



Blessed Sacrament Catholic Church

210 5th Avenue W, West Fargo, ND 58078

701-282-3321

www.bscwf.org email: info@bscwf.org



January 31-February 1, 2026 – 4th Sunday in Ordinary Time

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.

Daily Mass & Intentions

Sunday, February 1 *Blessing of Throats*

8:30 a.m. – the Parishioners

10:30 a.m. – +Nelson Uy

Monday, February 2 - NO MASS

Tuesday, February 3 at Sheyenne Crossings

1:00 p.m. – Todd Salter

Wednesday, February 4

9:00 a.m. - +Bob Creighton

Thursday, February 5

9:00 a.m. – +Marlys Mattson

Friday, February 6

9:00 a.m. - +Jerry Roth

Adoration 9:30 a.m. – 12:00 p.m.

Saturday, February 7

3:30 p.m. Holy Hour with Adoration

4-4:30 p.m. Reconciliation

5:15 p.m. – +Jerry Liska

Sunday, February 8

8:30 a.m. – +Allen Pritchard

10:30 a.m. – the Parishioners

Weekly Offering

Your Support pays the Natural Gas Bill!

January 24-25, 2026

Adult: \$10,264.81 Children: \$16

Improvements: \$123

Poor Fund: \$92

Collected

\$33,683.90

Adult

\$33,600.00

\$85.00

Children

\$120.00

\$1,712.49

Improvements

\$4,000.00

\$222,544.08

Living our Faith

\$400,807.00

\$73,156.00

God's Gift Appeal

\$71,975.59



This Week

Sunday, February 1, 2026:

Blessing of Throats after Mass

Concessions, 11:30 a.m.

Bingo, 12:00 p.m.

Tuesday, February 3, 2026:

Adult Bible Study, 6:30 p.m.

Wednesday, February 4, 2026

FF- Grades 1-5, 5:45 p.m.

FF- Grades 6-12, 7:00 p.m.

Thursday, February 5, 2026:

Knights of Columbus Meeting, 7 p.m.

Friday, February 6, 2026:

Adoration, 9:30 a.m. – 12:00 p.m.

Saturday, February 7, 2026

Holy Hour with Adoration – 3:30 p.m.

Faith Formation

Class Schedule, Grades PK through 12

Wednesday, February 4

Grs 1-5 5:45 p.m.

LIFT Up 7:00 p.m.

LIFT OFF 7:00 p.m.

Sunday, February 8

PK 10:30 a.m.

Wednesday, February 11

Confirmation Prep 5:45 p.m.

Grs 1-5 5:45 p.m.

LIFT Up 7:00 p.m.

LIFT OFF 7:00 p.m.

Sunday, February 15

PK No Class

Adult Bible Study, Tuesday's at 6:30 p.m.
Class Dates: February: 3, 17, 24
March 3, 10, 17, 24, 31

OCIA, class is Tuesday's at 7:00 p.m.
Class Dates: February 10, 17, 24
March 3, 10, 17, 24

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/>

3rd Grade Confirmation Preparation Class:
Confirmation preparation classes are Wednesdays, February 11 & 25 at 5:45 p.m. Parents and students are required to attend. Class will meet in the church. We ask that no food or drink be brought in the church. Parents are asked to have their cell phones turned off. Regular Faith Formation lessons will be sent home. Students should complete those lessons and return them to their catechist.

Bingo Concessions Sales continue to be hosted by the LIFT Up and LIFT Off students. Students are asked to sign up to help as well as bring desserts. All proceeds from concessions go into the Youth Fund for future events.

Fundraisers for the Nebraska Mission Trip. We have 7 LIFT Off (MS) and LIFT Up (HS) students as well as 6 adults/chaperones going on a Mission Trip with St. Benedicts students to Lincoln, NE. As with all trips, there are costs involved. Our students and chaperones will be fundraising to help cover costs..

