

ST. MARY'S CATHOLIC CHURCH  
725 6<sup>th</sup> STREET N.E.  
FOSSSTON, MN 56542



### Greetings from Fr. John:

In Jesus we see the perfect love of God - a God who cares intensely. Jesus invites us to come to him and take rest. He is meek and humble of heart. The humble of heart are like "little children" in the sense that they see purely and simply without any pretense or falsehood. Humility of heart is a virtue that forgets oneself in order to love and serve others. The humble of heart are the freest of all - emptied of vanity and self-concern they can single-mindedly focus on the welfare of others. The Lord Jesus is our model. He proclaimed to his disciples, "I am meek and humble of heart ... For my yoke is easy, and my burden light". The Jews used the image of a yoke to express submission to God. Jesus says his yoke is "easy". The Greek word for "easy" can also mean "well-fitting". We are called to put on the "sweet yoke of Jesus" and to live the heavenly way of life and happiness.

**"Lord Jesus, give us the child-like simplicity and purity of faith to gaze upon your face with joy. Remove every doubt & fear which would hinder us from receiving your word with trust and humble submission."**

**God Bless You! Have a Great Week!**

## Fourteenth Sunday in Ordinary Time July 5<sup>th</sup>, 2020

St. Mary's: 218-435-6484  
St. Joseph's: 218-694-6416  
E-Mail: [stmarysfosston@gmail.com](mailto:stmarysfosston@gmail.com)  
Website: [stmarysfosston.org](http://stmarysfosston.org)

### PARISH STAFF:

**Pastor:** Fr. John Melkies Suvakeen  
**E-Mail:** [frjohnstnstj@gmail.com](mailto:frjohnstnstj@gmail.com)  
**Secretary:** Marge Donnell 218-930-0520  
**Office Hours:** Wed. & Fri. 9am -1 pm  
**Bookkeeper:** Linda Hand Cell 218-280-2271  
**Office Hours:** Wed. 1-5 PM  
**R.E. Coordinators:** PreK-6: Amanda Wiener  
7-12: Lori Balstad  
**Pastoral Council Chair:** Dennis Sanden  
**Trustees:** Jeanne Sanden and Erv Wickham  
**Diocesan Victim Assistance Coordinator:**  
Cindy Hulst 218-281-7895  
24-hour confidential number

### **Individual Reconciliation Wed., 12-12:30 PM**

#### St. Mary's Mass with Intentions

**Wednesday: Adoration Noon - 8 pm**

You are encouraged to continue attending Adoration. Please use social distancing.

**Wed., July 8 11:30AM Mass**  
Ernest Agnes Jr.

**Fri., July 10 8:30 AM Mass**  
Lynne Cullen+

**Sun., July 12 8:30 AM Mass**  
for the Parishes

#### St. Joseph's, Bagley, Mass & Intentions

**Tuesdays Adoration Noon - 5 pm**

**Thur., July 9 11:30AM Mass**  
Margaret Berry+

**Sun., July 12 10:30 AM Mass**  
Allen Theis+

**The Church building will be open during the week, according to the office schedule and Adoration, for visits and personal prayer. Enter by the office doors.**

### Birthdays

July 8 Eunice Reinbold  
July 8 Julie Dable

### Anniversaries

June 10 Lori & Tennis Balstad

### PRAYER CHAIN CONTACT:

Carol Aaland 435-6384 (H), 218-686-2710 (C).  
Please notify parish office of names to add or subtract  
and of those who could use a prayer shawl.

### PLEASE REMEMBER AND PRAY FOR:

Nash Rosendahl, Hannah Keller, Brady Jones,  
Kristi Maruska, Wayne Paulson, Sarah Ryan  
Walcker, Josh Martinson, Roger Scharendroich,  
Nora Ann Lentz, Debbie Martin, Kristin Litzinger,  
Allie St. Pierre, Richard Parent, Dennis Omang,  
Tracy Kozitka, Joyce Klinkhammer, Bob Clayton,  
Ben Hougen, Marge Messer, Dave Blazek,  
Christine Johnson, Tom Sedler, Ava Lamb-Lopez,  
Bruce Donnell, Laura Stark, Bethany Andersen,  
Eunice Reinbold, Grandma Dorothy, Ernie Agnes  
Jr., Paul Silver, Nancy Silver, Clara Mae, Lucille  
Dufault, Mark Randall, Jodi, Bonnie Schirlinger,  
Aunt Gen, Michael Killian, Gail Kjos, Tom  
Houska, Scott Redder.

*"May you touch them and heal them, O Lord!"*

Blessed Prayer Shawls are available.

