
The Church of St. Mary

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

Our Mission is to build God's Church across generations by living the Eucharist.

JUNE 26, 2022
13TH SUNDAY IN ORDINARY TIME

A photograph of a person walking away from the camera down a long, narrow stone hallway. The walls are made of rough-hewn stone, and the floor is paved with large stone tiles. The lighting is warm and golden, creating a sense of depth and perspective. The person is in silhouette, walking towards a bright light at the end of the hallway.

O LORD,
YOU ARE MY
INHERITANCE.

PSALM 16

FROM OUR PASTOR



Fr. Matthew Kuhn

Dear brothers and sisters in Christ Jesus,

What does it mean to be called by God? What does it cost to be a true disciple of Jesus? Elisha gave up everything to follow Elijah as a prophet. The Apostles left careers and families to become priests. David left his family and flocks to become king of Israel. By our Baptism, we are priests, prophets, and kings in Jesus Christ. What are we willing to sacrifice to God like those who have gone before us?

Sacrifice doesn't mean losing our gifts. "Giving up" something for God is giving it up to God. To sacrifice means to make holy. Elisha offered up his oxen, his wealth and status, and his people enjoyed a feast. Saint Peter's wife and daughter accompanied him in his travels and even gave their lives in witness to Christ as martyrs before Peter did. It could not have been an easy way of life, but they made their family life holy by putting themselves at the service of Jesus Christ and His Church. They did not cease to be family, but they offered their family to God for God's purposes.

What the Saints have done in remarkable ways we can do in our ordinary lives. We, too, can sanctify our households by praying as families, and serving together in the Church. We can offer our time, talents, and treasures to the Lord. We can encourage our sons and daughters to consider vocations of service within the Church and in the broader community. Most of all, we can take seriously our call to sanctify the world around us in little ways, making God present in everything we say and do. May God grant us the grace to respond with joy to our individual vocations and the courage to give witness to Jesus Christ in the world.

Peace in Christ,

Father Matthew Kuhn



ADDITIONAL MASSES

In conjunction with the youth faith formation program, Totus Tuus, there will be additional Masses next week:

Monday, June 27 - Friday, July 1 at 11:15 AM

This is in addition to our other Daily Mass times.

All are welcome to attend!



BAPTISMS

Julian Javier

Child of Edgard Garcia & Whitney Niblett

SUNDAY OFFERINGS	ACTUAL	BUDGET	VARIANCE
Envelope	\$ 12,910	\$ 23,385	\$ (10,475)
Electronic	5,627	10,212	(4,585)
Other	2,599	1,708	891
For June 19	\$ 21,136	\$ 35,305	\$ (14,169)
YTD Offerings	\$ 1,822,118	\$ 1,800,555	\$ 21,563

* 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 Faith Community Nurse, Kathy Fischer, at 762-2320. Names will be published for 6 weeks, and renewed for an additional 6 weeks upon request.



Please remember these people in your prayers: Betty Schlosser, Dan Woods, Kevin Richmond, Sr., Virginia Schultz, Lawrence Cline, Dan Radford, Ben Smith, Emily Lambert, Vicky Revering, Ken Volk, Deb Anderson, Tyler Pomorin, Barb Brower, Jennifer Kack, Christine Striefel, Bob Meyers, Marilyn Carlson, Teresa Montanez, Julie (Jasken) Jenson, Dennis Dischler, Mary Volk, Diane Johnson, Jeannie Thompson, Dot Ledman, Harriet Sibell, and Darryl Braget.

DID YOU KNOW? - There are many helpful resources available at our Hospitality Desk, including:

- Join our Parish
- CareNotes Covering Many Topics
- Retreat Information
- Pregnancy Help Resources
- Prayers
- St. Mary's Bulletins
- Formed.org Information
- Raffle Ticket Purchase
- Lost and Found
- How to Report Sexual Abuse
- St. Mary's Caring & Sharing Room Information
- And much more!

GRAVE MATTERS The resetting of monuments project at St. Mary's Cemetery has started, and so far five are completed with a long way to go. The upcoming work schedule is 8:00 AM - 5:00 PM on the following days:

Tuesday, June 28
Thursday, June 30
Saturday, July 2

We have refreshments but bring a lunch if you plan on all day. If you can help even part of a day, it is appreciated. Parents, if you have bored teenagers at home, send them out; we can use their energy! This would be a great Confirmation service hours opportunity. Thanks for your support!



