

St. Joseph's Workshop with Father Matthew
Show Notes - 3rd Quarter 2017

July 5, 2017 (Pre-recorded. Adoptions United mentioned)

- Why everyone should have a copy of the Catechism of the Catholic Church on hand.
- The Joy of the Gospel! Elizabeth's joy at the Annunciation.
- The global vocation situation. Archbishop Gomez on the joy of evangelization.

July 6, 2017 (Pre-recorded)

- University of Iowa study suggests that American farmers at higher risk of suicide.
- Update on Deacon Steven. The changing demographics of Catholics in America. E-mail: What happens if the priest forgets to say the words of absolution in a confession? What if they forget to give a penance?
- Father interviews Edward from Aid to the Church in Need. Edward discusses how this ministry works with the local church in areas of need.
- Is facebook the new "church" of the future? If so, who is our pastor? Mark Zuckerberg won't be able to save your soul.

July 7, 2017

- The battle for the life of Charlie Gard: European court holds that parents have no right to their child; hospital can kill at their option.
- Father breaks down a pro-euthanasia argument he heard on secular radio: Why can't we just let people do what they want to do?
- The importance of the life issue in Catholic thought. How much time do we spend behind a computer screen?
- Father shares about being stranded in the Bay Area with car trouble. God asks Father to re-evaluate his perspective. The call of St. Matthew. The 10th Anniversary of Pope Benedict XVI's "Motu Proprio".

July 10, 2017

- Coco Loco: Humans find a way to abuse chocolate. The struggle to use God's gifts appropriately.
- Vatican updates the acceptable matter for communion hosts: No "gluten-free". The importance of the leadership of the Church.
- "We're of different faiths - but we're in love!" Will love and feelings "conquer all"?
- "Last Rites", "Extreme Unction", "Anointing of the Sick" - what's the difference? Recognizing how much God loves us.

July 11, 2017

- Living in a material world: Will we find happiness in technology and "stuff"?
- Do we actually like to sin? Study using candy indicates that we do. Our real reward: Eternal life. Doing it because it's the right-thing-to-do.

- The story of Guy Wingfield, sacristan at St. Joseph, Auburn. Guy's childhood growing up in Powerscourt castle in Ireland, and his conversion to the Catholic Faith.

July 12, 2017

- Faith-healing, Exorcism: Discerning the line between the natural and the supernatural. The Catholic approach to healing.
- The path to sainthood. Pope Francis suggests a "fourth path" to sainthood. The death of martyrdom.
- 1982 movie "Tron", and the worry about video games. Can video game technology actually increase our intelligence? How does one become a Saint?
- Brexit, and rising nationalism. The Catholic teaching on nationalism.

July 13, 2017

- Melinda Gates opines that the Church will change its position on gay marriage. www.formed.org. The Gospel should be joyous.
- The popularity of "feel-good" heresies. Do we have to "like" other people to love them?
- We don't know when we'll be called home. Woman threatened while praying in church. Why aren't churches staying open more in the day?
- What is the real measure of "success"?

July 14, 2017

- The newest, goofiest ways to dispose of our bodies after death. Remember the resurrection!
- Miley Cyrus claims to be returning to modesty. Charlie Gard update: Parents leave pro-death court after poor treatment.
- Can one wear flip-flops to Mass? Be obedient to your pastor. Is hand-sanitizer over-used?
- God's providence: Father Matthew shares about recovering from brain surgery, and discernment of his religious vocation. Father's "patrimony" contribution to the Oblates. St. Kateri Tekakwitha.

July 15, 2017 Rebroadcast of 1-15-17

July 17, 2017

- Antonio Spadaro, S.J., attacks "Church Militant" ministry, makes numerous errors in American history.
- How can Donald Trump get elected? - the world struggles to understand this.
- Steven Hawking, Elon Musk sound the alarm over "Artificial Intelligence". Should we be worried? What does our Faith say?
- What happens when a non-Catholic goes to Confession? How is confession different than counselling?

July 18, 2017

- Father celebrates his 8th year as a priest. Reflections on vocation and God's call.
- What does it take to be an "expert"? Business Insider revises the 10,000 hour rule. Setting aside time each day for spiritual growth.
- Do we need more "emojis"? The objective realities of the Church - and the living out of them through faith.
- National Geographic magazine takes another swipe at Christianity. Be careful about what "gospel" you follow. . .

