



Sacred Heart Catholic Community of Wilton

August 9, 2026 • Nineteenth 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

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, LSV
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.

8/9/26

Reading I | Kings 19:9a, 11-13a
Resp. Psalm Psalm 85:9-14
Reading II Romans 9:1-5
Gospel Matthew 14:22-33

8/10/26

Reading I | 2 Corinthians 9:6-10
Resp. Psalm Psalm 112:1-2, 5-9
Gospel John 12:24-26

8/11/26

Reading I Ezekiel 2:8-3:4
Resp. Psalm Psalm 119:14, 24, 72, 103, 111, 131
Gospel Matthew 18:1-5, 10, 12-14

8/12/26

Reading I Ezekiel 9:1-7; 10:18-22
Resp. Psalm Psalm 113:1-6
Gospel Matthew 18:15-20

8/13/26

Reading I Ezekiel 12:1-12
Resp. Psalm Psalm 78:56-59, 61-62
Gospel Matthew 18:21-19:1

8/14/26

Reading I Ezekiel 16:1-15, 60, 63
Resp. Psalm Isaiah 12:2-6
Gospel Matthew 19:3-12

8/15/26

Reading I | Chronicles 15:3-4, 15-16; 16:1-2
Resp. Psalm Psalm 132:6-7, 9-10, 13-14
Reading II | Corinthians 15:54b-57
Gospel Luke 11:27-28



MARK YOUR CALENDAR

August 15 Feast of the Assumption of the Blessed Virgin Mary
3:00 pm Mass

August 30 Baby Shower for Myla Vavrina & Sebastian Schindler
10:30 am

September 6 Second Collection
Capital Improvements

Potluck
Following Mass.

September Serving Crew
Millie Lundberg, Karen Shafer, Jean Chambers

September 19 Fall Dinner Prep

September 20 88th Annual Fall Dinner
11 am-2 pm



Mass Intentions

MASS INTENTIONS

For the Repose of the Soul of

Clark Chambers

by Doris Vleck

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 ANNIVERSARY!

• August 11 •

NOAH & MEGAN FULLER

• August 12 •

JOHN & MARY SORENSEN

ANNUAL FALL DINNER

The 88th Annual Chicken & Ham Dinner will be on Sunday, Sept. 20, 2026.

*Volunteer sign-up begins today. The orange sign-up is in the social hall.

We will feature the bazaar and bake sale. Donations of clean produce are most welcome too. Our dinner is just 6 weeks away.

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 16:

Sunday, August 23:

Sunday, August 30

FINANCES

August 2, 2026

General Account

Children	\$5.00
Adults	1,830.00
Loose	124.00
Potluck	51.00
Mailed	40.00

Capital Improvement Account

Donations	145.00
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Youth Scholarships

Donation	30.00
Rummage Sale	47.24

Cemetery Fund

Donation	75.00
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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

AUGUST 23

Greeters.....Lorraine Galland
Altar Server.....Teagan Rucinski
Announcers & Readers.....Molly Vollbrecht
Lois Jenkins, Jim Sparke
Ushers.....Theresa Wilander
Carol Bjelland
Eucharistic Ministers.....Theresa Wilander
Mary Sorensen, Ruth Walters

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/>.

A Double Baby Shower



Myla Vavrina
Daughter of
Heidi & Cody

For
Our
Youngest
Members



Sebastian Schindeler
Son of
Symon & Alyssa

Sunday, August 30 at 10:30

WE WELCOME INTO OUR FAITH COMMUNITY BABY MYLA AND BABY SEBASTIAN

Here is the link to the baby registry for Myla: <https://my.babylist.com/heidi-krueger>

Baby Sebastian is registered at: <https://www.target.com/gift-registry/gift/SSMinnow>

KATIE VAN DER MEER UPDATE

This is an all GOOD NEWS update!

I did so well post-surgery that I was able to go home on Thursday, just 24 hours later. I truly can't overstate how completely normal I feel. No pain meds, no pain, it feels as if nothing even happened!

I had complete trust in my neurosurgeon (the same one who performed my craniotomy last year), and he once again took excellent care of me.

I had the BEST nurse I have ever had, and I've had more than my share to compare. She was amazing in every way, I had to nominate her for U of M's nurse award.

My surgeon also cleared me to resume driving today!

The best news of all is that I'm on an aggressive steroid taper. By tomorrow I'll be completely off the high-dose steroids and back down to just my maintenance dose! That makes me unbelievably happy. My surgeon mentioned that things may change, as the healing process could involve some swelling. But if that happens it would be temporary, measured in weeks or months rather than indefinitely, which was the ultimate goal of this whole endeavor.

Thank you all so much for your continued love, prayers, encouragement, and support. It truly has meant the world to me through every step of this journey. I feel like a completely different person and know without a doubt that I am on the cusp of something amazing! I can't wait to see what comes next. Stay tuned.

Sunday, Aug 09, 2026

Shake that sinking feeling

Two important stories in scripture—God’s coming to Elijah in a “tiny whispering sound” and Jesus’ walk on the water—say a lot about our spiritual journey. Elijah was not in a good way. He lived in a bad place with a bad king, the other prophets were dead, and Queen Jezebel had a contract out on his life. Saint Peter also had a problem: Boldly stepping out on the water to walk to his Lord, he got scared and started to go under. For both these holy people in distress, God came to the rescue. When things get tough, we can, like them, lose our nerve. But we know God will answer. The trick may be to have that confidence before we get into trouble.

