

Sacred Heart Catholic Church

202 West Maple, Frazee MN 56544

PASTOR Father Xavier Ilango

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Website:
frazeesacredheart.org

Secretary:

Marlys Jacobson
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Office Hours:
Tuesday/Wednesday
8:00 am—12:00 pm

Youth Ministry/DRE:

Cheryl Stegmaier
Home: 218.847.4599
cstegmaier65@hotmail.com

Music Director:

Kathryn Karg
218.234.5001
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Diocesan Victim Assistance Coordinator:

Louann McGlynn
Confidential Line:
218.281.7895
lmcglynn@crookston.org

Mass Times


Monday 5:30 p.m.
Tuesday-Thursday
9:00 am
Friday 7:30 AM
(Care Center)
Saturday 5:30 pm
Sunday 8:30AM

CONFESSIONS:

Saturday 4:30PM

ADORATION:

Tuesdays: 9:30AM-6 PM


Applications for the John Arouni Catholic Education Scholarships are now available in the vestibule and on the parish website. If you do not see a Scholarship link on the website screen, just Search for Scholarship and you will find it. Application deadline is April 1, 2014.

The Pastoral Council is seeking nominations for the upcoming term. The nominations need to be in by April 7 for an election to be held the weekend of April 13. Please consider who you would nominate and give the name(s) to Father Ilango, Bud Hensel, Andy Riewer, Paul Trimbo, Travis Nagel, Jeanne Riley, Dick Riewer, Heather Mitchell, Dallas Flynn or Marlys Jacobson.

Easter Lily Collection: At Easter we want to beautify our sanctuary with many flowers. Please consider donating toward this expense. You can put your donation in an envelope labeled **Easter Lilies** and drop it in the collection basket.

See bulletin board flyer for information on "The Nucleus of Society: Marriage & the Family, April 1st, St. Peters, Park Rapids, MN

Parishioners' Prayer Requests

Parish families have asked us to keep in our prayers their loved ones who are ill. Please pray for:
-Becky Korzendorfer-Emily Martin
-Luella Baumgart -Sue Turnbull
-Casey Courneya -Ron Jensen
-Dave Goebel -Diane Quiram
-Tammy Soyryng -Henry Schreiner
-Cecil Cook -Debbie Ehler
-Norman Buseth -Kylee Jean Miller
-Tom Trieglaff -Dan Hodgson
-Jim Wallace -Terri Quittschreiber
-Kenny Sprouls

Collections Mar 23, 2014		Attendance:	Needed per Week to
Collection Basket		Saturday	Reach Budget:
Adult	\$2,270.00	334	\$4,202.29—This figure includes all sources of parish income (i.e., funerals, flower collections, fall dinner, etc), not just the Sunday collections.
Loose	286.00		
Direct Deposit	440.00		
Children	400		
Total:	\$3,000.00		This week's Total:
Other Budgeted Income			\$ 3,000.00
Vigil Lights	\$ 23.72		\$ 246.72
General Fund	95.00		\$ 3,246.72
ARISE Books	108.00		
Building Fund	20.00		
Total	\$ 246.72		
Other Parish Fundraisers: FACC—\$423			
Non-Parish Collections: Catholic Relief Services—\$5; Food Shelf—\$30			

UPCOMING:

Apr 1: Finance Council 7:00 pm at Church
Apr 4: Mass @ 5:30 pm, followed by Soup & Sandwich Supper and Stations of the Cross at 6:45
Apr 5: Maryology—Rosary at 8:30 am; Mass at 9:00 am
Apr 6: Pancake Breakfast, Circles 2 & 3, Circle 3 in charge
Apr 7: Liturgy Committee Meeting 7:00 pm at Church
Apr 7: Christian Mothers meeting: Mass @ 5:30 pm, Rosary, light supper, meeting @ 7:00 pm
Apr 7: Knights of Columbus meeting 7:00 pm at Church
Apr 8: Pastoral Council 7:00 pm at Church
Apr 9: Penance Service 7:00 pm
Apr 11: Mass @ 5:30 pm Mass, followed by KC Fish Fry; Stations of the Cross @ 6:45

Ministry Schedule for April 6, 2014

	5:30 PM	8:30 AM
FCC—Mark Byer and Barb Rice		
Ministers	Nancy Dashner	Barb Rice
Of Holy	Kristi Roers	Jerilyn Beckman
Communion	Kathy Ulschmid	Kathy Peichel Carol Aarness Marlys Jacobson

Lectors	Russell and Mary Ann Karasch	Al Jacobson
Ushers	Adam Jaroszewski Jim Jaroszewski	Bruce Hofer Jay Malmstrom
Servers	Ethan Byer Grace Jaroszewski Cath. Jaroszewski	Mathew Daggett Charlton Wake Kaitlyn Wake Patrick Vacek

*Note to ministers: This schedule does not reflect any recent changes or substitutions you may have made.

