

BENEDICTINE CATHOLIC COMMUNITIES OF

# SAINT JOSEPH & SAINT JOHN THE BAPTIST

SUNDAY, SEPTEMBER 5<sup>TH</sup> | 23<sup>RD</sup> SUNDAY IN ORDINARY TIME



## CHURCH OF SAINT JOSEPH

**Address:** 12 W. Minnesota St.

St. Joseph, MN 56374

**P:** 320.363.7505

**W:** churchstjoseph.org

**Email:** parish@churchstjoseph.org

### Mass Schedule

Tuesday, Thursday, Friday: 9 am

Saturday: 5 pm

Sunday: 10:30 am



## SAINT JOHN THE BAPTIST

**Address:** 14241 Fruit Farm Rd

St. Joseph, MN 56374

**P:** 320.363.2569

**W:** stjohnthebaptistparish.org

### Mass Schedule

Wednesday: 8:30 am

Sunday: 8:30 am

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**Saint Joseph:** We, the Church of Saint Joseph, are a Catholic, Benedictine faith community. Through our liturgy and faith formation, we build on a solid foundation as active witnesses of Christ, and we eagerly respond to the needs of the Parish and the global community.

**Saint John the Baptist:** We are a progressive Catholic Benedictine Community encountering Christ through the celebration of Word and Sacrament, one another, nature, and our thirst to create a just world.

Where the  
Community  
Comes  
Together

# Weekly Schedules

## MASS INTENTIONS SCHEDULES

### SATURDAY, SEPTEMBER 4

5:00 pm Mass †Marietta Haeg Schwartz  
Church of Saint Joseph

### SUNDAY, SEPTEMBER 5

8:30 am Mass for Our Parishes  
Saint John the Baptist

10:30 am Mass †Virginia Pfannenstien  
Church of Saint Joseph

### MONDAY, SEPTEMBER 6

No Mass Today

### TUESDAY, SEPTEMBER 7

9:00 am Mass †Delores Giroux  
Church of Saint Joseph

### WEDNESDAY, SEPTEMBER 8

8:30 am Mass †Jerome & Mike Lodermeier  
Saint John the Baptist

### THURSDAY, SEPTEMBER 9

9:00 am Mass †Leon Hoffman  
Church of Saint Joseph

### FRIDAY, SEPTEMBER 10

9:00 am Mass †Dennis Loecken  
Church of Saint Joseph

### SATURDAY, SEPTEMBER 11

5:00 pm Mass †Mary Ann Vogel  
Church of Saint Joseph

### SUNDAY, SEPTEMBER 12

8:30 am Mass for Our Parishes  
Saint John the Baptist

10:30 am Mass †Ruth Donais  
Church of Saint Joseph

## RECONCILIATION

A new reconciliation schedule will begin Saturday, September 11th. The Sacrament of Reconciliation will available 15 minutes prior to every Mass time. Please enter the sacristy at the Church of Saint Joseph or the Marian Chapel at Saint John the Baptist Parish to connect with a priest. Reconciliation is also available by appointment.

## UPCOMING EVENTS

### TUESDAY SEPTEMBER 7

9:30 am | Enrichment Tuesday, Heritage Hall  
1:30 pm | Enhanced Fitness, Heritage Hall  
7:30 pm | Contemporary Choir,  
Church of Saint Joseph Church

### WEDNESDAY SEPTEMBER 8

9:00 am | Coffee & Conversation, Parish Center,  
Saint John the Baptist  
1:30 pm | Senior Yoga, Heritage Hall  
3:30 pm | Remembrance Group, Saint Joseph  
Parish Meeting Room

### THURSDAY SEPTEMBER 9

1:30 pm | Enhanced Fitness, Heritage Hall  
7:00 pm | Adult Choir Rehearsal,  
Church of Saint Joseph Church

### FRIDAY SEPTEMBER 10

9:30 am | Refreshments after Mass, Heritage Hall

### MONDAY SEPTEMBER 13

8:00 am | Parish Quilters, Gathering Space  
8:00 am | Saint Joseph Church Cleaning  
10:00 am | Senior Cards, Heritage Hall  
1:30 pm | Care Partners, Saint Joseph Parish Meeting Rm  
6:30 pm | Saint Joseph Building & Maintenance  
Meeting, Heritage Hall  
6:30 pm | Knights of Columbus Meeting,  
Heritage Hall

