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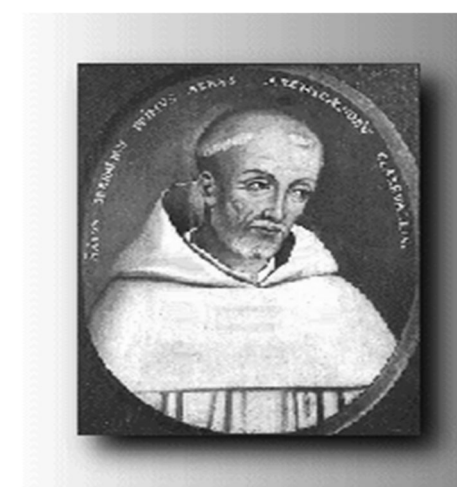
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# PARISH STAFF

FR. RICK LAMBERT,  
PASTOR  
LAURA BRICKSON,  
SCHOOL PRINCIPAL  
CAROL AMUNDSON,  
OFFICE MANAGER  
MARGARET RASMUSSEN,  
RELIGIOUS FORMATION  
COORDINATOR  
MISTY MEHRKENS,  
YOUTH MINISTER  
CAROLYN HOLECEK,  
RCIA COORDINATOR

DIOCESAN VICTIMS  
ASSISTANCE COORDINATOR  
CINDY HULST, LSW  
218.281.7895  
(SAFE, CONFIDENTIAL LINE)

MASS IS CELEBRATED ON THE  
WEEKENDS AT:  
5:00 P.M. ON SATURDAY  
SUNDAY AT 8:30 & 10:30 A.M.  
(9:00 A.M. LIVE STREAMED)

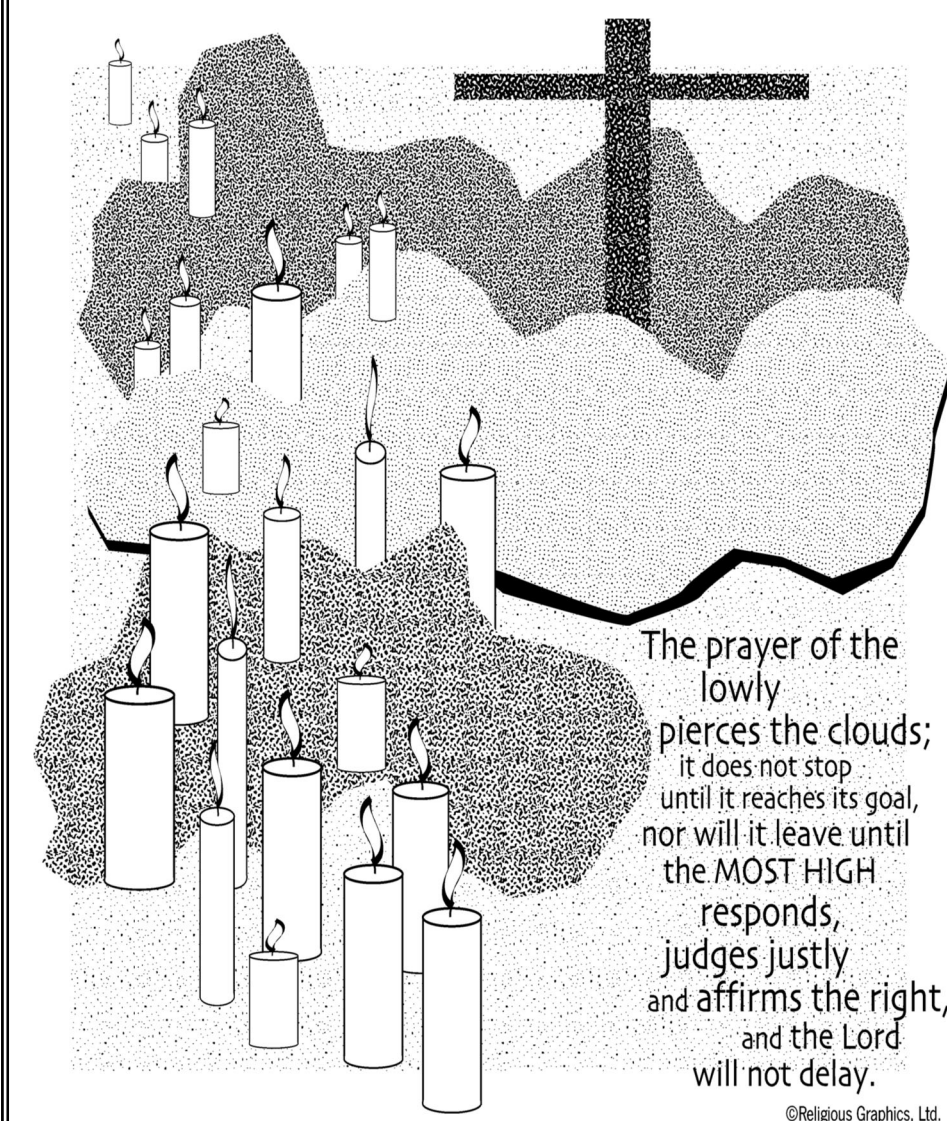
PLEASE REFER TO "THIS WEEK  
IN THE PARISH" FOR THE TIMES  
OF THE WEEKDAY MASSES

