

## Prayers for the Sick

Please help us keep the list of the sick updated. If you would like to be on the email prayer chain or want to submit a prayer request of any kind please email [joanconlon59@yahoo.com](mailto:joanconlon59@yahoo.com):

Carol Sebastian  
Cody Jacobsen  
William Kelley  
Ernie Schantz  
Zaylee Schmidt  
Christine Lawson  
Kris Kuntz  
Laurie Hauser  
Ashley Braem

**\*The Latin responses are found in the St. Michael Hymnal, #105 is the Kyrie that Father sings. Follow along from #101 on for the rest of the Mass parts.**

## Mass Intentions

Oct 1st	6:30 PM	+ Ahn Geitzen by Ron & JoAnn Schantz
Oct 2nd	8:30 AM	For the People of the Parish
Oct 4th	9:00 AM	+Jim Rubenzer by Harvey & Sandi Tibor
Oct 5th	6:00 PM	In Thanksgiving by Lois Wanner
Oct 7th	9:00 AM	+K. Duane Schwartz by Jerry & Bonnie Kuntz
Oct 8th	6:30 PM	+ Sister Mary Albert Wehri by Leonard & Irene Wehri
Oct 9th	8:30 AM	For the People of the Parish

**\*\* Confessions Half an Hour before Mass\*\***

**FIRST, THIRD AND FIFTH WEDNESDAYS THERE WILL BE EUCHARTISTIC ADORATION FROM 5 TO 6 FOLLOWED BY MASS.**

## Ministers

### October 1st- Saturday- 6:30 PM:

Lector: Chester Brandt  
Ushers: Francis & Tracy Tibor  
Rosary: Leonard Wehri  
Servers: Scarlet & Felix

### October 2nd- Sunday- 8:30 AM:

Lector: Kevin Staiger  
Ushers: Kevin & Toni Staiger  
Rosary: Volunteer  
Servers: Jovie & Levi

### October 4th- Tuesday- 9:00 AM

**October 5th- Wednesday- Adoration 5:00 PM to 6:00 PM; Mass at 6:00 PM**

**October 7th- Friday- Mass at 9:00 AM; Adoration 9:30 AM to 5:30 PM**

### October 8th- Saturday- 6:30 PM:

Lector: Irene Wehri  
Ushers: Francis & Tracy Tibor  
Rosary: Leonard Wehri  
Servers: Calaghan & Simon

### October 9th- Sunday- 8:30 AM:

Lector: Ken Duppong  
Ushers: Don & Deb Wanner  
Rosary: Volunteer  
Servers: Kianna & Kinsley

**If you are unable to fulfill your ministry, including Altar Servers, PLEASE FIND SOMEONE TO FILL IN FOR YOU.**

***“We are unprofitable servants; we have done what we were obliged to do.”*** Once, after a devastating loss, an NFL quarterback was asked why his team lost the game. Normally, the blame goes around and it is always someone else’s fault, but he was pretty candid. He simply admitted: “I was lazy today and don’t feel I even gave 25% of my effort.” I think we can relate to his comments. We have all shortchanged responsibilities: duties; jobs; and relationships. It has gotten to the point where we do things for the sake of attention, a bonus, or a reward rather than giving 100% to doing things we ought to have done anyways. Maybe its time to prayerfully reflect: on a scale of one to ten, how would I rate my performance as a family person? How about as a Christian? We must keep in mind that our good works are love made visible.

### **Lesser-Known Virtues, *The Virtue of Humor***

During the course of the past week, did you ever feel sad or even depressed? Did life feel like one big headache after another? Did someone tell you to “Lighten up!”? If you answered “Yes” to any of these questions, then you may be a candidate for an essential virtue: humor. One of life’s most precious, yet overlooked gifts, is a good sense of humor. Those who cultivate it know its blessings well.

First, humor can reduce the burdens of the weighty problems of life. We see this especially in people who have suffered the loss of a loved one, a job, or their belongings. Despite being devastated, they somehow find it in themselves to crack a joke and through a simple laugh to model a strength of spirit that exudes an awesome joy and trust in God. Such persons are blessed with an enthusiasm for the lighter side of life; they know how to fend off the darker side. They remind us that humor defuses the seriousness of life and allows us to relax, catch our breath, and find a healthy rhythm once again. When our minds and hearts are locked up with the concerns of the world, humor breaks the chains and allows us to be free once again.

Second, humor helps us to let go of self-centered compulsions that grip us with thoughts like, “Without me, life can’t go on”, or “I’m the only one that can do this”, or “What will happen if I’m not here?” Humor allows us to chuckle at these statements and at ourselves; we simply remind ourselves that we are human. With humor, we let go and we stop playing God. These admissions help us to calm anxieties that arise

from a false sense of importance in which we feel that everything begins and ends with us. With humor, we loosen up and stop trying to control everything. Life then flows more easily and then we can enjoy it.

