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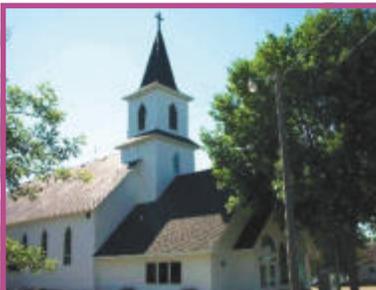
The Roman Catholic faith community of Assumption of Our Lady in Menahga, Minnesota, strives to create a welcoming environment for sharing the Good News of Jesus, the sacraments, and God's love and peace with our church family, along with our local and world community.



ST. FREDERICK VERNDALE, MN

Physical Address:
20 Mason Avenue NW, Verndale, MN 56481

St. Frederick Roman Catholic faith community in Verndale, Minnesota, strives to know, love and serve God through ongoing faith formation, celebration of the sacraments, and reaching out in service to others locally and worldwide.



ST. HUBERT BLUEGRASS, MN

Physical Address:
22008 County Road 23, Sebeka, MN 56477

The Roman Catholic faith community of St. Hubert in Bluegrass, Minnesota, welcomes all and "gathers them in" to share in the mission of Jesus Christ. Moved by the Holy Spirit, we grow in holiness by celebrating the sacraments; Life-long learning; and service to others locally and globally.



PASTOR

Father Lauren Germann
218.445.5786
320.333.1363
vbmpastor@wcta.net

TRUSTEES

Assumption of Our Lady:
Marcia Cole and Larry Murphy
St. Frederick: Mary Ludovissie and Al Dolezal
St. Hubert: Lois Schoon and Gene Kern

TO CONNECT

PARISH OFFICE 218.445.5204
P.O. Box C, Verndale, MN 56481
(mailing address of Our Three Parish Communities)

OFFICE HOURS:

Monday 8:00am—2:00pm
Tuesday 9:00am—1:00pm
Thursday 9:00am—2:00pm

Bookkeeper: Connie DeVault
vbmcatholicbook@wcta.net
Secretary: Shirley Malone
vbmcatholic@wcta.net

Bulletin Announcements

Tuesday at 11:00am 218.445.5204
sthubert1771@hotmail.com

Website: vbmcatholic.org

MASS TIMES

St. Frederick, Saturday, 4:30pm,
Tuesday, 9:00am
St. Hubert, Sunday, 8:30am,
Wednesday, 9:00am
Assumption, Sunday, 10:30am,
Thursday Mass has been suspended until further notice.

NEW PARISHIONERS

Welcome! To join one of our parishes, please contact the parish office.

PARISH NURSE

Lela Platt 218.234.8966 to arrange for a nurse visit and/or Communion.

CEMETERY CONTACTS

St. Hubert: Bryan Wegscheid
218.639.3618
St. Frederick: Dan Schmitz
218.639.1818
Assumption of Our Lady
218.445.5204

PRAYER CHAIN REQUESTS

St. Hubert: Shirley Malone, call or text
218.640.6113
Assumption of our Lady:
Sarah Bobst, 320.232.9828
St. Frederick: Tina Moenkedick
218.924.2163

Baptism and Marriage
Contact the parish office.

PARISH NURSE NOTES

Sunday, December 13, 2020

Submitted by Lela Platt, RN, Parish Nurse Coordinator



With the recent surge of Covid-19 cases in our state and local areas I am aware it is becoming more stressful for all of us as we are dealing with quarantine fatigue as well as the fear of contracting the virus for ourselves and our loved ones, so today I would like to address the stress that comes as well as what we can do to take care of ourselves. This is just a brief overview of what one can do to relieve stress.

Fear and anxiety about the new disease can be overwhelming and cause strong emotions in adults and children. Public health actions, such as social distancing, can make people feel isolated and lonely and can increase stress and anxiety. However, these actions are necessary to reduce the spread of Covid-19. Coping with stress in a healthy way will make you, the people you care about, and your community stronger.

Stress during an infectious disease outbreak can sometimes cause the following:

Fear and worry about your own health and health of your loved ones, your financial situation or job, or loss of support services you rely on.

- Changes in sleep or eating patterns
- Difficulty sleeping or concentrating
- Worsening of chronic health problems
- Worsening of mental health conditions
- Increased use of tobacco, and/or alcohol and other substances

TAKE CARE OF YOUR MENTAL HEALTH

You may experience increased stress during this pandemic. Fear and anxiety can be overwhelming and cause strong emotions.

Everyone reacts differently to stressful situations. How you respond to stress during COVID-19 pandemic can depend on your background, your social support from family or friends, your financial situation, your health and emotional background, the community you live in, and many other factors. The changes that can happen because of the COVID-19 pandemic and the ways we try to contain the spread of the virus can affect anyone.

People who may respond more strongly to the stress of a crisis include: People who are at higher risk for severe illness from COVID-19 (for example, older people, and people of any age with certain underlying medical conditions.), Children and teens, People caring for family members or loved ones, frontline workers such as health care providers and first responders, essential workers and people with existing health and mental health conditions. The list goes on.

