

# Bulletin for the Catholic Parishes of Oklee, Grygla, and Goodridge

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Confessions: 15 minutes before Mass  
 Tuesday Confessions: 1 hr. post Mass

## SAFE ENVIRONMENT

NOTE: If you or someone you know has been the victim of sexual misconduct on the part of a priest, deacon, or individual representing the Diocese of Crookston, its parishes, or its schools, your first call should be to law enforcement. Red Lake County Sheriff at 218-253-2996, Pennington County Sheriff at 218-681-6161, Marshall County Sheriff at 218-745-5411. In addition, the Diocesan Victim Assistance Coordinator is available at 218-281-7895 (24-hour confidential number).

## The Life of St. Vincent de Paul

By Matthew August

I demand from you deeds of mercy, which are to arise out of love for Me. You are to show mercy to your neighbors always and everywhere. You must not shrink from this or try to excuse or absolve yourself from it. I am giving you three ways of exercising mercy toward your neighbor: the first — by deed, the second — by word, the third — by prayer. In these three degrees is contained the fullness of mercy, and it is an unquestionable proof of love for Me. By this means a soul glorifies and pays reverence to My mercy (*Diary of Saint Maria Faustina Kowalska*, 742).

On Sept. 27, Catholics around the world remember the life of St. Vincent de Paul, the patron saint of charity.

De Paul was born in southern France in 1581 to a poor family that struggled to make ends meet. The saint spent the majority of his early years pursuing money and fame. His family encouraged his ambition to escape poverty and one day better the family's wealth and fortune.

De Paul's intelligence was evident at a young age, and his parents labored to provide him an education. In his first years of instruction, he was taught by the Franciscans. Young de Paul eventually decided that the priesthood would be the best way to achieve his desire for security and respect.

*Continued on page 3*

Oklee	Sunday	09/24/23	8:00 a.m.	†Matt Genova
Grygla	Sunday	09/24/23	10:15 a.m.	Priests of the Diocese
Goodridge	Sunday	09/24/23	12:00 p.m.	For the People
Oklee	Monday	09/25/23	8:00 a.m.	†Tony Weber
	Tuesday	09/26/23		NO MASS
	Wednesday	09/27/23		NO MASS
	Thursday	09/28/23		NO MASS
Oklee	Sunday	10/01/23	8:00 a.m.	For the People
Grygla	Sunday	10/01/23	10:15 a.m.	Poalnsky Grandchildren
Goodridge	Sunday	10/01/23	12:00 p.m.	†Kathy Horachek Siv- erling

## Happy Lord's Day!

First, just a note about this week - I will be away Tuesday morning until Saturday afternoon/evening. I'm going to celebrate a wedding for the oldest son in a family that I know very well down in the Twin Cities and then I'm giving a couple of talks to some parents at a cluster of parishes in Little Falls.

Next, I've already shared some of this, but October is going to begin a number of things for our parishes.

- Starting next Sunday, we will not have a Communion song, but instead everyone will be invited to spend a few extra minutes in silent prayer during that time. It will be maybe five minutes of total silence while everyone receives Communion and then I purify the vessels. I'll have some prayer cards to guide your prayer, if you'd like. I'll mention this during Mass, but please don't just watch the Communion line and then me as I purify the vessels. Let it be a time for quiet prayer between you and the Lord Jesus.
- Also starting next Sunday will be a five-part homily series focused on the Eucharist. Bishop Cozzens has requested that we change the readings during Mass, so you will not find them in the missalette that we use. I'll have some printed off, since I know many of you like to follow along, as I also do. This is taking place all over the Diocese of Crookston.
- Faith formation already began at St. Clement's for the year - thank you, catechists! - and we'll begin children's faith formation in Oklee in October. We'll also begin our high school faith formation in October. Please remember to pray for our children and catechists.
- **I'm going to host a Prayer Workshop on the first Tuesday/Wednesday of each month (with a couple of exceptions)** and everyone's invited. The Wednesday evenings (6:45-7:45 p.m.) will be in Oklee and the Tuesday evenings (6:00-7:00 p.m.) will be at whichever parish has the Tuesday evening Mass. As it turns out, the first few Tuesdays will be in Grygla and the last few will be in Goodridge. Our first Prayer Workshop will be on October 3rd and 4th in Grygla and Oklee. It would be great for you to come and learn about some different ways to pray!
- You may notice some other parishes are implementing a couple of other things: a small-group study on the Eucharist and brief explanations of the Mass before Sunday Mass. **We're going to run the small-group study during Lent** and each parish in our cluster is going to host a two-hour walk through the Mass instead of the brief explanations. Goodridge will have theirs on November 19th after Sunday Mass and meal (1:30 p.m.), Grygla will have theirs on February 10th as an evening event with a meal afterward (4:00-7:00 p.m.), and Oklee's still needs to be scheduled. This should be a great thing, though, for all of us to have a deeper understanding of the Mass, which is meant to be the center of our lives.

