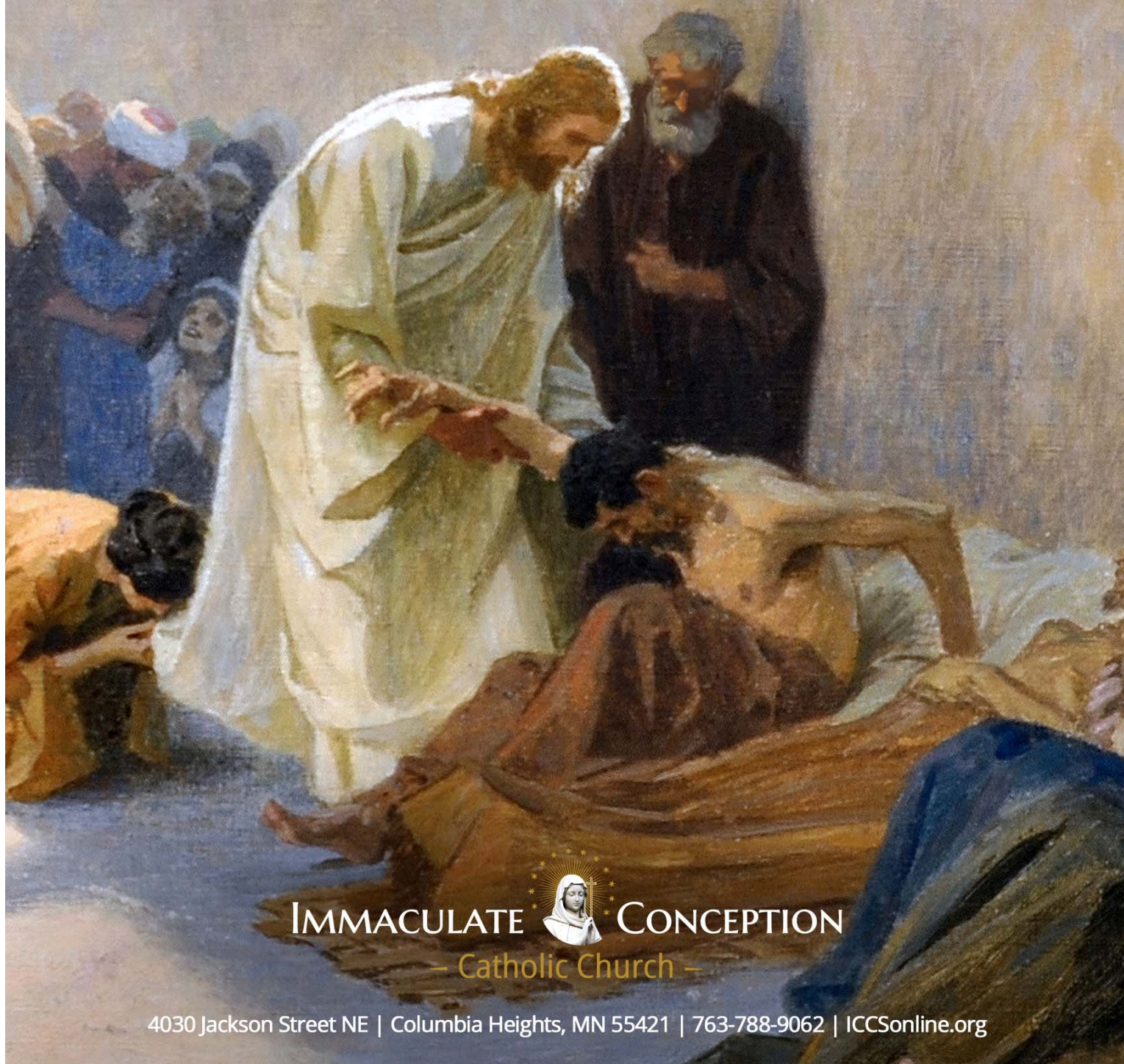


February 4, 2024

## 5th Sunday in Ordinary Time

He cured many who were sick with various diseases, and he drove out many demons.