Circle 2 is in charge of donuts in March
Circle 3 will be in charge of donuts in April

March 2nd Collections: 30th—Catholic Relief Services

March 30, 2014

Parish Directories are here. Any directories not picked up this weekend will be available in the Office. Snow Birds will be able to pick theirs up when they return in the spring.

My dear friends in Christ,

Self-discipline is common to every religion and culture. In Indian religion, it is strongly promoted to mortify the physical self in order to achieve favors from God. There is a mythical story about a woman who fought with God through her spiritual virtues and got back the life of her husband which was about to be taken away. I truly believe that penance and mortifications of our physical self can help us to understand and look for the higher needs of our life. In order to bring this particular aspect of our Lenten journey, I am presenting you here below a reflection from Fr. Robert Barron. Kindly give a serious thinking about it and try how it works in your spiritual life.

When it comes to our bodies, Catholics are not dualists or Puritans. We don't think that the flesh is, in itself, sinful or problematic. However, we do know that the desires of the body have become, through the fall, disordered. They are no longer consistently subordinated to reason and, consequently, these desires can appear in exaggerated form or assert themselves disproportionately.

Thomas Merton once commented that the needs of the body—food, drink, sleep, and sex—are like insistent children that demand to have their way. Just as children have to be disciplined lest they come to dominate the household, so the desires of the flesh have to be curtailed lest they come to monopolize all of our energies. Merton said that we fast from time to time precisely to allow the deeper spiritual hungers to surface and be satisfied. The use of bodily discipline is thus a vivid reminder to oneself that the pleasure of the body is not one's determining and ultimate good.

This is not unique to Catholicism. Stop and consider for a moment the activities that go on every day in the typical gym. People labor away on stationary bikes, elliptical machines, and treadmills; they sweat their way through pull-ups, push-ups, and deadlifts. In all sorts of ways, they discipline their bodies so as to overcome the natural tendency toward laziness and self-indulgence. More to it, these same people most likely deny themselves all sorts of pleasurable foods, resisting cravings.

All of this punishment is in service of a healthier body. Why can't we apply similar techniques to produce healthier minds and spirits?

Today, discipline your body in some small way. Maybe give up snacking between meals, only drink room-temperature water, or pray an entire rosary while walking. These simple bodily disciplines will undoubtedly strengthen your soul.

The Crookston Diocese is offering 2 Cantor-Choir-Musician Workshops, one in Crookston and one right here at Sacred Heart. If you are interested, please pick up one of the flyers in the vestibule for detailed information. On the same flyer, you find information for the rehearsals available around the Diocese for anyone wanting to sing in the **Diocesan Choir for the Chrism Mass** at the Crookston Cathedral at 7:00 pm, Monday, April 24.

Weekday Mass Schedule Mar 31-April 6

Mon.	5:30 p.m.	+Jeanne Dooley
Tues.	9:00 a.m.	+Nathan Lindsley
Wed:	9:00 a.m.	Al & Angie Jacobson
Thurs:	9:00 a.m.	+Jeffrey Goddard
Fri.	7:30 a.m.	+Peter Korzendorfer
	5:30 p.m.	+Chad Jutz
Sat:	9:00 a.m.	+Carol Lormis
	5:30 p.m.	+Gordon Sanders
Sun.	8:30 a.m.	Pro Popolo

Youth

Penance Service: April 9

April RE schedule: Grades 1-6, April 2, Last class
Grades 7-11, April 2, 9, 16, 23, 30; May 7 Last class

First Communion: May 4

Confirmation: May 24

**Steubenville North Conference—
University of St. Thomas, July 25th -
28th, 2014; Cost: \$ 300 (\$75 non-
refundable payment due April 1.**

Want to ignite your faith? Want to experience the church like never before? If so, then Steubenville is right for you. This conference is filled with dynamic speakers, charismatic music, Eucharistic Adoration, and the Holy Mass. Open to all youth in grades 9 and up. Financial support is available through the Sacred Heart Christian Mothers. Contact: Cheryl 218-847-4599

Each Sunday of Lent the Children are encouraged to bring in canned goods or money for the food shelf. They may take these items up at the offeratory time and put in the basket by the Altar. There is a class challenge in each grade to see which class can bring in the most.

Lift up your Cross: Youth Lenten Retreat: Saturday April 2, 2014—Mass at 9:00, Retreat will begin at 10:00AM and conclude at Noon—Grades 6-12. Please sign up as soon as possible or by April 2, 2014

**Wooden Egg Painting: Palm Sunday
April 13, following 8:30AM Mass.**

All are welcome

On April 27, Divine Mercy Sunday, we will have a **Day of Marriage Celebrating our Christian Family Life**. We would like to honor all couples who have been married 25 or more years with the Mass followed by a brunch. There is a sign-up sheet in the vestibule for couples wishing to participate. If you are able to be here and participate in this Celebration, please add your names to the list in the vestibule so that we know how many to plan for.

