

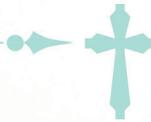
The Church of St. Mary

420 IRVING STREET, ALEXANDRIA, MN
320.763.5781 | STMARY@STMARYALEXANDRIA.ORG

OUR MISSION IS TO KNOW, LOVE AND SERVE GOD BY LIVING THE EUCHARIST.

JUNE 21, 2020
THE 12TH SUNDAY IN ORDINARY TIME

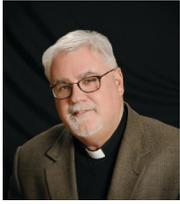
WORTHY



“Do not be afraid.”

MATTHEW 10:31

FROM OUR PASTOR



Fr. Steve Binsfeld

Dear People of St Mary's,

Ralph Waldo Emerson once wrote: *"What lies behind us and what lies before us are but tiny matters compared to what lies within us."* The virus has changed our lives. It has a life of its own and we are left to respond to it. I now know three people who have the disease. It is very real, and it is out there. It is almost incomprehensible to me how our lives have changed in just 4 months. Here is another writing that speaks to our lives. I don't know the author, but I appreciate the sentiments that are expressed:

We fell asleep in one world and woke up in another.
Suddenly Disney is out of magic,
Paris is no longer romantic,
New York doesn't stand up anymore,
the Chinese Wall is no longer a fortress, and Mecca is empty.
Hugs & kisses suddenly become weapons
and not visiting parents & friends becomes an act of love.
Suddenly you realize that power, beauty & money are worthless,
and can't get you the oxygen you're fighting for.
The world continues its life and it is beautiful.
It only puts humans in cages. I think it's sending us a message:
*"You are not necessary. The air, earth, water and sky without you are fine.
When you come back, remember that you are my guests. Not my masters."*

This is our second week of being open for **Prayer and Adoration every weekday:**

Monday/Wednesday 12:00 PM - 7:00 PM; Tuesday/Thursday 12:00 PM - 5:00 PM; Friday 9:00 AM to 12:00 PM.

This was our first week of opening for **daily Mass: Tuesday/Thursday at 5:30 PM and Wednesday/Friday at 8:30 AM.** It feels good to gather, albeit in a very disciplined way with the safety protocols.

We will be opening for Sunday Mass on Sunday, July 5. Masses will be at 8:30 AM and 11:00 AM only. Since we do not know how many people to expect, we're scheduling July Mass alphabetically by last names until we have an idea of how many people will be attending. Everyone will have a chance to come to Mass on 2 Sundays. (For example: **July 5**—last names beginning with A-G at 8:30 AM & H-L at 11:00 AM; **July 12**—M-R at 8:30 AM and S-Z at 11:00 AM; **July 19**—H-L at 8:30 AM & A-G at 11:00 AM; **July 26**—S-Z at 8:30 AM & M-R at 11:00 AM. Once we have an idea of the numbers of people, that may change. We can also add a Mass. We just have to see where the numbers are. You will be receiving a postcard mailing about this soon.

We are sorry it has taken so long, but we had to call over 450 people from our past ministry lists to see if they are both willing and able to minister as Hospitality Team, Eucharistic Minister, Reader, Sacristan. Many of our ministers are over 65; a good number do not want to expose themselves anymore than necessary. All of our ministry protocols had to be written, teams assembled and assigned. Now we are holding training for everyone involved. We want to make sure that everyone is as safe as we can make them.

Mass will be different from what we are used to. We are asking everyone to follow safety protocols: sanitize your hands when entering the building, wear a mask from home, follow the physical distancing signs and the direction of the Hospitality Ministers. You will not be allowed to seat yourselves at this point.

We are coming together once more to celebrate Christ's ultimate sacrifice—his own life given for many in the Eucharist. While some folks don't believe in all the safety protocols, we as a staff value every one of you. We don't want to have the virus infect anyone who comes to this church. Even though those who are 65 and older (including me) are still encouraged to watch the Mass at home, some may want to come. Please, for their sakes and the sakes of others, make it an act of sacrifice to follow our safety protocols for them.

Fr. Steve

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. Names will be published for 6 weeks, and renewed for an additional 6 weeks upon request.



