

# Church of St. Joseph

Roman Catholic Church & School  
stjparish.com

P.O. Box K - 106 6th St W, Williston ND 58802-1115 — 701-572-6731

*Saint John the Baptist*  
Roman Catholic Church  
205 2<sup>nd</sup> St., Trenton, ND 58853

*Saint Boniface*  
Roman Catholic Church  
300 East Street, Grenora, ND 58845

## HOLY MASS - SANTA MISA

### Church of St. Joseph

Saturday — 5:00 p.m.

Sunday — 9:00 a.m.

*Spanish Mass — 2:00 p.m.*

*Misa en Español — 2:00 p.m.*

Monday — 7:00 p.m.

Tuesday-Friday — 7:00 a.m.

Saturday — 8:00 a.m.

### Church of St. John the Baptist

Sunday — 11:00 a.m.

### Church of St. Boniface

Sunday — 10:00 a.m.

## CONFESSION

### St. Joseph

Tuesday-Friday ·· 6:30-6:50 a.m.

Saturday ·· 3:30-4:45 p.m.

·· 7:30-8:30 p.m.

Sunday ·· 8:00-8:45 a.m.

### Confesión en Español

Domingo.....1:15-1:45 p.m.

### St. John the Baptist

Before Sunday Mass

### St. Boniface

Before Sunday Mass

## OTHER SACRAMENTS

**Marriage:** Arrangements must be made at least nine months in advance with one of our priests.

**Baptism:** We recommend you contact us prior to the birth of the child.

**Anointing of the Sick:** If after hours, please call the rectory (701) 572-0236.

*\*Please call the parish office for more info on receiving other Sacraments.*

## EUCCHARISTIC ADORATION

### St. Joseph

Monday··· 3:00-9:00 p.m.

Tues.-Wed.··· 12:00-10:00 p.m.

Thursday··· 12:00-8:00 p.m.

Friday··· 12:00-4:00 p.m.

### St. John the Baptist

Monthly, the 3<sup>rd</sup> Sunday after Mass

### St. Boniface

Monthly, the 3<sup>rd</sup> Sunday after Mass

## WELCOME TO OUR PARISH!!!

We are delighted you are here!!! You may register to be a member at the parish office or online at stjparish.com

## The Exaltation of the Holy Cross

For God so  
loved the  
world that He  
gave His one  
and only Son,  
that whoever  
believes in Him  
shall not  
perish but  
have eternal  
life.

John 3:16





<p><b>Monday - September 15</b>  <b>7:00 PM</b> Dusty &amp; Abby Dahlberg &amp; Family by Kelly &amp; Marci Everson</p>
<p><b>Tuesday - September 16</b>  <b>7:00 AM</b> Steve Larson by Kay &amp; Bill Jacobson</p>
<p><b>Wednesday - September 17</b>  <b>7:00 AM</b> †Eva Dwyer by Laurie Evans  <b>11:30 AM Hospital</b> †Robert Keck</p>
<p><b>Thursday - September 18</b>  <b>7:00 AM</b> †Linda Dragseth by Christine Hexom  <b>10:00 AM Bethel</b> Morris &amp; Dinah Brynjolfson by Dan Lynch Family</p>
<p><b>Friday - September 19</b>  <b>7:00 AM</b> †Jim McKay by Sandra &amp; Bruce Haugen  <b>8:45 AM School</b> Lou Wheeler by Peg Hagan</p>
<p><b>Saturday - September 20</b>  <b>8:00 AM</b> †Cheryl Thompson by Fr. Synek  <b>5:00 PM</b> Debbie Lynch by Dan Lynch Family</p>
<p><b>Sunday - September 21</b>  <b>9:00 AM</b> †Eva Dwyer by Mischel Family  <b>10:00 AM St. Boniface</b> †Ron Oster by Les Walters  <b>11:00 AM St. John</b> For the Parishioners  <b>2:00 PM Spanish</b> †Chum LaDue by Colleen &amp; Family</p>

