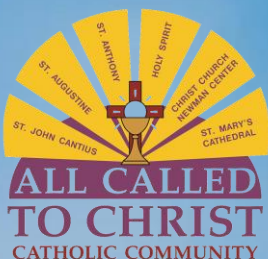


A Guide to Spiritual and Social *Opportunities*



COMMUNION AND LIBERATION (CL)

CL is many things: a community, a religious movement, an event; but above all, it is a friendship open to all, which guides people in living their faith within the various spheres of life. What makes this friendship possible is an experience of the reality of God incarnate, Christ present, here and now. We have a weekly School of Community where people share how the encounter with Christ is happening in their lives. Meets Thursdays at 8:00 pm at the Church of the Holy Spirit, St. Cloud, and Fridays at 7:30 pm at the Mary Center of St. Mary's Cathedral.

John Steichen or Ann Steichen, annfsteichen@gmail.com
Jonathan Fromm, jfffromm@gmail.com; clonline.org

COMMUNITY MEAL

The Community Meal is coordinated with other churches or groups around St. Cloud. We feed guests who are homeless, on the financial edge or just in need of friendly company. It is both a “fill your tummy” and “fill your spirit” event! We welcome volunteers, both to provide food items (fruit, salads, desserts) and to serve as hosts. Parishioners from each of our ACC parishes are welcome to volunteer. Contact the parish office.

- Second Saturday of every month at Newman Center
- Third Sunday at St. Augustine
- Fourth Sunday of every month at St. Mary's Cathedral

DAUGHTERS OF ISABELLA

The Order of the Daughters of Isabella is a fraternal organization of Catholic women founded on the principle of its motto: Unity, Friendship and Charity. As Catholic women and disciples of Jesus Christ, we are called to minister with love, respect, and justice to all humanity regardless of age, race, nationality, or background. Meets on the first Monday of each month at 2:00 pm at St. John Cantius Church.

Bev Voigt, b.voigt@ymail.com

DIOCESAN COUNCIL OF CATHOLIC WOMEN

The St. Cloud Diocesan Council of Catholic Women acts through its affiliate organizations to support, empower, and educate all Catholic women in spirituality, leadership, and service. DCCW programs respond with Gospel values to the needs of the Church and society in the modern world. We have quarterly board meetings at various locations around the Diocese. We sponsor 3 major events throughout the year: Annual Women's Lenten Retreat (usually in March), Fun, Food and Fund Day in June (our only fundraiser), and the Annual Fall Conference held the third Saturday in September (business meeting and speakers).

Sheri Streasick, DCCW.president@gmail.com

EMOTIONS ANONYMOUS

Emotions Anonymous is a 12-step program patterned after AA, designed to help individuals find emotional balance in their daily lives. People of all ages and backgrounds come together to share personal experiences and learn to find serenity and peace of mind through the 12 steps. Meets Thursdays at 1:00 pm at St. John Cantius Church.

Kathleen Engel, kathleene.engel@gmail.com



HANDMAIDS OF ST. PHILOMENA

The Handmaids of St. Philomena is a young women's apostolate for incoming teens (ages 12–13 through 18) that fosters spiritual, emotional, physical, and intellectual growth in a mother-daughter setting. Rooted in Catholic tradition and inspired by the purity and courage of St. Philomena, the apostolate nurtures a Eucharistic prayer life, affirms the God-given identity of women, encourages the pursuit of virtue and life skills, equips young women for vocational discernment, and teaches Christ-honoring dance as an expression of praise and joyful witness in the community. Together, members share love, laughter, and hope with one another and the world. Workshops and retreats are scheduled seasonally. Full curriculum offerings for ages 12-13 cohort begins in Fall 2026.

Mandy Schmidt, amandaleighs@live.com

ILLUMINATE YOUTH GROUP

Students in Grades 9-12 are invited to join us every Sunday night from 7:00-9:00 pm at St. Peter's Church for Youth Group. This is a great opportunity to create authentic friendships, grow in your relationship with God, and have a good time! Meets Sundays at 7:00 pm at St. Peter's Church.

Tricia Walz, tricia.walz@yahoo.com, illuminateministries.org/home



KNIGHTS OF COLUMBUS

At Knights of Columbus, we are empowering Catholic men to live their faith at home, in their parish, at work, and in their community as a worldwide financial and charitable organization. We strive to provide faith, family, community, and life opportunities through our parishes to enhance our principles of Charity, Unity, Fraternity, and Patriotism.

COUNCIL 961 – ST. MARY’S CATHEDRAL, ST. AUGUSTINE, ST. JOHN CANTIUS

Meets the 2nd Monday of each month at 6:30 pm in the Mary Center of St. Mary’s Cathedral.