Please remember the following people in your prayers:

Betty Schlosser, Dan Woods, Kevin Richmond Sr., Andrew Herges, Phyllis Van Kempen, Dan Ridler, Rosemary Rehovsky, Marie Peterson, Doloris Lorsung, MayVis Bruzek, Matt Sobiech, Lawrence Cline, Virginia Schultz, Jack Determan, Dorothy Becker, Norma Lais, Dennis Zaviska, Emily Stark, Irene Cline, Sally Bellicot, Kathy Bellicot, Lorraine Sellgren-Davis, Mary Waldorf, Dianne Otto, Ronnie Le Grange & Eddie Dummer

THE PARISH OFFICE WILL BE CLOSED in efforts to slow down the spread of COVID-19. The parish staff will remain available via phone and email:

320-763-5781 | stmary@stmaryalexandria.org

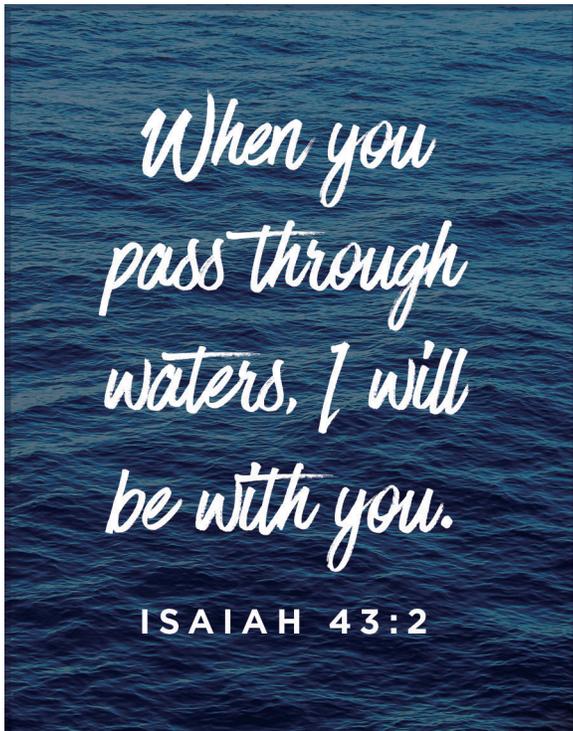
Please use the dropbox outside the Parish Office for dropping off envelopes and other communications.

THE OUTREACH FOOD SHELF is hosting a special food distribution. Everyone is welcome and no sign up is required. Anyone that would like to supplement their grocery budget is encouraged to come. Grocery items include meatballs, sausage links, dairy and fresh produce. June 29 10:30 AM until gone, 1205 Lake Street, Alexandria.

† We wish to offer our sympathy and promise of prayers to the family and friends of **Lorraine M. Arntson**.

— BAPTISMS —

August Peter - Child of Mitchell & Mikaela Kline
Jaxson Don - Child of Alexander & Nicole Swanson



SUNDAY OFFERINGS	ACTUAL	BUDGET*	VARIANCE
Envelope	\$ 34,563	\$ 26,413	\$ 8,150
Electronic	7,168	6,731	437
Other	415	2,490	(2,075)
June 14	\$ 42,146	\$ 35,634	\$ 6,512
YTD Offerings	\$1,689,304	\$ 1,781,700	\$ (92,396)

* Total year budget is spread equally over 52 weeks. Detailed financial reports may be viewed at the Parish Office.

ABOUT LIFE



Any country that accepts abortion is not teaching its people to love, but to use any violence to get what they want.
 - Mother Teresa

Visit St. Mary's Sanctity of Life online at sanctityoflifestm.org for information and resources.

JUNE is MEN'S HEALTH MONTH



June 21 is Father's Day, when we celebrate men who support our community. Whether a husband, father, an uncle or a friend, the month of June is dedicated to teaching and reviewing healthy life style changes for men and boys. Their physical and mental health can help them live longer and more productive lives. It isn't just their health that is affected. Every family member, co-worker or friend around them lives with the effects of men's health.

Women wear red and pink to show awareness of their health issues, and blue is the designated color for men's health. While life expectancy varies around the world, on average American men have a life expectancy that is 6 years less than women. (In Russia, women typically outlive men by 13 years.)

Things like family history, gender, and age are out of our control, but there are a lot of things men can do to be as healthy as possible. Heart disease and diabetes start earlier in men than women and get worse faster. Some studies show men's bodies tend to be more insulin resistant. Male hormones can affect age of onset heart disease and diabetes too.

Regular visits at your clinic are important. Even with preventive care, hypertension, diabetes, and cardiovascular disease can develop. But following your health care provider's directions can slow the onset of complications. If you are supposed to follow up every three months, commit to doing that. If you are told to start a new medicine or change the dose of a current one, make sure to follow through with those recommendations. Prostate exams might be embarrassing but can save lives. If the cost of copays and medication are a roadblock, talk to your health care provider about options.

