



# St. Bernard's Catholic Church

December 17, 2023

The Third Sunday in Advent  
*also called Gaudete Sunday*

## St. Bernard's Catholic Church

105 Knight Ave N.  
Thief River Falls, MN 56701

Parish Office Hours  
9AM-5PM Mon-Fri

Parish Office: (218) 681-3571  
School Office: (218) 681-1539

[www.stbernardscc.org](http://www.stbernardscc.org)

### Parish Staff

Fr. Craig Vasek, Pastor and Superintendent  
Norm Betland, Office Manager and Executive Assistant  
Carolyn Holecek, OCIA Coordinator  
Misty Mehrkens, Youth Minister  
Manuel Peralta, Buildings and Grounds  
Margaret Rasmussen, Religious Formation Coordinator  
Charlie Vogel, Advancement Director

### School Office

Laura Brickson, School Principal  
Rebecca Peralta, Office Administrator

Rejoice always. Pray  
without ceasing. In all  
circumstances give thanks,  
for this is the will of God  
for you in Christ Jesus.

*1 Thessalonians 5:16-18*

### Holy Mass Schedule

Tuesday	8:00 AM
Wednesday	5:15 PM
Thursday	8:00 AM
Friday	8:30 AM (School Mass)
Saturday	5:00 PM
Sunday	9:00 AM

See the bulletin for weekly changes to the regular schedule.

### Confession Schedule

Saturday	4:00-4:50 PM
Sunday	8:00-8:50 AM
Weekdays	30 min. before Mass, ending 10 min. before Mass

### Adoration Schedule

Tuesday	8:30 AM—10:00 PM
Thursday	8:30 AM—10:00 PM

# Holy Mass Schedule & Intentions for this Week

Mon., Dec. 18	NO MASS	
Tue., Dec. 19	8:00 AM	+Joseph Kotok
Wed., Dec. 20	5:15 PM	+Adeline Schonhardt
Thu., Dec. 21	8:00 AM	Anna & St. Joseph's Intentions
Fri., Dec. 22	8:30 AM	+Linda Betland
Sat., Dec. 23	5:00 PM	Special Intentions for S & M
Sun., Dec. 24	9:00 AM	Pro Populo
	<b>5:00 PM</b>	<b>Nativity Vigil Mass</b>
	<b>10:00 PM</b>	<b>Nativity Mass at Night</b>
		Living and Deceased Members of the Bernie Huot Family
		Pro Populo

## Feasts and Readings

<b>Mon., Dec. 18</b>	<b>Mon. of 3rd Week in Advent</b>
1st Reading:	Jer. 23:5-8
Psalm:	Ps. 72:1-2, 12-13, 18-19
Gospel:	Mt. 1:18-25
<b>Tue., Dec. 19</b>	<b>Tue. in 3rd Week in Advent</b>
1st Reading:	Jgs. 13:2-7, 24-25a
Psalm:	Ps. 71:3-4a, 5-6ab, 16-17
Gospel:	Lk. 1:5-25
<b>Wed., Dec. 20</b>	<b>Wed. in 3rd Week in Advent</b>
1st Reading:	Is. 7:10-14
Psalm:	Ps. 24:1-2, 3-4ab, 5-6
Gospel:	Lk. 1:26-38
<b>Thu., Dec. 21</b>	<b>St. Peter of Canisius, Priest and Doctor</b>
1st Reading:	Song 2:8-14
Psalm:	Ps. 33:2-3, 11-12, 20-21
Gospel:	Lk. 1:39-45
<b>Fri., Dec. 22</b>	<b>Fri. of 3rd Week in Advent</b>
1st Reading:	1 Sam. 1:24-28
Psalm:	1 Sam. 2:1, 4-5, 6-7, 8abcd
Gospel:	Lk. 1:46-56
<b>Sat., Dec. 23</b>	<b>St. John of Kanty, Priest</b>
1st Reading:	Mal. 3:1-4, 23-24
Psalm:	Ps. 25:4-5ab, 8-9, 10 and 14
Gospel:	Lk. 1:57-66
<b>Sun., Dec. 17</b>	<b>4th Sunday in Advent</b>
1st Reading:	2 Sam. 7:1-5, 8b-12, 14a, 16
Psalm:	Ps. 89:2-3, 4-5, 27, 29
2nd Reading:	Rom. 16:25-27
Gospel:	Lk. 1:26-38
	<b>Nativity Vigil Mass</b>
1st Reading:	Is. 62:1-5
Psalm:	Ps. 89:4-5, 16-17, 27, 29
2nd Reading:	Acts 13:16-17, 22-25
Gospel:	Mt. 1:1-25
	<b>Nativity Mass at Night</b>
1st Reading:	Is. 9:1-6
Psalm:	Ps. 96:1-2, 2-3, 11-12, 13
2nd Reading:	Ti. 2:11-14
Gospel:	Lk. 2:1-14

