

January 23, 2022



## *Sacred Heart Parish*

Diocese of Crookston  
200 3rd St. NW, East Grand Forks, MN 56721

**Parish Office**..... 218-773-0877

**Office Hours** ..... Monday - Friday 8:00 am - 4:30 pm & Sunday 9:00 am - 11:30 am

**Newcomers:** Contact the Parish Office to register or visit [www.sacredheartegf.net/newcomer](http://www.sacredheartegf.net/newcomer) to submit the New Parishioner Registration form.

### **Eucharistic Liturgies**

Saturday 5:00 pm, Sunday 8:00 & 10:00 am, & 5:00 pm

Weekdays: Monday-Friday 7:15 am

**Eucharistic Adoration** Tuesday 7:45 am - 9:00 pm Contact Daniel Ewens 218-773-0877 for more information.

**Reconciliation:** Fridays 6:45 am, Weekends: 30 minutes before every Mass or by appointment.

**Baptisms:** Please visit [www.sacredheartegf.net/baptism](http://www.sacredheartegf.net/baptism) to submit the Pre-Baptismal Questionnaire form.

**Marriages:** Please contact one of the priests at least six months prior to the wedding.

[www.sacredheartegf.net](http://www.sacredheartegf.net)



Welcome to Sacred Heart Parish Community! We are so blessed to have you as part of our family of faith and hope you feel at home among us.

**Parish Staff Listing:**

Msgr. Mike Foltz, Pastor/Superintendent  
Fr. Matt Schmitz, Associate Pastor  
Fr. Joshy Mathew, Associate Pastor  
Bishop Emeritus Victor Balke, In Residence  
Deacon Steve Thomas, RCIA  
Deacon Mark LeTexier, Pastoral Associate  
Daniel Ewens, Liturgy & Music Coordinator  
Shelley Johnson, Parish Administrator  
Jessica Guzman, Office Manager  
Joan Enright, Stewardship Coordinator  
Sarah Effhauser, Social Media Manager  
John Lunski, Facility Manager  
Bill Kuznia, Maintenance Manager

**Staff Emails:**

[www.sacredheartegf.net/parishstaff](http://www.sacredheartegf.net/parishstaff)

**Sacred Heart School Offices and Staff:**

High School Office 773-0230  
Elementary School Office 773-1579  
Carl Adolphson, School President  
Joanne Wilson, Principal (K-6)  
Blake Karas, Principal (7-12) / AD  
Courtney Scheving, Donations & Events Coord.  
Jen Koller, Marketing/Admissions  
Tim Brooke, Campus Ministry

**Staff Emails:**

[www.sacredheartegf.net/schoolstaff](http://www.sacredheartegf.net/schoolstaff)

**Victim Assistance:** If you or someone you know has been the victim of sexual misconduct on the part of a priest, deacon, or individual representing the Diocese of Crookston, its parishes, or its schools, your first call should be to a law enforcement. In addition, please contact Cindy Hulst, LSW, the Victim Assistance Coordinator at 218-281-7895.

**Mental Health:** If you or someone you know is struggling with depression, anxiety or thoughts of suicide contact the Suicide prevention line at 1-800-273-8255 or the Crisis Text line at 741741. For mental health resources go to [www.sacredheartegf.net/](http://www.sacredheartegf.net/) or contact your health care provider.

## From the Pastors

Dear Brothers and Sisters in Christ,

As many of you know, since my ordination in 2017 I have served as the Promoter of Vocations for the Diocese of Crookston in addition to Associate Pastor of Sacred Heart, St. Francis, and Holy Trinity. This role involves helping to promote priestly vocations around the diocese and accompanying men who are discerning a vocation to the priesthood. Once a man began the application process, the Vocation Director took over and accompanied him from that point forward. It was the responsibility of the Vocation Director to oversee the formation of the seminarians. In June of this past year, Bishop Pates merged the roles of Vocation Promoter and Director, and at the same time he appointed me as the Vocation Director. With Msgr. Mike returning to full-time ministry at our three parishes, Bishop Cozzens has allocated 50% of my time to vocations ministry, effective January 1. The other 50% of my time remains allocated to my position as Associate Pastor of our three parishes.

Msgr. Mike, Fr. Joshy, and I are still working out what this arrangement will look like. At this point, I anticipate being gone from our parishes two weekends per month to preach about vocations in other parishes, visit seminaries, facilitate discernment groups, serve as a spiritual director for diocesan youth retreats, etc. I also hope to make time to visit other parishes during the week to present to youth groups and religious education programs on vocations. I will continue to be involved as the Chaplain of Sacred Heart High School. I will also be available for pastoral ministry in our parishes but to a lesser degree. Please continue to pray for the vocations that we need in our diocese.

After consulting with the Pastoral and Finance Councils and the Liturgy Committee, plans are being made to have the statues of the Sacred Heart of Jesus and the Blessed Virgin Mary refurbished. The same artist who refurbished the crucifix will complete the restoration work of the two statues. They will be removed from the sanctuary in the coming days and will be returned once the work is completed.

