# November 23, 2025

# SACRED HEART



# CATHOLIC CHURCH

Frazee, Minnesota 56544

frazeesacredheart.org

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Sacramental Emergency Line\*: (218) 209-2686

\* does not receive text messages

Clergy

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Norman Adams--Monday and Friday

Liturgical Music

Tonia Clark music.shfre@qmail.com

For over a thousand years the opening prayer of the Mass on the last Sunday before Advent began with the Latin word, "Excita!" In English, that word means "Stir up!" The full text of this prayer is as follows:

Stir up the will of your faithful, we pray, O Lord, that striving more eagerly to bring your divine work to fruitful completion they may receive in greater measure the healing remedies your kindness bestows."

This is not the opening prayer you will hear today, because we have observed the Feast of Christ the King on this Sunday since 1970, but you may still hear this prayer at weekday Mass. As this particular custom was ingrained in the minds of faithful Catholics for a millennium, a certain amusing (and delicious) custom rose up around it. Today is the day on which Catholics in English-speaking countries "stirred up" their Christmas puddings and fruitcakes and baked them. Once a week until Christmas, they would baste their fruitcakes in brandy, and by Christmas day they were ready for consumption. One just needed to be careful about how much one ate! I have mentioned this custom in previous years to see if it actually inspired anyone to make a fruitcake today. This year I am even including a recipe. As the prayer mentions, making a fruitcake is a divine work, hopefully with a fruitful completion. Happy Baking!

	WEEKDAY	DATE	TIME	Service/Intention	Confessions
St. Cecila		November 22	9:00 am	Mass: † Father Ben Hadrich	8:30 am
St. Ceena	,				
	Saturday	November 22	4:00 pm	Mass: † Mona Matuska	3:30 pm
Our Lord Jesus Christ King of the Universe	Sunday	November 23	8:30 am	Mass: † Chad Jutz	8:00 am
	Sunday	November 23	12:15 pm	Mass: † Julie Hall (Latin N.O.)	
St. Andrew Dung-Lac	Monday	November 24	9:00 am	Communion Service	
	Wednesday	November 26	9:00 am	NO Mass:	
Thanksgiving Day	Thursday	November 27	9:00 am	NO Mass:	
	Thursday	November 27	9:30 am	NO Adoration	
	Thursday	November 27	10:00 am	NO Mass: (Care Center)	
	Friday	November 28	9:00 am	NO Mass:	
	Saturday	November 29	9:00 am	Mass: † Father Ben Hadrich	8:30 am
	Saturday	November 29	4:00 pm	Mass: † Mike Black	3:30 pm
First Sunday of Advent	Sunday	November 30	8:30 am	Mass: † Harriet Leone	8:00 am
	Sunday	November 30	12:15 pm	Mass: † Pro Populo (Latin N.O.)	

#### **MONDAY**

November 24 St. Andrew Düng-Lac, Priest, and Companions, Martyrs Dn 1:1-6, 8-20 Lk 21:1-4

#### **TUESDAY**

November 25 Weekday Dn 2:31-45 Lk 21:5-11

#### **WEDNESDAY**

November 26 *Weekday* Dn 5:1-6, 13-14, 16-17, 23-28 Lk 21:12-19

#### **THURSDAY**

November 27 Thanksgiving Day (US) Sir 50:22-24 1 Cor 1:3-9 Lk 17:11-19

#### **FRIDAY**

November 28 *Weekday* Dn 7:2-14 Lk 21:29-33

#### **SATURDAY**

November 29 *Weekday* Dn 7:15–27 Lk 21:34–36

#### **SUNDAY**

November 30 First Sunday of Advent Is 2:1-5 Rom 13:11-14 Mt 24:37-44

# Parishioners' Prayer Requests:

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

# Parish Members and Family:

Stacy Moe—Lisa Flynn—
Eloise George—Gary
Young—Jeanne Riley—
Joe Jaroszewski—Noah
Goeddertz—Scott King—
Dallas Flynn—Maureen
Foley—RIP Pete
Graham—Rip Laura
Bergen

# To submit a prayer request for our prayer chain, text

817 229 6789 or frazeeprayerchain@gmail.com.

