

February 16, 2025

## Sixth Sunday in Ordinary Time



IMMACULATE  CONCEPTION  
— Catholic Church —

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

## From the Pastor's Desk

Whenever I go on my annual retreat, I go on an eight-day silent retreat. Yes, this extrovert sits in silence for eight days. The first three are the most challenging. I once had a retreat director describe the beginning of the retreat as an off-ramp. He said it takes a few days to leave the noise of the world and enter into the silence of prayer. Then, I notice that once I'm in the silence, I am pretty comfortable staying in it. The Church embraces this concept of an off-ramp as we prepare for our Church-wide retreat of Lent.

This Sunday is properly known as Septuagesima Sunday. It's Latin for 70 days. For some parishioners of a certain vintage, you may remember that these days used to be on the Church calendar. That means the three Sundays before Ash Wednesday served as an off-ramp for Lent. Three Sundays – Septuagesima, Sexagesima, and Quinquagesima Sundays – served as a practical marker for the faithful that Lent is coming up. They meant 70 days, 60 days, 50 days, respectively. They served as sign posts on the off-ramp to Lent. How wise the Church calendar was!

So, as we are officially at the third Sunday before Lent, we are officially merging on to the off-ramp into Lent. On this Septuagesima Sunday, I encourage you now to begin thinking, "How can I make a return to the Lord?" Where do I need to grow in prayer, fasting, and almsgiving? What spiritual practices might I take up this Lent to help me grow closer to God? Use this time of the off-ramp now so that we can take the most advantage of this rich season of Lent coming up so soon!

Fr. Matthew Quail



## This Week's Readings

**Sunday, February 16,** 6<sup>th</sup> Sunday in Ordinary Time

Jer 17:5-8/Ps 1:1-2, 3, 4, 6, (40:5a)/1 Cor 15:12, 16-20/Lk 6:17, 20-26

**Monday, February 17,** The Seven Holy Founders of the Servite Order; Presidents' Day

Gn 4:1-15, 25/Ps 50:1 and 8, 16bc-17, 20-21/Mk 8:11-13

**Tuesday, February 18**

Gn 6:5-8; 7:1-5, 10/Ps 29:1a and 2, 3ac-4, 3b and 9c-10/Mk 8:14-21

**Wednesday, February 19**

Gn 8:6-13, 20-22/Ps 116:12-13, 14-15, 18-19/Mk 8:22-26

**Thursday, February 20**

Gn 9:1-13/Ps 102:16-18, 19-21, 29 and 22-23/Mk 8:27-33

**Friday, February 21,** St. Peter Damian, Bishop and Doctor of the Church

Gn 11:1-9/Ps 33:10-11, 12-13, 14-15/Mk 8:34-9:1

**Saturday, February 22,** The Chair of St. Peter the Apostle

1 Pt 5:1-4/Ps 23:1-3a, 4, 5, 6/Mt 16:13-19

**Sunday, February 23,** 7<sup>th</sup> Sunday in Ordinary Time

1 Sm 26:2, 7-9, 12-13, 22-23/1 Cor 15:45-49/Lk 6:27-38

## Mass Schedule

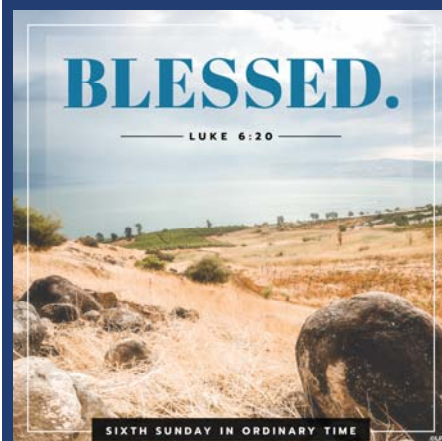
Tuesday	7:30 am
Wednesday	7:30 am
Thursday	8:30 am
Friday	7:30 am
Saturday	5:00 pm
Sunday	8:00 am
	10:00 am
	(en español) 11:30 am

## Reconciliation

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

San Damiano Chapel	
Weekdays	7:00 am - 5:00 pm



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## School News

### Heritage Day

Students and teachers joined in celebration on Wednesday, January 29 as we highlighted the traditions and cultures of our entire IC family during Heritage Day. Many students wore cultural clothes or colors and shared the various foods from their country of origin.



