



# Blessed Sacrament Catholic Church

210 5<sup>th</sup> Avenue W, West Fargo, ND 58078  
701-282-3321

[www.bscwf.org](http://www.bscwf.org) email: [info@bscwf.org](mailto:info@bscwf.org)



**January 28-29, 2023 ~ 4<sup>th</sup> Sunday in Ordinary Time**

## Daily Mass & Intentions



### Sunday, January 29

8:30 a.m. – the Gilbert & Kranz Families

10:30 a.m. – the Parishioners

### Monday, January 30 - NO MASS

Tuesday, January 31 at **Sheyenne Crossings**

1:00 p.m. – +Mary Jane Manke

### Wednesday, February 1

9:00 a.m. – +Kathy Glaser

### Thursday, February 2

9:00 a.m. – +Kay Morehead

### Friday, February 3

9:00 a.m. – +Agnes Hennessy

Adoration 9:30 a.m. – 12:00 p.m.

### Saturday, February 4 *Blessing of Throats*

3:30-4:30 p.m. Holy Hour with Adoration

4-4:30 p.m. Reconciliation

5:15 p.m. – Shawn & Lori DeKeyser

### Sunday, February 5 *Blessing of Throats*

8:30 a.m. – the Parishioners

10:30 a.m. – +Alma Grosz



## Offertory Gifts

**January 22-23, 2022**

Adult: \$3,971.14

Children: \$32

Improvements: \$166.07

Firm Foundation: \$75

Poor Fund: \$336.10

### Collected to Date

### Goal to Date

\$34,523.82	Adult	\$31,200.00
\$126.00	Children	\$120.00
\$1,469.56	Improvements	\$4,000.00
\$453,405.40	Firm Foundation	\$400,000.00

**REJOICE AND BE GLAD  
FOR YOUR REWARD WILL  
BE GREAT IN HEAVEN**

Matthew 5:12

**Welcome!** Fr. Gary Luiten and the faithful of Blessed Sacrament welcome you. We hope your time with us may be blessed. May it also be an opportunity to join in fellowship of our faith and joy in Jesus Christ.

## This Week



### CATHOLIC SCHOOLS WEEK!

**Sunday:** Coffee 9:30 a.m. Only

No PK Class

Concessions – 11:30 a.m.

Bingo, 12:00 p.m.

**RCIA**, Tuesday, January 31, 7 p.m., Library.

**Knights of Columbus**, Thursday, Feb. 2, 7 p.m.

**Adoration**, Friday, February 3, 9:30 a.m. - 12 p.m.

**Holy Hour with Adoration**,

Saturday, February 4, 3:30-4:30 p.m.

**Spaghetti Supper**

Saturday, February 4, 6 - 7:30 p.m.

**Next Weekend:** Blessing of Throats following Mass.

## Faith Formation



### Class:

Grades 1-5	Feb. 1	5:30 p.m.
WOW	Feb. 1	7:00 p.m.
PK	Feb. 5	10:30 a.m.
Grades 1-5	Feb. 8	5:30 p.m.
B4WOW	Feb. 8	7:00 p.m.

**For all Faith Formation Class Dates and Times**, refer to the Faith Formation Calendar on the Blessed Sacrament Website at:

<https://www.bscwf.org/classes/>

**RCIA Class** (7:00 p.m. in the Library)

January 31

February; 14, 21, 28



## FORMED-What to Watch:

There are several good choices to view this week and you are encouraged to take time and learn more about our Catholic Faith. This week, recommendations include Mother Teresa-No Greater Love, St. Anthony-Miracle Worker of Padua, and The Faithful Traveler in the United States East Coast Shrines which you can find under the movie tab under documentaries. For kids, under the movie tab, click on Marcam Catholic Kids Show.

If you have not yet joined FORMED, now is the time to do.

- Visit [formed.org](http://formed.org).
- Click Sign Up (as a parishioner)
- Enter your parish zip code (58078)
- Enter your name and email address – You're In!

## Music Ministry



### Share in the power of music!

Singing keeps us mentally sharp, physically active, and socially engaged. It may provide relief for stress or pent-up emotions, as well as being an avenue to creativity, fulfillment, self-care, and community. Each of us has a life full of ups and downs. Yes, the journey may be difficult; but singing can be a navigational tool to steer us through stormy waters. It may also simply make the trip more fun.

