



# HOLY SPIRIT CATHOLIC CHURCH

January 29, 2023  
4th Sunday Ordinary Time

1420 7TH ST. N, FARGO, ND 58102 | 701.232.5900  
WWW.HOLYSPIRITFARGO.COM  
INFO@HOLYSPIRITFARGO.COM



## 4<sup>TH</sup> SUNDAY IN ORDINARY TIME

“Blessed are they who are persecuted for the sake of righteousness,  
for theirs is the kingdom of heaven.

Blessed are you when they insult you and persecute you and utter  
every kind of evil against you falsely because of me. Rejoice and be  
glad, for your reward will be great in heaven.” - Mt 5:10-12a

### PARISH INFORMATION

#### Weekend Mass Schedule

Saturday Vigil: 4pm  
Sunday: 7:30, 9 and 11am

#### Daily Mass Schedule

Monday-Wednesday: 5:30pm  
Tuesday-Saturday: 8:30am

#### Reconciliation

1/2 hour before ALL Masses.  
Saturday: 3-3:50pm  
In-person by appointment

#### Baptism

Call to register for Baptism prep,  
before or after the baby is born.

#### Marriage

Contact the parish office at least six  
months before the wedding date.

#### Confirmation/1st Eucharist

For Catholics older than 3rd grade,  
call for more info.

#### Exploring Catholicism/RCIA

Learn more about the faith, or want to  
become Catholic, call for more info.

#### New Parishioner Registration

Visit the website or call for more info.

#### Anointing of the Sick

Available any time. Contact a priest or  
call the parish office.

#### Adoration

Monday-Saturday: 6:45-8am  
Thursday: 3-9pm

#### Homebound

Call the office to schedule a visit.

#### Prayer Chain

Call Patty Landman at 701-235-0185 or  
Mary Schmidt at 701-540-7146 to be added  
to the prayer list.

#### Office Hours

Monday: 1-5pm  
Tuesday & Thursday: 9am-4pm  
Wednesday: 8am-5pm  
Friday: 8am-noon

**Pastor:** Fr. Ross Laframboise  
**Parochial Vicar:** Fr. Robert Keller  
**Deacon:** Rev. Mr. Paul Schneider

## MONTHLY SOCIAL TEACHING - Call to Family, Community, and Participation

The person is not only sacred but also social. How we organize our society - in economics and politics, in law and policy - directly affects human dignity and the capacity of individuals to grow in community. Marriage and the family are the central social institutions that must be supported and strengthened, not undermined. We believe people have a right and a duty to participate in society, seeking together the common good and well-being of all, especially the poor and vulnerable.

## WEEKLY VIRTUE: Prayerfulness - St. Hildegard of Bingen

**KNOW IT:** Being still, listening, and being willing to talk to God as a friend

**LIVE IT:** Cultivate a spirit of prayer and recollection; maintain the proper posture such as kneeling, sitting still, etc.

**PRAY IT:** Fire of the Spirit, life of the lives of creatures, spiral of sanctity, bond of all natures, glow of charity, lights of clarity, taste of sweetness to sinners, be with us and hear us.

Composer of all things, light of all the risen, key of salvation, release from the dark prison, hope of all unions, scope of chastities, joy in the glory, strong honour, be with us and hear us. Amen.

**ST. HILDEGARD OF BINGEN** - Born into a noble family, at 18, she became a Benedictine nun who had extraordinary visions. Ordered by her confessor to write down the visions that she had received since the age of three, Hildegard took ten years to write her Scivias (Know the Ways), followed by Merits of Life and Divine Works. Hildegard's visions caused her to see humans as "living sparks" of God's love, coming from God as daylight comes from the sun. She wrote over 300 letters to people who sought her advice; she also composed short works on medicine and physiology, and sought advice from contemporaries such as Saint Bernard of Clairvaux. She founded her own abbey, created her own language, wrote one of the first musical plays, and was a wonderful composer. Between 1152 and 1162, Hildegard often preached in the Rhineland. In 2012, Hildegard, an abbess, artist, author, composer, mystic, pharmacist, poet, preacher, and theologian, was canonized and named a Doctor of the Church by Pope Benedict XVI.

*Hearts of Gold*  
**Music for the Soul**  
 Dr. Jay Hershberger  
 Director of music, Cathedral of St. Mary  
 Professor of Music, Concordia College

Invite a friend!

Friday · February 3 · 9:00 am  
 Holy Spirit Social Hall

## 1ST-5TH GRADE CATECHESIS FAMILY NIGHT

This Wednesday, Feb. 1

### Eve of the the Presentation of the Lord

The 1st -5th Grade Catechesis classes will have family night as their class for the evening. (6:30-7:30 p.m.) Please meet in the social hall.

