



ST. HELENA ST. PATRICK *E*

WELCOME TO OUR PARISHES!



20TH SUNDAY IN ORDINARY TIME



Then Jesus said to her in reply, "O woman, great is your faith! Let it be done for you as you wish." And the woman's daughter was healed from that hour.
- Mt 15:28

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

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AUGUST 16, 2020

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Rev. Jason Asselin, J.C.L.

sthelenascatholicparish.org



StHelenaND

LIVE THE LITURGY

As much as some folks may not want to admit it, we all want to be healed. Human beings suffer physically, mentally, socially, and spiritually. There are many wounds. Of all of the maladies that can afflict us, the ones that require the greatest attention are of a spiritual nature. What can happen if we are healed inwardly, brought back to center, and restored in our relationships, especially in our relationship with God? We will find the courage, strength, conviction, and hope needed to deal with the more tangible struggles that may not find an easy remedy. Inner strength, gained by persistent faith, is what allows strong, determined, and courageous people to overcome incredible challenges and hurdles. Be persistent in your faith, and seek the inner spiritual healing that you so desperately desire and need.

Fall Dinner & Religious Education
Important Information See page 3



ST. HELENA PARISH

Mass Schedule

Saturday (vigil) 5pm, St. Helena

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

SACRAMENTS

FROM OUR PASTOR

A total rip-off

Dear friends in Christ,

****Full Disclosure**** I am stealing the idea of this article from Jennifer Fulwiler. In her podcast, *This is Jen*, she has an episode, “How to make hard decisions.” She reveals a phrase that might help us in these challenging times. I am not exactly sure how many decisions we make every day, but it’s a lot. I hope this insight helps you as much as it rung true with me. Whether you are a parent, grandparent, healthcare worker, teacher, student, leader, follower, or just someone who is just trying to navigate life in these times, hopefully this phrase is valuable.

I’ll get to the phrase in a moment, a little background first. As Americans we all have a little gumption to make things work, that good old American ingenuity and work ethic. Not everyone is an engineer but think about the great minds that have produced factories that have in turn produced so many inventions. Tools that help us accomplish endless tasks are available in all shapes and sizes.

Ok, Father, you have kept us hanging long enough already, what’s the phrase! First, raise your hand if you have had to make any hard/difficult decisions in the last six months. Any hands still down? Here’s the phrase, and it might not work for you, it might not work in every situation, and heck, it might not even be in the dictionary! The phrase is: unoptimizable situation. That’s right, do you give yourself the freedom to say that when faced with a tough decision? All of

this school stuff, sports stuff, activity stuff, dinner stuff, virus stuff, fill-in-the-blank stuff, it’s overwhelming!

Well, let’s acknowledge the many challenges of the past months. Take a moment to breathe and ask yourself, am I facing an unoptimizable situation? There are benefits, costs, risks, plusses, minuses, and everything in between! Look at today’s Gospel reading, the Canaanite woman might be reaching for the stars in a seemingly impossible situation. Her perseverance paid off. And this is the crux of the matter I would like to turn to now.

All engineers are fallible. Humans have invented some pretty cool stuff, and we have mastered a lot of things. But there’s so much more to life than physical things. As we face unoptimizable situations what are we to do? Where can we turn? Well, there is one, perfect engineer who can optimize everything: God. He sent us His only Son, Jesus. And like the Gospel story today, he gives us complete freedom to approach him—even in the most challenging situations. Does it take perseverance? Yes. Does it take trust? Yes. Will we always get the answer we want? Well...

In conclusion, we will encounter unoptimizable situations in the months ahead. Will you find freedom in simply acknowledging that fact? Will you try to engineer your way out of the difficulty? Let’s not forget the perfect engineer, the one who freely laid down his life for you.

Fr. Asselin

Saturday Evening Mass

We have not been able to have Saturday evening Mass at Prince of Peace Care Center due to COVID-19. That is still the case today. I have decided to offer the 5pm Mass on Saturday at St. Helena’s. I am working with the staff to find the best day and time for weekday Mass at Prince of Peace.

This decision was motivated by other factors than the situation caused by the virus. Quite honestly, the attendance and participation at this Mass fluctuates greatly. Your participation is needed for this Mass to continue. It is not only attendance at Mass, but also a willing spirit to participate as a reader, usher, altar server, and EMHC. It is stressful to ask for volunteers at the last minute. Let us know if you are willing to help. For those on the ministry schedule, please respond to the Flocknote message sent Aug. 5. We need to know if you are willing to be scheduled on Saturdays.

