



# Come to the Water

CATHOLIC COMMUNITY

St. Nicholas, Belle River

Immaculate Conception, Osakis

The Church of St. Mary, Alexandria

First Sunday of Advent | NOVEMBER 27, 2022

*"Sometimes our light goes out, but it is blown into flame by an encounter with another human being. Each of us owes the deepest thanks to those who have rekindled this inner light."*  
-Albert Schweitzer, humanitarian



The quote by Albert Schweitzer reflects gratitude, both an emotion and a dispositional trait. Gratitude is the appreciation of what is valuable and meaningful to oneself; it is the general state of thankfulness and/or appreciation. The majority of empirical studies indicate that there is an association between gratitude and a sense of overall well-being. Studies show that specific areas of the brain are involved in experiencing and expressing gratitude. Brain scans of people assigned a task that stimulates expressions of gratitude show lasting changes in the prefrontal cortex that heighten sensitivity to future experiences of gratitude.

According to The Bounce Back Project information, a positive psychology study compared six tools meant to improve people's quality of life. Researchers concluded face-to-face gratitude visits had the greatest short-term benefits. Study participants wrote and delivered a letter of appreciation to someone in

their life. This simple act caused happiness scores to rise and depression to fall. The positive affect lasted 1-6 months after the gratitude visit. Those who expressed gratitude in writing saw improvements in the following:

- Psychological well-being
- Working memory
- Sleep
- Immune system function
- Relationships
- Coping with emotional upheavals

Write a gratitude letter to someone who has enriched your life, or did something for you years ago, and you haven't thanked them yet. Some tips for your letter:

- Be specific about what the person did for you and how it affected your life
- Focus on what the person means to you as well as what they may have done. Let them know what life would be like without them

This Thanksgiving and Christmas season let's thank those who have positively impacted our lives. The expression of gratitude will mentally and physically benefit the giver and receiver.

"Gratitude is a way for people to appreciate what they have instead of always reaching for something new in hopes it will make them happier or thinking they can't be satisfied until every physical and material need is met. Gratitude helps people refocus on what they have instead of what they lack."  
- *The Bounce Back Project; promoting health through happiness.*

-Kathy Fischer, Faith Community Nurse

## Mass Schedules and Intentions



9473 County Road 3 NE, Carlos, MN 56319

Wednesday	8:30 am	†† Bill & Cory Green
Sunday	8:30 am	For the People of our Parishes



306 W. Oak St., P.O. Box F, Osakis, MN 56360

Tuesday	10 am	Galeon, † Paul Ahrens
Thursday	9 am	† Valeria Peters
Friday	8 am	† Delores Gettel
Saturday	4 pm	† Chris George
Sunday	10:30 am	†† Bernard & Mary Zins



The Church of  
**St. Mary**

420 Irving Street, Alexandria, MN 56308

Monday	5:30 PM	† Michael George
Tuesday	8:30 am	†† Emil & Elsie Althoff
Wednesday	8:30 am	† Stefania Williams
Thursday	5:30 pm 1:30 pm	† Kathy DeCock Knute Nelson, † Carol Zacher
Friday	8:30 am	Deceased Members of the KCs Council 4718
Saturday	5 pm	† Anita Hallaway
Sunday	8 am 10 am	† Yvonne Suter For the People of our Parishes

## Sacraments

### RECONCILIATION

By appointment at St. Nicholas.  
Saturdays at 3 pm before Mass or by appointment at Immaculate Conception.  
Saturdays from 3–4:30 pm in the Blessed Sacrament Chapel at The Church of St. Mary.

### BAPTISM

All parents must take the Baptism Preparation Course.  
Call your parish office to sign up and to schedule a baptism date.

### MARRIAGE PREPARATION

Members of the parish (or children of members) must arrange for marriage at least six months in advance. Contact your parish office for more information.

### ALL OTHER SACRAMENTS

Please contact your parish office.

# Announcements

Bulletin submissions due by Tuesday at noon. Please send submissions to [stmary@stmaryalexandria.org](mailto:stmary@stmaryalexandria.org).

## **COOKIE CONNECTION**

St. Mary's Cookie Connection delivers thousands of cookies to the homebound, elderly and those who might not have a special treat at Christmas. Volunteer to package cookies on December 9 at 5 pm in the St. Mary's School cafeteria or deliver cookies on Saturday, December 10 at 9 am. To volunteer, call Kathy at 320-762-2320.

