



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.

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, LSV
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.

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.

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!



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

EUCARISTIC 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
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Youth Scholarship Account

Donation.....	\$30.00
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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 earthly 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.

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.



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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