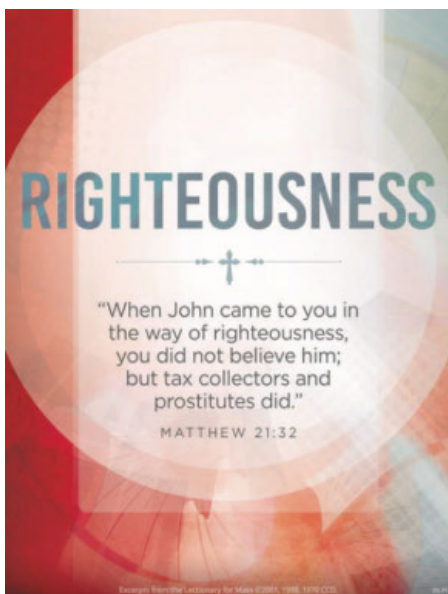




## 26th Sunday in Ordinary Time



A life-long Catholic friend of mine recently mumbled to me, "I can't stand all these converts to the faith. They're always rocking the boat." It surprised me because he is dedicated to evangelization, and yet he struggles with openness to new Catholics. It made me realize how easily I close my heart to those whom I perceive to be outsiders who become new members of the Catholic community. Almost unconsciously I reduce the world to the categories of "us" and "them." The result is that meaningful community silently shrinks in my life. Don't we all do that to some degree?

This week Jesus' punchy parable about the two sons blows up that black and white world. One son said he wouldn't get to work, and then did. The other said he would, and then he did not. "Which did the will of his father?" asks the Lord. Like so many of us, in identifying the first as the answer, the religious authorities manifest hidden hypocrisy in refusing to follow Jesus. They — like us — intuit the correct path but simply won't do it. The tax collectors and prostitutes are indeed following Jesus and thereby getting to work in the kingdom of God. Everyone is called to do God's will regardless of the labels we may apply to them.

This week let's reject the convenient but damaging categories of "insiders" and "outsiders." Instead, let's embrace a grateful attitude that Jesus is calling fallen, weak, and broken men and women like you and me. Then we begin to see that the tax collectors and prostitutes aren't them. They are us. And Jesus wants all of us working in his boat, no matter the rocking. — Father John Muir ©LPi

**KNIGHTS OF COLUMBUS MEETING TODAY AFTER 8:30 MASS ALL MEMBERS WELCOME**  
**ALTAR SOCIETY MEETING TODAY AFTER 8:30 MASS IN PARISH CENTER. ALL ARE WELCOME**

October 1, 2023

### CONTACT US | ST. HELENA PARISH

**St. Helena Catholic Church**  
 421 2nd St N, PO Box 796  
 Ellendale, ND 58436  
 701-349-3297

**St. Patrick Catholic Church**  
 207 Monroe St N  
 Fullerton, ND 58441

Fr. Patrick Parks  
 Cell Phone: 701-261-4816 or  
[Patrick.Parks@fargodiocese.org](mailto: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  
 Or by appointment, call parish office

#### Adoration

**Wed** 5pm-8pm



### ST. PATRICK'S 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 :

### Nine Benefits of Going to Confession Frequently

FR. WADE L. J. MENEZES, CPM

**Nine benefits of the sacrament**, whether it be just venial sins or mortal sins, or a combination, that are confessed.

Let's look briefly at each of these benefits:

#### **Self-knowledge is increased.**

Many saints make clear in their writing and teaching that self-knowledge is needed to grow in holiness. This means knowing and admitting your virtues so you can advance them in your life, and knowing and admitting your vices so you can uproot them out of your life.

#### **Christian humility grows.**

Humility is the "moral virtue that keeps a person from reaching beyond himself. It is the virtue that restrains the unruly desire for personal greatness and leads people to an orderly love of themselves based on a true appreciation of their position with respect to God and their neighbors," (Fr. John Hardon, *Modern Catholic Dictionary*). Not only does the practice of frequent Confession help us to grow in humility, but the very act of making a good examination of conscience (required before even stepping into the confessional) is humbling—and it helps us to grow in self-knowledge.

