

FEBRUARY 28, 2021 | SECOND SUNDAY OF LENT



Sacred Heart Church | 321 9th Street, P.O. Box 377, Heron Lake, MN 56137 | Sunday Mass: 8:00 am

Sacred Heart Church | 516 10th Street, P.O. Box 187, Brewster, MN 56119 | Saturday Mass: 5:00 pm

St. Francis Xavier Church | 532 17th Street, P.O. Box 39, Windom, MN 56101 | Sunday Mass: 10:00 am

GOSPEL MEDITATION -

ENCOURAGE DEEPER UNDERSTANDING OF SCRIPTURE

2nd Sunday of Lent

A pregnant woman was walking in the store and met an old friend. Her friend exclaimed, "You are absolutely beaming!" The new life God placed in her womb radiated throughout her body. It was brightly visible on her face and in her eyes. Transformation and change usually happen from the inside out. It is very rare that simply imposing structure from the outside does any good. Yes, it is true that routines and habits can change when things are done differently. But, for this change to last there has to be an interior renewal and metamorphosis as well. Simply regulating behavior and bringing someone into conformity with accepted protocols doesn't mean their heart and soul come with them.

Peter was a homeless man who lived in a very remote and rudimentary tent community. He was happy to make his daily trip to McDonald's and always welcomed a gift card or two so that he could buy some coffee and something to eat. A generous advocate worked to secure him an apartment in hopes of moving Peter out of his makeshift housing and into something safer. Peter finally got the grand tour of his new "digs," received his own key, remarked how wonderful the place was, closed the door behind him when they left and never returned. He preferred his tent. No matter how much things changed on the outside, Peter was happy where he was. A poignant lesson was learned that day.

How is your Lent going? By now you ought to have a sense of whether you're really "into it" this year and something transformational is happening. For many, it's only the stuff on the outside that changes for a few weeks and then they return to business as usual. For others, there are some real inner changes happening that are deepening their relationships with God, others, self, and creation. If we are serious about moving to a new place and radiating with the presence of new life and joy, then we have to clear the way to listen for God's call. Then, there is God's request to change things up a bit and order our lives differently. After realizing we have been called and given a mission, we have to trust that this is where we need to be. And then, after all of this hard work we are asked to act. The fruit that is revealed will indicate whether our journey is authentic. The brilliance of conversion will begin to shine on our faces as we contemplate the One to whom we are asked to listen.



NEW PARISHIONERS

We welcome you into God's family! If you are interested in learning more about our church, or would like to join, please stop in the Parish Office. Please notify the Parish Office of any change of address.

PARISH PRIEST

Fr. Pratap Reddy Salibindla, OFM
548 17th St., P. O. Box 39,
Windom, MN 56101
Cell: 507-226-4536
E-mail: triparishpriestjuly2018@gmail.com

BREWSTER OFFICE:

Loretta Smith: Office Administrator
Phone: 507-842-5584
Hours: Tuesday-Thursday, 8:30AM-4:30PM
E-Mail: sacreds@centurytel.net
Dawn Murphy: FF Coordinator

HERON LAKE OFFICE:

Carmen Rasche: Office Administrator
Phone: 507-793-2357
Hours: Tuesday-Thursday, 8:30AM-4:00PM
E-mail: sacredhearthl@gmail.com
Website: <http://sacredheartheronlake.org>
Judy Stenzel: FF Coordinator
E-mail: sacredhlff@yahoo.com

WINDOM OFFICE:

Patricia Spencer: Office Administrator
Phone: 507-831-1985
Hours: Monday-Thursday, 9:00AM-3:00PM
E-mail: stfxavier@windomnet.com
Website: www.sfxwindom.org
Katelin Brown: FF Coordinator
E-mail: stfrancisff@gmail.com
FB: St. Francis Xavier Parish

PRAYER & WORSHIP

MASS SCHEDULE & INTENTIONS: MARCH 2—7, 2021

Tuesday	5:30pm	Windom	+Al Purrington Ken Ortmann
Wednesday	9:30 am	Heron Lake	+Joe Salentiny
Thursday	9:00am	Brewster	+Jared Bohn
Friday	9:00am	Windom	+Lorraine Anderson
Saturday	5:00 pm	Brewster	Bev Damm—Homebound
Sunday	8:00am	Heron Lake	+Milton & Tom Wolff
	10:00am	Windom	+Jerel Ahrens

+Know that Fr. Pratap includes all of us in his daily prayers and private Mass intentions.

