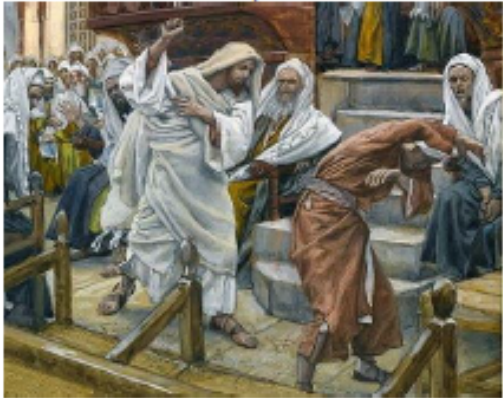


**ST. MARY'S CATHOLIC CHURCH**  
725 6<sup>th</sup> STREET N.E.  
FOSSTON, MN 56542



**Greetings from Deacon Aaron Kaiser:**

Are you listening when God Speaks? Psalm 95 gives us the gentle reminder that "If today you hear his voice, harden not your hearts." The Israelites wandered in the desert for 40 years to make a journey that should've taken less than 40 days. God is king of the universe and God personally loves and guides us. God is the shepherd, we are the flock: let Him lead, guide, protect and direct our every thought, word and action.

In the second reading Paul concerns himself with our ability to be attentive to the Lord and return to God the gifts of time, talents and treasure of which we have been so richly blessed. For Paul, it is a matter of giving Jesus primary lordship over everything we think, say, and do. Paul's personal choice of how to accomplish this is full and total dedication to God in the vocation of full-time discipleship. There is still a need for disciples, and Jesus calls you and me by our name as well. In whatever vocation we choose, when the witness of our lives influences even one other person to know, love, and serve Christ, we are assured all the angels in heaven will rejoice (Luke 15: 7, 10).

God Bless You! Have a Good Week.

**Fourth Sunday in Ordinary Time**  
**January 31, 2021**

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:** [frjohnstmsj@gmail.com](mailto:frjohnstmsj@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 & Valarie Holzer  
**Youth Group Leader:** Savannah Conger  
**Pastoral Council Chair:** Dennis Sanden  
**Trustees:** Jeanne Sanden and Erv Wickham  
**Diocesan Victim Assistance Coordinator:**  
Cindy Hulst 218-281-7895  
24-hour confidential number

**Confession 8 AM before Sunday Mass**

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

**Wednesday:** Adoration Noon – 8 PM  
**Wed., Feb. 3** 11:30 am Mass  
Bill Aaland+  
**Fri., Feb. 5** 5:30 pm Mass (First Friday)  
Vern Bingham+  
**Sun., Feb. 7** 8:30 AM Mass  
Dave Holzer+

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

**Tuesdays** Adoration Noon – 5 pm  
**Tues., Feb. 2** 5 pm Mass  
Dax Derby+  
**Thur., Feb. 4** 11:30 am Mass  
Valerie Larson  
**Sun., Feb. 7** 10:30 AM Mass  
For the Parishes

**Welcome Home Fr. John!**

### Birthdays

Feb 1 Rita Holland  
Feb. 5 Tricia Proulx  
Feb. 6 Eldin Okstad  
Feb. 6 Randy Rue

### 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.

*Prayer List Policy:* Names from outside our Parish  
will be removed from the list after one month.  
Additional months may be requested as needed or  
desired.

### PLEASE REMEMBER AND PRAY FOR:

Nash Rosendahl, Kristi Maruska, Wayne Paulson,  
Richard Parent, Bruce Donnell, Lucille Dufault,  
Mark Randall, Peggy Desizlets(10/28), Lynn  
Vennes, Jodi Nelson, Doug Holcomb(1/24)  
"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, Feb. 7, 2021  
Job 7:1-4, 6-7, Psalm 147:1-2, 3-4, 5-6, 1  
Corinthians 9:16-19, 22-23, Mark 1:29-39

Confidential Care for Post-Abortive Women  
and Men "Project Rachel" is offered from the  
Diocese of Crookston. The confidential  
phoneline is 218-470-0112.

**First Link Suicide Prevention:** Dial 2-1-1 or text  
your zip code to 898-211 from anywhere in our  
service area <https://myfirstlink.org/>

**National Suicide Prevention Lifeline:**  
<https://suicidepreventionlifeline.org/>

### RELIGIOUS EDUCATION (RE):

PreK-6 grades RE class after Sunday Mass

9:45-10:45 AM Feb. 21 and 28.