KNIGHTS IN ACTION - In May the local Knights of Columbus Council 4718 provided each of the First Communicants of St. Mary's with a candle which was lit at their First Communion Mass. May their lights always shine bright!

Would you like to get involved in the KC's?
See back of bulletin.

Come Learn More About It

OPEN HOUSE - June 27th

6:00 – 7:00 pm in the Great Hall

**When the world shakes,
be on a Solid Foundation.**

BUILD YOUR FAITH ON FOUR PILLARS

Two-year Pillars Program begins
in September on Mondays, 7-9pm.

Applications due August 1
To APPLY: 651-962-5072
or visit semssp.org/ci



★ IN-PERSON: Epiphany in Coon Rapids

• LIVE STREAM: St. Ann's - Wadena • St. Mary's - Alexandria
• St. Henry's - Monticello • St. Bartholomew - Wayzata
• Good Shepherd - Golden Valley • St. Agnes - St. Paul
• St. Joseph's - Rosemount • St. Wenceslaus - New Prague



**ARCHBISHOP FLYNN
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The Sacred Past Seminary

ABOUT LIFE

JUSTICE, PEACE & INTEGRITY OF CREATION (JPIC)

This summer, the Justice, Peace, and Integrity of Creation (JPIC) committee is involved in two major activities:

1. Renewal of The Church of St. Mary - Guatemala Community Partnership, with a planning meeting on June 28.
2. Study of Pope Francis' encyclical "Laudato Si", including a trip to Earthrise Farm in Madison, MN on June 27.

We hope your summer is filled with love, peace, and joy!

FAITH FORMATION

stmreled@stmaryalexandria.org | 320-763-9202

YOUTH FAITH FORMATION

This small but mighty group of middle schoolers spent a week of service in Duluth. They worked alongside others to make a difference in that community, made lasting friendships and saw a side of Duluth that you don't witness when vacationing. Thank you to all for your support and prayers!



JOIN OUR YOUNG ADULTS GROUP!

Grow in your Catholic faith! Join us any time between 6:30 - 9:30 pm on Tuesdays at St. Mary's School in Room 105.

For more information, contact:

Isabelle: 507-828-9535 or Alex: 320-808-8113

ADULT FAITH FORMATION

All are welcome to join the **TUESDAY EVENING ZOOM BIBLE STUDY** 6:30 - 7:30 PM. The upcoming Sunday readings are studied. For more information, contact Mike Sponsler at sponslermc@gmail.com

CATHOLIC WOMEN STUDY

We'll see you in the Fall for our next study!

If you'd like to receive updates throughout the summer, get on our email list by contacting Lori at catholicwomenstudy@gmail.com

DIVINE MERCY HOUR

Mondays from **3:00 - 4:00 pm** in the Eucharistic Adoration Chapel. Questions, contact Barb Nei at 320-846-0022

EUCCHARISTIC ADORATION Sharing One Hour with the Lord

Eucharistic Adoration is one way you can make prayer and spending time with the Lord a greater priority in your life. Our Blessed Sacrament Chapel is open Monday through Friday. Please consider being a regular adorer for our chapel.

OPEN TIMES

Monday: 9-10 am (2 spots), 10-11 am (2 spots), 11-noon (2 spots), 9-10 pm

Wednesday: 8-9 pm, 10-11 pm, 11-midnight

Thursday: 4-5 pm, 5-6 pm (Mass at 5:30)

For more information contact Sue McCulloch at 320-491-7006 or tscamcculloch@charter.net

ST. MARY'S SCHOOL

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

stmryyss@stmaryalexandria.org | 320-763-5861

CALENDAR RAFFLE WINNERS

6/19/22	Fausto Lopez, Alexandria	\$35
6/20/22	Joni Neal, Brandon	\$20
6/21/22	Tony Lesnar, Alexandria	\$20
6/22/22	Carol Hamen, Kensington	\$20
6/23/22	Marlene Marthaler, Glenwood	\$20
6/24/22	Roger Lyon, Villard, MN	\$20
6/25/22	Benjamin Dillon Alexandria	\$20

SCHOOL HAPPENINGS

We are accepting applications for (2) Board of Education positions. Applications are available in the Parish office.