### TUESDAY SEPTEMBER 14

8:00 am | Parish Quilters, Gathering Space  
9:30 am | Enrichment Tuesday, Heritage Hall  
1:30 pm | Enhanced Fitness, Heritage Hall  
7:30 pm | Contemporary Choir,  
Church of Saint Joseph Church

### WEDNESDAY SEPTEMBER 15

9:00 am | Coffee & Conversation, Parish Center,  
Saint John the Baptist  
10:00 am | Willing Hands, Heritage Hall  
1:30 pm | Senior Yoga, Heritage Hall  
6:00 pm | Saint Joseph Pastoral Council Meeting,  
Heritage Hall

### THURSDAY SEPTEMBER 16

1:30 pm | Enhanced Fitness, Heritage Hall  
7:00 pm | Adult Choir Rehearsal,  
Church of Saint Joseph Church



## SAINT JOSEPH'S PARISH STAFF

### Parish Staff

Phone: 363-7505

### Pastor

Fr. Roger Klassen, OSB, ext. 122  
Email: rklassenosb@gmail.com

### Sacramental Minister

Fr. Blane Wasnie, OSB

### Deacon

Matthew Ludick  
Phone: 320-428-6139  
Email: dcnmrl07@gmail.com

### Business Administrator

Amber Walling: ext. 120  
Email: awalling@churchstjoseph.org

### Administrative Assistant

Mary Lohaus: ext. 100  
Email: parish@churchstjoseph.org

### Faith Formation Director

Marian Bach: ext. 152  
Email: ffdirector@churchstjoseph.org

### Health & Wellness

Marjorie Henkemeyer  
Phone: 363-4588  
Email: mhenk2929@aol.com

### Liturgy & Music Director

David Orzechowski: ext. 123  
Email: liturgy@churchstjoseph.org

### Facility Manager/Cemetery

Andy Loso: 320.293.1953  
Email: alosoc@churchstjoseph.org

### Pastoral Ministry

Betty Larson, OSB: ext. 130  
Email: elarson@csbsju.edu

### St. Joseph Catholic School

Phone: 363-7505

### Principal

Sara Michaelson: ext. 151  
Email: sara.michaelson@stjosephccs.org

### Administrative Assistant

Linda Heinen: ext. 150  
Email: linda.heinen@stjosephccs.org

### Parish Council Representatives

Carlos Garcia: 320-493-1782  
Charlie Burg: 320-363-4114  
Rich Gallus: 320-363-0565  
Lori Stock: 320-241-4528

### Finance Council Chair

Dan Wippler

### Trustees

DeAnne Budde  
320-293-4648  
Rick Baron  
320-267-2370



## SAINT JOHN THE BAPTIST'S PARISH STAFF

### Pastor

Fr. Roger Klassen, OSB  
Phone: 320-363-7505 x122  
Email: rklassenosb@gmail.com

### Sacramental Minister

Fr. Blane Wasnie, OSB

### Business Manager:

Julie Ortloff, 320.492.2835  
jortloff@csbsju.edu

### Faith Formation Coordinator:

Tess Koltes

### Trustees:

Dean Merdan 320.356.7131  
Heidi Peterneil 320.761.9469

### Parish Council Representatives:

Brian Posch 320.333.2036  
Joyce Abeln 320.761.2275  
Greg Hansen 320.492.4844  
Tess Koltes 320.250.6728

### Committee Chairpersons:

#### Social Justice & Min:

Eileen Haeg

#### Parish Life: Heidi Peterneil

#### Liturgy/Faith Form.:

Tess Koltes

#### Finance Council:

Sandy Eynck

## EVERYDAY STEWARDSHIP

### CHOOSING DEAFNESS

If you're a parent, you know that hearing evaluations are usually done at a child's annual physical exam starting around age four. The little person gets hoisted up onto the exam table, fitted with a pair of special headphones, and then they need raise their hand when they hear a sound.

I bet all of us parents who have sat through one of these tests with a preschooler — especially a particularly strong-willed one — have experienced a moment where we ask ourselves: I wonder if there's something wrong with her hearing. Is that why she doesn't listen to me? 'Come here, put on your shoes, pick up your toys, finish your carrots, don't touch that' — she isn't being naughty, she just can't hear it!

And then that moment, for those of us whose kids passed the hearing test with flying colors, comes crashing down into a realization that, yep, they can hear just fine. They're just choosing deafness.

