



Sacred Heart Catholic Community of Wilton

June 7, 2026 • The Most Holy Body & Blood of Christ (Corpus Christi)

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.

6/7/26

Reading I Deuteronomy 8:2-3, 14b-16a
Responsorial Psalm Psalm 147:12-15, 19-20
Reading II I Corinthians 10:16-17
Gospel John 6:51-58

6/8/26

Reading I I Kings 17:1-6
Responsorial Psalm Psalm 121:1-8
Gospel Matthew 5:1-12

6/9/26

Reading I I Kings 17:7-16
Responsorial Psalm Psalm 4:2-5, 7b-8
Gospel Matthew 5:13-16

6/10/26

Reading I I Kings 18:20-39
Responsorial Psalm Psalm 16:1b-2ab, 4-5ab, 8, 11
Gospel Matthew 5:17-19

6/11/26

Reading I Acts 11:21b-26; 13:1-3
Responsorial Psalm Psalm 98:1-6
Gospel Matthew 5:20-26

6/12/26

Reading I Deuteronomy 7:6-11
Responsorial Psalm Psalm 103:1-4, 6-8, 10
Reading II I John 4:7-16
Gospel Matthew 11:25-30

6/13/26

Reading I I Kings 19:19-21
Responsorial Psalm Psalm 16:1b-2a and 5, 7-10
Gospel Matthew 5:33-37



MARK YOUR CALENDAR

June 7 Second Collection
Capital Improvements

Potluck
Following Mass.

June Serving Crew
Bruce & Lorraine Galland

June 27 Celebration of Life • Lois Hadrava
3:00 pm, Sacred Heart

KC'S WALLEYE CLASSIC

Stephen Aultman will be selling Knight of Columbus Walleye Classic tickets after mass. Tickets are \$10.00 each for a chance at a boat, motor and trailer package worth \$38,439.00, 1 drawing for \$1,000, 1 drawing for \$500.00, 2 drawings for \$250.00, 15 drawings for \$100.00 and 5 drawings for a 1/2 day guided fishing trip. Drawing on June 13th, need not be present to win.



Mass Intentions

MASS INTENTIONS

For the Repose of the Soul of
Bernice Sauve
by the Homebound Ministers

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.



HAPPY BIRTHDAY!

• June 9 •

RICHARD ANDERSON



HAPPY ANNIVERSARY!

• June 13 •

MIKE & RUTH WALTERS



ANNIVERSARY PARTY

All are invited to celebrate Richard & Vange Anderson's 50th Wedding Anniversary on Saturday, June 13th at the Eagles Club in Bemidji. Open house will be from 5-7 pm, with a dance from 7-11 pm. Please RSVP to Jeff & Jennifer Anderson at (507) 398-5910. No gifts please.



JUNE 7

Greeters.....Ann Illies
Altar Server.....Brenalen Fredriksen-Holm
Announcers & Readers.....Laura Carleton
Lynn Eaton, Megan Fuller
Ushers.....John Trammell
John Sorensen
Eucharistic Ministers.....Carol Bjelland
Theresa Wilander, Evie Johnson

JUNE 14

Greeters.....Lorraine Galland
Altar Server.....Teegun Rucinski
Announcers & Readers.....Candy Barthel
Josie Proulx, Jim Sparkes
Ushers.....Karl Oestreich
Zach Thoma
Eucharistic Ministers.....Kathy Carrlson
Stephanie Downey, John Trammell,

JUNE 21

Greeters.....Jim Sparke
Altar Server.....Parker Fuller
Announcers & Readers.....Deb Heineman
Josie Proulx, Molly Vollbrecht
Ushers.....Theresa Wilander
Carol Bjelland
Eucharistic Ministers.....Theresa Wilander
Mary Sorensen, Evie Johnson

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

May 31, 2026

General Account

Children.....	\$5.00
Adults.....	\$1,040.00
Loose.....	\$119.00
Doughnuts.....	\$44.00
Mass Intention.....	\$20.00
Mailed.....	\$20.00

Cemetery Account

Donations.....\$175.00

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
Sandra Brown
Clark Chambers
Kristy Christianson
Curt Connelly
Bill Downs
Alys Ann Edwards
Blake Edwards
Harriet Elsberd
Dennis Enright
Marty Fallon
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 Ryzhyy
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



YOU ARE WHAT YOU EAT

Most 21st century citizens can quote a raft of nutritional facts: which vitamins are good for skin or bones, which herbal supplements delay the aging process, etc. The media bombards us daily with food conscious advertising, encouraging us to take control of our diet, weight and health simultaneously pelting us with fast food commercials. Watch what you eat is today's mantra, whether it's chicken nuggets or slim-fast.

Strangely enough, God has the same message for us. We are what we eat. Earthly food and nutrition only fuels the body on its road to eventual death. Too often we preen our bodies, while our starving spirits lay neglected. Today's gospel calls us to consider anew our spiritual diet. Have we eaten at His table? Do we regularly taste His flesh and blood, or merely stuff ourselves with mortal bread? On this feast of the Body and Blood God tells us that true spiritual food is given freely at His table. Come and eat today He says, and become what you eat. "Whoever eats my flesh and drinks my blood remains in me and I in him." Can any earthly diet offer so much?



REAL PRESENCE RADIO

Take Real Presence Radio with you wherever you go with the RPR mobile app! Listen live, pray with us, access podcasts, and stay connected to uplifting Catholic programming anytime, anywhere. Plus, exciting new app updates are coming soon for an even better listening experience! Scan the QR code or find us by searching Real Presence Radio on Google or Apple app store.



CONSECRATION

As the United States of America commemorates the 250th anniversary of the signing of the Declaration of Independence in 2026, the USCCB joins this celebration by lifting up the contributions of Catholics and the impact of our faith on the history of this country.

