

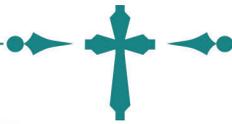
The Church of St. Mary

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

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

FEBRUARY 28, 2021
2ND SUNDAY OF LENT

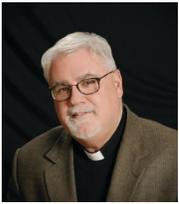
LISTEN



“This is my beloved Son.
Listen to him.”

MARK 9:7

FROM OUR PASTOR



Fr. Steve Binsfeld

Dear Members of St Mary's Parish,

It is hard to believe that a year ago we had to lock our church doors because of the pandemic. During that uncertain time, people needed prayer and their faith more than ever. With our parishioners at home and our campus silent; we, as a staff, began to find ways to reach out and provide safe ways to keep us connected. Everyone, including myself, had to rethink *how we minister* in our respective areas and turn these challenges into opportunities. I am thankful to those who thought *outside the box* and helped provide communication at many levels--social media, recorded Masses, mailings, phone calls, emails and more to keep us all connected when we could not be together *at all*.

After providing the Diocese with a detailed *COVID-19 Preparedness Plan* to meet Diocesan and the State requirements, we were able to open our doors for private prayer, adoration and Mass. I am grateful to our staff and many parishioners who stepped forward to be trained so that our Preparedness Plan to have a safe and healthy place to worship together could work. Seeing people coming back gave us all a sense of hope. When entering our church, it was evident that things were *anything* but normal. Wearing a facial covering, sanitizing and social distancing became the norm inside and outside of Mass.

There is much we still miss. We long for the day we can participate in both communal prayer *and* song and just visit! It is getting more hopeful, but we still must be vigilant. We are allowed to go beyond the 250 capacity with safe distancing and masks. For us this means about 300+ people if the ushers are able to efficiently seat people. With the technology and audio improvements we are working on this month, we should be able to stream into the Great Hall and Commons Area so more people can participate in Mass on campus. We still need to maintain social distance requirements, but this is a step in the right direction. **We are all in this together.** We need everyone to do what they can to continue to make our church a safe and welcoming place.

We have begun taking reservations for Holy Week liturgies where we know we have higher attendance. This helps us prepare our space to seat you, as well as have enough volunteers to cover the Mass. You can do this on our website: www.stmaryalexandria.org

To plan and prepare for Holy Week, we are asking you to:

- **Reserve your space for all Holy Week liturgies for you and your family members.** Bring your reservation print out with you.
- **Come early to ensure efficient seating by our Hospitality Ministers.** Doors open 30 minutes prior to the Liturgy. Please follow their directions, as it is their sometimes daunting task to seat as many as possible according to safety requirements. With more being vaccinated, we are seeing faces who have not been here in a year. We are glad. They may not know the procedures, so help them out.

When you enter the pew, move in as far as you can so we can maximize our space. If there are seating gaps within the pews because you choose to sit where you want to sit at the near end or middle of the pew, others may not be able to get in to worship with us. We are bound by Diocesan and State regulations to maintain safety for all who come here.

We are all used to coming to any liturgy we want to come to and sitting where we want to sit. We never had to worry about making room for others because there was always room, as we can easily seat 1200+ people. But that is not the case in living with this virus. Last year we were closed at this time. This year we are struggling with how to seat people safely as they want to return. I am glad we are slowly moving toward normalcy. Yet, we must still consider others as we mask, safe distance, allow ourselves to be seated rather than choosing our own place. Remember, we have *not* been through this before. I am grateful to our ministers in these not so easy times.

As we have entered the Lenten season, we are asked to quiet ourselves so we can better hear God's message for us. Let's take this opportunity to reflect on our own journey this past year to see **how God has walked with us** through it all. The darkness of the previous days is getting lighter as we approach the Feast of Easter. May we always live in the joy of His light and the hope for a brighter tomorrow.

Fr. Steve

† We wish to offer our sympathy and promise of prayers to the family and friends of Jeri Hillemeier.

— BAPTISMS —

Vaya LeeAnn
Child of Jesse & Danika Thompson
Kason Andrew
Child of Brett & Kaggen Zimmer

SUNDAY OFFERINGS	ACTUAL	BUDGET	VARIANCE
Envelope	\$ 29,736	\$ 23,904	\$ 5,832
Electronic	17,304	9,769	7,535
Other	844	1,058	(214)
For Feb. 21	\$ 47,884	\$ 34,731	\$ 13,153
YTD Offerings	\$ 1,096,445	\$ 1,180,854	\$ (97,562)

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

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, Andrew Herges, Kevin Richmond, Sr., Marie Peterson, Virginia Schultz, Mary Waldorf, Dianne Otto, Brett Rima, Ronnie Le Grange, Jerry Sacre, Lawrence Cline, Dan Radford, Ken Volk, Linda Rakowski, Jesse Zens, Jody Koubsky, Kathy Moriarity, Martha Roth, Sofi Quigley, Bev Bernholtz, Taryn Smith, Annette Revering, Earle Brown, Vicki Revering, Gary Winters, Ben Smith, Kathy Ostrom, Linus Huver, Tony Strasser, Paulette Bachman

CATHOLICS AT THE CAPITOL, APRIL 15 – On Mission for Life and Dignity! There's no time more important than now to speak up for life and dignity. So join Catholics from across Minnesota for this year's Catholics at the Capitol, a special day of prayer, education, and advocacy in St. Paul.

