

Permit me to share some experience from my life...As I was growing up, when I received my First Holy Communion, I did so standing and received the Sacred Host in my hands. I continued to do that until I went to college, where I learned that it is permitted to receive Holy Communion directly on the tongue, if one wishes to do so, which was the only way allowed for 1600 years, until after the Second Vatican Council. This appealed to me, and so I made the change. At times when I came home from college, back to the Diocese of Crookston, and at times when I was back home in the diocese on break from seminary, I had problems. I knew that it was crystal clear in the authoritative documents of the Church that it is permitted to receive Holy Communion on the tongue and even kneeling if one wished to do so. I did wish to do so, but whenever I came back to the Diocese of Crookston, the clergy would harass me, and attempt to order me to receive Holy Communion standing and, in the hand, which I knew very well that they had no business trying to do. I may have even been denied Holy Communion once because I wanted to receive on the tongue, and it was certainly intimated that I may not be a "good fit" to be ordained a priest for the Diocese of Crookston because I persisted on receiving Holy Communion on the tongue.

Needless to say, I have strong feelings about allowing people to receive Holy Communion on the tongue, and by now, you might think that this whole bulletin article is just a conniving way to convince people that I want them to receive kneeling and on the tongue. It is not. The point of explaining my personal history is to indicate to you that I will stand up for receiving Holy Communion in any way that the Church permits, whether it is standing and in the hand, standing and on the tongue, kneeling and in the hand, or kneeling and on the tongue. The point of writing this is to share my frustration with clergymen that attempt to prohibit to the Faithful choices which the Church allows them to make. I hope I never do so! You are allowed to receive standing or kneeling, and on the tongue or in the hand, and you needn't feel conflicted about whatever you choose to do, and if anyone ever negatively comments about which way you have chosen, tell them to mind their own business, and you can quote me and tell them I told you to say it!

**Daily Mass Schedule: Mar. 25<sup>th</sup>- Apr. 2<sup>nd</sup>**

3-25 Sat.	9:00 am	+Christine Weis
3-25 Sat.	<b>5:30 pm</b>	+Jim and Bonnie Wallace
3-26 Sun.	8:30 am	People of Sacred Heart and Assumption Parishes
3-27 Mon.	9:00 am	Communion Service
3-28 Tues.	9:00 am	Communion Service
3-29 Wed.	9:00 am	Living and Deceased Members of Christian Mothers
3-30 Thurs.	9:00 am	+Joe Szepienec
3-30 Thurs.	10:00 am	+Margaret Kasowski (Care Center)
3-31 Fri.	9:00 am	Pro Defunctis
4-01 Sat.	9:00 am	+Sue Collinge
4-01 Sat.	<b>5:30 pm</b>	+David Schram and Al Bachmann
4-02 Sun.	8:30 am	+Rodger Palmer

**PASTOR:**  
Fr. Adam Hamness  
Office: 218.334.4221  
**Sacramental Emergency Line:**  
**218.209.2686**  
[ahamness@crookston.org](mailto:ahamness@crookston.org)

**Deacons:**  
Trevor Pikula  
[deacontrevor.shfre@arvig.net](mailto:deacontrevor.shfre@arvig.net)  
Pete Bellavance  
[deaconpete.shfre@arvig.net](mailto:deaconpete.shfre@arvig.net)

**Secretary:**  
&  
**Coordinator of Youth Formation:**  
Christine Dornbusch  
office: 218.334.4221  
shfre@loretel.net  
christined.shfre@arvig.net

**Office Hours:**  
Tuesday and  
Thursday  
8:00 am—3:00 pm

**Pastoral Associate:**  
Marlys Jacobson  
marlysj.shfre@arvig.net  
218.280.0760

**Music Director:**  
Susan Champa  
**Janitorial:**  
Norman Adams  
Mon. and Fri.

**Diocesan Victim Assistance Coordinator:**  
Cindy Hulst  
Confidential Line: 218.281.7895  
[chulst@crookston.org](mailto: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

February 5 2023		<b>2 weeks</b>	
Operation Income	\$ 6,516.25	Maintenance	\$ 00.00
Roof Loan Payment	\$ 700.00	Children's Project	\$ 29.25
		FACC	\$ 50.00
Monthly payment is \$ 1,253.82 for the roof loan.			