THOSE WISHING TO CELEBRATE  
THE SACRAMENT OF MARRIAGE  
ARE ASKED TO CONTACT THE  
PASTOR AT LEAST SIX MONTHS  
PRIOR TO THE INTENDED  
DATE OF THE CELEBRATION

**ST. BERNARD'S CATHOLIC COMMUNITY**  
105 Knight Avenue North Thief River Falls, MN 56701  
(218) 681-3571 [www.stbernardscc.org](http://www.stbernardscc.org)

Thirtieth Sunday  
in Ordinary Time  
October 23, 2022

The Lord hears the cry of the poor.



The prayer of the  
lowly  
pierces the clouds;  
it does not stop  
until it reaches its goal,  
nor will it leave until  
the MOST HIGH  
responds,  
judges justly  
and affirms the right,  
and the Lord  
will not delay.

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THIS WEEK IN THE PARISH

- 24

Monday— Ephesians 4:32; 5:8—Psalm 1:1-4,6—Luke 13:10-17  
No Mass today
- 25

Tuesday— Ephesians 5:21-33– Psalm 128:1-5– Luke 13:18-21  
8:00 A.M. Communion Service  
8:30 A.M.—10:00 P.M. Adoration of the Blessed Sacrament  
3:00 P.M.—The Great Adventure Bible Study
- 26

Wednesday—Ephesians 6:1-9 –Psalm 145:10-14 –Luke 13:22-30  
5:15 P.M. Mass + Jordis Dotson  
5:45 P.M. Reconciliation  
5:45 P.M. Rosary  
6:30 P.M. Grades 6 & 8 Religious Education- 8th Grade Safe Environment  
8:00 P.M. Men’s Prayer Group
- 27

Thursday— Ephesians 6:10-20– Psalm 144:1-2,9-10 – Luke 13:31-35  
8:00 A.M. Communion Service  
8:30 A.M.—10:00 P.M. Adoration of the Blessed Sacrament  
10:00 A.M. Bible Study.  
6:30 P.M. OCIA—(Order of Christian Initiation of Adults)
- 28

Friday—Ephesians 2:19-22 –Psalm 19:2-5 –Luke 6:12-16  
7:00 A.M. KC Rosary  
8:00 A.M. Rosary  
8:30 A.M. School Mass—Special Intention
- 29

Saturday — Philippians 1:18b-26- Psalm 42:2-3,5 – Luke 14:1, 7-11  
4:00 P.M. Reconciliation  
4:30 P.M. Rosary  
5:00 P.M. Mass + Carol Lambert
- 30

SUNDAY —Wisdom 11:22; 12-2—Psalm 145:1-2,8-11,13-14—2 Thessalonians 1:11; 2:2—Luke 19:1-10  
8:00 A.M. Rosary  
8:30 A.M. Mass + Fred, Ermenie Bruggeman & Relatives  
9:20 A.M. Sunday School  
9:30 A.M. Coffee & Rolls  
10:30 A.M. Mass—For the People  
6:00 P.M. Unlocking the Mystery of the Bible—Parish Hall Meeting Room



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RELIGIOUS FORMATION NEWS

By Margaret Rasmussen  
Margaret.Rasmussen@stbernardstrf.com

- October 26

—Grades 6 & 8 RE & 8th Grade Safe Environment
- October 30

— 9:20 am Sunday School
- October 31

— 4:00—6:00 pm Trunk or Treat  
5:00 pm Pumpkin Mass
- November 2

—Family FAITH Night—5:45 pm Mass,  
6:15 pm supper , 7 pm activity.  
Parents please attend with your children!
- November 6

