



Sacred Heart Catholic Community of Wilton

June 28, 2026 • Thirteenth Sunday in Ordinary Time

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

Symon Schindler-Syme
Mary Sorenson.....(218) 368-7895
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.

6/28/26

Reading I 2 Kings 4:8-11, 14-16a
Responsorial Psalm Psalm 89:2-3, 16--19
Reading II Romans 6:3-4, 8-11
Gospel Matthew 10:37-42

6/29/26

Reading I Acts 3:1-10
Responsorial Psalm Psalm 19:2-5
Reading II Galatians 1:11-20
Gospel John 21:15-19

6/30/26

Reading I Amos 3:1-8; 4:11-12
Responsorial Psalm Psalm 5:4b8
Gospel Matthew 8:23-27

7/1/26

Reading I Amos 5:14-15, 21-24
Responsorial Psalm Psalm 50:7-13, 16bc-17
Gospel Matthew 8:28-34

7/2/26

Reading I Amos 7:10-17
Responsorial Psalm Psalm 19:8-11
Gospel Matthew 9:1-8

7/3/26

Reading I Ephesians 2:19-22
Responsorial Psalm Psalm 117:1bc, 2
Gospel John 20:24-29

7/4/26

Reading I Amos 9:11-15
Responsorial Psalm Psalm 85:9-14
Gospel Matthew 9:14-17



MARK YOUR CALENDAR

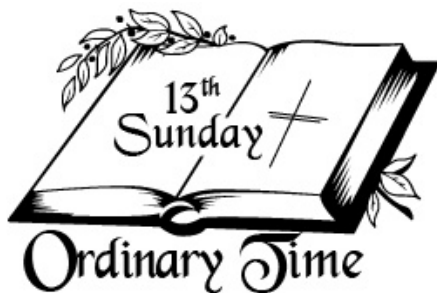
July 5 Second Collection
Capital Improvements

Potluck
Following Mass.

June Serving Crew
Fuller Family

August 7 Memorial Service •

Clark Chambers
11:00 am, St. Philip's



Mass Intentions

MASS INTENTIONS

For healing for
Margie Lisak

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 29 •

SID BJELLAND

• July 3 •

RICHARD LUDTKE

FINANCES

June 14, 2026

General Account

Children.....	\$5.00
Adults.....	\$698.88
Loose.....	\$188.00
Doughnuts.....	\$27.00
Mailed.....	\$20.00

Capital Improvement Account

Donations.....	\$25.00
----------------	---------

Youth Scholarships

Donation.....	\$30.00
---------------	---------

Cemetery Fund

Donation.....	\$100.00
---------------	----------

June 21, 2026

General Account

Children.....	\$5.00
Adults.....	\$1,312.77
Loose.....	\$224.00
Doughnuts.....	\$52.00

Youth Scholarships

Donation.....	\$30.00
---------------	---------

Cemetery Fund

Donation.....	\$75.00
---------------	---------



JUNE 28

Greeters.....Ann Illies
Altar Server.....John Carrlson
Announcers & Readers.....Lois Jenkins
Candy Barthel, Jim Sparke
Ushers.....John Trammell
John Sorensen
Eucharistic Ministers.....Lorraine Galland
John Trammell, Kathy Carrlson

JULY 5

Greeters.....Lorraine Galland
Altar Server.....Joseph Smith
Announcers & Readers.....Megan Fuller
John Carrlson, Ann Illies
Ushers.....Karl Oestreich
Zach Thoma
Eucharistic Ministers.....Karen Shafer
Stephanie Downey, Carol Bjelland

JULY 12

Greeters.....Jim Sparke
Altar Server.....Brenalen Fredriksen-Holm
Announcers & Readers.....Joe Rucinski
Alyssa Schindler, Kathy Dreher
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.*



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
Kristy Christianson
Curt Connelly
Bill Downs
Alys Ann Edwards
Blake Edwards
Harriet Elsberd
Dennis Enright
Marty Fallon
Sophia Forchass
Lorraine Galland
Briggs Geisen
Brandi Green
Brandon Hart
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
Larry Schmidt
Cathy Simenson
Kevin Smethers
Calvin Smith
John Sorensen
John Swanson
Peggy Thayer
Debbie Theis Miller
Katie Van Der Meer
Gary Vold
Madonna Welter



COURTING DISASTER

There's no harm in avoiding trouble is there? Common sense teaches us to endure the problems we already have and then avoid the rest. No one in their right mind purposely courts disaster. Or do they?

