

Catholic Churches of **Sts. Mary & Luke**

saintsml.org

St. Mary, PO Box 110, 505 Park ST E, Park River, ND, 58270
St. Luke at 14207 63 ST NE, Grafton, ND 58237

October 26—November 3, 2019

Parish Office

Phone: 701-284-6165
Fr. Bert cell: 701-793-3482

Hours: After Mass till noon;
Closed on Fridays.

Email:

stmarys@polarcomm.com
FrBert@polarcomm.com

Team members:

Pastor: Fr. Bert Miller

Faith Formation:

Cheryl Daley, St. Mary

Support Staff:

Anna Mae Daley, St. Mary
Dawn Jarolimek, St. Luke

Weekend liturgies:

Saturdays:

Good Samaritan, 9:30 a.m.
St. Mary, 5 p.m.

Sundays:

St. Luke, 8 a.m.
St. Mary, 10 a.m.

RCIA: Monday, Oct. 28, 6:30 p.m.,
Rectory Living Room.

All Saints' Day

Holy Day of Obligation

Friday, Nov. 1

Liturgies at:

5:15 p.m. St. Luke

7 p.m. St. Mary

Snow & Ice: Be careful on the sidewalks and in the parking lots. We have hired two crews to keep these areas clean. Before each Mass, volunteers may need to salt near the entrances. Thank You to everyone who will be helping. What a snow we had October 10-11!!!

Pick up your bowls: Salad bowls left over from the Fall Dinner are located on the serving window. Get yours today!!!

Liturgies Sept. Oct. 26—Nov. 3:

Saturday, Oct. 26

Readings: Romans 8:1-11, Luke 13:1-9
9:30 a.m./Good Sam – Rev. Jason Lefor
5 p.m./St. Mary – Christopher Rostvet

Sunday, Oct. 27 – 30th Sunday/OTC

Sir 35:12-18, 2 Tim 4:6-18, Luke 18:9-14
8 a.m./St. Luke – The Parishioners
10 a.m./St. Mary – + Dorothy Karas

Monday, Oct. 28 – Simon & Jude

Readings: Eph 2:19-22, Luke 5:12-16
9 a.m./St. Mary – + John & Dorothy Kosobud

Tuesday, Oct. 29

Readings: Romans 8:18-25, Luke 13:18-21
NO Liturgy Today!

Wednesday, Oct. 30

Readings: Romans 8:26-30, Luke 13:22-30
12:10 p.m./St. Mary -- + Felix Koenig

Thursday, Oct. 31

Readings: Romans 8:31-39, Luke 13:31-35
9 a.m./St. Luke -- + Victor Sobolik

Friday, Nov. 1 – All Saints' Day

Rev 7:2-14, 1 John 3:1-3, Matthew 5:1-12
5:15 p.m./St. Luke – The Parishioners
7 p.m./St. Mary – The Parishioners

Saturday, Nov. 2 – All Soul's Day

Wisdom 3:1-9, Romans 5:5-11, John 7:37-40
9:30 a.m./Good Sam – Jim Kiekiede
5 p.m./St. Mary – The Parishioners

Sunday, Nov. 3 – 31st Sunday of OT/C

Wis 11:22—12:2, Thes 1:11—2:2, Lk 19:1-10
8 a.m./St. Luke – + Charles & Mary Schanilec
10 a.m./St. Mary – + Paul Hankey

Donations needed at both parishes!

Cash Flow

Oct. 19-20:

at St. Mary:

Envs: \$1,881

Plate: \$97

Children: \$1

Total: \$1,979

Year to date

Actual: \$116,643

Budget: \$117,800

Need:

\$2,800 per week

at St. Luke:

October 19-20:

Envelopes: \$77

Plate: \$195.75

Candles: \$3

Total: \$275.75

Year to date

Actual: \$23,013.33

Budget: \$35,700

Need:

\$850 per week

Tithing Norm:

10% of income

back to God:

Parish: 5-8%

Diocese: 1%

Community: 1-4%

Prayer List:

Breckston Krile,
Brenda Rose,
Barb Ellefson, Judi Witt,
Veronica Stark, Tim Daley,
Danny Houim, Jennifer Aure,
Carla Sletten,
Larry Dvorak,
Ken Jarolimek,
Theresa Moen,
Jane Grzadzielewski.