Joyful Voices Choir is looking for more members! Contact Ronda for more information or call the Parish Office. [Ronda@bscwf.org](mailto:Ronda@bscwf.org)  
701-282-3321

## Joyful Voices

Date	Warmup/Sing
February 5	9:30 a.m./10:30 a.m.
February 12	9:30 a.m./10:30 a.m.
February 18	4:15 p.m./5:15 p.m.
February 26	9:30 a.m./10:30 a.m.

## Combined Choirs

*Ash Wednesday*

Date	Warmup/Sing
February 22	6:16 p.m./7:00 p.m.

No Contemporary Choir in February

## Parish Life



**Bingo**, Big winners last Sunday were:

Black Out – Margo Kern - \$25

50/50 – John Mrozla - \$28

## BINGO Sponsored by the Knights of Columbus.

February 5, 12, and 26 at 12:00 p.m. Concession sales begin at 11:30 a.m. \$0.50 per card, per game. A total of 10 regular games are played. All prizes are CASH!!

Two Specialty games are played; 50/50 where the winner receives ½ of the money collected for that game, and Progressive black-out where if you bingo in a certain amount of numbers, you receive a BIG PAYOUT! Next week the black-out prize will be \$100, if you bingo in 51 numbers (consolation \$25).

**Blessing of Throats** February 4 & 5 following Mass. The Blessing of Throats is a sacramental of the Roman Catholic Church, celebrated on or around the feast of Saint Blaise, Bishop, and Martyr. Everyone is invited to stay after Mass for the blessing.

**THIS IS CATHOLIC SCHOOLS WEEK! Please** support one or more of the three things Blessed Sacrament is doing for JP II Schools and specifically Trinity Elementary.

1. Make a JP II donation by using an JP II envelope or cut out the section in this bulletin.
2. Donate to the Trinity School Lunch Program.
3. Attend the Spaghetti Dinner on February 4.

## Daily Readings – January 29-February 4, 2023

January 29: Zeph 2:3,3-12-13, 1 Cor 1:26-31,  
Mt 5:1-12a

January 30: Heb 11:32-40, Mk 5:1-12

January 31: Heb 12:1-4, Mk 5:21-43

February 1: Heb 12:4-7,11-15, Mk 6:1-6

February 2: Mal 3:1-4, Heb 2:13-18, Lk 2:22-40

February 3: Heb 13:1-8, Mk 6:14-29

February 4: Heb 13:15-17,20-21, Mk 6:30-34

**Happy Birthday!** We pray for those celebrating a birthday this week:

- Diane Vinesette, February 2

## Knights of Columbus Sponsor Spaghetti Dinner

To celebrate Catholic Schools week. Saturday, February 4, 6-7:30 p.m. Freewill offering. Proceeds will go toward our JP II stipend fund.

Letter from Trinity Elementary School Principal, Karissa Flieth is attached to this bulletin.

## NO DAILY MASS NEXT WEEK.

**Preparing for Lent 2023:** Lent begins with Ash Wednesday on February 22. If you have palms from last year and would like us to use them for Ash Wednesday, please bring them to the Parish Office by February 19.

**Saturday Holy-Hour Adoration.** Saturday afternoon, February 4 from 3:30 – 4:30 p.m. You are welcome to join us for holy hour.

**Sick List:** We pray for our ill parishioners and family members.

*Laurie Wells (niece of Gaylas Pritchard),  
Bruce Reiter, Marilyn Dockter, Bryan Kuntz,  
Gaylas Pritchard, Jennette Feltman, Gary Lammer.*

**St. Jude Circle** will be meeting on Tuesday, February 7 at 3 p.m.

## Support John Paul II Catholic Schools

### JPII Donation

Donations are due by February 5, 2023.

Make Check Payable to  
Blessed Sacrament Catholic Church

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Amount: \$ \_\_\_\_\_

Envelope Number: \_\_\_\_\_

**Trinity School Lunch Program.** In honor of Catholic Schools Week, for the month of January, we will collect donations for "Trinity School Lunch Program." The donation box will be in the Gathering Area. Please place your contributions in the box. Checks can be written to Blessed Sacrament.