Bob Rueter, rjr33phil@charter.net

COUNCIL 12098 – HOLY SPIRIT

Meets the 1st Monday of each month at 6:00 pm at Holy Spirit.

Dennis Schaefer, denmar063@yahoo.com

COUNCIL 5548 – ST. ANTHONY

Meets the 1st Thursday of each month at 6:30 pm at St. Anthony.

Joe Maiers, joe@jmaiers.com

LAY CARMELITES

The Third Order of Our Lady of Mount Carmel, also known as the Lay Carmelites, is a third order of the Carmelite Order of the Ancient Observance. Lay Carmelites are an association of people who choose to live the Gospel in the spirit of the Carmelite Order and under its guidance. Its members are mainly lay people. Meets the 2nd Saturday of each month at 10:00 am at St. Joseph Church, St. Joseph.

Bill Riner, 1billriner@gmail.com

MEN'S GROUP ST. AUGUSTINE

St. Augustine Men's Group exists to unite the men of the parish to work together for the good of the parish. Any adult male who is a member at St. Augustine is invited to join. The Men's Group hosts a monthly breakfast to raise money for the maintenance and upkeep of the church and school campus. Meets the second Tuesday following Breakfast Sunday at St. Augustine.

Jason Scheeler, jscheeler@yahoo.com

MEN'S GROUP NEWMAN CENTER

We meet at Newman Center on the first Thursday of the month at 2:00 p.m. We follow the daily meditation of Father Richard Rohr (CAC.org). We accept adult males exactly where they are spiritually. The only qualification is that they seek to become closer to God. Any church affiliation is not required.

Al Lawrence, rockon1951@gmail.com

MEN'S PRAYER GROUP

All men are invited to share an hour of reflection in prayer and reading of the Gospel with other men. Friends from other parishes are also welcome. Meets Saturdays at 8:00 am in the Mary Center of St. Mary's Cathedral.

Jim Wildeson, jwildeson@gmail.com



THE MOMCO (MOTHERS OF PRESCHOOLERS)

The Granite City MomCo is a community of moms who encourage other moms to realize their potential as mothers, women, and leaders in relationship with Jesus. We help build connections and fellowship and offer a hand-me down closet for mothers within the Sartell, Sauk Rapids, and St. Cloud area. The vision is to see no mom alone – because better moms make a better world.

Meetups:

- Every 2nd and 4th Thursday
- 9:00 am - 11:00 am at The Mary Center of St. Mary's Cathedral
- 7:00 pm - 9:00 pm at Celebration Lutheran of Sartell

granitecitymomco@gmail.com
facebook.com/gcmomco

ORDER OF SECULAR FRANCISCANS

Secular Franciscans are a community/fraternity of Catholic men and women who seek to pattern their lives after Christ in the spirit of Saint Francis. Our purpose is to bring the gospel to life where we live and where we work. Meets third Sunday of each month at 1:00 pm at St. John Cantius Church.

Mary Holtz, rmholtz@hutchtel.net

ORDER OF SUFFERING HEARTS

The Order of Suffering Hearts is an association of lay faithful and clergy in the Diocese of St. Cloud, whose apostolate is to assist clergy and laity through prayer and works of mercy, in fidelity to our Bishop and the magisterium of the Catholic Church. We meet for prayer, organization, and fellowship. Meets first Sunday, and on the 17th of each month (M-F 6:00 pm, S-S 2:00 pm) at St. John Cantius Church.

Gregory Kuhn, g.kuhn.mk@gmail.com

OUR LADY OF GRACE – A CENTRAL MN CATHOLIC MOM’S GROUP

Through meaningful fellowship, encouragement, and shared faith, we strive to cultivate deep friendships and provide a space where moms of all circumstances and life stages who give of themselves every day for the needs of their family are renewed and supported in their vocation. Come, rest, and receive! Meets every first Thursday of the month from 7:30-9pm at Holy Spirit Church.

Tia Rydberg, ourladyofgracemoms@gmail.com

PIETRA FITNESS®

Pietra Fitness® is fitness class for women that stretches, strengthens and tones the body while refreshing the soul with prayer. In only one hour you will feel calmer, stronger, refreshed and renewed! Meets Tuesdays and Thursdays from 9:15–10:15 am at the Pietra Fitness Studio (room 27) in the Mary Center of St. Mary’s Cathedral.

Heather Sukut, sukutathome@hotmail.com

ROSARY GROUP

The Rosary is prayed daily in the garden at the Church of St. Augustine at noon. During the winter, the Rosary is prayed in the church. Meets at noon at St. Augustine.