—9:20 am Sunday School
- November 9

—6:30 pm Grades 6 & 7 RE
- November 13

—9:20 am Sunday School

Blessed is She  
"For you my body yearns; for you my soul thirsts..." // Psalm 63:1

Whenever you’re feeling cranky or discouraged remember to do a quick body check. Have I eaten and hydrated? Am I exhausted? Have I taken a shower and brushed my teeth? Most of the time, these simple acts reset our perspective, at least a little bit. Sometimes the feeling of overwhelm or irritation can be mitigated by attending to our bodies' needs. In a deeper way, it can be extremely helpful to do a soul check when we are struggling. By examining a few areas of our spiritual lives, we might be able to come to a simpler solution than we imagine.

If you want to check your soul’s needs like you check your body’s needs, consider if you need a:

**Shower** // When I find myself easily irritated or short-tempered, I usually am in need of Confession. How long has it been since I have been to Confession? Do I need a "spiritual shower"? What habits, sins, or attachments do I need to be cleansed of? Often, this Sacrament of Healing can be the spiritual reset we need.

**Snack** // Most of us are familiar with feeling "hangry" but I've come to realize that I can grow spiritual "hangry" as well. Am I being fed? Am I reading Scripture and spiritual classics? Am I learning about Church teaching? Am I soaking in the wisdom of the Saints rather than the opinions of the world? Sometimes our spiritual reset comes from simply returning to the Lord in prayer and soaking in Truth. Remember, He always feeds us with Himself; let us come to Him for our food!

**Sleep** // We know how important sleep is in relation to our overall physical and mental health. It's the same with the "sleep"—the rest—that results from consistent prayer. Are our souls at rest? Are we seeking comfort and distraction by turning to things other than God? Are we trying to still our restlessness with sin or complacency? In our soul check, let's be honest about whether we are turning to God first in our discomfort or confusion. We may need to remember that our only rest is found in Him.

We all face moments of spiritual dryness or discouragement, we may remember to do a soul check and do those simple things necessary in the spiritual life that make a big difference.

An invitation from the Young Adult Ministry at the Cathedral of the Immaculate Conception: Gratia Plena (Full of Grace) is a monthly Mass for young adults and families who want to grow in their faith and in Catholic fellowship. Join us at Saint Peter's in Gentilly the 3rd Saturday of the month. Adoration and Confessions start at 9:00am, with Mass at 10:00am. Pack your own lunch for fellowship following in the church basement. The upcoming dates are November 19th, and December 17th.

YOUTH NEWS

By Misty Mehrkens  
Misty.Mehrkens @ stbernardstrf.com

Imagine the two characters from this week’s parable at the doctor’s office. The tax collector tells the doctor that he is sick and asks for the doctor’s help and the Pharisee spends his entire appointment talking about how healthy he is compared to everyone else he knows. Which of them is going to get the best medical care?

The tax collector in this week’s Gospel is honest with himself and with God. He knows his sins and prays for God’s mercy. In contrast , the Pharisee is preoccupied with his own virtue and with other people’s sins. Jesus tells us that, in the end, only one of the two was right with God (“justified”) when he went home. The Pharisee couldn’t ask for healing, so he could not be healed.

Take action! Sometimes we look down on others, like the Pharisee, because it is uncomfortable to think about the ways we fall short of our own ideals. Thinking about your own sins might make you feel ashamed and unworthy of love and belonging.

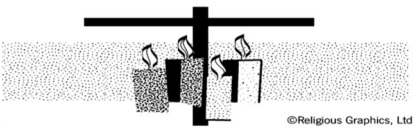
Researcher Brene Brown says that what makes guilt different from shame is that shame turns inward in a self-destructive way, but guilt turns outward toward reconciliation. Like the tax collector, we can offer our guilt to God and trust in his mercy to justify us and help us grow to overcome our sins. Practice saying the tax collector’s prayer this week. (“Oh God, be merciful to me a sinner.”) You can add it to a nightly examination of conscience, or you can pray it mentally whenever shame tempts you to put yourself or others down.

