

The Exaltation of the Holy Cross

SEPTEMBER 14, 2025

SACRED HEART

202 Maple Avenue West

(218) 334-4221



CATHOLIC CHURCH

Frazee, Minnesota 56544

frazeesacredheart.org

Sacramental Emergency Line*: (218) 209-2686

* does not receive text messages

Clergy

Fr. Adam Hamness ahamness@crookston.org
Deacon Pete Bellavance deaconpete.shfre@arvig.net
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Secretary / Bookkeeper / Religious Education

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Office Hours: Tuesday and Thursday

Custodian & Groundskeeper

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Liturgical Music

Tonia Clark music.shfre@gmail.com

The History of this Feast Day

The tale of Saint Helena's discovery of the True Cross is a powerful narrative woven from faith, history, and legend. After her son, Constantine the Great, became the first Christian Roman Emperor, Helena embarked on a pilgrimage to the Holy Land, driven by a deep personal piety. Her quest was not merely to see sacred sites, but to find the very cross upon which Christ had died—a physical testament to the Christian faith. She arrived in Jerusalem to find the holy ground buried beneath a pagan temple, a site of deliberate desecration built centuries earlier by Emperor Hadrian to suppress Christian worship. Undeterred, Helena ordered the temple to be demolished and the ground to be excavated, convinced the relic lay hidden below.

Father Hamness's reflection continued on back page

	WEEKDAY	DATE	TIME	SERVICE/INTENTION	CONFESSIONS
St. John Chrysostom	Saturday	September 13	9:00 am	Mass: In Honor of St. Joseph	8:30 am
	Saturday	September 13	5:00 pm	Mass: Pro Populo	4:30 pm
The Exaltation of	Sunday	September 14	8:30 am	Mass: † Paul Guck	8:00 am
the Holy Cross	Sunday	September 14	12:15 pm	Mass: Julie Hall (Latin N.O.)	
Our Lady of Sorrows	Monday	September 15	9:00 am	Communion Service	
	Wednesday	September 17	9:00 am	Mass: In Honor of the Blessed Mother	8:30 am
	Thursday	September 18	9:00 am	Mass: Rondi Ulmer	8:30 am
	Thursday	September 18	9:30 am	Adoration-Benediction at 6:40pm	
	Thursday	September 18	10:00 am	Mass: For the sick (Care Center)	
	Friday	September 19	10:00 am	Mass: Pro Defunctis	
	Saturday	September 20	9:00 am	Mass: Prayers Answered	8:30 am
	Saturday	September 20	5:00 pm	Mass: † Rodger Palmer	4:30 pm
	Sunday	September 21	8:30 am	Mass: † Henry & Arlene Schreiner	8:00 am
	Sunday	September 21	12:15 pm	Mass: Pro Populo (Latin N.O.)	

MONDAY

September 15
Our Lady of Sorrows

1 Tm 2:1-8

Jn 19:25-27 or
Lk 2:33-35

TUESDAY

September 16
*Sts. Cornelius,
Pope, and Cyprian,
Bishop, Martyrs*

1 Tm 3:1-13

Lk 7:11-17

WEDNESDAY

September 17
Weekday

1 Tm 3:14-16

Lk 7:31-35

THURSDAY

September 18
Weekday

1 Tm 4:12-16

Lk 7:36-50

FRIDAY

September 19
Weekday

1 Tm 6:2c-12

Lk 8:1-3

SATURDAY

September 20
*Sts. Andrew Kim
Tae-gŏn, Priest,
and Paul Chŏng
Ha-sang, and
Companions,
Martyrs*

1 Tm 6:13-16

Lk 8:4-15

SUNDAY

September 21
*Twenty-fifth Sunday
in Ordinary Time*

Am 8:4-7

1 Tm 2:1-8

Lk 16:1-13 or

16:10-13

Parishioners' Prayer Requests:

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

Parish Members and Family:

Stacy Moe—Lisa Flynn—Eloise
George—Gary Young—Jeanne
Riley—Barb Anderson—Joe
Jaroszewski—Julie Hall—Jan
Decker—Noah Goeddert—
Roger Lundgren—Eric Rice—
Margaret Lundgren—RIP
Jean E Sailer—RIP Renee
Singelton

*Women who are interested in a
Bible study this fall please come
to a information meeting.*

*Tuesday September 16th at 4pm
at Sacred Heart in the conference
room. Hope to see you there!*

*"For God so loved the
world that he gave his
only Son."*

JOHN 3:16

God created us to be in
relationship with Him.

Sin broke that
relationship. Jesus come
to earth so that we may
reconcile our relationship
with God. Following
Jesus' example, we can
be blessed with a
joy-filled life on earth
and eternal life in
Heaven. These four
points are known as the
"kerygma" – the first
proclamation of the
Gospel. This core
message is the basis of
our Catholic faith. How
do you live this out in
your daily life?



SACRED HEART CARES LADIES NIGHT

ALL SAINTS HALL, SACRED
HEART CATHOLIC CHURCH

MONDAY, SEPTEMBER 22ND

5:30 TAQUERIA ESCOBAR FOOD
TRUCK, GAMES & DESSERT

The truck will be open to the
public from 3-5:30pm in the church
parking lot. From 5:30-6:30pm the
truck will be providing
complimentary meals for Sacred
Heart Ladies only.



