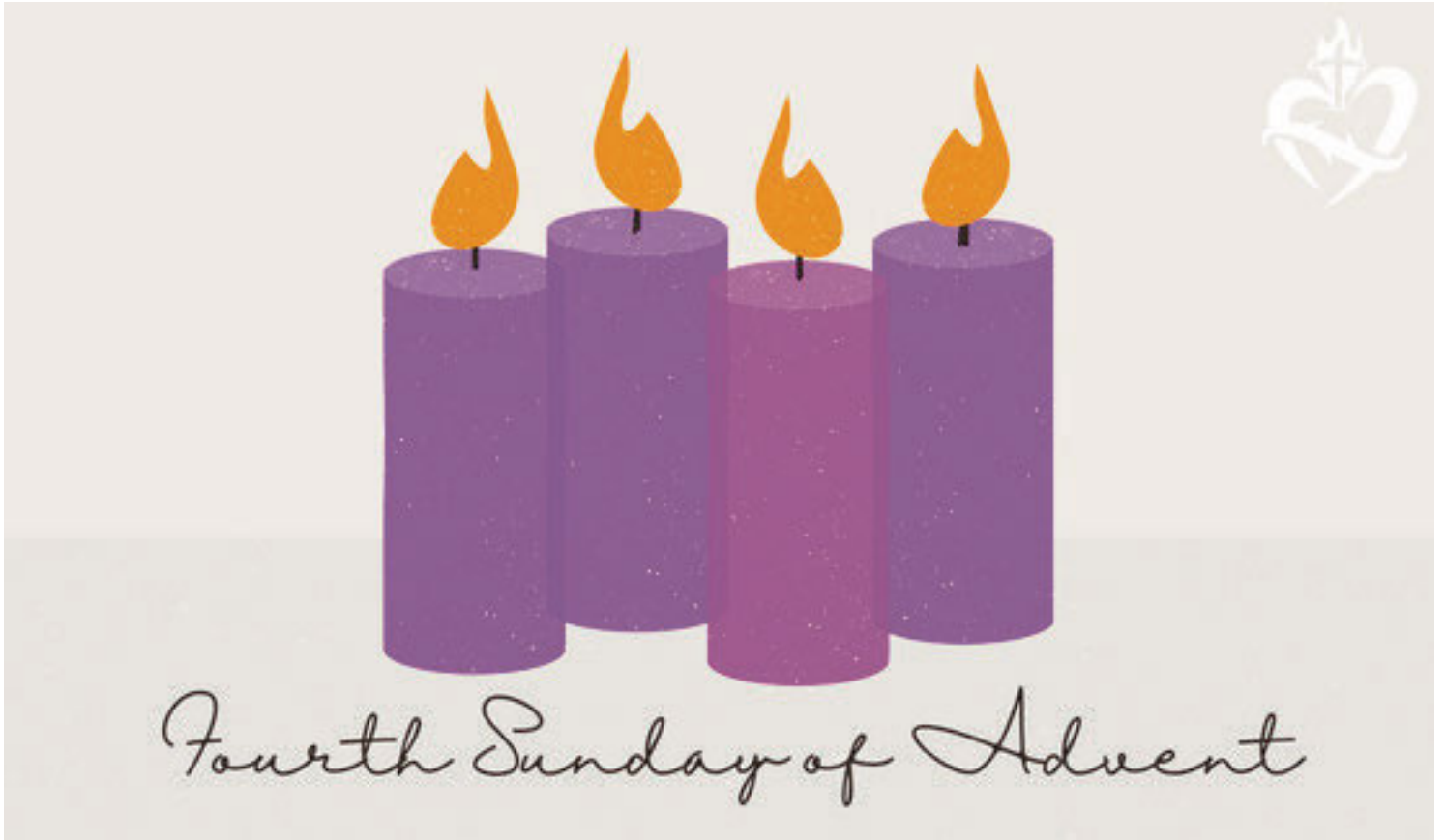


DECEMBER 18TH, 2022



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 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 to submit the Pre-Baptismal Questionnaire form.

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



You belong here!