Mark 1:34



IMMACULATE  CONCEPTION  
– Catholic Church –

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



## Parish News

### Safe Environment

We are committed to protecting children and vulnerable adults. Immaculate Conception has procedures in place to implement Archdiocesan safe environment policies and best practices. Employees, as well as volunteers who interact with minors and vulnerable adults, must complete the Essential 3 (E3) requirements prior to beginning service and every three years thereafter. This includes a criminal Background Check, signing a Code of Conduct, and completing Safe Environment Training.

If you have any questions regarding our safe environment practices, or would like more information on what is needed to volunteer, contact our Safe Environment Coordinator: Terri Glaeser, 763-788-9062 x227, [tglaeser@immac-church.org](mailto:tglaeser@immac-church.org)

Additional resources, including details on how to report suspected child abuse and resources for Victim Assistance, are available from the Archdiocese at [SafeCatholicSPM.org](http://SafeCatholicSPM.org).

### Fellowship

This Sunday, February 4, is Fellowship Sunday. Join us in Fellowship Hall after Mass (8:30 am - 12:00 pm) for refreshments and fellowship. It's a great time to get together with friends and meet others in the community. Free will offerings accepted.

### IC Music Presents: The Lullaby of Broadway



Join us February 10 in Fellowship Hall for fine cuisine, beverages, and hit songs from Broadway shows old and new. Reserved seat tickets are required (\$40.00 - cash or check only) and are on sale in the parish office during the week. (Buy a table of 8 in one transaction you'll get one seat free.)

## This Week's Readings

**Sunday, February 4, 5<sup>th</sup> Sunday in Ordinary Time**

Jb 7:1-4, 6-7/Ps 147:1-2, 3-4, 5-6 (see 3a)/1 Cor 9:16-19, 22-23/Mk 1:29-39

**Monday, February 5, St. Agatha, Virgin and Martyr**

1 Kgs 8:1-7, 9-13/Ps 132:6-7, 8-10/Mk 6:53-56

**Tuesday, February 6, St. Paul Miki and Companions, Martyrs**

1 Kgs 8:22-23, 27-30/Ps 84:3, 4, 5 and 10, 11/Mk 7:1-13

**Wednesday, February 7**

1 Kgs 10:1-10/Ps 37:5-6, 30-31, 39-40/Mk 7:14-23

**Thursday, February 8, St. Jerome Emiliani; St. Josephine Bakhita, Virgin**

1 Kgs 11:4-13/Ps 106:3-4, 35-36, 37 and 40/Mk 7:24-30

**Friday, February 9**

1 Kgs 11:29-32; 12:19/Ps 81:10-11ab, 12-13, 14-15/Mk 7:31-37

**Saturday, February 10, St. Scholastica, Virgin**

1 Kgs 12:26-32; 13:33-34/Ps 106:6-7ab, 19-20, 21-22/Mk 8:1-10

**Sunday, February 11, 6<sup>th</sup> Sunday in Ordinary Time, World Marriage Day**

Lv 13:1-2, 44-46/Ps 32:1-2, 5, 11 (7)/1 Cor 10:31-11:1/Mk 1:40-45

©LPi

### Mass Schedule

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

### Reconciliation

Saturday	3:00 - 4:45 pm
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### Eucharistic Adoration

San Damiano Chapel	
Open Weekdays	7:30 am



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## School News

### Kindergarteners Celebrate MLK Day



Immaculate Conception Kindergarteners worked hard in January to learn all about Dr. Martin Luther King Jr. to celebrate MLK day on January 15. Kindergarteners watched videos, read books, and even experimented with white and brown eggs to learn about MLK's legacy of justice and equality. An important lesson was learned – it isn't about what's on the outside that counts, it's about the same heart on the inside God gave us for loving. To commemorate their learning, ICS Kindergarteners dreamed about ways that they could change the world. As you can imagine, the ideas of 5 and 6-year-olds were unique and touching. Some children vowed to put up signs to ask people to stop littering, others wanted to buy toys to give to kids who don't have enough money for them. Other kids wanted to help the

homeless, work on being nice to everyone, and being kind to animals. If you'd like to hear more about how our Kindergarteners want to change the world, you can visit our school website and scroll down to the video entitled "Martin Luther King Jr. Day Kindergarten Video, January 16, 2024". This video will give you a sense of light as we enjoy the ideas of young minds. May we all live to uphold values of justice and equality just like Martin Luther King Jr.