Savannah Conger leads Youth group, Grades 7-

12 Wed., Feb. 3 and Feb. 24 from 6-8 PM.

Contact Savannah at 218-556-9286 or

savannah.kaiser12@gmail.com

No Friday School

For Grades K-6 Amanda Wiener 218-280-2187 or

at amandawwiener@hotmail.com

**The Students will be ministering at Mass one  
Sunday of each month. (Feb. 28) We welcome  
their help.**

**You're always welcome to join Religious  
Education, any time.**

Upcoming Together in Spirit online events for  
Middle School and High School:

February 3: Coach Anthony Simon MS & HS

February 10: AMA – DOC Priests MS

March 3: Katie Prejean MS & HS

March 17: Jonathan Roumie MS & HS

**Diocese of Crookston Summer Camp.** The Office  
of Formation in Discipleship announce plans for  
summer camps this year at Oak Hills College in  
Bemidji. The (new) Saint Teresa of Calcutta Camp  
for youth who are entering grades 9 and 10 will take  
place June 20-24. The theme for this camp is  
EXTRAordinary. Registration opened January 26  
at: [www.crookston.org/toccamp](http://www.crookston.org/toccamp).

**The Saint John Paul 2 Camp** will be from July 18-  
22, 2021. The theme is "Into the Deep". Open to  
youth entering grades 7 & 8 only. Registration  
opens Tuesday, February 2 at 9:00 AM at:  
[www.crookston.org/jp2camp](http://www.crookston.org/jp2camp)

**Estovir! Be a man! July 7-9, 2021,** at Sand Hill  
Lake Bible Camp by Fosston. A chance for Catholic  
guys, 18 years+, to hang out, Pray, Plan and  
Discuss. Free. Register: [crookston.org/estovir](http://crookston.org/estovir)  
Contact Fr. Matt Schmitz 218-773-0877  
[mschmitz@sacredheartef.net](mailto:mschmitz@sacredheartef.net)

*St. Joseph, foster father of Jesus, pray for us!*

**Looking for Service, Staff and Leadership Team Members for this summer's camps.** If you know of any exceptional juniors, seniors, or college students from our parish that you would recommend for service team, staff, or to be a part of leadership for the upcoming St. Teresa of Calcutta and St. John Paul 2 Camps, please share those names and contact emails with Bob Noel. Applications open on the same dates as participant registration opens for each camp.

**On [formed.org](https://formed.org):** The Sanctuary Course for Catholics: Don't miss this eight-session course that explores the realities of Mental Health and illness, as well as the vital need for faith-based community conversations about these topics. Go to [formed.org/signup](https://formed.org/signup). "Find Your Parish," type in Fosston's zip code of 56542 No password needed. Be an evangelist and share this link [formed.org/faithathome](https://formed.org/faithathome) with friends and family not yet on FORMED to get them started with a complimentary subscription.

**This Lent**, we invite you to journey with Dr. Tim Gray by signing up for Daily Lenten Reflections. Each day you will receive in your inbox a short video which features Dr. Gray commenting on the daily Mass readings, explaining the Scriptures, and providing you with concrete ideas on how to apply them to your Christian life. Available for free on [formed.org/lent](https://formed.org/lent)

**What if, this Easter, your soul was more alive than at any other point in your life? That can happen. Not by accident. But intentionally. By feeding your soul with a daily course of prayer. Join Matthew Kelly at [dynamiccatholic.com](https://dynamiccatholic.com) for a free daily reflection based on his book, "I Heard God Laugh" and start feeding your soul like never before. There are still a few books left from the December give-away, so take one if you haven't and plan to be woke. "It's not what you give up for lent, it's who you become."**

**Beginning Jan. 20, 7-8 PM**, every Wednesday for 4 weeks through Feb. 10<sup>th</sup>, Deacon Aaron Kaiser, Pastoral Associate for the Office of Formation in Discipleship, is hosting a free online adult formation class titled "**Serving the Lord with our Lives**". The class, open to any adults in the Diocese of Crookston, will meet via Zoom. The course will help participants understand generational divides and offer simple, easy to use techniques to confidently witness and proclaim the Gospel to others. (Two weeks left!)