Financial Stewardship - Church of St. Joseph - Williston Parish (through 9/9/25)	
10th Week of FY 2025-2026	
Adult Offertory	\$ 13,396.00
Children's Offertory	\$ 191.92
EFT 9/5	\$ 3,655.00
Online Offering 9/1-9/7	\$ 3,082.69
<b>Total</b>	<b>\$ 20,325.61</b>
Budgeted Weekly	\$ 16,000.00
Week variance	\$ 4,325.61
<b>YTD Total</b>	<b>\$ 125,391.87</b>
YTD Budget	\$ 160,000.00
YTD variance	\$ (34,608.13)
St. John the Baptist	\$ 921.00
St. Boniface	\$ 190.00

**From the Pastor's Desk**

Dear Parishioners,

This Sunday, September 14th, is the Feast of the Exaltation of the Cross and the prayers and readings of the Mass surround this theme. On September 13th in the year 355 A.D, the Church of the Holy Sepulcher was consecrated in Jerusalem. This church was built over the place where Jesus died on the Cross, and where he was buried a short distance away. On this day we celebrate the triumph of the cross, a symbol of Christ's sacrifice and victory over sin and death. Jesus redeemed humanity on the Cross. It is the foremost sign of Christ's love poured out for us. We read in this weekend's scriptures from St. Paul's Letter to the Philippians: "Christ Jesus...emptied himself...humbled himself, becoming obedient to death, even death on a cross. Because of this, God greatly exalted him and bestowed on him the name that is above every name, that at the name of Jesus every knee should bend, of those in heaven and on earth and under the earth, and every tongue confess that Jesus Christ is Lord, to the glory of God the Father." And in the Gospel of John we read: "And just as Moses lifted up the serpent in the desert, so must the Son of Man be lifted up, so that everyone who believes in him may have eternal life." Meditate upon the Cross of the Lord this week, and consider how he loves you and wants to help you carry your cross in this life. Let him help.

Blessings,

Fr. Paul Eberle

**Parish E-Giving**

St. Joseph's uses E-Catholic for secure online giving. Donate by going to the website below or by scanning the QR code with your phone's camera.

[www.stjparish.com/online-giving](http://www.stjparish.com/online-giving)

Thank you for giving!

If you have any questions, please contact the parish office at 701-572-6731.



## YOU CAN LEAVE A LEGACY!

Does your will include the Church of St. Joseph? We have drawn spiritual and academic life from our parish and school. What return will we make for these gifts? As a good steward, consider a gift through your will. Check our website for a free will service you can do yourself or contact an attorney about making out your will.

### Quotation of the week

*"You are asking for something that would be harmful to your salvation if you had it—so by not getting what you've asked, you really are getting what you want."*

~St. Catherine of Siena

### Bands to furnish food for September

Primary Band—St. Anthony

Secondary Band—St. Luke

Saturday 5:00 PM September 20	Liturgical Ministers	Sunday 9:00 AM September 21
Jerry Shwan Preston Persson	Greeters	Ken Heen Teresa Anfinson
Mary Persson	Lectors	Marilyn McGinley
Owen Rustand Felicity Monson Lucy Monson George Martin	Altar Servers	Evan Fisher Nico Gonzalez Landon Oleksik Blaise Oleksik
Andrew Martin Rick Monger	Ushers	Matt Oleksik Greg DeLorme
Liz Conlin	Extraordinary Minister	Ed Ennis Levi Hall
Emily Monson	Sacristan	Kristal Schmit
Laura Kvernum Beth Johnson	Raise Right sellers	Robert Lindseth Selma Shackelford
<b><u>Money Counters</u></b> Brittany Lyons Kathy Kalil Sarah Sando Alice Streifel	<b><u>Plants Sept. 17</u></b> Micki Turpin Dorothy Johnson	<b><u>Food Pantry</u></b> Darrel Ahmann Kathy Ahmann

### THIS WEEK'S EVENTS:

- Mon** 5:30 pm Women's Study Group—O'Neill Hall
- Wed** 5:45 am Morning Men's Group—O'Neill Hall  
1:00 pm Quilters - Parish Life Center  
6:00 pm Faith Formation K-6th STJ School  
7:15 pm Faith Formation 7th –8th STJ School  
7:00 pm Veritas Youth Formation— PLC
- Thurs** 5:00 pm Spanish Rosary — St. Joseph's Church