## We Pray in Remembrance of ...

January 29: John Tomaszewski

January 30: Wendy Linde, Joseph Blasl,  
Clemence Kuklok, Henry Wulff

January 31: Leona Rausch, Charles Potter

February 1: Joanne Byrne, Jeffrey Brand

February 2: Jack Hllebechuk, Roger Klocke,  
Fred Weiss

February 4: Haven Johnson, Herman Subart

## Volunteerism - Stewardship



**March & April Ministry Availability Wanted by January 31, 2023.** Julie will be starting to work on the March and April 2023 ministry schedules soon. Please contact Julie if you have specific dates you will not be available. You can either email or text.

**Have an amazing meatless recipe or idea for during Lent?** As we begin preparation for Lent we are asked to practice self-control through fasting. There are multiple ways of fasting. One in particular is by abstaining from meat on Ash Wednesday, Fridays throughout the 40 days of Lent and Good Friday. With that in mind, let's come together and share our favorite meatless recipes to share during Lent. Please bring your recipe in prior so that Julie can make multiple copies. The recipes will be displayed in the gathering area on a board for anyone to take and try. Thank you in advance.

**Works of Charity – not just about giving something up.** As Lent approaches consider getting involved more for Works of Charity, instead of giving something up. Your parish has plenty to take part in. See the boards in the social hall or meet up with Julie to see where your talents/interests would be best utilized.

## Reflections by Fr. Gary Luiten

### Fourth Sunday in Ordinary Time January 29, 2023

Jesus tells us in the gospel gives us the beatitudes. He tells us that the kingdom of God belongs to the poor in spirit, the meek, and the sorrowing, among others. Meekness is closely related to humility. And therefore, Jesus is saying that the kingdom of God belongs, in a sense, to the humble. We also hear in the first reading, "Seek the Lord, all you humble of the earth." Also, we read in Paul's letter that God chose the simple to shame, or to humble the

strong. And we hear in the gospel, "Blessed are the lowly, they shall inherit the land." Lowliness is also closely related to humility.

So, humility is written all over the readings this weekend. Humility is an interesting concept. It's kind of hard to put a finger on, because when we ask ourselves deep down in our consciences, "Are we humble? Am I humble?" If the answer is no, then I have some work to do. If the answer is "Yes, I really am humble, I am so humble I put myself to shame," then I've lost my humility and I have become proud and have some work to do! So, when we admit that we are humble, then humility ceases, and pride begins. The Lord, here, is not talking about refusing compliments when they are deserved. Rather, it is good to accept compliments. In fact, the refusal to accept a compliment is like refusing a gift! And that is not good. We are called to be receivers, as well as good givers. But Jesus is calling us to accept and recognize our strengths as well as our weaknesses.

Practicing humility and living the beatitudes are not simple solutions for instant satisfaction and a life without stress. They do not promise a perfect life here on earth. Jesus does not promise an escape from life's burdens but strength to bear them when we have to. Jesus doesn't show us how to live the "good" life, but how to live the "best" life, which prepares us for the life to come. May we hear the Lord say to us someday, "Blessed are you, for the kingdom of heaven is yours."

## Diocesan Synod

**Bishop John Folda Asks Blessed Sacrament Parishioners to Attend Regional Listening Sessions.** All of the faithful are encouraged and invited to attend these events. For more information, go to: [www.fargodiocese.org/synod](http://www.fargodiocese.org/synod).

### Christ's Gift to us

At the Mass of the Lord's Supper celebrated on Holy Thursday, the priest prays these words:  
*For He is the true and eternal Priest, who instituted the pattern of an everlasting sacrifice and was the first to offer himself as the saving Victim, commanding us to make this offering as His memorial. As we eat His flesh that was sacrificed for us, we are made strong, and, as we drink His Blood that was poured out for us, we are washed clean.*

Roman Missal

## Community & Diocesan Events

**Giving Hearts Day – February 9.** In a time of loneliness and isolation, you can give young people the hope and joy of Christ. Join us on Thursday, February 9 for Giving Hearts Day in supporting St. Paul's Newman Center and the Catholic faith at NDSU. **Every gift given on Giving Hearts Day is doubled until we meet our gift match.** Because YOU believe in the difference campus ministry makes, students are able to encounter Christ through bisonCatholic. To make a donation, go to [givingheartsday.org](http://givingheartsday.org) and search for "St. Paul's Newman Center" or visit our website for more information.

