

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
 Deacon Trevor Pikula deaontrevor.shfre@arvig.net

Secretary / Bookkeeper / Religious Education

Christine Dornbusch christined.shfre@arvig.net

Office Days--Tues/Thurs

Custodian & Groundskeeper

Norman Adams--Monday and Friday

Liturgical Music

Tonia Clark music.shfre@gmail.com

Living the Beatitudes in Daily Life

- **Blessed are the poor in spirit:** Recognize your need for God. *Suggestion:* Spend 5 minutes daily in gratitude prayer, thanking God for what truly matters.
 - **Blessed are those who mourn:** Comfort and heal with compassion. *Suggestion:* Call or visit someone who is grieving.
 - **Blessed are the meek:** Respond with gentleness, not anger. *Suggestion:* Take a deep breath before replying in a frustrating situation.
 - **Blessed are those who hunger and thirst for righteousness:** Seek justice and fairness. *Suggestion:* Volunteer for a local charity or advocacy group.
 - **Blessed are the merciful:** Show forgiveness and kindness. *Suggestion:* Write a note of apology or encouragement to someone.
 - **Blessed are the pure in heart:** Keep intentions and actions honest. *Suggestion:* Reflect on your choices at the end of each day.
 - **Blessed are the peacemakers:** Promote reconciliation. *Suggestion:* Mediate a conflict between friends or family.
- Blessed are those persecuted for righteousness' sake:** Stand firm in faith. *Suggestion:* Speak up for your values respectfully when challenged. Small steps, lived daily, make the Beatitudes come alive in our busy American lives.

| | WEEKDAY | DATE | TIME | SERVICE/INTENTION | CONFESSIONS |
|------------------------------|-----------|------------|----------|-------------------------------------|-------------|
| St. John Bosco | Saturday | January 31 | 9:00 am | Mass: Michael Szeplieniec | 8:30 am |
| | Saturday | January 31 | 4:00 pm | Mass: In Thanksgiving | 3:30 pm |
| | Sunday | February 1 | 8:30 am | Mass: † LeRoy Peichel | 8:00 am |
| | Sunday | February 1 | 12:15 pm | Mass: † Julie Hall (Latin N.O.) | |
| The Presentation of the Lord | Monday | February 2 | 9:00 am | No Communion Service | |
| | Wednesday | February 4 | 9:00 am | Mass: Ethan Ryleigh | 8:30 am |
| St. Agatha | Thursday | February 5 | 9:00 am | Mass: † Bill and Carol Lormis | 8:30 am |
| | Thursday | February 5 | 9:30 am | Adoration--Benediction 6:40pm | |
| | Thursday | February 5 | 10:00 am | Mass: For the Sick (Care Center) | |
| St. Paul Miki | Friday | February 6 | 9:00 am | Mass: Pro Defunctis | 8:30 am |
| | Saturday | February 7 | 9:00 am | Mass: † Jim and Bonnie Wallace | 8:30 am |
| | Saturday | February 7 | 4:00 pm | Mass: † James and Geraldine Johnson | 3:30 pm |
| | Sunday | February 8 | 8:30 am | Mass: † Eunice Clarey | 8:00 am |
| | Sunday | February 8 | 12:15 pm | Mass: Pro Populo (Latin N.O.) | |

MONDAY

February 2
*The Presentation
 of the Lord*
 Mal 3:1-4

Heb 2:14-18
 Lk 2:22-40
 or 2:22-32

TUESDAY

February 3
Weekday
 2 Sm 18:9-10,
 14b, 24-25a,
 30-19:3
 Mk 5:21-43

WEDNESDAY

February 4
Weekday
 2 Sm 24:2, 9-17
 Mk 6:1-6

THURSDAY

February 5
*St. Agatha, Virgin
 and Martyr*
 1 Kgs 2:1-4, 10-12
 Mk 6:7-13

FRIDAY

February 6
*St. Paul Miki and
 Companions, Martyrs*
 Sir 47:2-11
 Mk 6:14-29

SATURDAY

February 7
Weekday
 1 Kgs 3:4-13
 Mk 6:30-34

SUNDAY

February 8
*Fifth Sunday in
 Ordinary Time*
 Is 58:7-10, 1 Cor
 2:1-5. Mt 5:13-16

