




	<p>St. Patrick/St. Clement Parish West Albany 419 W Lyon Ave Lake City, MN 55041 Jan 28, 2024 – 4th Sunday of Ordinary Time</p>	
<p>Father Th�� Ho��ng Office: (651) 345-4134 Rectory: (651) 448-8541 Email: frthehoang@gmail.com</p>	<p>Deacon David Dose Home: (507) 273-1983</p> <p>MISSION STATEMENT: <i>To use our resources, wisdom, and energy to empower and encourage parish families and surrounding communities so that people see Christ in our works and commitment to make our parishes thrive and grow and to share our faith with others.</i></p>	<p>Mass Schedule <u>St. Patrick - West Albany</u> Sunday - 8:00 a.m. Confessions – 7:30 a.m. <u>St. Mary of the Lake - Lake City</u> Saturday - 5:00 p.m. Sunday - 10:00 a.m. Confession available before weekday Masses at St Mary's 8:20 – 8:50 am</p>
<p>Brianna Evers: Director of Faith Formation Hall/Office: (507) 753-2424 Cell: (507)421-5766 Email: briannaeversfaithformation@gmail.com</p>	<p>QR code to St Mary / St Patrick's webiste. You can visit the website and view the calendar on your smartphone by scanning this QR code with your phone's camera.</p> 	<p>Web Site: stpatrickswestalbany.org Facebook Page: stpatrickswestalbany</p>
<p>Bulletin Items / Mass Intentions Contact: Becky Lukes Cell: 507-990-6657 – please leave a message Email: westalbanybulletin@gmail.com Please contact Becky to confirm mass intention scheduling as intentions are placed weeks and months in advance.</p>		
<p>Pastoral Care of the Sick Parishioners who are homebound and who wish to receive a pastoral visit should contact Father. Persons who are seriously ill or who are anticipating surgery should make arrangements for the Sacrament of Anointing.</p> <p>Baptism Preparation Parents requesting the sacrament of Baptism should call the St. Mary Parish office -651-345-4134</p> <p>Marriage Preparation Couples should contact the priest at least six months prior to the proposed wedding date to discuss the marriage preparation program.</p> <p>New Parishioner Signup If you are interested in becoming a member or would like more information about our St Patrick's Parish Family, please see Father Hoang at church or contact him at 651-345-4134 or email address thoang@dowr.org</p>		
<p>R.C.I.A. Individuals who wish to learn more about the Catholic Faith are invited to consider our Rite of Christian Initiation of Adults program. You are welcome to contact Dave and Ann Marie Dose at (651) 345-2439.</p> <p>Prayer Chain To add a request to the prayer chain please contact Kim Stelling at stelling.kimberly@mayo.edu</p> <p>Hall Rent Parish members may rent St Patrick's Community Center. For prices and to reserve the hall, contact Meg Sprick at 651-345-4804.</p> <p>Sunshine Blessings Please contact Louann Fieck, 507-259-5824, if you know of any parish member or person in the community that would benefit from a get-well wish, some encouraging words, or even just a simple personal note from the parish.</p>		
<p>Bulletin Prayer Requests</p> <p>If there is anyone you would like us to pray for and put in the bulletin, please call Becky Lukes at 507-990-6657 or send an email to westalbanybulletin@gmail.com</p> <ul style="list-style-type: none">• Please pray for a young couple having some difficulties with their first pregnancy. Please watch over them and help them find peace and support with each other. Please also pray for a healthy delivery of their child.• Please continue to pray for a young couple struggling with fertility issues.• Please pray for Marissa Holst who is suffering from continuous Meniere's episodes.• Please pray for Scott that is recovering from surgery for cancer• Please pray for sisters to become family again• Please pray for the farm to be saved.• Please pray in thanksgiving for the diagnosis that Jessica's liver failure was a side effect from meds taken for bursitis in her shoulder, May God's healing touch be upon her as she finds what foods she can eat without getting sick as her liver tries to return to it's normal function.		
<p>Parish Support - January 21, 2024</p> <p>Adult \$ 1450 Plate \$ 195 Building Fund \$20 First Offering \$ 40</p> <p>Thank you for your generous support!</p> 		
	<p>ASH WEDNESDAY MASSES Wednesday February 14 St Mary's – 9 am and 6 pm St Patrick's 7:30 pm</p>	
<p> There will be a Liturgy Meeting at St Pat's hall on Wednesday January 31 at 6:45 pm. All are welcome and encouraged to attend. This will entail planning for Lent and the Easter Season.</p>		

**Trauma Reboot weekly Feb 18 – May 12 4-6 pm
at Holy Redeemer in Eyota.**

If you are a person living with the effects of trauma, there is hope. Trauma Reboot is a 12-week, faith based, peer-led course empowering everyday people to overcome trauma and embrace a brighter future. Co-facilitators of this group are Marilyn Baker and Kathleen Schumann, retired Catholic psychiatric nurses. You can learn more about Trauma Reboot's process at: <https://rebootrecovery.com/trauma/>. To learn more or register please contact Marilyn Baker at mkbak7@gmail.com as soon as possible.