FUNERALS

Eternal rest grant unto Helen Haugen, whose Mass of Christian burial was held on Wednesday, February 24th, at St. Francis Xavier Church, Windom

Eternal rest grant unto Mark Elmer, husband of Bonnie, who died on Feb. 10th. A Celebration of Life was held on Saturday, February 27th, at St. Francis Xavier Church, Windom

Eterna; rest grant unto Kenneth Kluver, father of Melonie Haberman, who dies Feb. 4th. His funeral will be held at a later date.

May their souls and the souls of all the faithful departed rest in peace. Amen. We remember their loved ones in prayer.



This Weekend's Readings: Genesis 22:1-2, 9a, 10-13, 15-18; Romans 8:31b-34; Mark 9 :2-10

Next Weekend's Readings: Exodus 20:1-17 or 20:1-3, 7-8, 12-17; 1 Corinthians 1:22-25; John 2:13-25

SACRAMENTAL LIFE

VOCATION VIEW: Peter, James, and John saw the Lord transfigured before their eyes and heard, "This is my son, my beloved, listen to him." Are you listening? (Mark 9:2-10)

MARRIAGE PREPARATION: Contact the priest 6 to 12 months in advance of the date of marriage to fill out the forms, to do FOCCUS Test and to attend Marriage Prep Mentoring sessions. Fr. Pratap is seeking married couples who are practicing Catholics, and have children, who would be willing to volunteer to help prepare our engaged couples for marriage. Please contact Fr. Pratap at 507-226-4536, or your parish office, if interested.

BAPTISM PREPARATION: Contact the parish office a month in advance to fill out the form and to attend Baptism Mentoring Sessions. All Baptisms will be celebrated privately until further notice.

YOU ARE INVITED TO PRAY THE ROSARY 1/2 HOUR PRIOR TO MASSES: Brewster— Thurs. and Sat.; Heron Lake—Wed., and Sun.; Windom—Tues., Fri. and Sun.



SPIRITUAL COMMUNION

*My Jesus, I believe You are present
in the most Blessed Sacrament.
I love You above all things and I desire
to receive You into my soul.
Since I cannot now receive You sacramentally,
come at least spiritually into my heart.
I embrace You as if You were already there,
and unite myself wholly to You.
Never permit me to be separated from You.
Amen*

Tri Parish Prayer Intentions:

Submit Intentions to Parish Coordinator

- * All suffering from the Coronavirus
- Healthcare , Law Enforcement & Emergency Personnel
- Mary Anne McNab
- Vicki Ommen
- Betty Harrington
- Cordella Hansen
- Jim Stenzel
- Dennis Haberman
- Jim Salentiny
- Sogge Home Residents
- Residents of Lakeview Assisted Living

LITURGICAL LIFE

LITURGICAL ROLES – March 6th & 7th

ROLE:	Brewster Saturday 5:00pm	Heron Lake Sunday 8:00am	Windom Sunday 10:00am
LECTOR		Diana Madsen	John Duscher
CANTOR			Nadine Forman
EUCCHARISTIC MINISTERS		Diana Madsen Marlyn Olson	Dianne Beens John Duscher
USHERS		Jason Diemer Jeff Hotzler Cathy Henkels	Jackie Jurgens Joan Schafer
CONTRIBUTIONS		Kraig Leopold Sharon Leopold Andrew Rasche Annie Rasche	Tom Zimmerman Sherri Zimmerman
SACRISTANS			Nadine Forman
ROSARY		Larry Wagner Shirley Wagner	Mary Benson
BELLS			Braxton Brown

RICE BOWL COLLECTION— THROUGHOUT LENT

We are motivated by the example of Jesus Christ to assist poor and suffering people in 93 countries on the basis of need, without regard to race, religion or nationality. Through CRS Rice Bowl, we hear stories from our brothers and sisters in need worldwide, and devote our Lenten prayers, fasting and gifts to change the lives of the poor.



Why do Catholics abstain from meat on Ash Wednesday, Good Friday and the Fridays in Lent?

Abstinence is one of our oldest Christian traditions.

“From the first century, the day of the crucifixion has been traditionally observed as a day of abstaining from flesh meat (‘black fast’) to honor Christ who sacrificed his flesh on a Friday,” according to “The Catholic Source Book.”