*Please advise Fr. Bert
when you have improved
at FrBert@polarcomm.com*

Things to Know:

Bulletin Deadline:

Tuesday Noon
Note that anything submitted will
be edited, cut and shortened.

Bulletin boards & Reading tables:

Please submit all items to Fr.
Bert for approval and placement.

Baptisms & Marriages:

Please call Fr. Bert before
you make any plans!!!

Hospital Visits, Communion calls, & Anointing of Sick:

Please make contact with
Fr. Bert (numbers on Page 1)
or at FrBert@polarcomm.com

Reconciliation:

Saturdays: 4-4:30 p.m./St. Mary
Thursdays: 8:30 a.m./St. Luke
Anytime by request.

***** FAITH FORMATION *****

Oct. 30

... Grs. 1-12, 7 p.m., classrooms

Saturday, Nov. 2 Gr. 3 student
Confirmation Retreat

10 a.m. to Noon, Parish Center

Nov. 6, 13 & 20 Grs. 1-12, 7 p.m.

NO Exposition: On Friday, Nov. 1,
due to the All Saints' Day observation.

Hunger Fund: Tuesday, Nov. 5, 7
p.m., Friendship Room.

Combined Collection: Saturday &
Sunday, Nov. 9 & 10. Hear about the
World Missions, Black & Indian
Missions, Retired Religious, Peter's
Pence and the Home Missions
collections. Envelopes will be
attached to your Nov. 10 Bulletins.
Please pray about your donation and
reply by Sunday, Dec. 1.

Altar Society: Tuesday, Nov. 12, 7
p.m., Friendship Room.

Finance Council: Thursday, Nov. 14,
7 p.m., St. Mary's, Friendship Room.

Mass Stipends: Being accepted through the
end of November. Send name and
\$10/name to Fr. Bert at the Parish Office.
Limit: \$50 for each name. Thank You!

Daily Lectors: Mondays, AM Daley; Tuesdays, L
Alkofer; Wednesdays and First Fridays, Shirley
Sobolik. If you are a lector and wish to lector on
a particular day, contact one these individuals.

Finance Council: Tuesday, Nov. 19, 6 p.m., St. Luke's, Parish Hall.

Baptism Preparation: Thursday, Nov. 21, 7 p.m., Baptistry area, St. Mary's. If you plan to attend, call the Parish Office, 284-6165, by Noon Nov. 21.

***** FALL DINNERS & OTHER EVENTS *****

Sunday, Oct. 27 – Bechyne Sts. Peter & Paul Soup & Sandwich, 11 a.m. to 1:30 p.m., Lankin American Legion.

Sunday, Oct. 27 – Fordville Lutheran at the Fordville Legion Hall, 4:30 to 7 p.m. Turkey. Free will offering.

Saturday, Nov. 2 – Grand Forks Holy Family Tea, 1-4 p.m. Bake Sale, Lefse and Raffle. 1018 18 AVE S

Sunday, Nov. 3 – Minto Sacred Heart at Minto Community Center, 11 a.m. to 2 p.m. Ham & Meatballs. Adults \$11, ages 6 to 12 \$5, age 5 and under free.

40 Days of Life: Continues through Thursday, Nov. 3. Join us for a 24 hour/7 day a week vigil in front of the Fargo abortion facility. Email phc@polarcomm.com for a date and time.

See flyers on Bulletin Boards!



**PARK RIVER
DENTAL CLINIC**

FAMILY DENTAL CARE

**DR. NICHOLAS BENEDA
DR. BRIAN LARSON**

701-284-6131

Pregnancy Help Center



Hwy 17 E
PO Box 426
Park River, ND 58270

284-6601

or

888-280-8303 24 Hr



Park River—284-7676
Drayton Drug—454-3831

**Serving
the Assembly
at St. Luke's:**

**Lector
for November:**
Steve
Jarolimek

**Cleaners
for November:**
C Bartuska,
Judy Barta

**Cemetery
Worker
needed:** See
Michael Dvorak

**Music Leader
Needed:** See
Fr. Bert Miller

**Friday, Nov. 1, 2019 – All Saints Day/C
Ministries of Service**

	5:15 p.m. Friday	7 p.m. Friday
Masses	S Jarolimek	AM Daley
Proclaimers	None	* MA Kostohris, D Kram, S Dub
Extraordinary Ministers of Holy Communion	Sobolik men!	C & S Dub
Gift Bearers	Fr. Bert	Fr. Bert
Commentator	H & D Sobolik	Volunteers
Servers	Sobolik men!	J O'Shea, M Novak
Ushers	None	C & S Dub
Greeters	I Janda	_____
Rosary Leader	Fr. Bert	M Novak
Sacristan		
		*Bread Minister