### *Feast Days of the Week*

- September 15: Our Lady of Sorrows  
September 16: Sts. Cornelius, Pope, and Cyprian, Bishop, Martyrs  
September 17: St. Robert Bellarmine, Bishop and Doctor of the Church  
St. Hildegard of Bingen, Virgen and Doctor of the Church  
September 19: St. Januarius, Bishop and Martyr

### **Gods Child Pilgrim Presentation**

On Saturday, September 20th after the 5pm Mass in O'Neill Hall, Fr. Eberle will give a short presentation on his experience of the June pilgrimage to Guatemala that he took with a group of eleven from the area. All are welcome.

## IN OUR PRAYERS

Kayce Flathers, Shana Schwehr, Tapanga Saylor , Beverly Lobsinger, Ida Kirchmeier, Kali Woody, Peter Lingen, Geraldine Kirby, Georgianne Tofte, Don Sattler, Victoria Granger, Dale Sigvaldsen, , Loren Miller, Tamela Dahl, Chet Diamond, David Williamson, Cully Barrett, Addie Grunstad, Vi Wells, Agnes Oleksik, JoAnn Ross, Rory Sattler, Kelly Doran, Dakota Hurley, Robby Cornelius, Katherine Bertelsen, Theadora McDonald, Kayla Lukach, Michael Rhodes, Georgina Linghor, Charlotte Getzlaff, Virginia Anderson, Peggy Salvey, Samantha Bear, Dawn Hilzendeger, Faye Krogen, Allen Domagala, Joan Heuberger, Bonita Bergstrom, Pam Sinclair, Bonnie Magandy, Dwane Lindseth, Ron Schroll, Joe Trouba, Lin Haley, Ruben Sotelo,

### **The Deceased:**

Carol Leisenier, Steven Larson, John Conlin, Tom Ennis



from  
Principal's Desk

It's been a busy three weeks as teachers have been getting to know their new classes of students. It's also been three weeks

of some horrific happenings in our nation. It is easy to lose hope and live in fear. I'm fortunate to live and work in a Christian environment that reminds me of the good that still exists. It's refreshing to know that, in a world where it's easy to be criticized or disliked for being a Christian, there are still parents trying to raise their families with strong Christian values.

Raising your children to know, love, and serve God is the greatest investment you can make in your children. Thanks to all of you who make it a priority to teach your children to know God through your investments of time, money, and commitment. And if you aren't a parent or have children that are already grown, please offer your support wherever you can to families that could use it. It's our job to help each other get to heaven.

And parents- just so you know, your hard work and effort are paying off. I get to enjoy the benefits of your efforts by being surrounded by some very loving and considerate young people!

**Upcoming Events:**

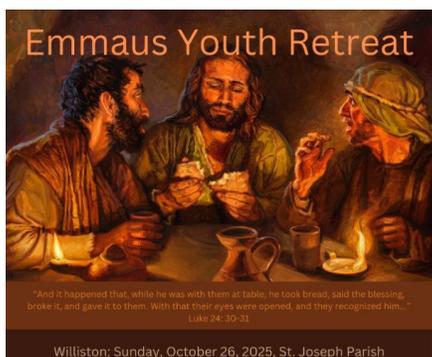
**Tuesday, September 16- School Pictures**

**Friday, September 19, 2025 – Steward of the Month mass – 8:45**

**Thursday, September 25 – Non-coordinated dress day**

**Friday, September 26- Teacher in-service – No School**

In Christ,  
Narcel Clark  
Principal



"The most beautiful and stirring adventure that can happen to you is the personal meeting with Jesus, who is the only one who gives real meaning to our lives."

– **St. John Paul II**, his Address to the Representative of the Italian Military (March 1, 1979).

