

Sacred Heart Catholic Church

202 West Maple, Frazee MN 56544

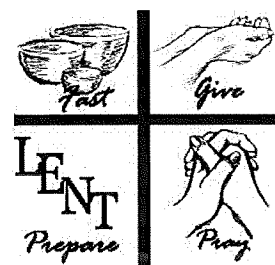
My dear friends in Christ,

Once upon a time a psychology professor walked around on a stage while teaching stress management principles to an auditorium filled with students. As she raised a glass of water, everyone expected they'd be asked the typical "glass half empty or glass half full" question. Instead, with a smile on her face, the professor asked, "How heavy is this glass of water I'm holding?" Students shouted out answers ranging from eight ounces to a couple pounds. She replied, "From my perspective, the absolute weight of this glass doesn't matter. It all depends on how long I hold it. If I hold it for a minute or two, it's fairly light. If I hold it for an hour straight, its weight might make my arm ache a little. If I hold it for a day straight, my arm will likely cramp up and feel completely numb and paralyzed, forcing me to drop the glass to the floor. In each case, the weight of the glass doesn't change, but the longer I hold it, the heavier it feels to me." As the class shook their heads in agreement, she continued, "Your stresses and worries in life are very much like this glass of water. Think about them for a while and nothing happens. Think about them a bit longer and you begin to ache a little. Think about them all day long, and you will feel completely numb and paralyzed - incapable of doing anything else until you drop them."

Just think about carrying the burden of sin in our hearts. If it is just for a week, we are all right. If it is for a few months, then we are still managing OK. If it is for years and years together, then we are carrying unnecessary burdens in our hearts for no reason. When I talk about sin, I don't just talk about the heavy and mortal sins. Even our consistent and habitual sins of jealousy, anger, holding grudges, gossiping, being too critical of others etc., can create a heavy burden in our lives. We have a great Sacrament of Reconciliation in our Christian life. Why don't we frequent this Sacrament and unburden all our sins. What a great opportunity to live a free life God has offered us through this Lent? Kindly think about unburdening your heart and enjoy the true freedom offered by Jesus.

Your brother in Christ,

Fr. Xavier Ilango



Daily Mass Schedule -March 2-8

Mon: 5:30 p.m. Christian Mothers
 Tues: 9:00 a.m. +Chad Jutz
 Wed: 9:00 a.m. +Jeffrey Aarness
 Thurs: 9:00 a.m. +Cecil Cook, Jr.
 Fri: 7:30 a.m. +Raymond & Lillian Buschette
 5:30 p.m. +Mortimer & Emma Hayes
 Sat: 9:00 a.m. +Catherine Parker
 5:30 p.m. Mike Mayer
 Sun: 8:30 a.m. Pro popolo

PASTOR Father Xavier Ilango

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**Diocesan Victim
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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

The **Rosary** will be said before each weekend Mass during Lent. If anyone would like to lead the Rosary, contact Pat Schurmann at 334-2344.

Thank you all who have sent your **2015 DAA** pledges and donations. As of February 24, 47 donors (15.72% of our parishioners) have pledged/donated \$8,429.51 (47.69% of goal). If you have not yet responded to the DAA request, please prayerfully consider your donation.

Applications for the John Arouni Catholic Education Scholarships are now available in the kiosk at the back of the church and on the parish website. Application deadline is April 1, 2015

Thank You to all who participated in the Valentines weekend bake sale. The sale earned \$550 for parish funds.

The sign-up sheets are in the vestibule for the **extra ministries needed for Holy Week**. Those on the ministry list are asked to sign up as needed.