Be formed in the faith, beginning the day with Mass at the Cathedral of St. Paul. Be informed on the issues as we hear from inspiring speakers like international pro-life advocate Obianuju Ekeocha and Archbishop José Gomez, president of the U.S. Conference of Catholic Bishops and the archbishop of Los Angeles. Be sent on mission, joining a Eucharistic procession from the Cathedral to the Capitol before sharing your Catholic convictions with your elected officials.

The big day is April 15, but registration is already open. Visit catholicsatthecapitol.org to learn more and secure your spot. Together, we can protect life and dignity. Registration is \$20 and includes bus ride from Holiday Inn - Pickup at 6:55 AM

Questions? Contact Janet Dusek at 320-258-7616 or jdusek@gw.stcdio.org

THE CARING & SHARING ROOM is in need of the following: **frying pans, coffee pots, toasters, blenders, medium-weight bed-sized blankets, mattress pads.**

They may be dropped off at 700 Cedar St., Door #4, Alexandria on Thursdays, 9:00 AM – 12:00 PM, or call the CSR phone at 320-760-8084, or drop off in the labeled box in the Commons Area.

ABOUT LIFE

Justice, Peace and Integrity of Creation Committee (JPIC) - March is a Let's Bag Hunger Month

Due to continued precautions because of the pandemic, we will not have a food collection in March. However, the Outreach Food Shelf continues to distribute food, and the best way to help is to give financial donations with which food can be purchased.

Contributions can be sent or dropped off at: 1205 Lake Street, Alexandria, MN 56308 or in the Parish Office drop box. Please be sure to indicate on a check that it is for the Church of St. Mary March Food Campaign. Thanks in advance for your willingness to share!



We are called to reverence and love every human person as ourselves. It is our responsibility to care for and protect human life, especially the lives of the most vulnerable among us. The Gospel of Life teaches us that "the task of accepting and serving life involves everyone; and this task must be fulfilled above all towards life when it is at its weakest." - Pope John Paul II, Evangelium vitae, 43

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

FAITH FORMATION

stmreled@stmaryalexandria.org | 320-763-9202

YOUTH FAITH FORMATION



Extra Little Saints Lenten Kits

We have extra Little Saints kits available for any parishioner who has a child, grandchild or friend who would like to have one! The kit is full of lessons, prayers and crafts for little ones to do during Lent (geared toward 4 – 7 year olds).

Feel free to pick one up! They are on a table in the Commons Area at church labeled **Little Saints.**



11th Grade Confirmation Class

Please keep our leaders and candidates in your prayers as they continue their preparation for Confirmation!

Katie Sansted and Tom & Jen Klecker's group: ***Dulce, Ben, Joanna, Thomas, Jared, Brittany, Eric, Myles, Peter, Morgan, and Elizabeth***



ADULT FAITH FORMATION

NEED SOME QUIET TIME WITH OUR LORD?

Eucharistic Adoration is available in our parish church during the day. If you would like to sign up for a scheduled Holy Hour, see below for open times. If you have any questions, please contact Sue McCulloch at 320-491-7006 (text or call).

- Thursdays: 3:00 PM

PRAY THE ROSARY WITH US EACH MORNING!

Our prayers are united via conference call and it's very easy to do. Please unite your prayers with ours and join us daily.

At 7:55 AM each morning dial: 712-775-7465 and enter 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:

Judy Clayton 320-333-9892

Diane Gay 320-766-703

ONLINE LENTEN OPPORTUNITY A COMMITMENT TO RACIAL JUSTICE WEDNESDAY, MARCH 10

6:00 - 7:30 PM

A Racial Wealth and Income Gap Workshop

presented by

NETWORK Advocates for Catholic Social Justice & St. Mary's JPIC Committee (via Zoom)

This workshop explores the creation and perpetuation of the racial wealth and income gap in the United States. The workshop combines an informational presentation, interactive simulation, individual reflections, and group discussions.

Over the course of the workshop, participants engage with 12 different federal policies, implemented throughout our nation's history, which led to the intentional divestment of the Black community and provided the structure for what we understand as white privilege today. The workshop dispels claims of America's meritocracy as well as popular "bootstrap" narratives by providing participants with an opportunity to examine the institutional and political realities of racism and white supremacy.

