



*Our Mission is to know, love and serve God by living the Eucharist.*

Promulgated on Pentecost Sunday, 2013

420 Irving Street | Alexandria, MN 56308 | (320) 763-5781



The Church of  
St. Mary

**FEBRUARY 17, 2019**  
**6<sup>TH</sup> SUNDAY IN ORDINARY TIME**

You are invited

**WEDNESDAY, FEBRUARY 20**  
**6:30 - 8:00 PM**



The Church of  
St. Mary



Joe Roueche has been igniting the Catholic faith in young people, parents and catechists with his inspiring and dynamic presentations for many years! He has spoken to thousands. His message is relevant. Using a mix of personal stories, practical truth and unique humor, Joe will leave you and your audience - energized, enlivened and equipped to live the dynamic Catholic life!

Joe speaks throughout the Archdiocese of St. Paul and Minneapolis, has been featured on Relevant Radio, and has spoken at hundreds of Catholic youth events reaching thousands.

He serves at *NET Ministries* in St. Paul, MN, an international Catholic youth retreat ministry, where he directs the highly popular Catholic youth outreach program "*Lifeline*".

Joe's presentation is called "**Acquire the Fire**" focusing on the beatitude, "*Blessed are they who hunger and thirst for righteousness, for they will be satisfied*" or "*Be Anchored.*" Joe will speak about what Being Anchored means and how it is applicable in today's world. Join us for an inspiring night!

## **Joe Roueche**

Catholic Speaker & NET Ministries Outreach Coordinator

*"Joe was the best speaker yet this year!*

HE WAS FUNNY YET INSPIRING, SPIRITUAL AND ENERGETIC ."

And raising his eyes toward his disciples he said:  
Blessed are you who are poor,  
for the kingdom of God is yours.

## FROM OUR PASTOR



Fr. Steve Binsfeld

Dear St. Mary's Folk,

This week there are two great opportunities for faith development: 1) **On Wednesday at 6:30 PM** in the Church, **Joe Roueche** will be part of our "Inspired to Be" series, helping us explore what "*Blessed are those who hunger and thirst for righteousness*" means in our lives. He calls it "**Acquire the Fire!**" Joe is a very popular speaker for youth in the Twin Cities as well as on Relevant Radio. It is for Junior High through adults. 2) **On Thursday from 6:30–9:00 PM** St. John's Fr. Mike Patella will be here for our 2<sup>nd</sup> **Theology night**. He will **explore the Gospel of Luke** being proclaimed this year. He will hold our attention as he looks at the many themes in Luke's Gospel, while focusing on the primary theme: **Jesus' cosmic battle with the devil in establishing the reign of God**. It is open to everyone. Just call the Faith Formation Office, sign up at the Hospitality Desk, go on line or just show up.

This is a somewhat *touchy* subject, but while at the chair and at the altar I have been noticing more people taking chairs from the Great Hall and sitting in the Commons Area. Eucharist means "coming together." So, **please join us inside the church**. The Commons Area is reserved for parents whose children are acting up and those who suffer from various infirmities.

Also *touchy* is this subject because it addresses personal piety. With the reform of the Second Vatican Council, we no longer kneel at long communion rails. (I do miss some of that because there was a sense of being gathered with others.) Today we process forward to share in the Body and Blood of Christ while singing a common prayer refrain that has to do with communing. Right after the reform, people were making various personal acts of devotion as they approached the Eucharist—some bowed, some genuflected, others dropped to their knees—yet others did nothing. So, after deliberation, the Bishops in the United States set a guideline that those who approach the communion station **make a profound bow when they approach the Body and Blood of Christ**. So, be aware of this. Some still drop to their knees...some still genuflect as a sign of respect. But I want to let everyone know, that a bow toward the host and the chalice is asked of anyone who approaches the communion station. I get nervous when people genuflect or drop to their knees all of a sudden. I have been in places where the people behind had no idea the person ahead was going to drop...and then plowed into the genuflector or kneeler and both were sprawled on the floor. Not a good thing when you are older. (Indeed, it happened with my mother and me and two of my brothers as we followed her up the aisle in a church in St. Cloud. Mom *stopped on a dime and genuflected* and we all piled right on top of her as she was then laid out flat on the floor with us on top of her back. Now THAT was a spectacle. Even the priest laughed). So, I ask that everyone be aware of the act of reverence that the church asks of us as we approach the Eucharist.

