



Church of the Sacred Heart

Parish Office / Mailing Address:

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Twenty-ninth Sunday in Ordinary Time | 10-20-2024

Thirtieth Sunday in Ordinary Time | 10-27-2024

WELCOME VISITORS! TO SACRED HEART

If you are visiting Sacred Heart for the first time today, we would like to say **WELCOME!** Maybe you've been away for while or just passing through. Either way we would like for you to feel at home here. If you would like to join our Parish family we would be honored to have you as a member. Please feel free to call the Parish office if you have any questions or would like to join the parish. We would like to help in anyway!

SMALL GROUPS

Small Groups are Open to All Adults
The parish small groups continue to welcome new participants, even on a trial basis. For more information on the groups, contact Fr. Matt (fathermatt@stgregorynb.org).

Mondays from 6-7:30pm at the Herberg's
Wednesdays from 10-11:30 a.m. at Rushseba Senior Living Center, Sandy Pelant.

Thursdays from 10-11:30 a.m. at the Parish House, Connie Blomquist & Jan Walz.
Sunday from 9:30-11:30 in Parish House.
Men's small group, 3rd Saturday of each month @St. Gregory's from 7:30am-9am.

OFFICE HOURS

Tuesday, Wednesday and Thursday
8:00 am. - 12:00 pm.

OUR MISSION

Sacred Heart parish is a community of Catholic Christian believers, established by the Archdiocese of St. Paul and Minneapolis. We strive to grow in holiness through prayer, celebration of the Eucharist and other sacraments, and reflection on the scriptures. We work hard to build the kingdom of God through evangelization, catechesis and service for all.



let your mercy be on us, as
we place our trust in you.

WEEKDAY/WEEKEND MASSES

Sunday 8:30 am

Wednesday 9:00 am

ADORATION

Every Wednesday after 9:00 am Mass until
Noon

RECONCILIATION

1st Sunday at 8:00 am

After mass on every Wednesday or by appointment.

PASTOR

Fr. Matt Shireman

DEACON

Kevin Downie

ASSISTING PRIEST

Fr. Chuck Brambilla

PARISH OFFICE

Admin Asst: Marsha Marcussen

Bookkeeper: Mary Felix

mary@stgregorynb.org

Project Asst./Music: Steve Yurick

320-358-4370

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FAITH FORMATION

Sacred Heart :Tina Heidelberger

763-670-8594

faithformationshc@hotmail.com

Confirmation: Dion Scott

651-674-7382

dion@stgregorynb.org

RETREAT MODE IN DAILY LIFE

As you are probably aware, my annual retreat ended a few weeks ago. Eight days of silence is a lot. There were a few exceptions when we could speak. The main exception was at our daily spiritual direction (you may be interested to hear that my spiritual director was a hermit from Phoenix). The other main time we could speak was when giving responses during Mass each day as a community.

All priests and deacons are required to take an annual retreat of at least 5 days. This is so we can take extra efforts to cultivate our most important relationship—with God. Being on retreat also means taking a serious break from work and technology—something that is challenging but very freeing.

What I call 'Retreat Mode' is also used in other settings in the lives of Christians: days of recollection, desert days (i.e. a mini retreat), and unplugging on the Lord's Day. Nowadays for all seminarians (like Jacob O.) as they enter seminary, they are required to spend some time in the propaedeutic (meaning preparatory) stage before continuing on with studies in philosophy and theology (if that is what God is calling them to). One of the requirements of the propaedeutic stage is a fast from phones; they are only able to use them for 2 hours on Sundays. This requirement is not too surprising given the increasing number of schools that put strong limits on cell phone usage.

Being an active parish priest, I must stay connected to my phone at most times in order to check for emergency calls, emails, texts, etc. Perhaps it is similar for anybody who works or is a parent. However, there are elements of 'Retreat Mode' that perhaps everybody could adopt due to the benefits that come about.



Although we may need to have a phone close to us, we do not need to have it right next to us. By putting it out of reach, then we need to get up to use it (and therefore, it requires more intentionality). Our laptops, computers, and TVs can be shut-off when we are not actively using them.

Perhaps most importantly, we can be more intentional about inviting the Lord into the various times of the day, including the less structured times that He gives us. For example, this could be like the following: "Jesus, I want to watch this game (or watch this show or play this game, etc.). Be with me during it."

I pray that you will experience the interior freedom that God would like to give you whether you are able to go on retreat or just enter into 'Retreat Mode.'

-Father Matt Shireman



Prayer for Healing

Lord, look upon me with eyes of mercy, may your healing hand rest upon me, may your life-giving powers flow into every cell of my body and into the depths of my soul,

cleansing, purifying, restoring me to wholeness and strength for service in your Kingdom and especially for.....

Fran Michnowski, Pat Mihm, Audrey Larson, Kim Wall, David Kirchberg, Carole Stenger, Connie Blomquist, Janet Yurick, Grace Schwaab, Judy Strandmark, Sue Roth, Gerald Mollberg, Erin Hestbeck-Mielke, Amy Granlund, Cheryl Gebhart-Trempe, Marianne Schmitz, Heidi Blatz, Gary Frazier, Shelly Repke, Betty Anderson Schlipp, Jim Brenna, Mary Debevec, Jody Kliegle, Ken Kirchberg, Mark Stenger Amen!

