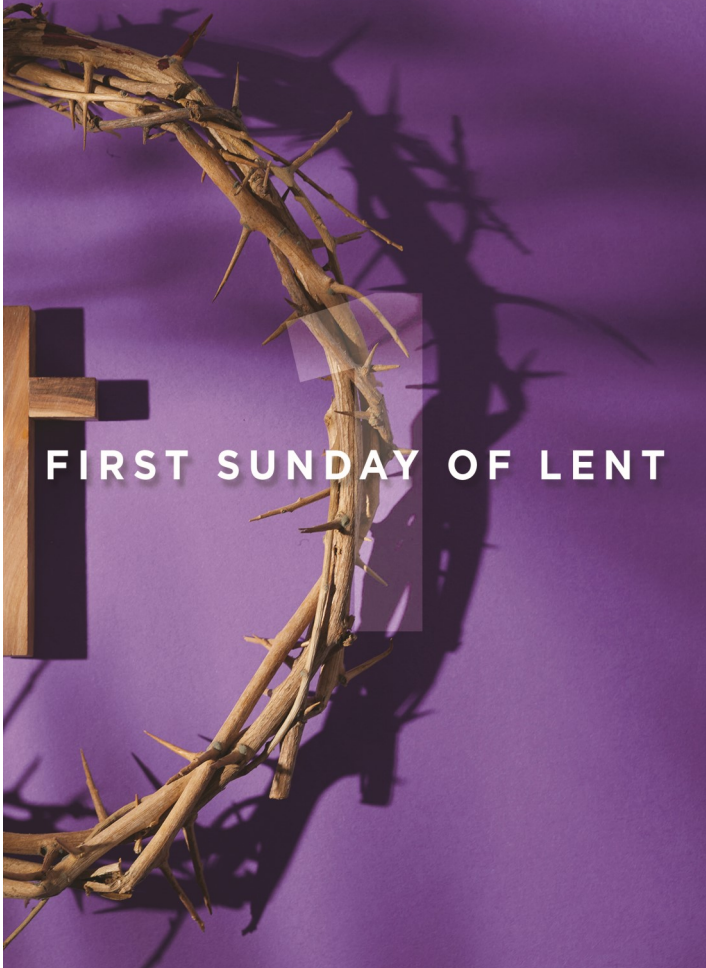




ST. HELENA ST. PATRICK

WELCOME TO OUR PARISHES!



FIRST SUNDAY OF LENT

1st Sunday of Lent Meditation: The Spirit leads Jesus into the desert to be tempted by the devil, and we hear this: "He fasted for forty days and forty nights, and afterwards he was hungry." Seems like a questionable battle preparation plan. When I fast, I usually feel grouchy at best, and at worst, like I might pass out from longing for a hamburger. Isn't it better to be well-fed and fully hydrated, especially to face spiritual struggles? Why fast? This might help. The origin of the word "fast" means to "hold firmly." We still use it that way when we say, "I held fast to my original decision." We human beings are a bundle of desires which vie for our attention: food, drink, comfort, safety, sex, laughter, beauty, and so on. If we can't manage to have firm grip on them, in short order they'll have a firm grip on us. By fasting from our lower desires, we learn to firmly grip on to what is greater. Fasting leads to us to a firmer hold on our body and mind. Jesus fasts for us. He's showing us that his grace can help us regain this firm hold of our lives, which makes it more difficult for the devil to tempt us. But take it one more step. Fasting also teaches us to finally hold fast to Jesus, the Word of God in flesh. "Man does not live by bread alone," he says, "But by every word that comes forth from the mouth of God." Jesus' fasting reveals his fast hold to the Father in everything. May our fasting help us to grasp ourselves more firmly, and then to hold fast to Jesus alone.

FEBRUARY 26TH 2023

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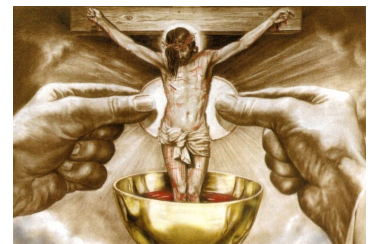
Fr. Patrick Parks
Cell Phone: 701-261-4816 or
Patrick.Parks@fargodiocese.org

Mass Schedule

Saturday (vigil) 5pm, St. Helena
Sunday 8:30am (1st, 3rd, 5th Sundays)
10:30am (2nd, 4th Sundays)
Tue 7pm
Wed-Fri 8:00am