## This Week in the Parish

<b>Mon., Dec. 18</b>	
6:30 PM	OCLIA, Rectory Mtg. Rm.
<b>Tue., Dec. 19</b>	
8:30 AM-10:00 PM	Eucharistic Adoration, Sanctuary
<b>Wed., Dec. 20</b>	
7:00 AM	Finance Council, Rectory Mtg. Rm.
6:30-8:00 PM	RE: Grades 6 & 7
8:00 PM	Men's Group, Library
<b>Thu., Dec. 21</b>	
8:30 AM-10:00 PM	Eucharistic Adoration, Sanctuary
9:30 AM	Bible Study, Library
<b>Fri., Dec. 22</b>	
2:00 PM	Christmas Environment Setup
<b>Sun., Dec. 24</b>	
8:10 AM	Lauds (Morning Prayer), Sanctuary
10:00 AM	Fellowship after Mass
4:30 PM	Confession
5:00 PM	Nativity Vigil Mass
9:30 PM	Confession
10:00 PM	Nativity Mass at Night
<b>Mon., Dec. 25</b>	
8:30 AM	Confession
9:00 AM	Nativity Mass at Dawn
	Parish Office Closed

## Coming Up!

Dec. 25 9AM	Christmas Day Mass (Holyday)
Dec. 26 10:30AM	Care Center Mass
Dec. 27	Fr. Vasek's Birthday!
Jan. 1	Parish Office Closed
Jan. 3 6:30PM	Exalt, Dinner @5:45
Jan. 13-14	Cross-Catholic Outreach Masses
Feb. 14	Ash Wednesday
Mar. 24-29	Holy Week
Mar. 30	Easter Vigil
Easter time	Adoration Chapel Opens

## *From the Desk of Fr. Vasek*

Greetings,

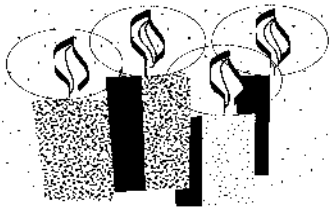
It is a great delight to announce that we will be able to use our new entrance starting with Christmas eve Mass! Do not expect the space to look or feel finished at all, but it will be passable. See the note in the bulletin about which door to use, when it's open, etc., but I'm simply delighted to share the news. And the restored bell is up and will be running, ringing in Holy Mass beginning with Christmas Eve. The church bell, among other things, announces to the city that the Lord is among us, especially around the time of Holy Mass. These two announcements bring us joy and encouragement, to see the building project coming along. As a reminder, the interior of the new entrance is not due to be completely finished until right around Easter Time.

We were able to give assistance to 20 families with the gifts and food provided through the Giving Tree ministry. I'm very grateful to everyone who was able to participate in this work of charity and Christian solidarity.

I hope that you are able to experience this coming week as a truly joyful week of preparation for the warmest of all celebrations, the annual commemoration of the Nativity of Our Lord. Advent is usually 4 weeks long – this year it is barely 3. Recommendation: spend a little bit of time each day with one of the 7 “O Antiphons,” those beautiful Old Testament prophecies shedding light on the Lord who is to come.

Grace and Peace,

Father Vasek



*O come,  
Emmanuel*

©Religious Graphics, Ltd.

### **Dec 23 and 24 Weekend Ministry Schedule**

Ministry	Sat 5PM Mass	Sun 9AM Mass
Accompanist	Kristi Lasalle	Cindy Dallmann
Cantor	Shelly Burkel	Douglas Meyer
Hospitality	Aiden Eidelbes Gerard Novak Gale Schmitz Bruce Skalsky	Lee Genereux Rick Reiersen Robert Wald Kevin Yaggie
Sacristan	Michelle Johnson	Norm Betland
Ministry Captain	Dave Bennett	Charlie Vogel
EMHC	Jeremy Williams Laura Williams	Marie Weets Stacy Lee
Lector	Chuck Walrath	Bill Fogarty
Commentator	Joann Holten	Katie Fogarty
Alter Servers	Elijah Williams	Keaton Dallmann
Technology	Kayden Scholin	VOLUNTEER NEEDED

# Faith Formation

## Religious Education Schedule

December 20- 6:30 pm Grades 6 & 7 RE  
December 24 & 31 - No Sunday School  
December 27- No Middle School Religious Ed.  
January 3 - EXALT - 5:45 pm Pizza  
January 7- 10:15 am Sunday School  
January 10- Grades 6 & 8 RE  
January 14- 10:15 am Sunday School  
January 17- Grades 6 & 7 RE

Contact Margaret Rasmussen if you have questions.