But how can we really get mad when we remember that we do the same thing to God day in and day out? I often wonder if God, sitting in His Heaven, tires of calling to us in the same way young parents tire of calling out unheeded directions to their small children. Help that person. Hear My voice. Open your heart. Give of yourself here. Talk to Me. What is the call He wishes you to hear today? Can you hear it? Are you listening?

— Tracy Earl Welliver, MTS

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## GOSPEL REFLECTION—SEPTEMBER 5



“Say to those whose hearts are frightened: Be strong, fear not! Here is your God.” These words from the Prophet Isaiah are the words of Jesus to us. God is with us through each day, through the good times and the more difficult times.

In today’s Gospel Jesus cures a man who is deaf and mute. Who do the deaf and mute symbolize today? They are the oppressed and vulnerable, the poor and the hungry, the outcast and the ignored. God promises to be faithful to them, to sustain them and to protect them. We are called to be God’s instruments for these people. What are some things we could do? A donation for the poor, a call to someone who is sick and lonely, and prayers for all! We are also called to be thankful for the gifts that God has given us. When are the times when you have been deaf and mute and needed God’s help? Who reached out to you? Take time this week to thank God for the gifts you have and for the people who have reached out to you in your time of need. God bless you!

*S. Betty Larson, OSB, Pastoral Minister*

## READINGS FOR THE WEEK OF SEPT 5

- SUNDAY:** Is 35:4-7a/Ps 146:7, 8-9, 9-10 [1b]/  
Jas 2:1-5/Mk 7:31-37
- MONDAY:** Col 1:24—2:3/Ps 62:6-7, 9 [8]/Lk 6:6-11
- TUESDAY:** Col 2:6-15/Ps 145:1b-2, 8-9, 10-11 [9]/  
Lk 6:12-19
- WEDNESDAY:** Mi 5:1-4a or Rom 8:28-30/Ps 13:6ab,  
6c [Is 61:10]/Mt 1:1-16, 18-23 or 1:18-23
- THURSDAY:** Col 3:12-17/Ps 150:1b-2, 3-4, 5-6 [6]/  
Lk 6:27-38
- FRIDAY:** 1 Tm 1:1-2, 12-14/Ps 16:1b-2a and 5, 7-8,  
11 [cf. 5]/Lk 6:39-42
- SATURDAY:** 1 Tm 1:15-17/Ps 113:1b-2, 3-4, 5a and  
6-7 [2]/Lk 6:43-49
- NEXT SUNDAY:** Is 50:5-9a/Ps 116:1-2, 3-4, 5-6, 8-9 [9]/  
Jas 2:14-18/Mk 8:27-3

## PLEASE PRAY FOR...

All who are lonely, grieving or estranged, military men and women and their families, all the ill or suffering, people of the Diocese of Vijayapuram, India, all farmers, all frontline healthcare workers and workers & volunteers in foreign lands.

### CHURCH OF SAINT JOSEPH

Duffy Barton, Judy Bruemmer, Lee Eisenschenk, Carol Fries, Jill (Hoffman) Fussy, Gabby, Caroline Glatzel, Theresa Glatzel, The Grey Family, Mary & Doug Hanks, Larry & Anita Hering, Luise Hiemenz, Cliff Hilsgen, Jack Johnson, Amy Klaphake, Becky Klaphake, Bob Klein, Ann Leedah, Brian Lemke, Cheryl Lodermeier, Kathy Lodermeier, Waylon Ludvigson, Becky Maus-Nelson, Judy Meemken, Esther J. Merklng, Alban Mohs, Jean Nierengarten, Miles Oliver, Nate Osbourn, Jennifer Oswald, Marjorie Pfannenstein, Ann Scherer, Cindy Schmitz, a Special Intention, Anthony Scholz, Elliette Grace Schwegel, Susan Sink, a Special Intention, Jan Smidt, Dennis Stueve, Oswald Thelen, Darlene Thielman, Jason Thompson, Bob Valek, Lisa Volkers, Eileen Walz, Bill Wasner and Sue Zimmer.