UPCOMING EVENTS

**Monday, October 24<sup>th</sup>: ButterBraids!!** From October 24<sup>th</sup> through November 9<sup>th</sup>, St. Bernard’s will be selling Butter-Braids. If you are interested in either SELLING with funds going towards your youth account or in BUYING these yummy pastries, let me know right away!

**Monday, October 31<sup>st</sup>: 2<sup>nd</sup> Annual Trunk or Treat!** The 2<sup>nd</sup> annual Trunk or Treat will be at St. Bernard’s on Monday, October 31<sup>st</sup> the Youth Group will be there to represent! Bring food for the food shelf for an exchange of a treat from 4:00-6:30pm. There will be a Pumpkin Mass at 5:00pm as well! Bring your jack-o-lantern!!

**Diocesan High School Retreats**  
The Diocese of Crookston is hosting five retreats this school year for youth currently in grades 9-12. If you are a high school student and would like to learn more about your Catholic faith, please consider attending one of the “Reason for Hope” retreats. For more information visit [www.crookston.org/reasonforhope](http://www.crookston.org/reasonforhope)



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Please remember those who have asked for our prayers:

Mrs. Rosalie Burda, Brian Williamson, Lowell Arlt, Gary Arlt, Joe Roskop, Madeline Baumann, Merlin Stone, David Carlson, Kristy Dupree, Timmy Nelson, Tom Miller, Elaine Radniecki, Rachael Carlson, Tim Przybylski, Jane Palm, Audrey Berard, Duane Lusignan, Jannelle Knott, Brian Huerd, Gordon Peterson, Frank Miller, Fern Melby, Ron Winter, Theresa Linnertz, Randy Winter, Alayna Espeseth, Michael Andersen, Andrea Dowers, Gail Hjelle, Gary Lane, Linda Otteson Brown, Kim Osowski, Bev Oski Hayes, Mikey Hedegard, Dennis Bjerken, Lillian Winter, Matthew Kaiser, Kaelyn Diaz , Renee Miller, Cheryl McClenahan, Jeremy Johnson, Dan Dowers, Ed Rasmussen, Lisa Swanson, Grace Rundell, Judy Langhorst, Marie Chaput, Corey Refshaw, Larry Schaefer, John Parent, Hensley Chapin, Emily Novacek, Marty Torgerson, Micki Taddy, Evie Huot, Lori Kristo, Sherrill McDonald, Dennis Srnsky, Doreen Dargon, Cindi Determan, Candace Schafer, Wanda Murphy, Pete Christianson, Patty Anderson, John Barry, Bernie Huot, David & Phyllis Cornelius, Sharon Kozojed, Gerald Kostrzewski, Jeanette Stoltman, Alice Stancyk, Myrna Lane, Ann Sang, Katy Seed, Vivian & Bruce Linander, Jim Legg, Shelly Legg, Donna Radeke, Elliana Viktora, Mary David, Christopher Benjamin, Kent Rahne, Ralph Cox, Tom Super, Willy Schafer, Carolyn Halvorson, Douglas Stalboerger, Fr. Rick Lambert , William Kezer,





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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).



Are you unable to leave your home to get groceries or other supplies? Do you know someone who cannot get out because they are sick or they are vulnerable? If so, the Knights of Columbus wants to help you and your loved ones.

During this pandemic the Knights of Columbus will gladly pick up your shopping for you and deliver to your home. For more information please call Mark Christiansen at (218)556-0037.



Join us on Facebook!  
<https://bit.ly/stbchurchladies>



SCAN ME

Go to <http://bit.ly/StBGive>  
Or use the QR code to go directly to the St. Bernard's giving webpage.

This can be used for parish, school, weekly Masses, or anything that is set up for giving!



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Our Northland Diocese, official publication of the Diocese of Crookston since 1946, is available via eOND, an electronic newsletter full of the latest and biggest news of our local Church! In addition to monthly print issues delivered to household mailboxes, eOND arrives to email in-boxes twice monthly. Each eOND offers local, national and world news published digitally between print issues, as well as local monthly commentary. Parishes pay an annual subscription rate of \$15.67 per household for all services but opt-in is required for eOND. Subscribing is as simple as providing your name and email address so do not delay! Visit >> [www.crookston.org/subscribe](http://www.crookston.org/subscribe)



**St. Bernard's Building Campaign**

**Pledged to Date: \$ 3,158,339.07**

**Received to Date: \$ 2,418,757.27**



**St. Bernard's Church is Offering Online Giving. For additional information, or to sign up, visit our website: [www.stbernardsc.org](http://www.stbernardsc.org)**

#### SUNDAY STEWARDSHIP

Sunday—October 16, 2022

Weekly Offertory Total.....\$ 8,578.00  
Weekly Offertory Budget..... \$10,833.00  
Excess/Shortfall..... - \$ 2,255.00



**New to the parish and not registered? Need to update your address or discontinued your landline? You can register or update your information on our website at [stbernardsc.org](http://stbernardsc.org) or call 681-3571.**



Search for **myParish** on the App Store or Google Play to download our app today!