Dive Deeper into knowing the person of Jesus Christ in the Eucharist. As a response to the Eucharistic Revival inaugurated by The United States Conference of Catholic Bishops, the Bismarck Diocese has partnered with University of Mary to bring a team of college students on fire to evangelize, to your city and offer a deep Eucharistic Retreat experience. The mission of these retreats is to provide a space where young people can experience the love of God in a renewed and transformative way. The title Emmaus is derived from chapter 24 of Luke's gospel— where Jesus draws near to His discouraged disciples. Jesus' model of evangelization in this gospel account is one we seek to follow through these retreats. The Emmaus Youth retreats are lead by the University of Mary Ministry team and the Bismarck Diocese. The retreats will feature talks, activities, music, Eucharistic Adoration, Mass, and fellowship with other young Catholics. There will be 5 different retreats, 1 in each deanery. The retreat is open to youth grades 6-9. To register go [bismarckdiocese.com/eyr](http://bismarckdiocese.com/eyr)

[Emmaus Youth Retreats](#) | [Bismarck Diocese](#) | [Bismarck, ND](#)

**CHI Health at Home™**  
Imagine better health.™

## GRIEF SUPPORT GROUP

Grief is the last act of love we have to give to those we loved. Where there is deep grief, there was great love.

**8 WEEK SERIES**  
**SEPT 22 - NOV 10 2025**  
**5:00-7:30 PM CST EVERY TUESDAY**

**CONTACT INFO**

To register or for more info please contact:  
**Chaplain Yusuf Imam (Spiritual Caregiver)**  
By Phone: 701.774.7430  
By Mail:  
**CHI HEALTH AT HOME**  
1301 15TH AVE W WILLISTON  
NORTH DAKOTA 58801  
By Email:  
[yusuf.imam@commonspirit.org](mailto:yusuf.imam@commonspirit.org)



**GRIEF: LET'S WALK THE JOURNEY TOGETHER**

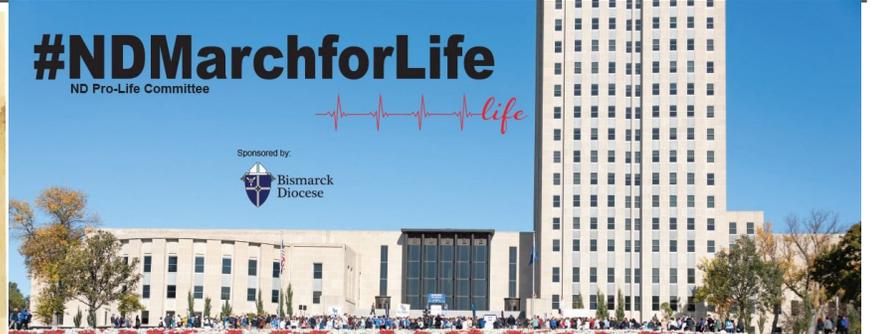
Weekly sessions include: understanding the grief experience, handling the difficult emotions of grief, managing the stress of change, preparing for holidays and special occasions, and finding meaning after loss.

**Venue:**  
McAuley Education Center  
Door 51 & 52  
@ CHI St Alexius Hospital  
Williston

# #NDMarchforLife

ND Pro-Life Committee

Sponsored by:  
**Bismarck Diocese**



**October 9, 2025**  
7 p.m. Holy Hour for Life at Cathedral of the Holy Spirit  
519 Raymond St, Bismarck  
Led by Bishop David D. Kagan

**October 10, 2025**  
10:30 a.m. Mass with Bishop Kagan at the Bismarck Event Center arena (NEW THIS YEAR! We are growing and needed a bigger space!)  
11:30 a.m. March to ND State Capitol  
12:30 p.m. Rally on capitol mall

In order to ensure we have accurate numbers and have a way to communicate with you if needed, please register yourself or your group.  
To register, get more information, and in case of inclement weather, scan the QR code or visit  
[bismarckdiocese.com/ndmfl](http://bismarckdiocese.com/ndmfl)

In partnership with:  
UNIVERSITY of MARY, MARCH OF LIFE, NDRL, ND Pro-Life Committee



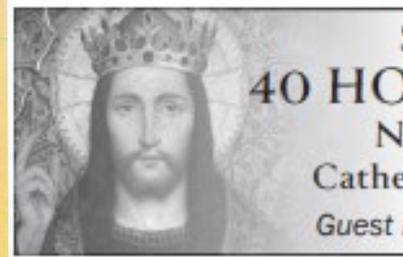
## Save The Date!

