

# 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



Oklee	Sunday	10/29/23	8:00 a.m.	†For the People
Grygla	Sunday	10/29/23	10:15 a.m.	†Judy Hendrickson
Goodridge	Sunday	10/29/23	12:00 p.m.	†Norman Adams
Oklee	Monday	10/30/23	8:00 a.m.	†Tony Weber
Oklee	Tuesday	10/31/23	5:30 p.m.	†Tim Whalen Sr.
Goodridge	Wednesday	11/01/23	5:00 p.m.	†Kathy Horachek-Siverling
Grygla	Wednesday	11/01/23	6:30 p.m.	For the People
Oklee	Thursday	11/02/23	8:00 a.m.	Souls in Purgatory
Oklee	Sunday	11/05/23	8:00 a.m.	†Richard Lambert
Grygla	Sunday	11/05/23	10:15 a.m.	For the People
Goodridge	Sunday	11/05/23	12:00 p.m.	†Arlene Bjerke
Oklee	Monday	11/06/23	8:00 a.m.	†Tony Weber
Grygla	Tuesday	11/07/23	5:30 p.m.	Kiesow Grandchildren
Oklee	Wednesday	11/08/23	8:00 a.m.	†Mary Peterson
Oklee	Thursday	11/09/23	8:00 a.m.	†Thomas Whalen
Oklee	Sunday	11/12/23	8:00 a.m.	†Marcella Violette
Grygla	Sunday	11/12/23	10:15 a.m.	For the People
Goodridge	Sunday	11/12/23	12:00 p.m.	†Bernadette Borowicz

## 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).

## CLERGY COLUMN

Happy Lord's Day!

On the first Wednesday of this month I shared a type of prayer that is not very common today, but which I think is essential for us as Catholic-Christians. This type of prayer is called the *Consciousness Examen*, which is different from the Examination of Conscience. The Examen is not merely a reflection on how well a person has kept the Ten Commandments, but is a prayerful reflection on the entirety of a person's day, seeking especially to notice where the Lord was present throughout the day and how he was inviting, providing, challenging, speaking, etc. This is a great way to pray because it causes us to reflect, think, and pay attention. I love memorized prayers, such as the rosary, but those can sometimes lead a person to merely "saying" their prayers (even though they are also meant to be reflective). The Examen is helpful because it simply does not allow a person to sneak by without some good prayerful reflection. There are five basic steps to this prayer, intended to take 10-15 minutes each day. I'd encourage you to form the habit of taking time for this prayerful reflection on your day, always on the lookout for the presence and voice of the Lord God.

Lastly, a reminder about the Holy Day of Obligation this Wednesday. Here are the local Mass times:

### **Local Mass Times for All Saints Day (Nov 1st)**

Oklee: 5:30 p.m. (Oct 31st)

Thief River Falls: 6:00 p.m. (Oct 31st)

Thief River Falls: 7:00 a.m. (Nov 1st)

Brooks: 8:30 a.m. (Nov 1st)

Goodridge: 5:00 p.m. (Nov 1st)

Grygla: 6:30 p.m. (Nov 1st)

Red Lake Falls: 6:30 p.m. (Nov 1st)

Fosston: 5:30 p.m. (Nov 1st)

### **Consciousness Examen**

#### **1. Prayer for Enlightenment:**

A. "Lord, help me to be aware of the way that you look upon me with love. Let me see my life as you see it."

B. "Give me ears to hear, open my eyes. Give me your mind and teach me your ways."

#### **2. Reflective Thanksgiving:**

A. Concrete, uniquely personal gifts that God has given to you.

B. Small and seemingly insignificant gifts.

C. Large and obviously important gifts.

*i. Give thanks for all!*

#### **3. Practical Survey of Actions (since your last Examen)**

A. Going hour-by-hour, prayerfully take an account of your actions, words, thoughts.

B. Let yourself be curious about them:

*i. Why did you do/say that?*

*ii. What has been happening interiorly? Feelings, moods, urges, inspirations, etc.*