## SAINT JOHN THE BAPTIST

Paul Dukowitz, Gloria Ebacher, Denis Hynes, Alvina Klocker, Gen Ludowese, Leo Heck, Larry Notch, Jerry Rothstein, Anthony Scholz, and Charlie & Nancy Wenner

*To add or remove a name for the Prayer Corner, call the parish office.*

## IN LOVING REMEMBRANCE

**Please remember in your prayers those who have recently died:**

Charles Bechtold, John Steichen, Joseph Fitzgerald, and Yvonne Linnemann.

*“May the souls of the faithful departed rest in peace.”*



## ACC News & Local Events

### PANENTHEISM: A WAY OF SEEING GOD'S PRESENCE IN THE WORLD

Colossians 3:11 tells us "There is only Christ. He is everything and he is in everything." Panentheism views God as present in the universe yet more than the universe. It underlies Fr. Richard Rohr's "Universal Christ." It is also found in the writings of Muslim Sufi mystics, Celtic spirituality, and has recently found favor with many in the science and religion dialogue. What would a panentheistic God imply for our salvation, creation, and God's agency in the world?

Friday, September 10, presentation from 9am -1pm, Emmaus Hall, Saint John's University, Collegeville. Synchronous Event. Free event. Registration is required: [www.collegevilleMN.com/theologyday](http://www.collegevilleMN.com/theologyday), 320-363-3560 or [theologyday@csbsju.edu](mailto:theologyday@csbsju.edu).

### EXPLORING THE JOURNEY OF BECOMING: A LOOK AT THE RELATIONSHIP OF FAITH AND IMAGINATION

Often relegated to the realm of childhood and fantasy, the imagination gets a bad rap. The last thought most may consider is the impact of the imagination upon the experience of faith. But there are great connections to be discovered. This Theology Day will examine these connections and explore thought about the imagination and its role in the human experience of faith, the relationship of Christ to each of us and to all of us, and how, by employing the imagination, we engage the journey of becoming. Friday, September 17, presentation from 10am -12pm. Online Webinar Event. Free event. Registration is required: [www.collegevilleMN.com/theologyday](http://www.collegevilleMN.com/theologyday), 320-363-3560 or [theologyday@csbsju.edu](mailto:theologyday@csbsju.edu).

### BISHOPS ANNUAL APPEAL

Thank you to those who have already supported diocesan ministries through the appeal. As of August 24, the Appeal raised \$1,139,190 in gifts and pledges toward the goal of \$1,400,000 with gifts from 7,542 households. Every dollar raised goes directly to ministries that support our Catholic faith and is not used for any other purpose. Learn more at [www.stcdio.org/annualappeal](http://www.stcdio.org/annualappeal).

### RECOGNIZING FALLS PREVENTION MONTH

The class 'Safety Basics' will be presented on Friday, September 24th at 10:00 am in Heritage Hall. Each week this month, tips will be shared to assist in Home Safety. When we mention the word home for most of us it brings feelings of safety, warmth and security. The month of September is set aside to focus on the topic of safety; On Friday September 24th we host a presentation by Whitney Senior Center on Safety Basics.

A few basics to keep in mind are one of every five adults who fall sustain a broken bone, head injury or other serious injuries and falls account for half of accidental deaths. Some measures to consider are:

- Keep floors dry to prevent any slipping
- Add non-slip mats to your bathroom
- Install lights in stairways to ensure adequate lighting
- Be careful around your dogs, cats and other pets.
- Keep out door steps clear of snow and any objects that could interfere with opening the door or going outside.
- Install and use ramps and handrails as needed.
- Your favorite throw rugs could be one of your greatest dangers. Only use throw rugs with non slip backings.

## Stewardship Updates

### SAINT JOHN THE BAPTIST

Adult Envelope	\$2,022.50
Donations Fiscal Year to Date	\$22,627.50
Budgeted Donations Fiscal YTD	\$22,941.00
Children's Contributions	\$32.00

*Thank you to those who continue to mail contributions and contribute via Electronic Bank transfers, your generosity is greatly appreciated.*

### SAINT JOSEPH

Weekly Budget for 8/29/2021	\$7,886.54
8/29 Youth Offering	\$5.50
8/29 Adult Offering	\$6,671.52
Assumption	\$5.00
Weekly Difference	-\$1,204.52
Total Budgeted YTD	\$91,428.86
Total Received YTD	\$87,637.25
Difference YTD	-\$3,791.61

# Parish Updates

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## SAINT JOHN THE BAPTIST

### CHILDREN'S ENVELOPE & ACTIVITY PACKS

Each child can pick up a Children's Activity Pack from the Usher. Each Pack contains a contribution envelope asking for a good deed done, the weekly Gospel activity sheet, crayons and pencil. At each Sunday Mass, Father will ask the children to bring forth their Children's Envelopes. We look forward to witnessing this participation from the young people at masses!