# 40 HOURS DEVOTION

November 14-15-16

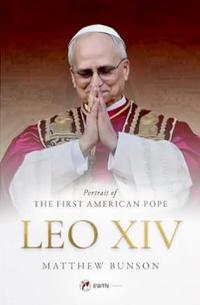
Cathedral of the Holy Spirit

Guest Preacher: Fr. Wayne Sattler



### Morning Men's Group

Any man of the parish is welcome to join our Men's Group which meets each Wednesday at 5:45 a.m. We pray together and are beginning discussion on a new book about the life of Pope Leo called "A Portrait of The First American Pope: Leo XIV" by Matthew Bunson. Call the parish office and/or speak to Fr. Eberle if interested in joining, or simply show up at O'Neill Hall on Wednesday mornings. Even if you cannot make it each Wednesday, you are welcome to join anytime you can.



### "Carlo Acutis: God's Influencer"

is a beautifully animated film that brings to life the inspiring story of Carlo Acutis, a modern teenager who used his passion for technology to share the Catholic faith with the world. Through his love for the Eucharist, his kindness to the poor, and his digital catalog of Eucharistic miracles, Carlo showed that holiness is possible—even in the digital age. Perfect for children and families, this film offers a moving and educational experience that celebrates faith, virtue, and the power of using one's gifts for God.

Go to [formed.org](http://formed.org)  
Don't have an account?  
Register for free

1. Go to [FORMED.ORG/signup](http://FORMED.ORG/signup)
2. Enter your parish zip code or name to select your parish
3. Enter your name and email.



**RaiseRight.**

### Business of the Week:

"M&H"

Are you on the road for sporting events, hunting, or fishing trips? While you are filling up your tank of gas, they also have the cure for your hunger. Check out their great roller grill and don't forget their freshly baked goods, sandwiches, pizza, and fried foods. They strive to exceed the fueling and convenience need of their customers. They make it easy for you by selling lotto tickets and offering two convenient locations.

### PARISH MEMBER'S REGISTRATION

If you have moved here recently, moved out of your parents home, gotten married, etc., please double check to see that you are registered correctly at the parish office, 572-6731. If you are not registered, please visit our website to register as a parishioner!

[www.stjparish.com/im-new](http://www.stjparish.com/im-new)

## Senior Life Solutions



### Compassionate Support for Older Adults

We are a hospital-based outpatient program designed to support the mental health of older adults experiencing depression, anxiety, and/or other mental challenges often associated with aging.



### Improved Quality of Life

We help older adults experiencing the following:

- change in energy level, sleep, and/or weight
- change in living conditions
- frequent feelings of sadness, guilt, worry, or worthlessness
- feeling overwhelmed or stressed due to being a caregiver
- new or chronic health diagnosis
- recent loss of a loved one

### Dedicated Staff

Our program staff includes:

- board-certified psychiatrist
- licensed therapist
- registered nurse
- other trained professionals



We tailor treatment for each program participant.

### Getting Started

Our services include a confidential, comprehensive assessment, group, individual, and family therapy, medication management, and after-care planning.

Anyone can make a referral to our program including clinicians, family, and friends. Participants can also self-refer.

### Got Questions?

If you would like more information or want to discuss support for yourself, or a loved one, please call us 701.774.7098.



