



# Sacred Heart Catholic Community of Wilton

February 1, 2026 • Third Sunday in Ordinary Time

## PARISH COMMUNITY

Father John Christianson • chri3198@stthomas.edu  
Church Mailing Address: PO Box 1897, Bemidji, MN 56619-1897  
Church Physical Address: 135 3rd St NW, Wilton, MN 56687  
www.sacredheartwilton.com • Mass: Sunday morning 9:00 am

Fellowship Hall..... (218) 751-8446

### BOOKKEEPER

Deb Heineman.....(218) 444-3287

### BULLETIN INFORMATION

Ruth Walters .....(218) 308-1265  
walters56601@gmail.com  
Please call or email bulletin info by 7:00 pm on Thursdays.  
If you wish to receive the bulletins via email, please contact  
Ruth Walters at walters56601@gmail.com.

### CEMETERY

Shelly Fredriksen .....(218) 556-8023  
Richard Anderson.....(218) 467-3275  
Clark Chambers.....(218) 760-2936

### COMMUNITY OUTREACH & HALL RENTAL

Shelly Fredriksen .....(218) 556-8023  
If you would like to use the church or social hall  
for an event, (wedding, reunion, etc) please contact  
Shelly to schedule and for rental information.

### FUNERALS

LeAnn Agnes.....(218) 289-2351

### LITURGY

Candy Barthel.....(218) 224-3466  
Ann Illies.....(218) 751-9254  
Lois Jenkins.....(218) 444-8140

### MAINTENANCE ADVISOR

Christopher Agnes.....(218) 401-4116

### MUSIC MINISTERS

Deb Smith.....(218) 387-5322  
Mardelle Mohs.....(715) 699-1384

### PASTORAL COUNCIL

Christopher Agnes.....(218) 401-4116  
Symon Schindler-Syme  
Mary Sorenson.....(218) 368-7895  
Jim Sparke .....(218) 444-9098  
Jennifer Trammell.....(218) 556-5945  
Ruth Walters .....(218) 308-1265  
Regular meetings are the third Sunday of Jan., Mar.,  
May, Jul., Sep., and Nov. starting at 7:00 pm in the  
church social hall.

### PARISH OUTREACH

Deb Heineman.....(218) 444-3287

### RELIGIOUS EDUCATION

Contact Fr. John for information.

### TRUSTEES

Richard Anderson  
Cheryl Pauly

### ADDRESS/PHONE NUMBERS

If you have changed your phone number, address or email address, please let Shelly know so the church records can be updated. It is helpful when notification about weather related announcements need to go out. Thank you for your help.

### BAPTISM

Please contact Father John. When a date is set, please contact Ruth Walters.

### BUSY BAGS

There are Busy Bags available for children during Mass. They are on the bulletin rack.

### CALLING TREE

If church is cancelled due to weather, an email notice will be sent. If you don't have email and would like to have a phone call for cancellations, please give your phone number to Zelda or Polly. Thank you.

### HEARING HELP

If you need assistance in hearing, there are hearing devices available for Mass.

### KEEP US INFORMED

Please keep the priests and other church members informed of the hospitalized, sick or shut-ins or a recent family death. Contact Zelda Cartier or Deb Heineman for a visit from a Eucharistic Minister or a card.

### MASS INTENTIONS

If you would like Mass to be said for someone, please contact Ruth at (218) 308-1265 or fill out a Mass Intentions envelope found in the bulletin rack and give to Ruth.

## SACRED HEART COMMUNITY WELCOMES YOU

No matter what your present status is in the Catholic Church.

No matter your current family or marital situation.

No matter your personal history, age, income, background, gender, race, ethnicity or spirituality.

No matter your own self-image of holiness or virtue -

You belong to Jesus Christ  
and you belong to us!

You are invited, accepted and respected here at Sacred Heart.

We want to share our Roman Catholic way of faith and life in Christ with you!

### NEW PARISHIONERS

New Parishioners are always welcome! Please see Shelly Fredriksen to register.

### RECONCILIATION

Please contact Father John to schedule.

### SERVING CREWS

If it is your month to serve on the cleaning crew, and you are unable to help, please find a substitute to take over for you.

### TRADITION

The first Sunday of the month, Potluck immediately following Mass.

