





	<p>St. Patrick/St. Clement Parish West Albany 419 W Lyon Ave Lake City, MN 55041 Feb 4, 2024 – 5th Sunday of Ordinary Time</p>	
<p>Father Thê Hoàng 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 website. 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 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 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.• Please pray for Tim Boardman and his family as Tim struggles with significant health concerns• Please pray for a 20 year old man diagnosed with osteosarcoma with evidence of disease spread. Please also keep his loved ones in your prayers.	
<p>Parish Support - January 28, 2024 Adult \$ 725 Plate \$ 196.75 Latin America/Comm Apostol \$60 First Offering \$ 40 Steeple Donation \$275 <i>Thank you for your generous support!</i></p> 		
 <p>ASH WEDNESDAY MASSES Wednesday February 14 St Mary's – 9 am and 6 pm St Patrick's 7:30 pm</p>	<p>HOW CAN WE GET TO KNOW & LOVE JESUS BETTER IN HIS EUCHARISTIC PRESENCE ? We are forming a Eucharistic Revival Team, and will be meeting after Holy Hour on Feb. 6, at 6:15pm, in St. Pat's Hall. We are hoping to plan some type of sharing / learning activity for Lent. Please come and join our team. Contact: Dianne Johnson 507-798-2493</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.

Here's a follow-up from the 10th grade Confirmation class on how to best prepare and participate in the Eucharist (first 2 points were Jan. 28):

3) Position yourself for prayer.

Are we sitting in the best place in church to participate fully at Mass and lessen distractions? For example, can we see what's happening on the altar? Can we hear adequately?

4) Receive the readings.

Are we reflecting on the First and Second Readings, Responsorial Psalm, and Gospel during the week, seeing how they apply in our daily lives?

Blessings to all of you..

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,

I have been asked about prayer and the practical steps of starting a prayer life from the parish. I am not the type to just refer you to a book, or podcast without explaining it first. I would like to invite all of you who are interested to attend a short talk on different forms of prayer right after the 10 am Masses during the Lenten season.

The dates are

Feb. 18, 2024. – ARRR prayer

Feb. 25, 2024- WRAP prayer

March 24, 2024 - Rote Prayer: Rosaries, Novenas, prayers to Saints

The obstacle isn't that we don't want to pray but sometimes the fear is that we don't know how and to ask for help is embarrassing. There is nothing to be embarrassed about because we all need a refresher in how to pray and this mastering of this technique will take up most of our lives to achieve. Why not journey together this Lenten season together? Ash Wednesday Masses schedule is as follows.

Feb 14, 2024

9 am St. Mary's

6 pm St. Mary's

7:30m St. Patrick's

Some important announcements for you to be aware of is that the priests from our diocese will gather on Feb. 18-21, 2024 for our Lenten retreat after the Masses on the weekend. There won't be Masses on Tuesday and Wednesday. The other news is that I have been asked to help lead a group of college kids from Winona State University on a mission trip to Mexico from March 1- 10, 2024. A visiting priest from Unbound will come to cover the Masses on March 2-3, 2024 and Fr. Jason Kern will cover March 9-10, 2024.

Sincerely,

Fr. The

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

Wanted: someone to take over coordinating/ assigning the Sunday Mass ministries (i.e., lectors, greeters, servers, etc.). Diane Franke has been doing this for several years and would like to pass this on. Computer skills needed, especially with using Word.

Time commitment: 1-2 hours every two months. Diane will provide all training; this individual works closely with St. Pat's liturgy group. Questions, etc. - contact Ann Marie Dose, 507-272-6222

**HELP
WANTED**

Mass Schedule:

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

Sunday February 11 8:00 a.m. – Patrick Cox +

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:

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 Dohm **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

Feb 18 – Greeter/Sacristan: Louann Fieck **Lector:** Lea Sexton **Server:** Bill Sexton **Ushers:** Don Sexton & Gary Timm

Gift Bearers: Leslie Rolph family