

**Third Sunday
of Lent
March 7, 2010**

I will wash your sins away,
says the Lord.

THE PARISH COMMUNITIES OF:

ST. FRANCIS XAVIER, WINDOM

SACRED HEART, HERON LAKE

SACRED HEART, BREWSTER

**WEEKEND
LITURGIES**



**SACRED HEART
BREWSTER
SATURDAY
5:00 PM**



**SACRED HEART
HERON LAKE
SUNDAY
8:00AM**



**ST. FRANCIS
XAVIER
WINDOM
SUNDAY
10:00 AM**



MARRIAGE

Arrangements must be made with the priest at least four months prior to your intended date of marriage to begin preparation.

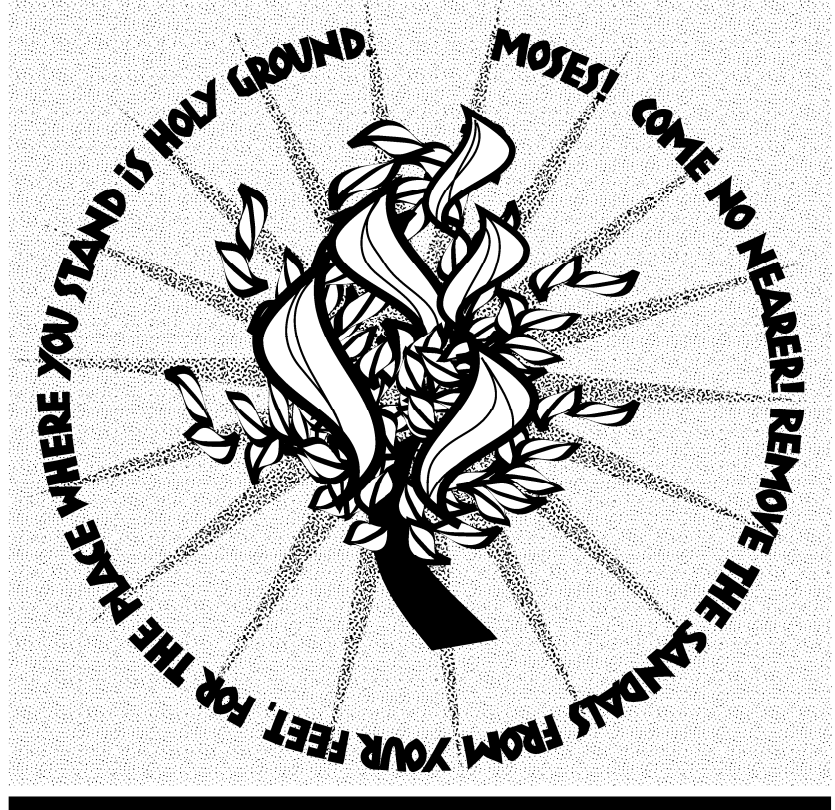


NEW PARISHIONERS

We welcome you into God's family! If you are interested in learning more about our church, or would like to join, please stop in the Parish Office.

Please notify the Parish Office of any change of address.

AN ANGEL OF THE LORD APPEARED TO MOSES IN FIRE FLAMING OUT OF A BUSH



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Father Russell Scepaniak

email frscepaniak@msn.com *cell:* 507-259-0996

548 17th St.; P. O. Box 39; Windom, MN 56101

Brewster office: 842-5584

Heron Lake office: 793-2357

Windom office: 831-3300

Visit our website at www.sfxwindom.org



MASS INTENTIONS FOR THE WEEK

Tuesday	5:30 PM	Brewster	Sybelle Schmitz
Wednesday	6:45 PM	Windom	Lavonne Bennett
Stations at 7:30 PM	PM followed by Mass	Heron Lake	Special Intention
Thursday	8:30 AM	Windom	Bob Schmidt
Friday	8:30 AM	Heron Lake	Louise Thiner
Saturday	5:00 PM	Brewster	Parishioners
Sunday	8:00 AM	Heron Lake	Raymond Kastner
	10:00 AM	Windom	Ahrens Family