*Everyone Welcome!*

### VICTIM ASSISTANCE COORDINATOR

Diocese of Crookston  
Cindy Hulst, LSW  
24 hour confidential number:  
(218) 281-7895

### SCHOLARSHIP

Sacred Heart has established a Youth Scholarship Fund to help with tuition for our young people who choose to attend parochial school. If you would like to donate to the fund, please indicate (either on the memo line of your check, on an envelope, or by post-it note) that the donation is for youth scholarships.

*Restrooms are located at the far end of the social hall, and in the nursery. The nursery is available for anyone with small children, so that all may participate in celebrating Mass.*

*If you are in need of a gluten free host, please let the Sacristan know*

*Please pray for those who have been called to leave their families in service to our country.*

### LIGHTS & DOORS

If you are last person in church please make sure lights are off and the doors are locked.

## 4TH SUNDAY IN ORDINARY TIME

**Reading I** Zephaniah 2:3; 3:12-13

Seek the LORD, all you humble of the earth, who have observed his law; seek justice, seek humility; perhaps you may be sheltered on the day of the LORD's anger. But I will leave as a remnant in your midst a people humble and lowly, who shall take refuge in the name of the LORD: the remnant of Israel. They shall do no wrong and speak no lies; nor shall there be found in their mouths a deceitful tongue; they shall pasture and couch their flocks with none to disturb them.

**Responsorial Psalm** Psalm 146:6-7, 8-9, 9-10

**R. Blessed are the poor in spirit; the kingdom of heaven is theirs!**

The LORD keeps faith forever, secures justice for the oppressed, gives food to the hungry. The LORD sets captives free.

**R. Blessed are the poor in spirit; the kingdom of heaven is theirs!**

The LORD gives sight to the blind; the LORD raises up those who were bowed down. The LORD loves the just; the LORD protects strangers.

**R. Blessed are the poor in spirit; the kingdom of heaven is theirs!**

The fatherless and the widow the LORD sustains, but the way of the wicked he thwarts. The LORD shall reign forever; your God, O Zion, through all generations. Alleluia.

**R. Blessed are the poor in spirit; the kingdom of heaven is theirs!**

**Reading II** I Corinthians 1:26-31

Consider your own calling, brothers and sisters. Not many of you were wise by human standards, not many were powerful, not many were of noble birth. Rather, God chose the foolish of the world to shame the wise, and God chose the weak of the world to shame the strong, and God chose the lowly and despised of the world, those who count for nothing, to reduce to nothing those who are something, so that no human being might boast before God. It is due to him that you are in Christ Jesus, who became for us wisdom from God, as well as righteousness, sanctification, and redemption, so that, as it is written, "Whoever boasts, should boast in the Lord."

**Gospel** Matthew 5:1-12a

When Jesus saw the crowds, he went up the mountain, and after he had sat down, his disciples came to him. He began to teach them, saying: "Blessed are the poor in spirit, for theirs is the kingdom of heaven. Blessed are they who mourn, for they will be comforted. Blessed are the meek, for they will inherit the land. Blessed are they who hunger and thirst for righteousness, for they will be satisfied. Blessed are the merciful, for they will



Mass Intentions

### MASS INTENTIONS

For Healing For

**Ross Walters**

by the Walters Family

### PLEASE NOTE

If your birthday or anniversary did not appear in the bulletin, this is not an oversight. Anyone who did not request this information to be included in the bulletin on their parish registration form is not included. Please check with Shelly Fredriksen to make sure your information is up to date.

### CURSILLOS

Would you like to deepen your faith and let Jesus become more involved in your life? Let the Spirit lead you on a Cursillo. The Diocese of Crookston is offering a Men's Cursillo on the weekend of February 19-22 and the Women's Cursillo on the weekend of March 19-22 at the Nazareth Retreat House in Crookston. Applications are available at <https://crookstoncursillo.weebly.com/>.

### MARK YOUR CALENDAR

**February 1 Second Collection**

Capital Improvements

**February Serving Crew:**

Ann Illies, Evie Johnson, Theresa Wilander

**February 18 Ash Wednesday**

### HELP NEEDED

Parents, please sign up for a Sunday to teach Religious Formation class.

be shown mercy. Blessed are the clean of heart, for they will see God. Blessed are the peacemakers, for they will be called children of God. Blessed are they who are persecuted for the sake of righteousness, for theirs is the kingdom of heaven. Blessed are you when they insult you and persecute you and utter every kind of evil against you falsely because of me. Rejoice and be glad, for your reward will be great in heaven."

