

FORMED Suggestions:
 Return-with Father John Burns
 10 Things you might not know
 about Lent
 Fearless

Today is the Fourth Sunday of Lent (Laetare Sunday) when we take the briefest of respites from the intensity of Lenten discipline, to rejoice in our forthcoming salvation. We have a rejoicing Sunday in Advent, as you well know. It is called Gaudete Sunday (the third of Advent). You might wonder at the difference between the two, as both are Latin words for rejoicing. Charles Noonan, Jr. literally wrote the book of Catholic customs and traditions, and he writes that "Gaudete means expressed or exuberant joy. Laetare means internal joy, a joy of anticipation felt within the solemn season of Lent." While in Advent we manifest exuberant joy in what we do and say, in Lent we nurture the interior swell of hope and joy that we need to get us through the last horrors and rigors of Lent.

This afternoon, we will once again have our monthly Sunday Afternoon Holy Hour in Frazee, with Adoration of the Blessed Sacrament, Vespers, and Benediction. It begins at 3:00, but please come a little bit early, at 2:45, so we can practice singing the psalms and canticles of Evening Prayer (Vespers). That way we can make a better offering of praise to the Lord when we do pray it at 3:00.

Next Sunday, the Fifth of Lent, is the beginning of what was once known as Passiontide, a sub-season of Lent, consisting of the final two weeks. During this time the readings turn more towards the Lord's arrest, trial, brutal torture, and execution. As a visible reminder of this intensified season, the ancient custom of the Church was to veil all statuary and images (except the Stations of the Cross) to further the sensory deprivation and austerity of the liturgies of Lent. The Stitches have graciously been working very hard to sew these veils, and I am extraordinarily grateful to them for their efforts. Tell them thank you when you see them.

This Sunday (3-19-23) Holy Rosary in Detroit Lake will have Reconciliation service at 4pm with 4 Priest available to hear confessions.

Daily Mass Schedule: Mar. 18th – Mar. 26th

3-18 Sat.	9:00 am	Special Intention for a Parish Family
3-18 Sat.	5:30 pm	+Robert Hibbs
3-19 Sun.	8:30 am	People of Sacred Heart and Assumption Parishes
3-20 Mon.	9:00 am	Communion Service
3-21 Tues.	9:00 am	Communion Service
3-22 Wed.	9:00 am	+Paul Guck
3-23 Thurs.	9:00 am	+Frank Weis
3-23 Thurs.	10:00 am	+Christine Weis (Care Center)
3-24 Fri.	9:00 am	Pro Defunctis
3-25 Sat.	9:00 am	+Christine Weis
3-25 Sat.	5:30 pm	+Jim and Bonie Wallace
3-26 Sun.	8:30 am	People of Sacred Heart and Assumption Parishes

PASTOR:
 Fr. Adam Hamness
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Deacons:
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 &
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 Tuesday and Thursday
 8:00 am—3:00 pm

Pastoral Associate:
 Marlys Jacobson
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Music Director:
 Susan Champa
Janitorial:
 Norman Adams
 Mon. and Fri.

Diocesan Victim Assistance Coordinator:
 Cindy Hulst
 Confidential Line: 218.281.7895
chulst@crookston.org

Mass Times Effective 3-11-23
 Sun. 8:30 am
 Wed. 9:00 am
 Thurs. 9:00 am
 Fri. 9:00 am
 Sat. 9:00 am
 5:30 pm
ADORATION:
 Thurs. 9:30 am-7:00 pm
CONFESSIONS:
 Wed. 8:30 am
 Thurs. 8:30 am
 Fri. 8:30 am
 Sat. 8:30 am
 Sat. 3:30 pm
 Sun. 8:00 am

Up Coming Events

Sun. Mar. 19th—Knights of Columbus Meeting at 10am
 Sun. Mar. 19th --Holy Hour-Adoration and Vespers at 3pm
 Sat. Mar. 25th –Youth Sponsored Lasagna Dinner at 6:30pm Cost \$10-Dine-in or take-out
 Wed. Mar. 29th –Seasons of Hope Grief Support Group starts a new season. See Marlys for more details.
 Thurs. Mar. 30th—Adoration 9:30am to 7:00pm—We are still in need of adorers
 Fri., Mar. 31st –Knight of Columbus Fish Fry 5pm-7pm
 Sat. Apr. 1st and Sun. Apr. 2nd –Christian Mother's parish wide bake sale before and after the Masses. Everyone is encouraged to bring something for the sale.