Breakfast

*Youth fundraiser
 breakfast. Sunday
 February 15th after
 the 8:30am Mass.
 Serving (GF) egg
 bake, sausage, fruit
 and rolls. Free will
 offering. Come enjoy
 breakfast and
 fellowship. Everyone
 is welcome!!*

"Blessed are the poor in
 spirit, for theirs is the
 kingdom of heaven."
 MATTHEW 5:3

The phrase "poor in
 spirit" can be confusing.
 Think of it in this sense
 – poor in spirit means
 depending on God's
 providence and not
 depending on our own
 self-reliance. Being
 detached from earthy
 things (power, money,
 and comfort) and being
 attached to heavenly
 things (charity, sacrifice,
 and mercy). Denying
 ourselves from
 satisfying our desires
 and helping others
 obtain their basic
 needs.



Christian Mother's parish wide bake sale weekend
 of February 14th and 15th before and after the
 masses. Bake and share your favorite recipes for
 those who want to buy sweets for their sweethearts.

MEN — It is time to reconnect with your purpose and identity.

Every man needs the opportunity to step away from the noise, busyness, and relentless expectations of daily life and be reminded of his purpose & identity. This 3-day retreat is that opportunity. Come receive authentic & relatable testimonies from men who found strength, direction, and freedom by surrendering their lives to God. Enter into personal reflections, good discussions, and fraternal community with men seeking virtue & restoration. Rediscover your identity as a son of God and walk back into your life with clarity, peace, and purpose. Come as you are. Leave as who you were created to be.

Call 218-236-5066 to register.

March 19-21, 2026

St. Joseph's Catholic Church

218 100th St S

Moorhead, MN 56560

1-25-2026

2 weeks

Attendance 572—6 Masses

Collection Income \$ 8,174.00

FACC \$ 417.00

Roof Loan \$ 1,095.00

Children's Project \$ 25.00

Ministry Schedule

| | Saturday—Feb. 7th | Sunday—Feb. 8th | Sunday—Feb. 8th |
|-----------------------------|----------------------|-------------------------------------|-----------------------|
| | 4:00 pm | 8:30 am | 12:15 pm |
| Altar Server | Jonah S Matthew S | Hudson B Shelby B | Dominic P Andrew P |
| Eucharistic Minister | Jerlyn B Kathy P | Sharon G Sandy H | |
| Lector | Dave G | Angie J | Chris P |
| Greeter | Susan J | Monica F | |
| Ushers | | Nathan M Ryan R Ed J Bud H | Elias W |
| Sacristan | Jim J | Fred D | Chris P |

February's Second Collections: 8th — Roof, 15th—FACC, 22nd— Black and Indian Missions

Upcoming Events

Mon. Feb. 2nd—Knights of Columbus meeting at 7pm

Tue. Feb. 3rd—Let's talk Jesus 7pm to 8:30pm

Thur. Feb. 5th—Adoration 9:30am-Benediction at 6:40pm

Sat. Feb. 7th—Christian Mothers meeting at 2pm

Tue. Feb. 10th—Let's talk Jesus 7pm to 8:30pm

Thur. Feb. 12th—Adoration 9:30am-Benediction at 6:40pm

Sat. Feb. 14th & Sun. Feb. 15th—Parish wide bake Sale before and after the masses

Sun. Feb. 15th—Youth Fundraising Breakfast after the 8:30am mass

Sun. Feb. 15th—Knights of Columbus meeting at 10am

Tue. Feb. 17th—Let's talk Jesus 7pm to 8:30pm

Thur. Feb. 19th—24-Hour Adoration

Tue. Feb. 24th—Let's talk Jesus 7pm to 8:30pm

Thur. Feb. 26th—Adoration 9:30am-Benediction at 6:40pm

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—Noah
Goeddertz—Dallas Flynn—Roger Moe—
Jim Henn—Mike Hofer—Jeff Sorlein—Russ
Karasch—RIP Florence Jensen

To submit a prayer request for our prayer chain, text 817 229 6789 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.