## **HOPE HAVEN**

Remember Hope Haven is an overnight lodging initiative for the temporary homeless. St. Mary's will be cooperating again this year with the United Way and West Central Minnesota Communities Action in overnight hospitality for the homeless. Volunteer to either provide meals or stay overnight at [stmaryalexandria.org](http://stmaryalexandria.org). Our hosting dates are January 2-15.

## **ST. MARY'S ANGEL TREE**

The Angel Tree will be set up November 26/27 and December 3/4. If you know of someone in need, 0-18 years old, fill out a form at [uwdp.org](http://uwdp.org), or call 320-834-7800. Angel gifts need to be

brought to the church by December 9.

## **IMMACULATE CONCEPTION ANGEL TREE**

The Angel Tree will be up at Immaculate Conception, Osakis the weekends of November 26/27 and December 3/4.

## **CHRISTMAS FLOWERS**

Christmas Poinsettias can be purchased for the Christmas season for Immaculate Conception. Complete a form in the back of church or call the parish office to order by November 30.

## **EXPLORING PRAYER**

Join Fr. Rick on Saturdays for a 7-part series on prayer, starting December 3, 7:00-8:15 pm in the St. Mary's Great Hall. Check the bulletin and Facebook for locations week by week.

## **OUR LADY OF GUADALUPE**

Sunday, December 11, 5:30 pm at St. Mary's - Mass, Music and Food. All are welcome!

## **MISSION TRIP MEETING**

The St. Mary's - Guatemala Community Partnership 2023 Mission Trip planning meeting will be held on Thursday, December 8 at 6:30 pm in the

St. Mary's School library. Contact Lee Ann Sticha at [leeann6369@gmail.com](mailto:leeann6369@gmail.com) or 612-750-0220 for questions.

## **ADVENT RECONCILIATION**

Multiple priests will be available for Reconciliation at St. Nicholas, Belle River on Wednesday, November 30, 6:45-8:30 pm.

## **CHURCH CLEANING**

Come help with cleaning St. Mary's Church on Saturday, December 10, 8:00-11:00 am! Just show up if you can help.

## **YOUNG ADULT DANCE**

Come to St. Mary's for a dance on Saturday, December 3, in St. Mary's School Gym, 6:30-11:00 pm. All are welcome!

## **CHILDREN'S BOOKS NEEDED**

If you have appropriate, gently used children's books that measure 7" x 8" in size (or less) that you would like to donate for St. Mary's Children's Book Bags, please leave them in the wooden cart in the Commons Area.

## **SOLES FOR SOULS**

St. Mary's Faith Formation is collecting shoes for Soles for

Souls. All styles, types and sizes of shoes accepted. They will be distributed or repurposed. Drop off shoes in the labeled box in the St. Mary's School foyer through December 7.

## **RED CROSS THANK YOU**

Thank you to all who donated blood at the Red Cross Blood Drive at St. Mary's on November 14 & 15.

## **KC BREAKFAST**

KC Breakfast on Sunday, December 4, at Immaculate Conception, Osakis after the 10:30 am Mass. Free will offering to support vocations to the priesthood. All are welcome!

## **FLICKERING LIGHTS**

The St. Mary's custodial staff is aware of the flickering lights in the church and working on a resolution. Thanks for your patience!

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## **BAPTISMS**

Sully David  
Child of  
Clay & Alexa Deters

Cooper Michael  
Child of  
Tanner & Kristin Koep



# Events

■ St. Nicholas ■ Immaculate Conception ■ Church of St. Mary ■ Everyone

## NOVEMBER

SUN  
27

### ADVENT RECONCILIATION SERVICE

Sunday, November 27, 4-6 pm  
at St. Mary's.

TUE  
29

### SAFETY TRAINING

Tuesday, November 29, 5:15-7:15 pm in  
the St. Mary's Great Hall and Church.

WED  
30

### ADVENT RECONCILIATION SERVICE

Wednesday, November 30, 6:30 pm at  
St. Nicholas.

WED  
30

### POINSETTIA DEADLINE

Wednesday, November 30, deadline  
to purchase Immaculate Conception  
poinsettias for Christmas.

## DECEMBER

SAT  
3

### EXPLORING PRAYER, A 7-PART SERIES

Begins Saturday, December 3, 7-8:15 pm  
in the St. Mary's Great Hall.

