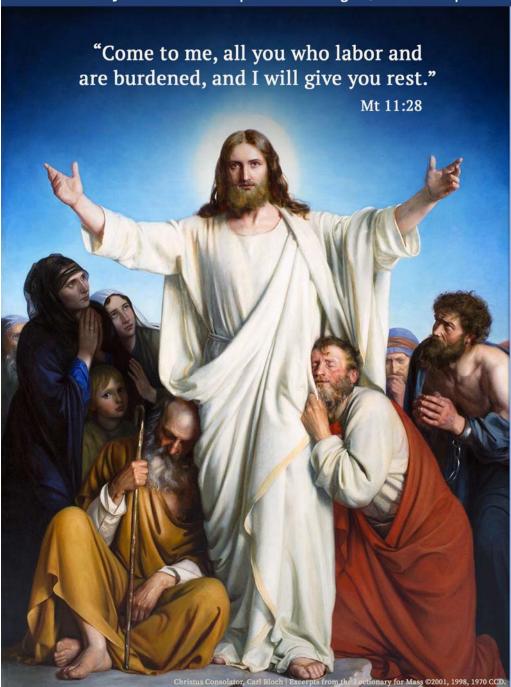
4030 Jackson Street NE | Columbia Heights, MN 55421 | 763-788-9062 | ICCSonline.org



July 9, 2023

14th Sunday in Ordinary Time

MASS SCHEDULE

Tuesday	7:30 am
Wednesday	7:30 am
Thursday	7:30 am
Friday	7:30 am
Saturday	5:00 pm
Sunday	8:00 am
	10:00 am
	(Spanish) 11:30 am

RECONCILIATION

Saturday 3:00 - 4:45 pm

EUCHARISTIC ADORATION

San Damiano Chapel

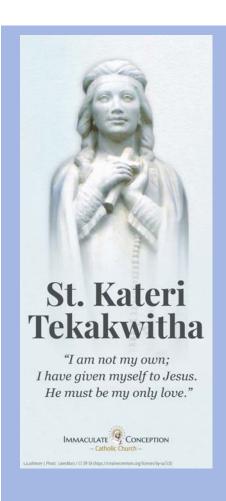
Open Weekdays 7:00 am



Our Mission

The Mission of The Church of the Immaculate Conception is to proclaim and celebrate our Lord Jesus Christ. We fulfill our mission as Christian disciples by intentionally responding to God's call to grow in holiness.

JULY 9, 2023



Inside this Issue

IC School	3
Social Justice Ministry	3
Prayer	3
Pastoral Ministry	4
Saint of the Week	4
(Practicing) Catholic	4
Trivia	4
Reflections	5
Beyond Our Parish	5
Bulletin Sponsor	5
Mass Intentions	5
Church Directory	6
Parishioner Giving Update	6
Gospel Meditation	6
IC Summer Jam	7
Parish Centennial	7
FORMED	7

Parish News

ICC Lending Library

We are pleased to continue offering our beautiful Lending Library Ministry. The volunteers have been hard at work cleaning, rearranging, and updating the books and videos. We have items for all ages but ask that all children are accompanied by an adult.



We also have a metal rack that contains a variety of free religious items including: holy cards, booklets, medals, CDs, etc. There are additional free items including rosaries and bibles, clearly marked, on the shelf near the free rack.

We are pleased to accept donations of Catholic or Christian books. If you have a large number of items to donate, (more than a bag full), please contact Barbara at 612-532-0244 to make arrangements. We look forward to seeing you in the library this summer!

Eucharistic Adoration

"Come to me, all who labor and are burdened, and I will refresh you, says the Lord."
(Matthew 11:28)

Who doesn't need refreshment especially during the hot days of summer? But the kind of refreshment talked about in this passage is about the kind only Jesus can give. Our Eucharistic adoration chapel is the perfect place to seek Jesus, set your labors and burdens aside and receive the peace of Jesus. Our chapel is open Monday through Friday beginning at 7:00 am and all are welcome to come and pray.

We are looking for more scheduled adorers. We have the following open hours: Tuesdays at 7:00 am, Wednesdays at 8:00 pm and Thursdays at 6:00 pm. We are also in need of partner adorers for many more hours. If you would like to schedule an adoration hour, are unable to attend your scheduled hour, or have questions about adoration, please call Sandy at 763-789-3246.