Margaret.Rasmussen@stbernardstrf.com



NEW Extraordinary Ministers of Holy Communion Training session  
Wednesday, December 20<sup>th</sup> at 6:00 pm



Formed is a streaming service for the entire family which provides Catholic Content including podcasts, Bible studies, educational series, movies, prayers, books, and more.

Formed is available St. Bernard's parishioners for FREE. Visit [formed.org](http://formed.org) and search for St. Bernard's parish to sign-up for an account. You can view content on your web browser or on the free app available on Android, iOS, Roku and Apple TV devices!



## St. Bernard's Podcast



Listen to homilies, Bible studies, and more on the new St. Bernard's Podcast. Find it out on podbean at [stbernards.podbean.com](http://stbernards.podbean.com) or search 'St. Bernard's TRF' wherever you listen to podcasts.

## Youth News

Thank you to all who came to the Cookie Walk last weekend! It was so fun to see everyone and fill their plates full of Christmas goodies! The proceeds from the Cookie Walk fund our middle and high school youth in all of their faith-based activities and fellowship. Thank you for your support!

Last week's Hope Retreat was postponed due to the storm. It has been rescheduled for January 27<sup>th</sup> & 28<sup>th</sup>. If you are unable to attend the Hope Retreat in January, there is still one available on February 10<sup>th</sup> & 11<sup>th</sup>! The link to register for either one of these high school retreats is <https://www.crookston.org/reasonforhope>

Registrations for summer events are already out and about! Detail for St. John Paul II Camp (7<sup>th</sup> & 8<sup>th</sup> grade) are coming soon, while St. Theresa of Calcutta Camp (9<sup>th</sup> & 10<sup>th</sup> grade) is now open (<https://www.crookston.org/toccamp>) Here's a twist: St. Theresa of Calcutta will be on the road to Indianapolis for the National Eucharistic Revival Congress in July. Go to the link and keep an eye out from me for more information to come!

## Exalt: January 3

*Exalt* is an opportunity to step out of our busy lives and rest in the refuge of the Heart of Jesus, present in the Blessed Sacrament through preaching, guided prayer and music.

Dinner begins at 5:45 PM in the parish hall and preaching begins at 6:30 PM in the Church. All are invited.



## O.C.I.A



Are you interested in becoming Catholic or learning more about the Faith? Consider St. Bernard's O.C.I.A. program (the Order of Christian Initiation for Adults). Through O.C.I.A. you will be able to learn more about what the Church believes and teaches and prepare to receive the Sacraments of Initiation (Baptism, Confirmation, and Eucharist).

If you'd like more information, contact Carolyn Holecsek at [Carolyn.holecsek@stbernardstrf.com](mailto:Carolyn.holecsek@stbernardstrf.com) or call the parish office.



# Stewardship

## Sunday Stewardship

December 9 & 10, 2023

Weekly Offertory Budget	\$11,231.00
Weekly Offertory Total	\$15,385.00
Fiscal Year-To-Date Budget (Through Nov)	\$242,407
Fiscal Year-To-Date Total (Through Nov)	\$234,736

## St. Bernard's Building Campaign

Pledged to Date: \$3,488,116.59  
Received to Date: \$3,152,629.20



## Diocesan Annual Appeal

**Help us reach our goal!**

St. Bernard's has donated/pledged \$43,021.04 with 146 parish donors participating as of December 1, 2023.

St. Bernard's goal for this year is \$49,448.00. Help St. Bernard's reach our goal by donating online at [www.crookston.org/onlinegiving/daa](http://www.crookston.org/onlinegiving/daa)

Thank you to all that have participated!



## Online Giving



St. Bernard's Church offers an online giving option. Through Our Sunday Visitor you can set-up automatic payments, skipping the need for weekly offering envelopes. You can also give to the school and other needs of the parish. Scan the QR code to sign-up or visit the website for more information.

## Recommended Sacrificial Giving Distribution

*As percentage of total income.*

Parish	5%
Diocese	3%
Other Giving	2%



## Calling all snowbirds!

If you need to temporarily halt offering envelopes or change your winter address, please contact the parish office at (218) 681-3571.

