



# 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)



## February 4-5, 2023 ~ 5<sup>th</sup> Sunday in Ordinary Time

### Daily Mass & Intentions

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

8:30 a.m. – the Parishioners

10:30 a.m. – +Alma Grosz

**Monday, February 6 - NO MASS**

**Tuesday, February 7 - NO MASS**

**Wednesday, February 8- NO MASS**

**Thursday, February 9 - NO MASS**

**Friday, February 10 - NO MASS**

**Saturday, February 11**

4-4:30 p.m. Reconciliation

5:15 p.m. – +Leonard Pulkrabek

**Sunday, February 12**

8:30 a.m. – the Parishioners

10:30 a.m. – +Marvin Leidal



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

### This Week



#### Sunday:

Blessing of Throats after Mass

Coffee 9:30 a.m. only

PK Class – 10:30 a.m.

Concessions – 11:30 a.m.

Bingo – 12:00 p.m.

**No Daily Mass** This week. Mass intentions have been moved.

**No Mass at Sheyenne Crossings** this week.

**Trinity Elementary** Mass has been moved to February 16.

**St Jude Circle Meeting:** Tuesday, Feb. 7, 3 p.m.

**Soup 'N More – Who's Tired of Cooking?!**

Thursday, February 9, 5:30 – 6:30 p.m.

### Weekly Offering



January 28-29, 2023

Adult: \$4,540.69

Children: \$24

Improvements: \$25

Firm Foundation: \$682

Poor Fund: \$122

**Collected to Date**

**Goal to Date**

\$28,764.51 Adult \$39,000.00

\$150.00 Children \$150.00

\$1,494.56 Improvements \$5,000.00

\$454,087.40 Firm Foundation \$400,000.00



### 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.

### Faith Formation



#### Class:

PK	Feb. 5	10:30 a.m.
Grades 1-5	Feb. 8	5:30 p.m.
B4WOW	Feb. 8	7:00 p.m.
PK	Feb. 12	10:30 a.m.
Grades 1-5	Feb. 15	5:30 p.m.
WOW	Feb. 15	7:00 p.m.

**RCIA Class** (7:00 p.m. in the Library)  
February: 14, 21, 28

**Camp Summit – Be Not Afraid**, Red Willow Bible Camp. For youth entering Grades 7-9. July 9-13, 2023. Register on or before February 24: \$300 (After \$350) Family rate and scholarships available. [www.fargodiocese.org/campsummit](http://www.fargodiocese.org/campsummit) If you are interested contact Lucy@bscwf.org.

### Vacation Bible School – Volunteers Needed.

I am looking for volunteers who would be interested and willing to help plan for Vacation Bible School this summer. It has been quite some time since we have offered VBS to our youth due in large part to COVID. I would like to bring it back this summer and would like to explore other options to better fit with the busy summer activity schedules, vacations, and other family events. Please call or message me if you could help bring back VBS.

-Lucy

### FORMED-What to Watch:

There is much to view as always on the FORMED platform. Some suggestions for this week include the video called St. Don Bosco: The True Story of the Apostle of Youth starring Ben Gazzara and an audio presentation called St. Bernadette, which tells the story of her encounter with the Blessed Virgin Mary, a feast day now called Our Lady of Lourdes celebrated on February 11. You can find this audio presentation by clicking on the Blessed Virgin tab. Also, if you are looking for ways to be more confident in your ability to share the faith with those in your life who may not believe or have drifted from the church, please click on movies at the top of the platform page, scroll down to apologetics and open "The Three Secrets to Sharing the Faith by Trent Horn.

### Music Ministry



#### Joyful Voices

Date	Warmup/Sing
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 Chords

*Ash Wednesday*

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

No Contemporary Choir in February

**Contact Ronda** ([Ronda@bscwf.org](mailto:Ronda@bscwf.org)) if you are interested in assisting at Weekend Masses:

- Instrumentalists
- Song Leaders
- Substitute Accompanists

### Why is Singing in a Choir Good for You?

When you sing in a group, whether it's a large choir or a smaller group, the act of collective singing causes your body to release endorphins. This hormone can help promote positive feelings, and even change your perception of pain.

