

This Week's Scripture Readings

5th Sun of Lent	Ezekiel 37:12-14	Ps 130:1-8	Romans 8:8-11	John 11:1-45
Week 5 Mon	Daniel 13:1-9,15-17,19-30,33-62	Ps 23:1-6		John 8:1-11
Week 5 Tues	Numbers 21:4-9	Ps 102:2-3,16-18,19-21		John 8:21-30
Week 5 Wed	Isaiah 7:10-14;8:10	Ps 40:7-11	Hebrews 10:4-10	Luke 1:26-38
Week 5 Thurs	Genesis 17:3-9	Ps 105:4-9		John 8:51-59
Week 5 Fri	Jeremiah 20:10-13	Ps 18:2-7		John 10:31-42
Week 5 Sat	Ezekiel 37:21-28	Jeremiah 31:10-13		John 11:45-56
Palm Sunday				
The Passion of our Lord	Isaiah 50:4-7	Ps 22:8-9,17-20,23-24	Philippians 2:6-11	Matthew 26:14-27:66

**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 22nd Dcn Tom Jirik, Monday, March 23rd Dcn. Mark Krejci, Tuesday, March 24th, Dcn. Allen Kukert, Wednesday, March 25th Dcn Mark LeTexier, Thursday, March 26th All Religious Sisters and Consecrated Virgins from our Diocese, Friday, March 27th All deceased priests and deacons, Saturday, March 28th Young mem and women discerning religious life, Sunday, March 29th Young mem discerning the priesthood.**

Why Pretzels Are Synonymous With Lent

The Lenten season, of course, is a time of fasting. One food is always accepted and enjoyed during Lent: The pretzel. It has a deeply spiritual significance for Lent. Because of its limited ingredients and its shape, it signifies Lent's call for restraint and reflection on God.

1. *The baked goods are linked to monks.* Pretzels became the acceptable Lenten bread as far back as the fourth century, according to sources (though Pretzels.com places their origin at about [A.D. 610](#)). Created [by monks](#), the pretzel contained only flour, salt and water. Pretzels were also associated with Lent because they were made without eggs or dairy, traditionally prohibited foods at the time during the penitential season. During the Middle Ages, monks would give [pretzels to the poor](#) not only as sustenance but as a religious symbol.

2. *The shape has religious symbolism.* They are fashioned in the form of arms crossed across the front, and the holes of the baked bread symbolize the Holy Trinity: Father, Son and Holy Spirit. Thus, the pretzel's shape can remind Christians of devotion and attention to God. That makes the pretzel a symbol of faith and hope.

3. *The Vatican Library chronicles the history.* "The earliest picture and description of a pretzel (from the fifth century) may be found in the manuscript-codex No. 3867, Vatican Library," explains *The Year of the Lord in the Christian Home*.

4. *They are particularly popular on the Old Continent.* Today, many Europeans serve pretzels only from Ash Wednesday to Easter, keeping their original religious significance.

5. *This Lent, enjoy at mealtime as a family, with prayer:* "We beg you, O Lord, to bless these breads which are to remind us that Lent is a sacred season of penance and prayer. For this very reason, the early Christians started the custom of making these breads in the form of arms crossed in prayer. Thus they kept the holy purpose of Lent alive in their hearts from day to day, and increased in their souls the love of Christ, even unto death, if necessary. Grant us, we pray, that we too, may be reminded by the daily sight of these pretzels to observe the holy season of Lent with true devotion and great spiritual fruit. We ask this through Christ our Lord. Amen." (With ecclesiastical approbation/ approval, via [CatholicCulture.org](#).)

The Fifth Sunday of Lent

March 22nd, 2026

ASSUMPTION



CATHOLIC CHURCH

206 Dakota Street

Callaway, Minnesota 56521

(218) 375-3571

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 deaontrevor.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  
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 Colleen Schmit Service  
 Roger Foltz Finance  
 Mary Ann Jorgenson Finance  
 David Steffl Finance

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

From the Desk of Fr. Hamness:

Last Sunday I preached about the costly gift of myrrh and aloes that were given to the Lord for his burial, and this week our readings suggest another scented product for us to consider. In this Sunday's Gospel, we are told that it was Mary, the Sister of Martha and Lazarus, who anointed the Lord's feet with nard (or spikenard) ointment from an alabaster jar in a previous chapter in the Gospel of John. The nard ointment was said to have cost 300 days wages, and some people grumbled because they thought that using all that precious ointment on the Lord's feet was a waste. It was certainly not a waste! Mary wanted to show the Lord her deep devotion in the way her heart told her to.