# Prayer Intentions

## Parish Prayer List

Jackie Hunt, Matthew Kaiser, Kaelyn Diaz, Roger Amundson, Ron Winter, John Sherack, Tom Super, Mary Hemstreet, Jim Breth, Robert Walrath, Elliana Rose Viktora, Tim Kramer, Christine Oliver, Margaret Koldon, Luke Noreen, Sid Brouse, Gale Schmitz, Tori Hovelsrud, Ray Hedlund, Emil Vanyo, Jan Kramer, Tim Bulger, John Barry, Alberta Johnson, Daniel Bernard, Alice Stancyk

If you wish to have someone placed on, or removed from, the prayer list, please call (218) 681-3571 or email [norm.betland@stbernardstrf.com](mailto:norm.betland@stbernardstrf.com)

## Pope Francis' Intentions for December

**For persons with disabilities**

We pray that people living with disabilities may be at the center of attention in society, and that institutions may offer inclusive programs which value their active participation.

## Mass Requests

If you would like to have a Mass said for a special intention, you can request a Mass in multiple ways. You can stop by the parish office, send them by mail or drop them in the collection basket. When requesting a Mass for the deceased, be sure to indicate this with a + before their name. The customary offering is \$10. Masses are scheduled on a first-come, first-served basis, and can be scheduled up to 1 year in advance.

# Parish Life

## NEW KNIGHT AVENUE ENTRANCE

Beginning on Christmas Eve and all weekends moving forward, the **north side** of the new entrance on Knight Avenue will be available for entering and exiting the Church. Please note that the elevator is not installed yet, and this entrance is not handicapped accessible at this time. On weekdays this entrance will be closed as construction continues, so please use the west entrance and ramp in the school parking lot.

## St. Bernard's Adoration Society

### *Perpetual Adoration*

The St. Bernard's Adoration Society desires for our parish to have the first perpetual adoration chapel in the Diocese of Crookston. To make this dream a reality, we need 2 parishioners to cover each of the 168 hours of the week.

As we begin to build the perpetual adoration schedule, the Adoration Society invites you to experience Eucharistic Adoration on Tuesday and Thursdays from 8:30 AM to 10 PM in the Church. Adoration is time to encounter Jesus in the Blessed Sacrament in a profoundly deep and intimate way, which builds a deeper personal relationship with the Lord.

If you have never been to Adoration before, see the bulletin insert for some tips for making a Holy Hour (an hour spent before Jesus in the Blessed Sacrament). Please be sure to use good etiquette and respect for others during Adoration by observing a few points of courtesy: place phones and other devices on silent, refrain from answering calls in the Church, pray silently to avoid disturbing the prayers of other adorers, and keep conversations to the Gathering Space at a low volume.

If you would like more information, please contact Norm at the parish office (218) 681-3571.

## LITURGICAL VESTMENTS

### *The Chasuble*

The chasuble is the outer garment and most recognizable garment the priest wears. It is reserved exclusively to the priest. Typically a cross will be embroidered on the chasuble, but other images, especially on chasubles worn on Marian feasts, may be used. The color of the chasuble matches the liturgical color of the day (green, red, white, violet, rose, or black). There are multiple layers of symbology associate with the chasuble. It can represent the yoke of Christ, which is specifically referenced in the vesting prayer: "O Lord, who hast said, 'My yoke is sweet and my burden light,' grant that I may so carry it as to merit Thy grace." The chasuble also symbolizes the cloak worn by Christ as he stood before Pontius Pilate. Lastly it is a symbol of charity, worn over the stole (a symbol of authority), reminding the priest that authority must always be exercised in charity.



Mark your calendars for the Star of the North Eucharistic Congress, to take place May 17-18 at the Sanford Center in Bemidji. Bishop Cozzens, and Bishop Felton of the Diocese of Duluth welcome you to this collaboration between our dioceses to celebrate and glorify Jesus in the Holy Eucharist. Immediately following the congress, the Marian Route of the National Eucharistic Pilgrimage will begin at the headwaters of the Mississippi in Itasca State Park. The Eucharistic Congress will inspire your devotion to the Eucharist through power talks, witness testimonies, panels, fellowship, praise and worship, Mass, adoration, and confession. Register at [crookstoneeucharist.org](http://crookstoneeucharist.org)



In today's Gospel John the Baptist says, "I am the voice of one crying in the desert; make straight the way of the Lord." Let us ask for the grace to help others to know the love of the Lord.

**Giving to St Bernards' SVDP helps us serve those who need our help in difficult times.**



Volunteers are needed to pray the Rosary with residents of Valley Home on Mondays at 6:30PM. If interested, please contact the parish office at 218-681-3571.

## St. Bernard's is Hiring!

St. Bernard's is hiring for 2 positions.

### *Funeral Coordinator*

The Funeral Coordinator directly assists the pastor when the parish is notified of a funeral need. Duties include meeting with the family and the pastor, following up on logistics such as coordinating musicians, organizing altar servers, notifying the kitchen team, and communicating with the funeral home and family.