### Catholic Schools Raffle

The annual raffle, sponsored by Catholic United Financial, is once again taking place at ICS. We would be grateful if you would consider supporting this effort by purchasing a ticket after Mass, perhaps from your favorite student, or by contacting Kathy Jo in Development at 763-788-9062 # 5 or [kjpetererson@immac-church.org](mailto:kjpetererson@immac-church.org). Each \$10 ticket provides a chance to win a wonderful prize, including a dream vacation valued at \$5,000. All proceeds will directly benefit our school. The grand prize is your choice of a 2025 Chevy Trax SUV or \$20,000 in cash. We are nearly halfway to our fundraising goal of \$9,000 by March 2.

The students win prizes for selling too. These are our top two sellers this past week.



### Congratulations to Grant Lepsch, ICS 8th Grade Student

Grant received an academic scholarship from Totino Grace High School for achieving the highest overall score on the entrance exams. We are proud of his achievement!

## Beyond Our Parish

### Pilgrimage with Fr. John Mitchell

Join Father John Mitchell on a tour of Fatima, Lourdes and Shrines of Spain, October 7-18, 2025. The starting price of the tour is \$2,699.00 per person for double occupancy. Airfare is not included. We will reserve flights as a group when airfares become available. If you wish, you can book your own flight to Lisbon where the tour begins and your own flight home from Barcelona where the tour ends. Call Andre Leavitt at Time Travels Inc., 651-771-5666, to reserve your spot(s).

For more info, contact Father John at 651-432-4955 or [john.mitchell@stpascals.org](mailto:john.mitchell@stpascals.org). Trip itinerary can be found at: [timetravelsinc.com/spain-with-father-john-mitchell](http://timetravelsinc.com/spain-with-father-john-mitchell).

## Catholic Trivia!

**Question:** What is the term for sharing of the faith through witness of life and word?

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Answer: Evangelization.

## 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 763-788-9062. Online registration is available on our website, [ICCSonline.org](http://ICCSonline.org).

## 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 Ray Bannon at 763-788-9062, option 7. For private prayer call Larene at 763-789-4246.

### Pray for Our Loved Ones Who Have Died

Especially Charlotte Furlong and 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	Sabrina Anderson	Steve Applen
Paul Bona	Tom Botzet	Vickie Botzet
Joe Burgoyne	Mary Fredenburg	Shawn Frederixon
Glen Getty	Janice Golden	Judith Jensen
Alan “Bud” Kibler	Jane Kibler	Anna Larson
Steven Lauinger	Gil Mros	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.

## Social Justice Ministry

### Coins for Social Justice Next Weekend, February 22-23

#### Small change can do a world of good!

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.



## Parish News

### Chili Cook-Off

**Saturday, February 22, 5:30 - 7:00 pm, Fellowship Hall**

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 2025” and win the prize!

Entry fee: \$10. Competition is limited to the first 10 people to register! To register email tiedenc@gmail.com or Bridgeman@bonabros.com.

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. Profit realized will benefit a need on the church campus. Sponsored by the IC Council of Catholic Women

## Gospel Meditation

### 6<sup>th</sup> Sunday in Ordinary Time | Luke 6:17, 20-26

I craved four things as a teenager: success in sports, food, fun and the attention of popular people. However, I noticed that as I acquired them, I was more unsatisfied than before. So, I’d strive even more energetically, achieve more, and the sense of emptiness was greater still. These four things started to feel like burdens or even curses. Soon after, I encountered Christ in my high school youth group. Experiencing his love was totally different than anything those four things previously produced. It produced a lasting happiness.

Jesus utters a kind of four-fold curse in this week’s Gospel of Saint Luke’s “woes”: **“Woe to you who are rich...who are filled now...who laugh now...who are well-spoken of”** (cf. Luke 6:24-26). How marvelous that these correspond perfectly to the four things that obsessed my teenage soul: riches, food, laughter and good reputation. The “woes” the Lord speaks are warnings: when those things are the *purpose* of your life, you’ll be miserable. He is saying, “You’ll be happy, or blessed, in the measure that these things do not determine the shape of our lives, and the kingdom of God does.”

