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Catholic TV

Rachel's Vineyard Retreat

Post-abortion grieving? Experience God's
forgiveness! February 24-26
Contact Nancy 763 250-9313, or email
rachels@rvineyardmn.org, or see
www.rvineyardmn.org.

“Our life can never be perfectly happy because it
is not Heaven, nor can it be wholly unhappy
because it is the road to Heaven.”

“Each day sow some seed for Heaven; the harvest
will come in due time. It is day yet, and time to
work; the night comes in which work ceases.”
Rev. Tilmann Pesch, S.J. *The Catholic's Manual*

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February 2017, A.D.

Dear Friends and Family of St. Michael Broadcasting,

Thank you so very much! My Christmas came early due to your generous response to our request for prayers and contributions for the new transmitter. With your generosity and prayers, we were able to pay for the transmitter without taking out a loan. Thank you, thank you, thank you! Thank you for your generosity.

As we start the New Year, let us reflect on how we, as Christians, can amend our lives. With the persecution of Christians, abortion, euthanasia, depression, discord in families, etc., the world is crying out for healing. How did Jesus heal? He looked at each person in totality--- body and soul. He was always concerned with their spiritual and physical health and cured them. Our nation and our families need healing. We are all sinners.

The remedy that will heal families, America and the world is living a virtuous life. Let us reflect on the Seven Holy Virtues and the Seven Deadly Sins:

The Seven Holy Virtues and their opposing Vices

Three Spiritual (or Theological) Virtues:

1. *Fides* (Faith) is opposed to atheism, agnosticism and preferring one's will to the will of God.
2. *Spes* (Hope) is opposed to despair, cynicism, and lack of trust in God, or belief in one's eternal destiny.
3. *Caritas* (Charity) is opposed to hatred, wrath and indifference.

The Four Cardinal (or Pagan) Virtues:

4. Prudence is opposed to impulsiveness and negligence.

5. Temperance is opposed to gluttony, drunkenness, unchastity, pride, wrath and greed.
6. Fortitude is opposed to pusillanimity, timidity, vainglory and inconstancy.
7. Justice is opposed to disregard for the true rights of God, neighbor and society.

In 410 A.D. the poet Prudentius composed an allegorical poem titled *Psychomachia* (The Battle for the Soul) in which the Seven Deadly Sins and their contrary Virtues battle for the soul of an individual.

The **Seven Deadly Sins** and the **Virtues** one must cultivate to fight them:

Pride	Humility
Envy	Kindness (Brotherly love)
Gluttony	Abstinence (Temperance)
Lust	Chastity
Wrath (anger)	Patience (Meekness)
Greed (avarice)	Liberality (Generosity)
Sloth (acedia)	Diligence

None of us wants to lose the Battle for the Soul! Please make an examination of conscience and see what virtue you will work on. If you are living a virtuous life, you are more likely to be joyful. If someone asks you why you are joyful, you can respond that you are trying to give all to God for love of Him and neighbor.

We must all work to re-evangelize America, to re-instill virtue. To do this, we need to know the Truth, to pray for the conversion of our culture and the grace to speak the Truth in charity, and to act. More succinctly, we need to learn, pray and act. St. Michael Broadcasting helps us learn the truth so that we can bring it to others and brings the truth over the airwaves to those we may never meet.

Again, thanks to all of you who so generously helped with the purchase of the new transmitter. May God reward you. There are many ways you can help with this apostolate: with prayer, by offering to volunteer, by telling others, by placing program guides (after receiving permission) in your parish's literature rack, and by making a financial contribution. Please help in whatever ways you can.

Praying for you in Eucharistic adoration,

Rosanne Bird, Treasurer and volunteer

Latin Mass on 16.1: Monday-Saturday 12, 5 and 10 pm.; Sunday, 5 & 10 pm. For movies, see page 4.

Channel 16.3 Schedule, see page 4 (repeats at midnight, 6 a.m. and noon the next day).