### THANK YOU!

Thank you to our Parish Family for the beautiful previous parish quilt. We, Andrew Agnes and Abby Jensen, are deeply grateful and will cherish it always!



## Ministries

### FEBRUARY 1

Greeters.....Ann Illies  
Altar Server.....Teagan Rucinski  
Announcers & Readers.....Ann Illies  
Vange Anderson, John Carrlson  
Ushers.....John Trammell  
John Sorensen  
Eucharistic Ministers..... Evie Johnson  
Carol Bjelland, Theresa Wilander

### FEBRUARY 8

Greeters.....Zach & Courtney Thoma  
Altar Server.....Parker Fuller  
Announcers & Readers..... Joe Rucinski  
Molly Vollbrecht, Alyssa Schindler  
Ushers..... Karl Oestreich  
Zach Thoma  
Eucharistic Ministers.....Lorraine Galland  
John Trammell, Kathy Carrlson

### FEBRUARY 15

Greeters.....Lorraine Galland  
Altar Server.....John Carrlson  
Announcers & Readers.....Deb Heieman  
Lois Jenkins, Ann Illies  
Ushers.....Theresa Wilander  
Carol Bjelland  
Eucharistic Ministers.....Richard Anderson  
Karen Shafer, Mary Sorensen

### EUCHARISTIC MINISTERS

The person who is listed first in the bulletin should bring the ciborium from the tabernacle to the altar and offer the body of Christ to those coming for communion. The other two listed should offer the cup with the Blood of Christ.

- **Eucharistic Ministers, please remember to gather the vessels after Mass and clean them for the next week in the Sacristy.**
- **The Eucharistic Minister who brings the eucharist from the tabernacle to the altar is responsible for returning the key for the tabernacle to the sacristy.**

### FINANCES

January 25, 2026

#### General Account

Children..... \$5.00  
Adults..... \$834.27  
Loose..... \$77.00  
Doughnuts..... \$39.00  
Mailed..... \$40.00

#### Cemetery Account

Donation..... \$75.00

#### Youth Scholarship Account

Donation..... \$30.00

## REMEMBER IN PRAYER

Reminder: please notify Ruth when loved ones no longer need to be on our prayer list.

Jim Aakre  
Barb Arbuckle  
Jim Bingham  
Sandra Brown  
Kristy Christianson  
Curt Connelly  
Tegan D'Albani  
Bill Downs  
Alys Ann Edwards  
Blake Edwards  
Harriet Elsberd  
Dennis Enright  
Sophia Forchass  
Brandi Green  
Brandon Hart  
Ed Haskell  
Johanna Heineman  
Harlan Johnson  
Van Johnson  
Whitey Kloepfner  
Rosie Larson  
Mike Lien  
Margie Lisak  
Kay Lisak-Buck  
Julianne Little  
Lydia  
Derek Kringen  
Seth & Lochlan McClusky  
Brody Moen  
Katie O'Neil  
Delores Orth  
Elizabeth Parthun  
Bailey Peterson  
Joe Raiter  
Janice Renner  
Bernice Sauve  
Cathy Simenson  
Kevin Smethers  
Calvin Smith  
John Sorensen  
John Swanson  
Debbie Theis Miller  
Katie Van Der Meer  
Gary Vold  
Ross Walters  
Madonna Welter

## 4TH SUNDAY IN ORDINARY TIME

*"Blessed are the poor in spirit, for theirs is the kingdom of heaven."* MATTHEW 5:3

The phrase "poor in spirit" can be confusing. Think of it in this sense – poor in spirit means depending on God's providence and not depending on our own self-reliance. Being detached from earthy things (power, money, and comfort) and being attached to heavenly things (charity, sacrifice, and mercy). Denying ourselves from satisfying our desires and helping others obtain their basic needs.

## DONATION STATEMENTS

It's tax time! If you need a tax statement reflecting your donations to Sacred Heart Church Wilton in 2025, please contact Deb Heineman at 218-444-3287 or [deb.heineman@lawofficemn.com](mailto:deb.heineman@lawofficemn.com).