**Catholic Married Couples Retreats.** Franciscan Sisters of Diligen Retreat Center, Hankinson. Speakers Deacon Ben and Jennine Seitz. Mass, prayer, and reflection. Great food and cozy accommodations. Meet old friends and make new ones!

February 17-19 and March 3-5

For more information and registration:  
[www.sixstonejars.org](http://www.sixstonejars.org)

### Job Opening:

#### FT Newman House Director

The Newman House ([www.newmanhouse.org](http://www.newmanhouse.org)) on the University of North Dakota Campus in Grand Forks, ND is looking to hire a full-time Director for the 2023-2024 school year. Duties would include: serving a community of women by providing leadership and formation, overseeing maintenance and improvements to the facility, building and grounds, and complete all business and public relation needs to create a united and thriving culture to help serve the Newman Center and UND communities. For a more detailed job description go to <https://www.undcatholic.org/newman-house-director>. Apply immediately. Position starts in June of 2023. Please send cover letter, resume and two references to: [chris.markman@undcatholic.org](mailto:chris.markman@undcatholic.org).

### Mission Statement:

As loving disciples, we the faith community of Blessed Sacrament, strive for full and active participation in joyfully serving Christ while recognizing the gifts and dignity of all.





# JPII CATHOLIC SCHOOLS

5600 25th St S, Fargo, ND 58104 | (701) 893-3200

Dear parents,

My name is Karissa Flieth, and I am the principal at Trinity Elementary School. All of my fellow parishioners with children should be considering Catholic Education for their children. In my fifth year at JPII Catholic Schools, I realized it is time to reach out and ask, why does my parish have so many children and such a small ratio attend our wonderful Catholic Schools? My only guess is that you don't know what you are missing and haven't had anyone specifically reach out. Well here is my invitation to visit with you and tell you, your child or children should be at our schools. You ARE missing out on something great! My husband and I have two children who transferred from public school to JPII in the 5<sup>th</sup> and 7<sup>th</sup> grades when I accepted the principal position. This was transformational for them. They are now 9<sup>th</sup> and 11<sup>th</sup> graders at Shanley High School. The community they were welcomed into is the most loving and compassionate school atmosphere I have ever been involved with, both as a parent and educator. Even at those middle school ages, their transfer was seamless, and our middle school is nothing compared to our other community middle schools. It is different, it is special!

## **Why should you choose Catholic Schools? Why wouldn't you!**

I regret not having my students in Catholic elementary schools. I didn't think I could afford it, but I never reached out to ask. That's something I regret all the time. Little did I know at that time, there is assistance for anyone who needs it. Our Bishop is very clear when he says ANYONE who wants a Catholic education for their child will have it. And I can tell you, we do make it work for anyone.

I have taught in both public and private schools, so I know firsthand the significant difference. Because we openly celebrate our faith and spiritual journeys in school, we truly teach the total person. Public schools can't do that. Because we discipline with our Catholic virtues and the Nurtured Heart Approach, we establish good morals, character, and compassion at a very young age. Our students are respectful, kind, and service minded. Our students wear uniforms. Yes, uniforms... and they are a game changer and so positive for students.

Our curriculum is second to none. We have teacher led committees in each subject area that meet to ensure we are always using best practices and researched based strategies. We are aligned with the ND State Standards of Education and continue to score above National Averages in all areas. Over 90% of our students are in highest percentiles of standardized testing scores. Why is that? Smaller class sizes, very little discipline issues or classroom disruptions, quality/dedicated teachers, amazing parental support and involvement, and a strong community with the same core values. Also, in an ever-changing world and society of what is and isn't appropriate, we are unapologetically CATHOLIC. Our values and teaching don't waver. We do not change who we are because of a movement or idea. We are confident and proud of who we are, what we teach, and what we stand for.

Our community of families in our schools are close and common minded. We support each other, we celebrate together, and parents are very involved in school happenings. Had I known back then when my children were small what I know now, there would have been only one choice for schooling: JPII Catholic Schools.

