



# St. Agnes & Sacred Heart Catholic Parishes

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### Parish Office

PO Box 874, Walker, MN, 56484  
Open Monday-Thursday  
8:30 am to 12:00 noon  
(218) 547-1054  
stagnes@arvig.net

**We welcome newcomers!**  
**Please contact our Parish Office to register.**

[www.StAgnesCatholic.com](http://www.StAgnesCatholic.com)



**St. Agnes**  
210 Division Street, Walker



**Sacred Heart**  
300 First Street North, Hackensack

### Most Holy Sacrifice of the Mass

Saturday (1/21) at 4:00 pm at **Sacred Heart** +Sally Thell  
Sunday (1/22) at 8:30 am at **Sacred Heart** +Roman & Lillian Meuwissen  
Sunday (1/22) at 10:30 am at **St. Agnes** +Bray Mercil

### NO DAILY MASSES THIS WEEK

See Mass times for other area Catholic Churches on the next page

Saturday (2/4) at 4:00 pm at **St. Agnes** +Hazel Cleghorn  
Sunday (2/5) at 8:30 am at **Sacred Heart** +Ed & Mary Portner  
Sunday (2/5) at 10:30 am at **St. Agnes** +All Parishioners

### Sacrament of Reconciliation

While Fr. Francis is gone, our visiting priests will hear confessions 1/2 hour before ALL Saturday Masses. No 11am Confession on 2/4 or 2/11

**For the Sacrament of Baptism or Sacrament of Marriage, contact the Parish Office as soon as possible.**

**OUR MISSION STATEMENT:** We, the parishioners of St. Agnes and Sacred Heart, are inspired by the Word of God, empowered by the Holy Spirit and nourished by the Eucharist. We strive to use our time, talents and resources to become a real presence of Christ. Our mission is to reach people for God, to welcome them into His Holy Church and to lovingly strengthen and support them as we journey toward our eternal home.

## 4TH SUNDAY IN ORDINARY TIME

JANUARY 29, 2012

### PLEASE PRAY...

- ✠ That our Holy Father, Bishop Sirba, and our Priests, may be examples to the world of what it means to grow in the love of God and to share his love with others
- ✠ That each of us may be the Lord's prophets by speaking up for vulnerable people -- both born and unborn -- who cannot speak for themselves
- ✠ That the sick, especially Phillip Kelley, and suffering and all who work with them may effectively communicate the gentle love that Jesus has for them
- ✠ That all who have died, especially Cliff Swenson, whose funeral was at St. Agnes this past week, may be united to the risen Christ in the heavenly kingdom



### Welcome back, Fr. Sipe!

We thank Fr. Sipe for celebrating Mass with us this weekend. Next weekend, Fr. Mike Arms will be visiting St. Agnes & Sacred Heart.

### LIGHTHOUSE CATHOLIC MEDIA FEATURE CD

#### Understanding The Lord's Prayer

By Dr. Scott Hahn

The Lord's Prayer is the centerpiece of the most famous sermon ever preached - the Sermon on the Mount. The Catechism of the Catholic Church teaches that this prayer "is truly the summary of the whole Gospel." Blending scripture with the incredible insights of the early Church Fathers, Dr. Scott Hahn helps us discover the critical importance of this prayer in our daily journey of faith.

**This and many other titles from Lighthouse Catholic Media are available in the Narthex at St. Agnes for a donation of just \$3! To request specific titles, contact the office.**

**A NOTE FROM THE PARISH OFFICE**

Please join us in praying for Fr. Francis and the Moto Hope Mission as he travels home! While Fr. Francis is out, do not hesitate to contact the Parish Office at 547-1054 if there is anything you need; Pete, Lori, and Joanne will be in the office during normal business hours.

**DAILY MASS TIMES FOR AREA CATHOLIC CHURCHES**

Our Lady of the Pines, **Nevis**: Wed-Fri @ 8:30am  
 St. Charles, **Cass Lake**: Tues-Fri @ 11am  
 Our Lady of Lourdes, **Pine River**: Wed @ 8:30am  
 St. Peter, **Park Rapids**: Mon @ 5:30pm, Wed-Thurs at 8:30am  
 St. Philip, **Bemidji**: Mon, Wed-Fri @ 8:30am, Tues @ 12:10pm

**PARISH ANNOUNCEMENTS**

**SEE OUR PARISH CALENDAR FOR FEBRUARY 2012 FOR ALL UPCOMING EVENTS. DEADLINE FOR MARCH CALENDAR IS WEDNESDAY, 2/22.**

**WEEKLY BULLETIN DEADLINE IS WEDNESDAYS AT NOON.**



Do you know someone who is sick? Preparing for surgery? Facing a major life decision? Celebrating a birthday or anniversary? There are so many good reasons to offer prayers on another person's behalf! Let us pray with and for you! If you have an intention for our prayer chains:

**For St. Agnes:** Call Betty at 547-1347 or (alternate) Zola at 547-2239.

**For Sacred Heart:** Call Joan at 682-2324 or Lucille at 675-6102.

**PANCAKE BREAKFAST THIS WEEKEND**

All parishioners are invited to join us in the Social Hall after 10:30 Mass this Sunday, January 1/29 for a Pancake Breakfast served by our Youth. Free will donations will be applied towards our Youth Programming, including trips, camps, and more! We'll be featuring a topping bar of fruit, flavored syrup, and chocolate! See you there!