**Nov. 2-3, 2019 – 31st Sunday of OT/C
Ministries of Service**

	5 p.m. Saturday	10 a.m. Sunday
Masses	L Alkofer	E Kachena
Proclaimers	* D Kram, C Schierbeck, S Void	* J Zikmund, T Zikmund, M Vondra, C Lothspeich, volunteer
Extraordinary Ministers of Holy Communion	J & T Bata	J & C Daley
Gift Bearers	Fr. Bert	Fr. Bert
Commentator	J Kram	I Mc Combs, K Sullivan
Servers	F Sobolik, L Schierbeck	J & M Dohmeier
Ushers	C Bata family	J Daley family
Greeters		
Rosary Leader	P Thompson	_____
Sacristan	M Novak	C Daley
		*Bread Minister

Upcoming events at Sts. Mary & Luke:

Monday, Oct. 28 RCIA, 6:30 p.m., Rectory living room, St. Mary's
Wednesday, Oct. 30 Grs 1-12, 7 p.m., classrooms

Friday, Nov. 1 All Saints' Day (Holy Day of Obligation)
Liturgies: 5:15 p.m. at St. Luke; 7 p.m. at St. Mary

Saturday, Nov. 2 Confirmation Retreat, 10 a.m. to Noon, St. Mary's

Monday, Nov. 4 RCIA, 6:30 p.m., Rectory living room, St. Mary's
Tuesday, Nov. 5 Hunger Committee, 7 p.m., Friendship Room, St. Mary's
Wednesday, Nov. 6 Grs 1-12, 7 p.m., classrooms

Saturday & Sunday, Nov. 9 & 10 Combined Collection
Monday, Nov. 11 Veteran's Day Holiday, NO RCIA
Tuesday, Nov. 12 Altar Society, Friendship Room, St. Mary's
Wednesday, Nov. 13 Grs 1-12, 7 p.m., classrooms
Thursday, Nov. 14 Finance Council, 7 p.m., Friendship Room, St. Mary's

Monday, Nov. 18 RCIA, 6:30 p.m., Rectory living room, St. Mary's
Tuesday, Nov. 19 Finance Council, 6 p.m., Parish Hall, St. Luke's
Wednesday, Nov. 20 Grs 1-12, 7 p.m., classrooms
Thursday, Nov. 21 Baptism Preparation, 7 p.m., Baptistry, St. Mary's

Sunday, Nov. 24 Rite of Welcome, 10 a.m. liturgy, St. Mary's
Sunday, Nov. 24 First Reconciliation Parent/Student Meeting, 4 p.m., St. Mary's

Monday, Nov. 25 RCIA, 6:30 p.m., Rectory living room, St. Mary's
Tuesday, Nov. 26 Knights of Columbus, 7 p.m., Friendship Room, St. Mary's
Wednesday, Nov. 27 NO CLASSES!
Thursday, Nov. 28 Thanksgiving Liturgy, 9 a.m., St. Luke's
..... Dinner at Our Savior's, Park River, Noon

Saturday & Sunday, Nov. 30 & Dec. 1 First weekend of Advent
Monday, Dec. 2 RCIA, 6:30 p.m., Rectory living room, St. Mary's
Wednesday, Dec. 4 Grs 1-12, 7 p.m., classrooms
Friday, Dec. 6 Exposition after 7:30 a.m. liturgy until Noon

Monday, Dec. 9 RCIA, 6:30 p.m., Rectory living room, St. Mary's
Wednesday, Dec. 11 Grs 1-12, 7 p.m., classrooms
Thursday, Dec. 12 Communal Reconciliation, 7 p.m., Church

