

June 7, 2026

The Most Holy Body and Blood of Christ (Corpus Christi)

Sat, June 6, 4:00PM (Sacred Heart) † Tony & Martha Knoll
Sat, June 6, 5:00PM (St. Henry) Deceased Members of the Fellerer Family
Sat, June 6, 7:00PM (Holy Cross) For the People
Sun, June 7, 8:00AM (St. Henry) † Philip & Ramona Sauer
Sun, June 7, 8:30AM (Sacred Heart) † Sue Kalinoski
Sun, June 7, 10:00AM (St. Henry) † Bud Johnson
Sun, June 7, 10:30AM (St. Lawrence) † John Fritz
Tue, June 9, 8:45AM (St. Henry) No Mass
Tue, June 9, 7:00PM (Sacred Heart) † Elmer Bruns
Wed, June 10, 8:30AM (St. Lawrence) No Mass
Wed, June 10, 5:15PM (Holy Cross) † Ron Pikula
Thu, June 11, 8:45AM (St. Henry) † Lawrence Dykhoff
Fri, June 12, 8:30AM (St. Lawrence) † Mary Perius & † Jim Vetter
Fri, June 12, 10:00AM (Perham Living) † Joyce Doll
Sat, June 13, 4:00PM (Sacred Heart) † Robert Herges
Sat, June 13, 5:00PM (St. Henry) † Bob & Margaret Lucking
Sat, June 13, 7:00PM (Holy Cross) † Sue Baumgart
Sun, June 14, 8:00AM (St. Henry) For the People
Sun, June 14, 8:30AM (Sacred Heart) † Kelly Wagenman
Sun, June 14, 10:00AM (St. Henry) † Ambrose Altstadt & Dick Lillis
Sun, June 14, 10:30AM (St. Lawrence) † Carl Rowen

Financial Blessing for May 30th

Adult.....	.841.00	Plate.....	356.00
Children’s Basket.....	2.00	Ascension.....	10.00
		Total.....	1,209.00

Thank you for remembering Holy Cross Church with your Stewardship throughout the year.

Financial Blessing for May 30th & 31st

Adult.....	1,468.00	Plate.....	1,055.00
Youth.....	24.00	Elec. Transfers.....	645.00
Peter’s Pence.....	25.00		
		Total.....	3,217.00

Thank you for remembering Sacred Heart Church with your Stewardship throughout the year.

Financial Blessing for May 30th & 31st

Adult.....	5,524.00	Plate.....	1,880.50
Children’s Basket.....	73.00	Elec. Transfers.....	5,442.55
Other.....	1,405.00	Total.....	14,325.05

Thank you for remembering St. Henry Church with your Stewardship throughout the year.

Financial Blessing for May 31st

Adult.....	1,820.00	Youth.....	23.51
Elec. Transfers.....	1,365.22	Plate.....	496.00
Peters Pence.....	5.00	Ascension.....	20.00
		Total.....	3,729.73

Thank you for remembering St. Lawrence Church with your Stewardship throughout the year.



Congratulations to Fr. Omar (17 years) and Fr. Nathaniel (1 year) who celebrate their priestly ordination anniversaries on June 6th. Congratulations to Deacon John Bell who was ordained to the Diaconate this Saturday. May God continue to bless your vocations in every way.

Please plan on attending a reception for newly ordained Deacon John Bell following the 10:00 a.m. Mass on Sunday, June 7th at St. Henry’s. Please join us in welcoming him into his new ministry of serving as a permanent deacon in our ACC. A light lunch will be served.

BULLETIN DEADLINE: Noon Tuesday



Corpus Christi, the Solemnity of the Most Holy Body and Blood of Christ is Sunday, June 7th. We will have a Eucharistic Procession in Perham on Sunday, June 7th beginning at 1:00PM at St. Henry’s.