We have yet another instance coming up soon of some beautifully-scented substance within our Sacred Liturgy. What I have in mind is the Chrism Mass at the Cathedral in Crookston on Monday Evening of Holy Week. At this Mass, the sacred oils that we use throughout the whole year are blessed by our bishop. All three oils, the Oil of Catechumens, the Oil of the Sick, and the Sacred Chrism, are made of olive oil, but the third oil, the Chrism, has a special fragrant addition of Balsam. This is what gives the main oil we use at Baptism, Confirmation, and Ordinations its fragrance. Balsam is a musky scent that has a strong vanilla component along with the rich notes of balsamic vinegar. This balsam is, once again, made from the resin of trees, and it is very costly. I looked up the current cost of a bottle, and it is \$130 for 16 fluid ounces of balsam to mix into three gallons of olive oil.

If you would like to see this beautiful ceremony, perhaps it is time to journey to Crookston for the Chrism Mass this year.

LITURGICAL DAY	WEEKDAY	DATE	TIME	SERVICE/INTENTION	CONFESSIONS
5th Sunday in Lent	Sunday	March 22nd	10:30am	Mass:+Alice & Flavian Steffl	10:10am
Lenten Weekday	Tuesday	March 24th	5:00	Adoration & Benediction	
Lenten Weekday	Tuesday	March 24th	6700pm	Mass:+ Mark Stalberger	6:30 pm
Lenten Weekday	Friday	March 20th	6:00pm	Adoration, Benediction & Stations	
Palm Sunday	Sunday	March 29th	10:30am	Mass: +Reine Stalberger	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

**March 22, 2026 Fifth Sunday of Lent**

“Jesus said to her, ‘Did I not tell you that if you believe you will see the glory of God?’” JOHN 11:40

Many of us say that we believe in God. We attend Sunday Mass and participate in parish events. But when life gets hard and the pressure is on, when things aren’t going our way, do we really believe? Do we really put our trust in the Lord? When we live a life of gratitude, recognizing all that we have been given, we really do see that God is providing for our needs. Living a grateful and generous life allows us to see God’s active presence in our daily lives and we become “partakers of the divine nature.”

**Question of the week**

What sins are keeping me entombed, isolated from God’s love and from others? What can I do to free myself from my tomb?

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

**Reflection of the Gospel**

When one chooses to abide in Jesus, then he is always present, even if not in the same physical, earthly way that the first beloved disciples wanted him to be. As Martha professes her belief in the Risen One, she affirms that he is always truly present and that all who die believing in him and like-wise living and present still. Such belief does not take away grief for the dear departed but turns our mourning into hope-filled joy.

-Living Liturgy<sup>tm</sup>, Fifth Sunday of Lent 2026



Wednesday March 25th

The Solemnity of the Annunciation of the Lord, celebrated annually on March 25, honors the Angel Gabriel’s announcement to the Virgin Mary that she would conceive the Son of God, marking the **Incarnation**. Held nine months before Christmas, it signifies the moment the Word became flesh and highlights Mary’s role in salvation.

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.**

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

**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**

- March 22nd Freddie Steffl**
- March 24th Nathan Loreth**
- March 27th Gary Helm**
- March 28th Sarah Clark**



Sunday, March 15, 2026

Adult Envelopes \$ 8,530.15

Loose Plate \$ 230.00

Catholic Relief

Adult Envelopes \$290.00

Easter Flowers \$320.00

**Ministry Schedule for Sunday, March 29, 2026**

Altar Server: Johnny Loegering

Lector: Sarah Helm

Presentation of Gifts: Larry & Mary Frank

Eucharistic Ministers: Kristi Stalberger & Lori Stalberger

Ushers: David & Noah Steffl

Music: Avis Flottemesch

Sacred Hearts Website has been updated you can find our bulletin at <https://www.frazeesacredheart.org/bulletins> We hope to have our own website updated soon!!

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** KC’s of Frazee Council 12581 Fish Dinners following Fri 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 Pantry

Ogema Dinner April 12th Ogema Community Center

Blossoms & Blessings At Andrews Carnival

April 12th 2026 11:30-2:30 PM Hawley, MN Day of fun and games



Monday, March 23rd

ST. Toribio Alfonso de Mogrovejo (16 November 1538 – 23 March 1606) was a Spanish Catholic prelate who served as Archbishop of Lima from 1579 until his death

**Upcoming.**

- **Friday’s During Lent: 6 pm Adoration, 6:45 pm Benediction, & Stations at 7pm**
- Tuesday, April 14th KC meeting in Lake Park 7pm Meeting
- Wednesday, April 15th 11am, Church cleaning followed by potluck lunch.
- Wednesday, April 15th Callaway Daze 5:30 pm St Joseph Fellowship Hall
- Sunday, April 19th Christian Mothers Meeting after Mass
- Tuesday, April 21st Combined Parish & Finance Council Meeting
- Sunday, April 26 Second Collection Catholic Home Mission

**Upcoming Fellowship**



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**

Tuesday, March 24th St. Oscar Romero was appointed archbishop of San Salvador in 1977. Romero



had a bookish reputation, but this was a time of great political discontent and economic strife in El Salvador. Today he is remembered as a “voice for the voiceless”. On March 24, 1980, Romero was assassinated while saying Mass.