

Sacred Heart Catholic Church

202 West Maple, Frazee MN 56544

January 15, 2017 Website: <http://frazeesacredheart.org>

Here is a thought from last week's homily: *We do not have the power to save our loved ones, people who prefer darkness to light. Jesus does.*

You must find me terribly difficult to feed! About five years ago I read a book by Dr. Atkins. I found his comments about white flour and sugar to be compelling—that they lack nutritional value and the consumption of them can have a negative impact on health. After reading his book, I decided to try to remove these from my regular diet. I do not have a gluten allergy. Still, when offered sweets made from flower and sugar, and pasta and bread, I will decline. I don't mean to be rude! In my first 18 months with you I bent my dietary preferences in order to be polite. I gained 10 pounds! (Which I have since lost.) At that rate, my weight would double by the end of my second term with Sacred Heart and Assumption of Mary.

Regarding health, my father had diabetes and heart disease—both contributed to his premature death. In addition to keeping my weight down, I do take daily a 81 mg. aspirin for heart health. Last fall my doctor put me on a statin to keep my cholesterol in check. So you see, I could be my father's son if I slack up on my stewardship of my physical health.

May God grant you a happy and a healthy new year.

Christmas Flower donations contributed in Memory of:

Bill & Carol Lormis	Rose & John Edin	Cecil J. Hensel, Sr (2)
Chad Jutz	Lillian Buschette	Donald Anderson (2)
Ray Buschette	Kim Johnson	Barb Anderson (In honor of)
April Stenger	Richard & Lois Kunz	George Frenzel
Henry & Arlene Schreiner (2)	Bette Daggett	Cecil, Jr. & Betty Cook
Melvin & Marlene Karasch	Jesse Karasch	James Coufal
Lester & Susanna Hanson	Gary Pfeiffer	Arlene Coufal
Hilarion & MaryAnn Byer	Theresia Schlaffer	Bernard Larson
Lawrence Sirek Family	Mike King	Francis Larson-Bakken
Henry Rethwisch	Tillie Dretsch	Ingvald Bakken
Ruth Rethwisch	David Rethwisch	Keith Larson
Charles Mesenbrink	Jerome Sirek	Karen Coufal-Wilson
Bukowski Family	Pawlitschek Family	Scott Schermerhorn
Georgia Krieg	Tony & Irene Peichel	Alice Olson
Richard Krieg	Eugene Schaffer	Veronica Schaffler (In honor of)
Jeff Aarness	Maggie Bertram	Bev Golden
Betty Nebosis	Cheryl Rae Downs	"Cheri" Holgerson
Winter & Berger loved ones	Vern, Paul, & Peter Korzendorfer	
Christina, Alex, Noah, McKenna, Isabella Weets		
Deceased members of the Bob & Barb Rice Families		

Daily Mass Schedule: Jan 16-22

Tues: 9:00 am +Bette Daggett
 Wed: 10:00 am +Bob Stroschein
 Thurs: 9:00 am Ill in the Parish
 Fri: 9:00 am Ted Richter
 Sat: 9:00 am +Sadie Swindler
 5:30 pm +Henry Schreiner
 Sun: 8:30 am +Mike King
 (Morning Prayer Tues, Thursday & Fri @ 8:40 am before Mass)

PASTOR Msgr. David Baumgartner

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Secretary

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Diocesan Victim Assistance Coordinator

Louann McGlynn
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Mass Times

Tuesday, Thursday, Friday
 9:00 am
 Wednesday 10:00 AM
 (Care Center)
 Saturday 9:00 am & 5:30 pm
 Sunday 8:30 am

CONFESSIONS:

Saturday 4:30 pm
 Sundays 7:45-8:15 am
 Thursdays 8:30 am

ADORATION:

Tuesdays: 9:30am-7:00 pm

On Sunday, January 22, 2017, the Knights of Columbus will be serving a Pancake Breakfast following the 8:30 am Mass. Proceeds from the breakfast will go toward backlighting stained glass windows that were partially covered by the 2012 addition.

Thank you to everyone who participated in the parish-wide Christmas Bake Sale. We took in \$987 which will go toward the Window Restoration Fund.

Thank you from the Sacred Heart Stitchers for all who purchased tickets for the Cardinal Quilt. Ticket sales totaled \$525; this amount will go toward the Window Restoration Fund. Cecilia Ziegler won the Cardinal Quilt and Rosa Carr won a smaller quilt.

Parishioners' Prayer Requests
 Parish families have asked us to keep in our prayers their loved ones who are ill. Please pray for:

-Donald Ulschmid	-Tracy LaSart
-Ken Jacobson	-Pete Woodard
	-Josie Krie

Prayers Answered:

Jan 8, 2017
 Attendance: 258

Collection Basket

Adults	\$ 2,358.00
Loose Guest	150.00
Children	6.00
Total	\$ 2,514.00

Other Budgeted Income

Vigil Lights	\$26.00
Building Fund	140.00
Assumption Reimb.	900.13
Total	\$ 1,066.13

Other Non-Budgeted Income: Children's Window -\$72; Maintenance Fund--\$10

Non-Parish Collections: Church in Africa--\$35

Needed per Week to Reach Budget: \$4,625.00—This figure includes all sources of parish income (i.e., funerals, flower collections, fall dinner, Building, Steeple, and Window Funds, etc.), not just the Sunday collections.

Total for Jan 8:

\$ 2,514.00
1,066.13
\$ 3,580.13

UPCOMING:

Sun., Jan 15: Christian Mothers meeting after 8:30 am Mass
 Sun., Jan 22: KC's Pancake Breakfast after Mass
 Sun., Jan 22: Afternoon of prayerful Remembrance & Intercession. Crookston @ 12:30 pm

Ministry Schedule, January 22, 2017

	Saturday 5:30 pm	Sunday 8:30 am
Altar Server	Grace Jaroszewski Olivia Ballard	Evie Seim Joan LaSart Maddie Matejka
Care Center		Bev Roberts Joe Stenger Kathy Stenger
Commentator Eucharistic	Traci Alger Heather Mitchell Jeanie Wothe Joan Schraufek	Al Jacobson Bud Hensel Mark Byer Marlys Jacobson Roxie Riewer Tracy Roforth Sharon Guck Christine Daggett Tim Stenger Chris Stenger Ryan Roforth
Greeter Lector Sacristan Usher	Wanda Beaton Russell Karasch Jim Courneya Jeremy Mitchell	

Circle 1 is in charge of donuts in January
 Circle 2 will be in charge of donuts in February

January 2nd Collections: 22nd—Church in Africa; 29th--FACC

To submit a prayer request for our prayer chain, either text 503.791.1553 or e-mail frazeeprayerchain@gmail.com. Names will be left on the bulletin list for 4 weeks. If you want the name to stay another 4 weeks, please make another prayer request.

Youth

January RE Schedule
 Grades 1-6: 18, 25
 Grades 7-11: 18, 25

AN AFTERNOON OF PRAYERFUL REMEMBRANCE & INTERCESSION: Sunday, January 22, 2017, from 12:30 pm to 3:30 pm at the Cathedral of the Immaculate Conception, Crookston, MN. Women, men, families, health care providers and all of us, directly or indirectly, have been impacted by abortion. In response, as we observe the 44th Anniversary of Roe v. Wade, we gather to pray and to seek healing and forgiveness. The afternoon will include:

- Personal testimonies from those who have been affected by abortion
- Intercessory Prayer
- Eucharistic Adoration and Rosary
- Opportunity for the Sacrament of Reconciliation
- Sunday Mass

Flyers are available in the vestibule.