PRAYER REQUESTS

If you or a loved one are ill in any way and would like to have your name included in the Sunday Prayers of the Faithful, contact the Parish office. Also, any prayer request or needs can be written in our Parish Intercessory Book in the back of church at any time.

COMMUNION VISITS

Are you or someone you know homebound and desiring to receive Holy Communion? Or in need of Confession or the Anointing of the Sick (which is not just for people who are actively dying)? Let the Church come to you! To set a time that works for you, please contact the parish office.

Mass Intentions

Wednesday, October 23rd
9:00 am † James Brennan

Sunday, October 27th
8:30 am † Lou Pinatti

Wednesday, October 30th
9:00 am † James Brennan



ALL SAINTS DAY
November 1

7:00 pm Mass

ALL SOULS DAY
November 2

9:00 am Mass

Parish/Community News

Catholic Charities Food Distribution

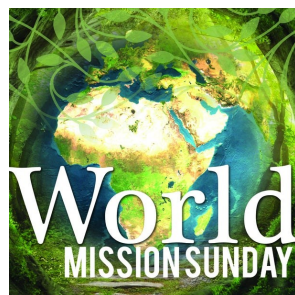
The next food distribution of frozen meals for seniors 60 and older will be on **Tuesday, November 19th from 11:00am-12:00 pm**. Meals are available in quantities of 20 per calendar month.



Catholic Watchmen meets at 7 p.m. on first Thursdays at St. Gregory's. The November 7th will be in the St. Gregory's parish hall. All men of Sacred Heart and St. Gregory's are welcome.

Thank you for Supporting World Mission Sunday. On behalf of the missionary men and women serving in over 1,150 mission territories, we extend our heartfelt gratitude for our generous support on World Mission Sunday. Your Contributions ensure that the Gospel continues to spread, bringing hope, love, and salvation to those in need.

This year's theme, "Go and invite everyone to the banquet," reminds us of our universal call to evangelize and support our brothers and sisters around the world. Your generosity helps build churches, train clergy, and provide essential services in mission territories. Thank you for being part of this vital mission and for making a lasting impact on the global Church.



The **CCW Group** will be having a meeting on **Thursday, Oct. 24th at 6:30pm** in Wey Hall. Their efforts are to bring Support, Empower, and Educate current and future Catholic Women! All women of Sacred Heart are welcome, we hope to see you there.

Family Pathways is looking for volunteers for their thrift stores, food shelves and domestic violence shelter. The hours are flexible. Please go to www.familypathways.org/volunteer to fill out the application. For additional information contact Brooke @651-674-8040 or email volunteer@familypathways.org.

Thank you to everyone that donated to the Hurricane Relief fund!

YOUTH MINISTRY & FAITH FORMATION

Prayer Partners

We are looking for prayer partners for our 1st year Confirmands. Prayer partners commit to praying for a 1st year Confirmand for a period of two years until he/she is confirmed in the spring of 2026. If you can help in this important ministry, please sign up on the sheet provided in back of church.

NET RETREAT

The NET Retreat for the First and Second Year Confirmands will be held at St. Gregory the Great Church on Sunday, October 27 beginning with 10:30 a.m. Mass and ending at 5:00 p.m. Please pray for all of the Confirmands and the NET Team members who will be bringing our Confirmands closer to Jesus with their friendship, prayers, and activities.

DOC CLASS OCTOBER 20

DOC class will be at 5:30 p.m. - 7:30 p.m. on Sunday, October 20 at St. Gregory the Great Church. Confirmands should bring their textbooks, Bibles, and folders to class.



Thank you for your generous contribution to the Catholic Services Appeal. Your gift makes it possible for over one hundred services and programs to respond to the physical and spiritual needs of countless individuals and families.

A critical component of the CSA is the Rebate Program in which all funds raised over the parish goal a percentage is returned to Sacred Heart for our own needs.



"For the Son of Man did not come to be served, but to serve and to give his life as a ransom for many." (MARK 10:45)

STEWARDSHIP

If we as Christian **Stewards** hold a mirror up to our lives, would it reflect God's love and mercy? If you are struggling with this, try changing your attitude from "I want more" to "thank you God for everything you have given me, I have enough to share". This change in perspective will bring you joy through service to others.

In today's Gospel Jesus teaches His disciples that whoever wishes to be great among them must be a servant, just as He came to be a servant. We are constantly reminded of our call to be good stewards of the Gospel and to support those who make evangelization their servant ministry throughout the world. Not to be a servant of the Gospel would be poor stewardship. But how do we serve the Gospel in our daily lives? How do we support others who serve those who have never heard the Gospel or who have chosen to reject the Gospel of Jesus Christ?

Let us embrace a new awareness of our stewardship of the Church. Our Church is found in our Parish at the Eucharistic celebration, at faith-formation gatherings, at our dinner table, in giving of our time at the soup kitchen, senior citizens' home or the Religious Education of our young people. It is found in the many ways we give witness to the loving presence of Christ in a suffering world and offer hope. Let's ask ourselves: "How am I stewarding our Church?"

All discipleship involves mission. Let us be reminded that every member of the Church is called to evangelize, and the practice of authentic Christian stewardship inevitably leads to evangelization. Let us pray that as Christian Stewards we joyfully bring Christ to others by sharing our time, talent and resources in love and justice, and that we may change our attitude of wanting more to being grateful and sharing more generously. This week, try to pray with extra sincerity. Let God in, and let Him heal your wounds. Let us pray for an increase of faith in our Parish.

Deacon Jack McKenna