#### **Bad habits are corrected.**

Little by little, through frequent Confession and honesty with one's confessor, who will offer advice accordingly, bad habits can be overcome. Frequent, worthy reception of the Sacrament of Confession means frequent graces received from that sacrament for those bad habits.

#### **Spiritual neglect is resisted.**

Let's say you are struggling to establish the practice of praying the daily Rosary or daily Chaplet of Divine Mercy, or even just making a Morning Offering upon rising each day. Your failures to practice these devotions would be examples of "spiritual neglects" that cause your spiritual life to suffer. Frequent Confession can help you get back on track, especially if your confessor assigns them to you as a penance and so you begin to carry them out more faithfully on your own.

#### **Spiritual tepidity is resisted.**

Let's say you do, indeed, carry out such spiritual practices—but only infrequently. In other words, you carry them out in a tepid or lukewarm

manner. The graces from frequent Confession can help ignite a renewed spiritual fervor that will help make your daily spiritual life grow stronger and more committed every day.

#### **Conscience is purified.**

Confession of one's sins brings with it a purification and, importantly, peace of conscience. This is tied to the healing aspect of Confession. Indeed, Confession is one of two "healing" sacraments, along with the Sacrament of the Anointing of the Sick.

#### **The will is strengthened.**

Whereas our intellect is what helps us "to know," our will is what helps us "to choose" (based on properly ordered love). Through the practice of frequent Confession, our wills become strengthened to help us more frequently choose good over evil, virtue over vice, and the beneficial over the malicious.

#### **A salutary self-control is achieved.**

Only you can control you. Frequent Confession makes us simply want to "do better" in all aspects of daily living. It's the grace of the sacrament that propels us to control our lives better by practicing an ordinate love toward persons, places, and things and not an inordinate, or disordered, love toward them.

#### **Grace is increased in virtue of the sacrament itself.**

Every sacrament, when it is received worthily, increases sanctifying grace in the soul. For Eucharist and Confession—the only two sacraments that can be received both repetitiously and frequently—this is especially true. In fact, the Sacrament of Confession can even help to perfect the grace of our Baptism. This is because Baptism, while wiping away the Original Sin we inherit from our first parents, also wipes away any personal sin (also called "actual sin") we might have (i.e., any venial or mortal sin). Confession always helps rid us of personal sin. We should add, though, that going to Confession out of scrupulosity is not helpful to the penitent, nor is it the intention of the sacrament. Scrupulosity is seeing sin where there is no sin at all but rather, say, a simple fault; or, seeing mortal sin when, in reality, it is a venial sin. Indeed, scruples can stunt one's growth in the spiritual life. Don't be your own savior; let Jesus Christ be your Savior.

- 10 - 1- RCIA class at the church center 6:00—7:30pm
- 10- 3- Adoration after Mass with Divine Mercy Chaplet and Rosary for World Peace
- 10 - 4- Adoration 5:00 - 8:00 pm, Simple Supper 5:30 - 6:30 pm  
K - 6 CCD - 6:30 - 7:30, 7th - 12 grade CCD 6:00 - 7:30 pm
- 11-28/29 - All K of C members of are asked to pray a rosary for Perpetual Rosary for Respect Life

### Who Can Offer Anointing of the Sick?

**Question:** Can anyone offer the Anointing of the Sick to a sick or dying person, or is that only something a priest can do?

**Answer:** The Letter of James speaks to us of the ancient tradition of a special anointing and blessing of those who are sick: "Is there anyone sick among you? Let him send for the presbyters of the Church and let them pray over him, anointing him with oil in the name of the Lord ... If he has committed any sins, they will be forgiven him" (5:14, 15b). This passage forms the foundation for the theology of the sacrament that we call "Anointing of the Sick." In keeping with what we read in the Letter of James and the ancient tradition of the Church, the anointing of a person of who sick or dying many only be performed by a priest or bishop.