**Men of the Diocese of Crookston** Are you being called to be a Deacon? If you wish to explore a vocation as a Permanent Deacon, the next formation group will begin in the Fall of 2021. The Diocese will be holding two more Discerning the Diaconate zoom sessions for men who want to find out more about diaconate discernment and ministry. Each session will be an opportunity for men, and their wives if married, to hear from deacons, wives of deacons, and the Director of Formation (Dcn. Mark Krejci) about the ministry of the deacon and the formation program. They will be held via zoom on: Saturday February 20 from 9:00 to 11:00 a.m. Monday April 5 from 6:30-8:30 p.m. If you wish to join one of these sessions, or if you have any questions about the diaconate, email Dcn. Mark at [mkrejci@crookston.org](mailto:mkrejci@crookston.org). You are also strongly encouraged to talk with your pastor as well as deacons you may already know.

**WAKE CATHOLICS to the awesome power, the incredible gift that is the Holy Sacrifice of the Mass!** 10 episodes with Scott Hahn will uncover how and why all God's action, in creation and redemption, is ordered to the Mass. Sign up at <https://stpaulcenter.com/studies-tools/journey-through-scripture/parousia-the-bible-and-the-mass>.

Check out the parish library in the northwest corner of the social hall. Don't worry! Those great resources haven't been touched in quite a while. Borrow & Return at your convenience.



### STEWARDSHIP

|                                    |                   |
|------------------------------------|-------------------|
| Budget Needed Weekly:              | \$ 2218.04        |
| <b>Last Week's Collections:</b>    |                   |
| 24 Adults                          | \$ 1070.00        |
| 3 Youth                            | 8.00              |
| Loose                              | \$ 0.00           |
| <b>Total Collections</b>           | <b>\$ 1078.00</b> |
| Votive Candles                     | \$ 52.00          |
| Church in Africa                   | \$ 10.00          |
| Capital Improvement                | \$ 300.00         |
| <b>Capital Improvement Balance</b> | <b>\$ 4677.97</b> |

Where there is faith, there is hope! This is the theme for the 2021 Diocesan Annual Appeal. What a wonderful thought it is for us as we enter the second season of life contending with COVID-19. Our faith consoles us and gives us hope for a brighter year. Next Sunday we will announce the 2021 Diocesan Annual Appeal by hearing Bishop Hoepfner's letter read from the ambo. We can begin discerning our support for our faith, our parishes and the diocese in the coming year. Check out our website and donate online at [www.crookston.org/DAA](http://www.crookston.org/DAA)

Catholic United Financial (CUF) invites you to participate in the MiniTree project to earn funds for the parish. Simply let your good deeds be known by a note in the collection basket or email to [stmarysfosston@gmail.com](mailto:stmarysfosston@gmail.com). Include the deed, your name, address and phone number. It can be a donation you have made to a charity, a gift or deed for a neighbor, a task for the parish that is out of the ordinary (not usher, lector, etc.). Together we can earn the max of \$250 for the first half of 2021!

NOTE: Catholic United Financial Annual Newsletter is on the back of Feb. calendar insert.

**Our sincere sympathy to the Margie Messer Family. Margie passed away January 22. May Margie and all the faithful departed rest in peace. Stevenson Funeral Home, Dickinson, ND**

### Thank You Lectors for Proclaiming the Word!

January 31: Jan Hemmingsen  
February 7: Margarete Rue  
February 14: Jan Hemmingsen  
February 21: Nina Bingham  
February 28: Lori Balstad  
February 17: Kathryn Ziermeier (Ash Wednesday)  
February 24: Nina Bingham

Masses at St. Mary's are held in the church sanctuary with overflow seating in the social hall. We have plenty of space for all to worship while being spaced apart from other households. Please come, wear masks (if over 5 and not medically challenged), use touch-free hand sanitizer located by each door and keep yourself socially distanced.

The obligation to attend Sunday Mass remains indefinitely suspended in our Diocese and the rest of the MN dioceses. If you cannot be with us for Sunday Mass, please find a way to keep Sundays holy. You can join Mass on TV or at <https://www.wordonfire.org/daily-mass>

Guidelines for activities and events, protecting ourselves from COVID-19 while indoors: The Diocese of Crookston Covid-19 protocols can be found at [stmarysfosston.org](http://stmarysfosston.org) or [www.crookston.org/statements](http://www.crookston.org/statements). Stay Safe.

Lent starts Ash Wednesday, February 17. St. Mary's Mass will be 7 PM. Bring your old Palms before then to be burned. Place them in the box provided by the Church entrance.

*Catholic Schools Week January 31-February 6. This national celebration recognizes faith, excellence and service in Catholic Education.*

Catholics at the Capitol – "On Mission for Life and Dignity" April 15, 2021. Speak out in defense of life and dignity at the State Capitol! For information visit <https://www.catholicsatthecapitol.org>