Register in advance at

stmaryalexandria.org



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

stmaryss@stmaryalexandria.org | 320-763-5861

Lent 2021

Footsteps to Jesus



Pray, Fast, Give!

ST. MARY'S SCHOOL PENNY CHALLENGE

Each year during Lent the students and staff at St. Mary's participate in a unique penny collection competition that benefits a non-profit organization. The Penny Challenge allows classrooms to compete with one another to raise the most money in pennies. The class with the most pennies at the end of the challenge will win.



The event rules could end there, however there is an interesting twist to the challenge. As the pennies are being collected, a class may put silver coins or dollar bills into other classroom jars. The amount of silver and paper money placed in the jars will be subtracted from the total amount of pennies. If a class has a large lead on the amount of pennies they have collected, a couple dollars placed into their jar will allow other classes to catch up. After all the pennies are collected and the silver and paper money is subtracted from the jars, a classroom winner will be determined.

The Penny Challenge began on Friday, February 26th, and will continue each Friday of Lent until March 26th.

After March 26, the coins will be counted and the class with the most pennies, minus the silver and paper, will be the Penny Challenge winner!

This year's proceeds from the St. Mary's Penny Challenge will be donated to Hospice of Douglas County.



SCHOOL HAPPENINGS

Magazine Sales and Renewals are taking place now
 @ www.gaschoolstore.com Use ID # 2582419

Substitute Teachers Wanted

Contact Mr. Sladek for more information

CALENDAR RAFFLE WINNERS

2/21	Lecia Hovel, Alexandria	\$35
2/22	Joe Roers, Alexandria	\$20
2/23	Doreen Hanson, Evansville	\$20
2/24	Shane Matchinsky, Alexandria	\$20
2/25	Katie Cass, Alexandria	\$20
2/26	Joe White, Alexandria	\$20
2/27	Carol Wilts, Alexandria	\$20

Support St. Mary's School by Participating in:



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stmarysschoolalexandria



St. Mary's School Alexandria

Finding Mountaintop Experiences In the Everyday

Jesus takes Peter, James and John to a high mountain to be alone and pray. While they are there the apostles see Jesus in a whole new way. Jesus is transfigured. His clothes become a dazzling white and they see Elijah and Moses conversing with him.

Jesus often goes off to pray and sit alone in silence, and he encourages his disciples to pray in the same way. On one special day, Jesus takes Peter, James and John with him as he climbs to the top of a mountain for solitude and prayer. On the mountain, the apostles' quiet prayer is rewarded as they experience the awesomeness of God. Jesus is transformed as he converses with Moses and Elijah.

Mountaintop experiences aren't just for the disciples, and they aren't limited to the saints. Regular, everyday folks sometimes have their own experiences of the awesomeness of God. These encounters don't happen often, but the experience can carry someone through a lifetime.

Mountaintop experiences are sometimes a surprise, an unexpected, overwhelming experience of the divine. We see a sunset or watch the miracle of birth, and we are absolutely overwhelmed by a feeling of fullness and peace. We experience the sacred at our very center and also all around us. Mountaintop experiences can also be a gift received after weeks or years of faithful waiting in silent prayer.

Introduce your children to the prayer of silence by praying with them. Find a quiet spot and sit very still, consciously relax your body. Tell your children to pay attention to their breathing. Ask them to say Jesus' name quietly with every breath they take in or let out. Thirty seconds is enough to begin this quiet prayer with children. When they are comfortable in the prayer, you can extend the time.

The peace and joy of quiet prayer leaves us open to encounter the awesomeness of God in the sacred spaces of our heart. The secret is to be faithful to this prayer, keeping a quiet watch with the Lord on a regular basis.

FAMILY RESPONSE

Practice the prayer of silence together. Follow the directions in the fourth paragraph above. Talk about the experience.

PERSONAL RESPONSE

Do you think you might be able to find ten minutes a day for this quiet prayer? If so, what time of the day is best for you? In the space below, write down how you feel about making such a commitment. What do you want to remember from last week? What are you looking forward to next week? What are your concerns?

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In observation of National Cancer Prevention Month, it is important to be aware of the latest guidance from The American Cancer Society regarding lifestyle prevention measures.

The guideline, last updated in 2012, was again reviewed and updated in June 2020. The guideline on diet and physical activity for cancer prevention focuses on a healthy weight, physical activity, healthy eating patterns and avoiding or limiting alcohol consumption. At least 18% of all cancer cases in the US are related to a combination of these factors. These lifestyle habits are the most important behaviors after not smoking that people can control and change to lower their cancer risk. The updated guideline reflects the latest evidence published. It appears in the American Cancer Society's peer-reviewed journal, *CA: A Cancer Journal for Clinicians*. Key recommendations include the following:

Physical Activity

- Get to and stay at a healthy weight throughout life.
- Adults should get 150-300 minutes of moderate-intensity physical activity per week, or 75-150 minutes of vigorous-intensity physical activity or a combination. 300 minutes or even more will give you the most health benefits.
- Children and teens should get at least 1 hour of moderate or vigorous-intensity activity each day.