## DIOCESAN ANNUAL APPEAL

Part of our calling to share the Gospel 2026  
DIOCESAN ANNUAL APPEAL: IN CHRIST,  
WE ARE ONE!

This year's Diocesan Annual Appeal (DAA) theme, "In Christ, We Are One", comes from Pope Leo XIV's motto and first homily as Pope, "Look to Christ!... Listen to his offer of love and become his one family: in the one Christ, we are one." Jesus prayed to his Father, "that they may all be one" (John 17:21), so that "the world may believe that you sent me." Our union with Jesus and each other witnesses to the love of God present in our world.

"We have much to do here in northwest Minnesota to live out Christ's mission, but we are not alone. Your gift to the DAA is a concrete expression of our unity, which strengthens our communion and helps the love of Christ reach every corner of our diocese." -Most Reverend Andrew Cozzens, Bishop of Crookston

Please give attention to an important mailing that will soon be delivered to your home. Complete the in-pew envelope today or make a gift online by using the QR code or visiting [www.crookston.org/DAA](http://www.crookston.org/DAA).



## NEEDED

Sister Mardelle is in need of Pringles cans. If you eat Pringles and have empty cans, could you bring them to church and place them on the table in the social hall. Thank you!

## OLD PALMS

You are invited to bring your old palms to church the next few Sundays. We will burn them and use the ashes for signing on Ash Wednesday. If you have questions, please contact Sister Mardelle.

## DROP EVERYTHING

Remember that phone call, the one where you had shoes on and keys in hand before you hung up the receiver? The voice you heard may have carried the answer to your prayers or nightmare news but whatever the call's content you were moved to action. Without hesitation you dropped everything and went. You had to.

That same level of urgency touched the hearts of James, John, Simon Peter and Andrew in today's gospel. They were moved by the call of their Savior, a call to glory and terror, vision and blind faith. As Jesus' words "follow me" echoed across the waters, the newly chosen disciples' spirits answered immediately. They dropped everything to go where they were needed. They had to.

Take a moment to ask yourself, how have I answered God's call in my life? Do I greet His summons with keys in hand and one foot out the door, or am I still slumped at the kitchen table? Let's pray that we too will drop everything when it's God "on the line".

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## FIRST SUNDAY OF THE MONTH:

Bring your souvenirs, invitations, thank yous, clippings, photos of Sacred Heart Memories to display and/or scrapbook. Place in the bright light teal basket on the liturgy table.



## WHAT'S IN YOUR HEART?

Today's readings show the special place the poor and the just have in God's heart. Consider the following questions as you ready yourself to preach on this week's readings, which include the Beatitudes, one of the great passages from all of religious literature:

- How can you help lead fellow members of your parish to be even better ministers to the hungry, the poor, the abandoned, the disabled?
- In what ways have the times you felt weak actually made you stronger?
- "The Lord protects strangers," says today's psalm. Are there strangers in your community who need your and your community's protection? Are there others, like Catholics who have left the church, whom you could welcome and thus make them "strangers" no more?

**Sunday, Feb 01, 2026**

### **Who wants to inherit the Earth?**

The simplest way to think of humility may be “knowing one’s limitations.” Don’t be more—or less—than you are. For Christians, though, humility means something deeper than practicing a virtue; it’s a matter of putting others first, and “others” include God, people, and all of creation. The monk Thomas Merton wrote, “. . . The right of another . . . is the expression of God’s love and God’s will.” Why follow this crazy-sounding advice? “Because Christ emptied himself . . . he humbled himself” (Philippians 2:7). As he did, and does, so we are to do: give of ourselves for the good of others. The stories of the saints reveal such humility. Their first thought was of God and the needs of those around them, not themselves. It’s a tall order, but humble attitudes and actions can connect you to God in your everyday life.

FOURTH SUNDAY IN ORDINARY TIME

Zephaniah 2:3; 3:12-13; 1 Corinthians 1:26-31; Matthew 5:1-12a (70). *“Blessed are the meek, for they will inherit the land.”*

**Monday, Feb 02, 2026**

### **Open the gifts children bring**

Like most parents, Mary and Joseph wanted the best for their child. They were faithful Jews and desired their son to be raised in the faith that had sustained them. They took Jesus to the Temple to be consecrated and presented to God, where they met Simeon and Anna, elders of the community. The elders immediately recognized Jesus as the Messiah, the fulfillment of God’s promise to Israel, a light to the whole world. What can you do this day to call forth the gifts of a child and encourage them to use those gifts to give light to the world?

