



Sacred Heart Catholic Community of Wilton

May 31, 2026 • Feast of the Most Holy Trinity

PARISH COMMUNITY

Father John Christianson • jchristianson@crookston.org
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.

REMEMBER IN PRAYER

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

Jim Aakre
Barb Arbuckle
Sandra Brown
Clark Chambers
Kristy Christianson
Curt Connelly
Bill Downs
Alys Ann Edwards
Blake Edwards
Harriet Elsberd
Dennis Enright
Sophia Forchass
Briggs Geisen
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
Kate Mayo
Seth & Lochlan McClusky
Brody Moen
Delores Orth
Elizabeth Parthun
Joe Raiter
Janice Renner
Lubchek Ryzhy
Bernice Sauve
Larry Schmidt
Cathy Simenson
Kevin Smethers
Calvin Smith
John Sorensen
John Swanson
Peggy Thayer
Debbie Theis Miller
Katie Van Der Meer
Gary Vold
Ross Walters
Madonna Welter
Gary Wendleing



BEMIDJI SENIOR CENTER OPEN HOUSE

All are invited to an Open House at the Bemidji Sr Center on Wednesday June 3, 2026 from 1:30 to 3:30 pm.

There will be a Tour of the newly renovated lower level, stations with Center Activity Representatives, door prizes and refreshments served.

Everyone Welcome and encouraged to attend.

AN ONLY CHILD

In our country of abundance it's hard to understand the pressures an overpopulated, under-resourced country faces. Imagine a life where everything was controlled, including how many children you were "allowed". Limiting any couple's right to children is a horrifying thought. How precious that single child would be. And consider the terror involved when something threatened that child! What wouldn't a parent do to protect the only child they were to ever have?

Consider then, the only Son of God. Torn from the loving home of His Father, He was raised in a hate-filled, war-torn world. And even as He took that first, tiny breath, His Father knew that this precious, only child would be sacrificed. Imagine the pain as Our Father watched as the one child He would ever have was scourged, mocked and crucified. And yet, He bore this great sorrow for His adopted children, we, who so often ignore and deny the blood-bought adoption He has provided. Truly it can be said that God so loved the world that He gave His only Son. What more could a parent give?

WHAT'S IN YOUR HEART?

We all want answers, and it would be great if things were spelled out for us. But that isn't very often how it goes.

- What questions about my faith and the way things are trouble me the most?
- What definition of who Jesus is makes the most sense to me? When do I feel most confused?
- Do I feel chosen and precious in the sight of God, and as Saint Paul describes, am I allowing myself to be built into a spiritual house?
- In what ways do I do the works that Jesus did? What more should I do?

THREE FOR ONE

While the Trinity is perhaps the Christian doctrine, it's also one of the hardest to explain. Over the centuries people have used everything from sunbeams to shamrocks to try to describe how three "Persons"—Father, Son, and Holy Spirit—can be one God. Oceans of theological ink have been spilt on the topic; Saint Augustine of Hippo's *De trinitate* alone runs to 15 books. Not surprisingly, the Trinity is an official "mystery": above reason but not contrary to it. Faith and revelation are also required.

Of course the Trinity is present throughout scripture, but the Bible does not use the term. That honor goes first to one Theophilus of Antioch, around 180 A.D., and a lot of what Christians believe about the Trinity was battled over in those early centuries of the church. Much was at stake: What people said about the relationship between the Persons was connected to how they defined each of them. So to get the Trinity right you had to get things like the divinity of Jesus right.

Behind all the theology, though, is one word: love. The love within God that is God's very nature, the love God has for creation, and the trinitarian divine love in which all God's people have a share.

Joel Schorn

Joel Schorn is former managing editor of *TrueQuest Communications* and author of *Holy Simplicity: The Little Way of Mother Teresa, Dorothy Day and Thérèse of Lisieux* (Servant Books).



The Three are of one substance, power, and knowledge, and are one God.

—Saint Teresa of Avila

God for us, God alongside us, God within us.

—Father Richard Rohr, O.F.M.

Sunday, May 31, 2026

Creating, saving, making holy

What is God like? According to the Catechism of the Catholic Church, God is like a family—and vice versa. It says, “The Christian family is a communion of persons, a sign and image of the communion of the Father and the Son in the Holy Spirit.” God isn’t aloof, disconnected, and distant. God is creative, compassionate, and as close to us as our next breath. We cannot fully fathom the nature of God, but we can know that God is in our yearning as well as in the satisfying of those yearnings.