For the early church, there was no way to proclaim Jesus and avoid persecution. Believers made a willing, active choice to step out into trouble, welcoming the harshest of penalties, even death. And that willingness to sacrifice is still part of our Christian walk today. Jesus tells us we must "take up" our cross to be worthy of Him. It is not enough to merely endure the small troubles of life and living. We must be willing instead to reach down and lift Jesus' cross of self-sacrifice and self-denial to our shoulders, willingly accepting the sorrows it may bring. As we carry our cross faithfully behind Him, we proclaim ourselves true believers, loving Him and His gospel more than our own comfort and security. Courting disaster? Maybe, but the end reward is more than we could find in any other way

©Copyright 2005 C L Enterprises



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.

Govern Your People



JUST REWARDS

In a scene from the 1967 film *To Sir, with Love*, a sadistic gym teacher forces a student to jump a horse set well beyond the student's ability. The student can't clear it and the rickety horse collapses underneath him. The other students, fed up with the bullying of the teacher, encircle him and begin yelling. One student, Potter, grabs a jagged piece of the broken leg of the horse and moves menacingly toward the teacher.

Another student quickly runs to get their homeroom teacher Mr. Thackery, played by Sidney Poitier. Thackery rushes to the gym just in time to stop the weapon-wielding Potter from hitting the gym teacher.

Later, back in homeroom, Thackery, who has been trying to prepare his graduating students to become adults, tells Potter that he must apologize to the gym teacher. Potter is outraged saying the gym teacher was a bully who had it coming. Thackery explains, "You're missing the point. In a few weeks you will be going out into the world. Are you going to use a weapon every time someone makes you angry? You owe Mr. Bell an apology." Reluctantly, Potter agrees.

It is a hard-won lesson, as were most of the lessons Thackery imparts about personal choices and responsibility. By the end of the term, the students understand that "Sir," as they call him, has given them a tremendous gift: the chance to be a better version of themselves. In return, they present him with a token of their appreciation—a silver tankard, accompanied by a note signed by them all: "To Sir, with Love." Such is the reward of the righteous.

Patrice J. Tuohy

Patrice Tuohy, co-founder of TrueQuest Communications and publisher of *PREPARE THE WORD*, is an award-winning writer, editor, designer, and author of a number of articles on Catholic life.

Sunday, Jun 28, 2026

Losses and gains

In the gospel, the evangelists proclaim a paradox: Life springs from barrenness, hope rises from loss, and we find life precisely by giving it away. These truths converge in the life, death, and Resurrection of Jesus, which reveal that even suffering, loss, and hardship are not meaningless, but caught up in God's saving work. A resurrection faith does not deny the cross; it embraces it and carries it toward eternal life. It does not remove the weight of the daily grind, but transforms it. As Saint Augustine says, "Our praise is marked by joy, our prayer by groans." The true evidence of such faith is not ease, but a steady hope—and a life poured out in love and service to others.

THIRTEENTH SUNDAY IN ORDINARY TIME

2 Kings 4:8-11, 14-16a; Romans 6:3-4, 8-11; Matthew 10:37-42 (97). *"Whoever finds his life will lose it, and whoever loses his life for my sake will find it."*

Monday, Jun 29, 2026

Find common ground

It probably would not have been wise to invite Peter and Paul to the same party. Brash and impetuous, Peter wore his heart on his fisherman's sleeve. Paul was the proper and prayerful former Pharisee. They were known to disagree on important issues but were always able to find common ground by celebrating the sacred meal that Peter first experienced at the Last Supper and Paul described in his letters. Spiritual writer Henri Nouwen says, "A meal together is one of the most intimate and sacred human events." Indeed, he argues, "Much more happens at a meal than satisfying hunger and quenching thirst. Around the table we become family, friends, community, yes, a body." In the hopes of laying the foundation for something great, just as Peter and Paul did, share a meal with someone who doesn't share your perspective.