To some degree, we’re all spiritual teenagers, addicted to one or more of those four “woes.” How splendid that the Lord wants his to bless us — that is, to satisfy us, make us laugh with joy, and in the kingdom of God, offer us what will truly satisfy us. But first let’s admit what is causing our “woes.”

—Father John Muir | ©LPi

## Prayer

### Prayer of God’s Blessing

Bless me, Lord, mold my heart in imitation of Yours.

Bless me, Lord, help me to see people as You do, and to hear their needs.

Bless me, Lord, replace my understanding with Yours.  
Amen.

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This Sunday!

# PANCAKE BREAKFAST!

Fellowship Hall  
8:30 - 11:30 am

Enjoy a delicious breakfast of pancakes, sausage, potatoes, eggs and beverages!

Adults \$10.00  
Ages 5-12 \$7.00  
Kids 4 years and younger free

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## Reflections

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

#### Mardi Gras

##### Question:

*Carnivale and Mardi Gras celebrations are linked to Ash Wednesday, Lent, fast and abstinence. Can you tell us more about the connections between these events?*

##### Answer:

Ash Wednesday is the beginning of the forty days known as Lent. Every year, Christians highlight this penitential season as a time of self-examination, reformation of one's life, and continued development of a deeper spiritual life. The recommended practices of prayer, fasting, and almsgiving become the focus of Lenten activity and ritual. Each of these spiritual practices is aimed at personal discipline as well as continued concern for the other, especially the poor or alienated.

Forty days is a symbolic biblical period of time, during which personal transformation occurs and out of which people surface as more spiritual, ready to carry out God's mission. Relying on God's providence and care, no matter how difficult life becomes, is crucial to Lenten spirituality. Fasting was initially stricter, permitting only one simple meal a day without meat, fish, or other delicacies. Such things were not even allowed in the house.

In order to prepare for this in an age of no refrigeration, people gathered to consume whatever was not allowed during Lent. This led to parties or celebrations originally referred to as Carnivale, literally meaning "goodbye to meat," or Mardi Gras, literally meaning "Fat Tuesday." The eating and celebrating ended on the Tuesday just before Ash Wednesday. Today we focus more on moderation in all things, as well as a strong concern for the poor. What are you doing for the poor this Lent?

### Live the Liturgy—Inspiration for the Week

Too many of us make the mistake of expecting prosperity here on Earth as a reward for following Christ. But Jesus is very clear: sorrow and hardship are a part of life. But when we offer these sufferings to Christ, they become transformed. They become blessed. And so do we.

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## Word of Life

"We often assume parenthood happens easily after 'I do,' but for many married couples, it does not. For some, the joy of conception never happens. Others suffer repeated miscarriages. Still others experience secondary infertility... If you experience difficulty bringing a child into your family, know that you are not alone. God is with you, and his Church desires to walk with you... God has a beautiful plan for your life as a married couple."

—USCCB Secretariat of Pro-Life Activities  
"Seven Considerations While Navigating Infertility"  
[respectlife.org/navigating-infertility](https://respectlife.org/navigating-infertility)



"Blessed is the one who trusts in the LORD, whose hope is the LORD."

(Jer 17:7)

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## Mass Intentions

### Sunday, February 16

8:00 am Gromek Family Deceased Members +  
10:00 am Adela Rimer +  
11:30 am IC Parish

### Tuesday, February 18

7:30 am Daniel Grow +

### Wednesday, February 19

7:30 am Donald Guzik +

### Thursday, February 20

8:30 am Dominic "Bud" Hebzynski +

### Friday, February 21

7:30 am Frank Shutte +

### Saturday, February 22

5:00 pm Rosalyn Emon +

### Sunday, February 23

8:00 am Fr. Matthew Quail  
10:00 am James Fuhrmann +  
11:30 am IC Parish

+ Deceased

## Church Directory

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

### Parish

Parish Office 763-788-9062

Monday-Friday: 8:00 am - 12:00 pm

Parish Fax 763-788-0202

Pastor, Fr. Matthew Quail Option 6  
(pastor@immac-church.org)

