASSICS (B)	EWTN LIVE	WORLD OVER, THE (LIVE)	LIFE ON THE ROCK	EWTN CINEMA	
7:00	PM								
7:30	PM								
8:00	PM								G. K. CHESTERTON: APOSTLE OF COMMON SENSE
8:30	PM	HOLY ROSARY W/ MOTHER ANGELICA & THE NUNS OF OLAM							
9:00	PM	EWTN CATHOLIC COMPASS	WORLD OVER LIVE, THE (ENCORE)	THRESHOLD OF HOPE (ENCORE)	EWTN RELIGIOUS CATALOGUE	EWTN GLOBAL SHOWCASE	CROSS TRAINING	LIVING RIGHT WITH DR. RAY	
9:30	PM				VATICANO		CONSUMING THE WORD		
10:00	PM	LIFE ON THE ROCK - ENCORE	PRIESTS AND DEACONS: MINISTERS OF MERCY	GRAB YOUR CATECHISM, SEASON I	THE CATHOLIC VIEW FOR WOMEN	DEFENDING LIFE	THE PARABLES OF CHRIST	EWTN PRESENTS	
10:30	PM				WOMEN OF GRACE				
11:00	PM	DAILY MASS (ENCORE)	SUNDAY MASS (ENCORE)	DAILY MASS (ENCORE)	DAILY MASS (ENCORE)	DAILY MASS (ENCORE)	DAILY MASS (ENCORE)	DAILY MASS (ENCORE)	
11:30	PM								

April 2014 Movie Schedule, Ch. 16.3 TV - St. Michael Broadcasting

Date(s)	Friday	Saturday
April 4, 5	Casablanca Red River Valley	D. O. A.
April 11, 12	'Neath Brooklyn Bridge Riders of Destiny	Palooka
April 18, 19	Alaska Hiway Star Package	Life with Father
April 25, 26	The Painted Hills Sagebruch Trail	Quicksand

))) Reception Tips (((

For antenna info, visit: www.antennaweb.org, www.tvfool.com, www.solidsignal.com, or dennysantennaservice.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: \$5-\$100 indoor, \$45-\$130 outdoor)

A-B Switch (cost: \$5-\$18), or (for satellite/broadcast reception) a satellite/antenna diplexer (\$20 at Radio Shack).

RG-6 Coaxial cable 3' -25' (cost: \$6-\$30 depending on length).

Converter box, if you have an analog TV (Cost: \$50-\$60).

Indoor amp: e.g., Winegard HD A-0200, or Outdoor pre-amp: e.g., Winegard AP 8275, or AP 8700, or Winegard LNA 200.

Instructions for a digital TV:

Plug **cable TV cable** into one side of the **A-B switch** and the **antenna coax cable** into the other.

Connect the **short coax cable** (3'-6') to "Out to TV" and 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. They should now work. After they work, flip the A-B switch so that it is in the antenna reception mode. Next, 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, and flip the switch on the A-B switch. Main point: If your A-B switch is set to receive a cable signal, your TV must be set to receive a cable signal; if your A-B switch is set to receive an antenna signal, your TV must be set to receive an antenna signal.

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 coax cable from output on the converter box into "B" side of A-B switch.

Set TV to Channel 3 and PUT THIS TV CHANNEL CHANGER/Remote 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**. Main point: If your A-B switch is set to receive a cable signal, your TV must be set to receive a cable signal; if you're a-B switch is set to receive an antenna signal, your TV must be set to the receive an antenna signal mode.

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 usually 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 best indoor antenna we have found is the Antennas Direct Clearstream C2V cost \$77.00** through Solid Signal.com, or \$99.00 at Best Buy or Wal-Mart. Cost of the base, through Solid Signal is an additional \$15.00. You may need to buy a short length of **RG-6 coax cable** at the same time. SolidSignal.com has good prices and online antenna advice. Another possibility is the Winegard FV HD-30 available at ShopJimmy.com 651-251-5700, **2300 West Highway 13, Burnsville, MN 55337**, cost \$40.00. We found many of the above listed components at Radio Shack, Best Buy and Wal-Mart, though Wal-Mart doesn't have A-B switches. Possibly check the Yellow Pages under Television-Service & Parts for a smaller retailer near you. We are told Plaza TV, East Lake TV and Golden Valley TV might have these components, but there are many others. A good outdoor antenna is the Winegard HD 7697. For outdoor antenna sales and installation locally, you might call: for west metro, (Hutchinson, St. Bonifacius, Waconia) Duane at Electronic Servicing 320-327-2742; St. Louis Park, Minneapolis, Rick Nichols 952-941-9067; St. Paul: Robert Paul Installation 651-271-6819; 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: De Grood 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.