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

### Parish Life



**Be Aware - Park With Care!** When parking near the building, in the parking lot, please **DO NOT PARK ON THE SIDEWALK!** Please be aware of where you are parking. Thank you.

**Becoming Catholic:** If you or someone you know are interested in becoming Catholic, please contact Fr. Gary Luiten, 701-282-3321 or [Gary@bscwf.org](mailto:Gary@bscwf.org).

### BINGO!

#### Sponsored by the Knights of Columbus

February – 5, 12 and 26  
March – 5, 12, and 19

Concessions start at 11:30 a.m.  
Bingo begins at 12:00 p.m.

\$0.50 per card per game  
10 regular games  
2 Specialty Games / \$1 each

All prizes are CASH!

### Building a Firm Foundation Campaign

Campaign Goal: \$400,000  
Pledge Amount 460,897  
Pledges Paid: 453,562  
Expenses Paid: 445,324  
Current Balance: 7,335

If you have any questions about the Building a Firm Foundation Campaign, please reach out to Fr. Gary or a member of the Finance Council.



**Children's Mass 'Busy-Bag':** If you need something to occupy your child(ren) during Mass. Have them take a Busy-Bag! The bags are hanging on the red 'tree' near the coat rack in the Gathering Area. Each bag has crayons, books, and coloring page. You may take home the activity and coloring pages. The crayons and books remain in the bag. Please returned the Busy-Bag to the 'tree' when Mass is over.

#### **Daily Readings – February 5-11, 2023**

February 5: Is 58:7-10, 1 Cor 2:1-5, Mt 5:13-16

February 6: Gn 1:1-19, Mk 6:53-56

February 7: Gn 1:20-2:4a, Mk 7:1-13

February 8: Gn 2:4b-9,15-17, Mk 7:14-23

February 9: Gn 2:18-25, Mk 7:24-30

February 10: Gn 3:1-8, Mk 7:31-37

February 11: Gn 3:9-24, Mk 8:1-10

**Eucharistic Adoration.** Eucharistic adoration is when the Eucharist is exposed for viewing. At the beginning of the exposition of the Eucharist, Fr. Gary removes the sacred host from the tabernacle and places it in the monstrance on the altar for adoration by the faithful. The exposed Eucharist must not be left alone. Blessed Sacrament parish has two Adoration opportunities each month.

- First Friday from 9:30 a.m.-12:00 p.m. and
- First Saturday Holy Hour from 3:30–4:30 p.m.

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

- Alice Cumber, February 8

#### **Knights of Columbus Council #6465,**

Blessed Sacrament Catholic Church. The Knights of Columbus meet once a month at 7:00 p.m. The next meeting is February 2. For more information contact the Parish Office or speak with Eduardo Pablo.

**Mass at Sheyenne Crossings:** Fr. Gary celebrates Mass at Sheyenne Crossings every Tuesday at 1 p.m. There is no Daily Mass at Blessed Sacrament on Tuesdays.

**Mass at Trinity Elementary:** Fr. Gary celebrates Mass at Trinity Elementary the **SECOND THURSDAY** of the month during the school year. There is no daily Mass at Blessed Sacrament on those days.

**Our Sympathy** to Barb Pagel on the death of her brother, George Vogel. May George rest in peace with our loving God.

**Please Read the Letter from Trinity Elementary School Principal, Karissa Flieth** attached to Last Week's bulletin.

**Prayer Warriors.** The Blessed Sacrament Prayer Warriors are a group of individuals who pray for those who have requested prayer. Be a Warrior of Prayer for Blessed Sacrament and contact Wendy Retterath (701-282-6266) or Parish Secretary, Mary Beth Odegard at 701-282-3321 or [MaryBeth@bscwf.org](mailto:MaryBeth@bscwf.org). **Please become a Warrior of Prayer.**

**Preparing for Lent 2023:** Lent begins with Ash Wednesday on February 22.

- If you have palms from last year and would like us to recycle for Ash Wednesday, please bring them to the Parish Office by February 19.
- *Lent With the Saints* – pamphlet on the bookshelf in the Gathering Area. This will help you prepare for your Lenten Journey.

