



U.S. Consecration to the Most Sacred Heart of Jesus

On June 11, in honor of the 250th anniversary of the signing of the United States Declaration of Independence, U.S. bishops will consecrate our nation to the Most Sacred Heart of Jesus.

Join the United States Conference of Catholic Bishops in marking this moment by taking part in 250 Hours of Adoration, 250 Works of Mercy, or by uniting in prayer. The USCCB website has resources for you to participate.

FIAT Ministries Discernment Retreat

Fri., June 26 - Sun., June 28, 2026

Single women ages 18-30 who are seeking God's will in their life are invited to grow deeper in prayer and their identity as a woman, as well as learn more about discerning religious life. These Fiat Discernment Retreats are led by Team Fiat, a dynamic group of lay women passionate about supporting other young women. Additionally, consecrated religious sisters from various religious communities from the Council of Major Superiors of Women Religious assist at each retreat, making each one a unique experience for all in attendance. Contrary to a vocation fair or a recruitment event, these discernment retreats are focused on Jesus inspiring each attendee to take another step closer to Him.

At each retreat, there are religious sisters from four to six different communities. The variety of habits, charisms, apostolates, backgrounds, and personalities of the sisters contribute to the community mindset of the retreat. Each sister has taken the same three vows, but each lives out their religious vocation in a unique way.

Suggested Donation: \$125

Servant of God Annella Centennial Commemoration

August 8 | 3:45 PM to 9:00 PM |

Saint Francis de Sales Catholic Church, Moorhead, MN

A centennial commemoration of the death of the Servant of God Annella Zervas, OSB, including the celebration of the Holy Mass, the dedication of a monument at the Zervas family gravesite, and a reception.

RSVP today at sisterannella.org/centennial-celebration-day.

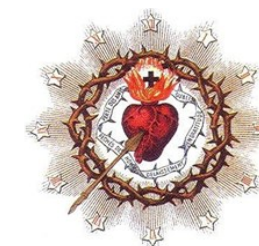
Pilgrimage to Rome, Italy November 15-24, 2026

A Centennial Celebration Pilgrimage to Rome, Italy, to deepen our relationship with God and the Catholic Church and to visit Benedictine holy sites so we may grow in appreciation of the charism cherished by Servant of God Annella Zervas, OSB, which guided her in her journey of holiness. Save your spot at sisterannella.org/rome-pilgrimage.

THE MOST HOLY TRINITY

MAY 31, 2026

SACRED HEART



CATHOLIC CHURCH

202 Maple Avenue West

Frazee, Minnesota 56544

(218) 334-4221

frazeesacredheart.org

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

Clergy

Fr. Adam Hamness ahamness@crookston.org
Deacon Pete Bellavance deaconpete.shfre@arvig.net
Deacon Trevor Pikula deacontrevor.shfre@arvig.net

Secretary / Bookkeeper / Religious Education

Christine Dornbusch christined.shfre@arvig.net

Office Days--Tuesday and Thursday

Custodian & Groundskeeper

Norman Adams--Monday and Friday

Liturgical Music

Tonia Clark music.shfre@gmail.com

Imagine a king who has everything...absolute power, infinite wealth, and an endless kingdom...yet chooses to spend his time alone in a dark room. It sounds miserable, right? Thankfully, that isn't our God.

Trinity Sunday is the cure for the misconception that God is a lonely, distant boss watching us from a cloud. Instead, the Trinity reveals something radical: at His very core, God is a family. Before the universe even existed, God was already a dynamic, bursting community of perfect love between the Father, the Son, and the Holy Spirit.

God didn't create us because He was lonely; He created us to invite us into the party.

When a person makes the Sign of the Cross, he isn't just brushing off his shirt or reciting a dry formula. He is wrapping himself in that divine family embrace. This week, let's live like we belong to that community. Reach out to someone who is isolated, and bring God's warmth out of the pews and into the world.

LITURGICAL DAY	WEEKDAY	DATE	TIME	SERVICE/INTENTION	CONFESSIONS
	Saturday	May 30	9:00 am	Mass: † Bill and Carol Lormis	8:30 am
	Saturday	May 30	5:00 pm	Mass: † Margaret Trieglaff	4:30 pm
The Most Holy Trinity	Sunday	May 31	8:30 am	Mass: † Marv and Bette Daggett	8:00 am
	Sunday	May 31	12:15 pm	Mass: Pro Populo	
Saint Justin	Monday	June 1	9:00 am	Communion Service	
Saint Charles Lwanga	Wednesday	June 3	9:00 am	Mass: † Bill and Carol Lormis	8:30 am
	Thursday	June 4	9:00 am	Mass: † Debbie Larson	8:30 am
	Thursday	June 4	9:30 am	Adoration—Benediction at 6:40 pm	
Saint Boniface	Friday	June 5	9:00 am	Mass: Pro Defunctis	8:30 am
	Saturday	June 6	9:00 am	Mass: † George Altstadt	8:30 am
	Saturday	June 6	5:00 pm	Mass: † Jim Uhl	4:30 pm
Corpus Christi	Sunday	June 7	8:30 am	Mass: † Frank Stegmaier	8:00 am
	Sunday	June 7	12:15 pm	Mass: † Julie Hall	