You will see a board in the Gathering Area with envelopes that have a monetary amount on it. Feel free to take an envelope or more and put that amount in the envelope and return. We will have blank envelopes as well if you choose a different monetary amount. If writing checks make them out to Blessed Sacrament Church and write Mission Trip in the memo.

CATECHISTS NEEDED for the 2026-27 Faith Formation classes – Wednesdays from 5:45 – 6:45 p.m. Looking for 4 passionate individuals to teach **Grades 1, 2, 4 and 5**. You do not need to be an expert on the Catholic faith. We teach from the Alive in Christ books. This would begin in September 2026 and go through May 2027. Please prayerfully consider making a commitment. If interested, please contact Julie at 701-282-3321 or julie@bscwf.org. If you know now you can sit in current classes to get an overview.

Andes Tower Hills Ski Trip – for Grades 6-12. Monday, February 16, 7:10 a.m. to 7:00 p.m. Buses leave and return from Nativity Church in Fargo. Please see flyers for cost. Register and pay by Wednesday, February 10 to Julie. There are **NO Refunds!** Saturday, February 28 is the back-up date in case of inclement weather. Contact Julie in the office or during mealtime at classes.

Camp Summit at Red Willow Bible Camp, Binford, ND. Dates are July 12-18. To qualify you must be entering grades 7-9. Register on or before February 27. If interested go to:
www.fargodiocese.org/campsummit.

Vacation Bible School happening in August 2026. We NEED to form a committee now – please let Julie know if you would like to get involved at 701-282-3321, julie@bscwf.org, WhatsApp or catch me at church.

Music Ministry

Joyful Voices

February 8	Practice	Sing
	9:30 a.m.	10:30 a.m.
February 22	Practice	Sing
	9:30 a.m.	10:30 a.m.

No Contemporary Choir in February.

Parish Life

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.

Bingo Hosted by the Knights of Columbus.

February 1, 8, 22

March 1, 8, 15, 22

Concession Sales begin at 11:30 a.m.

Bingo starts at 12:00 p.m.

February / March Bingo hosts are the Blessed Sacrament Knights of Columbus. Concessions are sold by our Youth. Proceeds from concessions go to our Youth Program.

Busy-Bag for Busy Children. If you need something to occupy your child(ren) during Mass, please take a **Busy-Bag** from the red 'tree' near the coat rack. **Please return the Busy-Bag to the 'tree' when Mass is over.** Take home the activity and coloring pages. The crayons and books remain in the bag.

Daily Readings – February 1-7, 2026

February 1: Zep 2-3,3-12-13, 1 Cor 1:26-31,
Mt 5:1-12a

February 2: Mal 3:1-4, Heb 2:14-18, Lk 2:22-40

February 3: 2 Sm 18-9-10,14b,24-25a,30:19:3,
Mt 5:21-43

February 4: 2 Sm 24:2,9-17, Mk 6:1-6

February 5: 1 Kgs 2:1-4,10-12, Mk 6:7-13

February 6: Sir 47:2-11, Mk 6:14-29

February 7: 1 Kgs 3:4-13, Mk 6:30-34

Donations of Fish Welcome! Blessed Sacrament will be hosting a fish fry this Lent. If you would like to donate to our Fish Fry on March 20, contact the Parish Office 701-282-3321.

Eucharistic Adoration. the Eucharist is exposed for viewing and must not be left alone, Blessed Sacrament parish has two Adoration opportunities this coming week.

- Friday: 9:30 a.m.–12:00 p.m. February 6.
- Saturday Holy Hour: 3:30-4:30 p.m. February 7.



We would love to have you join us the 2nd and 4th Thursday of the month for a delicious meal, conversation, and laughs:

February 12 – Happy Valentine's Day

February 22 – Mexican Night Welcomes You

Our Sympathy to Joan Hill on the death of her brother, Randall Schneider. May Randall rest in the arms of our Lord.