Volunteers will be needed to serve Coffee & Rolls after the 8:30 am Sunday Mass. Please consider helping in this ministry. Contact Julie Peterson for more information and to sign up. 218-686-8599



#### First Friday/Saturday Adoration Vigil.

In remembrance of the Sacred Heart of Jesus and the Immaculate Heart of Mary, St. Bernard's holds an Adoration Vigil between the First Friday and Saturday of each month. If you would like to sign up for an hour or sign up as an alternate, please contact Mark Christiansen at (218)556-0037 or email at [mark.christiansen22@gmail.com](mailto:mark.christiansen22@gmail.com)



Please join the rosary rally praying the Patriotic Rosary and the Divine Mercy Chaplet for peace in our country, from 5 to 6 pm on the last Thursday of each month.



In this Sunday's Gospel, the tax collector's prayer allows God to be God and so allows God to pour mercy into his heart.

When we pray and give alms to the poor, we allow God's mercy to be poured into their hearts.



**Make plans for a fall get-away with the one you love before your calendar fills up!!**

A Marriage Encounter Weekend is a private weekend away from life's distractions that allows a husband and wife to focus on each other. The next available Weekends are **Oct 29-30, 2022 in ALEXANDRIA, MN**. Early registration is highly recommended. For more information visit our website at: [northmnwwme.org](http://northmnwwme.org) or contact Miki at [applications@northmnwwme.org](mailto:applications@northmnwwme.org) or 507-227-8229

*St. Rose of Lima Catholic Church  
Argyle MN.*

*Sunday October 30, 2022*

*10:30 am Polka Mass*

*Ham & Turkey*

*12:00—5:00 pm Festival at the Mall*

*701 Pacific Ave. Argyle*



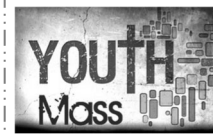
*Cathedral Church*

*October 30, 2022*

*11:00 -2:00 pm*

*Knight's of Columbus Fish Fry*

*702 Summit Ave. Crookston*



**St. Bernard's Youth Masses  
Grades 1 & UP!**

November 6 Sunday 8:30 am  
December 3—Saturday 5:00 pm

January 8—Sunday 10:30 am

February 5—Sunday 10:30 am

March 5—Sunday 8:30 am

April 2—Sunday 10:30 am

April 29—Saturday 5:00 pm

Go to Sign up Genius: <https://bit.ly/SBYouthMass>

Or call/email Cindy Dallmann or Beth Zerr

218 681 1539 / [cindy.dallmann@stbernardstrf.com](mailto:cindy.dallmann@stbernardstrf.com)

[beth.zerr@stbernardstrf.com](mailto:beth.zerr@stbernardstrf.com)

Singers/readers will practice the Wednesday before each Mass, from 3:30 to 5:00.



#### MERCY HOUR

As part of the Diocesan Phase of the Eucharistic Revival, Bishop Andrew Cozzens will travel the Diocese leading services of healing for marriages and families. Married, single, divorced, widowed – every person belongs to a family and has a place in this experience. There will be exposition/adoration of the Blessed Sacrament, a talk by Bishop Cozzens, prayers and intercessions, music and prayer stations all culminating in an intimate moment of a Eucharistic encounter offered for you as an individual, or as a couple or as a family. All are welcome. No registration is required.