Paint Party sponsored by Parish Life on February 22 at 7:00 PM in the Great Hall. Paint a 6 foot tall home decor sign for various occasions. To sign up, visit [ArtBar39.com](http://ArtBar39.com) and look for the date under public event, or call Art Bar 39 at 320-759-2039. Cost is \$40. Bring a bottle of wine.

Fr. Steve

**+We wish to offer our sympathy and promise of prayers to the family and friends of Glorene Iverson.**

**THANK YOU** to the following for serving the funeral luncheon of:  
Glorene Iverson - Jan Anderson and Team 3

## FINANCIAL GIFTS

### COLLECTION FOR THE WEEKEND OF FEBRUARY 10, 2019

	ACTUAL	BUDGETED
Sunday Envelope	\$22,726	\$29,941
Loose	\$1,070	\$2,115
Sunday Children	\$6	\$115

A more detailed report may be viewed at the Parish Office.

## COMMUNITY NEWS

**BISHOP'S ANNUAL APPEAL** - Catholic schools and youth and adult faith formation within our parish benefit from gifts made to the Bishop's Annual Appeal!

**THE DAUGHTERS OF ISABELLA** will meet in the Commons Area on Thursday, February 21, 1:00 PM. Please bring a friend.

**SUNDAY HOSPITAL AND NURSING HOME EUCHARISTIC MINISTERS** - we will be working on the schedule for April - June. Call or email the parish office with dates you are not available by February 26.

**ALL ARE WELCOME TO MISSION QUILTING** in the Great Hall at 12:30 PM on February 25. Call Joyce B. at 763-7615 with any questions.

**MARK YOUR CALENDARS FOR THE LIVING STATIONS OF THE CROSS** There will be an organizational meeting on February 17 in the Great Hall after the 10:00 AM Mass. All are welcome! Rehearsals will be February 24, and March 3, 10, and 17. The performance dates are March 20, 22, and 23. For more information, contact Bonnie Broman at 763-9429

**RETURN YOUR PALMS** - Return your old palms and they will be used for ashes for Ash Wednesday. Place them in the basket by the Sacristy door.

**PARISH LIFE COMMITTEE SAVE THE DATE** - Saturday, March 2, 6:00 p.m., after Mass, for Mardi Gras; fellowship, supper, and games located in the school gym. More information to follow.

**ATTENTION BIBLE STUDIERS AND ALL WHO WANT TO BETTER UNDERSTAND LUKE'S WONDERFUL GOSPEL!** Thursday, February 21, 6:30 - 9:00 PM in the Great Hall, Benedictine priest and professor, Fr. Mike Patella, will help us gain a better understanding of the Gospel we are reading in this Liturgical Year C — Luke. Luke is a favorite New Testament writing. Luke includes the outcasts, women and salvation history is his narrative. He also features some of the best stories in all of Scripture that lay the foundation of our Christian tradition. Underlying these foundational parables is Luke's focus on Jesus' cosmic battle with the Devil. Hear a very engaging speaker. **How can you register?** online: [CollegevilleMN.com/theologyday](http://CollegevilleMN.com/theologyday), email [theologyday@csbsju.edu](mailto:theologyday@csbsju.edu), call **320-363-3560**, **sign up at our hospitality desk, or just show up.**

## PRAYER CORNER

If you or someone you know in our parish community is sick or ill, or has a family member who could use our prayers, please call our Parish Nurse, Kathy Fischer, at 762-2320.



**Please remember the following people in your prayers:** Ruth

Partington, Scott Addy, Carol Peterson, Betty Schlosser, Patrick Stroh, Dan Woods, Kevin Richmond, Paul Roers, Andrew Herges, Phyllis VanKempen, Michele Pittman, Dennis Zaviska, Heather Bitzan, Gladys Bodell, Dan Ridler, Dennis Craig, Lorraine Rachel, Ed Longhenry, Delores Modderman, Rosemary Rehovsky, Lorraine Peterson and Melvin Klimek.

## ABOUT LIFE

**JUSTICE PEACE AND THE INTEGRITY OF CREATION (JPIC):** Racial inequality continues to undermine fair treatment, equal justice, and opportunity for many Americans. We are reminded of events in the past and need to continue to work at awareness, attitudes and change. The following are but a sample of events in our country's history. **February 19, 1942**-President Franklin D Roosevelt signs an executive order leading to FORCED relocation to internment camps of 120,000 men, women and children of Japanese Ancestry. **Feb 22, 1898**-After Frazier Baker is appointed postmaster of Sumter County, South Carolina, enraged local whites burn his home, shoot him and his infant daughter to death, and wound his wife and other children. **Feb 24, 1865** Kentucky refuses to ratify the Thirteenth Amendment abolishing slavery; it finally does so in 1976. May contemplation on these events and others encourage conversation among family and friends about their relationship to contemporary issues ranging from mass incarceration, immigration, and human rights.

