



Our Lord Jesus Christ, King of the Universe
November 24th, 2024

St Mary of Czestochowa
CATHOLIC CHURCH

1867 95th Street SE • Delano, MN 55328
(952) 955-1139

Growing together in Christ through the power of the Holy Spirit, leading others to Him; striving to become saints.

Father Paul Kubista, Pastor
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Welcome! If interested in becoming a member or becoming a Catholic, contact Fr. Kubista.

Baptism: Contact Fr. Kubista at least 3 months before the birth to attend a class and set a date.

Faith Formation for grades K-Confirmation Wednesday evenings from Sept 11th-April

First Confession & Holy Eucharist: Register for 2nd grade Faith Formation classes.

Confirmation: Register for 9th & 10th grade Faith Formation classes.

Marriage: Contact Fr. Kubista at least

six months before the planned wedding date.

Pastoral Care of the Sick: If you move to a nursing home or care facility and would like a priest to visit, or if unable to attend mass and would like communion at home, contact Fr. Kubista.

Anointing of the Sick: Contact Fr. Kubista when seriously ill or near death.

Funerals: Contact Fr. Kubista

Eucharistic Adoration - First Friday of every month 9-10am (including Confessions, Benediction) and Wednesdays 9am-6pm.

First Saturday devotions start 35 minutes prior to 4pm Mass.

Mass Intention Requests may be placed in the collection plate. Please enclose them in an envelope along with instructions (i.e., desired dates, number of masses, etc). Or contact Sue Roskowiak at 612-414-4705.

Bulletin Items by Thurs noon: kmotzko@stmarydelano.org

Hall Rental: Contact Mary Kay Swartzter.

Safe Environment Coordinator: Kathleen Motzko
kmotzko@stmarydelano.org

Formed.org sign in under St. Boniface.

MASS SCHEDULE / Intentions		
Sat 23rd	4pm	Terry Gray +
Sun 24th	8:30am	St Mary's Living & Deceased
Tues 26th	6:30pm	Arlene Kortan Litchy +
Wed 27th	8:30am	Gladys & Alex Socher +
Thur 28th	8:30am	Allen Henry +
Fri 29th	8:30am	NO MASS
Sat 30th	4pm	St Mary's Living & Deceased
Sun 1st	8:30am	Joe Swartzter, Sr +

Lector and Sacristan Schedule	
Nov 23rd	Huns V (L), Sue J (S), Jim & George (U)
Nov 24th	Glavans (L/S), Jim O' & Gene G (U)
Nov 30th	Tracy A (L/S), Jim & George (U)
Dec 1st	Huns V (L), Kate T (S), Joe N & Jim Otto (U)

Reconciliation Times: One-half hour before each Mass or by appointment.

Rosary Times: starts 16 min before each weekday Mass and 20 min before Sat & Sun Masses

Divine Mercy Chaplet after each weekday Mass

Thank you to all of those who volunteer to be Lectors, Sacristans, and Ushers at our masses. Your dedication is much appreciated!

A Message from Fr. Kubista:

(Continued from last week...) Let's analyze some of the mental illnesses as described by WebMD. First we should understand the definition of mental disorder. *"A mental disorder is a syndrome characterized by clinically significant disturbance in an individual's cognition, emotion regulation, or behavior that reflects a dysfunction in the psychological, biological, or development processes underlying mental functioning."* Basically a disorder means that someone is grossly responding (acting) in an "abnormal" way.