God Bless,  
Mrs. Magnuson, Kindergarten Teacher



## FORMED

### Bakhita: From Slave to Saint

Bakhita: From Slave to Saint tells the incredible story of St. Josephine Bakhita. Originally born in Sudan, Josephine was kidnapped by slavers and was eventually sold to a merchant in Italy. By the grace of God, she lived a heroic life of forgiveness and mercy which led her to become a saint.



## Visiting Our Parish?

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 x 212. Online registration is available on our website, ICCSonline.org.



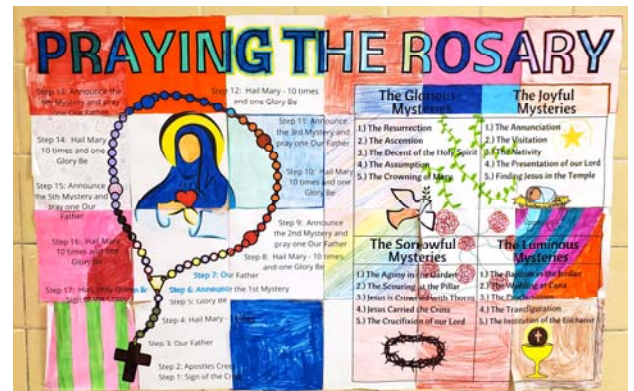
## FINANCIAL AID NIGHT

**February 6**  
**3:30 - 6:00 PM**

Contact Lydia or Ximena to schedule:  
763-788-9062

### 6th Grade Prays the Rosary

Beautiful work by our 6th graders as they pray the Rosary, they also created artwork to learn all the Mysteries – Joyful, Sorrowful, Luminous, Glorious. Thank you Ms. Doyle and grade 6!



### Catholic Schools Raffle

The Catholic Schools Raffle, sponsored by Catholic United Financial, is underway at Immaculate Conception School. For those of you unfamiliar, students are selling raffle tickets at \$10 each – you can buy as many as you want – and each one earns you a chance to win some amazing prizes. Just ONE ticket can get you to the vacation of your dreams! You'll receive \$5,000 to jet off to your dreamiest place, and more, we keep every dollar that's raised through the raffle. For each \$10 you spend on a raffle ticket, exactly \$10 goes directly to our school. Catholic United Financial covers all the raffle costs so we can do this. It's a great way to support the school and have a chance to win a big prize – the top prize is either a 2024 Chevy Trax SUV or \$20,000 in cash!



## 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 x 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  
Mary Fredenburg · Shawn Frederixon · Joanne Fulton  
Tom Fulton · Len Jurek · Marge Klimek · Anna Larson  
Steven Lauinger · Annette Peifer · Dianne Redman  
Greg Sery · Elaine Thunstrom and  
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.

## Save the Date!

### Lenten Women's Retreat

Saturday, March 9, 2024

9:00 am -1:00 pm

### Soup Lunch and Mary's Way of the Cross

Friday, February 23, 2024

Soup from 11:30 am—1:30 pm

Stations of the Cross at 2:00 pm

## Word of Life

### Respect Life Reflection

"A society is all the more human to the degree that it cares effectively for its most frail and suffering members, in a spirit of fraternal love. Let us strive to achieve this goal, so that no one will feel alone, excluded or abandoned."

—Pope Francis, Message for the  
29<sup>th</sup> World Day of the Sick 2021

## Catholic Trivia!

**Question:** Which modern legal structure is based on Christ and the twelve apostles?

©LPi

Answer: A twelve-member jury and one judge.

## Social Justice Ministry

### Feed My Starving Children

The IC Social Justice Committee is inviting all parishioners to join us to help collect funds for Feed My Starving Children.



### Ways to Help:

- M&Ms fill the tube program: Tubes will be available (while they last) in the church narthex and parish office February 17-18. Please return on or before Palm Sunday, April 24 filled with \$14 in quarters, bills or check. (We will provide a basket in the narthex each Sunday for returns).
- Cash Contribution: If writing a check please make it payable to Immaculate Conception. Checks written to Feed My Starving Children will not go toward the fundraiser. Please drop in the collection basket at Mass, in the envelopes provided or an envelope clearly marked: Feed My Starving Children.
- Pray for all those who are hungry.