SAT  
3

### YOUNG ADULT DANCE

Saturday, December 3, 6:30-11 pm,  
St. Mary's School Gym

WED  
7

### ADVENT RECONCILIATION SERVICE

Wednesday, December 7, 6:30 pm at  
Immaculate Conception

THU  
8

### GUATEMALA MISSION TRIP PLANNING MEETING

Thursday, December 8, 6:30 pm at  
St. Mary's School library.

FRI/SAT  
9/10

### COOKIE CONNECTION

Package cookies on Friday, December 9,  
at 5 pm and deliver cookies on Saturday,  
December 10, at 9 am. Meet in the  
St. Mary's School cafeteria.

SAT  
10

### CHURCH CLEANING

Saturday, December 10, 8-11 am  
at St. Mary's.

SUN  
11

### OUR LADY OF GUADALUPE

Sunday, December 11, at 5:30 PM at  
St. Mary's - Mass, Music and Food.

## Prayer Corner

If you or someone you know in our parish community is sick or ill, or has a family member who could use our prayers, please call The Church of St. Mary Faith Community Nurse, Kathy Fischer, at 320-762-2320. Names will be published for six weeks and renewed for an additional six weeks upon request.

Please remember these people in your prayers:

Betty Schlosser  
Dan Woods  
Virginia Schultz  
Lawrence Cline  
Ben Smith  
Tyler Pomorin  
Jennifer Kack  
Christine Striefel  
Julie (Jasken) Jenson

Mary Volk  
Dot Ledman  
Cathy Zajac  
Marie Schlidt  
Clara Velasquez  
Sarah Olson  
Jane Close  
Marilyn Carlson  
MaryAnn Kack

Clarence Dorn  
Nicole Solheid  
Joseph Clayton  
Jan Bohem  
Ronnie LeGrange  
Linda Rakowski  
Glen Hamann  
Hope Ledman Spellman  
Dave Seidel

Joanie Haws  
Harvey Froland  
Margaret Johnson  
Vicky Revering  
Will Doherty

# Faith Formation

## YOUTH

### IMMACULATE CONCEPTION

**Faith Formation** (grades 7-11) will meet Wednesday, November 30, 7-8:30 pm. Meet in your classrooms.

**2<sup>nd</sup> Grade Sacrament Prep** Session #6 will meet Thursday, December 1, 3-4:30 pm in Room 7 at St. Agnes School. Parents are asked to meet us in the church basement at 4:30 pm for supper. We will then proceed upstairs for your child

to receive the Sacrament of Reconciliation. An additional priest will be there for parents who wish to receive the Sacrament at this time as well.

**Little Hearts 4 Jesus** next Sunday, December 4, during the 10:30 am Mass.

**Family Formation** is on Wednesday, December 7. Can't wait to see you there!

## ADULT

### CATHOLIC WOMEN STUDY

If you are looking to deepen your faith and share in fellowship with others, we invite you to join us on Saturday mornings. Our next study will begin in January. Watch the bulletin for details or send any questions to [catholicwomenstudy@gmail.com](mailto:catholicwomenstudy@gmail.com). All women of our Area Catholic Community are welcome!

### WEDNESDAY NIGHT ADULT FAITH FORMATION

Ten sessions of Adult Faith Formation will be offered on the 2<sup>nd</sup> and last Wednesday of each month in the St. Mary's Great Hall, 6:30-8:00 pm. The focus will be **Symbolon**: A presentation of our Catholic Faith. It will lead you through the "big picture" of our faith, using the Creed as our guide. **No Cost and No Preparation!** Come when you can. Next session is November 30. Contact Faith Formation for more information at 320-763-9202.

### EUCCHARISTIC ADORATION - SHARING ONE HOUR WITH THE LORD

Eucharistic Adoration is one way you can make prayer and spending time with the Lord a greater priority in your life. The St. Mary's Chapel is open Monday through Friday. Please consider being a regular adorer for our chapel.

#### OPEN TIMES:

Mondays: 7-8 am, 8-9 am, 11-noon, 7-8 pm

Tuesday: 9-10 am, 10-11 pm

For more information, contact Sue McCulloch at 320-491-7006 or [suemcculloch66@gmail.com](mailto:suemcculloch66@gmail.com).