*iii. Where has God been present?*

*iv. How has he been speaking to you? What has he been revealing to you?*

*v. Is there an area where God is inviting conversion or change?*

#### **4. Contrition and Sorrow for Sins**

A. Noticing in Step 3 any failures to appropriately respond to God's call and grace, repent of your sins.

B. Allow the Lord to purify every area of your life.

C. (Of course, any grave sins need to be confessed and forgiven in the Sacrament of Reconciliation/Confession.)

#### **5. Hopeful Resolution for the Future**

A. Resolve to remain tuned-in to God's presence and voice. Ask for his help to do so.

B. If there is any fear about the day to come, ask for the gift of confidence.

## Our Encounter with Jesus in the Eucharist

During the month of October, priests around the Diocese of Crookston are tasked with preaching homilies about the Holy Eucharist, which we teach is the source and summit of our Catholic-Christian faith. While each priest may have his own approach to this preaching series, the goal set by Bishop Cozzens is that each and every Catholic in this diocese will grow in understanding of the Eucharist and, therefore, grow in love of the Eucharist.

We finish our series this week in a way similar to how we finish Mass, with a call to allow our encounter with Jesus in the Eucharist to change our lives entirely, which includes the way that we interact with others. In order to capture what we're trying to get at this week, we have to do a little bit of review and then ask a question.

In John 6, which we've heard from at various points during this series, we've heard Jesus say, *"Amen, amen, I say to you, unless you eat the flesh of the Son of Man and drink his blood, you do not have life within you. Whoever eats my flesh and drinks my blood has eternal life, and I will raise him on the last day. For my flesh is true food and my blood is true drink. Whoever eats my flesh and drinks my blood remains in me and I in him"* (John 6:53-56). We've spoken at length about how Jesus fulfills these verses at the Last Supper when he clearly declares that the bread is changed into his Body and the wine is changed into his Blood, and then he says, *"Do this in memory of me."* We take him at his word, so we *"do this"* at each and every Catholic Mass, believing in faith that the Mass takes us back to both the Last Supper and the Crucifixion. As Catholic-Christians, we believe that the Eucharist we receive at Holy Mass is the real Body, Blood, Soul, and Divinity of Jesus Christ, and that this can only be found at Catholic Mass.

This brings up a big question: What if this is true? It might be the case that some people think this is a silly question - either because they have believed the Church for years and years or because they have already dismissed the Eucharist as a mere symbol and so can't fathom the idea of the question being true - but let's allow ourselves a little freedom to think about the question as though we're hearing it for the first time. **What if the Catholic Church's doctrine about the Eucharist is true?** That seems like a question worth pondering for much longer than just one article in a bulletin. If this is true, then there are all kinds of consequences for our lives, including the way that we live and the way that we interact with other people - Catholic, Protestant, or otherwise.

If it's true that the bread and wine used at a Catholic Mass are truly changed by God's grace into the Body and Blood of Jesus, and that this doesn't happen at Protestant worship services, then doesn't that mean that the Catholic Church has something extraordinary? Isn't that the kind of thing that we would want to share with others? This is the kind of thing that ought to lead us to say, "This is so incredible! Let me tell you about it. Come and join us!" I know it's important for us Christians to get along with each other, but it's also important for us to pursue the truth of what God reveals in the Bible. If our belief about the Eucharist is true, then we can't allow ourselves to be satisfied that there are people who don't believe it, who don't receive it, and who openly reject it. And that includes people both within our Catholic-Christian community and outside of our community. It is part of our task to go into the community and invite them to change their minds, so that they too might come and receive this incredible gift.

### St Francis Xavier's

Sunday, October 29, 2023  
Sacristan: Mary Lynn  
Lector: Bob  
Counters: MaryAnn & Jan

Sunday, November 5, 2023  
Sacristan: Margaret  
Lector: Jacob  
Counters: Anne & Dolores

Sunday, November 12, 2023  
Sacristan: Margaret  
Lector: Brady  
Counters: Margaret & Linda

Sunday, November 19, 2023  
Sacristan: Phyllis  
Lector: Jan  
Counters: Jo & Deb

### St Ann's

Sunday, October 29, 2023  
Lector: Paula  
Counters: Deb & Maggie

Sunday, November 5, 2023  
Lector: Carol  
Counters: Marie & Audrey

Sunday, November 12, 2023  
Lector: Paula  
Counters: Deb & Maggie

Sunday, November 19, 2023  
Lector: Carol  
Counters: Audrey & Marie

### St Clement's

Sunday, October 29, 2023  
Lector: Laurie

Sunday, November 5, 2023  
Lector: Gary

Sunday, November 12, 2023  
Lector: Robbie

Sunday, November 19, 2023  
Lector: Dawn

In addition to saying prayers for souls in purgatory, we can help them by having Masses said for the departed and by engaging in works of charity and sacrifice on their behalf. The Heroic Act of Charity Prayer is especially powerful, calling to mind as it does an especially powerful intercessor with our Lord, His Mother, the Blessed Virgin Mary:

Heavenly Father, in union with the merits of Jesus and Mary, I offer to You for the sake of the poor souls all the satisfactory value of my works during life, as well as all that will be done for me after death. I give You my all through the hands of the Immaculate Virgin Mary that she may set free whatever souls she pleases, according to her heavenly wisdom and mother's love for them. Receive this offering, O God, and grant me in return an increase of Your grace. Amen.