*"People with **anxiety disorders** respond to certain objects or situations with fear and dread, as well as with physical signs of anxiety or panic, such as a rapid heartbeat and sweating"* When one has an anxiety (worry, anxious) disorder they are significantly not handling anxiety as they should. Since anxiety is mainly sourced in the soul, it is mainly a spiritual issue. Physical responses to anxiety typically are not abnormal rather the movements of fear and dread can be so much to elicit an extreme reaction which is not healthy and harmful to the individual, both physically and spiritually. It is the reaction to the stimuli that is problematic. So if one experiences anxiety, one has to ask for God's help and allow Him to calm one's anxieties (fears, dreads, worries) and minimize the unhealthy movements in the soul. *"Do not fear: I am with you; do not be anxious: I am your God. I will strengthen you, I will help you, I will uphold you with my victorious right hand."*(Isaiah 10:41) *"I sought the LORD, and he answered me, delivered me from all my fears."*(Psalm 34:5) *"Cast all your worries upon him because he cares for you."*(1 Peter 5:7)

*"**Eating disorders** involve extreme emotions, attitudes, and behaviors involving weight and food. Anorexia nervosa, bulimia nervosa, and binge eating disorder are the most common eating disorders"* Emotions, attitudes, and behaviors are sourced from the soul these disorders point to disorder in the soul and hence a spiritual remedy is required specifically the virtue of temperance. *"Researchers are finding that eating disorders are caused by a complex interaction of genetic, biological, behavioral, psychological, and social factors."* So there certainly could be physical elements involved but the prominent element is a spiritual one. Sirach tells us: *"Moderate eating ensures sound slumber and a clear mind on rising the next day...Listen to me, my child, and do not scorn me; later you will find my advice good. In whatever you do, be moderate, and no sickness will befall you."*(Sirach 31:20,22) St Paul says: *"For anyone who eats and drinks without discerning the body, eats and drinks judgment on himself."*(1 Cor 11:29)

*"People with **impulse control disorders** are unable to resist urges, or impulses, to perform acts that could be harmful to themselves or others. Pyromania (starting fires), kleptomania (stealing), and compulsive gambling are examples of impulse control disorders. Alcohol and drugs are common objects of addictions. Often, people with these disorders become so involved with the objects of their addiction that they begin to ignore responsibilities and relationships"* God does not create us to act without control for we are always given enough Grace to avoid falling into sin. (See 1 Corinthians 10:13) Overtime, though, if one does not resist the urge to do something wrong, it can become habitual, even impulsive (acting without thinking or choosing). It is so important to not get into bad habits especially when we are young which is why parents have such an important role in the formation of their children. St. Paul tells us: *"Everything is lawful for me," but I will not let myself be dominated by anything."*(1 Corinthians 6:12) Addictions to gambling, alcohol, and drugs require spiritual healing for one has admit there is an addiction, get help (especially from God) and with His Grace, regain control of their will to resist the urge (impulse). St. Paul says: *"For the grace of God has appeared, saving all and training us to reject godless ways and worldly desires and to live temperately, justly, and devoutly in this age"*(Titus 2:11-12) (Continued next week...)

Advent Starts Dec. 1st

Morning or Evening Prayer of the Liturgy of the Hours (the daily prayer of the Church) will be said after masses during Advent. It will take around 10 minutes so it might be something for you consider staying for or you can do it on your own. You can download the app for your phone at ibreviary.com.

New class by Fr. Kubista—An opportunity to learn more about God will begin on Tuesday December 3rd at 7:15pm - 8:45pm. Join Fr. Kubista as we learn more about various aspects of God that have been revealed to us.

Books for Advent, *Arise from Darkness* (free, limit one per household), are available on the back tables. Advent is a good time to become better prepared for Christ and reading a book like this can help us grow in our trust of Jesus.

Advent Schedules can be found on the back tables.

The Solemnity of the Immaculate Conception is transferred to Monday, Dec 9th. Archbishop Hebda has dispensed us from the obligation of attending mass for the Holy Day. We will have Mass at 6:30pm on that day.

Many thanks to those who have donated to the annual Catholic Services Appeal in 2024.

We are currently at 40 % of our goal with \$9729 yet to raise in 2024. The annual appeal supports many ministries that have seen reduced support from public funding—such as hospital and prison chaplains and support to life centers offering families supplies and services they are unable to find elsewhere. To donate online visit www.archspm.org/csa. If you have any questions, please call 651.291.4412.