MONDAY
June 1
St. Justin, Martyr
2 Pt 1:2-7
Mk 12:1-12

TUESDAY
June 2
Weekday
2 Pt 3:12-15a,
17-18
Mk 12:13-17

WEDNESDAY
June 3
*St. Charles Lwanga
and Companions,
Martyrs*
2 Tm 1:1-3, 6-12
Mk 12:18-27

THURSDAY
June 4
Weekday
2 Tm 2:8-15
Mk 12:28-34

FRIDAY
June 5
*St. Boniface,
Bishop and Martyr*
2 Tm 3:10-17
Mk 12:35-37

SATURDAY
June 6
Weekday
2 Tm 4:1-8
Mk 12:38-44

SUNDAY
June 7
*The Most Holy
Body and Blood
of Christ (Corpus
Christi)*
Dt 8:2-3, 14b-16a
1 Cor 10:16-17
Jn 6:51-58, 19


All bulletin submissions need to be emailed to christined.shfre@arvig.net by 12 noon on Wednesday in order to be placed into that weekends bulletin. Thank you understanding.

Beginning in Ordinary time, we will be changing our music setting for the Mass parts to the Belmont Mass. There will be worship aids in the pews. You can also find recordings of the Belmont Mass setting on YouTube if you would like to take a listen!

"For God so loved the world that He gave His only Son..."
JOHN 3:16

Is your love conditional? Is there a price others have to pay to receive your love and forgiveness? Are you generous with your time, skills, money and possessions? If you give someone something, do you expect something in return? Do you give your time freely or do you "fit it in" when it's convenient for you? God desires a personal relationship with us so much that He gave us His Son, unconditionally! Pray for a grateful and generous heart.

Sacred Heart is set up to receive your contribution offerings via on-line with Vanco. We have posted a direct link on our Website. If you wish to set up automatic donations and cancel your monthly envelopes, please contact Christine in the office.



When you scan this QR code image with a smartphone's QR decoder, it will instantly connect you to the mobile version of our web page. Thank you for your continued financial support to the parish!

Thank you to those who baked, made handmade sewn items, worked, or purchased items for the parish wide Christian Mother's bake and craft sale.

Committed Adorers needed for our weekly Thursday Adoration. Our hope is that there is always 2 people here with Jesus. Please prayerfully consider spending some time with Jesus. Contact Diane Mistelske at 817-229-6789 if you can commit to spending an hour with Jesus.

Upcoming Events

Thur. June 4th—Adoration at 9:30am-
Benediction at 6:40pm

Thur. June 11th—Adoration at 9:30am-
Benediction at 6:40pm

Fri. June 12th—Mass at 5:30 pm for the Feast of the Sacred Heart of Jesus—Parish potluck to follow

Thur. June 18th—24-Hour Adoration

Sun. June 21st—Knight of Columbus meeting at 10am

Sun. June 21st—Parish potluck at 1:15pm

Thur. June 25th—Adoration at 9:30am-
Benediction at 6:40pm

Thur. July 2nd—Adoration at 9:30am-
Benediction at 6:40pm

Fri. July 3rd—Mass at 6pm-Latin (TLM)

Ministry Schedule			
	Sat.—June 6th 5:00 pm	Sun.—June 7th 8:30 am	Sun.—June 7th 12:15 pm
Altar Server	Jonah S Matthew S	Hudson B John L	Dominic P Andrew P
Eucharistic Minister	Jerlyn B Kathy P	Sharon G Sandy H	
Lector	Dave G	Angie J	Chris P
Greeter	Wanda B	Sharon H	
Ushers	John M Ross K Roger S Mike S	Nathan M Ryan R Ed J Bud H	Elias W
Sacristan	Jim J	Tim S	Chris P
June's Second Collections: 7th--Roof, 21st—Collection for Retired Priests, 28th-FACC			

Diocese of Crookston Youth Conference—Registration is Now Open

Registration is now open for the Diocese of Crookston Youth Conference. The conference will be held on September 27 in Bemidji! Open to students in grades 6–12, this day will be filled with faith, friendship, worship, and powerful encounters with Christ you won't want to miss. We can't wait to see you there! This conference is free to attend for the youth of Sacred Heart. Contact Christine if you would like to attend.

This fall the evening Religious Education classes will be from 6:00pm to 7:30pm. Dinner will still be served before class each week by the parents. Putting this in the bulleting early so parents can mark it on their calendars now in preparation for the fall. Let Christine know if you have any questions.

Parishioners' Prayer Requests:
Parish families have asked us to keep in our prayers their loved ones who are ill. Please pray for:

All of the men and women in active Military:
Lee Leach

Parish Members and Family:
Stacy Moe—Lisa Flynn—Eloise George—Gary Young—Jeanne Riley—Noah Goeddertz—Dallas Flynn—Stacy Moe

To submit a prayer request for our prayer chain, text 817 229 6789 or frazeeprayerchain@gmail.com. Names will be left in the bulletin for 4 weeks. If you want the name to stay another 4 weeks, please make another prayer request.