NEXT WEEK'S READINGS
JOSHUA 5:9a, 10-12
2 CORINTHIANS 5:17-21
LUKE 15:1-3, 11-32



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Liturgical Roles

SATURDAY BREWSTER 5:00 PM

SUNDAY

SERVERS Logan Ellenbecker
Mason Ellenbecker

LECTORS Mara Eichenberger
Breanna Spartz

CANTOR

GIFTS Tony & Melonie Haberman

COMM MIN Ed Smith

Loretta Smith
Tom Volk

USHERS Tony Haberman
Mark Haberman

GREETERS Darol Schmitz

SOGGE HOME

ROSARY

CONTRIB. Jack & Linda Strouth

STEWARDS Randy & Kaye Schmitz

HERON LAKE 8:00 AM

Josh Christoffer
Jessica Christoffer, Taylor Johanning
Andrea Christoffer
Mary Ellen Stenzel

Mary Mathias, Mahlon Iverson
Dale & Marietta Bartosh
Cheri Rademacher
Kraig & Sharon Leopold
Marty & Cathy Henkels
Bob & Jean Ferguson
Bob & Jean Ferguson

Steve & Barb Hussong
Dave & Rose Freking

WINDOM 10:00 AM

Molly Resch
Abby Resch
Candy Riordan
Nick Riordan
Sean Benz
Jim Bregel Family
Mary Benson, Jean Hoppe
Sharon Jenniges, Ronda Kelly
Teresa Presthus
Gary & Joan Hunter
Shirley Carter, Tim Hacker
Teresa Presthus
Orville Cook

Brewster

Heron Lake

Windom

Week 35/52	\$ 935	\$ 1,152	\$ 1,541
YTD	\$ 40,117	\$ 106,401	\$ 76,393
BUDGET		\$ 83,818	
		+ 22,583	



THE SACRAMENT OF RECONCILIATION: Will be offered Sunday 7:30-7:45 am before Mass at Sacred Heart in Heron Lake.

THE ROSARY will **NOT** be said on Mondays until after Easter due to weather related conditions.

VOCATION VIEW: The Lord is kind and merciful, and calls us to proclaim his name. Considering a call to priesthood or religious life? (Psalm 103)

BIBLE STUDY for adults of St. Francis Xavier will be on the second Sunday of the month at 11:00 am at St. Francis Xavier Church. Any questions you have please call Joan Schafer at 832-8328.

BAPTISM: Welcome to the Family of God, **Steven Moya**, son of Rachel Maras and Steven Moya, who was baptized February 21.

This is my name **I AM WHO AM**
for all generations

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From The Desk of Fr. Russ

My e-mail and cell number are now on the front of the bulletin for communication purposes. However, please call the rectory at St. Francis first, as I always leave my cell phone in the car. I do that as I have never gotten into the habit of carrying it around. Years ago folks encouraged me to get one in case I drive into the ditch during the winter months. Also, if you call the rectory number and I am not available, please leave a message and I will return the call.

I would like to know of your pastoral needs, especially those who are shut-in, in the nursing homes/care facilities around the area, etc. Some folks have given names and addresses of some but I know there are more. Please let me know who these folks are so that I may be able to visit and offer the sacraments. As well, let me know if there are times for me to celebrate Mass at the nursing units/care facilities.

Sacrament of Reconciliation:

Please take some time in prayer to consider celebrating the Sacrament of Reconciliation during the Lenten Season. The dates and times of Reconciliation services can be found in the bulletin. As we consider celebrating this sacrament, may we always keep in mind and heart that no sin is greater than God's mercy. It is this mercy we will again celebrate during the Holy Week. Come Easter Sunday, may we all sing "Alleluia!!!"

God bless and have a good week.

BREWSTER

LENTEN PROGRAMS will be on Tuesday at 5:30 pm, with Stations and Mass followed by a light supper served by the CCW. Supper will be served by International Commission, with donations given to Haiti.

PARISHIONERS please pick up the CCW booklet as well your church support statements at the entrance of the church if you have not done so as of yet. Thank you!