July 19, 2017

- Ken Ham's "Creation Museum" becomes a major attraction. Is this a "ministry", a school, or a for-profit enterprise?
- Facebook removes a number of prominent Catholic Facebook pages; returns them with no explanation.
- Balancing social media and spiritual health.
- Why did the Oblates of St. Joseph wear "ridiculous" looking habits?! What do the colors mean?

July 20, 2017

- Spiritual "peak performance": Father comments on various self-help books.
- The search for happiness - is it attainable? The need for spiritual truth. Book: "What Pope Francis Really Said. . ." about various controversial issues.
- The profound, mystical realities of our Catholic faith. Father shares about the effect of the Catholic funeral Mass on a non-catholic attendee.
- The religious habit and our outward witness to our Faith: What is yours?

July 21, 2017

- Judge offers time-off from jail for getting sterilized; ACLU objects. Authentic freedom.
- Father and Noah Mackenroth chat about the social-engineering aspect of sterilizing inmates.
- Justin Bieber - banned from China for poor behavior. Is it necessary that he act like a "punk" to attract a crowd?
- Does satan really exist? What do satanists say? The need to recognize the work of the evil one.

July 24, 2017

- National Natural Family Planning Awareness Week recalls the Anniversary of the promulgation of Humane Vitae. Father explains NFP.
- The four predictions of Pope Paul VI: 1) an increase in marital infidelity, 2) a general lowering of moral standards, 3) a loss of respect for women, and 4) an increase in government coercion. Being open to God's plan.
- Charlie Gard update. When does caregiving become "extreme"?
- National "Shark Week", and Michael Phelps "races" a shark. Knowing God's design for His creatures, and our call.

July 25, 2017

- “Nurse Family Partnership” (another NFP): Good program or not? The need for Love in childhood.
- Napro-technology. The lure of I.V.F. Father comments on a priest who recommends I.V.F.
- “Catholics” who don’t live out their faith. Jim Carrey’s appearance at “Homeboy Ministries”.
- Father comments on his brother’s ordination. Being “in the game” with Jesus. What makes a person “greater” or “lesser”?

July 26, 2017

- Richard Dawkins, “high priest” of New Atheism, banned from speaking engagement for insulting Islam. Why now?
- The miracle of the manna - a prefigurement of the Bread of Life. Discerning the risen Christ.
- R.L. Stein, the “Stephen King” of childrens’ books, confesses that he “doesn’t want to scare children” with topics like divorce, etc. The triumph of evil over good in today’s story narratives.
- Cultivating the garden of your life. Amending the soul of your life. St. Joachim & St. Anne, parents of the BVM.

July 27, 2017

- Father coordinates the repair of the plumbing at Mt. St. Joseph. Widespread birth control pill use contributes to water pollution.
- Genius and extreme talent: Where does it come from? How important is I.Q. in determining success in life?
- Land-of-Lakes Conference: Can bishops set norms for theological teaching? The teaching authority of the Church.
- Justin Bieber cancels worldwide tour - to found a church. God’s permissive will.

July 28, 2017

- “Moral Luck” - Father breaks down a scenario that demonstrates issues with randomness, God’s permissive will, and determinism. Consequentialism. Evaluating sin: The Object, the Intent, the Circumstances.
- “Being people of joy” - Archbishop Charles Chaput. NFP Week. Humanae Vitae - a message of joy, not burden.
- “Practicing Catholic” - what does this phrase mean? Are we just “practicing” - but not progressing?
- Why can’t we just admonish from the start? What is the criteria for one’s “catholic-ness”?

July 31, 2017

- Brother Steven Spencer O.S.J., recently ordained to the diaconate, joins his Show Host brother Matthew Spencer to discuss the role of the deacon. Should an unmarried couple's house be blessed? Should deacons be able to give Last Rites.
- Archbishop Charles Chaput at the Napa Institute, and the "Revolution of Joy". Father chats about how he was raised, and how he and his sibling came to religious vocations.
- "Emoji Movie" vs. "Dunkirk" - Father and Deacon Spencer discuss these two movies. The challenge of finding good films, and the good work of www.decentfilms.com

August 1, 2017

- Ward Cunningham, the inventor of the "wiki-wiki-web", and Cunningham's Law. Fighting the desire to be "right".
- Special Guest: Keith Cotton of Adoptions United, discusses crisis pregnancy work. Keith tells the story of his miracle grandson, and the importance of pro-life teaching by parents.
- The curious phenomenon of "cutting". Breaking the cycle of coping by processing.
- Jeff Bezos, founder of Amazon.com in 1994, becomes the world's richest man. Does God tell us how to live happily?