SOLEMNITY OF THE MOST HOLY BODY AND BLOOD OF CHRIST

"FOR MY FLESH IS TRUE FOOD AND MY BLOOD IS TRUE DRINK"
- JN 6:55

ST. LAWRENCE UPCOMING EVENTS



Feast of St. Lawrence Parish Festival August 9, 2026

Please remember to pick up your Raffle Tickets from your mailboxes.

Extra books are available from the office or contact Marlene Boedigheimer, 218-457-1588. All wonderful cash prizes! Start thinking of items you can donate to the Silent Auction. You can also ask businesses for a donation to our Silent Auction. Your help with this is greatly appreciated, and we have had wonderful creative items donated in the past!



Festival signup sheets are in the hall. Please fill in the spots needed; the shifts are short! **Sign up early!** You will be reminded of your shift in August. Committee chairs have already been planning! We need everyone's help to host a successful August 9th festival! Thank you for your support.



St. Lawrence Church invites you to visit our new Outdoor Stations of the Cross along the pines on the east side of the church. Spend a few minutes of reflection on the passion of our Lord and Savior any time you are in our neighborhood!



Bishop's Annual Appeal – Hearts of Mercy: Please accept our deepest gratitude to those of you who have already supported diocesan ministries this year. As of Monday, May 18, the Bishop's Annual Appeal for 2026 has raised cash and pledge gifts of \$993,185 toward our goal of \$1,550,000 (64.08%). This was made possible through the generous donations of 4,745 people throughout the 16 counties of our diocese. For weekly updates on our progress and to help these ministries meet their funding needs, visit www.stcdio.org/annualappeal.

Cemetery News

Rick Guck is the sexton of St Lawrence Cemetery. Please, contact Rick (218-849-5488) or the parish office (218-346-7729) with any questions regarding cemetery plots.



Pillow Drive: St. Lawrence Outreach Ministry will be collecting "new pillows in their original plastic wrap" to be given to area people facing serious transitions in their lives. Please bring your pillow donations to St. Lawrence by June 21. There will be a Pillowcase envelope attached to one of the pillow carts if you prefer to donate \$ for us to purchase pillows. Thank you and God Bless You for your generosity!!



Wedding Banns I
Samantha Soupir
& Ross Larson

Welcome to
Harris Hillestad
And
Lynn Hillestad

who recently registered as members
of the St. Lawrence parish family.



St. Lawrence Café Open Friday, June 12th

Bring a dish to share and join us for breakfast after the 8:30AM Mass.

St. Lawrence Parish Life Committee Meeting Sunday, June 14th after Mass



Text App to 55321
to download our parish app!
Search for "Northern Cross Area
Catholic Community"



Requirements for having your first child baptized are: registration at a parish and attendance of a pre-baptism class. If you want your child baptized but have not yet attended the required class, please call the St. Henry's parish office at 218-346-4240. Pre-registration is required.

Pastor:	Fr. Omar Guanche; fatheromar@ncacc.net	Em: 218-346-4240 *Press 7
Parochial Vicar:	Fr. Nathaniel Daubner; fathernathaniel@ncacc.net	Phone: 218-457-3984 (cell)
Deacons:	Deacon Richard Quistorff; deaconrichard@ncacc.net	Phone: 720-688-1015
	Deacon Randy Altstadt; deaconrandy@ncacc.net	Phone: 218-457-0925
Business Manager:	Ann Koll; ann@ncacc.net	Phone: 218-346-4240



St. Lawrence Catholic Church of Rush Lake
46404 County Highway 14
Perham, MN 56573
Phone: (218) 346-7729 Fax: (218) 346-5946
Office Hours: Tuesday & Wednesday 9:00AM-Noon
Email: sandi@ncacc.net
Parish Website: sacredheartstlawrencecatholicchurches.com



SACRED HEART UPCOMING EVENTS



Welcome to
 Luke & Taylin Weniger
 [Cooper]

who recently registered as members
 of the Sacred Heart parish family.