This Week's Readings

Sunday, July 9, 14th Sunday in Ordinary Time Zec 9:9-10/Ps 145:1-2, 8-9, 10-11, 13-14 (see 1)/Rom 8:9, 11-13/Mt 11:25-30

Monday, July 10

Gn 28:10-22a/Ps 91:1-2, 3-4, 14-15ab/Mt 9:18-26

Tuesday, July 11, St. Benedict, Abbot Gn 32:23-33/ Ps 17:1b, 2-3, 6-7ab, and 15/Mt 9:32-38

Wednesday, July 12

Gn 41:55-57; 42:5-7a, 17-24a/Ps 33:2-3, 10-11, 18-19/Mt 10:1-7

Thursday, July 13, St. Henry

Gn 44:18-21, 23b-29; 45:1-5/Ps 105:16-17, 18-19, 20-21/Mt 10:7-15

Friday, July 14, St. Kateri Tekakwitha, Virgin Gn 46:1-7, 28-30/Ps 37:3-4, 18-19, 27-28, 39-40/Mt 10:16-23

Saturday, July 15, St. Bonaventure, Bishop and Doctor of the Church Gn 49:29-32; 50:15-26a/Ps 105:1-2, 3-4, 6-7/Mt 10:24-33

Sunday, July 16, 15th Sunday in Ordinary Time Is 55:10-11/Ps 65:1, 11, 12-13, 14 (Luke 8:8)/Rom 8:18-23/Mt 13:1-23 or 13:1-9

School News

Queen of May- An Evening of Celebration!



We are grateful for another successful Queen of May Dinner and Auction! This event is for the benefit of supporting our school with essential funds, and celebrating our wonderful parish school.

Most of the work for this event is accomplished through the generosity and passion of volunteers of our community. The food was lovingly prepared by volunteer cooks, the dining room servers and auction preparation, along with bartenders, software managers, etc. All are volunteers! One of our students gave a beautiful testimonial about how ICS has impacted her life.



Thank you for the support you offered for the event! We raised close to \$170,000, which will be used for tuition assistance, salary support and the purchase of new religion curriculum.

We are blessed! Thank you for believing in our school!

Spotlight on Alumni



Congratulations to Chris Hartwick, Immaculate Conception School Alumnus who recently earned his Doctorate in Chemistry! Almost everyone will recognize the Hartwick Family as they have always been involved and willing volunteers in parish and school events! Joe, Barb, Chris and Alex bring a positive energy to the parish activities!

Chris has achieved many accomplishments since he graduated from 8th grade at ICS in 2010. He attended Spring Lake Park High School, graduating with Honors and part of the National Honor Society. He achieved his Eagle Scout in 2014 and while in high school was the first student to serve on the Spring Lake Park City Council.

Chris went on to attend the University of Wisconsin at Eau Clarie with a Bachelor's of Science in Chemistry with Honors, and received an undergraduate research award in Organic Chemistry. He continued his education at the University of Iowa during 2018–2023, and has now achieved his Doctor of Philosophy in Chemistry from the University of Iowa. While there, he received an Undergraduate Mentor Award, a Best Poster Award and attended an international conference.

We look forward to learning more about Chris' achievements in the years ahead. He inspires all of us, including the current students of ICS!

Congratulations Dr. Hartwick!

Be the Light! Jane Bona, Principal

Social Justice Ministry

Coins for Social Justice

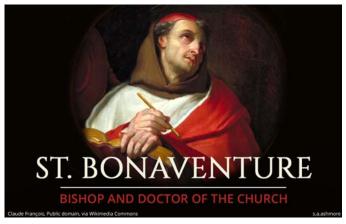
Small Change Can Do a World of Good!

The next collection will be July 22-23, 2023. Donations made using bills or checks should be placed in an envelope marked "Social Justice". Small envelopes can be found on tables at all entrances of the church. Only the loose change and marked envelopes from this collection are designated for Social Justice.

Prayer

Prayer for Rest

Dear Lord, Please carry the concerns we hold with us today. Help us to rest in your assurance that you will good things for your children. Amen.





JULY 9, 2023

Pastoral Ministry

Anointing of the Sick

Individual Anointing of the Sick is available by request — call the parish office at 763-788-9062.