Written up as law

Up until 1966, church law prohibited meat on all Fridays throughout the entire year. The new law was promulgated in 1983 in the revised Code of Canon Law, which states: “Abstinence [is] to be observed on Ash Wednesday and on the Friday of the Passion and Death of our Lord Jesus Christ” (Canon 1251).

“All persons who have completed their fourteenth year are bound by the law of abstinence” (Canon 1252).

The U.S. Conference of Catholic Bishops extended this law to include all Fridays in Lent.

Since Jesus sacrificed his flesh for us on Good Friday, we refrain from eating flesh meat in his honor on Fridays. Flesh meat included the meat of mammals and poultry, and the main foods that come under this heading are beef and pork, chicken and turkey. While flesh is prohibited, the non-flesh products of these animals are not (like milk, cheese, butter and eggs).

Fish do not belong to the flesh meat category. The Latin word for meat, “caro,” from which we get English words like “carnivore” and “carnivorous,” applies strictly to flesh meat and has never been understood to include fish.

Abstinence is a form of penance. Penance expresses sorrow and contrition for our wrongdoing, indicates our intention to turn away from sin and turn back to God, and makes reparation for our sins. It helps to cancel the debt and pay the penalties incurred by our transgressions.

Abstinence is a form of asceticism, the practice of self-denial to grow in holiness. Jesus asks his disciples to deny themselves and take up their cross (Matthew 16:24).

Abstinence is a sober way to practice simplicity and austerity, to deny the cravings of our bodies to honor Jesus who practiced the ultimate form of self-denial when he gave his body for us on the cross.

Thus, to give up flesh meat on Fridays, only to feast on lobster tail or Alaskan king crab, is to defeat the ascetical purpose of abstinence. Less is more!

There are countless options for simple Friday meatless dinners: pancakes, waffles, soup and rolls, chipped tuna on toast, macaroni and cheese, fried egg sandwiches, grilled cheese sandwiches, cheese pizza and, of course, fish.

RICE BOWL

SFX-W	\$
SH-HL	\$ 140
SH-B	\$

CHURCH IN CENTRAL & EASTERN EUROPE

SFX-W	\$	216
SH-HL	\$	173
SH-B	\$	81

THE CATHOLIC MINISTRIES APPEAL 2021

	Parish Goal	\$ Received	From # of Parishioners
SFX-W	\$14,970	\$ 2535	7
SH-HL	\$ 9,531	\$ 1150	4
SH-B	\$ 6,148	\$ 350	1

CHURCH SUPPORT

Category	Brewster	Heron Lake	Windom
Week 34/52	\$ 1810	\$ 974	\$ 3117
YTD	\$ 48086	\$ 109324	\$ 85800
Budget		\$ 101592	
Total		\$ 7732	

INSIDE OUR PARISHES

BREWSTER

AGAIN FOR LENTEN OFFERINGS, Catholic Relief Service Rice Bowls will be given to the children in each Faith Formation class and will be available to the parishioners. Follow the calendar's daily reflections with your child so they will understand the importance of giving to those who have very little. 75% of your donations supports Catholic Relief Services work around the world and 25% helps fight hunger in your own community. There is also an envelope in the church support packet for you to use.

FOR THE LENTEN SEASON, the Rosary and Stations of the Cross will begin at 6:30pm each Tuesday evening. Please join us.

BECAUSE OF HEALTH ISSUES, Mary Anne McNab is staying with her son Mike & Connie McNab. She would welcome a note or card. Her address is 1480 61st St., Slayton, MN 56172. Please remember her in your prayers.

PLEASE REMEMBER to use the marked baskets at the entrances of the church for your church support and diocesan donations. Thank you.

THE 2021 CATHOLIC MINISTRIES APPEAL—Share the Light of Hope— has begun. Please give generously to this year's Appeal. Catholic Foundation of Southern Minnesota www.catholicfsmn.org/Appeal.

THROUGHOUT THE YEAR, many works of charity have been done by our parishioners. Some works are made present to all and some are behind the "scenes". For me to continue to keep track and thank everyone individually in the bulletin, is a task to behold. Please to everyone, and you know who you are, except our deepest gratitude for everything you have done and may continue to do. May God bless you abundantly. Sacred Heart Parish thanks you.

WEATHER ANOUNCEMENTS for cancellation of our 5:00 Sat. night Mass will be on the Worthington Radio Stations and also on the Sacred Heart Brewster Facebook Group page. Thurs. 9:00 Mass will be cancelled if school is closed. Families and catechists will receive a message from Dawn Murphy if classes are cancelled for Faith Formation.