Healthy Eating Patterns

- Eat foods that are high in nutrients that help achieve and maintain a healthy body weight.
- Healthy eating patterns include a variety of vegetables, fiber-rich legumes (beans and peas), whole fruits and grains. Choose vegetables and fruits with a variety of colors (dark green, red, orange)
- A healthy eating pattern limits or does not include red and processed meats, sugar-sweetened beverages or highly processed foods and refined grain products.

Alcohol Consumption

- It is best not to drink alcohol. If you choose to drink alcohol, the guideline recommends no more than 1 drink per day for women and 2 drinks per day for men. A drink is 12 ounces of regular beer, 5 ounces of wine, or 1.5 ounces of 80-proof distilled spirits.

“The guideline continues to reflect current science that dietary patterns, not specific foods, are important to reduce the risk of cancer and improve overall health,” said Laura Makaroff, DO, American Cancer Society senior vice president, Prevention and Early Detection. “There is no one food or even food group that is adequate to achieve a significant reduction in cancer risk. Current and evolving scientific evidence supports a shift away from a nutrient-centric approach to a more holistic concept of dietary patterns. People eat whole foods-not nutrients-and evidence continues to suggest that it is healthy dietary patterns that are associated with reduced risk for cancer, especially colorectal and breast cancer.”

SACRAMENTS

RECONCILIATION

Wednesdays and Saturdays at 11:00 AM. Please enter through door A1 (Courtyard Door).

BAPTISM

All parents must take the Baptism Preparation Course. Call the Parish Office to sign up. Contact the Parish Office 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. 5:30 PM †† Bill & Elsie Platto
Wed. 8:30 AM †† Lester & Veronica Yell
Thurs. 5:30 PM †† John & Frances Langner
Fri. 8:30 AM † Joe Thoennes
Sat. 5:00 PM †† Sheldon Sibell & Jacob Gappa
Sun. 8:00 AM For the Parish
10:00AM † Jenny Muzik

WEEKLY READINGS-FEB. 28

Mon. Dn 9:4b-10; Lk 6:36-38
Tue. Is 1:10, 16-20; Mt 23:1-12
Wed. Jer 18:18-20; Mt 20:17-28
Thurs. Jer 17:5-10; Lk 16:19-31
Fri. Gn 37:3-4, 12-13a, 17b-28a;
Mt 21:33-43, 45-46
Sat. Mi 7:14-15, 18-20; Lk 15:1-3, 11-32
Sun. Ex 17:3-7; Rom 5:1-2, 5-8; Jn 4:5-42

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>512 30th Avenue East, Alexandria, MN 320.762.5330</p>	<p>NORTHWOODS CONSTRUCTION LLC Mike Klimek 320-766-8709 Dan Klimek 320-766-8690</p>	 <p>KNUTE NELSON Guided by our <i>Christian heritage</i> to serve you with innovative senior care. knutenelson.org</p>
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<p>THORNTON, DOLAN, BOWEN, KLECKER & BURKHAMMER, PA Attorneys At Law 1017 Broadway, Alexandria, MN</p>			
 <p>www.zimnyinsuranceagency.com 320-762-2124 Auto Home Business Life Health LTC Ins. 1103 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 ALEX RUBBISH & RECYCLING 320-763-4712 "START SEEING RED"</p>	<p>MIDWEST MACHINERY CO Alexandria 320-763-4220</p>
 <p>Ford • Chrysler 763-3126 Alexandria</p> <p><i>Put the problem solving people to work for you!</i></p>	<p>Viking Garage Door Co. Doors & Openers JANET SCHILTGEN 320-762-2528</p>	<p>GIVING to the Catholic Community, by PROVIDING for your Financial Security</p> <p>Life Insurance, Annuities & IRAs, Medicare Supplement, Retirement tools → provide for → Scholarships, Grants and Programs, Member support, Service opportunities</p>	<p>CULLEN'S Home Center 762-1249</p>
 <p>LIFE • HOME • CAR • BUSINESS</p>	<p>A & E PLUMBING & HEATING INC. Water Heaters - Furnaces - Service Work 763-6673</p>	 <p>Scott Jones (320) 424-9976 sjones@catholicunited.org Catholic United Financial www.catholicunitedfinancial.org</p>	<p>HILLTOP LUMBER We help plan, supply and deliver dreams. www.hilltoplbr.com</p>
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