Thanks to all who joined us on Saturday morning (Jan 22) to observe the Day of Prayer for the Legal Protection of Unborn Children. We continue to pray and work for a greater respect for all life, especially for those who are most vulnerable.

Blessings,

Fr. Matt



# MASS Intentions

**Monday January 24**  
 5:00 pm Cleaners for Christ Church  
 6:15 pm Rosary with Dcn Mark & Ruth LeTexier Church  
 6:00 pm Women's Cursillo Grouping Parish Room 2

**Tuesday January 25**  
 7:45 am - 9 pm Adoration of the Blessed Sacrament Church  
 6:15 pm Lenten Group Meeting Parish Office Rm 2  
 6:30 pm RCIA St. Raphael Conf Rm

**Wednesday January 26**  
 6:15 am Men's Cursillo Grouping St. Raphael Conf Rm  
 12:00 pm Finance Committee Meeting St. Raphael Conf Rm  
 6:30 pm Religious Education Grades 1-8 & 10 Various  
 6:30 pm RE 9th & Parents Theology of the Body Social Hall  
 7:30 pm Adult Choir Practice Church

**Thursday January 27**  
 10:30 am Parish Staff Meeting St. Raphael Conf Rm  
 1:00 pm Men's Cursillo Grouping Church

**Friday January 28**  
 6:45 am Confessions Church  
 12:30 pm DAC Church Cleaning Church

**Saturday January 29**  
 4:30 pm Confessions Church

**Sunday January 30 Catholic Schools Week Begins**  
 Confessions 30 minutes before Masses  
 8:30 am Knights of Columbus Breakfast Social Hall  
 11:15 am KOC Free Throw Contest Big Gym

**Monday January 24 St. Francis de Sales**  
 7:15 am Lindsey Porter

**Tuesday January 25 The Conversion of St. Paul the Apostle**  
 7:15 am † Robert Schultz  
 10:00 am † Nancy Gray Good Sam

**Wednesday January 26 St. Timothy and St. Titus**  
 7:15 am † Greg "Jr" Useldinger  
 8:30 am † Mary Breeze HS Mass

**Thursday January 27 St. Angela Merici**  
 7:15 am † Donna Greenwood  
 8:30 am Maxon Ewens Elem Mass

**Friday January 28 St. Thomas Aquinas**  
 7:15 am † Greg Kaiser

**Saturday January 29**  
 5:00 pm † Joan Dudgeon  
 5:00 pm † Beth Waskosky Fisher

**Sunday January 30 Fourth Sunday in Ordinary Time**  
 8:00 am For our Parish Family  
 10:00 am † Lawrence "Linc" Dufault  
 10:00 am † Michael Edgar Tabor  
 5:00 pm † Irvin Mager



My Immaculate Heart Will Be Your Refuge and the Way that Will Lead You to God. Our Lady of Fatima

## Do You Want to Make a Difference in the World?

Come and Pray the Rosary With Us!

<b>After</b> Morning Mass Each Monday, Wednesday, Thursday & Friday	<b>Before</b> Weekend Mass Saturday 5 pm, Sunday 8 am & 10 am	<b>Monday</b> Evenings 6:15 pm in Person 6:30 pm Livestream
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<b>January 29/30</b>	<b>SAT 5:00 PM</b>	<b>SUN 8:00 AM</b>	<b>SUN 10:00 AM</b>	<b>SUN 5:00 PM</b>
All Liturgical Ministries	For the kickoff to Catholic Schools Week, <b>All Liturgical Ministries</b> for weekend Masses will be filled by students of Sacred Heart Parish and School, both elementary and high school.			

**Attention Liturgical Ministers**  
 Preparation for the Spring Liturgical Ministry schedule are underway. This schedule will run the weekend of **March 5/6 through May 21/22**. Please update your availability in Ministry Scheduler Pro or by contacting Pam Zimbelman at [shministries@sacredheartegf.net](mailto:shministries@sacredheartegf.net) or 701-732-0629.

You can access ministry scheduler pro at the following website: <https://www.sacredheartegf.net/liturgical-ministries> and then click on "Ministry schedule sign in". **Please do this by February 16<sup>th</sup>**.

Thank you all!

# Stewardship - A Way of Life

## Sunday Offertory

Sunday, January 16, 2021

Adult.....	\$5,391
Plate.....	\$427
Youth.....	\$2
WeShare.....	\$12,928

Weekly Offertory Total..... \$18,748

### Other collections

Church in Africa.....	\$1,197
Charitable Needs.....	\$245

### Scrip 01/10/2021 to 01/16/2021

Scrip Sales.....	\$7,130
Scrip Profit.....	\$403

Thank you for your generous support of the Solidarity Fund for the Church in Africa. Your contributions will provide pastoral care and support to the people of Africa as they face many challenges that come from poverty and unemployment, poor health care, and migration. Your donations will fund workshops, retreats, catechesis, and other projects that build the faith of African communities. If you missed the collection, it is not too late to give! Visit [www.usccb.org/africa](http://www.usccb.org/africa).