Parishioners' Prayer Requests
 Parish families have asked us to keep in our prayers their loved ones who are ill
 Please pray for:
 -Bonnie Wallace -Emily Martin
 -Marlys Jacobson -Spencer Fett
 -Casey Courneya -Bob Thompson
 -Connie Ulschmid -Paul Guck
 -Ken Jacobson -Roger Wolden
 -Norman Buseth -Bruce Moe

March 1, 2015

Collection	Feb 22, 2015	Attendance	Needed per Week to Reach Budget: \$5,642.00—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.
Collection Basket			
Adult	\$ 2,549.00		
Loose	768.00		
Children	7.00		
Total:	\$ 3,324.00		
Other Budgeted Income			
Vigil Lights	\$ 13.60		
Building Fund	110.00		
Steeple Fund			
Window Fund	90.00		
Assumption Church	18.90		
Total	\$ 232.50		
Other Parish Fund Raisers:	FACC—\$225.00		
Non-Parish Collections:	Home Missions—\$287.75		
			This week's Total: \$ 3,324.00 232.50 225.00 \$ 3,781.50

UPCOMING:
 Mar 1: RCIA @ 7:00 pm at Church
 Mar 2: Christian Mothers meeting: Mass @ 5:30 pm, Rosary, light supper, meeting @ 7:00 pm
 Mar 2: Knights of Columbus meeting 7:00 pm @ Church
 Mar 3: Finance Council meeting 7:00 pm @ Church
 Mar 6: Mass @ 5:30 pm. Followed by Soup and Sandwich supper
 Mar 6: Stations of the Cross 6:45 pm
 Mar 7: Maryology—Rosary @ 8:30 am followed by Mass @ 9:00
 Mar 7: Teen Retreat 10:00 am to noon
 Mar 8: RCIA @ 7:00 pm at Church
 Mar 10: Pastoral Council 7:00 pm @ Church
 Mar 14: Adult Lenten Retreat 9-Noon, followed by lunch at 12:30
 Mar 18: Healing Mass 7:00 pm (note change in date from March 11)

Ministry Schedule for Mar 8, 2015

	5:30 PM	8:30 AM
FCC—Beverly Roberts and Ruth Ann Lehmann		
Ministers	Russell Karasch	Cheryl Stegmaier
Of Holy Communion	Linda Mack	Heather Mitchell
	RuthAnn Lehmann	Mark Byer
		Kathy Peichel
		Sandy Hofer
Lectors	Jim Courneya	Kay Furey
Ushers	Adam Jaroszewski	Kyle Wothe
	Jim Jaroszewski	Bud Hensel
Servers	Grace Jaroszewski	Chelsy Hofer
	Cath. Jaroszewski	Zach Roforth
	Hayley Courneya	Ricky Roforth
	Isaac Courneya	
March 2nd Collections: 1st--Building Fund; 15th--Catholic Relief Services; 22nd--FACC		
Circle 7 is in charge of donuts in March Circle 1 will be in charge of donuts in April		

Youth

March RE Schedule

Grades 1-6: Regular Classes, March 4, 11, 18 and 25 (Last Afternoon class)
 Children's Mass March 15 At 8:30 AM
 Grades 7-11: Regular Classes, 4, 11, 18, and 25 along with Penance Service

Teen Lenten Retreat
 "Tempted" Grades 6-12, March 7, 2015 10:00AM until Noon with Lunch served at Noon.

Please sign up at class or in the back of church by March 2, 2015

Saint John Paul II Middle School Camp
 Where: Northern Pines Camp, Park Rapids, MN
 When: Sunday, July 5th through Thursday, July 9th.
 Cost: \$300 with price breaks for families.

Food Drive: Please bring canned food or money to put in the basket at offertory time at Mass. We are collecting for the food shelf until March 29, Palm Sunday. Classes are having a competition.

PARISH MISSION

(Mark your calendars)
 A parish mission is a time of listening and reflection for those who wish to be more faithful disciples of Jesus Christ. Fr. William Mason, a Missionary Oblate of Mary Immaculate, will conduct a three-day mission in our parish on April 15, 16 and 17. Some of you may remember Fr. Mason from a mission he conducted here a number of years ago. Please mark your calendars now for this graced moment in our parish life