February	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
06:00PM	Alter Christus	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	Armor of God: Virtues series	G.K. Chesterton	G.K. Chesterton	G.K. Chesterton	G.K. Chesterton	G.K. Chesterton	Changing Tracks
07:00PM	The Fathers of Mercy: What Would Jesus Do?	Catholic Parents OnLine	St. Stories by Mary's Dowry Productions	Jennifer Roback Morse: The Essential Public Purpose of Marriage	The Wisdom & Power of God (Fr. Groeschel)	Friday Night Family Film	Pilgrimage to the Eastern Shrines of Europe
07:30PM		Bishop Sheen: Life is Worth Living			Jason Everett: Homosexuality and the Catholic Church		Fr. Groeschel: A Map of Life
8:00 PM		Franciscan University Presents: Mere Christianity	Changing Tracks		Fr. Groeschel: Seek First the Kingdom		Saturday Night Cinema
08:30PM	Fr. Groeschel: St. Augustine – His Life and Spirituality	Catechism Series (Fr. Groeschel)	Franciscan University Presents: The Catholic University as Witness				
09:0 PM	Alice Von Hildebrand: Suffering and What to do With It	Sister Diana Momeka: Eyewitness to ISIS in Iraq	The One True Faith: (Michael Voris)	Franciscan University Presents: The Catholic University as Witness	Dr. Teresa Deisher: The Promise and Miracles of Science in the Divine Plan	Franciscan University Presents: The Masculine Genius	Cast Out Your Nets (HM Television)
09:30PM	Choices We Face		Franciscan University Presents: Myths About the Crusades		The Pallium Mass of Archbishop Bernard Hebda		Andrew C. McCarthy: What Keeps America From Protecting Itself from Radical Islam
1000 PM	Dr. Deborah Savage: Male and Female He Created Them	Depression: The Silent Epidemic	Elizabeth Lev: Sacred Space in Rome	The Pallium Mass of Archbishop Bernard Hebda	The Mercy of God in the Family	Fr. Groeschel: Seek First the Kingdom	I Trust In Thee
10:30PM	Jennifer Fulwiler: From Atheist to Catholic				Lumen Christi		
11:00PM							
11:30PM							

