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.scmicatholic.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
Wednesday	8:30 a.m.	SC
Thursday	8:30 a.m.	MI
Friday	8:30 a.m.	MI
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 Fr's absence.

Homebound Ministry

Fr. Joe visits the homebound and residents of Nursing Homes or Assisted Living during the first week of each month.

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

Mass INTENTIONS

July 27—August 1

Tuesday(27)– Frank Rebrovich Sr †
Wednesday(28)- Joe Calaguire †
Thursday(29) - Florence Johnson †
Friday (30) - Sharon Bibeau †

Saturday (31) - Tammi Sumner †
Sunday (1) 8:30– Parishioners
10:30— Mayme Cook †

Saturday, July 31– 4:15 p.m.
Lector: Rose Sajevic
Extraordinary Ministers of Holy Communion:
Server: Damon Gangl
Vincent Sajevic

Sunday, August 1- 8:30 am
Lector: Julie Lange
Extraordinary Ministers of Holy Communion:
Server: Madi Owens
Jim Sellner
Ushers: Doug & Lorri Shalley
Counters: Lorri S & Lucy G.

Sunday, August 1-10:30 am
Lector: Molly Randall
Extraordinary Ministers of Holy Communion:
Server: Jacob Johnson
MI Volunteer cleaners:
Pat Peterson July 31 & Aug 7
Theresa Troumbly Aug 14 & 21

Bulletin articles need to be submitted by Tuesday at 10:00 am for the week the bulletin is printed unless otherwise noted.

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**

ASK FR. JOE

"How do we become holy?"

This is the million dollar question. We can all agree, I think, that holiness is the ultimate goal of every Christian. But how do we get there? That is the question. As a seminarian, I was assigned to read a short book entitled, *Holiness: A Guide for Beginners*, by Dom Hubert van Zeller. He begins his book by explaining that anyone can act or be holy or do all sorts of pious actions. Holiness is not about simply acting out the part. One does not become holy because he or she was best at holy actions or superior at being virtuous. Van Zeller explains, "… however determined you are to be a saint, you will not become one if you rely on your own strength of mind". So we do not become a saint or grow in holiness just because we want to or that we are ambitious. We cannot achieve holiness just because we worked hard at it. Rather, van Zeller says, we do it to give back to God the love he has given to us. We do it only because God has given us the grace to do it.

So, holiness is something we do with God's help and to give Him the glory. Here are a few things we can choose to do to help us achieve that lofty goal.

Prayer – As a seminarian, my vocation director once told me, "Pray like your life depends on it, because it does". Prayer is a necessary part of growing in holiness. So keep praying, even if it does not feel like much is going on.

Devotions – Related to prayer is doing our devotions to the saints, especially to the Blessed Virgin Mary. In practicing devotions we learn about the lives of saints who lived lives of holiness and we ask them to pray for us in our path to holiness too.

Fasting – Fasting, or any kind of sacrifice, is a great way to grow in holiness, because it humbles us. Doing even a small sacrifice or a short fast helps us connect closer to Christ.

Scripture – St. Jerome, the patron saint of Scripture Scholars, is quoted as saying, "Ignorance of Scripture is ignorance of Christ." In other words, we need to read the Bible if we want to know Christ, and we need to know Christ to grow in holiness.