### OUTDOOR MASSES CONTINUE

Our Sunday Masses will continue to take place outdoors. We have been listening to your concerns about the Covid cases rising, and your requests to continue to offer Mass outdoors. Weather permitting, we will continue to meet outdoors for Sunday Masses, please bring your lawn chairs. \*In case of rain, we would simply move Sunday Mass INSIDE the Parish Center. We will continue to livestream our Masses on social media and audio broadcast to vehicle radios in the parking lot (Communion is distributed outside).

### WEDNESDAY MASS INVITATION

Please join us for Mass every Wednesday morning at 8:30 a.m. in the Parish Center FOLLOWED BY COFFEE AND CONVERSATION.

### WE'RE HIRING!

Our parish is looking for a part-time Kitchen/Event Coordinator. This person would organize & manage the Parish Center kitchen during fundraising dinners, funeral luncheons and building rentals. Food Service training would be provided as well as a competitive wage. If this position might interest you, please contact Julie Ortloff in the parish office.

### GRIEF SUPPORT GROUP

Our Grief Support Group Sessions will meet on the SECOND WEDNESDAY of each month at the Parish Center. Grief is hard and YOU DON'T HAVE TO DO IT ALONE! Grief takes many forms too. Sometimes it is the loss of someone we love and sometimes it is more indirect, like the loss of a friendship, a break-up, the loss of a job, or the major life changes that come with dealing with a chronic health issue. Feel free to join us for 8:30 a.m. Mass, followed by a light breakfast, and then our group meeting. You are welcome to bring a friend if you wish. Our meetings are facilitated by: Sister Joyce Iten is a member of the Sisters of the Order of St. Benedict, St. Joseph, MN. Our next meeting will be: Wednesday, September 8th.

### FALL RUMMAGE SALE—SEPT. 23 & 24

Get ready for the Fall Rummage Sale! Please take time and recycle clothes that haven't been worn for a while, items that are not being used and toys your children no longer play with. Please be sure that items are clean, smell good and are appropriate. (We cannot accept large furniture, baby cribs, strollers, high chairs, filing cabinets, appliances, office chairs, Christmas trees, or anything electrical.).

We will collect donations Sunday – Tuesday, September 19, 20 & 21 from 1:00-7:00 PM.

If you are able to volunteer at our sale or donation drop-off days, please sign-up on bulletin board inside the parish center or call Julie to schedule. After the sale ends, we need a lot of help to pack up remaining items, taking down the tables, setting up for Mass, and a few people with trucks to help bring leftover items to Goodwill.

### HOLIDAY CRAFT FAIR

Save the date for our Holiday Craft Fair on Saturday, November 6th! Join us for shopping fun from 9:00am – 3:00pm. We are currently accepting vendor registration forms—if you would like to reserve a table for your craft, please contact Heidi Peternell at 320.761.9469. Craft Fair flyers are printed and on the table inside the parish please help by posting flyers around town at local businesses.

### FAITH FORMATION NEWS

The countdown is on for our First Faith Formation Sunday on September 19.

During 8:30 Mass: Catechist Blessing  
9:30: Students report to classrooms for instruction  
10:30. Breaking Bread, bag lunches

Students will be REQUIRED to wear masks at Faith Formation indoors. We have a number of students coming together from multiple schools so we want to try to keep each other safe. Thank you for understanding.

Thank you to our catechists Greg Haeg, Kari Scholz, Ben Pflueger, Tracy Eynck, Elizabeth Merdan, Amy Hiltner, and Wendy Theisen for putting in a couple of hours of preparation in the classrooms.

### 9:30: Adult speaker, Susan Stabile

Susan is the author of Growing in Love and Wisdom. She will explain how she continues to incorporate elements of Buddhist meditation into her Christian prayer. If it is a nice day, we will have her speak outside.