In Need of Prayer? Please Call Us.

To add a name to the weekend Mass petitions or the bulletin, please call Vicki at $763-788-9062 \times 212$. For private prayer call Larene at 763-789-4246.

Pray for Our Loved Ones Who Have Died

Especially all who have died as a result of violence. May God grant them everlasting peace and joy in the kingdom of heaven.

Pray for All the Sick—Especially:

Bea Alain · Paul Bona · Tom Botzet · Vickie Botzet
Kathy Fraser · Mary Fredenburg · Shawn Frederixon
Irene Gray · Jim Johnson · Len Jurek · Marge Klimek
Joan Landberg · Anna Larson · Steven Lauinger
Coletta Legatt · Tom Leight Sr. · Janet Mihalik
Shawn Moulzolf · Dianne Redman · Greg Sery
Martha Stwora · Elaine Thunstrom · Skippy Viloria
Lois Weyers · all those on our prayer chain

If your name was removed and you would like to continue to be on the prayer list please call 763-788-9062 x 212.

Dear Visitor,

Welcome, we are glad to see you today! Please do not hesitate to contact us if you have any questions. Know that we are here for you and that we welcome new members! For more information about ICC or to become a member contact Vicki at $763-788-9062 \times 212$.

(Practicing) Catholic

A Ballad of Flesh and Spirit

"My yoke is easy and my burden is light," says the man hanging from a cross. And if we only went on what we see with our eyes — flesh driven through by nails and sword, swollen from beating and inches from expiration — it would seem like a joke.

I'll tell you something we all know: this life on earth is hard. It's either too long or it's too short. It's frequently painful. It's riddled with problems that seem to make no sense. It is, as Dickens wrote, "made of ever so many partings welded together."

But it's also shockingly, senselessly beautiful. It is full of physical experiences of love, joy, and peace that are so powerful they leave you breathless.

It is both these things — good and bad, hard and wonderful, just as we are both body and soul, spirit and flesh.

No one knows the Father except the Son, who entered into our bodily existence to free us from enslavement to it. No one knows the Son except the Father, and the means by which they know one another — the love passing between them, the Third Person himself — has been shared with us, has made its dwelling within us through baptism.

"Brothers and sisters, we are not debtors to the flesh, to live according to the flesh." — Romans 8:12

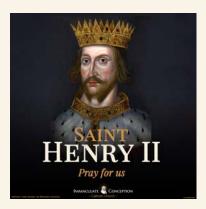
- Colleen Jurkiewicz Dorman | ©LPi

Trivia Time!

Question: According to scripture, what sea did Jesus walk on during the storm?

Answer: The Sea of Galilee

Saint of the Week



St. Henry | July 13

Saint Henry was born in 972 to Henry, Duke of Bavaria, Germany, and his wife Gisela of Burgundy. Saint Henry's early life was permeated with Christianity, among those who guided his education was Bishop Wolfgang of Ratisbon, who became a saint himself. In 995, Saint Henry succeeded his father as Duke of Bavaria, and in 1002, upon the death of his cousin, Otho III, he was elected emperor. In 1014, Saint Henry undertook the long journey from Germany to Rome to be crowned Holy Roman Emperor by Pope Benedict XIII.

In 1022 Saint Henry assisted Pope Benedict VIII in holding the Council of Pavia, which promoted clerical celibacy and sought to end simony (the buying and selling of ecclesiastical goods and offices). During his reign, Saint Henry used his wealth and position for the Church. He confirmed Benedict's authority over Rome, was a patron of churches and monasteries, supported the Cluniac Reforms, restored episcopal sees, and founded the Diocese of Bamburg where he built a cathedral.

Saint Henry was married to Cunigunde of Luxembourg, to whom he was incredibly devoted. Although disputed by some historians, some stories of the couple's marriage report they took vows of chastity because their union was childless.

Saint Henry died in July of 1024 and was canonized in 1146 by Pope Eugene III.

JULY 9, 2023

Reflections

Why Do We Do That?-Catholic Life Explained

Coming Back to Church

Question: I have been away from the Church for a few years and really want to get active again, not so much for me, but for my children. Is this a bad reason to come back to Church?

