

This Week's Scripture Readings

1st Sun of Lent

Genesis 2:7-9;3:1-7	PS 51:3-6,12-13,17	Romans 5:12-19	Matthew 4:1-11
Week 1 Mon Leviticus 19:1-2,11-18	Ps 19:8,9,10,15		Matthew 25:31-46
Week 1 Tues Isaiah 55:10-11	Ps 34: 4-7, 16-19		Matthew 6:7-15
Week 1 Wed Jonah 3:1-10	Ps 51:3-4,12-12-13,18-19		Luke 11:29-32
Week 1 Thurs Ester C:12, 14-16,23-25	Ps 138:1-3,7c-8		Matthew 7:7-12
Week 1 Fri Ezekiel 18:21-28	Ps 130:1-8		Matthew 5:20-26
Week 1 Sat Deuteronomy 26:16-19	Ps 119:1-2,4-5,7-8		Matthew 5:43-48

2nd Sun of Lent

Genesis 12:1-4a	PS 33:4-5,18-20,22	2 Timothy 1:8b-10	Matthew 17:1-9
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Holy Fathers Prayer Intentions February: FEBRUARY 2026

For children with incurable diseases.

Let us pray that children suffering from incurable diseases and their families receive the necessary

Praying for Our Clergy: Sunday, February 22nd Fr. Craig Vasek, Monday, February 23rd, All Religious Sister and Consecrated Virgins from our Diocese, Tuesday, February 24th, All deceased priest and deacons, Wednesday, February 25th Young men and women discerning religious life, Thursday, February 26th Young men discerning the priesthood, Friday, February 27th Pope Leo XIV, Saturday, February 28th Bishop Andrew Cozzens, Sunday, March 1st Bishop Emeritus Michael Hoepfner.



IS FASTING ABOUT FOOD, OR ABOUT CONTROL?

Many people think fasting is about the plate.

Less food. Smaller portions. Skipping meals. But the Church never understood fasting as dieting. Fasting is not mainly about food. It is about freedom. From the beginning, the first temptation in Eden involved food. God gave everything to Adam and Eve — except one tree. The issue was not hunger. It was obedience. It was trust. It was control. Who decides what is good, God or me? Every sin since then carries the same question. That is why Jesus fasted forty days in the desert (Matthew 4). Satan did not tempt Him with violence first. He said, “Turn these stones into bread.” In other words: use your power to satisfy yourself. Jesus refused. Fasting exposes something uncomfortable: how much we are ruled by appetite. Not just for food, but for comfort, attention, pleasure, distraction, control. When you fast and feel irritated, impatient, restless, that is not failure. That is revelation. Hunger unmasks attachment.

You begin to see: • How quickly you reach for comfort. • How easily mood controls you. • How fragile your patience is. Food is just the doorway. The real battle is self-mastery. The Church asks for fasting on specific days not because food is evil, but because discipline strengthens love. If you cannot say no to something lawful, how will you say no to something sinful? Fasting trains the will. It reminds the body that it is not the master. It teaches the soul that desire must bow to God. And here is the paradox: when you freely limit yourself, you become freer. The person who must eat whenever they crave is not free. The person who cannot tolerate discomfort is not free. The person ruled by impulse is not free. Fasting is about reclaiming control from the tyranny of appetite. But it goes deeper still. When you fast, you make space. Space to pray. Space to notice the poor. Space to feel your dependence on God. Hunger becomes a quiet prayer: “Lord, I need You more than this.” So is fasting about food? Yes, but only on the surface. At its heart, fasting is about surrendering control to God. Because until Christ rules your desires, He does not fully rule your life. And Lent is about learning who is truly in charge.

God bless you. ☩

#catholicsonlineclass

The Sixth Sunday of Ordinary Time

ASSUMPTION

206 Dakota Street

(218) 375-3571



February 15, 2026

CATHOLIC CHURCH

Callaway, Minnesota 56521

assumptioncal@gmail.com

Sacramental Emergency Line*: (218) 209-2686
* does not receive text messages

CLERGY

Fr. Adam Hamness ahamness@crookston.org
-Office at Sacred Heart in Frazee (218) 334-4221
Deacon Pete Bellavance deaconpete.shfre@arvig.net
Deacon Trevor Pikula deacontrevor.shfre@arvig.net

SECRETARY & BOOKKEEPER

Virginia McDougall assumptioncal@gmail.com
Thursday 8-2:30 -Parish Office in Callaway (218) 375-3571

RELIGIOUS EDUCATION COORDINATOR

Kristi Foltz assumptioncal@gmail.com
-Parish Office in Callaway (218) 375-3571

PARISH TRUSTEES

Bill Steffl & Karen Klarer

MEMBERS OF THE PASTORAL AND FINANCE COUNCIL

Don Tietz	President
Mary Seaberg	Vice President
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Al Foltz	Word
Christina Loreth	Worship Service
Colleen Schmit	Finance
Roger Foltz	Finance
Mary Ann Jorgenson	Finance
David Steffl	Finance

From the desk of Fr. Hamness

Lent is a 40-day invitation to hit the "reset" button on your spiritual life. While giving up chocolate or soda is a classic move, penance is ultimately about **metanoia**—a change of heart. Here are 20 unique ways to practice prayer, fasting, and almsgiving this season, ranging from the practical to the profound. **Pro-Tip:** Don't try to do all 20. Pick **one** from each category that genuinely challenges you, and stick to those for the full 40 days.