In this time of Covid-19, virtual visits can replace some office appointments. You might be asked to measure your weight on your own scale, and report that along with blood sugar readings that are monitored from home. Skin cancer checks can be done through online visits. Suicide rates are higher among men but screening for depression and anxiety can be done with online tools before a virtual conversation with your doctor.

Some things are equally important for women and men. Exercise, good nutrition, stop smoking are examples. Regular blood pressure checks, flu shots, and tetanus updates are important for everyone. Talk with your provider about cholesterol checks, and colonoscopy screening.

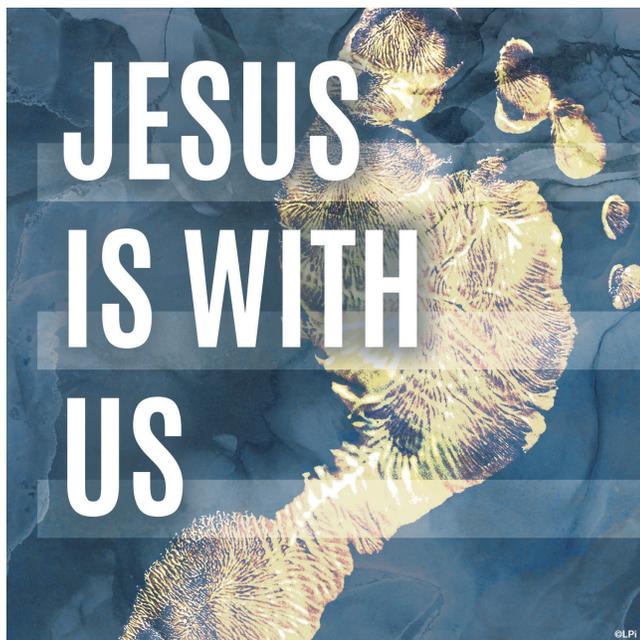
While restrictions related to Covid-19 are loosening, it is important to note that men have a higher death rate from Covid-19. Studies show men are less likely to seek medical help, and when they do, they put it off as long as possible. It is critical to wash your hands, wear a mask, and stay 6 feet away from each other...roughly the height of an average moose at the shoulder.

Over 350 mayors and governors across the country recognize June as Men's Health Month with the official proclamations. The proclamations are displayed in Congress and report cards on the status of the health and well-being of boys and men in each state are available at the State of Men's Health website: stateofmenshealth.com. Free resources are available in both English and Spanish at menshealthmonth.com.

FAITH FORMATION

stmreled@stmaryalexandria.org | 320-763-9202

YOUTH FAITH FORMATION



ADULT FAITH FORMATION

ST. MARY'S PRAYER LINK: If you have a prayer request, please send to Wosepkak@aol.com or phone Kelly Wosepka at 320-815-4655 or Julie Desautels at 320-846-1842. All prayer requests will be kept confidential.

PRAY THE ROSARY WITH US EACH MORNING!

You are invited to join in praying the Rosary each morning at 8:00 AM with friends from St. Mary's Church and the surrounding community. Your prayers will be united via conference call. It is easy to do; please join in!

AT 7:55 A.M. EACH MORNING DIAL THIS NUMBER: 712-775-7465 AND THEN ENTER THIS ACCESS CODE 653790#.

YOU MAY INTRODUCE YOURSELF IF YOU WOULD LIKE. YOU WILL BE ASKED TO MUTE YOUR PHONE WHEN THE ROSARY BEGINS AT 8:00 AM.

QUESTIONS: PLEASE CALL JUDY CLAYTON 320-333-9892 OR DIANE GAY 320-766-7036.

ST. MARY'S SCHOOL

St. Mary's School educates the whole child within a nurturing Catholic Christian environment.

stmaryss@stmaryalexandria.org | 320-763-5861

ST. MARY'S SCHOOL CALENDAR RAFFLE WINNERS

MAY

6/14	Bill Hinnenkamp, Alexandria	\$35
6/15	Mike Webber, Havana, IL	\$50
6/16	Amalee Bryce, Alexandria	\$20
6/17	Eric Ristvedt, Alexandria	\$20
6/18	Ashlie Bradley, Alexandria	\$20
6/19	Peg Lussenden, Alexandria	\$20
6/20	Sarah Iker Hansberry, Cambridge, MA	\$20

Help Support Our School by Participating in:



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Find us on Instagram and Facebook!



stmarysschoolalexandria



St. Mary's School Alexandria

BRINGING HOME THE GOSPEL

June 21, 2020 • 12th Sunday in Ordinary Time • Matthew 10:26–33

The Gift of Faith

Before the apostles leave to begin ministering in the world, Jesus warns them that there will be people who will hate them and try to hurt them. He tells them to fear no one, and reminds them that God is aware even of a fallen sparrow.