Answer

If you are on your way to the supermarket, and you are forced to detour from your usual route because of road work, does the food you buy taste different? Is the meal less filling? Are the vegetables less tasty? Of course not. In our faith journey, there are many detours called sin. Some are greater than others, some are even a bit longer. But God's grace comes to us in ways we understand and recognize and need. Your children leading you back to the Church is not as important as the fact that you are back. This is an opportunity for you to renew, strengthen, and deepen your faith. Regardless of how we get to Church, or what draws us closer to God, the fact is we are there. Do what you need to do to get right with God and the Church. Go to confession, begin good family religious practices, and be involved in the ministries your parish offers. Be more than a lukewarm parishioner. Be the kind of Catholic you want your children to be.

Live the Liturgy—Inspiration for the Week

The Christian life does not require wisdom, charisma, or strength — no, quite the opposite. To be Christian, we must embrace our faults, our littleness, our shortcomings — gather them up, and lay them all at the feet of Jesus. There, they will be transformed.

©LPi

Beyond Our Parish

National Eucharistic Congress:

Stay Connected with the Movement!

For beautiful reflections and resources on the Eucharist, as well as updates on the Revival, subscribe to receive the "Heart of the Revival" weekly newsletter at eucharisticrevival.org.

New Website for Archdiocesan Catholic Schools

The Office for the Mission of Catholic Education just launched a website for Catholic Schools of the Archdiocese of Saint Paul and Minneapolis! A key component of the recent systemwide Catholic schools branding initiative is a centralized website dedicated to the Archdiocese's 91 preschool-12th grade Catholic schools. This comprehensive website is a resource for all who support and are interested in Catholic schools of the Archdiocese to learn about the excellent system. Visit the new website: spmcatholicschools.org.

An Evening with Sarah Hart

Wednesday, July 26, 7:00 – 8:30 pm Church of Saint Paul, Ham Lake An incredible evening of music, worship, and reflection with Grammy-award winning singer and songwriter, Sarah Hart. No charge, free-will offering accepted. See archspm.org/an-evening-with-sarah-hart/ for more information.

Thank you to our sponsors

Please show your support for your parish by also supporting our advertisers. We wouldn't be able to bring you our bulletin every week without them!

Thank Our Advertiser of the Week...

Giuseppe's Italian Ristorante

1435 Silver Lake Road • New Brighton 651-631-2744 • giuseppesnewbrighton.com Stacy and Stephen Traviss, Parishioners



Mass Intentions

Sunday, July 9

8:00 am Slovak Fraternal Society Members

10:00 am +Ervin Sahli 11:30 am IC Parish

Tuesday, July 11

7:30 am +Joe, Doris and Ginny Guzik

Wednesday, July 12

7:30 am Monica and Robert Kirschmann

Friday, July 14

7:30 am +Ervin Bernard,

+Joseph Murzyn

Saturday, July 15

7:30 am +Slawko (Sid) Dupak

Sunday, July 16

8:00 am National Eucharistic Revival

10:00 am IC Parish

11:30 am +Hector Juncal Llapa

+Deceased

x 221

x 204

6

JULY 9, 2023

Church Directory

Emergency (Death/Anointing) 763-788-9062 (#9)

Parish

Parish Office 763-788-9062 Summer Hours: Mon-Thurs: 8 am - 4 pm, Fri: 8 am - 12 pm 763-788-0202 Parish Fax Pastor, Fr. Matthew Quail x 215 Accounting Specialist, Kay Karye x 204 Communications Coordinator, Sue Ashmore x 205 Director of Music and Liturgy, Ray Bannon x 214 Director of Operations, Julie Moricz x 202 Maintenance Supervisor, Doug Olson x 218 Parish Office Coordinator, Ximena Bunay x 201 Pastoral Minister, Vicki Bazille x 212 Records Coordinator, Terri Glaeser x 227

Faith Formation

Director of Faith Formation, Mary Nawrocki x 210 Administrative Assistant, Mary Scott x 208

Special Event Coordinator, Jami Bridgeman

Wedding Coordinator, Barb Hartwick

School

School Office 763-788-9065
School Fax 763-788-9066
Principal, Jane Bona (jbona@immac-church.org) x 220
Director of Admissions, Megan Plunkett x 207
Administrative Assistant, Sherri Macko x 219

Parish Pastoral Council Members

Daryl Post • Maria Hamilton • Sue Nyvold • Jerry Earley Tom Herschbach • Marcus Paulson • Stacy McVary

Fr. Matthew Quail (Parochial Administrator)
Jane Bona (School Principal)
Steve Smith (Parish Trustee)
Patrick McVary (Parish Trustee)

Low Gluten Hosts

Low gluten hosts (.002 gluten) are available. Come to the sacristy before Mass to request one.