We look forward to seeing you there!

Please plan on having at least one parent or guardian attend with your child/children. Other children of the catechesis families are welcome to attend also! If you have any questions contact Ashley at [ashley@holyspiritfargo.com](mailto:ashley@holyspiritfargo.com).

### STEWARDSHIP OF TREASURE

Jan 21-22	Week	Fiscal YTD	Fiscal YTD Budget
Envelopes	\$21,794.00	\$569,849.03	\$556,907.90
Children	\$5.00	\$83.05	\$291.65
Cash Plate	\$681.36	\$27,679.15	\$23,275.00
Total	\$22,480.36	\$597,611.23	\$580,474.55
Monthly Total	\$57,229.64		
Monthly Budget	\$88,639.23	% of Budget	64.56%

**Thank you for your generosity! Call Barb with questions. Please consider Holy Spirit in your estate planning.**

### Mass readings for the week of January 29

Sunday: Zep 2:3; 3:12-13/Ps 146/1 Cor 1:26-31/  
 Mt 5:1-12a  
 Monday: Heb 11:32-40/Ps 31/Mk 5:1-20  
 Tuesday: Heb 12:1-4/Ps 22/Mk 5:21-43  
 Wednesday: Heb 12:4-7, 11-15/Ps 103/Mk 6:1-6  
 Thursday: Mal 3:1-4/Ps 24/Heb 2:14-18/Lk 2:22-40  
 Friday: Heb 13:1-8/Ps 27/Mk 6:14-29  
 Saturday: Heb 13:15-17, 20-21/Ps 23/Mk 6:30-34  
 Next Sunday: Is 58:7-10/Ps 112/1 Cor 2:1-5/Mt 5:13-16



Our mission is to invite, form, and equip missionary disciples of Jesus Christ.

### EVANGELIZATION

The proclaiming of salvation & love of Jesus is our purpose as a parish. Our faith is the most important thing in our lives. It is something we want to share. Here's how:

1. Each of you are invited to take on the attitude of being a steward.
2. One is then accompanied to live from this reality. Tithing is the concrete action as it follows God's Biblical teaching. Ideally, each soul is formed in living stewardship by pledging their tithe to God.
3. We then equip you to share this life of joy with others.

## The Eucharist and Sanctity "I Believe"

by Fr. John A. Hardon, S.J.

The Eucharist as the Real Presence is the touchstone of sanctity. As evidence of this fact we have the witness of the saints who, when they speak or write about the power of the Blessed Sacrament to sanctify, seem to be positively extreme in their claims about what the Real Presence can achieve in making a sinful person holy.



me and that I should raise it up on the last day. Yes, it is my Father's will that whoever sees the Son and believes in him shall have eternal life and that I shall raise him up on the last day."

By now we have read and heard and meditated on these words many times, but they deserve further reflection because they contain so

much mystery that after nineteen centuries of the Church's existence she has not begun to exhaust the richness of their meaning.

Every time we go back, every time we go back to Christ's words of revelation, we always discover something new. Always! The key word in Christ's discourse on the Eucharist is the word believe. In fact, after He promised the Blessed Sacrament many of the Jews who heard Him did not believe. "This is intolerable language," they said. "How could anyone (meaning themselves) accept it?"

"After this," we are told, "many of his disciples left him and stopped going with him." And the evangelist further explains that, "Jesus knew from the outset those who did not believe and who it was that would betray him." We might add that when we are told that the Savior knew who did not believe, that was not only contemporary, but all future knowledge. He foresaw who would and who would not believe, and let us make sure that the evangelist's juxtaposition of those who did not believe and those who would betray Him is the relationship of cause and effect. All the traitors of Christ have been those who, having believed, stopped believing.

Notice we are concentrating on the Holy Eucharist as the Real Presence. We could also speak of the sanctifying power of the Mass and of Holy Communion, but that is not our focus of reflection here. Why not? Because it is the Real Presence in the Mass and in Communion that finally explains their efficacy, too. No Real Presence, no Mass; no Real Presence, no Communion. So that, in dwelling on the Real Presence, we are in effect talking about the Holy Eucharist - Presence, Sacrifice and Sacrament.

In order to appreciate the value of the Real Presence in the spiritual life, we must go back in spirit to the event described by St. John when our Lord, after He had worked the miracle of the multiplication of the loaves and fishes, made the solemn promise of the Eucharist.

"I am the Bread of Life," Christ declared on that occasion. "He who comes to me will never be hungry. He who believes in me will never thirst. But, as I have told you, you can see me and still you do not believe. All that the Father gives me will come to me and whoever comes to me, I shall not turn him away because I have come down from heaven, not to do my own will, but to do the will of the one who sent me. Now the will of him who sent me is that I should lose nothing of all that he has given to

## Blessing of Throats - February 3

St. Blaise was bishop of Sebaste in Cappadocia, and was martyred by beheading about A.D. 316. Supposedly, while he was in prison for refusing to renounce his faith, he miraculously cured a little boy who was choking to death on a fish bone. From this we have the longtime custom of invoking the Saint for all kinds of throat trouble.