## TITHING

### St. Francis Xavier's in Oklee

OCT 22, 2023

Adult Envelopes	\$1344.00
Endowment for Priests	\$100.00
World Mission	\$143.00
Loose Plate	<u>\$61.00</u>
Total	\$ 1648.00

### St. Ann's in Goodridge

OCT 22, 2023

Adult Envelopes	\$440.00
World Mission	\$20.00
Loose Plate	<u>\$60.00</u>
Total	\$520.00

### St. Clement's in Grygla

OCT 22, 2023

Adult Envelopes	\$690.00
Endowment for Priests	\$0.00
World Mission	\$148.00
Loose Plate	<u>\$105.00</u>
Total	\$ 943.00

#### Recently Deceased Loved Ones

†Iona Berry  
 †Kim Johs  
 †Elias Abboud  
 †Audrey Martell  
 †Harold Cyr  
 †Judie Hendrickson  
 †Alden Morinville  
 †Kathleen Erickson  
 †Joseph Cullen  
 †Laura Nadeau  
 †Lucy Christianson  
 †Vernon Rogalla  
 †Donovan Stoneouse  
 †Adelore Plante  
 †Richard Perreault  
 †Cecelia Christianson  
 †Corlan Magnell Klein-  
 schmidt  
 †Judy Zavoral  
 †Dean Lambert  
 †Richard Bronken  
 †Jerome Carriere  
 †Gary Paquin  
 †Gayle Radniecki Grossman  
 †Delores Longtin  
 †Lorraine Cote  
 †Lorraine LaCoursiere  
 †Tony Weber  
 †Matt Genova  
 †Elaine Radniecki

#### Pray For Those Who Are Sick

Delton Sebenaler  
 Donnie Tougas  
 Kenneth LaCoursiere  
 Shirley Dessellier  
 Michael Bachand  
 Annette LaCoursiere  
 Debra Olson  
 Ambrose Beaudoin  
 Steve Sebenaler  
 Don LaCoursiere  
 Cindy Deterrman  
 Marie Adams  
 Grace Rundell  
 MaryAnn Lambert  
 Bailey Herried Drotts  
 George Pittman  
 Bambi Lambert  
 Doris Dessellier  
 Danielle Swanson  
 Mark Stromberg  
 Sylvia Remick Morey  
 Penny Kalar  
 Jo Lambert  
 Tony Radniecki  
 Bob Radniecki  
 Darren Tougas  
 Rick Dulka  
 Richard Bourque  
 Jude Syvertson  
 Mary Radniecki  
 Dave Zavoral

Bernadette Lambert-  
 Daymunde  
 Josie Rodriguez  
 Jake Martell  
 Roy Rystad  
 Dave Longtin, Shorty  
 Bonnie Cote  
 Joyce Tougas  
 Brad Gunderson  
 Brian Peterson  
 Jim Carriere  
 Antoinette Holtusen  
 Roger Lambert  
 Theresa Mutnansky  
 Carolyn Pittman  
 Shirley Cyr  
 Cliff Melby  
 Jack Miller  
 Mike Dessellier  
 Joel Schmitz  
 Lacy Knott  
 Jim Knott  
 Adam Cwikla

It is time for Our annual Traditional Thanksgiving Day Dinner served for the Oklee Community on November 24<sup>th</sup> from 11 AM to 1 PM this year at the Oklee Community Hall. We had a great success last year because of your support and are hoping to do the same this year. We served 92 people last year. We need your help to make this year a success as well, there are more options for helping this year. There are sign up sheets in the entrance of the church. Thank you for your past support. Any questions call Jo Lambert 218-796-2745



Anyone wishing to have a MASS offered for a loved one you may leave name and the customary donation of \$10.00 in the offering basket in an envelope.