HERON LAKE

QUILT RAFFLE: In conjunction with the Annual Pancake Breakfast on Palm Sunday we will raffle a quilt that was hand made and donated by Jan Hartman. We ask that each family purchase or sell a packet of tickets. Ticket packets will be on the tables at the entrance of the church for you to pick up. Those not picked up will be mailed out to parishioners. Thanks for your cooperation.

JUVENILE FORESTERS: The COF are sponsoring another ski trip to Mount Kato on Sunday, March 14, at 2:00 pm. You must let Kevin Leopold know at 793-2894 this week as he has to order tickets. There will not be a bus going.

THE FOOD SHELF is in need of non-perishable items. Please place items in the boxes provided at the entrance of the church. Thank you for your generosity to this cause.

LENTEN PROGRAMS: Coffee and Rolls will be served after Mass every Sunday of Lent followed with a short program. Everyone is invited and welcome.
March 14, Video- The Loving Father
March 21, Video-Jesus the Christ
March 28, Palm Sunday COF Annual Pancake Brunch/Bake sale

MISSION SEWING will be each Tuesday in Steger Hall at 1:30 pm. Any interested persons wishing to share a few hours each week to help assemble or tie quilts for the needy are most welcome. You may do knitting or crocheting of caps and scarves in your home also. Give Elaine Stenzel a call at 793-2249.

MEALS ON WHEELS DELIVERY for the week of March 8-12 will be done by Don & Maurita Volk.

WINDOM

THE CYO for grades 6 – 9 will meet on Wednesday, March 10, at 7:30 pm, right after Faith Formation Classes, in the church dining hall. Call Jackie at 831-4976 with any questions.

MISSION QUILTING will be done every Thursday at 1pm. at the church hall. All ladies welcome, a good time to socialize while getting quilts made for the needy.

DITTY BAG containers are placed in each entry way. Thanks to all who participate in this worth while project. Please return all ditty bags by March 28th.

"FEED MY STARVING CHILDREN," Our CYO is sponsoring a SCHWAN'S truckload sale on Friday, March 12, from noon - 6:00 pm at Auto Value parking lot. A percent of the sales will be donated to feeding the starving children. This is a community-wide project and the meals will be packaged on April 21, at WAHS.

THE CCW BAKE SALE will be on Sunday March 14, after Mass. We are asking all ladies of the parish to donate \$6.00 worth of baked goods or \$7:00 cash. We wish all ladies to participate so we may meet our obligations to our various organizations that we donate to. We will also be accepting any missed or overlooked CCW dues of \$10.00.

ECUMENICAL MID-WEEK LENTEN SERVICES AT 12:00 NOON AT THE PRESBYTERIAN CHURCH IN WINDOM.

March 10 - St. Francis Xavier Church Rev. Marilla Whitney
Mark 11:15-19 - "Courage to Follow"

March 17 - Good Shepherd Episcopal Church Father John Robertson

John 8:12-20 - "Follow in the Light"

March 24 - American Lutheran Church Rev. Terry Frovik
John 12:44-50 - "Do We Believe?"

ON WEDNESDAY MARCH 10, the CCW will serve lunch at the First Presbyterian Church fellowship hall following the Mid-Week Lenten Service at 12:00 noon. You are encouraged to attend and be part of a good representation of our parish together with those from the other four participating churches.

LITURGICAL MINISTERS are needed for Easter Sunday

NEWS NOTES FOR ALL PARISHES

RESPECT LIFE: As the Obama administration approved the first human embryonic stem cells for experiments by federally-funded scientists, pro-lifers argued that aside from the research being unethical, it is also unnecessary because of the availability of adult stem cells and other more recent identified alternatives. *San Diego Union times, 12/3/09*

PARISH NURSING NOTES: : 30 Second Life Fixes!