August 2, 2017

- Mount St. Joseph: *Not* a home for unwanted animals. . . Father shares about attempting to tame feral cats, and the desire to "change" others.
- Father shares about recovering from brain surgery: Learning to walk again as an adult. The "third arm", and phantom limb syndrome. God's plan for us.
- "Mental reservation", an oath of office. General Kelly finishes his with the sign-of-the-cross.
- Why do you baptize your child? What does baptism mean? The role of the Catholic parent.

August 3, 2017: Rebroadcast of 7-12-17

August 4, 2017: Rebroadcast of 7-20-17

August 7, 2017

- New app allows anonymous texts. Struggling to deal with those irritating faults of others. Being receptive to criticism - and being accountable for the criticism you dish out.
- 13 Reasons. . ." series - is Hollywood promoting a culture of suicide? Swap your television for liturgy, prayer and exploring the mysteries of Christ.
- Signs of demonic possession. Sorting out the mental health element. Father shares a story of unexplainable phenomenon in his past.
- Manna: God's provisions for us, and our struggle to trust in Him. Are we any better with ten times more in blessings?

August 8, 2017

- The changing religious landscape in America: Belief in God down, but belief in the paranormal up.
- Mayor McAdams of Salt Lake City, Utah, goes “underground” to investigate the homeless problem in his city.
- Homelessness problem in Salt Lake City, continued. Looking to our Lord Jesus in times of turmoil.

August 9, 2017

- Father Peter Joseph Triest, founder of various religious orders, pioneers appropriate care of those with mental illnesses. Religious “brothers” allow euthanasia, spurn obedience and Catholic teaching.
- Have you attended a retreat lately? You need to - Father shares ways in which you can “retreat” into the arms of our Lord.
- The quest for “fun”: Is the world just boring and dull?
- Do dogs get a bad rap in Scripture? Does Jesus disparage them when addressing the Canaanite woman?

August 10, 2017 (excellent show)

- North Korea threatens the U.S. - again. Conditions in North Korea: We need to solve this.
- So, you want to be “published”. . . how does one start? How does one become a Saint? One has to “just do it.”
- The elements of Reconciliation. The resolution to not sin again: Metanoia.
- St. Lawrence - patron Saint of cooks and comedians. What are the “treasures of the Church”?

August 11, 2017

- Conspiracy theory: Two studies implicate a desire to be unique. Noah Mackenroth and Father discuss lies, Truth, and the uniqueness of God’s creation.
- The Creeds: The origin of the Nicene and Apostle’s Creeds. The pure love of the Incarnation.
- The imperfection of our world. In-love couple struggles with auto-immune disease.
- Update on the feral cats at Mt. St. Joseph. The call of St. Clare, foundress of a religious order. The testing of her faith through trial.

August 14, 2017

- The life of Maximillian Kolbe, Catholic priest and “martyr of charity”. Father discusses Saint Maximillian’s unique witness.
- Modernist 20th Century painting auctions for over \$100,000,000. Why isn’t modern art beautiful?

- Cardinal Pell returns to Australia to face charges. Mandated reporting: What happens when a person reveals a crime in the confessional? Will courts be able to break open the seal of confidentiality in the confessional?
- How superstitious are we? Peter's request to walk on the water. Pope Francis on horoscopes, palm reading, and other futile sources of help.

August 15, 2017 - Rebroadcast of 1-25-17

August 16, 2017

- J.R.R Tolkein's *Silmarillion*: Musings on creation and the meaning of our existence.
- Update on the cats of Mt. St. Joseph: Distraught mommy cat, and the missing kitty. Be sure you don't miss God's visitation.
- Father scares the kitten further up the tree - the miracle of the Incarnation, where Jesus condescends to become like us. Knowing when to just wait and listen for God.
- Working through difficulties with others: The Matthew 19 formula. Gossip, Calumny, Detraction - Father breaks each down.