Children and teens react, in part, on what they see from the adults around them. When parents and care givers deal with the COVID-19 calmly and confidently, they can provide the best support for their children. Parents can be more reassuring to others around them, especially children, if they are better prepared.

Not all children and teens respond to stress the same way. Some common changes to watch for include: excessive crying or irritation in younger children; returning to behaviors they have outgrown (toiletting accidents or bedwetting); excessive worry or sadness; unhealthy eating or sleeping habits; irritability and "acting out" behaviors in teens; poor school performance or avoiding school; difficulties with attention and concentration; avoidance of activities enjoyed in the past; unexplained headaches and body pain; as well as possible use of alcohol, tobacco and other drugs.

To support your child, talk to them about COVID-19 outbreak and answer questions and share facts in a way they will understand. Reassure them they are safe and share with them how you may deal with your own stress so they can learn. Limit your families exposure to coverage of the event, including social media as they may misinterpret what they hear. Try to keep up with regular routines and if schools are closed, create a schedule for learning activities and relaxing or fun activities. Spend time with your child in meaningful activities.

Take care of yourself and still maintain social connections with phone calls or video chats to feel less lonely and socially isolated. If you become sick know where and how to get treatment and support services. Take care of your emotional health, take breaks from watching, reading, or listening to news stories, take care of your body, make time to unwind and connect with your community or faith based organizations.

Knowing the facts to help reduce stress and stopping the spread of rumors can help reduce stress and stigma. Understanding the risk to yourself and people you care about can help you connect with others and make an outbreak less stressful.

MASS SCHEDULE AND INTENTIONS

FOR THE WEEK OF December 13—December 20

St. Frederick, Verndale: Tuesday, December 15, 9:00am
+James & +Virginia Richter (Mass followed by one hour of Adoration.)

St. Hubert, Bluegrass: Wednesday, December 16, 9:00am
+Edna Perius

(Thursday Mass at Green Pine Acres, Menahga will resume when the lock down is lifted.)

St. Frederick: Saturday, December 19, 4:30pm
+Leo & +Dolores Schwartz

St. Hubert: Sunday, December 20, 8:30am
For the People of the Parishes

Assumption of Our Lady: Sunday, December 20, 10:30am
+Jim Renneberg

See the insert in this week's bulletin for a list of Christmas Mass times in our Area Catholic Community.

Please follow safe distancing and other safety guidelines when attending Mass. Sunday Mass attendance is not required in our Diocese at this time.

Bishop Kettler reminds us this week to stay home from Mass if you are not feeling well or if you or someone in your family is at risk.

LITURGICAL MINISTER SCHEDULE

St. Frederick, Verndale

Saturday, December 19 4:30pm

Lector.....	Carmen Pederson
Extraordinary Minister.....	Gary Kneisl
December Ushers	Dan Schmitz
	Steve Schmitz

St. Hubert, Bluegrass

Sunday, December 20 8:30am

Lector.....	Lela Platt
Extraordinary Minister.....	Larry Malone
December Ushers.....	Nate Erickson
	Volunteer

Assumption of Our Lady, Menahga

Sunday, December 20 10:30am

Lector.....	Jean Weyer
Extraordinary Minister.....	Carol Ann Cleveland
Ushers.....	Gary Weyer
	Jean Weyer

Readings for the week of December 13, 2020

Sunday: Is 61:1-2a, 10-11/Lk 1:46-48, 49-50, 51-54 [Is 61:10b]/1 Thes 5:16-24/Jn 1:6-8, 19-28

Monday: Nm 24:2-7, 15-17a/Ps 25:4-5ab, 6 and 7bc, 8-9 [4]/Mt 21:23-27

Tuesday: Zep 3:1-2, 9-13/Ps 34:2-3, 6-7, 17-18, 19 and 23 [7a]/Mt 21:28-32

Wednesday: Is 45:6b-8, 18, 21c-25/Ps 85:9ab and 10, 11-12, 13-14 [Is 45:8]/Lk 7:18b-23

Thursday: Gn 49:2, 8-10/Ps 72:1-2, 3-4ab, 7-8, 17 [cf. 7]/Mt 1:1-17

Friday: Jer 23:5-8/Ps 72:1-2, 12-13, 18-19 [cf. 7]/Mt 1:18-25

Saturday: Jgs 13:2-7, 24-25a/Ps 71:3-4a, 5-6ab, 16-17 [cf. 8]/Lk 1:5-25Next

Sunday: 2 Sm 7:1-5, 8b-12, 14a, 16/Ps 89:2-3, 4-5, 27, 29 [2a]/Rom 16:25-27/Lk 1:26-38

GOSPEL MEDITATION
Sunday, December 13, 2020
Third Sunday of Advent

Did you ever stop and realize that there is no earthly gain that can ever really satisfy us? Think of winning the Lotto. On this side of the winning ticket, it's all about the money, the new car, house, vacations, bank accounts, and infinite pleasures. The possibility of acquiring all of these earthly securities brings us back again and again to the purchase of a ticket. Then, one day we win! Our dreams are fulfilled, and happiness is on the horizon. Then one day, we wake up and realize that nothing has really changed, and I am not as satisfied as I thought I was or would be. I find myself living in my incompleteness and with my profound sorrow and grief. I did not find joy.