If you have a child that will be starting Preschool or Kindergarten, we have three campuses: Trinity, Holy Spirit, and Nativity. We are systems accredited through the state which means that all JP2 schools PK-12 hold the same standards and collaborate to offer the same quality programming at each site. Depending on what grade you are looking for we will work to find a spot for your child at one of our three elementary campuses. If you live closer to one of the schools but it is full for your child's grade, that is not problem because JP2 offers bussing among our 5 schools.

Please take a moment to email either myself or Lori Hager our admissions director so we can help you get on board with making the best choice for your child. We want to set up a time to meet with you and answer all your school related questions. Now more than ever, your child needs and deserves a Catholic Education. Students transfer to us at all ages, and we have many success stories and testimonials. Our teenage transfers are some of our biggest success stories! We can schedule a tour or phone call to meet your needs and answer any questions you might have.

Don't miss an opportunity like I did because you didn't inquire. We would love to visit with you. Make the call or send the email today and then check out our website where you can find the handbooks, annual reports, staff, mission and vision, core values, tuition information, activities, etc.

Blessings in 2023,

*Karissa Flieth*

***Trinity Elementary School Principal  
Curriculum Coordinator***



Karissa Flieth- Trinity Principal  
[Karissa.flieth@jp2schools.org](mailto:Karissa.flieth@jp2schools.org)  
701-356-0793

- JP2 Website: [www.jp2schools.org](http://www.jp2schools.org)
- Online JP2 Culture Book: <http://www.jp2schools.org/wp-content/uploads/2019/09/JP2-Culture-Book-20197.pdf>
- Admissions quick link: <https://sjp-nd.client.renweb.com/oa/?memberid=4210>



# *Blessing of Throats*

**February 4 & 5, 2023**

**Blessings will be  
given after all  
Masses**

**Mass times:**

**February 4 - 5:15 p.m.**

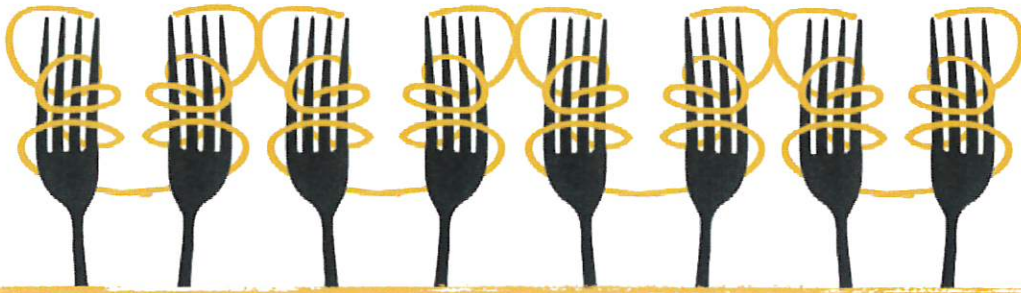
**February 5 - 8:30 & 10:30 a.m.**



**Blessed Sacrament Catholic Church  
210 5 Ave W, West Fargo ND 58078 - 701-282-3321**



# SPAGHETTI DINNER



***SATURDAY, FEBRUARY 4, 2023***

**6:00 - 7:30 P.M.**



**The Blessed Sacrament  
Knights of Columbus  
invite you to a Spaghetti Dinner  
*to celebrate  
Catholic Schools Week!***