Memorial Mass Nov. 26th

Join us for a special Memorial Mass to honor the memory of our loved ones in a special way as we approach Thanksgiving. Whether it has been a recent loss or many years ago, we never forget those who are dear to us. To honor their memory in a special way, as we approach Thanksgiving, you are invited to a memorial Mass on Tuesday, November 22nd.

The rosary will be prayed at 6:15 pm, Mass begins at 6:30 pm, and the Divine Mercy Chaplet will immediately follow Mass. Come early to light a candle to place near the altar. Candles will be provided. Refreshments and a time of sharing follow Mass in the church hall downstairs.

Window Update

The stained glass windows are expected to be put back in around December 20th. They installed most of the storm windows that cover the bottom portion of the larger stain glass windows.

Thank you to those who have donated for this cause; the total received is \$7955.

Our Sacrificial Giving

We offer unto you, O Lord, our sacrificial giving. Thank you.

Average weekly collection income need	\$3,315.00
11/17/24 Weekly Envelopes/Autobanking	\$2,245.00
Weekly Plate collection	\$1,099.62
Faith Formation	\$25.00
Collection Total for 11/17/24:	\$3,569.62
Stole Fee *	\$50.00
Cemetery Plot*	\$450.00
Budgeted Collection Income YTD**	\$66,300.00
YTD Weekly Collection (as of 11/17/24)	\$76,913.24

* Not included in Collection Total

** Does not include festival income

Parish Events

- Nov 26th at 6:30pm—Memorial Mass with reception following
- Nov 28th—Thanksgiving Day Mass at 8:30am
- Dec 1st—First Sunday of Advent
- Dec 1st—Donut Sunday
- Dec 3rd at 7:15pm—Class on God
- Dec 4th at 6:30pm—Faith Formation
- Dec 6th—First Friday Mass, Adoration, Confessions, Benediction
- Dec 7th—First Saturday devotions starting at 3:25pm

Wednesday Eucharistic Adoration 9am-6pm. Contact Sue Broll at 763-213-7923 for more information or if you would like to sign up for a time.

The Catholic Order of Foresters Court 1560

quarterly meeting will be held on Sunday, December 1, 2024 at noon at 310 Pacific Ave, Waverly, MN. Everyone is welcome to attend. Please call 763-658-4009 for information or directions. The **Annual Christmas Party** will be Sunday, December 8th in the St. Mary's (Waverly) Parish Center from 2:00 pm - 5:00 pm.

Thank you to everyone who helped with the Confirmation retreat last Sunday: Fr. Kubista, Cynthia J, Tracy A, Stephanie C, Patti P, Rachel D, and Marilyn G (for baked treats). Your support is greatly appreciated—Kathleen & Andy Motzko.

Thank you sponsors! If you are interested in placing an ad, please contact Kathleen at kmotzko@stmarydelano.org

Keep In Your Prayers

Col. Andy Swartzter (Military)
Elizabeth Roszkowiak, Mary
Lynn Swartzter, Sandy
Hendrickson, Kolby Mills,
Heather O'Brien, Betty Judd,
Karen Otto, Julie Windsperger,
Tom & Pam Bruzek, Mary
Smith, Carol McGuire, Kent
Stassen, Jim Berneck,
John & Jo Jackson

Lord, look upon them with eyes of mercy, may your healing hand rest upon them, may your lifegiving powers flow into every cell of their bodies and into the depths of their souls, cleansing, purifying, restoring them to wholeness and strength for service in your Kingdom. Amen.



Radio Rosary 11:00 am Sundays

KRWC - 1360 AM Buffalo

Nov 24th—for living and deceased members of Catholic United Financial Council 31, St Michael

Dec 1st—for living and deceased members of Catholic Order of Foresters Council 1560, Delano

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Andy, Chad, Mary & Rodger Erickson