**SANCTITY OF LIFE: SANCTITY OF LIFE MOMENT:**

*But when God, who had set me apart even from my mother's womb and called me through His grace, was pleased.*

- Galatians 1:15

Visit St. Mary's Sanctity of Life online, at [sanctityoflifestm.org](http://sanctityoflifestm.org) for information and resources.

# FAITH FORMATION

stmreled@stmaryalexandria.org | 320-763-9202



## YOUTH FAITH FORMATION

### Class Schedule

**Sunday School:** February 24, 9:50 – 11:00 AM  
**Grades 1-5:** February 20, 3:45 – 4:30 PM  
**Grades 6-11:** February 20, 6:30 – 8:00 PM

### SUNDAY SCHOOL VOICES

There will be no Sunday school today due to a school vacation. We meet again February 24<sup>th</sup>.

### THEOLOGY DAY

**Thursday, February 21, 6:30 PM**

#### Exploring the Gospel of Luke: The Cosmic Battle

Fr. Michael Patella, OSB will show how the Gospel of Luke's component parts all underscore Christ's role in defeating Satan and establishing the reign of God.

No fee. Registration is required. Please sign up at the Hospitality Desk, call 320-363-3560 or go to [www.csbsju.edu/sot/theology-day](http://www.csbsju.edu/sot/theology-day)

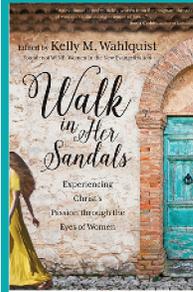


### NATIONAL CATHOLIC YOUTH CONFERENCE

NCYC is an exciting, biennial, four-day experience of prayer, community and empowerment for Catholic teenagers and their adult chaperones. The schedule includes liturgies, general keynote sessions, and a variety of topics including forgiveness, Catholic spirituality and prayer, global issues and leadership. There are also special activities, such as concerts, exhibits, and a thematic park.

This will be held **November 20 – 24, 2019**. Registration forms are available in the Faith Formation office. **Registration deadline is February 28, along with an initial deposit of \$185.** Scholarship help is available. For more information, go to <http://ncyc.nfcym.org/>

## ADULT FAITH FORMATION



### Join us for a Lenten Scripture/Book Study!

The study is on the book "Walk in Her Sandals". Experience Christ's passion through the eyes of women in the gospels. You are welcome to attend either session, or cross back and forth.

#### SUNDAY NIGHT DETAILS:

**DATES:** March 10 – April 28 (no meeting Mar. 24 or Apr. 21)  
**TIME:** 6:30 – 8:30 PM  
**LOCATION:** St Mary's School Media Center  
**CONTACT:** Sonya, call or text 320-219-1984, or [sskinner@alutilities.com](mailto:sskinner@alutilities.com)  
**COST:** \$25.00

#### FRIDAY MORNING DETAILS:

**DATES:** March 8 – April 26 (no meeting Mar. 22 or Apr. 19)  
**TIME:** 10:00 - 11:00 AM  
**LOCATION:** TBD  
**CONTACT:** Briana, call or text 970-380-9595, or [brianaweber07@gmail.com](mailto:brianaweber07@gmail.com)  
**COST:** \$25.00

**ADULT BIBLE STUDY** Tuesday evenings in the Great Hall immediately following the 5:00 PM Mass. Call Mike at 759-1911 for more info.

**MEN'S BIBLE STUDY** Thursday mornings in the Commons Area at 6:00 AM. Call Mike at 759-1911 for more info.

**SANCTITY OF LIFE PRAYER GROUP** Meets the 1<sup>st</sup> Wednesday of every month at 7:00 PM. Contact Louise Revering at 762-8632.

**EUCCHARISTIC ADORATION, A STEWARDSHIP OF PRAYER** Have you been wondering how you can be a good **steward at St. Mary's**, but are just not sure **where to begin**? Consider an Adoration time with our Lord in the quiet of the Blessed Sacrament Chapel and let **Him be your guide to stewardship**. For more information you can contact Sue McCulloch at 320-491-7006 or [tscamcculloch@charter.net](mailto:tscamcculloch@charter.net). Thank you.