Parish Staff Listing:

Msgr. Mike Foltz, Pastor/Superintendent
Fr. James Khembo, Associate Pastor
Fr. Matt Schmitz, Associate Pastor
Bishop Emeritus Victor Balke, In Residence
Dcn Steve Thomas, Pastoral Associate
Dcn Mark LeTexier, Pastoral Associate
Casey Akset, Youth and Young Adult Ministry
Sarah Effhauser, Communications Director
Daniel Ewens, Liturgy & Music Coordinator
Stacey Hanson, Parish Administrator and Stewardship Coord.
Shelley Johnson, Finance Manager
Brittany King, Office Manager
Bill Kuznia, Maintenance Manager
John Lunski, Facility Manager

Faith Formation:

Stacey Hanson, Religious Education grades 1-5
Casey Akset, Religious Education grades 6-Confirmation
Dcn Steve Thomas, Order of Christian Initiation for Adults

Staff Emails:

www.sacredheartegf.net/parishstaff

Sacred Heart School Offices and Staff:

High School Office 773-0230
Elementary School Office 773-1579
Carl Adolphson, School President
Nevin Lubarski, Principal (K-12) / AD
Joanne Wilson, Asst. Principal (K-12) / Dean of Academics
Tim Brooke, Asst. Principal (K-12) / Campus Ministry
Marie Jensen, Marketing & Admissions Coordinator
Courtney Scheving, Donations & Events Coordinator

School Staff Emails:

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 simply calling or texting 988 or chatting 988Lifeline.org will connect you to compassionate care and support for mental health-related distress. Also visit www.sacredheartegf.net/mentalhealth or contact your health care provider.

Hospitalizations: If you or someone you know is hospitalized and would like a priest to visit, please call the parish office. When a priest visit is requested through the hospital's channels, sometimes the message fails to be relayed to us. Contacting the parish office will ensure that a priest receives the message.

In Our Parish this Week

Monday | December 19

6:30 pm Eagles Wings Choir Group Practice Church

Tuesday | December 20

7:45 am - 9 pm Adoration of the Blessed Sacrament Church
6:30 pm Women's Cursillo Grouping Parish Conf Room

Wednesday | December 21

6:15 am Men's Cursillo Grouping St. Raphael Conf Room
12:00 pm Finance Council Meeting St. Raphael Conf Room
3:20 pm Elementary Children's Choir Church
6:30 pm Religious Education & Confirmation Classrooms
7:30 pm Adult Choir Rehearsal Church

Thursday | December 22

10:30 am DAC Church Cleaning Church
10:30 am Parish Staff Meeting St. Raphael Conf Room
1:00 pm Men's Cursillo Grouping Parish Office Conf Room
6:00 pm Women's Cursillo Grouping Parish Office Conf Room

Friday | December 23

6:45 am Confessions Church

Saturday | December 24

4:30 pm Confessions Church

Sunday | December 25 | The Nativity of the Lord

Confessions 30 minutes before Masses Church

Stay up to date on any calendars changes by viewing the master calendar online. Scan the code with your phones camera to access.



A MESSAGE FROM MSGR. MIKE

Pastor

Dear Brothers and Sisters in Christ,

It's already the **Fourth Sunday in Advent**. In this season we are to work on waiting and being patient. How has that gone for you? There is still time to work on it. **Archbishop Fulton Sheen wrote: "Patience is power...it waits on the right time to act, for the right principles and the right way."** The Blessed Virgin Mary is an incredible example of patience in the way Sheen suggests. We hear so much about Mary and rightly so, however, Joseph seems to get left out of a lot even at Christmas.

In the Gospel for this Sunday we hear how Joseph responds to the birth of Jesus...with PATIENCE. He had to patiently decide what to do when he found out that Mary was pregnant and not with his child. He didn't do this alone, he had the help of an angel and the Holy Spirit. He had to patiently decide what to do after Mary gave birth to Jesus and they needed to flee to Egypt to avoid King Herod's wrath. He didn't do this alone, he had the help of an angel and the Holy Spirit. He was the head of the household and had to patiently live with Mary who was sinless and Jesus who was God. He didn't do this alone, he had the help of an angel and the Holy Spirit. We don't do patience alone either, we have the help of an angel and the Holy Spirit. Let us take the time to be aware of angels in our lives and allow the gifts of the Holy Spirit: wisdom, understanding, knowledge, counsel, fortitude, piety and fear of the Lord to help us all our days!