Communications, Sue Ashmore Option 4  
(Mass Intentions/Sacramental Records)

Director of Music and Liturgy, Ray Bannon Option 7

Ministry Coordinator, Glenda Castillo Option 0

Wedding Coordinator, Barb Hartwick

Director of Operations, Julie Moricz Option 3

Maintenance Supervisor, Doug Olson Option 8

Director of Development and Advancement,  
Kathy Jo Peterson Option 5

### Faith Formation

Director of Faith Formation, Mary Nawrocki Option 2

### School

School Office, Sarah Melbostad 763-788-9065

School Fax 763-788-9066

School Principal, Anne Hennessey Option 6  
(ahennessey@immac-church.org)

### Parish Pastoral Council Members

Susanna Benitez • Maria Hamilton • Sue Nyvold

Jerry Earley • Miriam Aleman • Nicole Mamura

Fr. Matthew Quail (Pastor)

Julie Moricz (Director of Operations)

### Parish Trustees

Al Haeg • Patrick McVary

### 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

## 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.*

## (Practicing) Catholic

### In the End, Does it Matter?

When I was a teenager, the priest I would go to for confession used to tell me, over and over: "In the end, we all get the same dirty hole in the ground."

What he meant was, it doesn't matter how rich or smart or well-liked we are. We're all heading to the same place. This life comes to an end for every man. All the money he earns, all the stuff, all the worldly esteem, will at some point be of no further use. We all get the same dirty hole in the ground.

It was an important message for me to hear, because at the time, it all seemed so *important*: my after-school job and my FAFSA application and my grades. The admiration of my friends and teachers. I was so consumed with *what* I was going to become that I wasn't spending a lot of time thinking about *who* I was going to become. But the *who* is the only thing that lasts until the next life.

And to be honest, it's all still too important to me. Avoiding sadness and disappointment. Saving money and being liked. Focusing on "the five-year plan" when it comes to career, house plans, and a whole bunch of other things I can't take to my dirty hole in the ground.

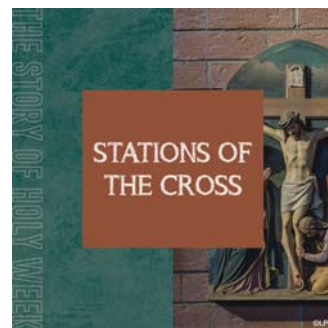
Jesus was radical in his teaching that the "stuff" in life wasn't all that important. It was radical for him to say that the worldly signs of success — wealth, popularity, pleasure — did not amount to a whole lot in the grand scheme of things and that suffering could sanctify us. It was radical in the ancient world, and it's radical today.

Are we ready to be radical, too?

—Colleen Jurkiewicz Dorman | ©LPi

## Devotions Explained

### Connect With Tradition and Grow Your Faith



### Stations of the Cross, Explained

In the earliest years of Christianity, the locations central to the story of Holy Week — the Garden of Gethsemane, Calvary, the Holy Sepulcher, and more — were destinations for pilgrims who wanted to experience Christ's sacrificial love for us in a physical way. In the years after the Crusades, pilgrimage to the Holy Land became impossible for most Christians, and the Stations of the Cross was popularized as a devotional

means to pray through the passion and death of Christ.

Throughout history the number of stations has varied, with different traditions focusing on different events. In the 18th century, the number was officially fixed at 14 by Pope Clement XII. These stations are taken from the Gospel accounts of Christ's passion and death, though there are several which are derived from tradition and apocryphal sources, such as the meeting of Mother and Son and St. Veronica wiping the face of Christ.