August 17, 2017

- Sorting out the Charlottesville violence: A father disowns his son after seeing his participation in the riots. Irish racist has a conversion of heart.
- The war against Downs Syndrome people: Iceland vows to wipe them out through genetic screening and abortion.
- Should Gen-Xers be allowed to tweet during church services? Rex Tillerson comments on religious freedoms worldwide.
- Poverty, Chastity, Obedience: Fundamental virtues. Debts and repayment. The freedom of abandonment of will.

August 18, 2017 Rebroadcast of: 3-29-17

August 21, 2017

- The upcoming solar eclipse, and Einstein's General Theory of Relativity. The beauty of a knowable universe.
- Father recaps the Elevate conference. How many times can a person receive communion in a single day? Mass modification by St. Pius X. How often can a person receive Anointing in a day?
- Loneliness with men and women. Original solitude.
- Father shares a car story, giving up all for seminary life, and inordinate attachments.

August 22, 2017

- Catholic teaching - condemned without even a fair evaluation. Rooting out sin, and following Jesus.
- Amoris Letitia and the notorious "Footnote 351". Ghostwriter says that the footnote was intended to spark controversy.

- Father views the eclipse shortly after yesterday's show - "smartphones" and a destroyed generation.
- Bay area couple runs ad for nanny; starting salary \$129,000. Eater dot com restaurant describes \$1,000.00 tag for a bizarre dining experience.

August 23, 2017

- Father recalls learning about The Four Stages of Leadership decades ago. Jesus' perfect example. Leadership vs. Discipleship.
- Maternity/Paternity Leave, and kids-vs-work. Finding true happiness in God's call for you.
- The college problem: Are colleges having problems with a value-free, secular approach? Father Matthew and Noah Mackenroth discuss.
- The Seal of Confession: Australian scandal brings up the question of whether it can be broken. Would a priest go to jail over this? - the example of the martyrs.

August 24, 2017

- How do we share the "good news" to the world? Finding true happiness.
- Increases in life expectancies slow to a halt - and companies expect to save \$billions. What are we really living for?
- Interview: Ted Youmans of Adoptions United explains what it takes to adopt a child. Ted explains the two types of adoptions. Adoption is an answer to abortion. Various myths associated with abortion.
- "28 Days Later" - a movie about a viral epidemic. The Catholic approach to evangelization: Does it involve intimidation and brow-beating?

August 25, 2017

- The psychology of narcissism and abuse. The devil loves a challenge: he won't simply leave you alone as you spiritually progress.
- New York Times investigators expose "Handbook for Mortals" bestseller scam.
- The Christian "be grateful" paradigm shift: You don't actually deserve anything. The honor of going to Mass.
- St. Louis of France - what the "king" can teach us today.

August 28, 2017

- San Domenico School, San Anselmo, CA, removes statues of saints to become "more inclusive."
- Hurricane Harvey in Houston: Priest spotted boating in stricken areas to say Holy Mass. The Apostolic Blessing - and the Apostolic Pardon. Don't wait to receive God's mercy!
- Study shows that telling people you're dieting reduces the diet's effectiveness. "You've already received your reward." Cheating and holiness - the fight against vice.
- "Lord, give me chastity - but not yet. . ." The letter-of-the-law vs. the spirit of Truth.

August 29, 2017

- "Fisking", "phubbing", and the invention of words. Should Joel Osteen open his church to flood victims?

- Pope Francis on authentically living our faith.
- “I don’t have time to pray”. . . Father helps you get back on track. Christian meditation. What’s wrong with Eastern meditation?
- The witness of John the Baptist. King Herod: Hearing the word, but not converting.

August 30, 2017

- National “catholic” Reporter disparages Catholic converts. The need for converts, and renewal.
- Shark Tank participant invents “Scrub Daddy” sponge, generating \$75 million. What can we learn from this about evangelization? St. Ambrose to St. Monica: “Talk less to your son about God, and more to God about your son.”
- The popularity game - study shows little relationship between that and happiness. Do you have toxic relationships that need to be corrected?
- Seven “woes” to the Pharisees. The outside, and the inside, of people. The personal encounter with Christ.

August 31, 2017

- Hurricane Harvey - many \$billions lost. “Mattress Mack”, Houston furniture store owner, opens his store to the displaced.
- Researcher Emily Johnson surveys the best in Catholic communities. The common characteristics.
- Is a crying room a great way to kill your parish? Producer Karen weighs in on how to handle your young kids during Mass.
- Radio host runs ponzi scheme; attempts to keep SEC officials at bay with Hoodoo. What would you change if you knew Jesus was coming today?