**Up Coming Events**  
Wed. Mar. 29<sup>th</sup> –Seasons of Hope Grief Support Group starts a new season.  
Thurs. Mar. 30<sup>th</sup>—Adoration 9:30am to 7:00pm—We are still in need of adorers  
Fri. Mar. 31<sup>st</sup>—Knight of Columbus Fish Fry 5pm-7pm  
Sat. Apr. 1<sup>st</sup> and Sun. Apr. 2<sup>nd</sup>—Christian Mother's parish wide bake sale before and after the Masses. Everyone is encouraged to bring something for the sale.  
Sun. Apr. 2<sup>nd</sup>—Palm Sunday Egg Painting after Mass downstairs. Everyone is welcome!!!  
Mon. Apr. 3<sup>rd</sup>—Chrism Mass at the Cathedral in Crookston at 6:30pm

We are seeking nominations for **2** positions on the Pastoral Council. Nominations can be submitted to Father Hamness before April 17<sup>th</sup>. Before you submit someone's name for nomination, please check with that person to get his/her approval. Thank you, Tracy Roforth and Ross Kosowski, for serving 2 consecutive 3-year terms. Members of the Pastoral Council are Father Hamness, Bruce Moe-President, Dawn King, Cheryl Stegmaier, Chris Peluso, Jim Jaroszewski, Jim Courneya, and Fred Daggett.

**The Sacred Heart Knights of Columbus will be collecting dry/canned goods until the Wednesday March 29<sup>th</sup>. The monies donated to the food pantry in the month of March receives matching funds. Thank you for supporting the local food pantry.**

**The Serra Club** invites All Parishioners to attend the Installation Mass, Tour of the Diocesan Pastoral-Retreat Center, and lunch following. RSVP:Joan Varholdt 218 841-7231

Christian Mothers has a meeting on Monday March 27<sup>th</sup> at 5:45pm. All women are welcome to come and join this faith filled group.

	<b>Holy week</b>	<b>Ministry Schedule</b>	
	<b>Holy Thursday</b> (4-6-23) Confessions-6:30-6:50pm Mass-7:00pm	<b>Saturday-Apr.1<sup>st</sup></b> <b>5:30 pm</b>	<b>Sunday-Apr. 2<sup>nd</sup></b> <b>8:30 am</b>
<b>Altar Server</b>		Katie Courneya Rachel Courneya	Brooklyn Riewer Isabela Pikula
<b>Eucharistic Minister</b>		Kathy Peichel Barb Rice	Roxie Riewer Tracy Roforth
<b>Lector</b>		Russ Karasch	Mary Flynn
<b>Greeters</b>		Wanda Beaton	Sharon Hensel
<b>Ushers</b>		Daniel Althoff Tom Mickelson	Ed Jutz LeRoy Rausch Mark Byer Bud Hensel
<b>Sacristan</b>		Jim Jaroszewski	Tim Stenger
<b>April 2<sup>nd</sup> Collections:</b> 2 <sup>nd</sup> -Roof, 16 <sup>th</sup> – FACC, 30 <sup>th</sup> -Catholic Home Mission Appeal			

**Good Friday** (4-7-23)  
Confessions-8:00-9:00am  
12:00-1:00pm  
6:00-6:50pm  
Stations-9:00am  
Service-7:00pm  
**Easter Vigil Saturday** (4-8-23)  
Confessions-4:00-5:00pm  
Mass-8:30pm  
**Easter Sunday** (4-9-23)  
Mass- 8:30am

**Youth**  
Wed. Mar. 29<sup>th</sup>----Release Time grades 1<sup>st</sup>-6<sup>th</sup>  
Wed. Mar. 29<sup>th</sup> ----Evening RE for grades 7<sup>th</sup>-11<sup>th</sup>  
Wed. April 5<sup>th</sup> ----Evening RE for grades 7<sup>th</sup>-11<sup>th</sup>  
Wed. April 5<sup>th</sup> ----Evening RE for grades 7<sup>th</sup>-11<sup>th</sup>  
Wed. April 12<sup>th</sup> ---Evening RE for grades 7<sup>th</sup>-11<sup>th</sup>  
Wed. April 19<sup>th</sup> ---Last Day RE for grades 7<sup>th</sup>-9<sup>th</sup>  
Wed. April 26<sup>th</sup>--Confirmation Rehearsal 6:30pm



Come paint a wooden egg after the Palm Sunday Mass downstairs. Everyone is welcome to join in on this annual event.

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 Ed Kasowski	Doreen Schrandt Leonard Schrandt Ted Anderson Terry Drewicke Eunice Clarey
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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.