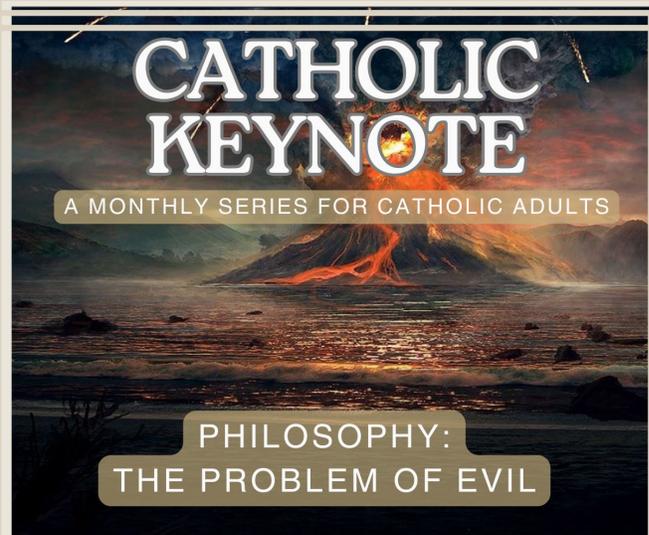
**Seminar on Preparing for End of Life** On Sunday, October 12th, beginning at 4pm in O'Neill Hall, there will be a seminar to assist anyone with end of life plans. Seth Coughlin will speak about preparing a funeral. Tom Kalil will speak on preparing a will. David Tamisea will speak on Catholic Healthcare directives. Anyone interested is welcome to attend. No registration required. Making preparations ahead of time is always a good idea, and can alleviate a great deal of stress upon a family and provide clarity around your wishes after you pass. Please come.

## Anointing Mass: Jubilee Year of Hope

You are invited to join in celebration of a special Mass during which we will provide the Anointing of the Sick to those who are gravely ill or experiencing the infirmity of old age.

This is a deanery wide celebration and all, young and old, are welcome to attend! The Anointing Mass will take place at **St. Joseph Catholic Church in Williston on Saturday, September 20th at 10:00 a.m.** If you are uncertain if you meet the requirements to receive the Sacrament of the Anointing please discuss with Fr. Eberle. We encourage you to come even if you will not be Anointed at the Mass.

Please come and pray for the sick and those in need of God's healing mercy in their lives. You do not need to register to be Anointed, simply come and the priests present will guide you.



"Now I rejoice in my sufferings..." ~Colossians 1:24

If God is all-good, all-knowing, and all-powerful, why is there so much evil and gratuitous innocent suffering in the world? Why is God so silent if he cares? This is the Atheist's best critique of all theistic religions. Fr. Wanner will present a variety of approaches to these sensitive conversations so that we can assist others in seeing how the mystery of God and evil can truly coexist in our midst.

This presentation will also be livestreamed on the parish website!  
[www.stjparish.com](http://www.stjparish.com)

**WEDNESDAY, SEPT 17<sup>TH</sup>**  
**6:00 - 7:00 PM**  
CHURCH OF ST. JOSEPH IN  
WILLISTON



## August is National Make-A-Will Month

**Do you have a Will written? If not, here is an easy and FREE way to get one written.**

The Bismarck Diocese has secured **FreeWill**, an online service that makes it simple and free to create your own Will. All you have to do is click on this link: [www/freewill.com/bismarckdiocese](http://freewill.com/bismarckdiocese). From the convenience of your own home, you select your own username and then start typing in your information. In about 20 minutes, you are done. Once you are finished, you simply print out your Will, then have your signature witnessed by a notary public. If you have any questions, please contact the Bismarck Diocese: Ron Schatz, (701) 204-

7202, [rschatz@bismarckdiocese.com](mailto:rschatz@bismarckdiocese.com) or Bryan Winterberg, (701) 415-0399, [bwinterberg@bismarckdiocese.com](mailto:bwinterberg@bismarckdiocese.com)

**Parish and School Contact Information**

**Church of St. Joseph –Williston**

**Parish Physical Address**

106 6th St. West  
Williston, ND 58801

**Mailing Address**

PO Box K, Williston, ND 58802

**Parish Office 701-572-6731**

**Rectory (after hours) 701-572-0236**

**Clergy**

**PASTOR**

**Rev. Paul Eberle**

*peberle@bismarckdiocese.com*

**ASSOCIATE PASTOR**

**Rev. Benjamin Wanner**

*bwanner@bismarckdiocese.com*

**DEACONS Mr. James Haga**

**Mr. Gerald Martin**

**Mr. Aaron Schmit**

**Parish Staff**

**Administrative Assistant**

Colleen Hokanson

*colleen@stjparish.com*

**Director of Faith Formation**

Claudia Ortiz

*claudia@stjparish.com*

**Music**

Emily Driscoll

*emily@stjparish.com*

**Business Manager**

Alex Kitchens

*alex@stjparish.com*

**Accounting Assistant**

Laurie Wrolson

*laurie@stjparish.com*

**Office Hours**

Mon.-Thurs. 8:00 AM to 5:00 PM,

Fri. 8:00 AM to 3:00 PM

(Closed 12-1pm)