By Kathi Haberman, RN, Parish Nurse

Do you e very find yourself exhausted by the end of the day? I found this neat little article on AOL.com called **30 Second Life Fixes** and thought I'd share these "fixes" with you. Some thing in the list should be of interest to everyone. 1) **Break it Up** - One Cornell University study showed that workers who took short breaks produced more accurate work. How often should you give your brain a time out? Take a five-minute stretch, coffee or restroom break about once an hour. 2) **Tune Out** - one study conducted in 2007 reported that watching just 15 minutes of TV news can leave us with negative psychological feelings that can only be counteracted with an intervention such as a relaxation exercise. So, if you don't have time to do relaxation exercises after watching the news, turn off the tube -- especially when, during difficult economic times, the news is often full of doom and gloom. 3) **Acupressure** (not acupuncture -- no needles!) is an ailment-alleviating method that has been part of Chinese medicine for more than 5,000 years -- is one quick route to feeling better without the meds. To rid yourself of a tension headache, try opening the palm of your left hand and forming your forefinger and your thumb into a V shape. Apply 15 seconds of pressure to the area between your thumb and your index finger. (I've never done acupressure, so if you try it and it works, let me know!) 4) **Play a song** - music that you choose because it makes you feel good -- studies show that this causes tissue in the inner lining of blood vessels to dilate for increased blood flow, thereby improving the heart's health. 5) Stop that post-lunch "slump" with a little **scent therapy**: researchers have discovered that smelling peppermint or cinnamon boost alertness and motivation and even decrease fatigue. 5) **Phone a Friend** -- visiting with someone you enjoy raises serotonin levels (serotonin is thought to positively affect our moods), and nurturing relationships contributes to longevity. 6) If you are or feel sleep deprived, **Drop That Remote** - the National Sleep Foundation notes that doing work, watching TV and using the computer -- especially in the bedroom -- hinders quality sleep. 7) **Exercise** -- even if you can't spend a lot of time exercising, try to incorporate a little here and there. During the ads on TV, do bicep curls; or get your heart rate pumping with jumping jacks.

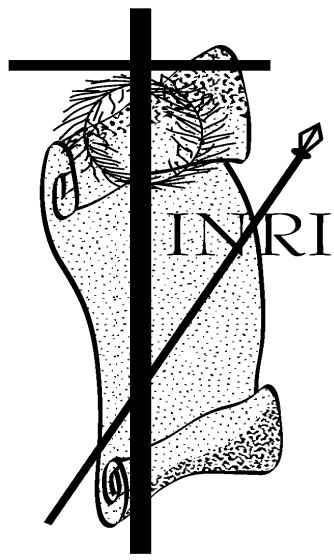
Kathi Haberman at (507) 360-1469 or pnkathi@msn.com. **Tami Anderson** at (507) 822-0962 or tamiander@windomnet.com. **Rhonda Ferguson** at 507-468-2265 or pnrhonda@gmail.com or Cell:507-370-2303.



	GOAL	GENERATED	Donor	%
BREWSTER	\$ 4,860	\$ 555	5	4.63
HERON LAKE	\$ 9,600	\$1,400	3	1.56
WINDOM	\$12,720	\$1,850	6	4.41

Thank you to those who have been generous and ask for continued support for this appeal. Be as generous as He has been generous to you.

A COMMUNAL PENANCE SERVICE for the three parish cluster will be held at St. Francis Xavier on Sunday, March 21, at 2:00 pm. Refreshments will be served.



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AREA RECONCILIATION SERVICES:

Sunday, March 21,	4:00 pm	Good Shepherd-Jackson
Thursday, March 25,	5:30 pm	St. Joseph-Lakefield
Sunday, March 28,	4:00 pm	St. Mary-Worthington

A GRIEF SUPPORT GROUP will meet every Wednesday for six weeks from 4:30-6:00 pm beginning March 17, in the Sanford Jackson Hospital North Conference Room. Grief support Groups are open to anyone who has experienced a loss by death. The sessions are free. Call Kathy at 1-866-655-1017 for information or to register.

LIVING WITH GRIEF: Cancer and End-of-Life-Care will be offered on Wednesday, March 24 from 12:30-3:30 pm at the Sanford Regional Hospital Worthington Downstairs Classroom. This program is offered free of charge. Registrations are due no later than March 19. Contact Sanford Hospice at 507-372-7770.

DIOCESAN APPEAL 2010:
Reflects activity through March 2, 2010.