



Mary Immaculate

10 Corey St. • Coleraine, MN 55722



St Cecilia

326 2nd St. • Nashwauk, MN 55769

Pastor

Father Joseph Sobolik

fr.joseph.sobolik@duluthcatholic.org

Deacon

Richard Johnston

dcn.richard.johnston@duluthcatholic.org

218-208-2661 or 218-966-8251

Secretary/Bookkeeper

Ann Johnston

ann.johnston@duluthcatholic.org

Office Hours:

Monday—closed

Tuesday—Thursday

10:00 a.m.-3:00 p.m.

Friday: 10:00 a.m.-2:00 p.m.

Director of Religious

Education/Youth Ministry

Mari Jo Anderson

marijo.anderson@duluthcatholic.org

Office for both parishes

326 2nd St

Nashwauk, MN 55769

(218)885-1126

Website

www.semicatholic.com

Baptism

Call Parish Office to schedule preparation with Father Joe or Deacon Richard.

Marriage

Call Parish Office a minimum of six months in advance to schedule preparation with Father Joe or Deacon Richard.

Visitors

We are blessed to have you worship with us at Mass. If you would like to become a parishioner you can call the parish office or download a registration form from our website



Mass Schedule

Tuesday	6:00 p.m.	SC&online
Wednesday	8:30 a.m.	SC&online
Thursday	8:30 a.m.	MI&online
Friday	8:30 a.m.	MI&online
Saturday	4:15 p.m.	SC
Sunday	8:30 a.m.	SC&online
Sunday	10:30 a.m.	MI

Confession

Tuesday	5:00-5:30 pm	SC
Saturday	9:00-10:00 am	MI
Saturday	3:30-4:00 pm	SC
Sunday	7:45—8:15 am	SC
1st Friday	4:00-5:00 pm	MI

Fr. Joe is always open to making appointments for confession.

Adoration

Tuesday	10:00 am-5:45 pm	SC
1st Friday	4:00-5:00 pm	MI

*cancelled due to Father's absence

Homebound Ministry

Fr. Joe visits the homebound within the parish boundaries on First Fridays.

Fr. Joe visits parishioners in Nursing Homes and Assisted Living in Grand Rapids and Hibbing on First Thursdays.

If you know of parishioners who are ill, hospitalized, or homebound, please contact the parish.



November 3—November 8

Tuesday (3) - Gary Perella †

Wednesday (4) Jeanne Ricker †

Thursday (5) - Sharon Bibeau †

Friday (6) - Souls in Purgatory

Saturday(31) - **Parishioners**

Sunday (1)8:30 - Dale "Tad" Thronson †
10:30— Clair Sobolik †

Saturday, November 7 4:15 pm

Lector: Ken Ricker

Extraordinary Ministers of Holy Com-
munion:

Server: Ava Gangl

Sunday, November 8- 8:30 am

Lector: Jim Sellner

Extraordinary Ministers of Holy Com-
munion:

Server: Cliff Arola

Ushers:

Counters:

Sunday, November 8- 10:30 am

Lector: Kyle Erickson

Extraordinary Ministers of Holy Com-
munion:

Server: Jaedyn Casey

Volunteer cleaners:

Marie Gibeau: Nov. 7 & 14

Bulletin articles need to be submitted by Tuesday at 10:00 am for the week the bulletin is printed. The Friday before if there is a holiday.

Know someone who could use prayers?

CALL- -St. Cecilia's Prayer Chain:

Darlene or Ted Squillace 885-1057.

Mary Immaculate Prayer Chain:

Teresa Kessler 910-9007.

Sister Dorene King from St. Scholastica Monastery has been assigned to our parishes to be a prayer advocate. She is praying for us, but if you have a special intention please call (218)723-6555.

FORMED.org Parish code is **KVR7DF**

FROM FR. JOE

GRIEF AND LOSS

As many of you already know, I lost my grandfather on October 13. We saw it coming and we were able to do a beautiful funeral for him, but it is still difficult to say goodbye.

The month of November is a time in the Catholic Church in which we pray specifically for all those who have died. November 2 is called the Commemoration of All the Faithful Departed. The Masses for that day traditionally include prayers for all those who have died before us. We as Catholics are encouraged throughout the rest of the month to continue these prayers for our beloved dead. We will have a Book of Remembrance at both parishes so we can write in the names of those who have died (however long ago it was) who will be prayed for at Mass.

Whenever we lose someone (or even *something*) close to us we experience grief. In the year 1969, Psychiatrist Elizabeth Kübler-Ross, described her now famous five stages of grief.

Denial. Often when we are faced with a great loss, we do not want to admit that it is really happening. We avoid talking about it or admitting that it is really happening. It is a coping mechanism that can help with the initial shock.

Anger. This often sets in after coming back to reality that this loss is really happening. We feel anger, frustration, hurt, anxiety, and maybe other emotions mixed in. We may blame others, including God, or question God's very existence. It can sound bad, but anger is actually a very healthy thing, if we let it get us to a better state of acceptance. When we hold on to it and let it rule our lives and how we treat others; that is the problem.

Bargaining. In this stage we think we can make a deal with God. We pray for a miracle; a complete reversal of what has happened. We try to promise that we will never miss Mass again and be a better person, if God will do this. Miracles do happen, but this is often just false hope.