Support St. Mary's School by Participating in:



Follow St. Mary's School on Instagram and Facebook



[stmaryschoolalexandria](https://www.instagram.com/stmaryschoolalexandria)



St. Mary's School Alexandria



Public Health
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Our mission is to work in partnership with individuals and communities in creating an environment that promotes the health and well-being of all people in Douglas, Grant, Pope, Stevens and Traverse Counties.



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June 2022

THE INSTALLMENT

Is Sitting Bad for Your Health?

If you're like most Americans, you likely spend more hours sitting than standing each day. Between the normal activities of sitting at your office desk, driving to and from work and watching TV at night, you may not even realize that you're sitting as much as you are.

When you sit, you use less energy than you do when you stand or move. Research has linked sitting for long periods of time with a number of health concerns. They include obesity and a cluster of other conditions — increased blood pressure, high blood sugar, excess body fat around the waist and abnormal cholesterol levels — that make up metabolic syndrome. Too much sitting overall and prolonged periods of sitting also seem to increase the risk of death from cardiovascular disease and cancer. (1, 2, 3)

So how do you combat the effects of sitting?

- **Set a Reminder:** Give yourself little reminders on your phone or computer that'll push you to get out of your seat or off the couch every 30 minutes to grab a glass of water, take a walk outside or do a lap around the office.
- **Monitor how often you're sitting, then cut back:** Get a pulse on how often you're sitting then set goals to shave sedentary time off (park farther away, go for walks, take breaks at work)
- **Stand:** This is a simple measure that's often overlooked. If you're in a meeting, stand if you can. If you're watching TV, folding laundry or handling other chores around the house, stand up.
- **Add activity into your routine:** Walk or bike to work. Instead of taking the elevator to your office, use the stairs. If you can persuade your colleagues, give walking meetings a try.

The impact of movement — even leisurely movement — can be profound. For starters, you'll burn more calories. This might lead to weight loss and increased energy. Also, physical activity helps maintain muscle tone, your ability to move and your mental well-being, especially as you age. (3)

Sources:

1. Levine, J.A. Sick of sitting. *Diabetologia* 58, 1751–1758 (2015)
2. Brown WJ, Bauman AE, Owen N. Stand up, sit down, keep moving: turning circles in physical activity research? *Br J Sports Med.* 2009;43(2):86–8
3. <https://www.mayoclinic.org/healthy-lifestyle/adult-health/expert-answers/sitting/faq-20058005#:~:text=Research%20has%20linked%20sitting%20for,that%20make%20up%20metabolic%20syndrome.>

BRINGING HOME THE GOSPEL

June 26, 2022 • 13th Sunday in Ordinary Time • Luke 9:51-62

What It Takes to Be a Disciple

When Jesus and his disciples are turned away from a Samaritan village, the disciples want to send down fire to punish them. Jesus rebukes them and continues on the journey. As various people approach Jesus asking to be disciples, he points out the difficult choices they will have to make if they want to follow him. “No one who puts a hand to the plow and looks back is fit for the kingdom of God” (v. 62).

Our faith is not just a Sunday endeavor. Being a follower of Jesus is a lifetime, 24/7 commitment. It affects what we say, what we do and how we view the world. Being a Christian is not easy.

Christians don't distinguish between “them” and “us.” They believe that all people are God's children, and are worthy of respect. Christians realize that a person's worth is not determined by how pleasant he or she is or by how much he or she is liked. Christians turn the other cheek. They don't plot revenge. Christians go out of their way to help anyone who crosses their path. They see every living person as their brother or sister. They see all of creation as gift to be appreciated and protected.

The job description can sometimes seem overwhelming. That is why we can take comfort in the way Jesus responded to his disciples when they wanted to destroy the city that refused them hospitality. God is very patient with us.

God is understanding, even when we fail or act most unchristian. God only asks us to make an effort each day, to ask for help when we need it and

to say we are sorry when we mess up. One of the great lessons of being a Christian is accepting the fact that we cannot control everything. We will always need God's grace to strengthen us, heal us and work through us.

FAMILY RESPONSE

Have each member talk about what he or she thinks it means to be a Christian. Is everyone living up to his or her own expectations of what they think being Christian means? What can each person do differently in his or her daily life to be more like Christ?

PERSONAL RESPONSE

What is the most difficult part about being a Christian? Why do you think it is difficult? How can you make it easier?

SACRAMENTS

RECONCILIATION

Saturdays from 3:00 - 4:30 PM in the Blessed Sacrament Chapel.