Monday, Dec. 16 RCIA, 6:30 p.m., Rectory living room, St. Mary's



Requested food items:

*canned Gravy
boxed Stuffing
canned Cranberries
canned Pumpkin
Cake mixes
canned Fruit
canned Vegetables
Evaporated Milk
Soups, cream of mushroom,
tomato, chicken noodle
Cereal, any kind
Spaghetti
Jello, any flavor
Macaroni and Cheese
Paper Towels
Toilet Paper*

Walsh County Food Pantry

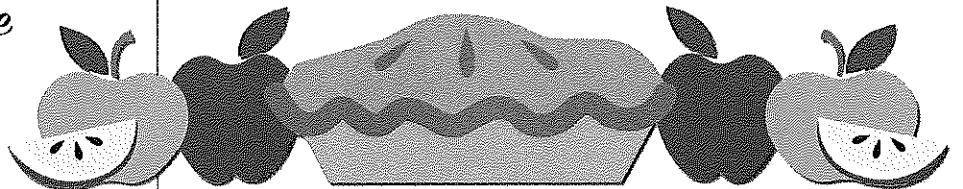
344 West 15th Street, Grafton

Open Monday - Thursday

1:00 pm - 4:00 pm

*Please drop off your
items by
November 5th*

Cash donations are always welcome!



Health Enews

Volume 5 Issue 10
October 2019

Teens and Vaping: What You Need to Know

E-cigarettes are referred to as e-cigs, vapes, e-hookahs, pens and juuling. They can look like a regular cigarette or a USB flash drive, pen and other everyday items.

Although e-cigarettes have been around for more than a decade, vaping has significantly increased amongst teens. In fact, the number of middle school and high school students using e-cigarettes has increased from 2.1 million in 2017 to 3.6 million in 2018. The number of teens vaping in 2011 to 2015 grew 900 percent with the Surgeon General Jerome Adams calling vaping an epidemic in the youth.

Why are teens so attracted to vaping?

- E-cigarettes can be purchased by teens under 18 years of age with online vendors; making them more accessible than traditional cigarettes.
- The myth that vaping is safer than traditional cigarettes.
- Vaping products include teen-friendly candy-like flavors.
- Teens may expect positive things from smoking, such as coping with stress better or losing weight.
- Researchers discovered that one of the makers of vaping products handed out free e-cigarettes to youth influencers at sampling parties and movie or music events during its 2015 product launch. The company actually followed up with aggressive advertising featuring 20 something models to appeal to younger customers.



Dangers of Vaping

- Death from a mysterious lung illness linked to e-cigarettes has risen to 25 across 21 U.S. states.
- The CDC (Centers for Disease Control and Prevention) has listed 1,080 confirmed and probable cases of the mysterious lung illness as of October 1, 2019.
- People younger than 25 years old have a greater risk of brain damage from vaping. E-cigarettes contain nicotine that can harm the parts of the brain that controls attention, learning and impulse control. Additionally, brain synapses that are built between brain cells when a new memory or skill is learned are changed by nicotine.
- E-cigarette vapor is known to contain VOC (volatile organic compounds) that can cause liver, kidney and nervous system damage; heavy metals like nickel, tin and lead; and flavoring such as diacetyl—a chemical linked to popcorn lung disease.
- Defective e-cigarette batteries have caused fires and explosions, with a few resulting in permanent injury.

- Harvard researchers found diacetyl in 4 out of 5 vaping liquid tested. Diacetyl is known to cause a serious and irreversible lung disease called popcorn lung. Popcorn lung is the scarring of the tiny air sacs in the lungs causing them to thicken and narrow airways. Symptoms of popcorn lung include wheezing, coughing and difficulty breathing.