**AREA CATHOLIC SCHOOL ANNOUNCEMENT**

**OPEN HOUSE AND REGISTRATION**

St. Francis of the Lakes Catholic School in Brainerd is hosting an Open House on Tuesday, January 31st from 4:30 to 6:00pm for those interested in touring the school and meeting staff. More info and registration forms can be found at [www.stfranciscatholicsschool.org](http://www.stfranciscatholicsschool.org)

**COMMUNITY EVENTS**

**HELP A CHILD IN NEED, BECOME A FOSTER PARENT**

North Homes Children and Family Services is offering a free presentation and meal for those considering becoming a Foster Parent. There will be a panel of current foster parents present willing to answer your questions regarding caring for a foster child and welcome new kids into your home in addition to a youth panel of children who are in foster care.

If you'd like to attend this event taking place on, Thursday, February 2nd 5:30 PM at the Walker Community Center, please register through Patty at 218-327-3000.

**MOMS IN PRAYER INTERNATIONAL – SAME VISION, NEW NAME!**

MOMS IN PRAYER INTERNATIONAL (formerly Moms In Touch) invites all moms and grandmas to join us on Thursdays at 12 NOON at My Lake Guide in downtown Walker. Last week: We prayed for the 8th grade students and M.S./H.S. Teachers & Staff with last names starting with A-B, WHA School Board Members and Administration. For more info or to REQUEST PRAYER: Call Sue Jaeger 547-1702

**PARISH SERVICE OPPORTUNITY**

Classroom helpers are needed with Church Release classes for the elementary schoolers. There are 4 class sessions remaining (2/1, 2/15, 3/7, and 3/21) and the students come during the school day from 8:30-10:00am or 1:30-3:00pm. Experience is not needed, just a heart willing to serve our young ones! Contact Lori in the parish office if you are able to help.

**MEN'S CONFERENCE: MARK YOUR CALENDARS!**

The first annual Diocese of Duluth Men's Conference will be taking place on Saturday, February 18th, 2012 in Duluth with Fr. Larry Richards presenting; the cost is \$25 which includes breakfast and lunch. Encourage the men in your life to attend! Registration is available through [www.dioceseduluth.org](http://www.dioceseduluth.org). Contact the parish office if you'd like to carpool with our men's group.



**RITE OF CHRISTIAN INITIATION FOR ADULTS**

There will be NO RCIA classes while Fr. Francis is gone; the class will resume on 2/29. If you'd like more information, contact the Parish Office.

**EUCCHARISTIC ADORATION**

*"He is The Bread sown in the virgin, leavened in the Flesh, molded in His Passion, baked in the furnace of the Sepulchre, placed in the Churches, and set upon the Altars, which daily supplies Heavenly Food to the faithful." - St. Peter Chrysologus (400-450)*



Spend a Holy Hour with our Eucharistic Lord exposed in the Blessed Sacrament! St. Agnes has Jesus exposed Body, Blood, Soul, & Divinity in our Adoration Chapel beginning at 8:30am every Tuesday through 3:00pm on Wednesday. Additional adores are always welcome!

Winter subs are needed; contact Sue (547-1702) with questions.



**TIME, TALENT, & TREASURE**

	<u>St. Agnes</u>	<u>Sacred Heart</u>
<b>Plate</b>	\$607	\$253
<b>Envelope</b>	\$1,655	\$731
<b>UCA</b>	\$11,353 (41%) Goal: \$27,405	\$5,991 (26%) Goal: \$22,323

**St. Agnes Building Balance Remaining: \$50,930.67**

**2012 CONTRIBUTION ENVELOPES**

Parishioners may pick up their 2012 Envelopes in the narthex at either parish. If you did not receive envelopes but would like them, please contact the parish office. Any envelopes remaining after this weekend will be mailed. Thank you for your generosity in contributing to our parish!

### MOTO HOPE MISSION—WE REACH OUT. WE EMPOWER.

Please pray for the Moto Hope Mission. There are many new photos on display in the narthex; so much work has been done over such a short period of time. Thank you for your generosity!

If you would like more information feel free to take an info pamphlet from the display. Donations for books, school supplies, building materials, and more can now be made online at:

[www.motohopemission.com](http://www.motohopemission.com)

### YOUTH ANNOUNCEMENTS

#### 7-12TH GRADERS

**Youth Group** resumes *Session III: Nuts & Bolts* this Wednesday, 2/1, starting with supper at 5:30. See ya there!

**Confirmation Class** meets for its next session on Sunday, February 12th at 6:00pm at St. Agnes. If you are planning to attend the Duluth Confirmation Retreat on February 24th & 25th or Hibbing Confirmation Retreat on March 23rd & 24th, let Lori know ASAP.