**Free Will Offering**

**Proceeds to benefit JP II Stipend Account**

**Blessed Sacrament Catholic Church  
210 5 Ave W, West Fargo ~ 701-282-3321**





**Knights of Columbus  
Sponsor**

**BINGO**

**Sundays**

**February 5, 12 & 26**

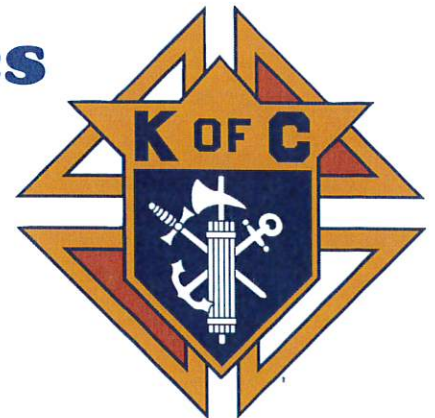
**March 5, 12 & 19**

**12:00 p.m.**

**in the Social Hall**



**Concession Sales  
begin at  
11:30 a.m.**



**Blessed Sacrament Catholic Church  
210 5th Ave W, West Fargo ND ~ 701-282-3321**



**February 4-5, 2023 – 5<sup>th</sup> Sunday in Ordinary Time**  
**Ministries of Service**

Masses	5:15 p.m. Saturday	8:30 a.m. Sunday	10:30 a.m. Sunday
<b>Proclaimers</b>	C. Paintner	J. Allmaras	C. Fischer
<b>EMHC</b>	*C. Pablo, E. Pablo, C. Paintner	*J. Aberle, L. Sample, A. Pritchard, **N. Peterson	*L. Wegner, G. Larson, S. Richman
<b>Gift Bearers</b>	M. Pierce Family	J. Aberle Family	D. Richman Family
<b>Servers</b>	M. Pierce, Volunteer	M. Allmaras, E. Esposito	Richman Family
<b>Ushers</b>	D. & B. Krogen	T. Allmaras, G. Yourczek	R. Fischer, B. Pagel
<b>Greeters</b>	M. Pierce Family	J. Aberle Family	D. Richman Family
<b>Rosary Leader</b>	S. Bosch	A. Pritchard	K. Hanson
<b>Sacristan</b>	E. Pablo	D. Nechiporenko	L. Wegner
<b>Media Minister</b>	M. Berntson	*Eucharist Minister **Takes to home-bound	

**Feast/Holy Day the Week of January 29, 2023**

January 31: St. John Bosco    February 2: Presentation of the Lord    February 3: Sts. Blaise & Ansgar

**Blessed Sacrament Directory**

701-282-3321 ~ [www.bscwf.org](http://www.bscwf.org)



**Fr. Gary Luiten, Pastor – [Gary@bscwf.org](mailto:Gary@bscwf.org)**

Julie Yourczek – Parish Life / Volunteerism – [Julie@bscwf.org](mailto:Julie@bscwf.org)

Lucy Elshaug - DRE/Youth Ministry - [Lucy@bscwf.org](mailto:Lucy@bscwf.org)

Mary Beth Odegaard – Support Staff – [MaryBeth@bscwf.org](mailto:MaryBeth@bscwf.org)

Ronda Voss – Music Coordinator – [Ronda@bscwf.org](mailto:Ronda@bscwf.org)

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[Blessed Sacrament@Blessed\\_W\\_Fargo](https://twitter.com/Blessed_W_Fargo)

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<p><b>Knights of Columbus</b> Council #6465 Meet first Thursday of each month at 7:00 p.m. Classroom #4 Blessed Sacrament Church</p>	<p>Darren Rohrich 701-367-8676 <a href="mailto:darrenrohrich@gmail.com">darrenrohrich@gmail.com</a> Dakota Plains Realty</p>	<p><b>TRS INDUSTRIES</b> </p> <p>Custom Covers for Anything 1-701-277-1749—Fargo, ND</p>	<p><b>Advertise Here!</b> <b>for \$3 per week</b> <b>Contact the Parish Office</b> <b>701-282-3321</b></p>
<p><b>FOR \$3 PER WEEK</b> <b>THIS SPOT COULD BE YOURS!</b> <b>CALL THE PARISH OFFICE</b> <b>701-282-3321</b></p>	<p><b>St. Francis Thrift Store</b> 1425 1st Avenue South Fargo, ND 58103 Ph: 701-235-5944 Needed: Saleable items, cash donations (tax deductible), and volunteers <b>Purpose:</b> To help the needy in our community</p>	<p><b>BLESSED SACRAMENT</b> CATHOLIC CHURCH <b>Father Gary Luiten</b> 701-282-3321 ~ <a href="http://www.bscwf.org">www.bscwf.org</a></p>	<p> <b>firstchoice</b> CLINIC "Putting You First" <b>free</b> confidential services 701.237.6530 pregnancy Tests -Limited Ultrasounds -Resources &amp; Referrals -STI Testing</p>