## Legacy of Light Capital Campaign

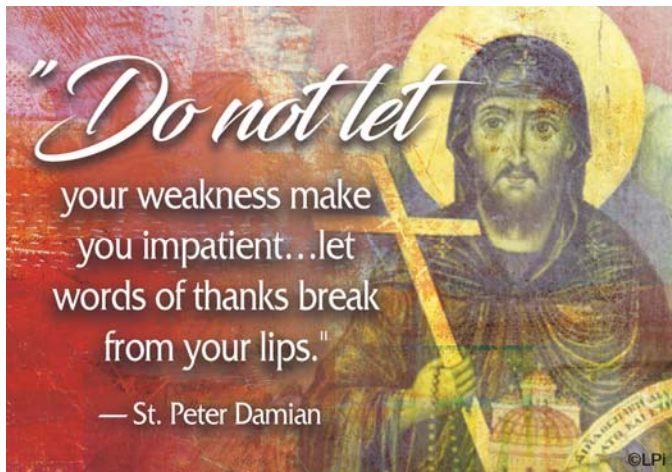
### Capital Campaign Update

As we reported in November, through your consistent donations and generosity, we completed two major projects last calendar year – the replacement of the main boiler for the campus & the replacement of the roof over the gym and parish office. Combined, these projects totaled over \$400,000.

### Fiscal Year 2025 Capital Campaign Giving

	July 2024	August 2024	September 2024	October 2024	November 2024	December 2024	January 2025
Donations Received	\$ 26,192	\$ 39,945	\$ 8,587	\$ 5,312	\$ 46,549	\$ 14,894	\$ 3,200
Interest Earned			\$ 1,375			\$ 758	
<b>YTD Totals</b>	<b>\$ 26,192</b>	<b>\$ 66,137</b>	<b>\$ 42,926</b>	<b>\$ 48,238</b>	<b>\$ 94,787</b>	<b>\$ 129,246</b>	<b>\$ 132,446</b>

Thank you for allowing your generosity to continue to shine in our Legacy of Light Campaign!  
*"... let your light shine before others, so that they may ... give glory to your Father in heaven."*



## The Week Ahead

### Sunday, February 16

RICA ..... 8:30 am - 10:30 am  
 IC Pancake Breakfast..... 8:30 am - 11:30 am

### Tuesday, February 18

Charismatic Prayer Group ..... 7:00 pm - 8:30 pm

### Wednesday, February 19

Confirmation I..... 6:00 pm - 7:30 pm  
 First Eucharist Class ..... 6:30 pm - 8:00 pm  
 OCIA..... 6:30 pm - 8:00 pm  
 Parish Choir Rehearsal..... 6:30 pm - 8:30 pm

### Thursday, February 20

Principal Search Committee..... 6:00 pm - 8:00 pm  
 Biblical Walk Through the Mass Study ..... 7:00 pm - 8:30 pm

### Saturday, February 22

Chili Cookoff..... 5:30 pm - 7:00 pm

### Sunday, February 23

RICA ..... 8:30 am - 10:30 am

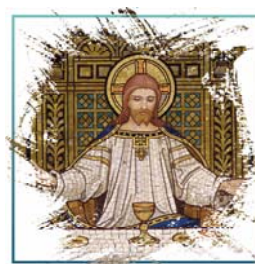
## Eucharistic Adoration

*"Be my protector, O God, a mighty stronghold to save me.  
 For you are my rock, my stronghold! Lead me, guide me,  
 for the sake of your name." (Psalm 31: 3-4)*

Committing to an hour of Eucharistic adoration each week can be difficult to imagine especially in this busy world, but it grows easy when it becomes a way of life. Spending some quiet prayer time before the Blessed Sacrament will give you strength, along with peace, in our hectic world. The chapel is open to adorers and visitors Monday through Friday beginning at 7:00 am until 5:00 pm. After 5:00 pm you must be a registered adorer and have an IC Church issued key fob to enter the convent building and chapel.

We are looking to increase the number of hourly adorers, partner adorers and substitute adorers to insure our Lord is not left alone in the chapel. **We especially need adorers for the following hours: Wednesdays at 1:00 pm, and Fridays at 9:00 am and noon. We need additional substitute adorers especially during the daytime hours.** If you would like to become a substitute adorer, to schedule an adoration hour, are unable to attend your scheduled hour, or have questions about adoration, please call Sandy at 763-789-3246.

NOTE: The chapel will be closed on Monday, February 17, for the President's Day holiday.



*"Blessed are you who are poor,  
 for the kingdom of God is yours."  
 (Lk 6:20)*



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