Pastoral Council Election Results. The results are in... your new representative on the Pastoral Council is Mary Pierce. She will be replacing Ally Wentz. Congratulations Mary! Thank you, Ally, for your time on the Council.

Please take a Poinsettia or more home before they lose their beauty.

Prayer Requets: We pray for our parishioners and family members.

*Those who are sick or have medical problems:

Betty Spors (mother of Mary Pierce),

Wes Weeding, Heather Madson, Joan Anderson,

Molly Cabarra (niece of John & Jody Jones),

Dennis Olson, Linda Schafer, Arnold Barclay,

Rose LaFromboise, Rob Strand, Reza Maliki.

*Those who are healing:

Rodney Loberg, Joann Moody,

Kolby Hunsicker, Gary Lammer

*Other prayer requests:

The Bosch Family, Drew Birrenkott

The Word Among Us. The Lent issue of *The Word Among Us* is available, on the Breaking Bread bookshelves and on the table near the entry.

Vital Statistics – January 2026

Baptisms: Roslin Bachmeier

Deaths: Barbara Burley

We Pray in Remembrance of...

February 1: Joanne Byrne, Jeffrey Brand

February 2: Jack Hlebechuk, Roger Klocke,
Fred Weiss

February 3: Patricia Barnett

February 4: Haven Johnson, Herman Subart

February 6: Edward Rohrich

February 7: Dolores Porter, Jeanine Steckler,
Charles McDermott

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

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## PARTS OF THE MASS continued...

From the Liturgy of the Word we begin the Liturgy of the Eucharist (part 1 of 2). This will be covered over 2 weeks.

## Liturgy of the Eucharist

The Liturgy of the Eucharist begins with the preparation of the gifts and the altar. As the ministers prepare the altar, representatives of the people bring forward the bread and wine that will become the Body and Blood of Christ. The celebrant blesses and praises God for these gifts and places them on the altar, the place of the Eucharistic sacrifice. In addition to the bread and wine, monetary gifts for the support of the Church and the care of the poor may be brought forward. The Prayer over the Offerings concludes this preparation and disposes all for the Eucharistic Prayer.

The **Eucharistic Prayer** is the heart of the Liturgy of the Eucharist. In this prayer, the celebrant acts in the person of Christ as head of his body, the Church. He gathers not only the bread and the wine, but the substance of our lives and joins them to Christ's perfect sacrifice, offering them to the Father.

The introductory dialogue, establishes that this prayer is the prayer of the baptized and ordained, is

offered in the presence of God, and has thanksgiving as its central focus. Following this dialogue, the celebrant begins the Preface.

The Eucharistic Prayers make clear that these prayers are offered, not to Christ, but to the Father. It is worship offered to the Father by Christ as it was at the moment of his passion, death, and resurrection, but now it is offered through the priest acting in the person of Christ, and it is offered as well by all of the baptized, who are part of Christ's Body, the Church. *This* is the action of Christ's Body, the Church at Mass.

The priest offers the Eucharistic Prayer in the first-person plural, for example, "Therefore, O Lord, we humbly implore you..." This "we" signifies that all the baptized present at the Eucharistic celebration make the sacrificial offering in union with Christ and pray the Eucharistic Prayer in union with him. And what is most important, we do not offer Christ alone; we are called to *offer ourselves*, our lives, our individual efforts to grow more like Christ and our efforts as a community of believers to spread God's Word and to serve God's people, to the Father in union with Christ through the hands of the priest. Most wonderful of all, although our offering is imperfect, joined with the offering of Christ it becomes *perfect* praise and thanksgiving to the Father.