Date:	Lectors:	Euch. Ministers:	Sacristan:	Sound:	Usher:
September 12	Karen Schellinger	Bob Mayers	Christine Luna Munger	Brian Posch	Bob Mayers
8:30 AM		Christine Luna Munger			
		Greg Hansen			

## SAINT JOSEPH

### CATECHETICAL SUNDAY

Catechetical Sunday is a wonderful opportunity to reflect on the role that each person plays, by virtue of Baptism, in handing on the faith and being a witness to the Gospel. This year, the Church will celebrate Catechetical Sunday on September 19th. The United States Conference of Catholic Bishops chose as this year's theme: "Say the Word and My Soul Shall be Healed." As a parish community we are grateful for the wonderful catechists, support team and Confirmation leaders for their dedication, willingness and witness to the gospel message of Jesus. Please pray for a very blessed and fruitful year of faith formation.

With gratitude to:

#### Catechists-Grades 1-10

1st: Allie Hilsgen  
Amber Hilsgen  
2nd: Candace Rolfes  
3rd: Lisa Loso  
4th: Jami Nordmann  
5th: Valerie Doze  
6th: Diana Goracke  
7th: Carlos Garcia  
8th: Michelle Lahr

#### Support Team

1st-8th  
Lisa Hilsgen  
Jamie Phillipp  
Laura Roske

#### Confirmation Team

9th: Heidi Nelson  
10th: Daniel Hickman  
11th: Marian Bach  
Carlos Garcia  
Elissa Rooney  
Kate Gallagher

Please join us on Sunday, September 19th at the 10:30 am Mass. Food and fellowship to follow Mass in Heritage Hall. All parishioners are welcome.

### COME, TAKE A PEEK AT CATHOLICISM

The Rite of Christian initiation of Adults (RCIA) is an opportunity to learn more about the Catholic Church and is a journey of discernment. If you would like to know more or have questions regarding the RCIA journey, contact Marian at ext. 152. The first inquiry session is scheduled for Wednesday, October 27th at 5:00 pm in the parish office building.

### BIBLE STUDY FOR ADULTS

Did you know that God delights in you? It's true! You are invited to join in an Afternoon Delight Bible Study, focusing on how God delights in us as found in scripture. The gatherings will be at 4:00 pm beginning September 15th in Heritage Hall. The Bible Study is open to all adults, couples, and individuals, and will be led by Dean and Dede Budde. Study materials will be provided, and pre-registration is required. Please text or email your name and text/email information to 320.293.4648, dede\_avon@yahoo.com. Join us as we delight in God's Word! For detailed information, contact Dede using the above phone number or email or Marian at the faith formation office.

*Marian Bach, Director of Faith Formation*

### OUR CHOIRS ARE BEGINNING A NEW SEASON

Our choirs at the Church of Saint Joseph will be starting their new season with rehearsals this coming week. We are always eager to have new members! We have two groups: the "Contemporary Choir," which practices on Tuesday evenings and also the Adult Mixed Choir, which practices on Thursday evenings. Both groups alternate between singing for the Saturday 5pm and Sunday 10:30 am Masses. Please contact David Orzechowski if interested or for further details.

### ENRICHMENT TUESDAY BY FR. ROGER KLASSEN AND FR. BLANE WASNIE

You are invited to the Tuesday, September 7th enrichment gathering following the 9:30 am Mass. Fr. Roger and Fr. Blane ask that you come with thoughts and suggestions regarding areas of interest. They would like to know: What are you "hungering for" spiritually, in light of scripture, regarding Church teaching etc? The format could be something similar to the past enrichments: a presentation, discussion, questions and answers. Be sure not to miss this first gathering and come with your ideas!

### 500 AND CRIBBAGE

Join the group for a fun morning of playing 500 or cribbage. 10:00-11:30 Monday September 13 in Heritage Hall.

### CAREPARTNER/CAREGIVER SUPPORT GROUP

Monday September 13 from 1:00-2:30 in Parish Meeting Room. This month's topics include finding activities and knowing when to find assistance. Questions contact Marjorie Henkemeyer mhenk2929@aol.com or by calling 320-363-4588

### SENIOR YOGA

Increase your flexibility, balance and range of motion. Wednesdays 1:30-2:30 in Heritage Hall.

### ENHANCED FITNESS

Work on strength building, balance, stretching and flexibility. Tuesdays and Thursday in Heritage Hall 1:30-2:30.

### WELCOME!

We welcome the following to our parish family:  
Adam & Shannon Frear and their children, Jocelyn & Natalie  
George & Tina Fortier and their children, Emmie, George, Theo & Benny