HERON LAKE

STATIONS of the CROSS, led by our Faith Formation students, will begin at 7:00PM, each Wednesday of Lent. There will not be Mass. FF classes will meet immediately after Stations. A presentation of the Stations may also be viewed on the Sacred Heart Catholic Church Facebook page.

SUPPORT YOUR CHURCH by placing your contributions, before or after Mass, in the baskets available on the tables in the church entrance. You may also mail them to Sacred Heart Church, PO Box 377, Heron Lake, MN 56137. Thank you for your support.

DITTY BAGS: Please participate in this worthwhile CCW Lenten project, helping the less fortunate with the list of personal hygiene items attached to the bag. Filled ditty bags should be returned to the tubs at church by Palm Sunday, March 28th. Thank you.

RAFFLE TICKETS have been mailed out to parishioners for the beautiful handmade quilt donated by Delores Pelzel. CCW will also be hosting a Virtual Bake Sale. Parish families are asked to donate \$10 instead of a bake sale item. This can be placed in a marked envelope in the collection basket, or mailed to the parish office along with your sold tickets and money.

HERON LAKE Fire Dept Relief Assn is holding a **Drive Thru Pancake Breakfast Sunday, March 7th,** from 9 to 11 AM (or until gone) at the HL Fire & EMS building. Support your fire department with a free will donation.

PLEASE SUPPORT project **Rice Bowl** by reminding your children to contribute to their Faith Formation Lenten bowl project at class and at home. Families may also use the envelope available in their packets.

THROUGH YOUR SUPPORT, the Catholic Ministries Appeal funds diocesan-led ministries throughout the 20 counties of southern Minnesota. Thank you for providing opportunities to thousands of people to draw closer to Christ because of your generosity. If you haven't already contributed, please return your pledge card now. Sacred Heart-H L's goal is \$9,531. Support the **2021 Catholic Ministries Appeal** so that we may **Share the Light of Hope!**

CANCELLATION OF SUNDAY MASS will be announced on KDOM, Worthington Radio Stations, and on Sacred Heart's FB page. If public school is closed due to adverse weather, then weekday Mass is also cancelled. Families will receive a message from your child's teacher if Wed. Faith Formation classes are cancelled.

WINDOM

STATIONS OF THE CROSS: The St. Francis Xavier Confirmation class -10th graders -will lead the Stations of the Cross on Wednesday evenings at 6:30pm during Lent. The Wednesday evening Faith Formation classes will be held after they attend the Stations of the Cross.

Stations of the Cross are open to the students and to the public. FF classes will continue every Sunday and Wednesday to Easter.

FAITH FORMATION students will be bringing the Catholic Relief Services Rice Bowl home. Please put your Lenten sacrifices into the bowl, follow the calendar's daily reflections, and turn in your gifts at the end of Lent. 75% of your donations support Catholic Relief Services work around the world. 25% of donations stays in our Diocese to fight hunger and poverty. You may also use the envelope in your church support packet to support the Rice Bowl project.

THANK YOU to everyone who has continued to support our Church as we continue to deal with COVID. If you aren't able to attend Mass at this time but wish to donate, you may use the baskets in the Church at any time. The **DEBIT AUTHORIZATION FORMS** are available on the tables in the Church entrances if you are interested in having your support automatically credited to the Church.

SHARE THE LIGHT OF HOPE! The 2021 Catholic Ministries Appeal. Please prayerfully consider making a gift and know that your gift will help fund critical ministries that benefit more than 140,000 Catholics and countless others throughout southern Minnesota. Catholic Foundation of Southern Minnesota www.catholicfsmn.org/Appeal. St. Francis Xavier's goal is \$14,970.

IF YOU, OR SOMEONE YOU KNOW, would like to be added to the prayer list, please let Pat know..

WEATHER ANOUNCEMENTS—If we are forced to cancel a **Sunday Mass** due to weather, **it will be announced on KDOM** and posted on our FB page—**St. Francis Xavier Parish.** If we cancel a meeting, you will be notified by email or phone call. **If school is cancelled due to weather, weekday Mass is also cancelled.**

NOTES FOR ALL PARISHES

Respect Life 40 Days for Life is an internationally-coordinated 40 day campaign that aims to end abortion locally, through prayer and fasting, community outreach, and a peaceful all-day vigil in front of abortion facilities. Since 2007, when it began, 18,003 pre-born babies have been saved, 107 abortion centers have closed, and 211 abortion workers have quit, plus mothers and fathers have been spared the heart ache of abortion. The current campaign is February 17-March 28. For a location near you, see www.40daysforlife.com.