Visit our website at ICCSonline.org



Gospel Meditation

14th Sunday in Ordinary Time

Do you ever feel restless? I certainly do. Daily tasks and challenges, but also the more basic demand of simply existing — sooner or later, this can all feel crushing and tire us out.

Which is why Jesus' words are such stunningly good news: "Come to me all you who labor and are burdened and I will give you rest" (Matthew 11:28). How vastly weird that this man speaks as though he is capable of giving us the deep repose we desire. Is his claim the height of absurd grandiosity? No, because next he immediately proclaims that he is "meek and humble of heart." We here touch a mystery: Jesus is capable of giving us rest because he is the one who forever reposes in the heart of God the Father. He is "yoked" to the Father in his divinity. But he is humbly "yoked" to us, sharing in our humanity.

The good news, my fellow tired-out friends: we don't have to despair in our burdens and exhaustion, no matter how heavy they feel. This week, join me in opening our hearts to hear him say to us, "Come! I will give you rest." We come to him in the Church, Eucharist, the Scriptures, prayer, in the poor. There he will give us rest.

- Father John Muir | ©LPi

Securing our Financial Future

Annual Stewardship Budget: \$ 724,000 Estimated Total Giving: \$ 725,996 Exceeded Budget \$ 1,996

Our new fiscal year began on July 1, but it appears that we exceeded our stewardship goal for last year. We are **very grateful for all** who continue to support our parish — "well done good and faithful servant . . . enter into the joy of your lord"!





DAILY ADMISSION PRICING

Friday, Saturday \$10.00 Admission

Sunday-Free

Purchase tickets online at ICSummerJam.org or the parish office during the week.

Sunday—FAMILY DAY—Free Admission!
Bingo ~ Kid's Games ~ Bottlemania
Bake Shoppe ~ Jewelry Sale & More!

(These events Sunday only)

August 4 - 6, 2023
Rain or Shine!

BIG BUCK RAFFLE!

Grand Prize \$5,000.00 2nd Prize \$3,000.00 • 3rd Prize \$1,500.00

4th-8th Prize **\$100** each

Raffle tickets \$5 each

Pre-assigned IC Summer Jam general raffle tickets are available for pick up in the back of church or in the parish office during the week. If we missed your name or you would like to buy/sell additional tickets, please call the parish office at 763-788-9062.

State regulations require that all tickets be accounted for, so please return all purchased ticket stubs with payment *and* un-purchased tickets to the Mass collection baskets or the parish office.

Volunteer—We Need You!

We need your help at IC Summer Jam, August 4-6! There are many volunteer opportunities available. Sign-up sheets are available in the narthex of the church, so please check them out or sign-up online at ICSummerJam.org and contribute some of your time and talent to IC Summer Jam 2023. Thank you!

Volunteers get free admission on the day you volunteer!



ICSummerJam.org

Friday and Saturday: 6:00 - 10:30 pm Sunday: 12:00 pm - 4:00 pm

Free City Ramp & Lot Parking—see website for details

Chairs limited, please bring your own.

No coolers, outside food or beverages, skateboards bicycles or pets allowed. Service animals (as defined by the ADA) welcome.

Parish Centennial



An Invitation to Reminisce

In honor of our upcoming Centennial Celebration, over the course of the next year, we will have various representatives from our parish community share some of their favorite memories and experiences of Immaculate Conception in the bulletin.

If you would feel so moved to contribute a story or anecdote between 100 and 500 words please send your message to Jami Bridgeman (Special Projects Coordinator) jbridgeman@immac-church.org. Otherwise, if you would prefer to talk on the phone and have a conversation about what will be written please feel free to call Jami at 763-788-9062 x 221.

We look forward to reading the heartfelt tales of what you are most thankful for from your time here at Immaculate Conception, be it from the liturgical celebrations, academic adventures in the school, or unforgettable moments from communal life.