**Church of St. John the Baptist –Trenton Parish**

205 2nd St.  
Trenton, ND 58853

**Church of St. Boniface-Grenora Parish**

300 East Street  
Grenora, ND 58845

**Church of St. Joseph –Williston School**

124 6th St. West  
Williston, ND 58801

**School Office 701-572-6384**

**School Staff**

**Principal Narcel Clark**

*narcel.clark@k12.nd.us*

**Administrative Assistant**

Abbey Dahlberg

*Abbey.Dahlberg@k12.nd.us*

**Little Joe’s Early Childhood Center**

513 Main St.  
Williston, ND 58801

**Office 701-609-5254**

**Staff**

**Director Bonita Bergstrom**

*Director@littlejoeswilliston.com*

**Administrative Assistant**

Tara Oas-Alvarado

*Assistant@littlejoeswilliston.com*

**Parish Ministries**

**Hispanic Ministry**

*stjpsisters@gmail.com*

*Sr. Raquel 701-339-5625*

*701-339-3875*

*Sr. Idania 701-609-4129*

**Society of St. Vincent de Paul**

*701-404-9986*

**Prayer Chain**

*Jan Monson 701-770-2655*

**Cycle Awareness & Natural Family Planning**

**Katie Monson**

*920-851-8287*

*katie.monson@midco.net*

**Claudia Ortiz (Spanish)**

*307-277-6369*

*claudia\_ortiz89@yahoo.com*

**Bulletin Announcements**

Submit bulletin items no later than noon, Wednesday, to *claudia@stjparish.com*

**Find us on the web and on Facebook!**

**Church: [stjparish.com](http://stjparish.com)**

**School : [stjschoolwilliston.com](http://stjschoolwilliston.com)**

<p><b>ADVERTISE YOUR BUSINESS HERE</b></p>	<p><b>ADVERTISE YOUR BUSINESS HERE</b></p>	<p><b>ADVERTISE YOUR BUSINESS HERE</b></p>	<p><b>ADVERTISE YOUR BUSINESS HERE</b></p>
 <p><b>SUNRISE REGENERATION</b> NOURISH - DETONIFY - REPAIR ULTIMATE LIFESTYLE TRANSFORMATION HEALTH RESET Target low energy, poor sleep, gut issues &amp; receive more vibrant health! Mary Minwegen: 701-799-0663 <a href="http://msha.ke/sunriseregeneration">msha.ke/sunriseregeneration</a></p>	<p><b>ADVERTISE YOUR BUSINESS HERE</b></p>	<p><b>ADVERTISE YOUR BUSINESS HERE</b></p>	<p><b>ADVERTISE YOUR BUSINESS HERE</b></p>

**WE INVITE YOU SPEND TIME WITH THE LORD AT EUCHARISTIC ADORATION AT ST. JOSEPH'S PARISH. IT WILL  
CHANGE YOUR LIFE!**

Father Benedict Groeschel, a founder of the Franciscan Friars of the Renewal, pointed out in his book "In the Presence of Our Lord: The History, Theology, and Psychology of Eucharistic Devotion" that there are "four kinds of prayer most appropriate in the presence of the Eucharist, namely adoration and praise, thanksgiving, repentance, and trusting intercession." Here are suggestions for what to do during private eucharistic adoration.