Let us ponder how significant a role Joseph had in the story of salvation. He was the guardian of our redeemer. He was the father figure for and raised Jesus. There isn't a spoken word of Joseph recorded in scripture. I am sure Joseph spent a lot of time in silence pondering what God was asking of him. It is said that silence is the language of God. Joseph is the quintessential example of **ACTIONS SPEAK LOUDER THAN WORDS**. As we enter into the last week of Advent, please take the time to patiently reflect on Joseph's role in salvation history. Also patiently ponder your role in God's plan for you!

COME LORD JESUS, COME!

Your brother in Christ,

Msgr. Mike Foltz



*"Patience is power...it waits on the
right time to act, for the right
principles and the right way."
-Archbishop Fulton Sheen*



December 11th

Sunday Offertory

Adult \$8,278.10

Plate \$319

Online Giving \$12,655.35

Weekly Offertory Total
\$21,252.45

Immaculate Conception \$1,089

Retired Religious \$2,652

Monday | December 19
7:15 am † Mike Kane

Tuesday | December 20
7:15 am † Jack & Veda Driscoll
10:00 am † Tom McMahon

Good Sam

Wednesday | December 21
7:15 am Werness Girls
8:30 am † Dennis Mack

Thursday | December 22
7:15 am † Frances Schmutz
8:30 am † Larry McMenamy

Friday | December 23
7:15 am † Scott Beauchamp

Saturday | December 24
4:30 pm † Denise Cariveau
5:00 pm † Steven Mitzel
10:00 pm † John Laxen

Tabor

Sunday | December 25 | The Nativity of Our Lord
8:00 am † Peter Trentin
10:00 am † Rick & Jeremy Werness
10:00 am † Irvin Mager

Fisher

Liturgical Ministry

Christmas Ministries

Christmas Masses this year as Saturday, December 24th at 5 & 10 PM, and Sunday December 25th at 8 & 10 AM. There is no 5 PM Mass on Christmas day. Incense will be used at every Mass except for 8 AM. The 5 PM and 10 AM Masses tend to be the fullest; if you are hoping to avoid the fuller crowd then please attend at 10 PM or 8 AM.

Liturgical ministries are needed at all masses – please sign up online or contact Daniel in the Parish office if you’re available!

Are you able to help with a Mass Ministry during the Christmas Masses? Visit

<https://bit.ly/3Fb5uTm>

to sign up or scan the code below!



Growing in Discipleship

Children Acting Out the Christmas Gospel

On Christmas Day during the 10 AM Mass, kids will act out the Gospel narrative while it is being proclaimed. There is only one speaking role, the rest is simple actions and movement. Any students in grades 2-12 can participate; please call or email Daniel Ewens at dewens@sacredheartegf.net to let him know of your interest, and come to a practice on Saturday, December 24th at 11:00 AM in the Church. Thank you!



Support our church easily & securely with online giving!

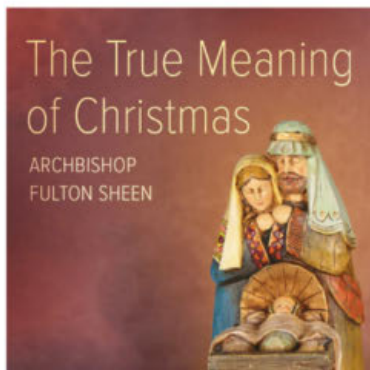
Our church now uses *Flocknote* for secure online giving. Donate by visiting the website below or by scanning the QR code with your smartphone camera!

- ✓ It's the **easiest & most secure way** to give to our church and its ministries!
- ✓ You can make one-time donations or you can set up automatic, recurring giving!



Give today by visiting:

<https://sacredheartcatholicchu44.flocknote.com/fundit/give>



FORMED | THE CATHOLIC FAITH. ON DEMAND.

The True Meaning of Christmas by Fulton Sheen

This presentation combines recordings of Fulton Sheen's timeless reflections on the meaning of Christmas, mixed with Gregorian chant and seasonal music. It is sure to become a family favorite!