Signs That Your Teen May Be Vaping

It can be difficult to determine if a teen is vaping because the vapor dissipates quickly and leaves no residue. Some signs that a teen may be vaping include:

- Increased thirst. Vaping is hygroscopic, meaning that it removes hydration from the skin of the mouth and throat. As a result, the body craves liquids to combat dehydration. If your teen heavily increases their liquid consumption, they may be vaping.
- Desire for flavor. If your teen is using more salt or enjoying especially spicy foods, they may be vaping. With routine vaping, foods can become less flavorful.
- Nosebleeds. Just like vaping dries the mouth, it can dry the skin of the nose as well. When the nose gets dry, it can bleed.
- Cutting back on caffeine. Vaping plus caffeine can cause anxiety and severe mood swings. Teens that are vaping may cut back on their caffeine to avoid these side effects.
- Finding unfamiliar USB drives and battery chargers. E-cigarettes have parts and cartridges that need to be exchanged and replaced. These parts can be wires, small container "pods" that contain e-juice and cotton balls. If your teen is carrying an unfamiliar tech looking device or it appears in their trash bin, they may be vaping.

<https://www.consumernotice.org/products/e-cigarettes/students-and-vaping/>

<https://health.usnews.com/wellness/for-parents/articles/2018-07-27/how-to-tell-if-your-kid-is-vaping>

<https://images.search.yahoo.com>



**CATHOLIC
MUTUAL GROUP**

Growing in FAITH™

Discovering hope and joy in the Catholic faith.

November 2019

St. Mary/St. Luke
Rev. Bert F. Miller, Pastor

One Minute Meditations

St. Frances Xavier Cabrini

The youngest of thirteen children, St.

Frances was born to Augustine and Stella Cabrini in Lombardy, Italy. She was

turned away from two religious orders because of her frail health, so instead, she founded her own order, the Missionary Sisters of the Sacred Heart. In all, she founded 67 institutions to care for the sick and forgotten in Europe and the Americas. Mother Cabrini died in Chicago and was the first U.S. citizen to be canonized.



A roomful of friends

Learning about the saints is like walking into a large room full of strangers. You scan the faces looking for a friendly one who beckons you over. Find ways to scan the sea of saints looking for the ones with whom you would like to become friends.

"Since Christ Himself has said, 'This is my Body' who shall dare to doubt that it is his Body?"
(St. Cyril of Jerusalem)



Count blessings with a thankful heart

Gratitude for God's blessings is one of the most distinctive marks of those of us who follow him. An ungrateful heart leads to dissatisfaction and despair but a true spirit of thankfulness restores contentment and joy. November is a time to count our blessings as children of God.

"Give thanks to the Lord, for he is good, his mercy endures forever" (Psalm 118:29). No matter how we stray, forgiveness and mercy are ours for the asking when we are truly sorry.

"The Lord is good to those who wait for him, to the soul that seeks him" (Lamentations 3:25). Hope is believing

that God will keep his promises. This virtue helps us to place our trust in God and receive his gifts with gratitude.

"I can do all things in him who strengthens me" (Philippians 4:13). The strength we need most doesn't begin in our bodies but deep in our souls. The fatigue we feel physically reminds us of how quickly our hearts can wander and fail. The virtue of wisdom prompts us to

ask God to strengthen faith more often than we ask him to strengthen the body.

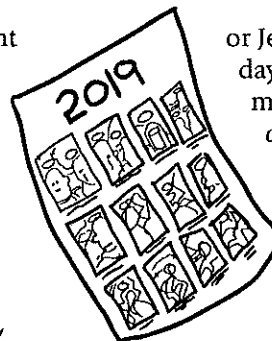
"And let the peace of Christ rule in your hearts, to which indeed you were called in the one body. And be thankful" (Colossians 3:15).



Why Do Catholics Do That?

Why do Catholics celebrate feast days?

Every family has significant events to celebrate yearly: birthdays, graduations, anniversaries. Feast days are the Catholic Church's family events. Many feast days celebrate events in the lives of Jesus and Mary, such as the Annunciation, the Immaculate Conception,



or Jesus' Baptism. Other feast days celebrate the saints as role models of holiness (*Catechism of the Catholic Church (CCC)*, #1173). Celebrating feasts give us a break from regular life. The Church is a big family so there's always something to celebrate.

Love can make us saints

It is very Catholic to admire the saints but think that we can't measure up to them. In fact, they were ordinary people made extraordinary by their love for God. If they can do it, we can, too.

St. Francis of Assisi started out as a careless rich boy. God had to knock him off his feet with a deadly illness to get his attention. For the rest of his life, Francis denied God nothing. Great are the rewards when we love God without limit.

