



# Sacred Heart Catholic Community of Wilton

July 5, 2026 • Fourteenth 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.



## 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



### 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.



### 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.



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



TEXT DIOCROOKSTON TO 84576 TO SIGN UP TODAY!

Visit our URL below to sign up online!  
[diocrookston.flocknote.com](http://diocrookston.flocknote.com)

## Govern Your People



### DON'T LET THE PARADE PASS YOU BY

On this Fourth of July weekend, I have a confession to make: I am not very fond of parades. There is nothing more boring for me than to stand on the sidelines as floats and bands pass by. It is even more of a drag to watch it on television.

I've never marched in a parade. But I am guessing that some kind of actual involvement would be more fun than just watching it. Waving at the crowds, hearing their cheers, throwing beads, being a participant rather than just a spectator could make it exciting.

The story of our faith unfolds like a parade before us. Jesus comes to us as the prophets promised. He offers to take away our burdens if we come to him. Do we stand on the side or do we join in the parade and march alongside those seeking rest and those who have gone before us who have found rest and helped unburden those who were struggling under the weight of injustice?

We who live in democracies are blessed with an incredible gift of freedom. We can choose how and where we worship or whether to worship at all. For Christians living in a free land, the best way to celebrate our liberty is to join in the parade and walk with Jesus.

*Father Dominic Grassi*

Father Dominic Grassi is retired pastor emeritus of St. Gertrude Catholic Parish in Chicago and the author of several award-winning books, including *Death in Chicago: Winter* (ACTA, 2018) and *Living the Mass with Joe Paprocki* (Loyola Press, 2005). He is the 2017 recipient of the St. John XXIII Award, which is given by the Association of Chicago Priests for excellence in priestly ministry and for significant contributions to the life of the Church of Chicago.

## Sunday, Jul 05, 2026

### See with the eyes of a child

"I see dead people . . . walking around like regular people," confessed the preternatural child in the thriller *The Sixth Sense*. It is not uncommon for children to be portrayed in movies and literature as possessing special powers or visionary gifts. And we know that, as the old TV show put it, "kids say the darndest things." Because kids haven't been completely conditioned to adult social conventions, they sometimes see and say things that "wise" adults miss entirely—or perhaps simply have forgotten how to see. If we make the effort to recover the childlike innocence and openness so prized by Jesus, God has much to reveal to us—things that until now have been hidden only by the limitations of our own vision.

FOURTEENTH SUNDAY IN ORDINARY TIME

Zechariah 9:9-10; Romans 8:9, 11-13; Matthew 11:25-30 (100).

*"Although you have hidden these things from the wise and the learned you have revealed them to little ones."*

## Monday, Jul 06, 2026

### Love leads to faith and hope

We toss around words like *fidelity* and *trust*. The prophet Hosea uses his promiscuous wife and his faithfulness to her to show us how to remain faithful to God. Hosea decides no matter what, he will remain loyal to his wife. He will "speak to her heart" and wed her to righteousness and justice so that she "will know the Lord." The gospel of Matthew mirrors that same faith and trust, in the story of the official who asks Jesus to give him back his deceased daughter. Both Hosea and the official cannot exhibit such faith and trust without the love they have—Hosea for his wife and the official for his daughter. Without love there cannot be faith and hope. Today we pray for faith and hope and the love to make them real in our lives.

Hosea 2:16, 17c-18, 21-22; Matthew 9:18-26 (383). *"My daughter has just died. But come, lay your hand on her, and she will live."*

## Tuesday, Jul 07, 2026

### Praise each day keeps the devil away

What keeps us from praising God all day long? Oh, probably a lot of things. Bad moods. Rushing around. People who drive us nuts. Distractions besiege us that make praise the furthest thing from our minds. But as the simplest form of prayer, praise could be the easiest way to find more time for spiritual growth. Indeed, Saint John Paul II says, "One must arrange one's life so that everything praises God." Try offering a few silent words of praise every hour. As you drive: What wonderful trees! As you look at your children: How creative, Lord! As you cook: Food smells so good! Keep the devil off your tongue with a mouthful of praise.

Hosea 8:4-7, 11-13; Matthew 9:32-38 (384). *"And when the demon was driven out the mute man spoke."*

## Wednesday, Jul 08, 2026

### Power to God's people

Don't you hate it when you see young people, particularly those closest to you, doing bad things? Isn't there some way you can take charge of the situation and turn them back to good? Evidently there is. "To convert somebody, go and take them by the hand and guide them," advises Saint Thomas Aquinas. That may not always be physically possible, but we can lead by example. When we really believe in God's reign and proclaim it by the way we

live, then we experience the authority over evil that Jesus gives us. To trust in God always, to forgive wrongdoing, and to care for others is to tap into the life-changing power of God's kingdom. Don't be afraid to use the power God gave you.

Hosea 10:1-3, 7-8, 12; Matthew 10:1-7 (385). *"Jesus ... gave them authority over unclean spirits to drive them out and to cure every disease and every illness."*

## Thursday, Jul 09, 2026

### Bless all in this house

Have you ever blessed your home? Blessing your home brings the presence of God to it and all who live in or visit it. Such a blessing asks for God's protection of your home and reminds those who come through the door to dwell in holiness. It also helps us remember how all good things come from God. You can ask a priest to bless your home, or you can gather your household and do it yourself. A home-blessing ritual is available in the book *Catholic Household Blessings and Prayers*, published by the U.S. bishops. May God fill your hearts and homes with peace.

Hosea 11:1-4, 8e-9; Matthew 10:7-15 (386). *"If the house is worthy, let your peace come upon it."*

## Friday, Jul 10, 2026

### Love leaves an impression

Sonnets of love describe with passionate detail the merits of the beloved that draw such devotion: eyes, hair, lips. Who would declare a burning love in vague or abstract terms? Would such a theoretical declaration ever be convincing? In the same way, Pope Francis argued, "There is no abstract love; it does not exist. Concrete love is the one that gets its hands dirty." Our love is shaped by our actions. We step into the mix and make our intentions known. We say, "I love you" but more important, we show that we love in the way we live each day. We make our mark for the benefit of others to ensure our love is a real and tangible thing.

Hosea 14:2-10; Matthew 10:16-23 (387). *"Let him who is wise understand these things; let him who is prudent know them."*

## Saturday, Jul 11, 2026

### A good guide to follow

Saint Benedict's wisdom has guided people for centuries. Among the gems of his *Rule* are the first words: "Listen carefully," followed by this distillation of other key teachings: The search for security, wealth, and salvation is futile. Instead, treat each hour as gift. See in each day reasons for joy. Reverence the tools of work like the vessels of the altar. Small, daily brush strokes create the stunning canvas. Important decisions should be made with consultation, gaining the richness of different viewpoints. Learn from relationships not to take oneself too seriously. Know the value of silence. Choose one of these guidelines to follow each day for a week. Then start again!

MEMORIAL OF BENEDICT, ABBOT

Isaiah 6:1-8; Matthew 10:24-33 (388). *"Even all the hairs of your head are counted."*

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



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