**Requesting Prayers** If you or a family member would benefit from prayers, please contact the Parish Office 701-282-3321. **You may also request prayers on our website:**  
<https://www.bscwf.org/prayer-wall/>

**Sick List:** We pray for our ill parishioners and family members. If you would like your Blessed Sacrament family to pray for you or a loved one, please call the Parish Office. Names will be listed, in the bulletin, for 1 month unless the office is contacted for an extension.

*Darlene Kirchoffner, Tacinca Laducer, Laurie Wells, Bruce Reiter, Marilyn Dockter, Bryan Kuntz, Gaylas Pritchard, Jennette Feltman, Gary Lammer.*

**Soup 'n More Twice in February.** We will serve a meal on February 9 & 23, **from 5:30-6:30 p.m.** Take-out meals will be available. Free will offering. 2/5/23 Menu: Turkey Rice Casserole; Salad; Garlic Cheese Bread; Vegetable and Desserts.

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

**Thank you** all for supporting JPII Catholic School Network, especially Trinity Elementary, during Catholic Schools Week! We will tally up your donations and report to you next week.

#### **Vital Statistics – January 2023**

Deaths: Eileen Kaehler

Newcomers: Kevin Plummer

### **We Pray In Remembrance of...**

February 6: Edward Rohrich

February 7: Dolores Porter, Jeanine Steckler,  
Charles McDermott

February 9: Neil Leist, Marie Heilman

**Winter Storm Policy,** We follow the same winter storm policy as West Fargo Public Schools. If the WF Public Schools are closed because of bad weather, the Parish Office will be closed and there will be no evening activities. Fr. Gary WILL say daily Mass if it is scheduled.

### **Volunteerism - Stewardship**



#### **Families of Blessed Sacrament Church: WE**

**NEED YOU!!** Julie is looking for younger generations to begin to step up and get involved. Julie would love to hear from you. Discuss your ideas and get yourself and/or your family involved. Our seasoned generations have done their part for years keeping Blessed Sacrament parish alive and well. It is time to learn from them and help relieve some of the generous time and talent they continue to give. Please contact Julie at [Julie@bscwf.org](mailto:Julie@bscwf.org); 701.282.3321 or text her if you have her cell.

**Have an amazing meatless recipe or meal 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.

#### **Ministry areas we really need volunteers for:**

Please take some time to reflect on partaking in a ministry area during mass. We are in need of rosary leaders, servers, ushers and basically in all areas. The more individuals and/or families we can get involved weekly will help Julie relieve those that are on the schedule weekly. Remember we are all "fishers of men" and are called to be Jesus' disciples. Julie would be more than happy to train, come and help you through your first couple times, be there for questions, etc. Blessed Sacrament Church is **OUR** parish family, let's make this a parish people want to be a part of. Please contact Julie at [Julie@bscwf.org](mailto:Julie@bscwf.org); 701.282.3321 or text her if you have her cell.

**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**



#### **Fifth Sunday in Ordinary Time Sunday, Feb. 5, 2023**

In the readings this weekend, we see the importance of "the Light." That is what Jesus called his disciples, and that's what he calls us. He doesn't call us worthless; He doesn't call us animals or evil beings; he calls us light and salt! Let's take a look at these two images.

Jesus in the gospel calls us the light of the world. In other words, if we do not let our light shine, then the world has no light. The world would then be in spiritual darkness! Because we are the light of the world and have Jesus in our lives, we have the ability to build one another up instead of cutting one another down. We receive Jesus in the Sacraments and in the Word of God spoken from scripture.

Jesus also says we are the salt of the earth. Can you imagine what some food would be like without a little salt? But it doesn't normally taste as good. Salt gives it that added flavor. It takes away the dullness that food can have at times. And when we hide our light under a bushel basket, we, as the salt of the earth, become dull and flat. And when salt goes flat, it is good for nothing. You can't even throw it on the ground for fertilizer! It is only good for burying deep in the ground, or maybe on ice in the winter to melt it.

Notice, in the scriptures you will never find people who were bored with Jesus. No one thought he was dull. Some people didn't agree with what he said, but he was anything but dull. He spoke with authority and people listened. He cured people, he healed people, and, most importantly, he took away their sins. And he still takes away sins today in the sacrament of Reconciliation.