These are some excellent opportunities for you to grow in your understanding and practice of the Catholic faith - I hope you'll take advantage of them!

May the Lord give you his peace!

Fr. Bryan

### 3 P r a y e r s t o P r a y A f t e r R e c e i v i n g C o m m u n i o n

The following three prayers give me pause for reflection and prompt me to enter into true conversation with Him before the end of Mass.

#### 1. Little White Guest

I remember trying to wrap my small head around the concept of transubstantiation in second grade, attempting to understand what it really meant to consume His true Body and true Blood in the Eucharist. I'm not going to lie—it definitely sounded scary and confusing.

The little prayer card I received on my First Communion day with the prayer "Little White Guest" printed on it truly helped me to visualize this union with Jesus in the Eucharist. It allowed me to realize that I was not just eating a small wafer of bread, but I was receiving and welcoming a Little White Guest into my body and my heart. It was a concept that helped me then, and still helps me now.

Learning this prayer has taught me how to talk and listen to Jesus during those most intimate moments when He is not only with me but within me. It has helped me remember to cultivate this habit of immediately entering into conversation with Jesus upon receiving Him every single week.

*Continued on page 4*

From page 1

De Paul used the money he acquired while working as a tutor to pay for his education at the University of Toulouse, where he studied theology. He was ordained a priest in 1600 at the young age of 19.

Many remember young de Paul to be rough and irritable. One account states that his father went to see the young man when he was in seminary, and he rejected his father at the sight of his shabby appearance.

De Paul was ashamed of his upbringing and spent the majority of his time surrounding himself with the elite. He was well received among the higher circles because of his intelligence and wit.

In 1605, de Paul was travelling by sea when a group of pirates ransacked the ship and captured him. He was auctioned and sold into slavery where he would remain in bondage for the next two years. It was during this time that de Paul's life began to change. He prayed fervently to God and promised he would dedicate his life to the poor and suffering if he could be set free.

During these years of suffering, the Lord reforged de Paul's heart and made him new.

Suffering is a great grace; through suffering the soul becomes like the Savior; in suffering love becomes crystallized; the greater the suffering, the purer the love (*Diary*, 57).

DePaul's slave master eventually converted to Christianity and set him free.

Upon returning to France, de Paul pursued his studies in Rome where he came under the tutelage of Frs. André Duval and Pierre de Bérulle. Bérulle was a Catholic priest and mystic who became de Paul's spiritual advisor. Under their guidance, de Paul's fiery temper and hostility turned to gentleness and sensitivity. His ambitions for the empty pleasures of the world receded, and his love for God pervaded his soul.

"The most powerful weapon to conquer the devil is humility. For, as he does not know at all how to employ it, neither does he know how to defend himself from it," said St. Vincent de Paul. "We should strive to keep our hearts open to the sufferings and wretchedness of other people, and pray continually that God may grant us that spirit of compassion which is truly the spirit of God."

From this moment forward, de Paul spent every hour in service to the poor and suffering. He preached the message of God to deprived communities and established hospitals to provide care for them.

De Paul's connections with the higher circles of society aided him in his quest to help these communities. He instituted the Confraternities of Charity, an association of wealthy lay women who visited and cared for the poor, providing them with food and medicine.

In 1633, de Paul founded the Daughters of Charity, an apostolic religious association of women that was dedicated to active charity.

De Paul would later become the superior for the Congregation of the Mission, a group of priests that vowed poverty, chastity, and obedience. The ignorance and laxity among the men was prevalent when de Paul entered, and the saint was able to light them on fire with passion and zeal in their work for the people.

After pouring out his life in service of everyone he met, de Paul died in Sept. 1660. In the midst of trials and tribulations, perhaps many of us have turned our sights away from God and pursued the empty pleasures of the world. May we follow the example of de Paul in turning our eyes back to the Divine Mercy of Jesus, trusting that He will pave our way to sanctity and triumph.

"With God's help," said St. Vincent, "you will continue to succeed in your leadership and in your duties, because Our Lord's work is accomplished not so much by the multitude of workers as by the fidelity of the small number whom He calls."

Saint Vincent de Paul, pray for us.

[www.thedivinemercy.org](http://www.thedivinemercy.org)

## TITHING

### St. Francis Xavier's in Oklee

Sept 17, 2023

Adult Envelopes	\$1338.00
Flowers for Altar	\$6.00
Latin America	\$50.00
Endowment for Priests	\$100.00
Loose Plate	<u>\$23.00</u>
Total	\$ 1570.00

### St. Ann's in Goodridge

Sept 17, 2023

Adult Envelopes	\$240.00
Endowment for Priests	\$20.00
Loose Plate	<u>\$120.00</u>
Total	\$ 380.00

### St. Clement's in Grygla

Sept 17, 2023

Adult Envelopes	\$615.00
Endowment for Priests	\$137.00
Loose Plate	<u>\$52.00</u>
Total	\$ 804.00

## St Francis Xavier Church

### Religious Education Classes

Kick off for the RE program will be October 1 after Mass with a breakfast and a free will offering to go towards the RE Programing for our parish.