### *Part-Time Custodian*

The part-time custodian works for 3 hours, Monday-Friday, after 3pm. Duties include cleaning the school and church so that both are ready for use the following morning. This includes, but is not limited to: cleaning and restocking bathroom, sweeping and mopping floors, and removal of trash.

For inquiries and applications, please contact Norm at the parish office at (218) 689-3571 or by email at [norm.betland@stbernardstrf.com](mailto:norm.betland@stbernardstrf.com)

## Office Volunteers

The parish office is in need of volunteers during the week to assist in answering phones and other tasks. If you are interested in more information about when help is needed, please call the parish office

## New Parishioner or Change of Address?

If you are a new parishioner or need to update your contact information, you can register or update your information on our website at [stbernardsgcc.org](http://stbernardsgcc.org) or by calling the parish office at (218) 681-3571.

If you or someone you know has been a victim of sexual misconduct on the part of a priest, deacon, or individual representing the Diocese of Crookston, its parishes, or its schools, your first call should be to law enforcement. In addition, the diocesan Victim Assistance Coordinator is available at 218-281-7895 (24 hour confidential number).



Please have any items for the bulletin in to the Office Manager by Tuesday at Noon. Email: [norm.betland@stbernardstrf.com](mailto:norm.betland@stbernardstrf.com)

## Christmas Environment

Come One, Come All! The decorating of the St Bernard's Christmas environment will take place on Friday, December 22nd, beginning at 2pm. All help is appreciated, even if for a bit. Also, please keep in mind, we will be taking down the Christmas environment on Sunday, January 7th, after the 9am Mass. So again, all help would be appreciated!



## The O Antiphons

*December 17*

O Wisdom of our God Most High,  
guiding creation with power and love:  
come to teach us the path of knowledge!

*December 18*

O Leader of the House of Israel,  
giver of the Law to Moses on Sinai:  
come to rescue us with your mighty power!

*December 19*

O Root of Jesse's stem,  
sign of God's love for all his people:  
come to save us with delay!

*December 20*

O Key of David,  
opening the gates of God's eternal Kingdom:  
come and free the prisoners of darkness!

*December 21*

O Radiant Dawn,  
splendor of eternal light, sun of justice:  
come and shine on those who dwell in darkness and in the shadow of death.

*December 22*

O King of all nations and keystone of the Church:  
come and save man, whom you formed from the dust!

*December 23*

O Emmanuel, our King and Giver of Law:  
come to save us, Lord our God!

# 4<sup>th</sup> Sunday in Advent & Christmas

## Mass Times & Obligations

Canon 1247 requires Catholic Faithful to participate in Mass on Sundays and Holydays of Obligation. This obligation is met on the day of the feast or the evening preceding. *When 2 consecutive days have an obligation, the Holy See has confirmed that a separate Mass must be participated in for each obligation.*

The Mass times at St. Bernards are listed here along with which obligation(s) each Mass fulfills. *Be sure to participate in two Masses, one which meets the obligation of the 4<sup>th</sup> Sunday in Advent and one which fulfills the obligation for Christmas.*

Mass Times	Sunday Obligation	Christmas Obligation
Saturday, December 23 @ 5PM	Yes	No
Sunday, December 24 @ 9AM	Yes	No
Sunday, December 24 @ 5PM	Yes	OR Yes
Sunday, December 24 @ 10PM	Yes	OR Yes
Monday, December 25 @ 9AM	No	Yes





*Join us for a birthday party honoring*

**FR. CRAIG VASEK**  
**WEDNESDAY, DECEMBER 27TH**  
**St. Bernard's Church**

**5:15 pm Holy Mass**

**6:00 pm Festivities and Potluck in the Parish Hall**

---

*Please bring a dish to share based on your last name if you can join us!*

*Last Names A-E: Bring hors d'oeuvres/appetizers*

*Last Names F-J: Bring a side/salad*

*Last Names K-O: Bring a dessert (Christmas goodies welcome!)*

*Last Names P-Z: Bring a bottle of wine/drink*

***Gifts are not required but welcomed!***

***For more information please contact Carolyn Holecek at  
(218) 686-0811 or [carolyn@mncable.net](mailto:carolyn@mncable.net)***

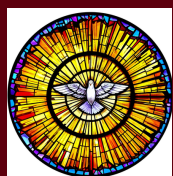


# St. Bernard's

**Chapel and Liturgical needs.**  
**The Adoration Chapel is nearing completion and we need to complete the furnishings, vestments, and accessories.**  
**Please consider us in your year end giving. Thank you!**