"...giving thanks to the Father, who has made you fit to share in the inheritance of the holy ones in light."

COLOSSIANS 1:12

God wants us to be happy! Instead of looking at the Ten Commandments as being restrictive and telling us what we can't do, look at them as guides for living a joy-filled and peaceful life. Most of our problems arise when we put our own needs first or we spend most of our time trying to acquire more stuff. Instead, try putting God first in all things. We were made for God. Open your heart and let Him in!

Come and join a group of parishioners who gather after daily mass on Wednesdays for coffee, light snack and fellowship. Stay as long as you would like. Everyone is welcome!



Baptism on November 17, 2025. Gemme is the new addition to the Chris and Amber Peluso family.



Christian Mothers parish-wide bake and craft sale this weekend before and after the Masses. Bake some of your scrumptious baked goods for others to purchase. Also purchase those Christmas gifts early. Who doesn't love a hand made quilted item? The proceeds will help

provide religious material for the youth of the parish. This includes curriculum, the bibles they receive in 1st grade, information on the Saints they are learning about, just to name a few things.



11-16-2025 **2 weeks** Attendance 543—6 Masses Collection Income \$ 8,227.00 FACC \$ 2,524.00 Roof Loan \$ 536.00 Children's Project \$ 64.00

### **Ministry Schedule**

	Saturday-Nov. 29th 4:00 pm	Sunday–Nov. 30th 8:30 am	Sunday-Nov. 30th 12:15 pm
Altar Server	Carson C	John L	William C
	Katie C	Ronan M	Josef T
Eucharistic		Roxie R	
Minister		Tracy R	
Lector	Marlys J	Mary F	Rob D
Greeter	Jill M	Monica F	
Ushers	John M	Daniel G	Riley C
	Ross K	Terry T	
	Roger S	John S	
	Mike S	Glen R	
Sacristan	Dave G	Fred D	Rob D

**November's Second Collections:** 1st— Roof, 16th—FACC, 23rd—Catholic Campaign for Human Development, 30th—St. Mary's Mission

### **Upcoming Events**

Sat. Nov. 22nd and Sun. Nov. 23rd.—Parish Wide bake and craft sale before and after the Masses Tue. Dec. 2nd—Let's talk Jesus at 7pm—8:30pm Thurs. Dec. 4th—Adoration at 9:30am-Benediction at 6:40pm

Sat. Dec. 6th—Christian Mothers Meeting at 2:00 pm Sat. Dec. 6th and Sun. Dec. 7th—Christian Mothers baskets silent auction event

Tue. Dec. 9th—Let's talk Jesus at 7pm—8:30pm Thurs. Dec. 11th—Adoration at 9:30am-Benediction at 6:40pm

Tue. Dec. 16th—Let's talk Jesus at 7pm—8:30pm

Thurs. Dec. 18th—24-Hour Adoration

Sun. Dec. 21st—Advent Caroling and Vespers 4:30pm

-5:30pm



Angel Choir practices will be the first and third Sundays of the month after the 8:30 a.m. Mass. If you're child is interested in singing please talk with Tonia or just show up to a practice! Angel Choir will be singing for Christmas Eve Mass.

## Dec. 12-14, 2025 Kings House Retreat Center

Advent Silent Weekend Retreat for Men and Women - Presented by Susan Stabile

#### "Making Room in the Inn to Welcome Christ"

No space was reserved for Jesus when he was born in Bethlehem. Luke Gospel raises the question: "Is there room in your personal inn for Jesus, or, is your inn so overcrowded that you risk not having enough room to receive Jesus this Christmas?" This retreat invites us to reflect on what we might be invited to let go of to make room in our hearts to receive Jesus.