Central USA	February 2017 - Generic EWTN						SATURDAY
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12:00 AM	FIELDS AND FAITH	LITANY OF THE SACRED HEART	JOURNEY HOME, THE (ENCORE)	MOTHER ANGELICA LIVE CLASSICS	EWTN LIVE (ENCORE)	WORLD OVER LIVE, THE (ENCORE)	LIFE ON THE ROCK - ENCORE
12:30 AM	YOU'RE AMAZING WITH JUSTIN FATICA	THE CATHOLIC CHURCH: BUILDER					
1:00 AM	RISE AND FALL OF ANCIENT ISRAEL	SCENARIOS ON PRIME	EWTN NEWS NIGHTLY	EWTN NEWS NIGHTLY	EWTN NEWS NIGHTLY	EWTN NEWS NIGHTLY	EWTN NEWS NIGHTLY
1:30 AM	VOICE OF THE BRIDEGROOM, THE -		VOCATION BOOM	DEFENDING LIFE	LAMB'S SUPPER	WHERE GOD WEEPS	CONVERSATIONS THE WORLD OVER
2:00 AM	BEHIND THE SCENES: CATHOLIC		EWTN GALLERY				OUR LADY MOND SCRIPTURE AND
2:30 AM	CATHERINE OF SIENA: MYSTIC & EWTN LIVE (ENCORE)	CATHOLIC LIVES <AUSTRALIA>	EWTN PRESENTS	ANGELUS FROM THE GROTTO IN	KNOWING MARY THROUGH THE BIBLE	EWTN RELIGIOUS CATALOGUE	SYMBOLON
3:00 AM		THE DOMESTIC CHURCH		PAPAL AUDIENCE	SUPER SAINTS	WEB OF FAITH 2.0	SAVORING OUR FAITH
3:30		THE GLORY OF THE PAPACY	OCTAVA DIES		ANSWERING THE MASTER'S CALL		VIRTUE, FREEDOM AND FAITH
4:00 AM	THE CHURCH: GOD'S PLAN	EWTN BOOKMARK	THE CHURCH UNIVERSAL	ST. LUKE'S GOSPEL, SEASON IV	CATHOLIC COMPASS	LIVING RIGHT WITH DR. RAY	LIGHT FROM LIGHT
4:30 AM	LIFE IS WORTH LIVING	GRANDPARENTS	MANY FACES OF MARY	SHEPHERDS SPEAK			TWELVE PROMISES OF THE SACRED HEART
5:00 AM	ANGELUS WITH POPE FRANCIS	EWTN ORIGINAL PRODUCTIONS					
5:30 AM	ANGELUS WITH POPE FRANCIS	EWTN RELIGIOUS CATALOGUE	CHURCH AND THE POOR	JOY OF MUSIC	APOSTOLATE FOR FAMILY	THE CHOICES WE FACE	CATHOLICS COME HOME
6:00 AM		CHAPLET OF ST. MICHAEL CONSECRATION					
6:30 AM	THE HOLY ROSARY FROM LOURDES	THE HOLY LAND ROSARY					
6:50 AM		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	DAILY MASS	DAILY MASS	DAILY MASS	DAILY MASS	DAILY MASS
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)	MY CATHOLIC FAMILY
8:30 AM	EWTN BOOKMARK						MY TIME WITH JESUS
9:00 AM	WHERE GOD WEEPS	MOTHER ANGELICA LIVE CLASSICS	THE BEST OF MOTHER ANGELICA LIVE	MOTHER ANGELICA LIVE CLASSICS	CATHOLIC CLASSICS: LIVING THE	CATHOLIC CLASSICS: MOTHER ANGELICA	TRUTH IN THE HEART
9:30 AM	AT HOME WITH JIM AND JOY (ENCORE) B				EWTN RELIGIOUS CATALOGUE	CATHOLIC VIEW FOR WOMEN	AT HOME WITH JIM AND JOY (ENCORE) A
10:00 AM		WOMEN OF GRACE					
10:30 AM	THE HOLY ROSARY FROM LOURDES	THE HOLY ROSARY WITH MOTHER ANGELICA					
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 IN CONCERT	THE BEST OF THE JOURNEY HOME				JOURNEY HOME, THE (ENCORE)	EWTN RELIGIOUS CATALOGUE
12:30 PM							MANY FACES OF MARY
1:00 PM		AT HOME WITH JIM AND JOY (LIVE) A	THRESHOLD OF HOPE	LIVING RIGHT WITH DR. RAY	AT HOME WITH JIM AND JOY (LIVE) B	SUPER SAINTS	EWTN ON LOCATION
1:30 PM	G. K. CHESTERTON: APOSTLE OF COMMON SENSE					STATIONS OF THE CROSS	
2:00 PM	COMMON SENSE: MERCY IN SONG	CHAPLET OF DIVINE MERCY					CHAPLET OF DIVINE MERCY IN SONG
2:15 PM		REFLECTIONS WITH FR. LEO CLIFFORD					
2:30 PM	THE HOLY ROSARY	THE INTERNATIONAL ROSARY					ROSARY FOR LIFE
2:45 PM		LITANY OF LORETO	LITANY OF THE HOLY NAME	PAPAL AUDIENCE	LITANY OF THE PRECIOUS BLOOD	LITANY OF THE SACRED HEART ROAMIN' CATHOLIC	
3:00 PM	GRAB YOUR CATECHISM WITH FR. CONNOR	WE ARE CATHOLIC	CAT CHAT	THE FRIAR	THE DONUT MAN		WEB OF FAITH 2.0
3:30 PM	SCENARIOS SPEAK	THE DIVINE MERCY CHAPLET FOR KIDS	MY TIME WITH JESUS	ABCATHOLIC	ANIMATED STORIES FROM THE BIBLE	THE WAY OF THE CROSS FOR KIDS	
4:00 PM	THE CHURCH UNIVERSAL	RISE AND FALL OF ANCIENT ISRAEL	SUPER SAINTS	G. K. CHESTERTON: APOSTLE OF FAITH	SAVORING OUR FAITH	GRANDPARENTS	VOICE OF THE BRIDEGROOM, THE -
4:30 PM	LORD HAVE MERCY	EWTN BOOKMARK	THE CHOICES WE FACE	CONVERSATIONS THE WORLD OVER	VOCATION BOOM	CHURCH AND THE POOR	EWTN BOOKMARK
5:00 PM	LIGHT FROM LIGHT	EWTN NEWS NIGHTLY	EWTN NEWS NIGHTLY	OUR LADY MOND NIGHTLY	EWTN NEWS NIGHTLY	EWTN NEWS NIGHTLY	LIFE IS WORTH LIVING
5:30 PM	VATICANO	EWTN GALLERY					HEROIC MEDIA
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
6:30 PM							
7:00 PM	SUNDAY NIGHT PRIME	JOURNEY HOME, THE (LIVE)	MOTHER ANGELICA LIVE CLASSICS	EWTN LIVE	WORLD OVER, THE (LIVE)	LIFE ON THE ROCK	EWTN CINEMA
7:30 PM							
8:00 PM	SYMBOLON	EWTN NEWS NIGHTLY	EWTN NEWS NIGHTLY	EWTN NEWS NIGHTLY	EWTN NEWS NIGHTLY	EWTN NEWS NIGHTLY	
8:30 PM		THE HOLY ROSARY WITH MOTHER ANGELICA					
9:00 PM	CATHOLIC COMPASS	WORLD OVER LIVE, THE (ENCORE)	THRESHOLD OF HOPE (ENCORE)	EWTN RELIGIOUS CATALOGUE	YOU'RE AMAZING WITH JUSTIN FATICA	THE CHURCH UNIVERSAL	LIVING RIGHT WITH DR. RAY
9:30 PM				VATICANO	CROSSING THE GOAL	LORD HAVE MERCY	
10:00 PM	LIFE ON THE ROCK - ENCORE	VIRTUE, FREEDOM AND FAITH	GRAB YOUR CATECHISM WITH FR. CONNOR	CATHOLIC VIEW FOR WOMEN	DEFENDING LIFE	VOICE OF THE BRIDEGROOM, THE - A CHRISTOLOGICAL	EWTN PRESENTS
10:30 PM							
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							

February 2017 Movie Schedule, Ch. 16.3 TV - St. Michael Broadcasting

Date(s)	Friday	Saturday
Febr. 3, 4	Song of Bernadette	Little Margaret
Febr. 10, 11	Dr. Christian meets the Women	Shadows over Shanghai
Febr. 17, 18	They meet Again	Red River Valley Riders of Destiny
Febr. 24, 25	The Painted Hills	Night Train to Munich
_____	_____	_____

))) 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.