Thank you. Fr. Asselin

PARISH EVENTS CALENDAR |

FALL DINNER & RELIGIOUS EDUCATION Important Updates

- **St. Helena's Fall Dinner** is cancelled for 2020. This is a beloved community event and we plan to offer the meal again next year.
- **The annual raffle drawing** is still on! The drawing will be held on Sunday, September 27 after Mass. Tickets and a letter will be sent to households soon.
- **Religious education** will begin on Wed., Sep 16 with in-person instruction. Details and parent meeting to be announced.
- **Sacrament preparation** for 2nd and 3rd graders will continue. St. Helena's is scheduled to host the confirmation Mass this year. We will publish details when they become available from the Diocese.



Please Consider Online Giving

Our parishes are grateful for your continued support. Thank You!
sthelenascatholicparish.org/give



Food Pantry Volunteers

St. Helena's Parish is scheduled to help with the Ellendale Community Food Pantry distribution on **Sat, August 22 10am-Noon**. Please consider helping if you can.

Youth: March for Life

Youth in grades 9-12 are invited to a pilgrimage to the annual March for Life in Washington D.C. The trip will begin in Fargo on Jan. 25 and return Jan. 31. Fr. Greg Haman will be the spiritual director. In addition to participating in the March for Life and Mass for Life at the Basilica of the Immaculate Conception, youth will also see the sights in D.C., Emmitsburg, MD, and Gettysburg. The cost for the 7-day pilgrimage is \$800 and includes air and ground transportation, lodging, meals, and tour fees.

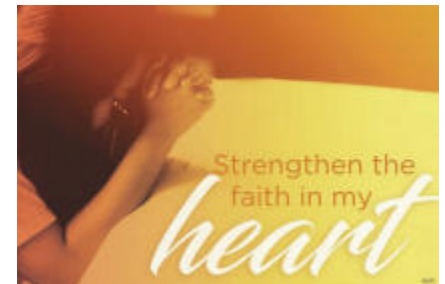
Register today! Registration forms at: www.fargodiocese.org/march-for-life

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.

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

Matrimony

Those preparing for marriage must contact Fr. Asselin at least six months prior to the wedding date.

Baptism

To schedule a baptism please contact the parish office.

Anointing of the Sick

This sacrament is available anytime. Talk with the priest before or after Mass, or call the parish office to make an appointment. Don't hesitate to call, especially if you are preparing for a medical procedure or surgery.

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ST HELENA MINISTRY SCHEDULE

Sunday August 23 (10:30 am)

Usher Bill Carruth
Collection Dave Eberle
Lector Darcy Seefeld
EMHC Lori Wald
Gift Bearers Thielges Family
Altar Servers Anton C, Mackenzie T, Madeline T

St. Helena Breakfast Servers

Breakfasts Beginning on Sept. 20

Sept. 20 Sonja B, Amy G, Margret D, Cay D

ST. PATRICK MINISTRY SCHEDULE

Sunday August 23 (8:30 am)

Lector Jim
Gift Carriers Brian and Linda
Altar Servers Owen , Alivia

For the Month of August

Breakfast Server Linda and Ruby
Collection Counters Laura and Brian
Church Cleaners Linda and Judy
Altar Society Meeting None this month

God's Gift Appeal 2020

Seek First the Kingdom of God

Report as of 8/7/2020

St. Helena's: \$14471: 86% of goal 41% participation

St. Patrick's: \$13558: 236% of goal 62% participation

Please consider making a donation if you have not already done so. Thank you.



Advertiser of the Week

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WEEKLY MASS INTENTIONS

Tue. Aug 18

8:00 am †Barbara Gross

Wed. Aug 19

8:00 am †Lawrence & †Helen Widhalm

Thu. Aug 20

8:00 am (St. H) †Hopfauf Family Members

9:00 am (St. P) †Fr. Loudon Flisk

Fri. Aug 21

8:00 am †Earl & †Mary Webster

Sat. Aug 22

5:00 pm Gene & Dolly Asselin

Sun. Aug 23

8:30 am (St. P) †Jody Lacina

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

Holy Father's Prayer Intention for August

The Maritime World

We pray for all those who work and live from the sea, among them sailors, fishermen and their families.

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

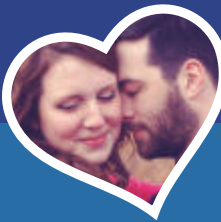
Joanne Brokaw, Loretta Dingwall, Linda Siro, Cindy Kelly Heupel, Edna Scherman, Deacon James & Val Hunt, Carla Engelstad, Susan Lacina, Richard Rodlund.

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



Participate in Weekly Mass or the Rosary on the radio
Real Presence Radio
 AM 1280/Fargo or AM 1370/Grand Forks
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 Daily Rosary 8:30pm Lamb Radio
 FM 88.9/Aberdeen - Sunday Mass (Sacred Heart Parish, Aberdeen) 9:30am
 Morning Prayers including Rosary 6am

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