## CHAPEL & LITURGICAL NEEDS



**Stained Glass**  
\$20,000



**Chapel Chairs (25)**  
\$2,500



**Priest Vestments (4)**  
\$1,500



**Server Vestments (20)**  
\$100



**Chapel Eucharist Set**  
\$4,000



**Online Giving**  
[www.stbernardsc.org](http://www.stbernardsc.org)



**Cash or Check**  
Baskets in Entryway

**Charlie Vogel - Advancement Director**



(218) 681 - 3571



105 Knight Ave North



Thief River Falls, MN 56701

[charlie.vogel@stbernardstrf.com](mailto:charlie.vogel@stbernardstrf.com)



# St. Bernard's School News

## ~December 17, 2023~



*St. Bernard's Catholic School educates and guides families  
to grow and serve in the love of Jesus Christ*

### MONTH OF MONEY WINNING CALENDAR

Thank you to all who purchased a December Delights ticket! Here is the list of all our winners so far!

Date	Prize	Winner	Sold By	Date	Prize	Winner	Sold By
12/1/23	\$50	Deanna Vikesland	Lucy Anderson	12/9/23	\$100	Andrea Marschall	Evangeline & Roland Freisner
12/2/23	\$100	Tyler Kolden	Lenore Vogel	12/10/23	\$100	Donna Thoele	Kywnn Carr
12/3/23	\$100	Evelyn Mosher	Jacoby Mosher	12/11/23	\$50	Lauretta Blomker	Abriella & Adeline Blomker
12/4/23	\$50	Katie Geiser	Kooper & Koya Geiser	12/12/23	\$50	Kevin Yaggie	Lyla & Collins Yaggie
12/5/23	\$50	Hannah Yaggie	Alex & Hannah Yaggie	12/13/23	\$50	David Dupree	Jordyn & Dallas Dupree
12/6/23	\$50	Ben Diamond	Maia & Colin Berger	12/14/23	\$50	Chantel Peralta	Thea Kuznia
12/7/23	\$50	Addy Olson	Jacoby Mosher	12/15/23	\$50	Mary Dahlen	Kayzlee, Calia & Chaygen Strand
12/8/23	\$50	Nate Dicken	Sebastian Johnson	12/16/23	\$100	Ben Erickson	Britta Erickson
				12/17/23	\$100	Donna Thoele	Kywnn Carr

### THIRD GRADE FOOD SHELF PROJECT

CONGRATULATIONS St. Bernard's School! Due to your efforts, we have 1317 items and 963 pounds of food for the Food Shelf! The third-grade class gathered, sorted, counted, charted, and weighed the food and then, last week, they delivered to the Food Shelf! You have all "Made a Difference" in so many lives.

### RAISERIGHT SCRIP IS HERE!

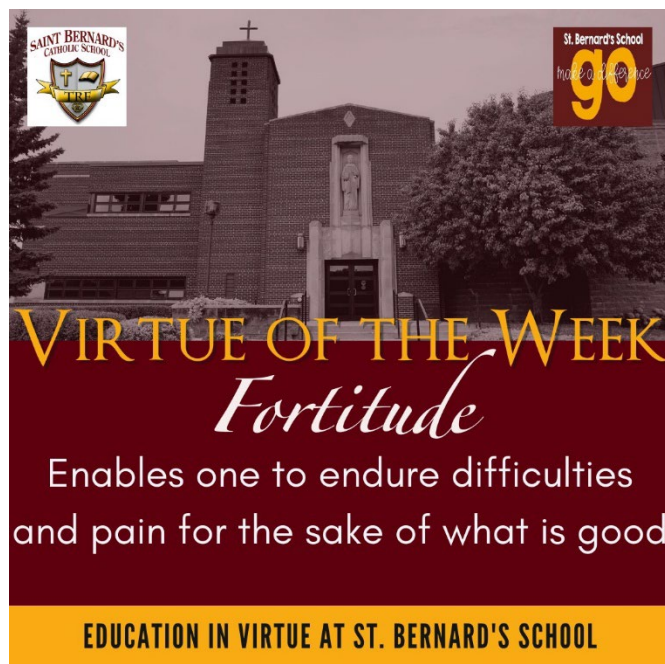
Please let St. Bernard's School take care of your Christmas shopping needs! We are gradually acquiring local businesses such as Ronning's and Black Cat! **SCRIP CARDS FOR CASH OR CHECK WILL BE AVAILABLE IN THE SCHOOL OFFICE! CONTACT US AT 218-681-1539 OR [MARY.COX@STBERNARDSTRF.COM](mailto:MARY.COX@STBERNARDSTRF.COM) TO GET THE CODE.**