Lastly, humor not only brings out the best in us, but more importantly, in others. Studies have found that teachers who interspersed their lessons with laughter, humor, and jokes reduced tensions and empowered their students to be themselves; once themselves, their performances improved dramatically. Such teachers, and people like them, are a joy to be around because of their cheerfulness. They are “bearers of light” and they lead us to a deeper relationship with Jesus Christ, the Light of the World. People with a good sense of humor are indeed a blessing, for they remind us that the light of Christ always shines forth, despite the darkness of the world.

Resolve this week to monitor your ratio of cheerfulness and crabbiness. Tell a joke. Smile often. Laugh at yourself. Lighten up. Indeed, we can attest that humor merits the description of being a heavenly virtue. With each experience of humor, we get a glimpse of heaven, where cheerfulness and joy reign eternal.

### **We Need Some Ideas**

As you know, at Saint Ann’s Parish, alongside the rectory, there is a need for landscaping. As for now, we plan on laying down some landscaping fabric and then some crushed Hebron brick. But then what? Some planters? Some shrubs and flowers? A statue of a saint? A picnic table? A bench? If we go the route of flowers and shrubs, who will care for them and water them? We have all of winter to ponder this and hopefully we can create a space that is beautiful, inviting, and prayerful. An idea was put forth already to plant some plants in honor of the pastor, Fr. Gary. I was touched, until I was told of the selection: a cactus! I should be insulted, or maybe people just know me too well.

### **A Time for Spiritual Growth**

We hope to meet for our men’s and women’s faith/spiritual formation groups, beginning in October, after the Sacred Heart Fall Dinner (October 9<sup>th</sup>). A thought was to meet the first and third Saturdays at 10:00 a.m. for the women and the second and fourth Saturdays at 10:00 a.m. for the men. All three parishes would have a common meeting on those Saturdays at

Sacred Heart Church, in the meeting room (i.e., the kitchen area). I have some thoughts for the content matter, but I am open to any suggestions. I am also open to any ideas for the fellowship afterwards. As long as the dish has a German name, it's fine with me. But during Lent, for extra penance, we will partake in Norwegian desserts . . . or is that too severe a penance?

### **Come One Come All**

The *Fall Dinner* at Sacred Heart Church is almost here . . . next week, October 9<sup>th</sup>, serving from 11:30 a.m.-2:00 p.m. Come and enjoy a delicious meal of turkey, roast beef, and all the trimmings, concluding with excellent homemade pies. Try your luck at the cakewalk or at BINGO, and don't forget bidding at the Chinese Auction, where you can get a head start on Christmas shopping (especially for that special priest). I hope to see you at the Sacred Heart *Fall Dinner* and if you see Fr. Gary dancing, don't assume he's auditioning for *Dancing with the Stars*; it's just his BINGO victory dance.

### **On the Lighter Side**

Teacher: Little Billy, do you know what zucchini is? Little

Billy: Sure do ma'am. It's a vegetable that my mother can bake, fry, or steam before I refuse to eat it.

**On the lighter side**: *A hurtful act is to transfer to others the hatred we feel for ourselves.*

**Parish App cards will be available in the gathering space, please take one!**

**Mass Schedule – Central Time**

**Masses at St. Ann's**

Saturday 6:30 PM

Sunday 8:30 AM

Tuesday & Friday 9:00 AM

**Masses at Sacred Heart:**

Saturday 9:00 AM & 4:00 PM

Sunday 10:30 AM

Thursday 9:00 AM

**Parish Office Hours are 10 AM TO 1PM Tuesdays and Thursdays**

**Stewardship of Treasure**

Adult: \$910

Loose: \$37

Kids: \$4

Thank you for your donations!

**UPCOMING EVENTS:**

\***Bible Study**- Thursday 7 pm - Session 20 - Some believe that Jesus was a victim of circumstance. The Truth is He was in complete control all the time. He chose the hour and the method of His persecution and death, thereby fulfilling all the Old Testament prophecies. His Blessed Mother at the foot of the cross is the icon of complete Trust in Him and His plan.

\***CCD/CYO**- Parents- a reminder that book fees are due if you have not yet paid them. \$25 per child. Thank you!

\* **3PM DAILY**- When Father Bruce is home here in Hebron, he plans to pray the Patriotic Rosary for our nation daily at 3 Pm in St. Ann's Church. All are invited and welcome to join him whenever you are able to!

\* **October 1<sup>st</sup> & 2<sup>nd</sup>**- Catholic Charities Sunday. The envelopes will be in with your bulletin!

\***October 8<sup>th</sup>**- After Mass on Saturday evening there will be a blessing for family pets!

\***October 9<sup>th</sup>**- Sunday 11:30 a.m. to 2:00 p.m., Sacred Heart will be hosting their Fall Dinner. All welcome!

204 Park St S  
PO Box 12  
Hebron ND 58638  
[www.stannshebron.com](http://www.stannshebron.com)

Parish Office (701) 878-4658  
E-mail: [stanns@westriv.com](mailto:stanns@westriv.com)  
DRE Phone:  
Sally Vogle- (701)-878-4492  
Business Manager/ Secretary:  
Eve Mollman- (701)-690-7200

Fr Gary Benz Contact  
Cell Phone: (701) 509-9504  
E-mail: [frgarybenz@yahoo.com](mailto:frgarybenz@yahoo.com)