



Sacred Heart Catholic Community of Wilton

August 2, 2026 • Eighteenth 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

Ann Illies.....(218) 751-9254
Lois Jenkins(218) 444-8140
Carol Bjelland.....(218) 760-1046

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.

8/2/26

Reading I Isaiah 55:1-3

Responsorial Psalm Psalm 145:8-9, 15-18

Reading II Romans 8:35, 37-39

Gospel Matthew 14:13-21

8/3/26

Reading I Jeremiah 28:1-17

Responsorial Psalm

Psalm 119:29, 43, 79-80, 95, 102

Gospel Matthew 14:22-36

8/4/26

Reading I Jeremiah 30:1-2, 12-15, 18-22

Responsorial Psalm Psalm 102:16-23

Gospel Matthew 14:22-36

8/5/26

Reading I Jeremiah 31:1-7

Responsorial Psalm Jeremiah 31:10-13

Gospel Matthew 15:21-28

8/6/26

Reading I Daniel 7:9-10, 13-14

Responsorial Psalm Psalm 97:1-2, 5-6, 9

Reading II 2 Peter 1:16-19

Gospel Matthew 17:1-9

8/7/26

Reading I Nahum 2:1, 3; 3:1-3, 6-7

Responsorial Psalm Deuteronomy 32:35-36, 39, 41

Gospel Matthew 16:24-28

8/8/26

Reading I Habakkuk 1:12—2:4

Responsorial Psalm Psalm 9:8-13

Gospel Matthew 17:14-20



MARK YOUR CALENDAR

August 2 Second Collection

Capital Improvements

Potluck

Following Mass.

August Serving Crew

August 7 Memorial Service •

Clark Chambers

11:00 am, St. Philip's

September 19 Fall Dinner Prep

September 20 88th Annual Fall Dinner

11 am-2 pm

WE NEED HELP FOR AUGUST KITCHEN DUTIES

Today, Sunday, August 2 the Confirmation Class will host potluck. But we need volunteers for the other four Sundays of August. If you can help, please let Polly know.

Sunday, August 9:

Sunday, August 16:

Sunday, August 23:

Sunday, August 30



Mass Intentions

MASS INTENTIONS

For Healing For

Lisa Hand

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.



HAPPY BIRTHDAY!

• August 3 •

TRENTEN FREDRIKSEN-HOLM

• August 5 •

JANET LARSON

• August 6 •

WYATT PETERSON

• August 6 •

MASON BITKER



HAPPY ANNIVERSARY!

• August 5 •

TOM & MILLIE LUNDBERG

SAFE ENVIRONMENTS RETREAT

Please join us for our upcoming Safe Environment Retreat on Thursday, August 6, 2026.

To RSVP Safe Environment Retreat by August 1, 2026

Event Agenda & Highlights

Time: 9:30 am – 2:00 pm

Where: Pastoral Center

Mass and Adoration

Expert guest speaker focusing on Human Trafficking awareness

New Faith Formation and Circle of Grace training information

Lunch will be provided



AUGUST 2

Greeters.....Ann Illies

Altar Server.....Joseph Smith

Announcers & Readers.....Lois Jenkins

John Carrlson, Jim Sparke

Ushers.....Theresa Wilander

Carol Bjelland

Eucharistic Ministers.....Evie Johnson

Mary Sorensen, Theresa Wilander

AUGUST 9

Greeters.....Lorraine Galland

Altar Server.....John Carrlson

Announcers & Readers.....Joe Rucinski

Josie Proulx, Ann Illies

Ushers.....John Trammell

John Sorensen

Eucharistic Ministers.....Kathy Carrlson

John Trammell, Lorraine Galland

AUGUST 16

Greeters.....Ann Illies

Altar Server.....Brenalen Fredriksen-Holm

Announcers & Readers.....Kathy Dreher

Vange Anderson, Alyssa Schindelar

Ushers.....Karl Oestreich

Zach Thoma

Eucharistic Ministers.....Carol Bjelland

Stephanie Downey, Karen Shafer

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.**

ATTENTION - FOOD SHELF VOLUNTEERS

All Sacred Heart Food Shelf Volunteers are invited to attend an Ice Cream Social at the Bemidji Food Shelf on Sunday August 16, 2026 from 1 to 3 o'clock. The Food Shelf is a non-profit organization reliant on community and parish volunteers to operate effectively. We have an awesome group of faithful hard working volunteers from Sacred Heart that are representing our parish well. Thanks to Polly, Mardelle, Evie, Carol, Greg & Gretchen, Doris & Andy, Richard & Vangie, Irma, Theresa, Lisa, Gloria and Jim & Darlene. Recent summer helpers were Meghan & Elizabeth. God Bless you all,
Coordinator, Josie