**Thanks to all 7-12th graders** who attended our 1/25 Release Retreat on *The 'R' Father!* Thanks also to Fr. Joesph Sirba for celebrating Mass with us! And thanks to Sue Jaeger and Rich Majcin for leading our small groups!

**Y-Disciple Retreat: Called & Chosen** will take place at Immaculate Heart of Mary in Crosslake on Friday and Saturday, February 3rd & 4th. Cost is \$25. Registration sheets available on the bulletin board.

**Mass & Mission Trip** to the Twin Cities is planned for any 8-12th graders interested in attending. We'll be doing service work, attend NET's Lifeline Mass with Danielle Rose concert to follow, and visiting the National Shrine of the Apostle St. Paul. We'll leave at 8:00am on Saturday, March 3rd and return at 7pm on Sunday the 4th. Cost is \$35 if registered before 2/15. Registration sheets available on the Narthex bulletin board.

#### K-6TH GRADERS

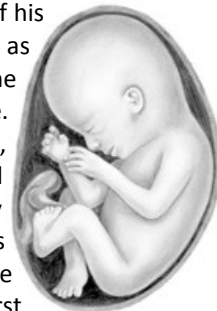
**NO Diving Deeper this week.** All K-6th Graders are invited to attend this fun after-school session! See you at our next session on 2/8!

**Our next Church Release** date is this Wednesday, February 1st; we look forward to seeing all 1st-6th graders this week!

### PRO-LIFE INFORMATION

#### CATECHISM OF THE CATHOLIC CHURCH, N. 2270-2271

Human life must be respected and protected absolutely from the moment of conception. From the first moment of his existence, a human being must be recognized as having the rights of a person -- among which is the inviolable right of every innocent being to life. "Before I formed you in the womb I knew you, and before you were born I consecrated you" (Jer 1:5; cf Job 10:8-12; Ps 22:10-11). "My frame was not hidden from you, when I was being made in secret, intricately wrought in the depths of the earth" (Ps. 139:15). Since the first century the Church has affirmed the moral evil of every procured abortion. This teaching has not changed and remains unchangeable.



*Pray to End Abortion*

### CATHOLICISM 101

"I know I am supposed to pray...but I feel like I am talking to myself most of the time! How can I improve my prayer life?"



Prayer is beautiful, as well as essential; it is our conversation with God. Even when (and especially when!) God doesn't answer our prayers as we'd like, He gives us the grace to cope with our problems and tragedies better in any case.

Don't think that any request is too big or too small! Our Lord Himself said "ask, and you shall receive" (John 16:24). God our Father wants us to turn to Him in our needs! Also, it is a truly divine form of charity to pray for others, especially for those most in need!

As Pope Gregory the Great once wrote "He causes his prayers to be of more avail to himself who offers them also for others." In other words, as our Lord said in Luke's Gospel "Give and it shall be given to you" (Luke 6:38). And, as a popular saying goes "God cannot be outdone in generosity!"

As with anything we'd like to get better at, we need to be willing to commit our time and efforts in truly *practicing* prayer.

**Here are 5 simple ways to improve your prayer life:**

**#1: Schedule an appointment with God:** Don't just intend to pray. Schedule it. Mark it in your day-planner. Put it on the calendar. If you wanted to meet with your boss, you'd schedule it. If you wanted to go on a date, you'd schedule it. When you want to meet with God, schedule it. When someone asks you to have coffee during that time, politely explain you already have an appointment (with someone far more important!).

**#2: Have a place of prayer:** Obviously you can pray anywhere at any time..and, be encouraged to pray everywhere! But having a dedicated place for purposeful prayer can be very powerful. Note that your bed is not the best option as beds are made for sleeping which makes it difficult to be attentive.

**#3: Pray out loud:** This may sound odd, but can be tremendously helpful. Obviously, there are times praying out loud isn't appropriate. When you are in that staff meeting and your boss is getting on your last nerve, you probably shouldn't pray out loud, "Dear God, help me deal with this man." Our minds tend to wander, but praying aloud helps us collect our thoughts. By the way, it is great to spend some time thinking and listening while we pray, so don't be worried about times of silence.

**#4: Make lists:** Keep a list of your favorite prayers, Saint stories, and bible passages that you love to repeat. Also, keep a list for blessings, special requests, family and friends who need prayer. You've already set the time and place, now you also have *something* to pray for!

**#5: Be open to God:** One of our biggest struggles is yielding to God's plan for us as we pray "*Thy will be done*". Sometimes He prompts you to act, other times He prompts you to be still, but He *always* hears us. Let His arms, outstretched on the cross, embrace you, lay your head against His Sacred Heart, and trust in His plan for you and all of your needs!

*Stay tuned for more on PRAYER in next weekend's bulletin*

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