# ST. MARY'S SCHOOL

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**For More Information  
or  
To Donate, Go To:**

[bidpal.net/stmarysgathering](http://bidpal.net/stmarysgathering)

**11th Annual St. Mary's School Fundraiser** formerly known as:  
**Friday April 26, 2019 | 6:45 p.m. | Carlos Creek Winery**



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- Featured host sponsor recognition
- **Eight tickets to event**
- Limited to two host sponsors
- Prominent recognition in all event marketing
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- Full page ad in event program (ad must be provided)
- Recognition onsite during event

**RESERVED FOR 2019**

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  - Auction Sponsor
- **Four tickets to event**
- Limited to one sponsor per feature; three total
- Recognition in all event marketing
- Reserved sponsor seating at event
- Logo promoted on Facebook
- Half page ad in event program (ad must be provided)
- Recognition onsite during event

## Platinum Sponsor \$1,000

- Prominent event sponsor recognition
- **Two tickets to event**
- Recognition in all event marketing
- Reserved sponsor seating at event
- Half page ad in event program (ad must be provided)
- Recognition onsite during event

## Gold Sponsor \$500

- Key event sponsor recognition
- **Two tickets to event**
- Logo in event program
- Recognition onsite during event

## Silver Sponsor up to \$250

- Listed in event program
- Recognition onsite during event

## Event Tickets

- \$35 per person if purchased before event
- \$45 per person if purchased at the door

**Thank you! 2019 Host Sponsors:**



**If you are interested in becoming  
a sponsor, please contact the  
school office!**

### SCHOOL HAPPENINGS

**No School / Conferences** - February 18 – 11 – 7 p.m. &  
February 19 – 7:30 – 3:30 p.m.

**Calendar Raffle Tickets** - Available to purchase after  
Mass through the end of February.

### FEBRUARY 2019

February 10	Justin Evans, Alexandria \$35
February 11	Katie Cass, Alexandria \$20
February 12	Adelaide Klimek, Alexandria \$20
February 13	BJ Anderson, Alexandria \$20
February 14	Dorothy Sayre, Alexandria \$20
February 15	Drew Olson, Alexandria \$50
February 16	Randy Hammer, Alexandria \$20

## PARISH HEALTH MINISTRY

### LIFTING SPIRITS, TOUCHING LIVES

Show your heart some love by taking these four heart-healthy tips to heart. Heart disease is the leading cause of death for both men and women, accounting for 1 in 4 deaths in the United States. Nearly half of Americans have at least one risk factor for heart disease, such as high blood pressure, obesity, physical inactivity, or an unhealthy diet. Risk also increases with age.



**Make Your Heart Work - So It Will Work for You:** Cardiovascular exercise ("cardio") is a great way to strengthen the heart, but any form of moderate-intensity exercise is heart healthy. Even taking a brisk, 30-minute walk most days of the week is good for your heart.

**Handle the Pressure:** Blood and oxygen are both important to your livelihood. If the heart and arteries aren't functioning well, blood and oxygen don't move as well throughout the body, which can create serious problems, most dramatically in the form of a heart attack or stroke. To keep blood pressure in the safe range, limit saturated fat and sodium (salt) intake, exercise regularly and relieve stress whenever possible.

**Let Your Heart Rest:** A good night's sleep is a vastly underestimated contributor to heart health and overall health. Research suggests approximately seven hours a night is ideal when it comes to heart health. Create a sleep routine that prepares you for a relaxing and refreshing slumber.

**Don't Stress Your Heart:** Stress is a killer, literally and figuratively, and in the case of your heart, too much stress can lead to a heart attack. In fact, research suggests more heart attacks occur on Mondays than any other day of the week, suggesting stress associated with the impending work week may be the cause. Stress also makes people more likely to abandon healthy behaviors that protect the heart, such as exercising, eating right, not smoking, etc.



**You've only got one heart, so treat it the way it deserves to be treated. Your doctor can assess your Heart health, and discuss these and other ways to keep your heart healthy.**



## PARISH HEALTH MINISTRY

### LIFTING SPIRITS, TOUCHING LIVES

#### THE BEATITUDES

*Jesus continues to share his message of hope and love. Crowds begin to gather as his reputation spreads throughout the countryside. In this reading we hear about those who are blessed and those who are not. In the language of the day, to be blessed was to be happy. The blessings are called the Beatitudes. "Blessed are you who are poor, for yours is the kingdom of God" (v. 20).*

Every December I used to search for the perfect gift for each of my children—a gift that I was sure would light up their eyes on Christmas morning. Like every parent, I take great delight in seeing my children happy.