Although deacons and other members of the Church are not able to celebrate the sacrament with a person who is sick, we can read Sacred Scripture and pray with and for those who are ill. Resources like the Book of Blessings also contain special blessings that can be celebrated by deacons or lay ministers. In the end, we want to be sure that we show a special care and concern for the sick, helping them to always experience God's loving comfort through made tangible through our acts of charity and service. ©LPi



Extending our Prayers and sympathy to the family of Marv Grueneich. Marv's funeral was Thursday, Sept. 28th here at St. Helena's.

Extending our Prayers and Sympathy to the family of Mary Ann Mock, Sister to Dave Eberle. Services pending as of this notice.

Eternal rest grant unto them, O Lord, and let Your perpetual light shine upon them.

May their souls and the souls of all the faithful departed rest in peace. Amen.

### KNIGHTS NEWS

ALL members of St Helena Council 13533 are to individually offer a rosary for Perpetual Rosary for Respect Life on NOV 28 & 29 2023 – Thank you for your cooperation!!

### ALTAR SOCIETY NEWS

**CIRCLE OFFICERS** needed - there will be a sign-up sheet in the church entry. Please consider helping your circle out by volunteering to be a circle chair or caller for 1 month.

### LIVE THE LITURGY

God invites each of us to work in His vineyard, but it's our choice whether we "clock in" or stay home. Let's never fail to show up. It's the most important job we will ever have.

### CATHOLIC TRIVIA – JUST FOR FUN

**Question:** A pontifical college is known by what other common name?

**Answer:** A seminary.



### Prayer to Respect Life

Dear Lord,

What a gift You have given in every human life.

Inspire us to respect Your handiwork in every human we encounter.

Embolden us to protect the dignity of the most vulnerable members of society. Amen.  
©LPi

# ST HELENA MINISTRY SCHEDULE

<b>Oct 8</b>	<b>5:00 pm</b>	<b>10:30 am</b>
Usher	Volunteer	Peter Flynn, Jr
Collection		Bob Radtke Richard Reis
Lector	Volunteer	Aaron Tschosik
<b>EMHC</b>		Lana Norton
Gift Bearers	Volunteer	Norton Family
Altar Servers		Samuel

## Breakfast servers for October

First one on the list contact the others

Oct 1 CYO	Courtney D, Madeline, Mackenzie, Drew, Jaeger S.
Oct 15	Susan D, Joyce G, Marilyn W, Pamela H

# WEEKLY GIVING

**Sunday Sept 24**

Adult

Children

Plate

**Total** See next week's bulletin

Thank you for your generosity!

# ST. PATRICK MINISTRY SCHEDULE

**Sunday Oct 8 (8:30am)**

Lector	Gene
Gift Carriers	Kelly and Corrine
Altar Servers	Owen, Faith
Rosary Leader	Gene

## For the Month of October

Collection Counters	Christy and Alana
Church Cleaners	Amy A and Christy
Altar Society Meeting	Date TBA

### God's Gift Appeal 2023

*This is MY BODY that is for you*

Report as of 9-22-23

St. Helena's: \$7950. 42.11% participation, 41.98% of goal

St. Patrick's: \$13,115.45 39.29% participation, 198.12% of goal

Thank you for your support!

## WEEKLY MASS INTENTIONS

### Tues. Oct 3

7:00 pm (St H) Ann Parks

### Wed. Oct 4

8:00 am (St H) +Fr Michael Parrotta

### Thur. Oct 5

8:00 am (St H) +Sylvester & Marie Radermacher

9:00 am (St P) +Jeanette Stromme

### Fri. Oct 6 First Friday

8:00am (St H) +Priscilla Brandenburger

5:15 pm (St. P) +Juliet Kelly Parten

### Sat. Oct 7 First Saturday

8:00 am (St. H) Ann Parks

5:00pm (St H) +Eugene Volk

### Sun. Oct 8

8:30am (St. P) Allan Glynn

10:30am (St H) All Parishioners

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**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, Betty Hahne, Ashtyn Hatlewig, Marv Grueneich, Paul Brandenburger, Larry Ulmer, Allan Glynn.

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





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