*The main elements of which the Eucharistic Prayer consists may be distinguished from one another in this way:*

*a) The thanksgiving (expressed especially in the Preface), in which the Priest, in the name of the whole of the holy people, glorifies God the Father and gives thanks to him for the whole work of salvation or for some particular aspect of it, according to the varying day, festivity, or time of year.*

*b) The acclamation, by which the whole congregation, joining with the heavenly powers, sings the Sanctus (Holy, Holy, Holy). This acclamation, which constitutes part of the Eucharistic Prayer itself, is pronounced by all the people with the Priest.*

*c) The epiclesis, in which, by means of particular invocations, the Church implores the power of the Holy Spirit that the gifts offered by human hands be consecrated, that is, become Christ's Body and Blood, and that the unblemished sacrificial Victim to be consumed in Communion may be for the salvation of those who will partake of it.*

*d) The Institution narrative and Consecration, by which, by means of the words and actions of Christ, that Sacrifice is effected which Christ himself instituted during the Last Supper, when he offered his Body and Blood under the species of bread and wine, gave them to the Apostles to eat and drink, and leaving with the latter the command to perpetuate this same mystery.*

*e) The anamnesis, by which the Church, fulfilling the command that she received from Christ the Lord through the Apostles, celebrates the memorial of Christ, recalling especially his blessed Passion, glorious Resurrection, and Ascension into heaven.*

*f) The oblation, by which, in this very memorial, the Church, in particular that gathered here and now, offers the unblemished sacrificial Victim in the Holy Spirit to the Father. The Church's intention, indeed, is that the faithful not only offer this unblemished sacrificial Victim but also learn to offer their very selves, and so day by day to be brought, through the mediation of Christ, into unity with God and with each other, so that God may at last be all in all.*

*g) The intercessions, by which expression is given to the fact that the Eucharist is celebrated in communion with the whole Church, of both heaven and of earth, and that the oblation is made for her and for all her members, living and dead, who are called to participate in the redemption and salvation purchased by the Body and Blood of Christ.*

*h) The concluding doxology, by which the glorification of God is expressed, and which is affirmed and concluded by the people's acclamation "Amen."*

## Volunteerism - Stewardship

It will soon be time to change the Environment from Ordinary Time to Lent. Julie is looking for individuals with ideas and eager to help do this. Please contact Julie at 701-282-3321 or [julie@bscwf.org](mailto:julie@bscwf.org) if interested in getting involved.

**Still looking for...** Media Ministers, Eucharistic Ministers, Ushers, Servers basically we need liturgical ministers. Please prayerfully consider becoming an integral part of the weekend masses. Please contact Julie to learn more or to jump in 701-282-3321 or [julie@bscwf.org](mailto:julie@bscwf.org). Thank you for your time and consideration.

## Reflections by Fr. Gary Luiten

### the 4<sup>th</sup> Sunday of Ordinary Time February 1, 2026

The readings today speak about humility. The first reading states, "Seek the Lord, all you humble of the earth." We read in Paul's letter about humility as well when he says that God chose the simple to shame, or to humble the strong. Jesus also tells us in the gospel that the kingdom of God belongs to the poor in spirit, the meek and the sorrowing, among others. Meekness is closely related to humility.

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, then we've lost our humility and we become proud of our humility, and pride is the opposite of humility. The Lord here, is not talking about refusing compliments when they are deserved. It actually is good to accept compliments. In fact, the refusal to accept a compliment is like refusing a gift! We are called to be receivers as well as givers.

Humility may be especially difficult for people who are good at everything. It is easy for them to become prideful because sometimes these people forget that God has given them good qualities and they ultimately depend on God for receiving those good qualities. True humility involves accepting and being grateful for our gifts and also to admit of our weaknesses and limitations.

The quality of humility is found in today's gospel in the middle of the beatitudes that Jesus gives us when he speaks about the meek. Meekness, or humility, and all 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. He does not show us here how to live the "good" life, but how to live the best life, which prepares us for the life to come. And so may we pray for an increase in the gift of humility as we live our daily lives this winter and always.

## Preparing for Lent 2026

**Lent begins on Ash Wednesday – February 18, 2026.**

**Collecting Palms:** Place your old palms in the basket by the Parish Office. Please remove any plastic, ribbon, string, etc. before placing in basket. Thank you.