St. Augustine caused his mother years of heartache with his immorality, paganism, and

disregard for holiness. Through her prayers and the guidance of St. Ambrose, Augustine became transformed. His love for God made him a new man.

St. Ignatius was a womanizer, loved fancy clothes, and used his position to avoid consequences. A battle injury forced Ignatius into a long recovery during which he only had religious texts to read. He fell in love with Jesus and devoted the rest of his life to serving God.



from Scripture

Luke 23:35-43, The true King

This Gospel passage seems at first to contradict the feast on which it is read – the Solemnity of Christ the King. When we think of a king, we think of a man robed in splendor, seated on a throne of power and crowned in majesty.

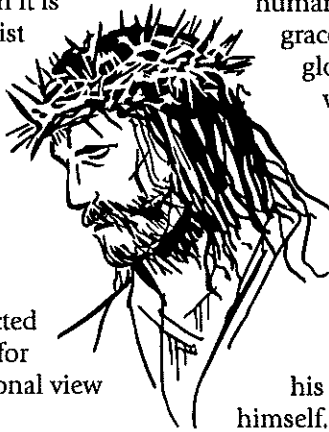
Yet, Jesus, in this reading, has been abandoned by his friends, condemned by powerful politicians, subjected to terrible tortures, and left for dead. This is not our traditional view of a king.

Yet this is when Jesus is at his most powerful. It's in this moment, when he is

shouldering the sins of the whole human race and restoring God's grace to us, that he is the most glorious. He is the only king with that kind of power.

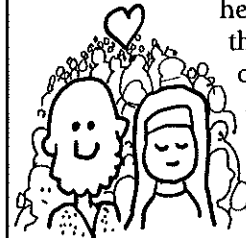
Christ isn't an earthly king; he is the King of Heaven, King of the Universe. On Calvary, he opened the gates of Heaven for us. The crowds jeered at him and told him to prove

his divinity by saving himself. Instead, he revealed his divine love by saving us. He is the King of our hearts.



Q & A What is the "Communion of Saints"?

The Church is a much larger family than we may realize. The "Communion of Saints" includes all the saints in heaven and those still journeying to heaven. This includes those baptized faithful on Earth and the souls in Purgatory.



The Communion of Saints is the Church as the Body of Christ.

"[As] all the members of the body, though many, are one body, so it is with Christ" (1 Corinthians 12:12). This means we can help each other by offering intercessory prayers and sacrifices. The saints in Heaven pray for us on Earth. We pray for the souls in Purgatory, who pray for us (CCC, #947). God is perfectly able to help us by himself, yet he generously involves us — including the saints — in carrying out his plans.

The Communion of Saints is not a "club for the holy elites." It is actually the biggest, fastest, most effective support network in the universe. No matter where we are, there are people praying for us, encouraging us, and caring for us.

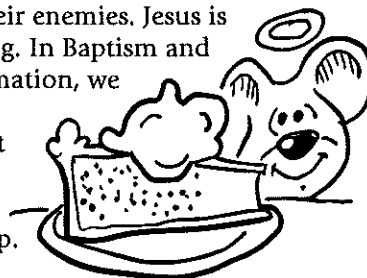
Feasts & Celebrations

November 1 – All Saints Day. In the early Church, there was a great desire to celebrate the martyrs by assigning each a feast day. However, the Christian persecutions were so horrible that there weren't enough days in the calendar for individual commemorations. Pope Gregory IV designated Nov.1 as All Saints Day.

November 11 – St. Martin of Tours (397). The patron of soldiers, St. Martin was forced to join the army, but he left to become a priest. He founded a monastery near Poitiers, France, and later became bishop of Tours.

November 23 – St. Clement I (1st century). Arrested by the Emperor Trajan for converting members of the nobility, Pope St. Clement I was sent to work in the mines in the Crimea. He comforted and encouraged the other Christians there until his martyrdom.

November 24 – Solemnity of Christ the King. God promised his people a king who would triumph over their enemies. Jesus is our King. In Baptism and Confirmation, we are brought under his kingship.



Our Mission

To provide practical ideas that promote faithful Catholic living.
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<http://www.growinginfaith.com>
 (Unless noted Bible quotes and references are from the Revised Standard Version and the New American Bible)