1. Pray the psalms or the Liturgy of the Hours. Whether you are praising, giving thanks, asking for forgiveness, or seeking an answer, you'll find an appropriate psalm. The ancient prayer of the church called the Liturgy of the Hours presents an excellent way to pray through the Book of Psalms throughout the year.
2. Recite the "Jesus Prayer." Say "Lord Jesus, have mercy on me, a sinner," repeatedly as you quiet your heart and mind.
3. Meditate using Scripture. Choose a passage from the Bible. Read the words and ask God to let the passage speak to you. Pay special attention to anything that strikes you and ask God what He wishes for you to draw from that passage.
4. Read the life of a saint and pray with him or her. Most holy men and women have had a great devotion to Our Lord in the Eucharist. Therese of Lisieux, Catherine of Siena, Francis of Assisi, Thomas Aquinas, Peter Julian Eymard, Dorothy Day, Mother Teresa of Kolkata and Baroness Catherine de Hueck are just a few. Read about them and pray their prayers before the Blessed Sacrament.
5. Pour out your heart to Christ and adore him. Speak to Jesus, aware that you are in his presence, and tell him all that comes to your mind. Listen for his response. Pray the prayer that St. Francis instructed his brothers to pray whenever they were before the Blessed Sacrament: "I adore you, O Christ, present here and in all the churches of the world, for by your holy cross you have redeemed the world."
6. Ask for forgiveness and intercede for others. Think of those who have hurt you and request a special blessing for them. Ask God to forgive you for all the times you have neglected or hurt someone else. Bring before the Blessed Sacrament all those who have asked you to pray for them. Ask the Lord to address their concerns.
7. Pray the rosary. Pope St. John Paul II reminds us, "is not the enraptured gaze of Mary as she contemplated the face of the newborn Christ and cradled him in her arms that unparalleled model of love which should inspire us every time we receive Eucharistic communion?" Ask Mary to join you as you gaze on Christ in the Eucharist and as you pray the rosary.
8. Sit quietly and just "be" in the presence of God. Think of a visit to the Blessed Sacrament as coming to see your best friend. Sit quietly and enjoy being in each other's company. Instead of talking to the Lord, try listening to what he wants to tell you.

The following is a testimonial from one of our Eucharistic Adorers at St. Joe's:

*"My name is Deacon Aaron Schmit and I have been going to Eucharistic Adoration for the last 7 or 8 years. It was hard for me to commit to a specific hour every week and I resisted doing it for many years. I finally signed up because I wanted to be closer to Jesus and I wasn't disciplined enough to do it without a commitment.*

*Even though I can't make it every week, I now look forward to spending time with Jesus. I also have come to know how much he desires me to be there with him.*

*My most fruitful times in adoration are when I don't have an agenda. I don't bring anything with me and I try not to do anything but sit with Jesus. Most of the time I don't feel anything or see anything or hear anything from Jesus when I am there. But over time I feel different, I see different, I hear different.*

*I have found there seems to be no right or wrong way to go to Adoration. Sometimes I read, sometimes I pray a rosary and say some prayers, sometimes I fall asleep, and almost always my mind wanders about all kinds of stuff that doesn't have anything to do with my relationship with Jesus. But I am still there-and He is there. That is what matters most."*

**Fr. Eberle and Fr. Wanner and the St. Joseph Parish Council and family warmly invites you to spend time in Eucharistic Adoration. Jesus loves you and wants to bless you. We encourage you to simply try it out by spending one hour in Adoration per week for the next month. After a month you may find yourself enjoying it. If you wish to commit to a certain time you may call the parish office (701-572-6731) and sign up. But even if you are not able to commit each week, and do not wish to sign up, please come as often and whenever you are able. Jesus will bless you and he, too, enjoys being in your presence! You are lovable and loved by God who strengthens you as you sit in his presence. Our newest canonized saint, St. Carlo Acutis, said this about Eucharistic Adoration, "When we face the sun we get a tan...but when we stand before Jesus in the Eucharist we become saints." He also said, "The Eucharist is the highway to heaven."**

**Personally, I can assuredly say if it had not been for my time spent in Eucharistic Adoration over the years, I would not have heard or paid attention to God's call in my life to become a priest. These days, when I am in his Eucharistic presence, I simply try to sit still, listen, and speak to him from the bottom of my heart just as I would to a trusted friend or family member. I know God always understands me because he created me and loves me.**

**– Fr. Eberle**

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