SOLEMNITY OF THE MOST HOLY TRINITY

Exodus 34:4b-6, 8-9; 2 Corinthians 13:11-13; John 3:16-18 (164). *“God so loved the world that he gave his only Son.”*

Monday, Jun 01, 2026

A sure thing

Saint Justin had intense desire to find God, and the truth of God led him to study scripture, prayer, and eventually become a Christian. The example of the Christian martyrs impressed him greatly. He had his chance to follow in their footsteps (in 166 A.D.) by professing his faith before a judge in Rome. Legend says he was asked, “Do you think that by dying you will enter heaven and be rewarded?” To which he replied, “I don’t just think so. I am sure of it!” For Justin the Christian faith just made sense. And once he accepted Christ, he was unpersuaded by anything else. Pray for such faithful certitude.

MEMORIAL OF JUSTIN, MARTYR

2 Peter 1:2-7; Mark 12:1-12 (353). *“Grace and peace be yours in abundance through knowledge of God and of Jesus our Lord.”*

Tuesday, Jun 02, 2026

Improve your long-term memory

Christian martyrs often faced stark, life-or-death choices. In their courageous leap of faith, they give witness to the gospel’s call to lose one’s life in order to gain it. In this spirit, we celebrate the memorial of the fourth-century martyrs Marcellinus and Peter, who surrendered their lives for the sake of faith and, we trust, received the glory of eternal life. Though the Romans and Goths sought to erase their memory over the centuries, Marcellinus and Peter live in the church’s collective memory. What are you doing today to ensure you will be remembered tomorrow for the love you showed?

MEMORIAL OF MARCELLINUS AND PETER, MARTYRS

2 Corinthians 6:4-10; John 17:11b-19 (575). *“Holy Father, keep them in your name.”*

Wednesday, Jun 03, 2026

Protect our young

It is hard to believe that someone would be put to death for defending children who were being sexually abused. But that is what happened to Charles and his companions in 19th-century Uganda. Sadly, we know that children in our “enlightened” society are still being abused physically and emotionally. We need more than just to be outraged. Even as powerful elites, media, and popular culture threaten the young, we as people of faith need to create an environment that is safe and affirming for all children.

Demand, as Charles did, that our young be protected and that abusers be held accountable.

MEMORIAL OF CHARLES LWANGA AND COMPANIONS, MARTYRS

2 Timothy 1:1-3, 6-12; Mark 12:18-27 (355). *“For God did not give us a spirit of cowardice but rather of power and love and self-control.”*

Thursday, Jun 04, 2026

Mercy makes us better

Mercy Sister Rosemary Connelly, R.S.M., who dedicated more than 50 years to serving the needs of children and adults with intellectual and developmental disabilities at Misericordia in Chicago, understood the true benefit of the mission of mercy: “At Misericordia we look upon each one of our children and adults as a person with individual needs, feelings, aspirations, limitations, and gifts. Each one is unique, a gift to us today, a loving person made by God with a purpose in life—no matter how wrapped in mystery that purpose is. We believe, we accept, we love each person and we are a better people because they have touched our lives.” This is the essence of the second of the greatest Commandments, to love others as we love ourselves. How do we do that? Simple: See the face of Jesus in each person we encounter.

2 Timothy 2:8-15; Mark 12:28-34 (356). *“To love your neighbor as yourself is worth more than all burnt offerings and sacrifices.”*

Friday, Jun 05, 2026

Take a deeper dive into scripture

While all scripture may be useful, one who merely tosses Bible quotations about and uses select (and sometimes mistranslated) texts to justify a prevailing prejudice is abusing scripture. The epistle writer Timothy encourages the use of scripture to equip us “for every good work,” not for attack. Our culture is accustomed to headlines and sound bites, but a serious faith requires us to deepen our understanding of both God and our world. We did not learn everything we need to know about our faith in kindergarten, or in CCD. Study up, and be sure to vet your teachers.

2 Timothy 3:10-17; Mark 12:35-37 (357). *“Remain faithful to what you have learned and believed, because you know from whom you learned it.”*

Saturday, Jun 06, 2026

How to turn a penny to gold

Alchemy was an ancient practice, part science and part philosophy, which aimed to create gold from lesser metals, discover a universal cure for disease, and, while they were at it, indefinitely prolong life. The fact that it never worked didn’t seem to stop anyone from trying. But there is a spiritual alchemy that actually does turn the small into the immeasurable. Look at the poor widow who received an eternal Kingdom for the price of two pennies. Mary of Nazareth gained the same Kingdom for a simple “yes.” Do you assess small gestures of love as your greatest asset?

2 Timothy 4:1-8; Mark 12:38-44 (358). *“A poor widow also came and put in two small coins worth a few cents.”*

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



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