### SAFE ENVIRONMENT / SUBSTITUTES

Are you interested in subbing at St. Bernard's School as a teacher, cook, or office assistant? Please let us know! We are in GREAT need and would love to have you! Also, you can be paid for your help! Contact the office at 218-681-1539 for more information. Also, each year, St. Bernard's School and Parish requires all employees and volunteers to complete the Diocese of Crookston Safe Environment module before working with children. Here is the link: <https://www.crookston.org/secertification>. Please note that the module IS compatible with cell phones or iPads. If you have any questions, please contact [Margaret.rasmussen@stbernardstrf.com](mailto:Margaret.rasmussen@stbernardstrf.com)

### ST. BERNARD'S DATES TO REMEMBER

12/19/23	3:00 PM	Art Club with Pam Anderson
12/19/23	6:00 PM	23-24 SAC Meeting / Zoom
12/22/23		Start Christmas Break - 12:00 PM
12/22-1/2		Christmas Break - No School



# SAINT BERNARD'S ADORATION SOCIETY INVITES YOU TO SPEND AN HOUR WITH JESUS

## Making a Holy Hour

What is a Holy Hour? A Holy Hour is an hour spent in Adoration of Jesus, present Body, Blood, Soul and Divinity in the Eucharist. If you've never spent an hour in Eucharistic Adoration you might wonder what to do during Adoration. There are as many methods of making a Holy Hour as there are Catholics because each of us has a unique and personal way of relating to our Lord. Here is one way that you could make a Holy Hour that you might find helpful if this is new to you:

1. Begin by asking the Holy Spirit to help you enter in this time by increasing the virtues of faith, hope, and love in your heart.
2. Adore Jesus. Look at him in the monstrance (the big gold cross displaying the Sacrament). Consider how awesome and majestic the God of the universe is.
3. Examine your conscience by reviewing the ten commandments and the precepts of the Church. Consider God's immense love for you and repent of your sins. Offer prayers for the conversion of the world.
4. Meditate and contemplate God's action. Read Scripture, perhaps the Mass readings of the day, or pray a Rosary or the Stations of the Cross. Read and reflect on spiritual readings.
5. Give thanks. Thank God for all the gifts he has given you and continues to give you.
6. Make petitions. Humbly bring your needs and the needs of those around you to God.
7. End with a resolution to act on the insights you received during the Holy Hour or to live your baptismal vows more faithfully.

## Adoration Etiquette

Many times you will not be the only person in Adoration. It's important to be respectful of other adorers. We might not realize that how we pray when we are alone is not always the best way to pray with others in Eucharistic Adoration.

- Set phones and other devices to silent.
- Refrain from answering phone and video calls in the presence of the Blessed Sacrament.
- Pray silently to avoid disturbing the prayers of the other adorers.
- Keep conversations in the Gathering Space, and at a low volume.
- Reverence is always key: the Eucharist is no ordinary bread, it is Jesus Christ.

## Eucharistic Adoration at St. Bernard's

The St. Bernard's Adoration Society invites you to Eucharistic Adoration!

St. Bernard's currently has 23 hours of Eucharistic Adoration scheduled each week from 8:30 AM (following daily Mass) to 10:00PM every Tuesday and Thursday. Additional Eucharistic Adoration is scheduled beginning at 7PM on the Friday before the first Saturday each month and ending before the 8:30 AM First Saturday Mass. On Lenten Fridays, Adoration is scheduled following the school Mass and ending at 10:00PM

Adoration currently takes place in the Church, but will move to the Adoration Chapel when the new construction is completed at Easter.

St. Bernard's is working on establishing Perpetual Adoration, meaning there will be Eucharistic Adoration 24 hours a day, every day of the week. In order to accomplish this we need 2 volunteers for each of the 168 hours of the week. Starting this weekend, you will be able to commit to an hour of Eucharistic Adoration on the **We Adore Him** app.

When 12 consecutive hours either between 10AM and 10PM or 10PM and 10AM have at least 1 adorer scheduled, Eucharistic Adoration will begin.

To see which hours are in need of committed adorers, scan the QR Code below or visit

<https://stbernardscc.weadorehim.com/signup>

If you are able, consider signing up for the "tough-to-fill" hours during the night.







Office: (218) 681-1922  
Thief River Falls, MN 56701  
www.leeplumbingandheating.com  
1423 N. Main St. • Thief River Falls, MN 56701  
Bling it on Facebook  
If you're a pro, water heating provides a heating "super" solution  
"Save it 100" for over 100 years!

