

## This Week's Scripture Readings

4th Sun of Lent

1 Samuel 16:1b,6-7,10-13a	Ps 23:1-6	Ephesians 5:8-14	John 9:1-41
Week 4 Mon Isaiah 65:17-21	Ps 30:2,4,5-6,11-12a,13b		John 4:43-54
Week 4 Tues Ezekiel 47:1-9,12	Ps 46:2-3,5-6,8-9		John 5:1-6
Week 4 Wed Isaiah 49:8-15	Ps 145: 8-9,13bc-14,17-18		John 11:25a,26
Week 4 Thurs 2 Samuel 7:4-5a,12-14a,16	Ps 89:2-5,27,29	Romans 4:13,16-18,22	Matthew 1:16,18-21,24a
Week 4 Fri Wisdom 2:1a,12-22	Ps 34:17-121,23		John 7:1-2,10,25-30
Week 4 Sat Jeremiah 11:18-20	Ps 7:2-3,9bc-10,11-12		John 7:40-53

5th Sun of Lent

Ezekiel 37:12-14	Ps 130:1-8	Romans 8:8-11	John 11:1-45
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### Holy Fathers Prayer Intentions: March 2026

For disarmament and peace.

Let us pray that nations move toward effective disarmament, particularly nuclear disarmament, and that world leaders choose the path of dialogue and diplomacy instead of violence.

Praying for Our Clergy: Sunday, March 15th Dcn Tom Cerar Sunday, Monday, March 16th Dcn Kermit Erickson, Tuesday, March 17th, Dcn. Paul Erickson, Wednesday, March 18th Dcn Gary Hager, Thursday, March 19th Dcn. Dan Hanning, Friday, March 20th Dcn. Brent Hoffner, Saturday, March 21st Dcn. Dan James, Sunday, March 22nd Dcn Tom Jirik.



IF I ACCIDENTALLY ATE MEAT ON FRIDAY, IS IT A MORTAL SIN?

Many people panic:

“I forgot it was Friday.” “I realized after I had already eaten.” “Did I just commit a mortal sin?”

There is no mortal sin. Sin requires intention.

You cannot deliberately disobey something you did not consciously choose to reject.

Now, if someone clearly knew it was Friday, clearly knew the obligation, and calmly chose to ignore it out of indifference, that is more serious. Not because meat is evil, but because deliberate disobedience hardens the heart.

Here is the deeper point:

The issue is not the food. It is the will.

Abstinence forms obedience. It trains discipline. It teaches that love sometimes costs something small.

If you fall accidentally, do not turn Lent into anxiety. If you were careless, grow in awareness. If you deliberately ignored it, confess it honestly and reset.

The Church does not give us Friday penance to trap us. She gives it to shape us.

Lent is not about fear. It is about fidelity.

And God looks first at the heart, not at the plate.

#catholicsonlineclass



The Fourth Sunday of Lent

# ASSUMPTION

206 Dakota Street

(218) 375-3571



March 15th, 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
Virginia McDougall	Secretary
Al Foltz	Word
Christina Loreth	Worship Service
Colleen Schmit	Finance
Roger Foltz	Finance
Mary Ann Jorgenson	Finance
David Steffl	Finance

Webpage: <https://www.frazeesacredheart.org/bulletins>

WEBPage

From the Desk of Fr. Hamness:

Rejoice, O Jerusalem, and be glad for her, all you who love her. ~Isaiah 66:10

We've officially hit the "hump day" of Lent! This week, we celebrate Laetare Sunday, named for the Latin word for "rejoice." You'll see rose-colored vestments today, I'm not just making a bold fashion choice—it is signaling that the joy of Easter is finally within our sights. The scriptures remind us that even in a season of fasting, the Christian heart should be full of gladness. Today is a beautiful reminder that our penance isn't about being miserable; it's about clearing out the clutter to make room for God's light!

Ways to celebrate "Rose Sunday" at home:

- **Lenten "Half-Time" Treat:** If you've been fasting strictly, today is a traditional day to enjoy a small favorite treat as a sign of joy.
- **Brighten the Table:** Bring some pink flowers into your home to mirror the vestments at Mass.

**Reconcile and Rejoice:** If you haven't made it to Confession yet, let the joy of this Sunday be your nudge to receive the Sacrament of Mercy.