Please contact Dorothy Paulson at 435-6836

MASS INTENTIONS: Please note with your  
donation whether intention is for a deceased or  
living person. Suggested donation is still \$5.00.

### THE WORD OF THE LORD

The readings for next Sunday, July 12, 2020  
Isaiah 55:10-11, Ps 65:10, 11, 12-13, 14, Romans  
8:18-23, Matt 13:1-23

**Cursillo Retreat:** Women's Cursillo will be  
September 24-27. Men's Cursillo will be held  
October 22-25. Both held at Sand Hill Bible Camp  
by Fosston. Contact Bobbi Mercil 701-866-5706

**Steubenville Live** If you had made plans to  
attend one of the two nearby Steubenville  
conferences this summer, please note that with  
the cancellation of these conferences,  
Steubenville will be offering a virtual conference,  
July 17 and 18. Other than the dates, and the cost  
(\$40.00 per person), details have not yet been  
released, but you can stay updated by visiting  
<https://steubenvilleconferences.com/> or  
[www.partnershipforyouth.org](http://www.partnershipforyouth.org)

**Into the Breach.** Don't miss this  
groundbreaking series from the Knights of  
Columbus that seeks to answer what it means to  
be a Catholic man in today's world. Go to  
[formed.org/signup](http://formed.org/signup). "Find Your Parish," type in  
Fosston's zip code of 56542 No password.  
Be sure to share this link  
[formed.org/faithathome](http://formed.org/faithathome) with friends and family  
not yet on FORMED to get them started with a  
complimentary subscription.

"For my yoke is easy, and my burden light."  
(Matthew 11:30) When we think of being good  
stewards, we may think that God is asking too  
much of us when He calls us to generously share  
our time, talent, and treasure. However, we must  
remember that we are not "owners" of anything,  
we are merely "stewards" of the gifts God has  
given us. All He is asking is that we give back a  
small portion, in gratitude, of what He has  
already given to us.

The Archdiocese of St. Paul & Minneapolis is  
offering a monthly online support group for all  
victim/survivors of clergy sexual abuse, or any  
sexual abuse. If you are interested, please email  
Paula Kaempffer, Outreach Coordinator for  
Restorative Justice and Abuse Prevention at  
[kaempfferp@archspm.org](mailto:kaempfferp@archspm.org) or at 651-291-4429.  
The Diocese of Crookston Victim Assistance  
Coordinator can be reached at: 218-281-7895.

Esto Vir! "Be a Man", is a vocation camp for young men entering their sophomore year of high school through young adulthood. This camp is an opportunity for those men who may be open to the priesthood to come together and spend some days in community with each other and the seminarians of the diocese. The camp includes games, lakeside recreation, Mass, prayer, food, and fellowship. Date: August 4-6, 2020 Location: Sand Hill Lake Bible Camp South of Fosston. Cost: FREE! Questions can be directed to Fr. Matt Schmitz, Promoter of Vocations: 218-773-0877 or [mschmitz@sacredheartegf.net](mailto:mschmitz@sacredheartegf.net)

The 2020 NFP Awareness Week will be July 19-25. "LIVE THE TRUTH AND BEAUTY OF GOD'S PLAN FOR MARRIED LOVE!" NATURAL FAMILY PLANNING It's about love, life, freedom, and gift.

**MEMO sent from the Diocese of Crookston:**  
We all have a role to play in protecting ourselves and fellow Minnesotans from COVID-19. By following currently applicable Executive Orders from Governor Walz (<https://mn.gov/governor/news/executiveorders.jsp>) and these guidelines, we can enjoy activities and events while providing for public health, slowing the spread of COVID-19, and decreasing the potential for added strain on local communities and health care systems in Minnesota. (A copy has been posted on the bulletin board in the church gathering area.

We have had questions about Capacity + Guidance for Providing Food/Beverages at Gatherings. We received on June 17 from the Diocese of Crookston, Janelle C. Gergen, Director, Office of Communications sent "Guidance for Providing Food and Beverages for ON-site Consumption at Indoor and Outdoor Gatherings". It is posted on the bulletin board. Or go to [www.crookston.org](http://www.crookston.org) for more information.