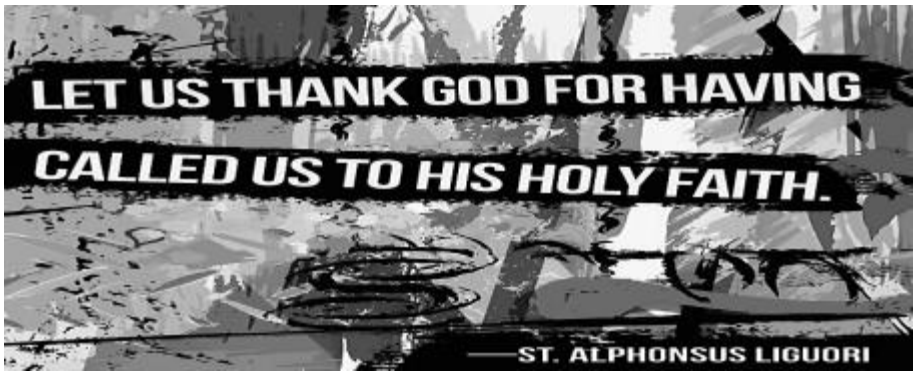
Practice Virtues – Virtues, like the cardinal virtues of prudence, justice, courage, and temperance, can be thought of as good habits and attitudes. If we practice virtues, and seek to live a virtuous lifestyle, we grow in holiness. Even if we do not get it right at first, striving to live the virtues will get us there.

FROM THE OFFICE:

Lectors & Servers: CURRENT SCHEDULE is for JULY & AUGUST . If you unable to serve at a scheduled time, please line up a substitute. New schedules for September **AND** October will be run AUGUST 26th.

TIME TO NOMINATE INDIVIDUALS FOR JOINT PASTORAL or FINANCE COUNCILS for our parishes. Both Councils are an important opportunity to collaborate with Fr Joe in the running of our communities. Nomination forms are in the front entrance at both parishes. They are due no later than August 1st. Balloting will be in mid-August. All those nominated will be contacted confirm their willingness to be on the ballot.

CAN YOU HELP???
Now that our services are completely open again; we are in need of **USHERS** to greet people as they enter, and to take the collection during MASS. We also need more **SERVERS** and **MONEY COUNTERS !! please call the office** if you are willing to serve in either capacity!



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 July 25, 2021

Sunday: 2 Kgs 4:42-44/Ps 145:10-11, 15-16, 17-18 [cf. 16]/Eph 4:1-6/Jn 6:1-15

Monday: Ex 32:15-24, 30-34/Ps 106:19-20, 21-22, 23 [1a]/Mt 13:31-35
Tuesday: Ex 33:7-11; 34:5b-9, 28/Ps 103:6-7, 8-9, 10-11, 12-13 [8a]/Mt 13:36-43
Wednesday: Ex 34:29-35/Ps 99:5, 6, 7, 9 [cf. 9c]/Mt 13:44-46
Thursday: Ex 40:16-21, 34-38/Ps 84:3, 4, 5-6a and 8a, 11 [2]/Jn 11:19-27 or Lk 10:38-42
Friday: Lv 23:1, 4-11, 15-16, 27, 34b-37/Ps 81:3-4, 5-6, 10-11ab [2a]/Mt 13:54-58
Saturday: Lv 25:1, 8-17/Ps 67:2-3, 5, 7-8 [4]/Mt 14:1-12

Next Sunday: Ex 16:2-4, 12-15/Ps 78:3-4, 23-24, 25, 54 [24b]/Eph 4:17, 20-24/Jn 6:24-35

From Mari Jo Anderson:
Director of
Religious Education

God's name. Do you use it in vain? I have been there before, have you? This can be so hard for some people to talk about, but why? Are we defensive? He Himself commands us to not do it. Do we know better than God Himself? God's name is so truly important that using it in vain is literally a commandment!

"You shall not take the name of the Lord your God in vain"

Why do we not take this seriously? You do not get to choose which ones are important and which ones are not. Would you kill someone as easy as you can say " oh my God!"? Unlikely. So I challenge you if this is something you struggle with, to become consciously aware of the choice of words you speak.

Ask God in prayer to help you be aware of Him and to think in those times how important His name is to you. Put the use of His name where it belongs, in prayer, in worship, talking to Him, speaking about Him. When you hear someone use His name in vain you can also offer it up as suffering, or pray for them.

You can also say "Blessed be the Lord's name. When you are conscious of it you will hear it everywhere. TV, your friends, maybe a spouse, even children. I encourage you to be aware if this is something you have a hard time with, and pray for people when we hear it.

God Bless

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