



# ST. HELENA ST. PATRICK

WELCOME TO OUR PARISHES!



## 12<sup>TH</sup> SUNDAY IN ORDINARY TIME

“Do not be afraid; you  
are worth more than  
many sparrows.”  
- Mt 10:31

Excerpts from the Lectionary for Mass ©2001, 1998, 1970 CCD.

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JUNE 21, 2020

### CONTACT US |

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Rev. Jason Asselin, J.C.L.

[sthelenascatholicparish.org](http://sthelenascatholicparish.org)



StHelenaND

### LIVE THE LITURGY

Jesus knows that the challenges a disciple of the Gospel will face in the world are real. He tells all of us point blank, “Do not be afraid.” There are many things we can fear as we attempt to live the Gospel: unpopularity, being rebuked, rejection, anger, being challenged, having to defend ourselves, standing alone, insecurity, failure, and even death. Many folks know that their faith calls them to live life more deliberately and radically but are cowards when it comes to putting it into practice. We easily justify sticking with the “acceptable” norms with which we are accustomed. These only serve to keep us stuck and mired in mediocrity. The Gospel — given flesh by the very presence of Christ — seeks to stretch, challenge, and change us. We do not have to fear anything, even death. Sometimes, living with our fears brings us a sadly disordered sense of comfort. Maybe what we really fear above all else is change.

St. Helena Altar Society will meet after 8:30 mass on June 21 in the parish center. Please plan to attend. Social Distancing will be practiced.



## ST. HELENA PARISH

### Mass Schedule

**Saturday** (vigil) 5pm  
**Sunday** 8:30am (1st, 3rd, 5th Sundays)  
 10:30am (2nd, 4th Sundays)  
**Tue-Fri** 8:00am

### Confession Schedule

**Saturday** 3:30-4:30pm  
**Sunday** Before 8:30 am mass (1st, 3rd, 5th Sundays)  
**Tuesday** 7:00-8:00pm  
**Tues-Fri** Before 8:00 am daily Mass | By appointment, call parish office



## ST. PATRICK PARISH

### Mass Schedule

**Sunday** 10:30am (1st, 3rd, 5th Sundays)  
 8:30 am (2nd, 4th Sundays)  
**Thursday** 9:00am

### Confession Schedule

**Sundays** after 10:30 am Mass  
 By appointment - call parish office

## FROM OUR PASTOR

### Muscles: Voluntary & Involuntary

Dear friends in Christ,

The human body contains three types of muscle tissue: skeletal, cardiac, and smooth. An article on *Livestrong.com* says, "Before you can really get to know how the three types of muscles in the human body differ, it helps to know what they have in common. Because the primary function of muscle cells is to allow movement, muscle cells are excitable." You could not weed your garden without muscles—and some of the weeds this year might require a bodybuilder!

The muscles in our human body are further classified as voluntary and involuntary. Voluntary muscles are those you can "work-out" to make stronger. The involuntary muscles are "not under your conscious control, yet still move. For example, the dilation of your pupils in the dark or contraction in the light..." (*Livestrong.com*) Allow me to provide one further definition. Cardiac (heart) muscles are known as autorhythmic muscles and they are "unique in that they contract in their own rhythm *without* the need for external stimulation." (ibid.)

Where am I going with this long intro? An unprecedented thing happened in March because of the pandemic: public Mass was prohibited and Catholics' **obligation** to attend Mass was suspended (and remains as suspended as I write this).

Catholics are obligated to attend Mass every Sunday and Holy Day of Obligation. I can already hear the groans and moans and see the eyes rolling

(voluntary or involuntary)! Stay with me here. I hope to shed light on this precept, or requirement, given to us by Holy Mother Church. The pandemic and shutdown of many public activities provides us with a good opportunity for exploring the reasons why we need to attend Mass. Going to church every Sunday, is it a voluntary muscle or involuntary? Maybe you found a live-streaming Mass that suited your fancy (the right time, the right message, the right ...) Or, perhaps you thought it was great to flip on Mass or fast forward to the homily as you washed dishes or folded laundry. Maybe you didn't watch or listen to anything—after all, the obligation was lifted. True, there is no requirement to watch or listen to any Mass so long as the obligation is suspended. Ask anyone training for a marathon if they would stop training for 2 months and still make a PR; doubtful.

We need to look at the obligation to attend Mass as a combination of voluntary and involuntary muscular action. Let's be honest, a prevailing sentiment of our world is, "don't tell me what to do!" Again, how many gold medals were won with that attitude? The Catholic Church requires the faithful to attend Mass because she knows our tendency to become lazy and how easily our spiritual muscles atrophy. Can I worship God and love Jesus at home? Well, yes you can; and you should bring your faith into every aspect of your life. But Mass is a different kind of worship. Coming to Mass requires the use of our voluntary muscles. Should the obligation to attend Mass become involuntary? That will be the topic next week as we explore the meaning of Mass.

Fr. Asselin





## PARISH EVENTS CALENDAR |

### COVID Updates

On June 12<sup>th</sup> Bishop Folda issued an update to the guidelines for public Mass. Here are the pertinent details:

- Masks are not required, you may wear them at your discretion. They are recommended.
- Holy Communion can be received on the tongue if desired.
- No congregational singing at this time.
- Altar Society is discussing the best practices for resuming breakfasts after Mass (St. Helena's).
- Although the obligation to attend Mass remains suspended at this time, Bishop Folda states, "it is appropriate to encourage the faithful who are not at higher risk to return to Mass."
- Confessions are now being held in the Confessional.

