

*Solemnity of
Our Lord Jesus Christ
King of the Universe*
22 November 2020

Sacred Heart, Ronan
Immaculate Conception, Polson
St. Joseph Mission, Charlo

Parish Office

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A NOTE FROM THE PASTOR

This past Thursday I sent out an email through Flocknote regarding the Mass schedule for Christmas. Before I continue, and at the risk of sounding like a broken record, if you are not receiving parish emails, please check your junk and spam folders and try adding **mail@flocknote.com** to your address book or whitelist. If you choose not to be included in these forms of communication (and some have blocked these messages) I can respect that, but at the same time I must ask you to carefully reconsider isolating yourself from the parish by refusing and ignoring these messages. Thank you.

After Thanksgiving, *after*, I will poll the parish regarding your intentions in order to determine the best course of action for scheduling Christmas Masses. Clearly, with an occupancy limit of 50 under the current restrictions, Sacred Heart is the most vulnerable, and if demand is high in Ronan for a Christmas Mass, I may not be able to accommodate that need. While it is true that we are functioning somewhat normally, the restrictions of the so-called *Phase Two* are still in effect, and this Christmas there is the very real possibility of colliding with them, the restrictions that is, if the request to attend Mass is high. These are the cards we have all been dealt and so I must ask for your patience and understanding.

I can say with a fair amount of certainty though, that I am planning on two Masses on Christmas morning. There will be an early Mass under the usual protocols, which is to say, use your own good judgement concerning health department recommendations regarding public places and gatherings; and there will be a second Mass later in the morning during which, with no apologies, face coverings will be required for all who wish to attend. The Scriptures require that we bear with each others concerns with charity, and for those who for their own good reasons do not attend Mass under the present conditions because of their discomfort, will not be denied an opportunity to attend Christmas Mass. Once I have all the information that I need, and some consultation, I will publish the Christmas and Holy Day schedule on Guadete Sunday as I usually do.

God bless,
Fr. Kevin Christofferson

MASS SCHEDULE

Saturday

Immaculate Conception at 6:00 pm
Confessions are available at 5:00 pm

Sunday

Sacred Heart at 8:30 am
Immaculate Conception at 10:30 am

Tuesday-Wednesday-Thursday

Immaculate Conception at 12:10 pm
Confessions each day at 11:30 and after the Wednesday Mass during a period of Eucharistic Adoration.

Congratulations!

Joey Jennison, Owen Godfrey and Gabriel Smith will be receiving their First Holy Communion at the 10:30 am Mass at Immaculate Conception.



Thanksgiving Day Mass
Immaculate Conception
10:00 am

Prepare the Way for the Lord!

First Sunday of Advent
November 29th

Materials to help you spiritually during this holy season are available at the entrance of the church. What is your plan you welcome Jesus Christ more deeply into your heart this Christmas?



POLSON COMMUNITY THANKSGIVING

This year meals will be prepared and made available for pick-up at the **Mission Valley Elks Lodge at 512 Main Street, Polson.** Delivery is also available for those who would request it. Please call Tracy Plaiss, meal coordinator, at 250-7902 to place your order. The earlier the better!

Pick up and delivery will be from 11 am to 2 pm on Thanksgiving Day, November 26th at the Elk's Lodge in Polson. While the meal is free of charge, your cash donation would be greatly appreciated to help offset the cost.

Salvation Army Bell Ringing

Sign up sheets are located downstairs in the parish hall at Immaculate Conception. The money raised goes to help with local charities.

Food Pantry Necessities

Loaves and Fishes (Polson) At the present time peanut butter remains a need; as well as oats, flour and rice. As the holidays approach please consider contributing canned pumpkin, cranberries, gravy and desert mixes. And don't forget the stuffing mix ! Items may be left in a bin at the entrance of the church. **Thanks to Shirley Christiansen who has agreed to handle any food bank necessities in Ronan.**



The Polson and Ronan Councils of the Knights of Columbus will be resuming their monthly meetings. The next meeting of the Polson Council will be **Thursday, December 10th at 6:00 pm.** They are also selling Christmas cards after the weekend Masses in the parish hall. Tootsie Rolls are also available for \$1 and the proceeds will go to support Helping Hands. The Ronan Council will meet on December 20th after the 8:30 am Mass at Sacred Heart.



Endow study group for women on Thursdays at 10:30 am. Please call Sheila LeBrun for more information at 406-208-5788.



That Man Is You!
Thursdays at 6:00 am. Meetings start with hot premium roast coffee and breakfast.

Humbly asking for your prayers

Marcy Bishop, Mary Oulette, Maryalice Rouselle, The Clay Family, Virginia Rubel, Lou Marchello, Patricia Kelly, Glen Rogers, Liz Hipp, Michael Conrad, Neil Miskimins, Ellen Holland, Kevin Normandeau, Kaylee Martin, Dave Evertz, Steve Ducharme, Leonard & Gail Piedalue, Kate Shrider Olsen, Don Herbst, Bill Nash, Donna Jacobs, Derrie Edge.

Please help to keep the list current by contacting the Parish Office. Also, out of respect for a person's privacy, please make sure that all individuals wish to be publicly identified.

Grace be to you and peace. We give thanks to God always for you all; Making a remembrance of you in our prayers without ceasing. 1 Thessalonians 1:2

The Holy Father's prayer intention for November

Artificial Intelligence We pray that the progress of robotics and artificial intelligence may always serve humankind.

Please pray for our seminarians!