September 1, 2017

- Hurricane Harvey brutalizes Houston, TX; statue of the BVM miraculously survives.
- Children, and the approval they seek from others. Instagram Influencers, product placement, and buying “Likes” on Instagram (\$9/Like).
- The Unibomber, MKUltra, and the fragility of the human spirit. God’s desire that we should depend upon Him alone.
- The way to holiness: It’s the little things that matter. The parable of the wise virgins - stay awake!

September 5, 2017

- Hurricane Harvey aftermath: Have Houston residents been further victimized by “cursed rosaries”?
- Pope Francis weighs in on Marriage: Only between a man and a woman. The necessary grace of baptism.
- Relics and altars. What are the different classes of relics? St. Teresa of Calcutta - a model of holiness.
- The success of exorcism films. Jesus is ultimately the real exorcist.

September 6, 2017

- Immigration in America: Catholic bishops swiftly weigh-in on the ending of DACA.
- Just what is “DACA”? What makes a just and wise society? The story of “Mario”. Fixing, and following, the law - and not forgetting about the human angle.
- APA article: “‘Feel Like a Fraud’”? APA article/study describes the “Imposter Syndrome”. The Dark Night of the Soul, and spiritual dryness.
- The Joy of the Gospel: The Good News is meant to be shared.

September 7, 2017 (pre-record)

September 8, 2017

- Hurricanes continue to bear down on the Southern United States; are you prepared to meet our Lord? Preparing for disaster. Father tells the classic “God will take care of me” joke.
- Pope Francis visits Central America; Father recalls his trip to World Youth Day. A “deficit of hope” in Latin America. We must retain hope.
- Three types of lies: 1) Injurious 2) 3) Joking-type. Lying - shown to be much easier in a group.
- The best birthday Father ever had: The day he was released from the hospital after emergency brain surgery. The Nativity of the BVM.

September 11, 2017 (pledge drive - dated)

- Natural disasters, wars, etc. - are we living in apocalyptic times? Give your life to Jesus; he gave His life for yours.
- Democrats Diane Feinstein, Richard Durban grill a Catholic nominee for holding to “dogma”; is there a new religious test for court nominees?
- Pope Francis has an accident in the Popemobile.
- Satirist publishes “ways to make a bad confession” article; issues corrective article. “33 Days to Merciful Love” book.

September 12, 2017 (pledge drive - dated material)

- The kidnapping of Father Tom ends in his release. Why does God allow evil?
- Father reflects on his early years as a catechist, teaching inner-city kids. What is “catechesis”? Hint: It is more than just classes.
- New York state appeals court unanimously upholds physician-assisted suicide ban - “gets it” regarding why this is wrong.
- Feast day of the Most Holy Name of Mary.

September 13, 2017

- The irony of how failures can promote the ultimate success, and how success can lead to complacency. Jessica Lahey, “The Gift of Failure”.
- Google makes modest changes to new iPhone - and major changes to the price. What will really make us better people? The need for grandparents.

- How Father tells whether Amazon reviews are true or fake. The Brothers of Charity decide to support euthanasia in Sweden.
- Recognizing those times when our Lord asks us to suffer with Him.

September 14, 2017 (1st block dated re: feast day)

- Update on Father Tom, former kidnapping victim. The Feast of the Exultation of the Most Holy Cross.
- Father shares about a near-miss with a chainsaw as a child. Story of Sister Margaret-Ann, Catholic nun, using a chainsaw to clear hurricane debris, goes viral.
- The power of the Cross. Father recalls the 911 cross at ground zero.
- The honor of being able to give, partnering with Christ in His work. To suffer for Christ.

September 15, 2017

- Mega-valuable artwork, and the values they reflect. Reflecting upon the sacrifice of the cross.
- The amazing job done by St. Vincent de Paul - help this ministry and IHM at the same time. Woman claims to have a Bigfoot attracting method; why do we believe in things like this, but not in God?
- Mental illness: Our mental state is dependent on the state of our greater whole.
- Okay Cupid dating site says that women rate 80% of men “below average”. Remembering Our Lady of Sorrows, and thinking about how best to respond to the Gospel message.