Tom Rentz, rentzthomas@yahoo.com



ST. AUGUSTINE CHRISTIAN WOMEN

St. Augustine Christian Women is a ministry of service to the parish and spiritual support to members. Affiliated with the Diocesan, National, and World Catholic Women's Councils, St. Augustine Christian Women aim to support, empower and educate all Catholic women in spirituality, leadership and service. We welcome new members to share their energy and ideas. We meet on the second Thursday of the month at 2:30 p.m.; 7 times per year (Sep-Dec, Mar-May), October and May we meet at 4:30 pm and enjoy dinner together. Meetings include praying together, sharing opportunities, spiritual education, and discussing upcoming events and activities.

St. Augustine parish office at info@staugs.com

ST. MARCELLUS MISSION GROUP

Are you looking for a way to serve others and make a meaningful impact in our church, community, and beyond? The St. Marcellus Mission Group invites you to join us in living out Christ's love through service. Our mission is simple: To embody Christ's love by actively serving those in need within our church, community, and across the globe. In giving of ourselves, we receive. Founded in 1952, our group began as an effort to support Father Minette, assigned to a parish in Venezuela. Over the years, we have continued to serve both local and global needs. Meets the second Tuesday of each month (Sept. – May) at 6:30 pm at Holy Spirit.

Annette O'Neil, pjon3210@gmail.com

SEVEN SISTERS APOSTOLATE

The Seven Sisters Apostolate is a call to strengthen the Church by ensuring that a Holy Hour is prayed each day of the week for the sole intention of a specific priest or bishop—a “holy wasting” (cf. Mt. 26:10) or lavishing of prayer for his deeper conformity to Christ. A Seven Sisters group begins when at least seven women respond to a call to the mission of the apostolate. The initial recipient of a Seven Sisters group should be their parish pastor. Each member commits to a Holy Hour on a distinct day of the week, thus covering a complete week. The commitment is to that day; the Seven Sister may pray at any time on that day. The Holy Hour is ideally prayed in the presence of

the Blessed Sacrament – either in an Adoration Chapel or in front of a Tabernacle – but not restricted to the parish of which the Seven Sister is a member.

Carrie Ellis, sevensistersstcloud@gmail.com

TOPS (TAKE OFF POUNDS SENSIBLY)

TOPS (Take Off Pounds Sensibly) is the short name for TOPS Club, Inc., the original nonprofit, noncommercial network of weight-loss support groups and wellness education organization. TOPS offers tools and programs for healthy living and weight management, with exceptional group fellowship and recognition. Established in 1948 to champion weight-loss support and success, we've helped millions of people live healthier lives. Meets Thursdays at 9:00 am at St. John Cantius Church.

Jeanine Hebner, tea4two-jah@charter.net

TROOPS OF SAINT GEORGE

The Troops of Saint George is a fraternal Catholic nonprofit apostolate for priests, men, and young men looking for a life of adventure coupled with virtue. Initially founded in 2013 by Catholic author and professor Dr. Taylor Marshall we have become a collection of troops that do the following: teach our sons archery, rock climbing, marksmanship, fishing, survival skills...and Catholic virtues, foster a love for the priesthood and a reverence for the sacrament of Matrimony, support our local parish, our priests, our bishops, and community by being available for works of mercy and service. Meets 3rd Thursday (Sept. – May) at 6:30 pm at St. Peter's Church, St. Cloud.

Timothy Schmidt, timothyschmidt@live.com

CHURCH OF ST. ANTHONY

2405 1st St. N., St. Cloud, MN 56303
(320) 251-5966 · spiritandsaints.org
saps@spiritandsaints.org

CHURCH OF ST. AUGUSTINE

442 2nd St. SE, St. Cloud, MN 56304
(320) 251-8335 · staug.com
info@staug.com

CHRIST CHURCH NEWMAN CENTER

396 1st. Ave. S., St. Cloud, MN 56301
(320) 251-3260 · scsucatholic.org
newmancenter@scsucatholic.com

CHURCH OF THE HOLY SPIRIT

2405 Walden Way, St. Cloud, MN 56301
(320) 251-3764 · spiritandsaints.org
hschmitt@spiritandsaints.org

ST. JOHN CANTIUS CHURCH

1515 3rd St. N., St. Cloud, MN 56303
(320) 251-4455 · stjohncantius.org
cantiusj@gmail.com

ST. MARY'S CATHEDRAL

25 8th Ave. S., St. Cloud, MN 56301
(320) 251-1840 · stmarystcloud.org
office@stmarystcloud.org