Sunday, October 30, 2022, 3 pm  
St. Philip's Church, Bemidji



Come join the Moorhead 40 Days For Life on November 6th, at 5pm for the closing Candlelight Prayer Vigil. Leading the vigil are people of all ages and walks of life. From music, scripture readings, sharing of stories, to prayerful reflections, this hour will be used to offer up prayers as a community to end abortion. Flowers will be placed on the sidewalk in memorial of those lives affected by abortion. You are also encouraged to bring donations for the Women's Care Center, which will be donated for those who have chosen life and need our support. Donations are appreciated but not expected. No sign up is needed for this event. Please join us for the Candlelight Prayer Vigil at 5:00pm on the public sidewalk outside the Red River Women's Clinic, 302 Hwy 75 N Moorhead. If you'd like more information, please contact: Cassandra Johnson at 218-303-7664 or online at [40daysforlife.com/moorhead](http://40daysforlife.com/moorhead).



**“THE FAMILY THAT  
PRAYS TOGETHER STAYS TOGETHER”**

You may have heard the above phrase originated by Fr. Patrick Peyton and repeated on many occasions by Pope Francis.

The Diocese of Crookston offers a brief daily prayer guide for families of any size that can be used to gather the family in daily prayer centered on growth in the virtuous Christian life. You can find the prayer by going to [crookston.org](http://crookston.org), placing your cursor over the word “Discipleship” and then clicking on “Marriage & Family”. Scroll down and you will see the headline “Daily Family Prayers” and below that is a link to “October daily prayers”.

**Marriage & Family page on the website: <https://bit.ly/3B9Uun6>**

Formed provides the very best Catholic content from more than 60 organizations to help parishes, families and individuals explore their faith anywhere, and It's FREE!!!

Go to FORMED.ORG—enter St. Bernard's, Thief River Falls MN and create an account with your name and email address! Then enjoy bible studies, programs, and movies for all ages!





## *Art of Accompaniment*

WITH FR. FRANK DONIO

St. Bernard's Catholic Church  
Saturday, November 5th, 2022  
10:00 am to 4:00 pm  
Mass at 5:00 pm

A big goal of the Eucharistic Revival and our Going Forth as Disciples movement is to form missionaries in our parishes. Many people want to share their faith, but don't know how. To help us learn practical tools, St. Bernard's is sponsoring the *Art of Accompaniment* workshop with Fr. Frank Donio. Fr. Frank is a national Catholic speaker coming from Washington, DC, with his team from the National Apostolate Center to share practical knowledge on how to share our faith and to help us to begin forming parish Eucharistic missionary teams in 2023.

Lunch will be served and the event is free to attend.

If you are interested in attending the workshop, please RSVP to Misty Mehrkens by calling (218) 686-3571 or [misty.mehrkens@stbernardstrf.com](mailto:misty.mehrkens@stbernardstrf.com)

# BUTTER BRAIDS FOR SALE!



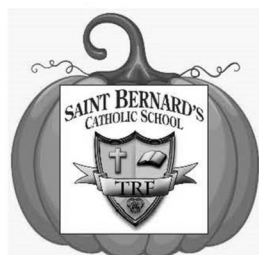
**OCTOBER 24TH - NOVEMBER 9TH**  
**(WITH DELIVERY DECEMBER 7TH)**

**\$15.00 EACH**



**All proceeds go towards the  
St. Bernard's Youth Group and their activities!**

**Contact Misty Mehrkens if you would like to SELL or  
PURCHASE any! [misty.mehrkens@stbernardstrf.com](mailto:misty.mehrkens@stbernardstrf.com)**



# ST. BERNARD'S SCHOOL NEWS

~October 23, 2022~

ST. BERNARD'S CATHOLIC SCHOOL EDUCATES AND GUIDES FAMILIES  
TO GROW AND SERVE IN THE LOVE OF JESUS CHRIST



## THANK YOU!

Our sincerest thanks to the following who remembered St. Bernard's School in their giving! Your generosity has made a difference!

- \*Larry and Robin Langevin in memory of Bud Johnson
- \*Hilary Stoltman in memory of Glen Hofstad and Anthony Vonasek
- \*Roger & Jody Dziengel to be used as a match for Giving Hearts Day

## MONTH OF MONEY WINNING CALENDAR

We are so excited to announce the St. Bernard's Month of Prizes Winning Calendar is ON SALE FOR UNTIL THE END OF OCTOBER! Each day there is a variety of wonderful cash prizes. Tickets are only \$10 and you have 30 chances to win on each ticket! Tickets can be purchased after mass or from any St. Bernard's School family. There are \$4100 in total prizes – YOU DON'T WANT TO MISS THIS!