**Pack the Pew is Coming!** Blessed Sacrament's Parish Lenten Project is "Pack the Pew." The weekend of March 8 we will start to collect non-perishable food items in a designated pew of the church. Food will be collected March 8 through April 6. The items will be divided between our Blessing Box and West Fargo Eats.

## Upcoming Area Fish Fries:

- **St. Williams Church**, Argusville. Friday, February 20, 4:30-7:00 p.m. Free will offering.
- **St. Anthony**, Fargo. Every Friday during Lent, Feb. 20-Mar. 27, 5-6:30 p.m.
- **Sts. Anne & Joachim**, Fargo. Every Friday during Lent, Feb. 20-Mar. 27, 6:00 p.m.
- **Blessed Sacrament**, West Fargo. Friday, March 20, 5-6:30 p.m. Free will offering.

**Preparing for Lent**, involves spiritual renewal through prayer, fasting (giving something up like sweets, social media, or gossip), and almsgiving (acts of charity like volunteering or donating) to grow closer to God, focusing on repentance, inner conversion, and preparing your heart for Easter by reflecting on what blocks God's grace in your life. You can prepare now by planning your Lenten disciplines, exploring spiritual resources, and thinking about what habits to adopt or change.

## How to Prepare Now

- **Reflect:** Consider what distractions (screens, habits, negativity) hinder your spiritual life and what positive actions (prayer, service, scripture reading) you can take on.
- **Choose Your Disciplines:** Decide on 1-3 meaningful practices for prayer, fasting, and almsgiving.
- **Explore Resources:** Look into Lenten guides, readings, and apps from Catholic organizations or Christian publishers to guide your journey.
- **Plan Acts of Charity:** Identify local charities or ways to serve your community, like volunteering or helping the needy.

## Ideas for Your Lenten Journey

- **Prayer:** Pray the Rosary, the Divine Mercy Chaplet, or try a new devotional prayer like a Litany.
- **Fasting/Giving Up:** Reduce screen time, sweets, caffeine, or complain less; give up something that requires willpower.
- **Almsgiving/Service:** Donate to a food bank, help a neighbor, volunteer at a charity, or simply offer smiles and kindness.
- **Spiritual Growth:** Read scripture, attend daily Mass if possible, go to Confession, or find quiet time for reflection.

## Community & Diocesan Events

**Catholic Daughters** meet Tuesday, February 10, St. Anthony's beginning with the Mass at 5:15 p.m., meal to follow, and meeting at 6:30 p.m. Members are invited to bring non-perishable food item donations. If interested in CDA, please join us at our meeting. Any questions, please send an email to Karla at [karla.seibel@yahoo.com](mailto:karla.seibel@yahoo.com) or call 701-541-7775.

**Catholic Man Night.** Thursday, February 19, 6:00 p.m., Nativity, Fargo. The evening starts with adoration and confession from 6 to 7 p.m., followed by a free-will offering meal and a talk with guest speaker Father Kevin Lorsung, including a short discussion. Eat, pray, and socialize with the guys—come and bring a friend!

**Bible Study *Unlocking the Mystery of the Bible*,** Mondays, starting February 23, 6:30 p.m., St. Benedict, Horace, cost \$30.. An 8-session video program. Learn how 14 narrative books of the Bible tell the complete story from Adam & Eve to Christ. For more information contact [stbensnd.org/bible-study](http://stbensnd.org/bible-study) or call 701-588-4288.