Youth

Wed. Feb. 4th—Release Time grades 1st-6th

Wed. Feb. 4th—Evening RE grades 7th-11th 6:30pm to 7:30pm

Wed. Feb. 11th—Release Time grades 1st-6th

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

Wed. Feb. 18th—Release Time grades 1st-6th

Wed. Feb. 18th—Evening RE grades 7th-11th 6:30pm to 7:30pm

Wed. Feb. 25th—Release Time grades 1st-6th

Wed. Feb. 25th—Evening RE grades 7th-11th 6:30pm to 7:30pm

"TILL DEATH DO US PART"

A retreat designed specifically for widows or widowers who are on the journey of life after the death of a beloved spouse. We will search to see how God blesses and is active in our lives: in the past, in our new self, our family, our friends and the future. We will explore the changes in our pattern of life and how we cope with the world in a new "normal". Together we will search for meaning in the question: How can our relationship with Jesus bring us fulfillment, peace, and joy? "

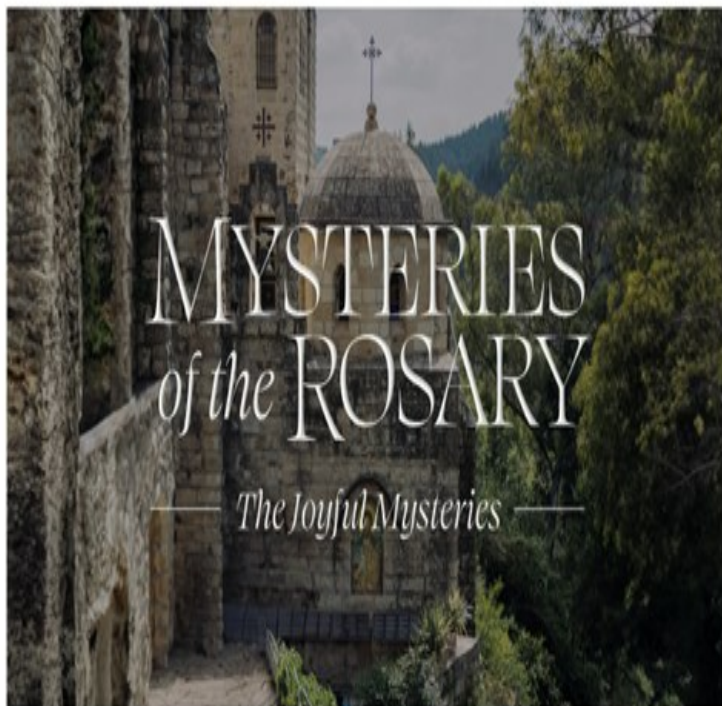
Participants will be asked to bring a picture of their spouse, family and their memories (good & difficult) They would be willing to share.

Nazareth Retreat House March 16th-18th.

6pm-noon

Email Beth at bschaurer@crookston.org or call

Beth at 218-281-4533



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Forming Catholics for *Life*.

The Presentation

The Presentation is already foreshadowing the Cross. The offering Mary makes at the Presentation in the Temple becomes manifested and reaches its fulfillment at Calvary.

Our parish has a free Formed subscription for you! Simply scan the QR code or visit formed.org/signup to create your account and select our parish to get free access to this content and much more!



An offering from the  AUGUSTINE INSTITUTE

Saint John Paul 2 and Saint Teresa of Calcutta Camp Updates

This summer, the Diocese will transition ALL summer camps to the Nazareth Retreat House in Crookston. The Saint Teresa of Calcutta Camp for incoming freshmen and sophomores takes place from June 21 – 26.

There will be two Saint John Paul 2 Camps at the Nazareth Retreat Center this summer. The first camp runs July 19-23, and the second runs July 26-30. REGISTRATION for all camps opens Tuesday, February 10, at 9:00 AM. The cost per participant this year is \$385.00. See Christine before you register.

Parents can register here: www.crookston.org/TocCamp www.crookston.org/JP2Camp

2026 DIOCESAN ANNUAL APPEAL: IN CHRIST, WE ARE ONE!

This year's Diocesan Annual Appeal (DAA) theme, "In Christ, We Are One", comes from Pope Leo XIV's motto and first homily as Pope, "Look to Christ!... Listen to his offer of love and become his one family: in the one Christ, we are one." Jesus prayed to his Father, "that they may all be one" (John 17:21), so that "the world may believe that you sent me." Our union with Jesus and each other witnesses to the love of God present in our world.

"We have much to do here in northwest Minnesota to live out Christ's mission, but we are not alone. Your gift to the DAA is a concrete expression of our unity, which strengthens our communion and helps the love of Christ reach every corner of our diocese." -Most Reverend Andrew Cozzens, Bishop of Crookston

Please give attention to an important mailing that will soon be delivered to your home.