

Fifth Sunday in Ordinary Time

FEBRUARY 8, 2026

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

I want to remind you about a scam that's been going around again. Some of you have reported getting messages—whether by text, email, or phone—from people pretending to be me. These scammers often ask for gift cards or money, claiming it's for something urgent, like helping someone in the parish or buying supplies for the church. What's especially tricky is that these scams usually seem to happen when I am out of town, which is why I no longer put it in the bulletin if I am going to be away from the parish. The scammers use this to create a sense of urgency, hoping you won't take the time to double-check. Please know that I would *never* ask for financial help or favors like this. If you ever get a request like this, it's not from me. If you're ever unsure about a message, don't hesitate to contact the parish office directly to check. And if you think you've been contacted by a scammer, let us know right away or report it to the authorities.

-Fr. Hamness

	WEEKDAY	DATE	TIME	SERVICE/INTENTION	CONFESSIONS
	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 9	9:00 am	Communion Service	
	Wednesday	February 11	9:00 am	No Mass:	
	Thursday	February 12	9:00 am	No Mass:	
	Thursday	February 12	9:30 am	Adoration--Benediction 6:40pm	
	Thursday	February 12	10:00 am	No Mass: (Care Center)	
	Friday	February 13	9:00 am	No Mass:	
	Saturday	February 14	9:00 am	No Mass:	
	Saturday	February 14	4:00 pm	Mass: † George Altstadt	3:30 pm
	Sunday	February 15	8:30 am	Mass: Pro Populo	8:00 am
	Sunday	February 15	12:15 pm	Mass: † Julie Hall (Latin N.O.)	

MONDAY

February 9
Weekday

1 Kgs 8:1-7, 9-13
Mk 6:53-56

TUESDAY

February 10
St. Scholastica,
Virgin

1 Kgs 8:22-23,
27-30, Mk 7:1-13

WEDNESDAY

February 11
Weekday

1 Kgs 10:1-10
Mk 7:14-23

THURSDAY

February 12
Weekday

1 Kgs 11:4-13
Mk 7:24-30

FRIDAY

February 13
Weekday

1 Kgs 11:29-32;
12:19, Mk 7:31-37

SATURDAY

February 14
Sts. Cyril, Monk,
and Methodius,
Bishop

1 Kgs 12:26-32;
13:33-34
Mk 8:1-10

SUNDAY

February 15
Sixth Sunday in
Ordinary Time
Sir 15:15-20
1 Cor 2:6-10
Mt 5:17-37 or
5:20-22a, 27-28,
33-34a, 37



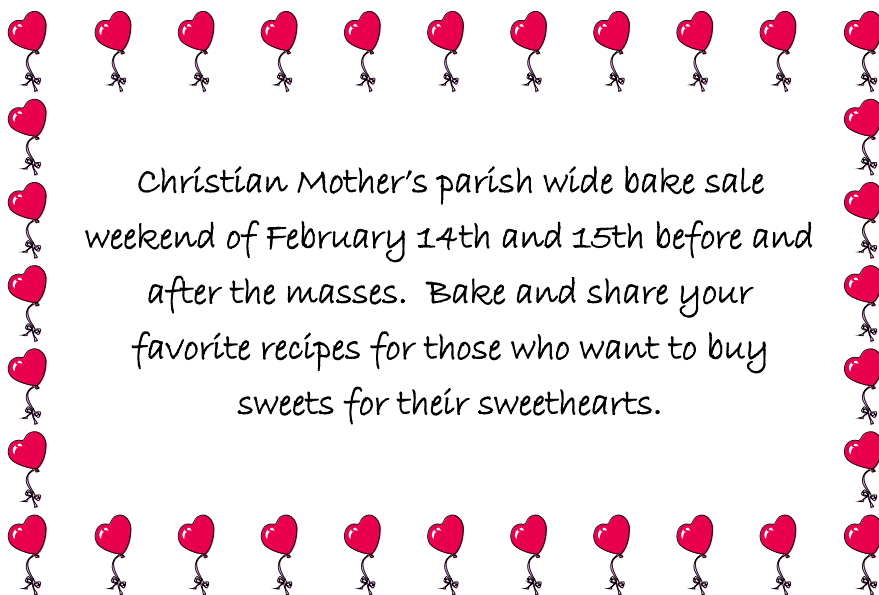
*Bring in your old
blessed palms so
they can be properly
disposed of. There
is a box on the stage
in All Saints Hall
for them.*