## Trinity Elementary Spotlight

**Catholic Schools Week is underway! We kicked off the celebration with a fantastic Family Fun Fair and are continuing the week with activities that blend fun, learning, and faith. It's a joyful time to celebrate our school community and our Catholic identity.**



### February 7-8, 2026 – 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>    | M. Curfman                                             | P. Jorgensen                              | M. Kern                                                    |
| <b>EMHC</b>           | *B. & D. Krogen,<br>Volunteer, Volunteer,<br>Volunteer | *P. Jorgensen, F.<br>McCann, A. Pritchard | *Volunteer, M. Kern,<br>Volunteer, Volunteer,<br>Volunteer |
| <b>Gift Bearers</b>   | B. & D. Christl                                        | L. & L. Juve                              | Volunteer, Volunteer                                       |
| <b>Servers</b>        | Volunteer, Volunteer,<br>Volunteer                     | Volunteer, Volunteer,<br>Volunteer,       | M. Pierce, Volunteer,<br>Volunteer                         |
| <b>Ushers</b>         | Volunteer, Volunteer                                   | P. Boyles, Volunteer                      | Volunteer, Volunteer                                       |
| <b>Greeters</b>       | B. & D. Christl                                        | L. & L. Juve                              | Volunteer, Volunteer                                       |
| <b>Rosary Leader</b>  | M. Kern                                                | A. Pritchard,                             | M. Kern                                                    |
| <b>Sacristan</b>      | M. Curfman                                             | Volunteer                                 | Volunteer                                                  |
| <b>Media Minister</b> | Volunteer                                              | *Eucharist Minister                       | **T. English, Takes to home bound                          |

# LENT STARTS

## ASH WEDNESDAY



### WHAT IS LENT?

Ash Wednesday begins the 40 days before Easter Catholics call Lent. We practice prayer, fasting, and sacrifice.

### WHAT ARE FASTING AND ABSTINENCE?



#### Fasting

Catholics who are 18-58 years old are required to keep a limited fast: a single, normal meal & 2 snacks.

Ash Wednesday & Good Friday



#### Abstinence

Catholics 14 years & older are required to abstain from eating meat and fowl.

Ash Wednesday & Fridays of Lent



### Do I have to give up something for Lent?

No. Giving something up is a beneficial custom. You can give up something you enjoy, engage in physical or spiritual acts of mercy for others, pray, fast, abstain, go to confession, and other acts expressing repentance in general.

### WHEN DOES HOLY WEEK BEGIN?



Jesus' triumphal entrance into Jerusalem on **Palm Sunday** begins Holy Week.



#### HOLY TRIDUUM STARTS

with the Mass of the Lord's Supper on Holy Thursday when Jesus celebrated the first Mass, AND LENT OFFICIALLY ENDS.



**Good Friday** marks the anniversary of the crucifixion and death of Jesus Christ on the cross.



#### HOLY SATURDAY

Our Lord lay in the tomb Holy Saturday before his resurrection.



### EASTER SUNDAY

the Resurrection of Christ, is the greatest holy day of the Christian year!



CATHOLIC.COM

# Directory

Address: 210 5th Ave W, West Fargo ND 58078

Phone: 701-282-3321

PositionName                      Email Address

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

**Deacon:** Shawn DeKeyser - Shawn@bscwf.org

**Parish Life/Volunteerism/DRE/YM**

Julie Yourczek - Julie@bscwf.org

**Administrative Secretary**

Mary Beth Odegaard - MaryBeth@bscwf.org

**Music Coordinator:**

Ronda Voss - Ronda@bscwf.org

**Media Information**

**Web Site:** [www.bscwf.org](http://www.bscwf.org)

**YouTube:** Blessed Sacrament West Fargo

**FaceBook:** Blessed Sacrament Catholic Church - West Fargo

# Feast/Holy Day

the Week of February 1, 2026

**February 2:** Presentation of the Lord

**February 3:** Sts Blaise & Ansgar

**February 5:** St. Agatha


**February 6:** St. Paul Miki & Companions

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In the family, faith is handed on together with life, generation after generation. It is shared like food at the family table and like the love in our hearts. In this way, families become privileged places in which to encounter Jesus, who love us and desires our good, always.

Pope Leo XIV

Blessed Sacrament 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.



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Council 6465 meets the first Thursday
 of each month at 7:00 p.m.




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