Susan Stabile serves as a Distinguished Senior Fellow at the University of St. Thomas, is an adjunct instructor in Theology at St. Catherine's University, and Co-Director of a Contemplative Practices initiative at St, Catherine's, funded by a Lilly grant. She offers individual spiritual direction and gives retreats and other programs of spiritual formation in parishes and for other groups. All private sleeping rooms have a lake view and its own bathroom & shower. Meals are included. \$50 deposit with registration. Register online at www.kingshouse.com/events or call 763-682-1394 to make a reservation.

## Youth

Wed. Nov. 26th—NO Release Time grades 1st-6th

Wed. Nov. 26th—NO Evening RE grades 7th-11th

Wed. Dec.3rd—Release Time grades 1st-6th

Wed. Dec. 3rd —Evening RE grades 7th-11th 6:30pm to 7:30pm

Wed. Dec. 10th—Release Time grades 1st-6th

Wed. Dec. 10th —Evening RE grades 7th-11th 6:30pm to 7:30pm

Wed. Dec. 17th—Release Time grades 1st-6th

Wed. Dec. 17th —Evening RE grades 7th-11th 6:30pm to 7:30pm

Come and gather with a group to watch and discuss "Adore" by Fr. John Burn which is on FORMED. We will meet at 3:45pm in the Confirmation room downstairs for 4 weeks starting December 2nd. There is a guided Advent journal for prayer and meditation that can be purchased at avamariapress.com/adore. You do not need to have this, but can order it if you wish to dig deeper into this Advent season.

Thank you Sacred Heart for donating to the Becker County Food Pantry either with financial donations or non-perishable food items. A lot of families were/are served by your generous donations.



Are you a high schooler that is desiring to learn more about your faith? Have you had an encounter with the Lord that you desire to deepen? These retreats are for you! These 24-hour retreats are inspired by 1 Peter 3:15~"But in your hearts revere Christ as Lord. Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have. But do this with gentleness and respect."



The Christian Mothers is having their Christmas silent auction basket event on December 6th and 7th. Let your creative minds and talents work their magic. Baskets

can be dropped off at the office anytime. Drawing will be held on Sunday December 7th at 9:30am.



Spend January 9-11, 2026 with St. Thérèse of Lisieux during this women's silent retreat to unpack some of her key pieces of wisdom on living a life of complete trust, confidence in God, and of living spiritual childhood. The retreat includes conferences, Mass, confession, Adoration, spiritual direction as well as time to pray, rest, and enjoy the Nazareth Retreat House in Crookston. Ashley Njaa, a wife, mother, and DRE who has spent time researching, writing, and presenting on Thérèsian spirituality will be giving the conference sessions and Bishop Andrew Cozzens will be present throughout the retreat to provide the sacraments and spiritual direction.



This January more than 10 priests and deacons and several individuals trained in the healing ministry will gather at the Pastoral Center in Crookston to share the mighty works of Jesus Christ and His Healing power in talks and individual sessions.

Topics such as the healing power of the Eucharist and Reconciliation. Time for private prayer in adoration throughout the retreat weekend. You will be able to take advantage of confession during the weekend as well as sign up for a private spiritual direction session with a priest or deacon. You will also have the opportunity to spend private time in a prayer session with a team made up of a priest or deacon and one or two individuals trained in the healing ministry.

On Sunday the 25th the retreat will close with a Healing Service at the Cathedral (Across the parking lot) open to the public from 1 to 3 p.m.

We can never know how the Holy Spirit will work, all we can do is come prayerfully before the Lord open to whatever and however, he wishes to work in our lives.



This silent retreat led by Bishop Cozzens will consist of conferences each day aimed at helping you to relate and receive from God in the present, with daily Mass, daily Eucharistic Adoration, and plenty of opportunities for silence and solitude. In addition, there will be times of individual spiritual direction. There will be plenty of guidance in terms of how to be in the silence on retreat, so if this is your first silent retreat there is no need to fear.