SOLEMNITY OF SAINTS PETER AND PAUL, APOSTLES

Acts 12:1-11; 2 Timothy 4:6-8, 17-18; Matthew 16:13-19 (591). *"Blessed are you, Simon son of Jonah. For flesh and blood has not revealed this to you."*

Tuesday, Jun 30, 2026

Martyrs live

Tertullian, one of the first Christian theologians, wrote: "The blood of the martyrs is the seed of the church." The church's first martyrs are commemorated a day after the Solemnity of Saints Peter and Paul—who tradition says were also victims of Nero's slaughter, beginning in 64. And martyrs aren't meant to be just a memory but also a model. Look no further than first responders, essential workers, and service men and women to see modern examples of those following the model of self-sacrifice for the sake of others. Offer a sign of gratitude for their brave witness.

MEMORIAL OF THE FIRST HOLY MARTYRS OF THE HOLY ROMAN CHURCH

Amos 3:1-8; 4:11-12; Matthew 8:23-27 (378). *"Why are you terrified, O you of little faith?"*

Wednesday, Jul 01, 2026

Give yourself the full treatment

Some of us take naturally to the care of the body: eating a balanced diet, exercising regularly, making sure we get to bed at a reasonable hour. Others are more attuned to the care of the soul, maintaining a routine of prayer, spiritual direction, and retreat. The spiritually mature person doesn't see this as an either-or

proposition. We are creatures of body and spirit, and Jesus regularly healed both aspects of those who came to him. Examine your habits and determine where you owe some attention. Remember this wisdom commonly attributed to Saint Augustine: "Take care of your body as if you were going to live forever; and take care of your soul as if you were going to die tomorrow."

Amos 5:14-15, 21-24; Matthew 8:28-34 (379). *"Seek good and not evil, that you may live."*

Thursday, Jul 02, 2026

Minimum daily forgiveness

In biblical times, people made a direct connection between illness and sin. If someone were sick, it must have been because they sinned. To forgive sins, then, could bring healing. Today we are less inclined to see sin and health in this way. But if we think of salvation as restoration to wholeness—in mind, body, and spirit—forgiveness and healing may be closer than we think. When we forgive or are forgiven, a healthy balance is restored in us and our relationships. A big part of how Jesus saves is his power to forgive sins, which he extends to the church. Put this power to use daily.

Amos 7:10-17; Matthew 9:1-8 (380). *"Which is easier, to say, 'Your sins are forgiven,' or to say, 'Rise and walk?'"*

Friday, Jul 03, 2026

The benefit of the doubt

Legends abound about Thomas, including his preaching, in what is now Iran. More often he is credited for bringing faith to India. When the Portuguese arrived there in 1498, Christian communities attributed to him were still functioning. Not bad for someone stuck with the title "Doubting." Thomas' life of faith gives the lie to doubt being a sign of lack of faith. Doubt brings questions that strengthen faith. Your own search for answers will lead you down many paths. Like Thomas, share your faith along the way.

FEAST OF THOMAS, APOSTLE

Ephesians 2:19-22; John 20:24-29 (593). *"Thomas answered and said to him, 'My Lord and my God!'"*

Saturday, Jul 04, 2026

Preserving old truths in new times

Ah, the flexibility of Catholic tradition! In every age, it manages to hold fast to the truths of the gospel while offering new understandings and interpretations. Pope John XXIII expressed it this way in *Gaudium et spes*: "The Church seeks but a solitary goal: to carry forward the work of Christ under the lead of the befriending Spirit. . . . To carry out such a task, the Church has always had the duty of scrutinizing the signs of the times and interpreting them in the light of the Gospel." This spirit of *aggiornamento*, or adaptation, is a guiding principle of the Catholic faith. The challenges of our time—such as the dangers and disconnection brought about by advanced technology—differ from those faced by the first disciples. Yet Christians in every age are called to discern the most loving response to each situation and circumstance. That is the unchanging truth of the gospel.

Amos 9:11-15; Matthew 9:14-17 (382). *"They pour new wine into fresh wineskins, and both are preserved."*

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



© 2026 TrueQuest Communications. All rights reserved. Noncommercial reprints permitted with the following credit: Reprinted with permission from TakeFiveForFaith.com. Scripture citations from the New American Bible Revised Edition. **Signup for free daily email available at [TakeFiveForFaith.com/subscribe](https://www.TakeFiveForFaith.com/subscribe).**