### Summer Dress for Mass

Now that warm weather is here it's time to consider what is appropriate for Mass in the summer. Our attire in church should reflect three things: Our respect for God's house, our respect for Jesus's Real Presence in the Eucharist, and our respect for our brothers and sisters in the Body of Christ. When in doubt about what to wear, choose in favor of modesty.



### 3rd Annual Rural Life Celebration



Please join Bishop Folda at St. Philip Neri in Napoleon on Sunday, July 12. The Diocesan Rural Life Celebration will take place at the farm of Frank & Helen Braun. Arrive

at 1:30pm. Blessing of land, animals, and farm machinery will begin at 1:45pm followed by a 2:00pm Mass on the farm. A meal and entertainment will follow. The farm is located 3 miles North of Napoleon on ND Hwy 3. For more information visit [fargodiocese.org/rural-life](http://fargodiocese.org/rural-life). Please RSVP at: (701) 754-2860 or [evangelize@bektel.com](mailto:evangelize@bektel.com). Bring a lawn chair or blanket. You may also bring a container of soil from

your fields or garden to be blessed. This event is FREE. We will follow North Dakota state guidelines for COVID-19 protections.

### Putt 4 a Purpose-Golf Event

Bishop Folda invites you to Putt 4 a purpose, at the 14th Annual Bishop's Charity Golf Classic, benefiting Seminarian Education and Youth Programs. Join the fun and fellowship by heading to Rose Creek Golf Course in south Fargo on Monday, August 3rd for a round of golf, dinner and prizes. Register three golfers and bring your Priest, Deacon or Seminarian as your 4th player for free!

Resister online at: [fargodiocese.org/puttpurpose](http://fargodiocese.org/puttpurpose) For more information contact Steve Schons 701 356 7926 or email



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[www.sthelenascatholicparish.org/give](http://www.sthelenascatholicparish.org/give)



[steve.schons@fargodiocese.org](mailto:steve.schons@fargodiocese.org)

### Fall Dinner Raffle Donations

St. Helena's Altar Society is accepting donations for our annual Fall Dinner and Raffle. Contact Michele T. or Kathy M. if you would like to donate cash or other items for the raffle prizes.

### Connect with us on FLOCKNOTE

We use Flocknote to communicate important information about parish events. Receive text messages or emails, join the groups you want. You can Text to Join. Text the word: Helena to: 84576 or visit: [flocknote.com/sthelenal](http://flocknote.com/sthelenal)



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## ST HELENA MINISTRY SCHEDULE

### Sunday June 28 (10:30 am)

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Usher	Austin Flynn
Collection	Bob Radtke
Lector	Darcy Seefeld
EMHC	None
Gift Bearers	None
Altar Servers	Ivan C, Annah T, Madeline T

### St. Helena Breakfast Servers

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June 21	Colleen D, Lorraine B, Kerry W (TBD)
July 5	Kathy M, Brenda H, Peggy B, Chari K, (TBD)

## WEEKLY GIVING

June 14 \$1135.00

Thank you for your generosity!

## ST. PATRICK MINISTRY SCHEDULE

### Sunday June 28 (8:30 am)

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Lector	Mona
Gift Carriers	None
Altar Servers	Kate, Madi

### For the Month of June

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Breakfast Server	Corrine and Faye
Collection Counters	Denny and Amy A
Church Cleaners	Faye and Jim Glynn Family
Altar Society Meeting	None this month

### God's Gift Appeal 2020 *Seek First the Kingdom of God*

Report as of 6/5/2020

St. Helena's: \$13086: 78% of goal 38% participation  
St. Patrick's: \$10558: 183% of goal 48% participation  
Please consider making a donation if you have not already done so. Thank you.

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## WEEKLY MASS INTENTIONS

### Tue. June 23

8:00 am Jennie Rivard

### Wed. June 24

8:00 am Fr. Jerome Hunkler Intentions

### Thu. Jun 25

8:00 am (St. H) Mike Smith

9:00 am (St. P) †Sylvester & †Marie  
Radermacher

### Fri. Jun 26

8:00 am †Lloyd Brokaw

### Sat. Jun 27

5:00 pm †Jared Gusaas

### Sun. Jun 28

8:30 am (St. P) †Paul Scherman

10:30 am (St. H) For the Parishioners

### Holy Father's Prayer Intention for June

#### The Way of the Heart

We pray that all those who suffer may find their way of life, allowing themselves to be touched by the Heart of Jesus.

### Mass intentions needed:

The greatest prayer this side of heaven is the Mass. Remembering our deceased family members and friends at the altar during the celebration of Mass is a wonderful blessing. The usual offering for a Mass is \$10. Please use the envelopes in the back of the church to request a Mass for your loved ones.



### Please Pray

*...for all who are sick, elderly or alone*

Joanne Brokaw, Loretta Dingwall, Linda Siro, Cindy Kelly Heupel, Edna Scherman, Deacon James & Val Hunt, Carla Engelstad, Susan Lacina, Richard Rodlund.

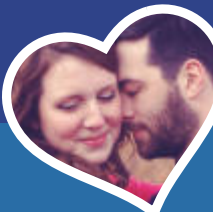
If you or someone you know would like to be added to, or removed from this list please call the parish office.



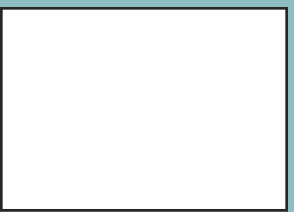


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 Morning Prayers including Rosary 6am

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