Dillon Armstrong, Tyler Frohlich, Matthew Christians, Kyle Tannehill and Kaleb Mitchell, Riley Helgoe, Brett Rotz, John Cooney



St. Catherine of Alexandria
November 25th

If you are ruled by the mind you are a king; if by body, you are a slave.



Liturgy Calendar & Mass Intentions

Saturday, November 21st

Vigil of the Solemnity of Christ the King

The Repose of Jerald Mullane rb Bud & Donna Radtke

Sunday, November 22nd

Solemnity of Our Lord Jesus Christ King of the Universe

Intentions of the Parish Faithful/Intention of the Donor

Tuesday, November 24th

St. Andrew Dung-Lac and Companions

Intention of the Donor

Wednesday, November 25th

St. Catherine of Alexandria

The Repose of Jim Scott rb Fr. Kevin

Thursday, November 26th

Mass of Thanksgiving (NOTE: Mass time is 10:00 am)

The Intentions of the Parish Faithful

Friday, November 27th

NO MASS SCHEDULED FOR TODAY





Each week we will feature a guest column in the Sunday bulletin in order to give our lead volunteers and ministry coordinators an opportunity to communicate directly to you regarding the life of our parish. Topics will include religious education, parish finances, ministry to the sick and the homebound, and health and wellness notes from one of the nurses in our parish. I hope you enjoy this feature!

Vitamin D

By Lisa Bertoglio, RN

Why did the dad have a vitamin D deficiency? He wasn't getting enough sun! Groan.... You guessed it, Vitamin D.

Vitamin D, as well as calcium, play an essential role in bone density and muscle function. Research is now proving that vitamin D also benefits the immune and cardiovascular systems, may improve cognitive health, prevents certain cancers and treats plaque-type psoriasis in a topical preparation.



We, who live north of the 37 parallel latitude, virtually cease producing vitamin D from November through March. Aging also changes how our skin absorbs sunlight and converts it into D, as well as the liver and kidneys ability to process the D into it's active form in the body. The body needs D to absorb calcium. So, at this time of the year, we must get the vitamin D through our diet. Vitamin D sources are: salmon, herring, sar-

dines, cod liver oil, egg yolks, fortified cereals and milk. Orange juice may also be fortified with vitamin D and calcium. Ok, considering my own diet...when was the last time I had cod liver oil or herring? Uh, never! I bought a jar of pickled herring once with good intentions of trying it, but failed.

Insurances do not necessarily cover lab testing for vitamin D levels unless a person fits the risk profile: Crohn's and celiac disease, chronic kidney or liver disease to name a few. It is always wise to check with your insurance before asking your care provider for a blood test. Age (50yrs and older), as well as where we live and our current limited activities due to the virus, certainly increase the risk of vitamin D deficiency.

Let's talk supplementation: short and simple.

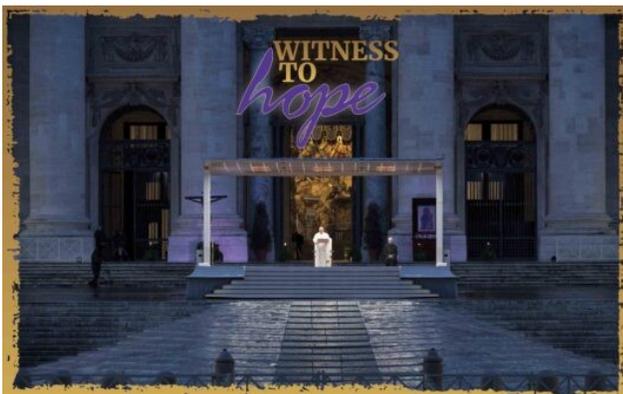
If a person is not at risk of low D, supplementing with Vitamin D3 or D2, 600-800 international units daily is suggested. Because for where we reside 1000 IU's is a good idea. Maintaining a calcium intake of 1000-1200mg goes hand in hand with the D. Remember calcium and Vitamin D work together. If both are low in our body the parathyroid gland (sits behind the thyroid) which regulates calcium in the blood & bone can be stimulated causing the bones to leach calcium weakening bone strength. I have cared for women, and a man who have done absolutely nothing but sit and fracture a vertebrae in their back. Or a hip will fracture without trauma.

Remember the song "The Sun will Come Out Tomorrow"....well, we may have to modify the verse "the sun will come out in March" until then, please watch your D. The sun will return and when it does... 10-15mins of those lovely sun rays on our arms and legs 3-4 times a week is enough.

Be well and careful please.

Bess Dawson-Hughes MD, 9-30-2019. Vitamin D deficiency in Adults: Definition, clinical manifestations and treatment: www.uptodate.com

Lisa currently works as a certified oncology nurse at Providence Health Services.



Annual Catholic Appeal

Sacred Heart/St. Joseph \$3,775 of \$11,200 (34%)
Immaculate Conception \$13,245 of \$29,900 (44%)

Advent Wreaths

Advent wreaths are available for sale. The wreaths are a brass ring with four candle holders. You need to supply the holly or evergreen of your choice. The wreaths come with 4 candles and the cost is \$15. Wreaths are available at the entrance of the church in Ronan and downstairs in the parish hall in Polson.

Parish Offertory Progress Report

Fiscal Year beginning July 1st

Immaculate Conception
\$55,339 of \$170,000 (33%)
Sacred Heart/St. Joseph
\$16,659 of \$44,500 (37%)



Thank you for your generosity!