2021 Catholic Ministries Appeal Kick-Off on Feb. 13-14: Each year, the Bishop asks for the participation of the more than 34,000 Catholics living in the Diocese to support the Catholic Ministries Appeal. He asks us to generously support the many ongoing ministries of the Church that provide educational, pastoral, and charitable outreach to those living in the Diocese. This year's theme is *Share the Light of Hope*. Letters to parishioners have been mailed out. Please consider making your charitable donation to this important appeal soon.

MercyInMotion Campaign: "Shelter the Homeless: 'Is this not, rather, the fast that I choose: . . . sharing your bread with the hungry, bring the afflicted and the homeless into your house; clothing the naked when you see them, and not turning your back on your own flesh' (Is. 58:6-7)? This week, answer Christ's call to Shelter the Homeless by 1) Praying for those without shelter, as well as those who are forced to leave their home countries; 2) Lowering the thermostat by 5 degrees in solidarity with those who have no warm shelter; 3) Generously supporting your local Habitat for Humanity. For more ideas on how to put Christ's Mercy in Motion this Lent, visit www.ccsomn.org/mercyinmotion.

PRAY:

Use [Lectio Divina](#) to pray with Isaiah 58: 6-12 (The Fast Acceptable to the Lord)

Pray for those who must leave their home countries ('Hear Us, O God').

FAST:

Lower the thermostat by 5 degrees in solidarity with those who have no warm shelter.

GIVE:

Volunteer at your local homeless shelter or Habitat for Humanity.*

Donate money or in-kind donations to your local homeless shelter ([Winona Warming Center](#), [Rochester Warming Center](#)).*Donate to national organizations such as [Habitat for Humanity](#)

LEARN:

'My home was repossessed because I couldn't afford my mortgage repayments. More than that, the will had gone. When you get hit by a few things at once it affects your ability to think clearly. You are firefighting all the time. Depression saps your energy: it makes it hard to get up in the morning and put together a rational plan.' Read about [Paul's Story](#).

DEEPER DIVE - Read [Under the Overpass](#), by Michael Yankoski or [Same Kind of Different as Me](#), by Ron Hall and Denver Moore.

Below is a link to the Courier's February 2021 issue. Enjoy! (control/click on link)

https://issuu.com/diocesefwinona/docs/february_file_lower_spread_res?fr=sNDIwNDE3NjMzNjk

NATIONAL COUNCIL of Catholic Women marks their 101 year anniversary on March 4, 2021. See www.nccw.org for more information.

Webinars ofrecidos en español José Lamas, educador de capacidad financiera para los condados del suroeste de Minnesota esta ofreciendo tres seminarios en línea en español sobre crédito y organización de documentos importantes y estará acompañado por Conchita Paez-Sievert, educadora de SNAP-Ed en el Condado de Nobles con Extensión de Health y Nutrition para el tercer seminario en línea sobre el presupuesto en los alimentos.

Webinars Offered in Spanish

Como organizar y guardar en un lugar seguro los documentos importantes; February 25; 6-7 pm

<https://z.umn.edu/guardar>

Presupuesto familiar: Planificación y Formas de Ahorrar en Alimentos; March 25; 5:00-7:30 pm

Heavenly Father, may we grow closer to Christ through our support of the 2021 Catholic Ministries Appeal. We thank you, Lord, for your many blessings you have bestowed upon us. We cherish the gifts of time, talent and treasure that each member of our universal Church family makes to build up Christ's Church in love. We ask you, Lord, to send us forth in this spirit of love to serve our communities and our world with open hearts. Amen. To give online, visit www.catholicfsmn.org

THE SUPPORT OF YOUR BUSINESS IS GREATLY APPRECIATED! Gary Stang from LPi, our bulletin printer, will be in our office the week of 3/1/21, securing new ads for our church. It is the support of the business community that helps to make our church thrive. Please consider purchasing a print and/or digital ad as your participation makes our bulletin successful, and you attract customers. Church bulletin advertising is a cost-effective way to advertise 52 times per year and show support for your local community; in turn, parishioners will support you! Digital advertising allows your business to be front and center to anyone who visits a church profile page on ParishesOnline.com—that's approximately 500,000 page views per month!

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