9-7-2025

2 weeks Attendance 690—6 Masses

Collection Income \$ 8,555.00 Maintenance \$ 00.00 FACC \$ 0.00

Roof Loan Collection \$ 2,278.00 Children's Project \$ 85.00

Ministry Schedule

	Saturday—Sept. 20th	Sunday—Sept. 21st	Sunday—Sept.21st
	5:00 pm	8:30 am	12:15 pm
Altar Server	Carson C Katie C	Hudson B Paige B	Dominic P Andrew P
Eucharistic Minister	Russ K Barb R	Sharon G Sandy H	
Lector	Mary Ann K	Angie J	Chris P
Greeter	Susan J	Monica F	
Ushers	John M Ross K Roger S Mike S	Nathan M Ryan R Ed J Bud H	Elias W
Sacristan	Dave G	Tim S	Chris P

September's Second Collections: 7th—Roof, 14th—Latin America, 28th—FACC

Upcoming Events

Tue. Sept. 16th—Let's talk Jesus group 7pm-8:30pm
Thur. Sept. 18th—24-Hour Adoration
Sat. Sept. 20th—Men's Prayer Group 7:30am
Mon. Sept. 22nd—Ladies Night Out 5:30pm
Tue. Sept. 23rd—Let's Talk Jesus group 7pm-8:30pm
Thur. Sept. 25th—Adoration 9:30am—Benediction at 6:40pm
Sat. Sept. 27th—Men's Prayer Group 7:30am
Sun. Sept. 28th—Knights of Columbus Meeting at 10am
Tue. Sept. 30th—Let's talk Jesus group 7pm-8:30pm
Thur. Oct. 2nd—Adoration 9:30am—Benediction at 6:40pm
Sat. Oct. 4th—Christian Mothers Meeting at 3:30pm
Sat. Oct. 4th—Living Rosary for Blessed Virgin Mary at 4:30pm

Youth

*Wed. Sept. 17th—**Frist night of evening RE**— Dinner at 5:30pm. Class 6:30pm-7:30pm*

Wed. Sept. 24th—Evening RE grades 7th-11th 6:30pm to 7:30pm

Wed. Oct. 1st—First Day of Release Time 1st-6th

Wed. Oct. 1st—Evening RE grades 7th-11th 6:30pm to 7:30pm

Wed. Oct. 8th—Release Time grades 1st-6th

Wed. Oct. 8th—Evening RE grades 7th-11th 6:30pm to 7:30pm

Wed. Oct. 15th—Release Time grades 1st-6th

Wed. Oct. 15th—NO Evening RE grades 7th-11th



Priesthood Sunday – September 28, 2025 Priesthood Sunday is a special day set aside to honor priesthood in the U.S. It is a day to reflect upon and affirm the role of the priesthood in the life of the Church. This nationwide event is coordinated and sponsored by the US Council of Serra International. Please pray for your priests and let them know how much you love and appreciate them! “Without the Sacrament of Holy Orders, we would not have the Lord. Who put him there in that tabernacle? The priest. Who welcomed your soul at the beginning of your life? The priest. Who feeds your soul and gives it strength for its journey? The priest. Who will

prepare it to appear before God, bathing it one last time in the blood of Jesus Christ? The priest, always the priest. And if this soul should happen to die (as a result of sin), who will raise it up; who will restore its calm and peace? Again—the priest... After God, the priest is everything! Only in heaven will he fully realize what he is. —St. John Vianney (Patron saint of priests).

Diocese of Crookston Prayer for Vocations

Gracious and loving God,
help the men and women of our diocese
to hear the call to serve in the Diocese of Crookston.

Our needs are great and our people thirst for your presence.

Raise up faithful servants of the gospel
- priests, sisters, brothers, and deacons -
who will spend themselves for your people and their needs.

Bless those who are serving now with courage and perseverance.
Grant that many will be inspired by their example and faith.
We ask this through Christ our Lord. Amen.

Father Hamness's reflection continued

As the tireless digging continued, workers uncovered not one, but three crosses in an ancient cistern. The challenge then was to identify which of the three belonged to Jesus. According to the legend, a miraculous test was devised to reveal the sacred artifact. A woman who was either gravely ill or near death was brought to the site. The first two crosses had no effect, but when the third was placed upon her, she was instantly and miraculously healed. This event, or in some accounts the discovery of the inscription "Jesus of Nazareth, King of the Jews" alongside the cross, confirmed its authenticity.

With the True Cross identified, a large portion was given to the bishop of Jerusalem, while other fragments were sent back to Rome and Constantinople. To mark the sacred site, Helena commissioned the construction of the magnificent Church of the Holy Sepulchre, a lasting monument that stands to this day. The Church was consecrated on September 13, 335 and the Cross was set out on display for the veneration of the Christian Faithful on the following day, September 14th. Saint Helena's journey and discovery not only provided a tangible relic for Christian veneration but also served a greater purpose: solidifying Christianity's new status and publicly demonstrating the Roman Empire's official endorsement of the faith.



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The Seven Sorrows of the Blessed Virgin Mary

The Seven Sorrows of Mary is a traditional Catholic devotion featuring meditations on sorrowful episodes in the life of the Blessed Virgin Mary. Join us in prayer as we celebrate the feast of Our Lady of Sorrows.

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An offering from the  AUGUSTINE INSTITUTE



Sacred Heart Stitchers are working on something VERY special. I wish I could tell you but I've "sewn" myself to secrecy. Don't try to "pin" down a stitcher as they may have "buttoned" their lips to keep you guessing. Look for updates in future bulletins for more details.