Mark your Calendars!
Camp Summit will be the week of July 22 -25th. It is open to anyone going in to 6-12th grades. Registration opens February 1st. If interested contact the office at St Mary's of the Lake.

Liturgy of the Hours at St Mary of the Lake

During Lent 2024, Liturgy of the Hours will be offered twice a week starting Thursday February 15 after Mass for morning prayer. If there is no Mass, we will meet. If the church is in use for a funeral, we will meet in another room. Also, on Monday's starting February 19th after adoration for night prayer.

Listed below are 7 reasons for praying the Liturgy of the Hours (Word on Fire)

- 1) If you want to grow deeper in your relationship with Christ and you already frequent the Sacraments, your next step should be Liturgy of the Hours.
- 2) By praying the Liturgy of the Hours you are united with people all over the world and the communion of saints in Heaven
- 3) Liturgy of the Hours is the highest form of prayer after Mass
- 4) The Liturgy of the Hours is completely based on the bible
- 5) Your spiritual life will mature and deepen
- 6) Liturgy of the Hours allows you to pray continually throughout your day.
- 7) Liturgy of the Hours makes God the center of your day.

Please call or text Janet Thompson **with questions.**
651-380-6509

Pastor's Corner

Dear brothers and sisters in Christ,

The two books that have helped me a lot in my journey for greater peace amidst an anxious world are written by Fr. Jacques Philipe. The titles of them are Searching for Peace and Integrity and Interior Freedom.

These books are relatively easy to understand and not that thick. Fr. Jacques Philip teaches us some key tools to survive in a world where the common mental health issue is anxiety. How do we deal with it? What to do when even prayer doesn't seem to work or even God's presence is not felt?

Fr. Jacques recommended that we go deeper into prayer. A lot of our anxiety is caused by feelings of restlessness when we haven't been giving of ourselves and we have been occupied with self-medication. We keep trying to fix this void with other temporary goods. The first step is to acknowledge to God that something is off. We are missing something in our lives and there are obstacles that need to be cleared up within our own lives.

We bring it to prayer and ask God to help us surrender this resistance day by day so that we can become freer in our journey to know and love God. Each day we trust God and we leave these worries and anxieties at his feet.

Sincerely,
Fr. The

In our recent Confirmation class about the Eucharist and Mass, the 10th graders learned about some issues to consider to prepare oneself for Mass. We would like to share them over the next few weeks with all of you.

- 1) **Dress with respect.** We are coming to Mass to spend time with our Best Friend, Jesus. How are we dressed? How do we normally dress when we attend a special event?
- 2) **Prepare your heart.** Are we getting to Mass early enough to settle ourselves and our families, allowing ourselves to center ourselves to participate fully, actively and consciously? Do we go to Confession frequently to be in a state of grace to receive the Eucharist? Are we observing a one-hour fast before receiving Communion?

Blessings to all of you.

Mass Schedule:

Sunday January 28 8:00 a.m. – Peter Dick +

Sunday February 4 8:00 a.m. – Joy Stock + Joy passed one year ago on February 9

EUCCHARISTIC ADORATION: Tuesday 5:00 – 6:00 p.m. at St. Patrick Church

HOUR OF MERCY PRAYER, ROSARY, CHAPLET, STATIONS OF THE CROSS: Thursday from 3:00 – 4:00 p.m.

Ministry Schedule:

Jan 28 - Greeter/Sacristan: Darlene Sommerfield **Lector:** Judy Kottschade **Server:** Helen Sexton **Ushers:** Ken Moyer & Dwaine Sexton

Gift Bearers: Scott & Jasmine Sexton family

Feb 4 – Greeter/Sacristan: Bill & Carmen Diedrich **Lector:** Carmen Diedrich **Server:** Cooper Meyer **Ushers:** Leon Sexton & Jim Evers

Gift Bearers: Judy & Paul Kottschade

Feb 11 – Greeter/Sacristan: Meg Sprick **Lector:** Jane Timm **Server:** Millie Dohrn **Ushers:** Tom & Cooper Meyer

Gift Bearers: Genna & Tahli Meyer

Feb 14 – Ash Wednesday 7:30 pm Greeter/Sacristan: Margie & Jerry Ott **Lector:** Connie Dailey **Server:** Henry Sexton

Ushers: Judy & Paul Kottschade **Gift Bearers:** Rosy Krier & Bill Diedrich