Imagine the satisfaction of being able to offer that joy with something that won't break when it's dropped or go out of fashion in a few months. That's the kind of happiness Jesus offers when he talks about the Beatitudes. Indeed, in his Sermon on the Plain, Jesus suggests we can be blessed with deep happiness in the most unpleasant of circumstances.

What's the secret of this joy, and how can we find it? We know it doesn't simply come with being poor or hungry, sad or persecuted. It might, however, be found in the way we look at and live through each of those situations.

Rich or poor, we all have to endure life's downs. No one can escape the pain of sickness or the death of a loved one. Perhaps the secret to happiness is in our accepting whatever life has to offer, certain that all will be well and confident of a happy ending. All will be well because we don't have to rely solely on our own resources. God is with us, offering the strength we need. We also have the support of our family community in church and at home. And finally, we have the ultimate hope of a happy ending because Jesus has promised us one for eternity.

#### FAMILY RESPONSE

Ask each family member to talk about his or her best family memory.

#### PERSONAL RESPONSE

Have you ever experienced the kind of joy that can still bring a smile to your face today? What are the things that make you happy? Can you, or should you, make those things a regular part of your life?

Bringing Home, the Gospel: Parent Reflections on the Sunday Gospels • Copyright © 2007, 2018 Judith Dunlap. Published by the Pastoral Center, PastoralCenter.com. All rights reserved. Scripture passages have been taken from the New Revised Standard Version

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## PARISH STAFF

<p><b>Steve Binsfeld</b>.....320-763-5781 Pastor</p> <p><b>Todd Wentworth</b>.....320-763-5781 Parish Business Administrator</p> <p><b>Laurie Youngers</b>.....320-763-5781 Director of Music &amp; Liturgy</p> <p><b>Kathy Fischer</b>.....320-762-2320 Parish Nurse</p> <p><b>Troy Sladek</b>.....320-763-5861 Principal &amp; Elementary Faith Formation</p>	<p><b>Laurie Bienias</b>.....320-763-9202 Logistics Coordinator</p> <p><b>Tammy Huss</b>.....320-763-9202 Coordinator of Youth Ministries</p> <p><b>Kathy Ballou</b>.....320-763-5781 Communications Coordinator</p> <p><b>Elmer Kobbermann</b>.....320-834-3103 <b>Francie Peterson</b>..... 320-360-0325 Parish Trustees</p>
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## SACRAMENTS

- RECONCILIATION** Saturday at 4:00 PM in the Blessed Sacrament Chapel (room behind presider's chair; also has a separate entry)
- BAPTISM** All parents must take the Baptism Preparation Course. Call the Parish Office to sign up. Check our [website](#) for dates.
- PREPARATION FOR MARRIAGE** Members of the parish (or children of members) must arrange for marriage at least 6 months in advance. Contact the Parish Office for more information.
- ANNOINTING OF THE SICK** is the 1<sup>st</sup> Sunday of the month, immediately following the 8:00 AM Mass. Those who wish to be anointed are asked to come to the front of the church.

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## READINGS FOR THE WEEK OF FEB. 17

<b>Mon.</b>	Gn 4:1-15,25; Mk 8:11-13
<b>Tue.</b>	Gn 6:5-8; 7:1-5, 10; Mk 8:14-21
<b>Wed.</b>	Gn 8:6-13, 20-22; Mk 8:22-26
<b>Thurs.</b>	Gn 9:1-13; Mk 8:27-33
<b>Fri.</b>	1 Pt 5: 1-4; Mt 16: 13-19
<b>Sat.</b>	Heb 11: 1-7; Mk 9:2-13
<b>Sun.</b>	1 Sm 26:2, 7-9, 12-13, 22-23; 1 Cor 15:45-49; Lk 6:27-38

## WEEKLY MASS SCHEDULE

<b>Tue.</b>	5:00 PM +Gary Winter
<b>Wed.</b>	8:30 AM ++Hubert & Emily Ignowski
<b>Thurs.</b>	7:00 AM +Georgette Vickstrom 2:00 PM Windmill Ponds +Philip Roers
<b>Fri.</b>	8:30 AM +Terry Rosenow
<b>Sat.</b>	5:00 PM +Patrick Platto
<b>Sun.</b>	8:00 AM +Gary Rehovsky 10:00 AM For the Parish

## NEW MEMBERS

To register, stop by our Hospitality Desk located in the Commons Area of the church or visit our [website to complete the registration online.](http://www.stmaryalexandria.org)

## CONTACT US

[www.stmaryalexandria.org](http://www.stmaryalexandria.org)  
[stmary@stmaryalexandria.org](mailto:stmary@stmaryalexandria.org)  
320-763-5781