Digital & Mental Fasting

- **The "One-Screen" Rule:** Commit to never using two screens at once (e.g., no scrolling on your phone while watching TV).
- **Inbox Zero (for the Soul):** Unsubscribe from all those promotional emails that trigger "wanting" rather than "needing."
- **Commute in Silence:** Drive or take the bus without music, podcasts, or radio. Use the quiet to reflect or simply exist.
- **The 10-Minute Delay:** Whenever you feel the urge to check social media or a news site, wait exactly 10 minutes before doing so.
- **Delete the "Time-Wasters":** Remove your most addictive app from your phone for the duration of Lent.

Physical & Lifestyle Penance

- **The "Cold Finish":** End every shower with 30 seconds of cold water. It's a bracing reminder of discipline.
- **Floor Sleeping:** Spend one night a week sleeping on the floor (or without a pillow) to stand in solidarity with the unhoused.
- **Drink Only Water:** Eliminate all coffee, alcohol, and juice.
- **Park at the Back:** Always choose the furthest parking spot from the door to embrace a spirit of patience and physical effort.
- **Eat the Leftovers:** Commit to finishing every scrap of food in your fridge before buying anything new to combat waste.

LITURGICAL DAY	WEEKDAY	DATE	TIME	SERVICE/INTENTION	CONFESSIONS
1st Sunday in Lent	Sunday	February 22nd	10:30am	Mass: + Leroy Gray	10:10am
Lenten Weekday	Tuesday	February 24th	5:00	Adoration & Benediction	
Lenten Weekday	Tuesday	February 24th	7:00pm	Mass:+Steve Strawsell	6:30 pm
Lenten Weekday	Friday	February 27th	6:00pm	Adoration, Benediction & Stations	
2nd Sunday in Lent	Sunday	March 1st	10:30am	Mass: + Tim Voss	10:10am

If you or someone you know has been the victim of sexual misconduct on the part of a priest, deacon, or individual representing the Diocese of Crookston, its parishes, or schools, your first call should be to law enforcement. In addition, the diocesan Victims Assistance Coordinator is available at 218-281-7895 (24 hour confidential number) Diocesan Abuse Victim Assistance Coordinator: Cindy Hulst // Confidential Line - 218.281.7895 // chulst@crookston.org

[Our Sympathy to Dick Bellefeuille, family and friends on the death of Dick on Tuesday, February 17th. Dick's funeral will be on March 7th here at Assumption Parish.](#)

February 22, 2026

1st Sunday of Lent

"It is written: 'The Lord, your God, shall you worship and him alone shall you serve.'" MATTHEW 4:10

Tempted between the riches and power of this world and service to God, Jesus chose service to His Father. If we wish to truly follow Jesus, we, too, must decide to turn away from worldly power and riches and put God at the center of our lives. Lent is our time to prune ourselves of earthly things and develop and nurture heavenly things.

Lent is time to repent and let go of the other "gods" we have put before God.

" Question of the week

In what aspect of my life do I need to accept God's wisdom and the Spirit's guidance and change my behavior?

Liturgy of the Hours: Week I of the Psalter

Reflection of the Gospel

It is the subtle way that temptation resembles truth that gets us. For people who have made a fundamental choice to accept God's invitation to orient their lives toward the divine love, those things that are blatantly wrong do not hold allure. They are easily recognizable as wrong, and it does not take much effort to reject them. The real temptation are the ones that are just close enough to the truth that they appear good and beneficial.

Living Liturgy™, First Sunday of Lent 2026

Website: formed.org Parish Access Code 38HAZ8V

Prayer Requests:

The following people or their family has asked us to pray for them:

Lord, we pray for your loving support for the people listed below and their families as they deal with their illness. Guide the doctors who are seeking answers and making decisions about care/treatment. We pray that their illness is at a stage favorable for effective treatment. Enable their bodies to respond well to care treatment and their souls to experience comfort and peace in you. Make this an experience that draws them and their loved ones closer to you as well as to one another. We commit them to your mercy.