EVERYDAY STEWARDSHIP - RECOGNIZE GOD IN YOUR ORDINARY MOMENTS

### Plant Your Works in the Word

One of the things about Scripture is that even the smallest word and shortest phrase can be critical to the overall message. When you take a quiet moment to rest with the Word, you find how quickly the most mundane sentence can reach out and grab you, pulling you into a deeper contemplation of some truth you hadn't even considered until then.

But we often fail to act as the Israelites in the Book of Nehemiah, standing before the Water Gate "listening attentively." Whether it's at Mass during the Liturgy of the Word or at home poring over the Bible, time after time we find ourselves less mindful than we could be. Our ears accept the sounds of the words and our eyes glance over the shape of the letters.

But are we mindful — truly?

The best answer is hopefully at least sometimes. There are always tasks to be completed, problems weighing on our minds that we can't quite give over to God. We lose ourselves in these things instead of in Scripture. We "clock in" with Bible reading instead of "diving in."

We can never forget that the words of the Lord are spirit and life. They are the soil that quickens the seed of all stewardship. There is no mindfulness, no prayer, no graciousness, no gratitude or accountability or sense of commitment unless there is the Word.

So let us pray today for mindfulness, that our every action will be grounded in the law of God — giving it true spirit and life.

— Tracy Earl Welliver, MTS  
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Sunday, January 30th  
after 8 & 10 am Masses



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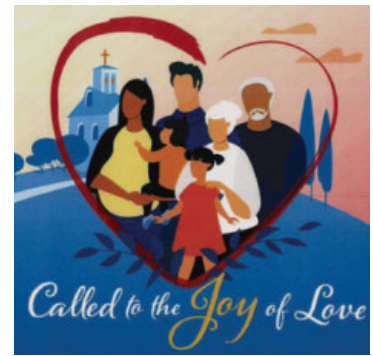
May 10

*Sign Up at*

[www.sacredheartegf.net/volunteer](http://www.sacredheartegf.net/volunteer)



**The 2021 Year End Charitable Donation Tax Statements  
were mailed out Friday, January 21st.**



## Diocese of Crookston and Local Churches

### Attention Catholic Women!

Take a little time away for yourself, to nourish your faith life and enjoy fellowship with other women of faith! **Magnificat Morning** will be on **Saturday, February 5** with Deacon John Bredemeier as our speaker. We will be back at St. Anne's again (524 N. 17th St.). We hope you can join us for all or part of the morning! Newcomers welcome - Bring a friend.

### Morning Schedule

8:30 a.m. Rosary	9 a.m. Mass	9:35 a.m. Speaker
10 a.m. Small Group Discussion/Fellowship		10:30 a.m. Wrap up

## Youth Ministry & Religious Education

### High School Youth Rally "The Church of Now" Set for Sunday, March 27th

Please mark your calendars for Sunday, March 27 for the High School Youth Rally. The Theme for this year's rally is "The Church of Now".

### First Communion Parents

A reminder to parents of those children that will be receiving their First Holy Communion this spring, please contact the parish office at 218-773-0877 to schedule an appointment with one of our priests if you were unable to make the parent meeting on Wednesday, January 19th.

# Save the Date



Diocese of  
**CROOKSTON**

## FOR UPCOMING #DOC EVENTS

HIGH SCHOOL YOUTH RALLY | SUNDAY, MARCH 27TH

SAINT TERESA OF CALCUTTA CAMP  
(9TH & 10TH GRADE) | JUNE 19TH - 23RD

SAINT JP II CAMP (7TH & 8TH) | JULY 17TH - 21ST

# Sacred Heart School News

Carrie Sapa, our High School art teacher submitted some of our students' artworks for the UND High School Art Show. The Guest Curator, Paige Prekker, has selected all your students' artwork for inclusion in the show.

Paige arranged the artwork to highlight student responses to the pandemic. Artwork that addresses themes of tranquility leads to artwork that captures a sense of confusion and despair experienced by many, and artwork that displays a sense of acceptance and hope for the future. I have included pictures of the show, attached.

The show will be open through January 27.



## Intro to Spanish

Senorita Johnson's 8<sup>th</sup> grade Intro to Spanish class visited the other half of 8<sup>th</sup> grade in their Art class to share a Spanish song called "Sapo, sapito, Sapo" about a male and female toad singing to each other.



## Elementary Music

In second grade music, we are working on adapting the film 'sing' to the stage. Our program will be performed on March 1st.

## Walk-In Wednesdays

TOUR CAMPUS | PICK UP INFORMATION  
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Every WEDNESDAY in JANUARY & FEBRUARY  
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