I want my children to share my faith. Not because they will be damned if they don't, but because faith can get them through pretty much anything. When you are certain that God is not just with you but in you and believe you are taking the Spirit in with every breath, you can't help but feel invincible in a healthy, non-destructive sort of way.

I'm not saying you can leap from rooftops or stop a bullet in midair, but with faith in an ever-loving God, it is easier to feel like you can face any obstacle or enemy and know you are going to be okay. Consider the early martyrs who walked into amphitheaters singing hymns, ready for death, or modern martyrs who worked with the poor in developing countries and were shot to death for their efforts.

Understand I am not saying they didn't feel fear when they saw the lions or faced the gunmen. I am saying they could breathe in the Spirit of strength and courage and know that ultimately they would be fine. Death is not the end. They were invincible, and would live forever in God.

Witness this kind of faith to your children. Try this little exercise with them when they are hurt or afraid. Hold their hands and teach them to take in slow, deep breaths. Ask them to picture themselves breathing in God's strong, all-powerful Spirit, breathing in God's strength and courage. Ask them to consider their situation and decide what the

worst thing that can happen is. Remind them that no matter how things turn out, God will always be with them; God is always in them.

In this world of escalating fear and uncertainty, you will be teaching them a life skill that will help them cope with whatever the future may bring.

FAMILY RESPONSE

You don't have to be facing a particular hurt or fear to practice praying with every breath. Ask everyone to hold hands, close their eyes, and picture a thick silver fog in front of them. Tell them the fog is the Holy Spirit—the Spirit of strength and courage. Slowly breathe the Spirit in and out. Remind them that Jesus said he would be with us forever. End with an Our Father.

PERSONAL RESPONSE

Try the breathing prayer yourself. Think of something you are worried or concerned about. Write down how you felt before, during, and after the prayer. What do you want to remember from last week? What are you looking forward to next week? What are your concerns?

SACRAMENTS

RECONCILIATION

Starting June 8, Wednesdays at 11:00 AM and Saturdays at 11:00 AM. Please enter through door A1 (Courtyard Door). Health and Safety instructions will be posted.

BAPTISM

All parents must take the Baptism Preparation Course. Call the Parish Office to sign up. Contact Fr. Steve to schedule a baptism date at 320-763-5781.

MARRIAGE PREPARATION

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.

ANOINTING OF THE SICK

Please call the Parish Office to arrange at 320-763-5781.

WEEKLY MASS SCHEDULE

- Tue.** † Irene Wheeler
Wed. † Jolene Rutten Bergman
† Paul Jost
Thurs. † Leonard Floding
† Kathryn Korf
Fri. † Betty Henshaw
Sat. For the Parish
Sun. † Ed Silver

Fr. Steve will be saying Mass privately each day for the Mass intentions and the well-being of the parish and all people of the Alexandria community.

WEEKLY READINGS - JUNE 21

- Mon.** 2 KGS 17:5-8, 13-15A, 18; MT 7:1-5
Tue. 2 KGS 19:9B-11, 14-21, 31 35A, 36;
MT 7:6, 12-14
Wed. IS 49:1-6; ACTS 13:22-26; LK 1:57-66, 80
Thurs. 2 KGS 24:8-17; MT 7:21-29
Fri. 2 KGS 25:1-12; MT 8:1-4
Sat. LAM 2:2, 10-14, 18-19; MT 8:5-17
Sun. 2 KGS 4:8-11, 14-16A ; ROM 6:3-4, 8-11 ;
MT 10:37-42

PARISH STAFF

- Steve Binsfeld.....320-763-5781**
Pastor
Todd Wentworth.....320-763-5781
Parish Business Administrator
Laurie Youngers.....320-763-5781
Director of Music & Liturgy
Kathy Fischer.....320-762-2320
Parish Nurse
Troy Sladek.....320-763-5861
Principal & Elementary Faith Formation

- Laurie Bienias.....320-763-9202**
Logistics Coordinator
Tammy Huss.....320-763-9202
Coordinator of Youth Ministries
Kathy Ballou.....320-763-5781
Communications Coordinator
Elmer Kobbermann.....320-834-3103
Francie Peterson.....320-360-0325
Parish Trustees