FORMED Pick of the Week

The Story of Death | Eternal Rest | Episode 1

Where did death come from? What does death mean for the human person? Is it simply just part of life, or is it something else? In this first session, we discuss the story of death and God's response to it: defeating death by dying and rising from the dead.

To set up your free account visit formed.org/signup and select our parish.



NORTHEAST CHAPEL

2901 Johnson Street NE 612.781.6828

COLUMBIA HEIGHTS CHAPEL

4101 Central Avenue NE 763.789.4436

HILLSIDE CHAPEL

2610 19th Avenue NE 612.781.1999

Sarna's Classic Grill

763-788-3939

All You Can Eat Sunday Brunch 10-2 3939 University Ave., Columbia Heights



ABC COATING CO. OF MN, INC.

Alfredo & Sylvia Rocha Epoxy Coated Rebar 2500 W County Rd. B, Door 16A . Roseville 612-378-1855



4111 Central Ave NE, Suite 206 S 763-788-1605 www.holumlaw.com



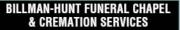
Dr. Andrew Wahl, Board Certified Orthodontis 612.788.9666 Discoverbraces.com 850 County Road D West . New Brighton, MN 55112



acy & Stephen Traviss

651-631-2744

\$5 OFF \$20 Purchase - Not Valid Walt



Robert F., John M., Jeffery M., Hunt,

612-789-3535 2701 Central Ave. NE



Dr. Leanne Warner

2726 Johnson St. N.E. • 612-789-1010

"New Patients Welcome



Columbia Heights 763.788.5476

Spring Lake Park

763.253.1079

LAWN MOWERS

CHAIN SAWS

RIDERS



ANGELL FAMILY Dentistry, P.A.

763,788,2215 423 - 40th Ave NE

Columbia Heights, MN 55421 m • info@angellfamilydentistr

\$5 off of purcha

763-710-5723 4005 Central Avenue NE

CHETSSHOES.COM Two reasons why we supply free loaners

Drive your car in, or have it toed.

Central Avenue Auto Body

2628 Central Ave. NE, Minneapolis

612-781-2711 • www.centralayeautobody.com





500 Village Center Di North Oaks, MN 55127 marciahernick@edinarealtv.com





Home | Auto | Commercial | Recreation Call me to shop the lowest rate for you from the 30+ "A" rated carrier partners

Terry Peffer Agent 612-255-9846 tpeffer@onesourceib.co

https://terrypefferinsurance.com/ 1300 Godward St., Suite 300 • Minneapolis, MN 54413



MINNEAPOLIS SAW INC. SALES . PARTS . SERVICE MINNEAPOLISSAW COM

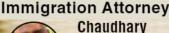
GRASS TRIMMERS LEAF BLOWERS 763-781-9312 | 831 40TH AVE NE SNOW BLOWERS



BONA BROS. AUTOMOTIVE

Personal Attention ~ **Commitment to Serve**

5333 University Ave. (S.E. Corner of 694 & University) 763-586-6050 • www.bonabros.com



Midas Lake Street is

Looking for a Motivated,

Customer-Friendly

Service Advisor to

Join our Team.

APPLY NOW



Law Office (612) 206-3721 WWW.CHAUDLAW.COM







6210 Hwy 65 NE Fridley, MN 55432

763-571-1300

Whether you choose burial or cremation, we're here to honor your wishes.

Burial • Cremation • Gatherings



7398 University Ave NE Fridley, MN 55432

763-571-5030

WE ARE HIRING!

OPEN POSITION

Automotive Service Advisor

REQUIREMENTS

- **Customer Service** Experience
- Bilingual (Spanish/English)



and we have Been Here for More than 60 Years.



HEIGHTS BAKERY

4925 Central Ave NE

Open Tues-Fri 5am-6pm • Saturday 6am-4pm

763-572-0624

Debbie Doty, Parishioner

Donate in honor of someone you love. servicedogsforvets.com

> Together at one convenient locati 1250 St. Anthony Blvd. NE * Minneapoli Kapala – Glodek Funeral Home

(612) 378-1331 set Funeral Home & Cemetery (612) 789-3596 Dignity



LET'S GROW YOUR BUSINESS

Place Your Ad Here and Support Our Parish!

CONTACT ME Kristee Flynn

kflynn@4LPi.com • (800) 950-9952 x2251