LITURGICAL DAY	WEEKDAY	DATE	TIME	SERVICE/INTENTION	CONFESSIONS
4th Sunday in Lent	Sunday	March 15th	10:30am	Mass: +Lorraine Strawsell	10:10am
Lenten Weekday	Tuesday	March 17th		NO Adoration & Benediction	
Lenten Weekday	Tuesday	March 17th	6:00pm	Mass: +Leo Steffl	
Lenten Weekday	Friday	March 20th	6:00pm	Adoration, Benediction & Stations	
5th Sunday in Lent	Sunday	March 22nd	10:30am	Mass: +Lorraine Strawsell	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](mailto:chulst@crookston.org)

March 15, 2026

4th Sunday of Lent

*“Not as man sees does God see, because man sees the appearance, but the Lord looks into the heart.” 1 Samuel*

16:7

How often do we invest our time, talent and treasure in creating an appearance that does not matter at all to God? We strive to impress with our clothing, home, career, possessions, car and other marks of distinction. But none of these illusions of greatness will impress God. Instead, He will look into our hearts to see how much we loved Him, how much we loved others and how we showed that love by the way we used our time, talent and treasure here on earth.

**Question of the week**

*What are my blind spots? What basis do I have that distort the way I see others or see the world? Am I willing to ask someone I know well to be honest with me?*

*Liturgy of the Hours: Week IV of the Psalter*

**Reflection of the Gospel**

*The man who was blind is open to the simple instructions of Jesus. He allows Jesus to put mud on his eyes, an ancient technique thought to have curative properties, and he obediently goes to the pool of Siloam, washes, and comes back able to see. In the lengthy exchanges that follow, first with his neighbors and them with the Pharisees, the man becomes mor and more able to see with his heart, understanding more clearly who Jesus is, and grows in his ability to lead others to faith.*

*Living Liturgy™, Fourth Sunday of Lent 2026*

Website: [formed.org](http://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.**

Carol Bertram Aarness, Rick Bakken, Randi Bernard, LaMae & Ken Blattenbauer, Colleen Borgrud, LaVaun Borgrud, Jerry Braaten, Peggy Braaten, Arlene Buitendyk, Debbie Clark, Charlie Crommett, Shane Donley, Jodi Eidenschink, **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, **Gary Villard**

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**

**March 15th Jill Abbott**

**March 19th Octavia Hazelton**

**March 19th Jerry Spry**



Sunday, March 8, 2026

Adult Envelopes \$ 665..00

Loose Plate \$ 147.00

**Ministry Schedule for Sunday, March 22, 2026**

Altar Server: Freddie Steffl

Lector: Al Foltz

Presentation of Gifts: Roger & Jane Foltz

Eucharistic Ministers: Max Klarer & Colleen Schmit

Ushers: Danny & Jonah Steffl

Music: Avis Flottemesch

Sacred Hearts Website has been updated you can find our bulletin at <https://www.frazeesacredheart.org/bulletins>

DAA Goal for is \$ 8,445 received/pledged is \$7,030.00 we have not met our goal for this year!

**Happenings at Area Churches Our Beautiful Savior Lutheran Church Tuesday March 17th CABIN FEVER Lunch and Bingo at NOON. Everyone is Welcome**

- March 20th, KC Lenten Fish Fry, Holy Rosary

KC's of Frazee Council 12581 Fish Dinners Friday, the following Fridays during Lent, 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, coleslaw, bread & ice cream. Proceeds will go toward KC Youth Scholarships and DL Food



**Easter Flower Donations**

Help make our church special during this Easter Season.

Donate \$10.00 memorial to help purchase Easter Flowers.

(Please Print) Purchaser Name \_\_\_\_\_

Amount: \_\_\_\_\_ In memory or honor \_\_\_\_\_

**Upcoming.**

- **Friday's During Lent: 6 pm Adoration, 6:45 pm Benediction, & Stations at 7pm**
- Sunday, March 15th Christian Mothers Meeting after Mass
- **Tuesday, March 17th KC meeting in Callaway 6pm Mass 6:30 Supper, 7pm Meeting**
- Wednesday, March 18th 11am, Church cleaning followed by potluck lunch.
- Wednesday, March 18th Callaway Daze 5:30 pm St Joseph Fellowship Hall **Date Change**
- March 20th, KC Lenten Fish Fry, Holy Rosary

**Upcoming Fellowship**



March 15th Kenny Pearson

March 22nd St Rachel Circle Fellowship

**March 29th Parish Dinner**

- April 5th No Fellowship Easter Sunday
- April 12th No Fellowship, Most Holy Redeemer Ogema Dinner
- April 19th St Rachel Circle Brunch Fundraiser
- April 26th St Therea's Circle Bake Sale
- May 3rd Damian & Carol Fellowship
- May 10th NO Fellowship Mothers Day
- May 17th **OPEN**
- May 24th **Open**
- May 31st **OPEN**