Residential • Commercial • Industrial  
• Heating • Air Conditioning • Ventilation  
Gas Fireplace Installation



**Matt & April Kraemer**

www.brodin.com email: austyn@broadin.com  
140 Highway 59 South Thief River Falls, MN 56701  
(218) 681-4433

STOCKS • BONDS • CDs  
IRAs • MUTUAL FUNDS

Todd K Mack, AAMS®

208 4th St East  
Thief River Falls, MN 56701  
218-681-0045

www.edwardjones.com Version 5/11

**Edward Jones**  
MAKING SENSE OF INVESTING



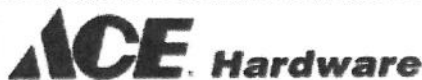
www.nsbtrf.com Thief River Falls, MN



**THRIFTY WHITE PHARMACY**  
Committed to Healthy Outcomes

201 Horace Ave. North on downtown Thief River Falls, MN  
218-681-2932 • 800-570-3784

Store Hours: Mon-Fri 9 am - 6 pm • Sat 9 am - 5:30 pm



"Serving the Area Since 1945"

THIEF RIVER FALLS  
**LifeCare Pregnancy Center**  
A LIFE PREGNANCY RESOURCE CENTER

Pregnancy • High Ac? • Need Help?  
24 Hour Hotline: 218-681-5454 Or 218-681-1276  
Services are Free and Confidential  
214 LaBree Ave North PO Box 572 • Thief River Falls, MN 56701  
www.lifecaretrf.org

24/7 Gym  
Group Exercise Classes  
Kids fitZone  
Gymnastics & Ninja Warrior  
(218) 683-4367



And Wash It All Nathan Bennett  
218-686-8422

mobileelite@gmail.com  
Farm-Home-Commercial-Industrial



**INSURANCE SOLUTIONS**  
(218) 681-1714  
THUNE DIVISION northriskpartners.com



**STEVE STONE**

Pennington County  
Veterans Service Officer

Pennington County Government Center  
PO Box 616 • Thief River Falls, MN 56701  
218.683.7034 sjstone@co.pennington.mn.us



PGI Paint & Glass Interiors  
Your Home Improvement Store  
1211 Horace Ave. North Thief River Falls, MN 56701  
218-681-3012

**YOUR HOME TEAM!**



**KERMIT GENEUX**  
USA REALTY LLC.  
PO Box 385  
Thief River Falls, MN 56701  
218-681-4863 Cell  
218-681-5330 Cell  
genoux@usa-realty.net



218-681-4100  
www.bergantravel.com  
217 LaBree Ave. N • Thief River Falls, MN



Full Service Seed  
and Crop  
Protectant Retailer.

www.heftyseed.com  
218-683-6930  
Red River Ag

Independently  
Owned and  
Operated by  
Red River Ag, LLC



YOUR HEADQUARTERS FOR  
CLOTHING, FOOTWEAR & GIFTS

DOWNTOWN THIEF RIVER FALLS • RONNINGSMN.COM



Gale E. Schmitz, LTD.  
Certified Public



FOR ALL YOUR ACCOUNTING AND TAX SERVICES

101 Third Street East • PO Box 604  
Thief River Falls, MN 56701  
218-681-6008

Serving All  
Your Family  
Prescription Needs!



201 Horace Ave. N. • Thief River Falls, MN  
218-681-2932

Store Hours: Mon-Fri 9 am - 6 pm • Sat 9 am - 5:30 pm • Sun 10 am - 5 pm



Your Family Jewelry & Diamond Center  
Downtown Thief River Falls 218-681-1490



SALES • SERVICE • PARTS • BODY SHOP  
218-681-4820  
northernmotorsinc.com



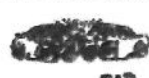
**BORDER State Bank**  
COMMUNITY BANKING AT ITS BEST!

Hwy 59 S. | TRF | 681-8085

www.borderstatebank.com



Auto Body Repair and Car Sales



Jeff Brouse, Owner

(O) 218-681-8531 (C) 218-686-1255  
703 North Atlantic • Thief River Falls, MN

**SteaMagic of TRF**

Residential & Commercial  
Carpet & Upholstery Cleaning  
Only Certified Firm in NW Minnesota



**Scott Hebert**

Thief River Falls, MN  
218-681-2319

- Since 1932 -

**FORSBERGS, INC.**  
Manufacturer of Separation Equipment

1210 Pennington Avenue  
Thief River Falls, MN 56701  
218-681-1927

Saint Bernard's School  
"Put Christ In Your Child's Classroom"

A STRONG HISTORY SINCE 1925  
Knowledge • Faith  
Discipline • Service  
681-1539

**MCMULLEN**  
Realtors  
& Auctioneers

(218) 681-3960 Office  
WWW.MCMULLENSALES.COM