**FATHER WILL BE BLESSING THROATS AT  
THE 8:30AM MASS ON FEBRUARY 3**

After blessing the candles on the **Feast of St. Blaise**, the priest holds two candles fastened like a cross to the throat of the person before him, and says:

*By the intercession of St. Blaise, bishop and martyr, may God deliver you from every malady of the throat, and from every possible mishap; in the name of the Father, and of the Son, + and of the Holy Spirit.*



# NEWS & EVENTS

## OUTSIDE OUR PARISH

### Catholic Married Couples Retreat Weekends

Get away for a weekend together to encounter Jesus Christ in Word and Sacrament. Deacon Ben and Jennine Seitz will lead you to a deeper understanding and appreciation of the virtues. Hosted at the Franciscan Sisters of Dilligen Retreat Center, Hankinson. February 17-19, 2023 or March 3-5, 2023. Register: [www.sixstonejars.org](http://www.sixstonejars.org)

### Life in the Spirit Seminar at St. Cecilia's, Harvey, ND

February 17-19: registration begins at 6pm, seminar begins at 7pm on Friday and finishes at 3pm on Sunday. Cost: free will offering. Pre-registration appreciated by Feb. 10. Register at [raxtman@gondtc.com](mailto:raxtman@gondtc.com) or call or text 701-341-1962 or email the parish office [stcecilia@gondtc.com](mailto:stcecilia@gondtc.com). No cost housing available in Social Center. Contact Rosalie prior to the weekend to stay at the Social Center. Housing: Cobblestone Inn 701-635-2222 (a block of rooms has been set aside until Feb. 1, with a room rate of \$129.99); R & R Motel 701-324-2271; Artos Motel 701-324-4602

### SEARCH Weekend Retreat February 24-26

Youth and Young Adults ages 16 and older... Want to spend time on a retreat that is put on by your peers? Experience God in a personal and REAL way. Hosted at Maryvale Retreat Center in Valley City. Applications due Monday, February 6. Call Dori at 952-210-2219, visit [www.fargodiocese.org/search4cm](http://www.fargodiocese.org/search4cm).

### Camp Summit Youth Camp

For youth entering grades 7, 8, & 9 who have a desire to deepen their relationship with the Lord. Campers will dive deeper into prayer, spend time in small group discussion, enjoy social and rec. breaks, encounter the Lord through the Sacraments, and is designed to encourage and equip the youth for discipleship to their family, friends, and communities. Red Willow Bible Camp, Binford, ND, July 9-13, 2023. Registration open, cost is \$300/camper before February 24 or \$350/camper after February 24. Visit: [www.fargodiocese.org/campsummit](http://www.fargodiocese.org/campsummit) or contact Brady Borslien at [brady.borslien@fargodiocese.org](mailto:brady.borslien@fargodiocese.org)

## INSIDE OUR PARISH

### Time to enroll for Fall School

Friends and family! Help us spread the word about an excellent opportunity at our Newly Remodeled Holy Spirit School! Our Catholic school is a faith-based education with weekly virtues taught in our lessons based on the heart of our God. Enrollment for 2023-24 is now open. If the tuition is too much for you please talk to Fr Laframboise. It is not about the price! It is about the quality of education your child will receive.

### Holy Spirit's Wine & Dine

Saturday, February 11, 2023, from 5 to 8pm. Join us for an evening of fun, featuring an auction, games and a great dinner. Tickets now on sale! **Ticket sales end Feb 5!** Contact Noelle at [noelle@holyspiritfargo.com](mailto:noelle@holyspiritfargo.com).

### Emergency Food Pantry Volunteers

If interested joining the Holy Spirit volunteers at the Emergency Food Pantry on Thursday Feb 2nd (1pm-4pm), contact Sarah at [sarah@holyspiritfargo.com](mailto:sarah@holyspiritfargo.com) or 232-5900

### Are you homebound and unable to get to Mass?

If you would like to receive Holy Communion at home, call Bruce Wehri at 701-566-1553, or the office at 232-5900.

### 1st-5th Grade Catechesis: Family Night This Week

This Wednesday, February 1, the 1st-5th Grade Catechesis program will have Family Night in place of regular class (6:30-7:30 p.m.). Please plan on having at least one parent/guardian attend with your child/children. Other children from the catechesis families are welcome to attend also! Contact Ashley at [ashley@holyspiritfargo.com](mailto:ashley@holyspiritfargo.com) or 232-5900.