The group of youth going to Steubenville St. Paul (location change) in July will be having a fundraiser dinner on Saturday March 25th at 5:30pm-7:30pm. They will PRESELL dinner tickets before and after the Masses the weekends before or in the office until Tuesday March 21st. The cost is \$10 per person- dinner includes lasagna, fluff salad, garlic bread and dessert.

The Sacred Heart Knights of Columbus are doing "40 can for 40 days Food Drive" over lent to support the Becker County Food Pantry. We will have a box and sign in All Saints Hall. If you want to make a monetary donation you can get it to a Knights of Columbus member or drop it off at the Parish office. If you would like to make a monetary contribution either in your name or through the KC's, we will get it to the food pantry. We will finalize the food drive on the 31st of March so the food pantry can get matching contributions.

To date there has been \$18,744.00 paid straight to the principal of the roof loan that was take out in July of 2022. Thank You!

The liturgical minister schedule for May to August will be available April 16th. Please let Chris Peluso know if you are not able to serve a certain weekend by April 5th. He can be contacted at 218-371-7336.

Ministry Schedule

	Saturday-Mar. 25 th 5:30 pm	Sunday-Mar. 26 th 8:30 am
Altar Server	Matthew Sharp Paul Sharp	Hudson Baumgart Simon LaSart
Eucharistic Minister	Russ Karasch Marlys Jacobson	Becca Gray Rose Roforth
Lector	Mary Ann Karasch	Kevin Scheidecker
Greeters	Susan Jaroszewski	Monica Fedora
Ushers	John Mack Ross Kasowski	Bruce Hofer Jason Hofer Daniel Giefer Chris Stenger
Sacristan	Dave Goeddertz	Fred Daggett

March 2nd Collections: 5th -Roof, 19th -Catholic Relief Services, 26th FACC

Youth

Wed. Mar. 22nd ----Release Time grades 1st-6th
 Wed. Mar. 22nd ---Evening RE for grades 7th-11th
 Wed. Mar. 29th ----Release Time grades 1st-6th
 Wed. Mar. 29th ----Evening RE for grades 7th-11th
 Wed. April 5th -----Evening RE for grades 7th-11th
 Wed. April 5th ----Evening RE for grades 7th-11th
 Wed. April 12th ---Evening RE for grades 7th-11th
 Wed. April 19th ---Last Day RE for grades 7th-9th
 Wed. April 26th--Confirmation Rehearsal 6:30pm

Easter Flower Memorial Donations: Please return by April 10, 2023. Donate a \$10.00 memorial toward our Easter flowers which decorate our church during this holy season. (Please print)

Name _____
 Amount \$ _____
 In Memory or Honor of _____

There will be fresh cut flowers and lilies this year for Easter on the Altars.

(Memorials will be published in a post-Easter bulletin)

If you or someone you know has been the victim of sexual misconduct on the part of a priest, deacon, or individual representing the Diocese of Crookston, its parishes, or its schools, your first call should be to law enforcement. In addition, the diocesan Victim Assistance Coordinator is available at 218-281-7895 (24-hour confidential #).

Parishioners' Prayer Requests:

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

Stacy Moe Lisa Flynn Linda Jutz Jan Lindsley	Doreen Schrandt Leonard Schrandt Ed Kasowski Ted Anderson
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To submit a prayer request for our prayer chain, text 503.791.1553 or frazeepayerchain@gmail.com. Names will be left in the bulletin for 4 weeks. If you want the name to stay another 4 weeks, please make another prayer request.