Rick Bakken, Randi Bernard, LaMae & Ken Blattenbauer, Colleen Borgrud, LaVaun Borgrud, **Jerry Braaten**, Peggy Braaten, **Arlene Buitendyk**, Debbie Clark, Charlie Crommett, Shane Donley, Jodi Eidschink, **Rick Flottemesch**, John Gerulli, Sharon Greminger, Irene Hazelton, LeAnn Hazelton, Pat Hilber, Nancy Johnson, Jeanine Kivi, **Jamie Langevin**, Delores Manning, Betty, Kate Matter, Margaret McDougall, Barb Muff, Chris Murray, Leslie (Flottemesch) Murray, Kelly Olson, Ken Pearson, Jonell Richards, Greg Ronning, Carol Scherzer, **George Scherzer**, Shirley Spry, Jeff VanHecke

Bold are new this week, or need extra prayers!

Please Pray for our Students.....

Madeline Abbott, Julia Steffl, Megan Stalberger, Ellie Steffl, Grace Helm, Maria Foltz, Luke Helm, Freddie Steffl, Caleb Rodewald, Nathan Loreth, Kaitlyn Loreth, Molly Rodewald, Jake Helm, Colby Rodewald, Savannah Rodewald, Odessa Schmit, Barisa Foltz, Colton Arnoldy, Ava Rodewald & Lilly Dillon

Birthday on file this Week

February 22nd Dane Bellefeuille

February 23rd David Steffl

February 24th Shirley Spry

February 25th Julia Steffl

February 28th Al Foltz



Sunday, February 15, 2026

Adult Envelopes \$ 800.00

Loose Plate \$ 188.00

Ash Wednesday Collection

Adult Envelopes \$185.00 Loose Plate \$65.00

Ministry Schedule for Sunday, March 1, 2026

Altar Server: Nathan Loreth

Lector: Gina Steffl

Presentation of Gifts: Al & Kristi Foltz

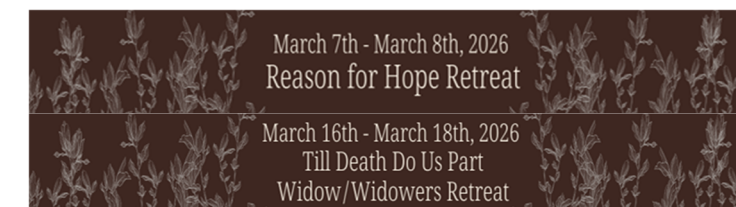
Eucharistic Ministers: Kristi Stalberger & Coleen Schmit

Ushers: Gary & Jake Helm

Music: Avis Flottemesch

At the Nazareth House Retreat Center

Reason For Hope Retreat is a High School Student Retreat!!



2026 DIOCESAN ANNUAL APPEAL:

IN CHRIST, WE ARE ONE!

Thank you for your support of the Diocesan Annual Appeal! Your generous gift, joined with others, gives encouragement, strength, and purpose to our family of faith. If you have not had the opportunity to make your commitment, please make your pledge or gift this weekend. You can donate online at www.crookston.org/DAA.

For questions about automatic sustained giving, contact Renée Tate at rtate@crookston.org or call 218-281-4533, ext. 432.



Your gifts shine the love of Christ to every corner of our diocese!

I will be making the schedule for April– June Ministry's shortly. if you know you are going to be gone please contact me with the dates by March 11th..

Upcoming.

- **Friday's During Lent: 6 pm Adoration, 6:45 pm Benediction, & Stations at 7pm**
- **Sunday, February 22nd, Second Collection for Black and Indian Missions**
- Wednesday, February 25th 11am, Church cleaning followed by potluck lunch
- March 6th, KC Lenten Fish Fry Holy Rosary
- Wednesday, March 11th Callaway Daze 5:30 pm St Joseph Fellowship Hall
- Sunday, March 15th Christian Mothers Meeting after Mass
- **Tuesday, March 17th KC meeting in Callaway**
- March 20th, KC Lenten Fish Fry, Holy Rosary

Upcoming Fellowship



February 22 Mary Seaberg

March 1 Confirmation Class

March 8th Lions Pancake Breakfast

March 15th Kenny Pearson

March 22nd St Rachel Circle Fellowship

March 29th Parish Dinner

Happenings at Area Churches

KC's of Frazee Council 12581 Fish Dinners Friday, the following Fridays during Lent, February 27th March 13th & March 27th 5-7 pm Sacred Heart Catholic Church Meals \$15. Ages 12-6 \$10 5 & under Free Meal includes, scalloped potatoes, French Fries, green beans, cole slaw, bread & ice cream. Proceeds will go toward KC Youth Scholarships and DL Food Pantry

Our Calendar is full for mass intentions for the year!! Any Mass intentions that come in will be sent to Sacred Heart, St Mary of the Lakes or to the Diocese for the Retired Priest to say those masses.