NINETEENTH SUNDAY IN ORDINARY TIME

1 Kings 19:9a, 11-13a; Romans 9:1-5; Matthew 14:22-33 (115).

“Peter got out of the boat and began to walk on the water toward Jesus.”

Monday, Aug 10, 2026

Know where your treasure lies

The word *deacon* means servant and was first used to describe someone who waited on tables. Today there are more than 51,000 deacons serving in the church worldwide, nearly half of them in the United States. But deacons were not always welcome. In the midst of a severe persecution of the Christians of Rome in the second century, Lawrence (d. 258) was the last remaining deacon to be sentenced to death. We are told that he spent his final days giving everything the Christian community owned to those in need. When a Roman official demanded he produce the wealth of the church, Lawrence replied, “Here is the treasure of the church” as he brought forth poor, sick, blind, and lame people. Look to Lawrence for inspiration as you strive to understand the true meaning of Christian charity and the value of every life.

FEAST OF LAWRENCE, DEACON, MARTYR

2 Corinthians 9:6-10; John 12:24-26 (618). *“Whoever loves his life loses it, and whoever hates his life in this world will preserve it for eternal life.”*

Tuesday, Aug 11, 2026

Regifting made holy

One of the most beautiful lines in the Eucharistic Prayer for Children is: “We bring you bread and wine and ask you to . . . make these gifts the body and blood of Jesus your Son. Then we can offer to you what you have given to us.” These words could be the motto of the Poor Clares, founded in 1212 by Saint Francis and Saint Clare. The Poor Clares live, work, and pray in constant, joyful recognition of their complete dependence on God. Their intentional poverty is their way of offering to God what God has given to them. We might not live in voluntary poverty, but what can we do today to recognize our dependence on God?

MEMORIAL OF CLARE

Ezekiel 2:8-3:4; Matthew 18:1-5, 10, 12-14 (414). *“Whoever becomes humble like this child is the greatest in the Kingdom of heaven.”*

Wednesday, Aug 12, 2026

Wings, wheels, and wisdom

When we think “cherubim,” most of us imagine that chubby little angel sitting on Grandma’s bookshelf. But the cherubim, who play a role in Judaism, Christianity, and Islam, are grander and more intimidating than that. In Christianity they are the second highest of nine choirs of angels. Ezekiel describes them as curious creatures with both wings and wheels—which have given centuries of artists a field day trying to illustrate. Cherubim also have many eyes,

which is why they received the attribute of wisdom. Their main job is to worship God continuously—which is what the wise do.

Ezekiel 9:1-7; 10:18-22; Matthew 18:15-20 (415). *“Then the cherubim lifted their wings, and the wheels went along with them.”*

Thursday, Aug 13, 2026

A heart-healthy habit

The Mayo Clinic specializes in wellness—not just physical but also emotional. Their list of the benefits of forgiving someone include: better relationships; greater spiritual and psychological well-being; less anxiety, stress, and hostility; lower blood pressure; fewer symptoms of depression; a stronger immune system; improved heart health; higher self-esteem. Pretty healthy stuff, this forgiveness. Of course, Christians have touted the spiritual and physical benefits—or graces—that come with forgiveness for 2,000 years. Take two doses of forgiveness and call an estranged loved one in the morning!

Ezekiel 12:1-12; Matthew 18:21-19:1 (416). *“So will my heavenly Father do to you, unless each of you forgives his brother from his heart.”*

Friday, Aug 14, 2026

The word made flesh

Maximilian Kolbe (1894-1941), a Franciscan Friar, earned his martyrdom when he volunteered to die in place of a stranger at Auschwitz, the most notorious of the Nazi concentration camps. What is less well known is that Kolbe was a prolific publisher. He published catechetical and devotional material, a daily Catholic newspaper that reached a circulation of 225,000, and a monthly magazine with a circulation approaching 1 million. Within a month of arriving in Japan on a mission in 1930, penniless and knowing no Japanese, Kolbe and his brother friars were printing a Japanese magazine that grew to a circulation of 65,000. Not only did Kolbe spread the Good News of God’s love, but in his life and death he lived it. May we do the same.

MEMORIAL OF MAXIMILIAN KOLBE, PRIEST, MARTYR

Ezekiel 16:1-15, 60, 63; Matthew 19:3-12 (417). *“The word of the LORD came to me.”*

Saturday, Aug 15, 2026

In praise of magnificent humanity

In 1950, following the devastation of World War II, Pope Pius XII proclaimed the infallible doctrine of the Assumption of Mary, affirming that Mary was assumed body and soul into heaven. Pius expressed hope that the “exalted destiny of both soul and body may in this striking manner be brought clearly to the notice of all persons.” It was a vision of the human person in stark contrast to the unspeakable inhumanity of the war. In celebrating Mary, we remember that our bodies and souls “bear witness to the grandeur of humanity, in which God has made his dwelling,” as Pope Leo frames it in *Magnifica Humanitas*. “At the heart of the Christian understanding of the human person,” says Leo, “lies the great biblical affirmation that men and women are created in the image and likeness of the Triune God.” May our embrace of this teaching renew our reverence for human life and strengthen our resolve to reject war.

SOLEMNITY OF THE ASSUMPTION OF THE BLESSED VIRGIN MARY

Revelation 11:19A; 12:1-6A, 10AB; 1 Corinthians 15:20-27; Luke 1:39-56 (622). *“My soul proclaims the greatness of the Lord.”*

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



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