CONTACT US

www.stmaryalexandria.org

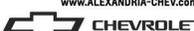
stmary@stmaryalexandria.org

320-763-5781

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.](#)

OUR THANKS TO THESE MERCHANTS FOR SUPPORTING OUR PARISH BULLETIN

 <p>Better Water: Pure & Simple Sales, Rentals, Salt 763-6586 - 601 Nokomis St.</p>	 <p>Village Cooperative 62+ Senior Living 320-219-7592</p>	<p>NORTHWOODS CONSTRUCTION LLC Mike Klimek 320-766-8709 Dan Klimek 320-766-8690</p>	 <p>Guided by our <i>Christian heritage</i> to serve you with innovative senior care. knutenelson.org</p>
 <p>320-763-3954</p>	<p>AQUARIUS - 84, INC. Plumbing, Mechanical, & Hot Water Heat 763-3636 • 214 6th Ave. East Alexandria, MN</p>	 <p>HEARTLAND ORTHOPEDIC SPECIALISTS A Service of ALOMERE HEALTH 320.762.1144 HeartlandOrthopedics.com</p>	 <p>512 30th Avenue East, Alexandria, MN 320.762.5330</p>
<p>THORNTON, DOLAN, BOWEN, KLECKER & BURKHAMMER, PA Attorneys At Law 1017 Broadway, Alexandria, MN</p>		<p>KNIGHTS OF COLUMBUS 722 6th Avenue East Membership: Bob Neale, 320-762-8685 KC Hall Rental: John Leesch, 320-763-3644 Bingo: Wednesdays 2:00 PM & Sundays 7:00 PM</p>	<p>1210 Broadway St. S 320-763-3040 </p> <p>The UPS Store</p>  <p>Detailed. Distinctive. Sincere</p>  <p>320.763.5556 raukfamilydentistry.com</p>
 <p>www.zimnyinsuranceagency.com 320-762-2124 Auto Home Business Life Health LTC Ins. 1103 Broadway, Alexandria, MN</p>	 <p>SKIDPRO ATTACHMENTS www.skidpro.com 877-378-4642</p>	<p>Viking Garage Door Co. Doors & Openers JANET SCHILTGEN 320-762-2528</p>	<p>CULLEN'S Home Center 762-1249</p>
<p>Put the problem solving people to work for you!</p>  <p>IVERSON INSURANCE Auto-Owners LIFE • HOME • CAR • BUSINESS</p>	<p>A & E PLUMBING & HEATING INC. Water Heaters - Furnaces - Service Work 763-6673</p>	<p>BITZAN/OHREN Masonry, LLC Residential/Commercial 320-834-5488</p>	 <p>www.hilltoplbr.com Alexandria • Glenwood Parkers Prairie • Brandon</p>
 <p>The helpful place. 320-763-5200 406 Broadway Alexandria, MN 56308</p>	<p>Alexandria Electric ELECTRICAL CONTRACTOR 620 Oak Street South ALEXANDRIA, MN 56308 763-5222 "Since 1945"</p>	<p>BERG - PLUMBING - 320-763-5600</p>	 <p>"Mobilizing Churches to Transform Lives" Love INC Love In the Name of Christ Love INC of Douglas County Lakes Area Call to volunteer, donate or receive services! 44 Glenn Rd NW 320-759-3022 www.loveincdouglas.org</p>
<p>Elden's FRESH FOODS Live • Love • Local</p>		 <p>Solutions for Business</p>	<p>Mari Leuthner COLDWELL BANKER 320-760-2291 CROWN REALTORS mari.coldwell@gmail.com www.coldwellbankercrown.com</p>
<p>Call 320-763-5781 Advertise your business here</p>		<p>Mike's IN/OUT OIL CHANGE 10 Minute OIL CHANGE 1318 Broadway, Alexandria, MN 320-763-5259</p>	<p>PAPPENFUS PERSONAL INJURY LAWYERS Robert H. Pappenfus Thomas J. Pappenfus Alexandria, MN 56308 320-763-6688 web: www.pappenfus.com</p>
<p>Alexandria MOTORS 762-2114 www.ALEXANDRIA-CHEV.com</p>  <p>CHEVROLET</p>  <p>FIND NEW ROADS®</p>		<p>Made you look! Call 320-763-5781 to advertise!</p>	<p>Mari Leuthner COLDWELL BANKER 320-760-2291 CROWN REALTORS mari.coldwell@gmail.com www.coldwellbankercrown.com</p>