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
Lisa Hand
Brandon Hart
Johanna Heineman
Harlan Johnson
Van Johnson
Whitey Kloepfner
Rosie Larson
Mike Lien
Margie Lisak
Kay Lisak-Buck
Julianne Little
Rick Ludtke
Lydia
Kate Mayo
Seth & Lochlan McClusky
Brody Moen
Delores Orth
Elizabeth Parthun
Joe Raiter
Janice Renner
Lubchek Ryzhy
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

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 Women's Cursillo on the weekend of September 24-27 and the Men's Cursillo on the weekend of October 22-25 and the at the Nazareth Retreat House in Crookston. Applications are available at <https://crookstonscursillo.weebly.com/>.

Congratulations on your Baptism. Sebastian Schindler-Syme



July 26, 2026

FINANCES

July 26, 2026

General Account

Children	\$5.00
Adults	\$1,060.00
Loose	\$151.00
Doughnuts	\$13.00

Youth Scholarships

Donation from anonymous
Parishioner from St. Philips Raffle..\$100.00

Cemetery Fund

Donation.....\$125.00



ALPHA

Come for dinner.
Stay for the conversation.

FREE DINNER

SHORT VIDEO

HONEST CONVERSATION

Explore life's biggest questions in a welcoming, no-pressure environment.

**MONDAYS**
SEPT. 14 - NOV. 16
6:00 - 8:00 PM

ST. PHILIP'S
CATHOLIC CHURCH
Social Hall

FREE
Adults 18+

Invite a friend!
Everyone is welcome.



**REGISTER TODAY!**

Questions. Faith. Meaning. You're not alone.
WE'D LOVE TO SEE YOU THERE!

Sunday, Aug 02, 2026

Thought for food

“Give them something to eat” was Jesus’ mandate to his disciples concerning the hungry masses. It is still his mandate to us today as more than 800 million people—one-tenth of the world’s population—live in extreme poverty on less than three U.S. dollars a day. With grain and fertilizer prices skyrocketing, the world’s poorest have never been more vulnerable. If we want people to be able to feel the loving presence of God in their lives, let’s first make sure they aren’t feeling the wracking pain of chronic hunger. Gather ideas on how to help.

EIGHTEENTH SUNDAY IN ORDINARY TIME

Isaiah 55:1-3; Romans 8:35, 37-39; Matthew 14:13-21 (112).

“Jesus said to them, ‘There is no need for them to go away; give them some food yourselves.’”

Monday, Aug 03, 2026

Look to the star

Jesus’ mother Mary has many titles—one of them is Our Lady, Star of the Sea, as protector of seafarers. But Mary is a guiding star for all of us as we seek her son through the storms of life. Saint Bernard of Clairvaux wrote: “If the winds of temptation arise; if you are driven upon the rocks of tribulation look to the star, call on Mary. If you are tossed upon the waves of pride, of ambition, of envy, of rivalry, look to the star, call on Mary.” Don’t lose sight of her, and you won’t lose your way to Christ.

Jeremiah 28:1-17; Matthew 14:22-36 (407/408). *“Lord, if it is you, command me to come to you on the water.”*

Tuesday, Aug 04, 2026

You can run but you can’t hide

If you’ve ever wanted to get away from it all, Saint John Vianney is your man. In his youth, he deserted the French army and hid from Napoleon’s police. After the general pardon of 1810 he resumed his studies for the priesthood despite his less-than-stellar grades. His first priestly assignment was the village of Ars. Though the parishioners at first opposed him because of his poor mental and physical state, Vianney won their hearts through his total dedication to them—including remarkable abilities as a confessor, relentless work, and a life of holiness. Three times he sought to leave parish work only to be persuaded by his people to come back. The challenge we all face, as the Curé of Ars did, is to find balance between work and rest and care for others and ourselves.