Being the salt of the earth may not involve just acting and speaking, it may also involve listening to others and simply being there for them and listening. So, as we live our lives in Blessed Sacrament, may the Lord help us to be the salt of

the earth and the light of the world, guiding others to the truth, safety, and security in Christ Jesus.

**This is the first bulletin of the month; I have a few other items for you.**

No Masses. There will be no weekday Masses next week – February 8 through the 10. I will be taking a mid-winter break.

Lent. Lent begins this month. Ash Wednesday is February 22. We will have Masses at 9 a.m. and 7 p.m. Just a reminder that it is a day of fasting for those age 19 through 59, and also a day of abstaining of meat (as all Fridays of Lent are) for those age 14 and over. We will have stations of the cross on Friday evenings in Lent at 7 p.m. in the church, followed by a wonderful video series in the social hall called “The Chosen.”

Bingo! Thank you to all who supported our youth this past month for youth bingo. We still have bingo most Sundays at noon in February and March, sponsored by the Knights of Columbus. You are all invited to attend.

## Diocesan Synod



**Redeemed Eucharistic Conference Videos are Available!** The Diocese of Fargo has posted speaker recordings on its Redeemed Conference web page <https://www.fargodiocese.org/redeemed>.

*“The maker of man was made man, so that man might be a receiver of God.”*

St. Augustine

## Community & Diocesan Events

**Holy Spirit’s 14th Wine & Dine.** February 11, 5 to 8 p.m. This annual event features fantastic food paired with wines. Includes a silent auction, live auction, and games. Tickets are \$60 each and may be purchased at the parish office, at the Welcome Desk on Sunday, or through the parish website at [www.holyspiritfargo.com](http://www.holyspiritfargo.com): click the donations button, there will be a Wine Dine button toward the bottom. **Ticket sales end Sunday, Feb. 5.** For more information, contact Noelle Korta at [noelle@holyspiritfargo.com](mailto:noelle@holyspiritfargo.com) or call 232-5900.

**Giving Hearts Day – February 9.** Join us on Thursday, February 9 for Giving Hearts Day in supporting St. Paul’s Newman Center and the Catholic faith at NDSU. To make a donation, go to [givingheartsdays.org](http://givingheartsdays.org) and search for “St. Paul’s Newman Center” or visit our website for more information.

**Well-Read Mom** Saturday, February 11, 1 - 4 p.m., Sts. Anne & Joachim. The Gift of Sisters, The Gift of Reading, Building Culture: How Reading Literature Educates the Imagination, How Reading with Well-Read Mom Has Changed Me, The Well-Read Mom Method and Growing in Friendship. For more information contact Nicole [nichoe.spaid7@gmail.com](mailto:nichoe.spaid7@gmail.com). Cost \$55.

**Pinochle Party at Holy Spirit.** All are invited to play pinochle, Sunday afternoon, February 12, at 1:30 p.m., Holy Spirit Social Hall, 1420 7<sup>th</sup> St N, Fargo. Bring a friend! You are welcome to bring a snack to share if you wish. You do not need to bring a card partner. Generally, we meet the second weekend of the month. For more info call the parish office at 232-5900.

**Catholic Daughters Meeting** Tuesday, February 14, St. Anthony. Mass at 5:15 p.m., meal to follow, and meeting at 6:30 p.m. Members are invited to bring non-perishable donations. If interested in Catholic Daughters, please join us at our meeting. Any questions, please send an email to [regentctstann@gmail.com](mailto:regentctstann@gmail.com).

**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)

**Legion of Mary Invitation** Please join Legion members on Sunday, February 19, 2:00 p.m. in St. Anthony’s Social Hall. God is love, and love is what the Legion of Mary brings to the lonely and forgotten in our community. This ministry is centered around the Blessed Mother and her precious gift of the Holy Rosary. Our Legion is seeking new members – it is a faith-filled, rewarding commitment of only a few hours each week. Join us to learn more about the Legion of Mary, ask any questions you may have and enjoy some refreshments.