## KNIGHTS OF COLUMBUS SCHOLARSHIP RAKE-A-THON FOR NONPUBLIC EDUCATION

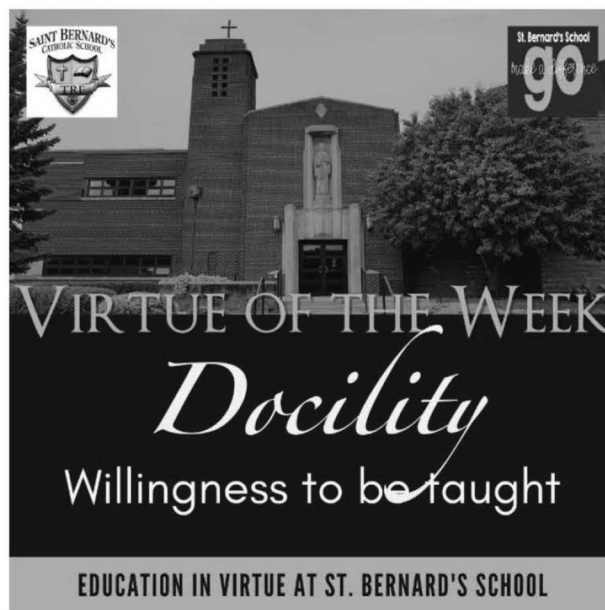
As we did last year, St. Bernard's School will be having a Rake-A-Thon on October 25th which will directly benefit our Scholarship Fund. This fall, the students will be gathering pledges from family, friends, and community. Then, groups of students and volunteers will rake the lawns of those in need. If you would like to donate to our scholarship fund, please contact the school office.

## SAFE ENVIRONMENT

Each year, St. Bernard's School and Parish requires all employees and volunteers to complete the Diocese of Crookston Safe and 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

- |       |   |
|-------|---|
| 10/24 | 6:30 PM Yearbook Meeting Parish Hall            |
| 10/25 | 12:00 PM KC Rake-A-Thon for Nonpublic Education |
| 10/28 | 1:00 PM All Saints Carnival and Bingo           |
| 10/31 | 8:00 AM NO SCHOOL - Inservice Day               |
| 10/31 | 1:00 PM Draw for Month of Money                 |
| 10/31 | 4:00 – 6:30 Trunk or Treat! 5:00 Pumpkin Mass!  |
| 11/1  | 8:30 AM School All Saints Day Mass              |
| 11/1  | 6:30 PM Booster Zoom Meeting                    |
| 11/2  | Family Faith Night                              |
| 11/4  | End of the 1 <sup>st</sup> Quarter              |
| 11/7  | 6:00 PM SAC Meeting                             |
| 11/8  | 8:15 AM All School Adoration                    |



St. Bernard's School is an Equal Opportunity Employer

ST. BERNARD'S CATHOLIC CHURCH

2ND ANNUAL  
**TRUNK OR TREAT**  
OCT 31 | 4:00-6:30 PM

BRING A CANNED OR DRY GOOD TO DONATE FOR OUR  
LOCAL FOOD SHELF IN EXCHANGE FOR A TREAT!

**PUMPKIN MASS**  
OCT 31 | 5:00 PM

BRING YOUR JACK O'LANTERN AND WEAR YOUR  
COSTUME! (PLEASE NO WITCHES DEMONS)

ST. BERNARD'S PARKING LOT ON DULUTH AVE N

**Safe Environment  
Online Training & Policy  
Acknowledgments**

### VOLUNTEERS SAFE ENVIRONMENT TRAINING

CMG Connect - Diocese of Crookston

The Safe Environment training for this year is **all online** and will take an hour to complete.

**Do not make a new account if you have completed training in the last 5 years!**

- ⇒ Go to <https://www.crookston.org/secertification>
- ⇒ Click on gold tab
- ⇒ Existing Accounts—click sign in
- ⇒ Username: FirstnameLastname-doc (first letter of each is capitalized)
- ⇒ Password: 1234
- ⇒ Change password and update personal information.
- ⇒ Begin training viewing videos and answering questions. You may pause and resume later if needed. All videos & questions must be completed to be certified.

**Volunteers please complete ASAP—THANK YOU!**

Questions or having trouble logging in contact Margaret.  
[Margaret.Rasmussen@stbernardstrf.com](mailto:Margaret.Rasmussen@stbernardstrf.com)—218-686-1481