September 18, 2017 (pre-recorded)

- The stress of modern day life - how do we cope? Integrating good psychology with good spiritual development.
- The importance of eating with others. Family Dinner Project (www.familydinnerproject.org). What happens when we can't even figure out what to say to each other?
- Father shares about a Korean/American event in Pasadena, October 14, 2017. (www.californiatokorea.com). The state of our Youth: An occasion for great concern, and for great hope.
- Meta-analyzing yourself, and the decisions you are making. Putting away the past, and moving into the future. Living for the “you” you should be. The faith of the Centurion.

September 19, 2017 (pre-recorded)

- “The Bachelor” reality show cancelled. How real are “reality” shows? Where do good Catholics find other good Catholics?
- Tech Crunch dot com article discusses car/pedestrian communication in an age of self-driving cars.
- Doubt: How does a Catholic handle it? The integration of Faith and Reason.
- Responding to a call to power. St. Paul and the characteristics of a Bishop - a warning us all.

September 20, 2017 (Best of: 2-7-17)

September 21, 2017 (Best of: 3-22-17)

September 22, 2017 (Best of: 3-30-17)

September 25, 2017

- Father reports highlights from his vacation hiking and camping solo in Nevada & Utah. Catching up on the news cycle -- hurricanes and world news. Every day is a gift!
- 80th anniversary of *The Hobbit*: what makes Tolkien so timeless -- perhaps his realization of good vs evil.
- Dealing with death & loss: Father discusses the *Wind Phone* in Otsuchi, Japan. Daily gratitude helps us to understand that everything, even suffering is a gift and can serve to unite us with Christ.
- Father discusses connections between Sunday's/yesterday's gospel and today's. When God has given you the gift of faith - it comes with the responsibility to nurture it.

September 26, 2017

- Father Matthew discusses gluttony; and the blood of the martyrs.
- Father Stanley Rother, missionary from Oklahoma slain during Guatemala's civil war has been beatified — the first U.S.-born priest and martyr to receive such recognition by the Catholic Church.
- Father ponders the balance between mercy and justice highlighting a couple of current news events: Equifax; Oxford medical student admits guilt but escapes jail when court declares she was "too smart."
- Father offers insight to help us appreciate today's gospel. Listen to the word of God and act on it...we are called to live up to the example of Mary's obedience.

September 27, 2017

- Father Matthew shares insight from his wilderness hiking excursion in Zion Canyon. If we quit when things get tough, or we think we've done enough -- we may miss the rest and renewal God has prepared for us.
- Despite Twitter's decision, yesterday allowing some users to use twice as many characters -- people prefer brevity. Do we gloss over the message of the gospel? How do we go deeper and communicate deeply?
- Once teased for her love of bugs, 8 year-old co-authored scientific paper; 10 year-old entrepreneur invented a million dollar button business. We excel when we are aware of encouragement from people around us - even when in living out the gospel and seeking grace in the sacraments.
- Names of the Saints are integrated into our daily lives via cities and organizations: e.g. St. Vincent De Paul. Today's gospel focuses on Christ "sending out" disciples, giving them power and authority to proclaim the gospel relying solely on God.

September 28, 2017

- Father and board op/engineer, George chat about the most searched for “how to” categories on Google. Do we seek the Lord as fervently?
- The blood of the martyrs is the seed of faith: Father Matthew dives into the story of Father Stanley Rother and the increase in vocations from Father Stanley’s Oklahoma parish. Meanwhile in other areas of our world, churches remain empty; it’s time for some evangelization!
- Let’s not overcomplicate the spiritual life. Sometimes it’s as simple as committing to a prayer life and “showing up” for it. Get back to the basics - enter into relationship with Jesus: be available for communion; reconciliation; mercy.
- News about a “legend” attributed to St. Francis: [Science Works to Confirm a Relic of Saint Francis of Assisi](#).

September 29, 2017

- Father discusses the complex interplay between reward and punishment as motivation.
- We are made for relationship -- Father highlights the curious role of fraternal organizations. Are we acting in an authentic way to “be there” for each other?
- Usually the quirky and strange fuels a viral video or story - Father shares viral story fueled by the wholesome...
- Father reflects on the special role of angels and the Feast of the Archangels St. Michael, St. Gabriel and St. Raphael.