In a historic moment, the U.S. bishops will consecrate the United States to the Sacred Heart of Jesus on June 11, 2026, and invite all parishes to join in this consecration.



NORTHLAND CATHOLIC

Stay connected to Bishop Cozzens and
the Diocese of Crookston through the
Northland Catholic weekly e-newsletter!



Diocese of
CROOKSTON

TEXT **DIOCROOKSTON** TO
84576 TO SIGN UP TODAY!

Visit our URL below to
sign up online!

diocrookston.flocknote.com

Sunday, Jun 07, 2026

A living liturgy

A document from the Second Vatican Council calls the liturgy the “summit toward which the activity of the church is directed; at the same time, it is the fountain from which all her power flows.” In other words, for members of the church, liturgy is the source of life, and also that toward which life is directed. Life should be a living liturgy, and liturgy should be alive. The communion you have with God in the Eucharist celebrates the communion you have with God at all times, and the sacrifice you offer with Christ and the church at Mass empowers you to go forth and give of yourself. When you pray before Mass and after Communion, think about how what happens in church connects to what happens in the rest of your life.

SOLEMNITY OF THE MOST HOLY BODY AND BLOOD OF CHRIST (CORPUS CHRISTI)

Deuteronomy 8:2-3, 14b-16a; 1 Corinthians 10:16-17; John 6:51-58 (167). *“My flesh is true food, and my blood is true drink.”*

Monday, Jun 08, 2026

Best sermon ever

You can think of the famous Beatitudes—“sermons” Jesus delivers from various elevations, in Luke 6:20-26 (on the plain) and Matthew 5:1-12 (on a mountain)—as a kind of job description God hands out to believers. Those who are “blessed” or “happy” in the eyes of God do some specific things. They are poor in spirit and they hunger and thirst for righteousness—in other words, they trust completely in God and dedicate themselves to doing God’s will. They are humble. They show mercy, are honest, bring peace, and are willing to suffer to remain faithful. By living in these ways, we help bring about the kingdom of God, now and to come, and set the world and ourselves on a path of profound blessedness and happiness.

1 Kings 17:1-6; Matthew 5:1-12 (359). *“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.”*

Tuesday, Jun 09, 2026

You get what you give

How many of us, during a time of drought and famine, would have sufficient trust in God to offer a stranger our last morsel of food, solely based on the promise that if we did so, God would provide for our own needs? A widow the prophet Elijah encounters does just that and she is rewarded with an unceasing bounty from God. Trusting God when the evidence may be scant is the challenge and wisdom of our faith. As the 13th-century Dominican Friar Saint Henry Suso says, “Abandon yourself utterly for the love of God, and in this way you will become truly happy.”

1 Kings 17:7-16; Matthew 5:13-16 (360). *“The God of Israel, says, ‘The jar of flour shall not go empty, nor the jug of oil run dry.’”*

Wednesday, Jun 10, 2026

Here comes the reign

Jesus preached constantly about the coming of the reign of God, which began on Earth with Jesus’ death and Resurrection. According to the church, it’s up to us Christians to further God’s reign until it’s brought into perfection at the end of time. Pope John Paul II wrote, “The kingdom of God is the manifestation and the realization of God’s plan of salvation in all its fullness.” A reign of

love, peace, and justice, extending to all and lasting forever—now that is something to work toward. We start by living as Christ did.

1 Kings 18:20-39; Matthew 5:17-19 (361). *“Whoever obeys and teaches these commandments will be called greatest in the Kingdom of heaven.”*

Thursday, Jun 11, 2026

A little encouragement goes a long way

Saint Barnabas earned his name—which means “son of encouragement”—because of his work for the early Christian community, taking the recent convert Saint Paul under his wing, representing the original apostles at Antioch, and with Paul going on missions to the Gentiles. Barnabas was willing to do his part, whether leading or supporting others, and always promoting the peace of Christ. How can you be a daughter or son of encouragement today?

MEMORIAL OF BARNABAS, APOSTLE

Acts 11:21b-26; 13:1-3; Matthew 5:20-26 (580/362).

“Barnabas ... was a good man, filled with the Holy Spirit and faith.”

Friday, Jun 12, 2026

What’s in your heart?

When a businessman turned 40, he began to realize he wasn’t really a self-made man, and he sought out his third-grade teacher to thank her for all she’d meant to him. She strained her aging eyes as he approached her in the nursing home, but recognition dawned along with a huge smile. “I’ve kept you in my heart all these years,” she told him. He knew just what she meant. The heart is the symbol of the inner life of a person. Jesus is often depicted with a heart on fire with love—for us! The fire in his heart can become the fire in our own. What’s in your heart today? Is there room for love?

SOLEMNITY OF THE MOST SACRED HEART OF JESUS

Deuteronomy 7:6-11; 1 John 4:7-16; Matthew 11:25-30 (170).

“Come to me, all you who labor and are burdened, and I will give you rest.”

Saturday, Jun 13, 2026

A simple yes will do

We live in a culture that doesn’t trust words to do what they are intended to do—that is, to communicate meaning. The ocean of words that engulfs us in advertising, media, paperwork, email, and voicemails can make small words like yes or no seem lost from view unless hooked up with powerful, charged language full of emotion or even profanity. When Mary spoke to the angel her answer to the divine question, she used gentle words: “Let it be done as you say.” Those quiet words still echo around the universe their mighty intention.

MEMORIAL OF THE IMMACULATE HEART OF THE BLESSED VIRGIN MARY

1 Kings 19:19-21; Matthew 5:33-37 (364). *“Do not swear at all; not by heaven, for it is God’s throne; nor by the earth, for it is his footstool.”*

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



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