**Deacon Formation Program:** The next group of men will gather for the first year of formation in 2021-2022. If you are considering the Permanent Diaconate (or think someone else should) please talk with your priest and also Contact Deacon Mark Krejci, Director of Deacon Formation so they can both pray for you and provide you with further information. (218) 281-4533 ext. 425 [mkrejci@crookston.org](mailto:mkrejci@crookston.org)

**Connect your Graduates to their College Campus Ministry:** As high school seniors are moving on to the next chapter of their lives, the Newman Connection are working hard to connect your graduates to the college campus ministry programs where they will be attending school in the fall. Last year, Newman Connection helped over 75,000 graduating seniors get information about the nearly 1,500 colleges and universities in our system - before they even got to campus. Parishes in the dioceses where our program is sponsored (like yours) send us the names and colleges of their graduates, and we help their future campus ministers reach out to them about on-campus (and virtual!) events to get them connected to the Catholic communities at their new schools. Since many colleges are cancelling their regular student activities fairs and welcome events, Newman Connection's work is becoming even more important. Getting connected contact Jackie Kruk, Newman Connection | Parish Outreach Specialist, 217-247-4114 [jkruk@newmanconnection.com](mailto:jkruk@newmanconnection.com)

**Lutheran Social Service of MN** supporting older adults to live a healthier, more active and independent life, making eating fun and easy. Adjusted meals are available for individuals with special dietary needs. LSS offer 14-day emergency meals in addition to daily delivered meals per week to seniors. The meals are funded by Families First and CARES act. Clients may, if they can, make a donation. Contact Carole DeMars Regional Manager 218-400-9040 [Carole.DeMars@lssmn.org](mailto:Carole.DeMars@lssmn.org)

### STEWARDSHIP

Budget Needed Weekly:	\$ 2429.00
Last Week's Collections:	
26 Adults	\$ 1130.00
Loose	\$ 93.00
Total Collections	\$ 1223.00
Retired Priests	\$ 20.00
Capital Improvement	\$ 70.00
Capital Improvement Balance	\$ 794.08

The local Loaves and Fishes food shelf needs are greater than ever. Please keep them on your donation list. (PO Box 152, Fosston)

On June 5, Minnesota Governor Tim Walz announced a new executive order providing guidance to reopen houses of worship during the COVID-19 pandemic. The Diocese of Crookston has responded by updating the protocols for parishes to resume limited public worship. For the full letter of Protocols please go to the Website: [stmarysfosston.org](http://stmarysfosston.org) or [www.crookston.org](http://www.crookston.org)

Sunday Mass at St. Mary's will be in the social hall July 12<sup>th</sup> at 8:30 AM using chairs spaced apart to observe social distancing. Please, please be respectful of each other's space so we can all stay healthy physically, mentally, and spiritually.

The obligation to attend Sunday Mass remains indefinitely suspended in the Diocese of Crookston and rest of the Minnesota dioceses. Those over the age of 65 as well as those with underlying conditions or compromised immune systems are discouraged from attending public Mass. Those who are unable to come to Mass or deem it best to continue refraining from attendance are encouraged to keep the day holy by viewing or listening to Mass or observing another religious practice. Join online Mass

<https://www.wordonfire.org/daily-mass>

Mistake in the times listed on July calendar:  
Individual Reconciliation Wed., 12-12:30 PM  
Friday Masses are 8:30 AM

### **Peter's Pence collection changed to Oct. 4<sup>th</sup>.**

To follow along at mass, you can access the Order of Mass on iPhones or Androids at: <https://universalis.com/static/mass/orderofmass.htm> Please silence your phone during Mass. Feel free to take a copy of the missalette to keep as your own.

Glory & Praise to Our God who alone gives light to our days. Many are the blessings he bears to those who trust in his ways. (refrain)

Verse 1: We the daughters and sons of him who built the valleys and plains, Praise the wonders our God has done in every heart that sings. Repeat refrain.

As was requested by the USCCB recently, let us "pray and work toward a new outpouring of the Holy Spirit. Let us pray for a supernatural desire to rid ourselves of the harm that bias and prejudice cause. [Let us] pray to the Holy Spirit for the Spirit of Truth to touch the hearts of all in the United States and to come down upon our criminal justice and law enforcement systems. Finally, let each and every Catholic, regardless of their ethnicity, beg God to heal our deeply broken view of each other, as well as our deeply broken society."

2020-2021 Safe Environment Training module for the Diocese of Crookston is now available. The certification year begins July 1<sup>st</sup> and runs through June 30<sup>th</sup>, 2021. Safe Environment certification is necessary for every person, age 18 or over, clergy, employee, independent contractor, and volunteer in the Diocese of Crookston who has the potential for contact with children or vulnerable adults.

This training module for 2020-2021 focuses on recognizing child abuse and recommended technology guidelines. Component C. Renee Tate, the diocesan Safe Environment Coordinator, said a review of technology guidelines for working with young people is especially important this year because the COVID-19 pandemic has led to increased use of video conferencing and other technology in ministry and education. Go to [www.crookston.org/secertification](http://www.crookston.org/secertification)