### TUESDAY EVENING ZOOM BIBLE STUDY

All are welcome every Tuesday, 6:30-7:30 pm to study the upcoming Sunday readings. For more information, contact Mike Sponsler at [sponslermc@gmail.com](mailto:sponslermc@gmail.com).

### PRAYER LINK

If you have a prayer request, contact Kelly Wosepka at 320-815-4655 or [wosepkak@aol.com](mailto:wosepkak@aol.com). All prayer requests are confidential.

### DIVINE MERCY HOUR

Every Monday, 3-4 pm in the St. Mary's Chapel. Questions, contact Barb Nei at 320-846-0022

### ROSARY LEADERS NEEDED

Volunteers to lead the rosary at weekday Masses 25 minutes before Mass begins are needed. Sign up at the tables by the Sacristy.

### PRAY THE ROSARY WITH US EACH MORNING!

Our prayers are united via conference call and it's very easy to do. Please unite your prayers with ours and join us daily. Dial 667-770-1484 at 7:55 am each morning and enter access code 653790#. Introduce yourself if you'd like. Mute your phone when the Rosary begins at 8 am Over 23,340 Rosaries have been prayed over the past three years! Questions: Judy Clayton 320-333-9892 or Diane Gay 320-766-7036

### POWER HOUR FOR LIFE

Every Monday, 4:30-5:30 pm in the St. Mary's Chapel. This is a Holy Hour of silent prayer specifically for life intentions. Join for a few minutes or the entire hour any Monday you are able.



# Catholic Schools



St. Mary's School educates the whole child within a nurturing Catholic Christian environment.

421 Hawthorne Street, Alexandria, MN 56308 | 320-763-5861

[stmaryss@stmaryalexandria.org](mailto:stmaryss@stmaryalexandria.org) | [stmaryalexandria.org/stmarysschool](http://stmaryalexandria.org/stmarysschool)

  [/stmarysschoolalexandria](https://www.facebook.com/stmarysschoolalexandria)

## ST. MARY'S SCHOOL CALENDAR RAFFLE FUNDRAISER HAS BEGUN!

It is that time of year when we start thinking about Thanksgiving, Christmas, and the Calendar Raffle! Our Calendar Raffle is one of two major fundraisers conducted at St. Mary's School. All proceeds go directly towards the school's operating expenses.

Every child who attends St. Mary's School has been given their raffle tickets to sell. I encourage you to find a St. Mary's School family, purchase a ticket(s), and try your chances at winning a cash prize. If you don't know a St. Mary's School family, you can purchase your ticket(s) after Mass at the Church Hospitality Desk or in the school office.

Being one of our major fundraising campaigns, it is important to our school that the calendar raffle is a success. With generous support from all of you, I am confident we will exceed our fundraising goals for the year!

Best of luck and thanks for supporting St. Mary's School.

Please Print - Address Must Be Complete

Name \_\_\_\_\_

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License #: X-21001 No. \_\_\_\_\_



ST. MARY'S SCHOOL  
421 Hawthorne, Alexandria, MN 56308

### ★ CALENDAR RAFFLE ★

PRIZES WILL BE AWARDED MARCH 1, 2023 - FEBRUARY 29, 2024  
Sponsored by St. Mary's School

Drawings for daily cash prizes will be held February 10, 2023 at St. Mary's School

**Daily Drawings**  
\$100.00 1st of the month  
\$ 50.00 15th of the month  
\$ 35.00 Sunday  
\$ 20.00 Monday-Saturday

**\$20.00 Donation**

**Must Be 18 Years Old To Enter**

License # X-21001 No. \_\_\_\_\_

## ST. MARY'S CALENDAR RAFFLE WINNERS



11/20	Coni McKay, Alexandria	\$35
11/21	Julie Boesl, Brandon	\$20
11/22	Sara Hinnenkamp, Alexandria	\$20
11/23	Byron Hess, Eagle Bend	\$20
11/24	Diane Gay, Alexandria	\$20
11/25	Jill Stoeck, Alexandria	\$20
11/26	Noreen Sevcik, Medford	\$20

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## WHAT'S HAPPENING AT ST. AGNES SCHOOL



The 3rd and 4th graders tore paper to create shape monsters.



St. Agnes students provided service to our neighbors during our annual Workathon.



Grades 2-6 visited Prairie Wetlands. We made observations about our environment and collected seeds.