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

Tues. 8:30 AM † Leonard Floding

Wed. 8:30 AM † Tommy Doyle

Thurs. 5:30 PM † Sue Doyle

Fri. 8:30 AM † Tony Strasser

Sat. 5:00 PM For the Parish

Sun. 8:00 AM † Laurel Bruder
10:00 AM † Bill Flaig

WEEKLY READINGS - JUNE 26

Mon. Am 2:6-10, 13-16; Mt 8:18-22

Tue. Am 3:1-8; 4:11-12; Mt 8:23-27

Wed. Acts 12:1-11; 2 Tm 4:6-8, 17-18; Mt 16:13-19

Thurs. Am 7:10-17; Mt 9:1-8

Fri. Am 8:4-6, 9-12; Mt 9:9-13

Sat. Am 9:11-15; MT 9:14-17

Sun. Is 66:10-14c; Gal 6:14-18;
Lk 10:1-12, 17-20

PARISH STAFF

Matthew Kuhn.....320-763-5781
Pastor

Todd Wentworth.....320-763-5781
Parish Business Administrator

Kathy Fischer.....320-762-2320
Faith Community Nurse

Troy Sladek.....320-763-5861
St. Mary's School Principal

Laurie Bienias.....320-763-9202
Coordinator of Youth Ministries, Grades 1-5

Tammy Huss.....320-763-9202
Coordinator of Youth Ministries, Grades 6-12

Kathy Ballou.....320-763-5781
Communications Coordinator

Luke VanOverbeke.....320-763-5781
Director of Liturgy & Music

Erin Takle.....320-763-5781
Music Coordinator

Elmer Kobbermann.....320-834-3103
Francie Peterson.....320-360-0325
Parish Trustees

Tony Pasko.....thadeac@aol.com
Deacon

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

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<p>THORNTON, DOLAN, BOWEN, KLECKER & BURKHAMMER, PA Attorneys At Law 1017 Broadway, Alexandria, MN</p>				<p>1210 Broadway St. S 320-763-3040</p> 
<p>Protecting what matters.</p>  <p>ZIMNY INSURANCE AGENCY Commercial Insurance Risk Services Employee Benefits Personal Insurance 320-762-2124 zimnyinsuranceagency.com</p>	 <p>KNIGHTS OF COLUMBUS Membership: Jim Kokett, 320-460-0943 Hall Rental: John Leesch, 320-763-3644 Bingo: Wednesdays 2:00 PM & Sundays 2:00 PM 722 6th Avenue East</p> 	<p>The UPS Store ALEX RUBBISH & RECYCLING 320-763-4712 "START SEEING RED"</p>		
 <p>CENTURY 21 First Realty, Inc. JODI REHOVSKY 320.808.7478</p>	<p>Viking Garage Door Co. Doors & Openers JANET SCHILTGEN 320-762-2528</p>	 <p>KVALE REAL ESTATE Becca Wesley Realtor Call or Text 320-808-7279 www.BeccaWesley.com</p>	<p>Edward Jones Life is for living. Let's partner to help you make every single moment matter.</p>  <p>Ruth A Molloy Financial Advisor 316 N Nokomis St Alexandria, MN 56308-5115 320-759-3080 MKT-5894M-A > edwardjones.com</p>	
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 <p>ACE The helpful place. 320-763-5200 406 Broadway Alexandria, MN 56308</p>	 <p>Elden's FRESH FOODS Live Love Local</p>		 <p>CULLEN'S Home Center 762-1249</p>	
 <p>JUETTNER motors Ford • Chrysler 763-3126 Alexandria</p>	 <p>BREMER BANK 720 Broadway, Alexandria MN 56308 320-763-6622</p>	 <p>BITZAN/OHREN Masonry, LLC Residential/Commercial 320-834-5488</p>	 <p>Daughters of Isabella 320-815-4296 Celebrating 125 Years in 2022</p>	
<p>Find Help</p>  <p>project rachel Peace starts here</p> <p>Forgiveness Hope</p> <p>Project Rachel 320-529-4616 888-456-4673</p> <p>www.HopeAfterAbortion.com</p>	 <p>ALEX MOVERS P.O. Box 24 • Nelson, MN 56355 320-763-3600 Sean Gay</p>	 <p>Member FDIC GLENWOOD STATE BANK We Care! www.glenwoodstate.bank</p>	 <p>Mike's 10 Minute OIL CHANGE 1318 Broadway, Alexandria, MN 320-763-5259</p>	
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