FEAST OF THE PRESENTATION OF THE LORD

Malachi 3:1-4; Hebrews 2:14-18; Luke 2:22-40 or 2:22-32 (524). *“The child grew and became strong, filled with wisdom; and the favor of God was upon him.”*

**Tuesday, Feb 03, 2026**

### **God has a hand in healing**

Many stories of healing in scripture are of the miraculous variety; they’re “supernatural”—“above” nature—and on God’s power over everything, including natural things like illness. While such miracles seem rarer today, one of the keys to healing remains trust: in God, whether the outcome is an actual cure or the acceptance of one’s situation. Either way, suffering eases. “Grace does not destroy nature but perfects it,” says Saint Thomas Aquinas. Let the grace of faith bring some healing to your life.

2 Samuel 18:9-10, 14b, 24-25a, 30-19:3; Mark 5:21-43 (324).

*“Your faith has saved you. Go in peace and be cured of your affliction.”*

**Wednesday, Feb 04, 2026**

### **When familiarity breeds contempt**

“Well, who do they think they *are*?” neighbors wonder as they gossip about the behavior of other neighbors and make decisions like “they’ve grown too big for their britches.” In traditional societies—today and in the time of Jesus—such criticism tells people that the priorities of the community to fit in and get along are valued over priorities of the individual. But judging the personal lives of others can create conflict and cause jealousy. Indeed, “Envy is the mother of murder,” says Saint John

Chrysostom. Do you indulge in character assassination? If so, why? Take time to think about your motivations.

2 Samuel 24:2, 9-17; Mark 6:1-6 (325). *“A prophet is not without honor except in his native place and among his own kin.”*

**Thursday, Feb 05, 2026**

### **In solidarity with saints**

When facing challenges, we can turn to the saints for help. The church raises up women and men who are in solidarity with us, including saints who have experienced some of the same horrors that people today have. As we fight for human dignity and the protection of life, we can look to saints like Saint Agatha, who knew personally the terror of sexual assault and torture, or to Saint Josephine Bakhita, who was sold into slavery at the age of 7 and eventually won her freedom and became a Canossian sister, or to the saints among us, including many contemporary Catholic sisters, who are at the forefront of the struggle against human trafficking. Play your part in protecting the dignity and freedom of all people.

MEMORIAL OF AGATHA, MARTYR

1 Kings 2:1-4, 10-12; Mark 6:7-13 (326). *“They anointed with oil many who were sick.”*

**Friday, Feb 06, 2026**

### **A fruitful rain continues to nourish**

Brother Paul Miki, a Jesuit and a native of Japan, is the best known among the 26 martyrs who died in Japan in 1597. As he died on a hill in Nagasaki he said, “After Christ’s example I forgive my persecutors. I do not hate them. I ask God to have pity on all, and I hope my blood will fall on my fellow men as a fruitful rain.” Indeed, it did. Centuries later, missionaries returned to Japan to find thousands of Christians who had quietly preserved the faith underground until it was legalized. Let your life’s work also be a fruitful rain, nourishing all with whom you come into contact.

MEMORIAL OF PAUL MIKI AND COMPANIONS, MARTYRS

Sirach 47:2-11; Mark 6:14-29 (327). *“I want you to give me at once on a platter the head of John the Baptist.”*

**Saturday, Feb 07, 2026**

### **Give it a rest**

Is the weekend a time to relax for you? Saturday will find some of us on the job, for sure—someone’s got to keep those stores, restaurants, and theatres open. But even those of us who don’t go into work will still keep plenty busy over the weekend, driving the kids around, catching up on laundry, getting groceries, and doing everything else put on hold from Monday to Friday. Jesus invites his friends to step aside and “come away” from all that once in a while to rest our bodies and our spirits. Reserve a bit of Saturday for leisure.

1 Kings 3:4-13; Mark 6:30-34 (328). *“He said to them, ‘Come away by yourselves to a deserted place and rest a while.’”*

*Invest just five minutes a day, and your faith will deepen and grow—a day at a time*



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