Depression. For many people, depression sets in as the reality of the situation and the loss has finally set in. We might feel numb and unwilling to really interact with others. We often just feel overwhelmed by everything.

Acceptance. When we finally come to acceptance, we are finally entering back into the real world. It is not that we are necessarily okay with what has happened, but that we accept that we will be okay. We are now ready to move on with our life.

Not all people go through these stages in the same order. Some may even skip a stage or go back and repeat a stage. There is no set length of time each stage will last either. We all grieve in our own way. If someone close to you is grieving, be patient and let them know you are there for them if they need you. We can all help each other.

FROM THE OFFICE:

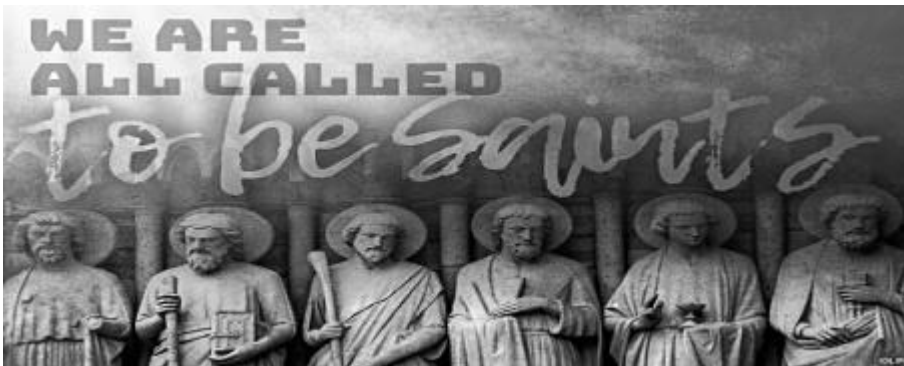
ATTENTION: Due to Thanksgiving holiday, there is a **REVISED** schedule for bulletin submission in November....

Any announcements for the 22nd of November are due to the office by 10 a.m., **November 13th.**

Any announcements for the 29th of November are due to the office by 10 a.m. on **November 19th.**

MARIAN CONSECRATION— Fr Joe is inviting those who are interested to participate in **St Louis DeMontfort's 'Consecration to Mary'**. It will begin on Wednesday, November 4. Fr Joe will lead prayers and reflections after Wednesday Mass each week. It will also be livestreamed on his Facebook page and the churches website (scmicatholic.com). If you would like participate contact the church office (885-1125) or email ann.johnston@duluthcatholic.org. The Consecration will celebrated on Tuesday, December 8th at the 6:00 p.m. MASS. (See website for additional details)

Aftn: Lectors & Servers: There is a new schedule at the entrance of each parish. Please find a substitute if you are unable to serve at the scheduled time.



THANK YOU to everyone who has continued to contribute to our parishes. Most of our expenses continue during this difficult time.

It is a GREAT time to sign up for giving online.

See our website for details. (www.scmicatholic.com)

Readings for the week of November 1, 2020

Sunday: Rv 7:2-4, 9-14/Ps 24:1bc-2, 3-4ab, 5-6 [cf. 6]/1 Jn 3:1-3/Mt 5:1-12a

Monday: Wis 3:1-9/Ps 23:1-3a, 3b-4, 5, 6 [1]/Rom 5:5-11 or Rom 6:3-9/Jn 6:37-40

Tuesday: Phil 2:5-11/Ps 22:26b-27, 28-30ab, 30c, 31-32 [26a]/Lk 14:15-24

Wednesday: Phil 2:12-18/Ps 27:1, 4, 13-14 [1a]/Lk 14:25-33

Thursday: Phil 3:3-8a/Ps 105:2-3, 4-5, 6-7 [3b]/Lk 15:1-10

Friday: Phil 3:17—4:1/Ps 122:1-2, 3-4ab, 4cd-5 [1]/Lk 16:1-8

Saturday: Phil 4:10-19/Ps 112:1b-2, 5-6, 8a and 9/Lk 16:9-15

Next Sunday: Wis 6:12-16/Ps 63:2, 3-4, 5-6, 7-8 [2b]/1 Thes 4:13-18 or 4:13-14/Mt 25:1-1

**From Mari Jo Anderson:
Director Religious Education and
Youth Ministry:**

Last week we heard in the Gospel and Father's homily "*You shall love the Lord, your God, with all your heart, with all your soul, and with all your mind.*"

So let us make it your goal to have a deep, intimate relationship with God. Let Him into every area of your life. If you constantly look to other people for answers and validation, pray about this and ask the Lord to help you stop doing that and instead look to Him. As we live to please God, He promises to bless our lives and make us prosper.

When you decide to serve God with your whole heart and make Him first in your life, your soul will prosper and your joy and peace will increase. Remember to lean on Him more than anything else, and tell Him, "God, I want to do this, but I can't do it without You." He doesn't expect you to live for Him in your own strength or ability, and He understands when you make mistakes.

So if you mess up, don't be discouraged and let it hold you back; confess it and keep going. God will give you grace to do what you need to do. One day at a time, you and God together can do anything!

Rule no. 1
Put God at the center
of everything.



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