Glimpses of joy are possible but not by material means. They are brought to us through incredible experiences of connection that bring us face to face with real and authentic faith, hope, and love. And, they are glimpses and do not last. The moment we find ourselves looking back at them, they are gone, and we find ourselves remembering the moment in memory. To carry joy within us is to realize that it is not something I create, manufacture or even acquire. It is not able to be purchased. It is a gift. My need for joy mirrors my need for eternity, for a Creator who has a claim on the very essence of who I am and desires a home within me. As C. S. Lewis discovered, joy is a surprise that speaks to my very soul and is given as gift by the God who loves me.

The beauty of Advent is found in discovering the beauty of the gift of joy. God has visited his people for no other reason than to show them where and how to find joy! All of our human and earthly joy experiences are always only glimpses. They never satisfy us, sustain us or fulfill us. It is only God who is the joy of my soul. Real, Divine experiences of joy catch us off guard, make us stop and become aware, bring a feeling of awe and rightness and have an eternal otherness about them. Nothing created by humans can ever come close to this. We probably will not fully realize the truth of all of this until we actually meet God face to face in heaven one day. Then, in that sacred moment when our hearts leap for joy we will understand what we have been tirelessly searching for all along. Intense gratitude will most surely follow.

LPI

FAITH FORMATION NEWS

JOURNEY TO ADVENT CHALLENGE

All parishioners in our **Mary, Mother of the Church**, Area Catholic Community are being offered the challenge to Journey through the December days of Advent by reading one of the 24 chapters of the Gospel of Luke each day. **Go online at Mary/ACC.org** or see the flyer in the bulletin today for other ways to participate online.

CONGRATULATIONS

FIRST HOLY COMMUNION

Congratulations to Simon Jude Uselman, son of Jake and Maria who received his First Holy Communion on Sunday, December 6, 2020 at St. Hubert, Bluegrass.

BAPTISM

Congratulations to Astrid Ruth Banaka, daughter of Christopher and Karen who was baptized on Saturday, December 12 at St. Hubert, Bluegrass.

BAPTISM

Congratulations to Angel Marie, Reid Wayne, Dean Andrew, children of Brittany Burkholder who were baptized on Sunday, December 13 at Assumption of Our Lady, Menahga.

May God Bless you always as you continue your faith journey.

NEWS AND NOTES FOR ALL

RELIGIOUS RETIREMENT COLLECTION

In good times and bad, senior Catholic sisters, brothers, and religious order priests have dedicated themselves to service and acts of mercy. Today, they pray for an aching world. Yet years of serving for little or no pay have left their religious communities without enough retirement savings. **Attached** to the bulletin today is an envelope for your donation to the Retirement Fund for Religious helps provide medications, nursing care, and other necessities. Please be as generous as you are able. Thank you.

FREE FOOD DISTRIBUTION

On Tuesday, December 22, the Sebeka Area Food Shelf will be distributing free food to all who call and reserve a box. This is open to singles or families of any age or income. For more information and to reserve your box call 218-472-3288.

FAIRBANKS MISSION

Thank you to everyone who has given to the Fairbanks Mission collection. So far our parishes have collected **\$3,275**. There is still time to give if you wish to do so deposit your gift in the collection basket labeled Fairbanks Mission.

ST. FREDERICK

SOLES 4 SOULS

You can help by simply donating your shoes! A collection box is available in the narthex at St. Frederick to **collect new and gently used shoes** to create opportunities for women in developing nations to start and sustain a small business. Donations will be taken until the end of December 2020. **All shoes will be donated to the non-profit organization Soles 4 Souls.** Thank you!

ST. HUBERT

THANK YOU!

"Thank you to everyone who prayed for our family and my sister. She went to be with God on November 5, 2020, which was her wish." May God Bless you all. **Jerry & Shirley Markkula**

DECORATING THE CHURCH FOR CHRISTMAS

Everyone is invited to help decorate St. Hubert church for the Christmas season **following the 8:30am Mass on Sunday, December 20.** Mask and distancing protocols will be followed. Thank you.

FISCAL YEAR 2020-2021

Thank you for your financial support to our parishes.

Assumption of Our Lady—Menahga

Needed each Sunday 2020/2021	\$1200.
Needed to date	27600.
Collected 12/6	1137.
Received to date	30298.
Surplus (Deficit)	+2698.

Saint Frederick—Verndale

Needed each Sunday 2020/2021	\$1600.
Needed to date	36800.
Collected 12/5	1568.
Received to date	42385.
Surplus (Deficit)	+5585.

Saint Hubert—Bluegrass

Needed each Sunday 2020/2021	\$1820.
Needed to date	41860.
Collected 12/6	1937.
Received to date	49124.
Surplus (Deficit)	+7264.

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