Confession Schedule

Saturday 3:30-4:30pm
Sunday Before 8:30 am mass (1st, 3rd, 5th Sundays)
Tuesday 6:30-6:50pm
Wed-Fri Before 8:00 am daily Mass | By appointment, call parish office
Adoration
Wed 5pm-8pm



ST. PATRICK PARISH

Mass Schedule

Sunday 10:30am
(1st, 3rd, 5th Sundays)
8:30 am (2nd, 4th Sundays)
Thursday 9:00am

Confession Schedule

Sundays after 10:30 am Mass
By appointment - call parish office

FROM OUR PASTOR : A Tour of Marian Apparitions: Our Lady of Mejugorje

Continued from last week. [The Five Stones](#)

responded to my call." August 8, 1985

Dear children, this is the reason for my presence among you for such a long time: to lead you on the path of Jesus. I want to save you and, through you, to save the whole world. Many people now live without faith; some don't even want to hear about Jesus, but they still want peace and satisfaction! Children, here is the reason why I need your prayer: prayer is the only way to save the human race." (July 30, 1987)

We must realize that Satan is real. He uses us for his own end and purposes. His main purpose is destruction. Destruction of love, peace, faith, family, and life. Just as God gave David 5 stones with which to defeat Goliath, Our Lady is also giving us 5 Stones or Weapons we can use to defeat satan. They are:

1. *Daily Prayer (Of the Rosary)*
2. *Fasting on Wednesdays and Fridays*
3. *Daily Reading of the Bible*
4. *Monthly Confession*
5. *Holy Mass*

1. Prayer is the center of Our Lady's plan and is the most frequent message in Medjugorje.

Our Lady asks us to pray 3 hours each day, and to pray with the heart. To pray with the heart is to pray with love, trust, abandonment, and concentration. Contained in our 3 hours of daily prayer can be:

The Rosary - Joyful, Luminous, Sorrowful, and Glorious Mysteries

The Peace Chaplet - Creed, 7 Our Fathers, 7 Hail Mary's, and 7 Glory Be's

Holy Mass - on Sundays, and Daily Mass if possible.

Devotions and Novenas - Divine Mercy, St. Bridget Prayers etc.

Free Form Prayers - Prayer is a constant conversation with God.

Works of Love, and Mercy - Everything that we do in our day, with love, can be a prayer.

"I would like the people to pray along with me these days. And to pray as much as possible! And to fast strictly on Wednesdays and Fridays, and every day to pray at least one Rosary: the joyful, sorrowful and glorious mysteries." August 14, 1984

"Dear children! Today I call you especially now to advance against Satan by means of prayer. Satan wants to work still more now that you know he is at work. Dear children, put on the armor for battle and with the Rosary in your hand defeat him! Thank you for having

"Dear children! Today I call you to begin to pray the Rosary with a living faith. That way I will be able to help you. You, dear children, wish to obtain graces, but you are not praying. I am not able to help you because you do not want to get started. Dear children, I am calling you to pray the Rosary and that your Rosary be an obligation which you shall fulfill with joy. That way you shall understand the reason I am with you this long. I desire to teach you to pray. Thank you for having responded to my call." June 12, 1986

"You know that I love you and am coming here out of love, so I could show you the path of peace and salvation for your souls. I want you to listen to me and not permit Satan to seduce you. Dear children, Satan is strong enough! Therefore, I ask you to dedicate your prayers so that those who are under his influence may be saved. Give witness by your life, sacrifice your lives for the salvation of the world. Therefore, little children, do not be afraid. If you pray, Satan cannot injure you, not even a little, because you are God's children and He is watching over you. Pray, and let the Rosary always be in your hands as a sign to Satan that you belong to me." (February 25, 1989)

"I would like the people to pray along with me these days. And to pray as much as possible! And to fast strictly on Wednesdays and Fridays, and every day to pray at least one Rosary: the joyful, sorrowful and glorious mysteries." August 14, 1984

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" To Be Continued

2/21 - Mass at 7pm with Adoration, Rosary, and Chaplet to Follow for Peace

2/22 - Adoration 5:00pm– 8:00pm. Religious Ed 6:30—7:30.

3/10 - Fish Fry

3/22 - Live Stations

Synod Listening Sessions with Bishop Folda in our area:

Tuesday, February 28th: Holy Rosary, LaMoure
More listening Sessions in the New Earth magazine

Altar Society Announcements

St Helena's is seeking donations for the 2023 Fall Raffle.
Please turn in donations to Joyce G, Bernie T, or Michele T by
March 31st so raffle permit can be obtained. Thank you in
advance for your consideration and donation

Simple Suppers

What are they about? Simple Suppers started many years ago in the Parish and have continued over the years. We are thankful for past parishioners and families that have taken on the mission to continue them. But what is a Simple Supper?