Classes will begin October 1 after Mass with classes being held the 1st & 3rd Sundays of the month thereafter.

If you know of children that should be attending please invite them participate.

Sign up sheets in entry.



### St Francis Xavier's

Sunday, October 1, 2023  
Sacristan: Phyllis  
Lector:: Brady  
Counters: MaryAnn & Jan

Sunday, October 8, 2023  
Sacristan: Margaret  
Lector:: Jan  
Counters: Anne & Delores

Sunday, October 15, 2023  
Sacristan: Phyllis  
Lector:: Paul  
Counters: Margaret & Linda

### St Ann's

Sunday, October 1, 2023  
Lector:: Paula  
Counters: Marie & Audrey

Sunday, October 8, 2023  
Lector:: Carol  
Counters: Audrey & Marie

Sunday, October 15, 2023  
Lector:: Paula  
Counters: Deb & Maggie

### St Clement's

Sunday, October 1, 2023  
Lector:: Gary

Sunday, October 8, 2023  
Lector:: Robbie

Sunday, October 15, 2023  
Lector:: Dawn

Sunday, October 22, 2023  
Lector:: Jim C

## 3 P r a y e r s t o P r a y A f t e r R e c e i v i n g C o m m u n i o n T H E P R A Y E R

You have come to my heart, dearest Jesus, I am holding You close to my breast; I'm telling You over and over, You are welcome, Little White Guest. I love You, I love You, my Jesus, O please do not think I am bold; Of course, You must know that I love You, But I am sure that you like to be told. I'll whisper, "I love You, my Jesus," And ask that we never may part; I love You, O kind, loving Jesus And press You still nearer my heart. And when I shall meet You in Heaven, My soul then will lean on Your breast; And You will recall our fond meetings, When You were my Little White Guest.

### 2. Anima Christi

I first discovered the Anima Christi prayer while flipping through an old Pieta prayer book in high school. The beautiful words pierced me with their sharp imagery. I started carrying the prayer book with me to Mass so that I could add this prayer to my after-communion prayer arsenal.

While this prayer is widely attributed to St. Ignatius of Loyola, its actual origins are unknown, as it actually has been dated back several centuries before St. Ignatius's time.

If "Little White Guest" introduces the idea of transubstantiation, "Anima Christi" makes it abundantly real, as this prayer reveals that we receive Christ's Body, Blood, Soul, and Divinity in the Eucharist. It also evokes vivid images of Christ's Passion, thus prompting us to meditate on His Passion and Death.

It begs Christ to stay close to us, and it is a popular prayer to say after Communion precisely because that is when He is the closest to us. I can't imagine more beautiful words to unite us with Christ immediately following our receiving Him in Holy Communion.

## T H E P R A Y E R

Soul of Christ, sanctify me; Body of Christ, save me; Blood of Christ, inebriate me; Water from the side of Christ, wash me; Passion of Christ, strengthen me; O good Jesus hear me; Within your wounds hide me; separated from you, let me never be; From the evil one protect me; At the hour of my death, call me; And close to you bid me; That with your saints, I may be praising you forever and ever.

### 3. The Divine Praises

Because we so often only call upon God in prayer when we need something or have a special petition, it's important that we still remember to sing His praises as well. For this reason, I love reciting the Divine Praises following Communion, as it reminds me of who God is and why we call Him "blessed."

Most commonly prayed during Adoration of the Blessed Sacrament (after Benediction but before the Host is placed back into the tabernacle), this prayer is a wonderful way to show respect and praise not only to God, but to His Blessed Mother, St. Joseph, and all the angels and Saints. It reminds us of the key role the Holy Family should play in our daily lives, and is therefore a wonderful prayer to keep in our back pocket at all times.

However, by reciting the Divine Praises right after Holy Communion and before the close of Mass, it orients us to really reflect upon the Divine for the coming week.

## T H E P R A Y E R

Blessed be God. Blessed be His Holy Name. Blessed be Jesus Christ, true God and true Man. Blessed be the Name of Jesus. Blessed be His Most Sacred Heart. Blessed be His Most Precious Blood. Blessed be Jesus in the Most Holy Sacrament of the Altar. Blessed be the Holy Spirit, the Paraclete. Blessed be the great Mother of God, Mary most Holy. Blessed be her Holy and Immaculate Conception. Blessed be her Glorious Assumption. Blessed be the name of Mary, Virgin and Mother. Blessed be St. Joseph, her most chaste spouse. Blessed be God in His Angels and in His Saints. There is no greater gift than God's gift of Himself to us in Holy Communion, and there is nothing more rewarding than taking advantage of that intimacy by uniting in fervent reflection and prayer during that precious time immediately upon receiving His Body and Blood.