Our parish has a FORMED subscription. Visit formed.org/signup and select our parish. Scan the QR code to download the FORMED app to your phone.



It Happened @ Sacred Heart



Did you get a great shot of a Sacrament, Gathering or Event?
Please share it with us!

**IT HAPPENED
@ SACRED HEART!**

Email your Sacred Heart Happenings Pictures to
ItHappened@sacredheartegf.net



Check out all our
parish photos here!

<https://www.sacredheartegf.net/photo-album>

Music Notes

Christmas Choirs

The Sacred Heart Parish Choir will sing on Christmas Eve at the 10 PM Mass, with a half-hour of preludes and Christmas carols beforehand. Please feel free to come early and listen. The Sacred Heart Elementary choir will sing at the 10 AM Mass on Christmas Day, with a time of prelude music beforehand as well.



Saint Vincent de Paul

In today's Gospel, we hear that Jesus will be named Emmanuel, which means "God is with us." The mystery of the birth of Jesus is supremely a mystery of love. The Society of St Vincent de Paul seeks to share that love with those in need in our community.

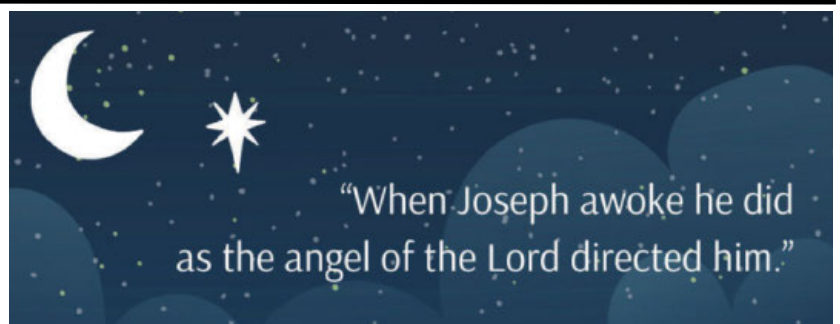
We meet at 5:30pm on the 2nd and 4th Wednesdays of the month in the Raphael Room. Please consider joining us! For more information please contact Paul or Sue MacLeod, 701-500-0188.



Fostering Vocations in Our Parish & Diocese

When Joseph awoke he did as the angel of the Lord directed him." Are you prayerfully vigilant about discovering your vocation in Christ? Might He be inviting you to the priesthood or consecrated life?

Contact Fr. Matt Schmitz, Director of Vocations for the Diocese of Crookston at (218) 773-0877 or email mschmitz@crookston.org.



Diocese of Crookston

Join Bishop Cozzens in studying the Catechism in a year!

Advent will soon be upon us and we will begin another year in our liturgical life. Each year in the liturgy we live again all the mysteries of our Faith as we celebrate the liturgical seasons and the great feasts, and each year is meant to help us grow in deeper relationship with Jesus Christ on our life-long pilgrimage to heaven. This relationship with Jesus is never meant to stagnate, just as a married couple grows closer together year after year, so we are meant to grow in our knowledge and love of the Lord even as we grow older, growing closer to him each year. To help in this growth in 2023, Bishop Cozzens has a special invitation for you. Father Mike Schmitz, who hosted the most popular religious podcast in the country in 2021 (The Bible in a Year) is now hosting a new podcast, The Catechism in a Year. Every day in 2023 he will share a 15-20 minute segment of the Catechism of the Catholic Church along with a short commentary. This daily podcast, over the space of 365 days, will allow us to traverse the entire Catechism, which is a brilliant, in-depth, inspirational summary of the entire Catholic Faith.



If you want to join Bishop Cozzens on this journey, send an email to communications@crookston.org and in mid-December we will send instructions on signing up to be part of our group that commits to growing in our faith together.



SACRED HEART
SCHOOL

Child Care | Preschool | Elementary | High School
YourChildMatters.org

Save the Date



Gala
SACRED HEART
SPRING FLING 2023

Masquerade

SATURDAY, APRIL 22, 2023
ALERUS CENTER, GRAND FORKS