- Light meal served on Wednesday evenings during Lent at St. Helena's Parish Center from 5:00 PM – 6:00 PM. We encourage you to stay and attend Stations of the Cross at 6:10 PM – 6:30 PM in the Church
- Supper is for BOTH St. Helena's and St. Patricks' parishioners, not only the CYO program. Parishioners of all ages are invited to attend. We just ask that you sign up if you plan to attend so we can prepare enough food for the week. Sign up sheet in the back of the church.
- Free will offering. Any profits collected this year will be donated to the Ellendale Community Food Pantry and to the Ellendale Public School 2nd meal fund.
- We are asking families to work together as a team to prep, serve and clean up. Shared work makes the workload light for all. Food, labor and monetary donations are being collected to help defray the costs. Please prayerfully consider this as part of your Lenten giving. If you are willing to help out, please reach out to Michele Thorpe.
- 2023 dates: March 1, March 8, March 15, March 22 and March 29



Camp Summit || Middle School camp

"BE NOT AFRAID. Do not be satisfied with mediocrity. Put out into the deep and let down your nets for a catch."
- St. Pope John Paul II

St. Pope John Paul II calls us "be not afraid" when it comes to living out our faith as disciples. With all the chaos in the world, we must respond to the invitation by this holy Saint to share the gospel courageously with those around us.

Camp Summit is for all youth entering grades 7, 8, & 9 who have the desire to deepen their relationship with Jesus and to share it with others they encounter. Throughout camp, youth will engage in prayer, worship, fellowship, leadership formation, play, and fun. This five-day experience is designed to encourage and equip the youth for discipleship to their family, friends, and communities.

Location: Red Willow Bible Camp
1651 Jacob Rd. Binford, ND

Dates: Sunday, July 9 - Thursday, July 13, 2023

Cost: Register on or before February 24: \$300.00

After February 24: \$350.00
(Family Rates Available)

REGISTRATION OPENS JANUARY 16th, 2022

If you are in need of financial assistance to help offset the costs of camp, the Diocese of Fargo has a scholarship program that assists families in need.

ST HELENA MINISTRY SCHEDULE

Mar 4/5 (5:00pm) (8:30am)

Usher	Volunteer	Ivan
Collection		Rick/Ross
Lector	Volunteer	Darell Wall
EMHC		Darell Wall
Gift Bearers	Volunteer	Carol and Rosemary
Altar Servers		Annah

St. Helena Breakfast Servers for December

First one on the list please contact others

March 5 CYO: McKenna, Maya, Macyn, Carly K

March 19 CarolLee, Kathy C, Colleen Steinwand

WEEKLY GIVING

Sunday Feb 19

Adult	777.00
Children	11.00
Plate	28.00
Total	816.00

Thank you for your generosity!

ST. PATRICK MINISTRY SCHEDULE

Sunday Mar 5 (10:30am)

Lector	Jim
Gift Carriers	Pat and Allen
Altar Servers	Alivia and Allen

For the Month of March

Breakfast Server	Ruby and Amy A
Collection Counters	Steve and Brian
Church Cleaners	Amy G and Faye
Altar Society Meeting	None this month

WEEKLY MASS INTENTIONS

Tue. Feb 28

7:00 pm Joanne Brokaw

Wed. Mar 1

8:00 am (St H) Marv Grueneich

Thur. Mar 2

8:00am (St H) Margaret Kelly

9:00:am (St P) Susan Lacina

Fri. Mar 3

8:00 am Priscilla Brandenburger

Sat. Mar 4

5:00pm (St H) Aloys and Angela Mastel

Sun. Mar 5

8:30am (St. H) Marvin Achen

10:30am (St P) All Parishioners

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Thank you for supporting our bulletin!

REMEMBER
in your prayers

Please Pray

...for all who are sick, elderly or alone

Joanne Brokaw, Loretta Dingwall, Cindy Kelly Heupel, Val Hunt, Carla Engelstad, Susan Lacina, Betty Hahne, Ashtyn Hatlewig, Phyllis Zvorak, Angie Mastel, Marv Grueneich, Paul Brandenburger.

If you or someone you know would like to be added to, or removed from this list please call the parish office.