MEMORIAL OF JOHN VIANNEY, PRIEST

Jeremiah 30:1-2, 12-15, 18-22; Matthew 14:22-36 (408).

“People brought to him all those who were sick.”

Wednesday, Aug 05, 2026

Let’s meet and talk

Religious prejudices and tensions between Jews and their Gentile neighbors are highlighted in the gospel story where a Canaanite woman asks Jesus to heal her daughter only to receive a stern rebuke. Tensions are exposed, but at the end of the day, the Canaanite woman finds a way to break through, and Jesus responds with admiration and compassion. The lesson for all of us is to seek the path beyond our own prejudices. As Pope Francis said in a meeting with Ecumenical Patriarch Bartholomew, the spiritual leader of the Orthodox Church, “Dialogue and encounter are the only viable path for overcoming conflicts and all forms of violence.” Let your prejudices be teachable moments!

Jeremiah 31:1-7; Matthew 15:21-28 (409). *“She said, ‘Please, Lord, for even the dogs eat the scraps that fall from the table of their masters.’”*

Thursday, Aug 06, 2026

Behold what the eyes of love can see

The word *transfiguration* is seldom used outside of the New Testament, except in the Harry Potter series at Hogwarts, where it is a course taught to young wizards. But there is a piece by composer Arnold Schönberg that is more in line with the biblical concept of transfiguration. In “Transfigured Night,” a woman’s confessed shame is surprisingly and completely changed by the forgiveness offered by the man who loves her. The music’s passion and beauty portray the transformation wrought in the woman by love: The dark night and the lovers themselves become bright with joy. Transfiguration is not magic, but rather a revelation of a hidden or ignored reality of the beauty in each soul. The unconditional love of God manifest in Jesus reveals that beauty in Jesus and in each of us, and our own unconditional love can also reveal the blinding beauty of others.

FEAST OF THE TRANSFIGURATION OF THE LORD

Daniel 7:9-10, 13-14; Matthew 17:1-9 (614). *“And he was transfigured before them; his face shone like the sun and his clothes became white as light.”*

Friday, Aug 07, 2026

Courage always meets the moment

Since the first followers of Jesus, the church has had its struggles, but always, the Holy Spirit keeps the church faithful. Courageous people in every age rise up to lead renewal within the church. In the early 1500s in Italy, that person was Cajetan who felt the pain of the Body of Christ and dedicated himself to doing something about it. With other clergy friends, he founded the Theatines, dedicated to trusting in God’s providence and claiming no property nor money from the people—the opposite of clergy at the time who were becoming wealthy off the backs of the people. In time, the same church that Cajetan sought to reform recognized him as a saint. Who are the courageous ones in your life who help you stay faithful? Draw strength from them to help institute necessary reforms in our time.

MEMORIAL OF CAJETAN, PRIEST

Nahum 2:1, 3; 3:1-3, 6-7; Matthew 16:24-28 (411). *“Whoever wishes to come after me must deny himself, take up his cross, and follow me.”*

Saturday, Aug 08, 2026

How to live with and for God

Contemplation and action seem to be two things going different directions—something you have to choose between. You’ve got things to do, a job, a home, and a family to take care of. Who has time for contemplation? Eight hundred years ago, Saint Dominic, the founder of the Order of Preachers, the Dominicans, tried to find a balance between living in God’s presence—contemplation—and living out a mission of sharing God’s word with others. His solution, according to Dominican Fabian Parmisano, O.P., was the insight that “action in the world is also to be contemplative.” It is not a frenetic action impatient for outcomes, says Parmisano, but, rather, “a quiet action that leaves room for God and is patient for God’s results in God’s time.” Make space for God in your action, and you will become a true contemplative.

MEMORIAL OF DOMINIC, PRIEST

Habakkuk 1:12—2:4; Matthew 17:14-20 (412). *“For the vision still has its time, . . . If it delays, wait for it.”*

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



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