"Let your light shine
before others, that
they may see your
good works and give
glory to your Father
who is in heaven."
MATTHEW 5:16

The generosity of
being a good steward
of your gifts has a
positive effect on
people, and it is
contagious! Good
works encourages
more good works.
Generosity is a
by-product of a
grateful lifestyle. The
more we recognize
God's gifts, the more
we want to share
them. Good stewards
recognize that God is
working through
them, and they don't
put themselves above
the people they have
been called to help.

Thank you to our Sacred Heart family for assisting me and Mary at Mass on Sunday when I fainted. Father Hamness and Deacon Trevor came to my aid immediately, anointing me and praying for me. God was with us and we felt His presence. All the tests at ER at Essential Health were normal. I will follow-up, as recommended, with my primary provider. Again, thank you to all those who helped us including Lauren an EMT, Tim and Susan Stenger, Jim and Susan Jaroszewski, Steve Noll and as a congregation, praying a decade of the rosary for us.

David and Mary Goeddertz



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.

Ministry Schedule

	Saturday–Feb. 14th 4:00 pm	Sunday–Feb. 15th 8:30 am	Sunday–Feb. 15th 12:15 pm
Altar Server	Carson C Rachael C	John H Ronin M	William C Leo N
Eucharistic Minister	Jim J Barb R	Roxie R Tracy R	
Lector	Jim C	Mary F	Rob D
Greeter	Jill M	Sharon H	
Ushers	John M Ross K Roger S Mike S	Daniel G Terry T John S Glen R	Riley c
Sacristan	Jim J	Fred D	Rob D

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

Upcoming Events

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

Sun. Feb. 15th—Parish pot-luck at 1:15pm

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

Wed. Feb. 18th—Ash Wednesday Masses-9am
and 7pm

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

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

Thur. Mar. 5th—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 Jenson

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. 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*

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

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

Saint John Paul 2 and Saint Teresa of Calcutta Camp Updates

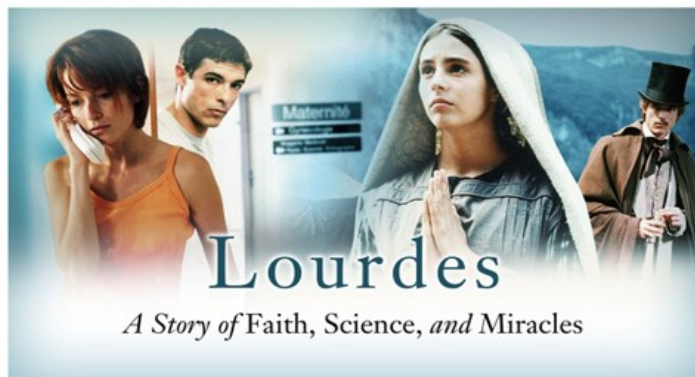
*This summer, the Diocese will transition ALL summer
camps to the Nazareth Retreat House in Crookston. The
Saint Teresa of Calcutta Camp for incoming freshmen
and sophomores takes place from June 21 – 26.*

*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](http://www.crookston.org/TocCamp) www.crookston.org/JP2Camp*



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!!



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Forming Catholics for Life.

Lourdes: Story of Faith, Science,

The film follows a journalist, his ancestor who met Bernadette at Lourdes, and the story of a woman healed by Lourdes' waters, tracing three lives.

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



formed™
Forming Catholics for Life.

Beloved | Trailer

Beloved uncovers the mystery and the meaning of the sacrament of marriage. What if marriage is more than you think it is? What if God has woven into the very fabric of your humanity a purposeful need and desire that can only be fulfilled in your marriage? Beloved invites all couples to experience firsthand the wonder, mystery, and joy behind that first "I do" ... whether you said it last year or many years ago.

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

"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

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