# WHO'S TIRED OF COOKING?



*THEN.....*

Join us Thursday, February 9th, 2023 from

5:30-6:30pm

for Soup 'N More

*Featuring*

*Turkey Rice Casserole; Salad; Garlic Cheese Bread;  
Vegetable and Desserts*

**NO PLANNING**

**NO SETUP**

**NO COOKING**

**NO CLEAN UP**

All you need to do is find your way to

**Blessed Sacrament Catholic Church**

**210 5th Ave W, West Fargo**

Make your way to the Social Hall and  
eat, meet new people and enjoy the  
night off!

**Best of all IT'S FREE! Free will offerings accepted BUT NOT EXPECTED**



# Things To Do For Lent

## **Spend time in the classroom of silence.**

Set a timer in your kitchen, then forget about it. Spend the time however you want. Lent prayers may help guide your time. Maybe you can pray an hour, or maybe 10 minutes. But take time for silence and reflection each day. Some prayers for Lent can be found -

<https://www.dynamiccatholic.com/lent/prayers-for-lent.html>

## **Read the Gospels.**

Pick a Gospel and read a passage each day during Lent. It is in reading the Gospels that we can realize that Jesus is not just a historical figure. He is alive and with us in everything we do.

## **Sit in a church**

Stop by a church for a few moments each day during Lent. Sitting in a quiet, empty church is a beautiful experience. Just you and God. There is something powerful about that.

## **Do an act of love every day.**

Send a kind note to a loved one, do a good deed for a stranger, volunteer, post something inspiring on social media. It doesn't have to be big—just do something each day.

*The  
Season  
of  
Lent*



**February 11-12, 2023 – 6<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>	J. Neva	M.A. Schuster	L. Elshaug
<b>EMHC</b>	*J. Neva, G. Walz, S. Perreault	*M.A. Schuster, J. Klaers, B. Opoien, **TBD	*M. Regner, M. Kern, M. Jamieson
<b>Gift Bearers</b>	C. & A. Wanzek	L. & L. Juve	G. & R. Larson
<b>Servers</b>	E. & I. Rohrich	Wells Family	R. Regner, <b>Volunteer</b>
<b>Ushers</b>	D. & J. Rohrich	A. Pritchard, L. Sample	S. & M. Curfman
<b>Greeters</b>	C. & A. Wanzek	L. & L. Juve	A. Kottsick Family
<b>Rosary Leader</b>	P. Pritchard	J. Klaers	M. Kern
<b>Sacristan</b>	J. Neva	J. Yourczek	M. Regner
<b>Media Minister</b>	R. Cwikla	*Eucharist Minister **Takes to home-bound	

**Feast/Holy Day the Week of February 5, 2023**

February 6: St. Paul Miki & Companions    February 8: Sts. Jerome Emiliani and Josephine Bakhita  
February 10: St. Scholastica    February 11: Our Lady of Lourdes

**Blessed Sacrament Directory**

701-282-3321 ~ www.bscwf.org

**Fr. Gary Luiten, Pastor – Gary@bscwf.org**

Julie Yourczek – Parish Life / Volunteerism – Julie@bscwf.org

Lucy Elshaug - DRE/Youth Ministry - Lucy@bscwf.org

Mary Beth Odegaard – Support Staff – MaryBeth@bscwf.org

Ronda Voss – Music Coordinator – Ronda@bscwf.org

Facebook:

Blessed Sacrament Church - West Fargo

Twitter:

Blessed Sacrament@Blessed\_W\_Fargo



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<p><b>Knights of Columbus</b>  Council #6465</p> <p>Meet first Thursday  of each month  at 7:00 p.m.</p> <p>Classroom #4  Blessed Sacrament Church</p>	<p>Darren Rohrich  701-367-8676  darrenrohrich@gmail.com</p> <p><b>DAKOTA PLAINS REALTY</b>  DakotaPlainsRealty.com</p>	<p><b>TRS INDUSTRIES</b>  FARGO, ND</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</p> <p>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 ~ www.bscwf.org</p>	<p><b>firstchoice</b>  CLINIC  "Putting You First"</p> <p><b>free</b>  <b>confidential</b>  <b>services</b>  701.237.6530</p> <p>pregnancy Tests  -Limited Ultrasounds  -Resources &amp; Referrals  -STI Testing</p>