### Thank You Brothers Keeper!

Immaculate Conception received the following thank you from Bridg-  
ing (who aid people in transition from homelessness):

*Thank you for your donation of 15 blankets and four baby blankets in November! We had a difficult time keeping blankets on our shelves this year because the need is so great.*

*I know your blankets warm our clients' bodies and their hearts! Thank you for your continued generosity. We are very grateful for you!!*

With the blankets donated in November, Brothers Keeper donated a total of 59 blankets in 2023!

We are always in need of clean, flat sheets. If you are interested in donating or learning more about volunteering with this ministry please contact Vicki Bazille at 763-788-9062 for information.

## Eucharistic Adoration

"O come, let us worship God and bow low before the God who made us, for he is the Lord our God." (from Psalm 95)

Every adorer knows how important and special their adoration hour is and goes weekly to their chosen hour. Their prayers of thanksgiving and praise, as well as prayers of petition for themselves and others, never go unheard. As the psalmist wrote, come and worship our God! All are welcome! Our chapel is open Monday through Friday beginning at 7:00 am.



We are looking for more scheduled adorers. **We have the following open hours: Mondays at 1:00 pm, Wednesdays at 10:00 am and Wednesdays at 1:00 pm. We are also in need of partner adorers for many 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.

## Reflections

### Why Do We Do That?—Catholic Life Explained

#### Is Gossip a Sin?

**Question:** *Is gossip a mortal sin?*

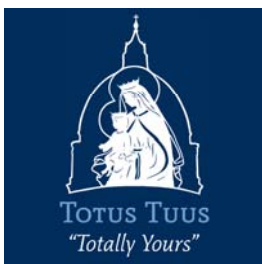
**Answer:** To really ask this question, we must consider the Eighth Commandment: “You shall not bear false witness.” In its reflections on this commandment, The Catechism of the Catholic Church invites us to not only think about what bearing “false witness” means, but to also consider how we understand the truth and how we communicate more broadly. This is why so much of this section of the Catechism has to do with the gift of language. With this in mind, we will notice that the word “gossip” isn’t used by the Catechism. Instead, we find the words “detraction” and “calumny,” which are actually two forms that gossip can take, and both can be quite serious.

First, detraction is the of revealing “another’s faults and failings to persons who did not know them,” without morally valid reasons. Calumny, by extension, is saying something about another person that is untrue, and it is sinful because it “harms the reputation of others and gives occasion for false judgements” (see no. 2477).

In all of our communication, we have to always recognize that we have a moral obligation to the truth and to always work to protect the reputation and honor of our neighbors (see no. 2479).

Gossip can, in fact, prove to be a very serious sin. After all, the Catechism reminds us: “No one is bound to reveal the truth to someone who does not have the right to know it” (no. 2489). When we have gossiped, especially if we are aware we have damaged another person’s good name or reputation, we want to make every effort to undo the damage we have done, including seeking the grace and forgiveness offered in the Sacrament of Reconciliation.

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## Faith Formation

### Save the dates!

#### Totus Tuus Summer Program:

June 9-13 (Sunday through Thursday evenings)  
for grades 7-12.

June 10-14 (Monday through Friday during the day)  
for grades 1-6.

## Beyond Our Parish

### Rebuilding Catholic Community—2024 Spring Speaker Series

The Center for Catholic Social Thought is pleased to announce our Spring Speaker Series on the topic of *Rebuilding Catholic Community*, featuring, among others, Bishop Joseph Williams and writer/speaker Leah Libresco (author of *Building the Benedict Option*). The talks are Thursdays at 7:00 pm, February 15–March 7, 2024, at the Assumption Church in St Paul. We’ll be discussing the breakdown of community life, community and the parish, community and the poor, and practical suggestions about how to build community today. The talks are free, open to the public, and include a reception. For more information and to register, please visit [catholic-socialthought.org](http://catholic-socialthought.org).