9473 Co. Rd. 3 NE, Carlos, MN 56319  
320-852-7041  
[stnickbelleriver@gmail.com](mailto:stnickbelleriver@gmail.com)  
[stnicholasbelleriver.org](http://stnicholasbelleriver.org)

306 W. Oak St., PO Box F  
Osakis, MN 56360  
320-859-2390  
[info@icosakis.org](mailto:info@icosakis.org) | [icosakis.org](http://icosakis.org)

420 Irving St., Alexandria, MN 56308  
320-763-5781  
[stmary@stmaryalexandria.org](mailto:stmary@stmaryalexandria.org)  
[stmaryalexandria.org](http://stmaryalexandria.org)

**PARISH STAFF**

Father Matthew Kuhn, Pastor ..... 320-460-5335, emergencies 320-815-1230  
Father Rick Aubol, Parochial Vicar ..... 320-460-5332, emergencies 320-815-1230  
Tony Pasko, Deacon (retired) ..... [thadeac@aol.com](mailto:thadeac@aol.com)

Parish Secretary  
Jennifer Kaweesa  
320-852-7041  
[stnickbelleriver@gmail.com](mailto:stnickbelleriver@gmail.com)

Parish Secretary, Little Hearts for  
Jesus, Sacramental Preparation,  
7-11 Religious Education  
Jennifer Kaweesa  
320-859-2390, ext. 113  
[jennifer@icosakis.org](mailto:jennifer@icosakis.org)

Parish Business Administrator  
Todd Wentworth ..... 320-460-5333  
Faith Community Nurse  
Kathy Fischer ..... 320-762-2320

Youth Ministries, Grades 1-12  
Tonya Beulke  
320-815-3162  
[roytonya@gmail.com](mailto:roytonya@gmail.com)

Family Formation, Grades K-6  
Terri Anderson, 320-760-9119  
Carrie Drevlow, 320-491-7676  
[familyformation@icosakis.org](mailto:familyformation@icosakis.org)

St. Mary's School Principal  
Troy Sladek ..... 320-460-5327  
Youth Ministries, Grades 1-8  
Laurie Bienias ..... 320-460-5325

Parish Trustees  
Dennis Hillmer ..... 320-766-8505  
Dwayne Waldorf ..... 320-219-0409

St. Agnes School Principal  
Peggy Stowe, 320-859-2130  
[pstowe@stagnesosakis.com](mailto:pstowe@stagnesosakis.com)

Youth Ministries, Grades 9-12  
Tammy Huss ..... 320-460-5324

St. Agnes School Office  
Sharon Marthaler, 320-859-2130  
[office@stagnesosakis.org](mailto:office@stagnesosakis.org)

Communications Coordinator  
Kathy Ballou ..... 320-460-5336

Parish Trustees  
Bruce Pederson ..... 320-491-7835  
Dana Hetland ..... 320-760-3861

Music Coordinator  
Erin Takle ..... 320-460-5337

Director of Liturgy & Music  
Luke VanOverbeke ..... 320-460-5339

Parish Trustees  
Mark Maloney ..... 320-491-9165  
Francie Peterson ..... 320-360-0325

**GIFTS OF GRATITUDE**

WEEKLY OFFERINGS	
Adult	\$1,605
Loose	\$418
Electronic	\$111
<b>TOTAL</b>	<b>\$2,134</b>

WEEKLY OFFERINGS	
Adult	\$1,845
Loose	\$370
Electronic	\$892
<b>TOTAL</b>	<b>\$3,107</b>

WEEKLY OFFERINGS FOR NOV. 20	
Envelope	\$22,637
Electronic	\$6,226
Other	\$1,916
<b>TOTAL</b>	<b>\$30,779</b>

BUDGET PROGRESS	
Goal	\$152,400
Received	<b>\$57,785</b>



BUDGET PROGRESS	
Goal	\$288,500
Received	<b>\$85,420</b>



WEEKLY BUDGET PROGRESS	
Actual	30,779
Budget	\$39,221
Variance	\$(8,442)

ROOF REPAIR	
Received	\$4,375

FALL FESTIVAL	
Goal	\$8,000
Received	\$3,200

ST. AGNES ALLIES SCHOLARSHIP	
Goal	\$30,000
Received	\$9,198



YTD BUDGET PROGRESS	
Actual	\$683,304
Budget	\$823,641
Variance	\$(140,337)

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