### 6-12 Grade Andes Ski Trip February 20

Youth in grades 6-12 are invited to attend the Andes Ski Trip on Monday, February 20. Payment along with the liability release and Andes Tower Hill Rental form are due in the parish office by Wednesday, February 15 (forms are at the Welcome Desk). Bring a sack lunch and money for concessions. Be at St Joseph's Catholic Church in Moorhead at 7:40am; the group will arrive back at St Joseph's at 8pm.

### Pinochle Party

All are invited to play pinochle in the Holy Spirit Social Hall, 1420 7th St N, Fargo, Sunday afternoon, February 12, at 1:30pm. Bring a friend! Snacks also welcome.

### Hearts of Gold Friday, February 3 after 8:30 Mass

Dr. Jay Hershberger who will share with us "Music for the Soul." He will perform and instruct us on the works of selected piano compositions. Join us and bring a friend!

### PARISH EVENTS FOR WEEK OF SUNDAY, JANUARY 29

*Sunday, January 29 - Catholic Schools Week*

**Mass: 7:30, 9, 11am**

**PTO Bake Sale:** after all Masses

*Monday, January 30*

**Daily Mass: 5:30pm**

**Boy Scouts:** 7pm in Social Hall

*Tuesday, January 31*

**Daily Masses: 8:30am & 5:30 pm**

**Bible Study:** 9:15am in Social Hall East

*Wednesday, February 1*

**Daily Mass: 8:30am & 5:30pm**

**Food & Fellowship:** 6pm in Social Hall

**Catechesis Grades 1-5 Family Night:** 6:30pm

**Share Your Faith:** 6:30pm room TBD

*Thursday, February 2*

**Daily Mass: 8:30am**

**Adoration:** 3-9pm in the church

**Thursday Evening Bible Study:** 7pm in Social Hall E

*Friday, February 3*

**Daily Mass: 8:30am**

**Hearts of Gold:** 9am in Social Hall E

**St Monica Prayer Group:** 3:45pm in church

*Saturday, February 4*

**Daily Mass: 8:30am**

**Vigil Mass: 4pm**

**REMEMBER THERE ARE CONFESSIONS 1/2 HOUR BEFORE MASS!**



### HOLY SPIRIT EXTENDS OUR PRAYERS & SYMPATHIES TO...

Jean & Wayne Welle and family on the death of Jean's brother, +Dale Kunze.

*May he rest in eternal peace.*

Holy Spirit Catholic Church's annual

# *Wine & Dine*



SATURDAY  
FEBRUARY 11  
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*Thank you for your continued, generous support of our youth and this event!*

FOR MORE INFORMATION  
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## Stewardship Moment

"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.



St. Vincent de Paul Society  
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SVPD Helpline 701-638-3800

visit [www.holyspiritfargo.com](http://www.holyspiritfargo.com) to make an online donation

In the Gospel today Jesus gives us the Beatitudes, which embody a radically alternative vision of life and we find that God indeed calls us to blessedness.

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## MASS INTENTIONS

**Monday, 1-30**  
5:30pm: Fr. Ross Laframboise

**Tuesday, 1-31**  
8:30am: Louie Kraft  
5:30pm: Jim O'Connor

**Wednesday, 2-1**  
8:30am: +Marion Carvell  
5:30pm: +Ronald Miller

**Thursday, 2-2**  
8:30am: Nancy Jones

**Thursday, 2-2, cont.**  
11am St Catherine North:  
+Jim & +Therese

**Friday, 2-3**  
8:30am: +Cora Stenberg

**Saturday, 2-4**  
8:30am Char Feldman  
4pm: +Frances Caulfield

**Sunday, 2-5**  
7:30am: Parishioners  
9am: +Rosanna Holler  
11am: +Tom Bogan



## KC Corner Council #10982

We are men who lead, serve, protect and defend.

**Next Meeting: Tuesday, February 7, 2023**

Officers meet at 6:30pm All Members at 7pm

**Knights! February 12 is our Super Bowl Sunday Breakfast!**  
Mark your calendar and come prepared to help...we need you!

December Awards:

Knight of the Month: Cody Hamilton

Family of the Month: Josh & Aliceyn Magelky

Server of the Month: James Shih

**Remember it is never too late to be a Knight!**

Please call Dave Klundt at 701-866-4508 for more information.



Ross Wilhelm, Pharm. D., R.Ph.  
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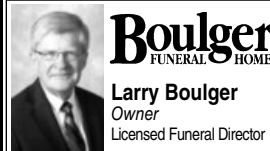


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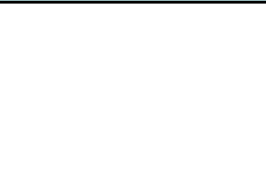
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