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## Mass Intentions

### Sunday, February 4

8:00 am IC Parish  
10:00 am +Betty Haeg  
11:30 am Familia Hernandez-Dircio

### Tuesday, February 6

7:30 am +Prokott Family Deceased Members

### Wednesday, February 7

7:30 am +CCW Deceased Members

### Thursday, February 8

8:30 am Steve Lauinger

### Friday, February 9

7:30 am +Vincent Guzik Family Deceased Members

### Saturday, February 10

5:00 pm +Brian Drews

### Sunday, February 11

8:00 am IC Parish  
10:00 am +Barb Geiger  
11:30 am Familia Jaimes-Hernandez

+Deceased

## Church Directory

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

### Parish

Parish Office 763-788-9062

Monday-Friday: 8:00 am - 4:00 pm

Parish Fax 763-788-0202

Pastor, Fr. Matthew Quail x 215  
(FRQuail@immac-church.org)

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

Special Event Coordinator, Jami Bridgeman x 221

Wedding Coordinator, Barb Hartwick x 204

### Faith Formation

Director of Faith Formation, Mary Nawrocki x 210

Administrative Assistant, Mary Scott x 208

### School

School Office 763-788-9065

School Fax 763-788-9066

Principal, Jane Bona x 220  
(jbona@immac-church.org)

Director of Admissions, Lydia Zimmerman x 207

Director of Advancement, Seyha Saumweber x 203

Administrative Assistant, Sherri Macko x 219

### Parish Pastoral Council Members

Daryl Post • Maria Hamilton • Sue Nyvold • Jerry Earley  
Stacy McVary • Miriam Ayala • Jonathan Tholen

Fr. Matthew Quail (Parochial Administrator)

Julie Moricz (Director of Operations)

Al Haeg (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](http://ICCSonline.org)

## 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.

## 2023-2026 CENTENNIAL CAPITAL CAMPAIGN



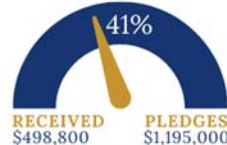
### BOILER UPDATE

The process for the boiler removal has started. Praise God! The majority of the boiler was removed. There are still a few parts that need to be disassembled and taken out. We are hoping to complete the remainder of the removal in the upcoming weeks. We hope to install the new boiler by the summer, depending on the availability of the contractors and new boiler. We are grateful to all involved in this project!



### CAMPAIGN FINANCIAL UPDATE

#### Amount Received



Projections as of  
January 12, 2024

#### Pledged vs Goal



Thanks to our generous supporters, we are close to receiving 41% of our pledged amount and we are only a little over halfway through our first year. It is inspiring to see the generous response of our mission partners. The Centennial Legacy of Light Campaign is still looking for an additional \$355,000 in pledges to complete our pledge goal. If you feel called to give or increase your pledge, please contact Seyha Saumweber.

### REMAINING PROJECTS UPDATE

#### Amount Needed for Next Project: \$54,000

Our next project is to tackle the roof over the school gym and parish office. We need an additional \$54,000 to have the funds needed to complete the project. Please consider making a donation to help speed up the project timeline.

#### Projects and Priorities

1. Replace Gym and Parish Office Roof

2. Main Electrical Service

3. Upgrade School Elevator



4. Church Floor Tile

5. Ministry Initiatives



### DONATE HERE TO THE CAMPAIGN



or visit: [www.tinyurl.com/iclol](http://www.tinyurl.com/iclol)

### GOT QUESTIONS?

Contact Seyha Saumweber  
Director of Advancement  
[seyha@immac-church.org](mailto:seyha@immac-church.org)  
763-788-9062 ext. 203



# Chili COOK-OFF



**Saturday, February 17**

**Fellowship Hall**

**5:30 – 7:30 pm**

Bring your crockpot filled with your best chili recipe to compete against other entries to earn the right to be named “IC’s #1 Chili Champ 2024” and win the prize!

Everyone is invited to come to taste the chili and vote for your favorite. There will be hotdogs, chips and beverages available as you sample the entries. Cost \$8 (7 years and younger \$5). Once voting ends any remaining chili will be available to everyone.



All proceeds to benefit a need on church campus.

Competition is limited to the first 10 people to register!

Sponsored by Council of Catholic Women

**Entry fee: \$10**

To register e-mail  
[Bridgeman@bonabros.com](mailto:Bridgeman@bonabros.com)  
or [tiedendc@gmail.com](mailto:tiedendc@gmail.com)



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