Sacred Heart Christian Mothers'
SALAD LUNCHEON

June 11, 2026
 11:30AM-1:00PM & 5:00PM-6:30PM

Sacred Heart Church, Dent
 Adults-\$10
 Veterans-\$5
 Children (6-12)-\$5/(5 and under)-free
 Home Made Breads & Salads



The Parish of Sacred Heart
 extends congratulations to
Cooper Paul Weniger
 son of Luke & Taylin Weniger
 who received the Sacrament
 of Baptism this weekend.



*The Parish of Sacred Heart extends
 a special congratulations to
Jeff & Joan Gontarek
 Who are celebrating their 25th
 Anniversary on June 9th
 May the Lord bless you*



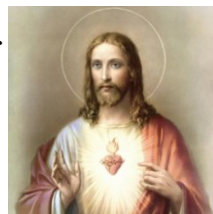
For those who would like to see the ordination of
 Richie Stenger to the priesthood, the Presbyterate
 Ordination for the Fargo diocese will be live
 streamed. It can be viewed on the homepage
www.fargodiocese.org on Saturday June 6 @
 10AM. Best wishes to Richie on his ordination.

**Sacred Heart Christian Mothers
 Coffee & Rolls**
 Sunday, June 14th
 (after 8:30AM Mass)



HELP NEEDED! Help is needed for the Country Store and
 Children's Games at the Sacred Heart Parish Bazaar. If you
 are able to help in one of these areas contact Mark Riesten-
 berg (218-731-2867).

**This week, we celebrate the
 Feast of the Sacred Heart of
 Jesus, a parochial feast day
 for the Church of the Sa-
 cred Heart in Dent. Bishop
 Neary has asked us to con-
 secrate ourselves, our com-
 munity and our nation to
 the Sacred Heart of Jesus. Therefore, we will
 offer a holy hour with Adoration on Thurs-
 day, June 11, beginning at 6:30 pm at the
 Church of the Sacred Heart in Dent. Our
 entire Area Catholic Community is welcome
 to attend.**



Cemetery News Tim Stoll (218-841-4251) and John
 Kratzke (218-758-2275) (Sacred
 Heart) and Mark Riestenberg (218-731-2867) (St Jo-
 seph) are the sextons of Sacred Heart and St. Joseph Ceme-
 teries. Please, contact them or the parish office (218-758-
 2700) with any questions regarding cemetery plots.

SACRAMENT OF BAPTISM: Contact the Parish Offices

SACRAMENT OF MATRIMONY: Diocesan Policy requires that the Pastor be contacted at least 6 months
 before the anticipated date of marriage to allow time for premarital inventory, instructions and planning.

SACRAMENT OF RECONCILIATION: ½ Hour before Weekend Masses at Sacred Heart, St. Lawrence
 and Holy Cross; Third Saturday from 6:00PM– 7:00PM at Holy Cross. Tuesday & Thursday, 8:15AM-
 8:45AM; Saturday, 4:00PM—4:45PM (Before 5:00PM Mass) at St. Henry

Sacrament of the Anointing of the Sick: Contact the Parish Offices

Trustees: Brenda Aschnewitz & Jan Januszewski (Sacred Heart); Jack Werner & Andy Klinnert (St. Law-
 rence); Mark Halbakken & Lisa Hemmelgarn (St. Henry); Dawn Swanz & Jason Schik (Holy Cross)

Northern Cross Area Catholic Community Pastoral Council Members: Chelsey Hendrickx, Dawn Swanz,
 Dan Schik (Holy Cross); Brenda Aschnewitz, Mark Riestenberg, Kenny Moenkendick (Sacred Heart) Gina
 Cavanagh, Ken Guck, Jason Smith (St. Henry); Sandi Carrlson, Jack Werner, Caleb Carrlson (St. Lawrence)



Sacred Heart Catholic Church of Dent
 36963 State Highway 108
 Dent, MN 56528
 Phone: (218) 758-2700
 Office Hours: Monday and Thursday 9:00AM-1:00PM
 Email: sandi@ncacc.net
Parish Website: sacredheartstlawrencecatholicchurches.com



Congratulations to our Calendar Raffle winner this week. 6-5-26-Jim Haider-\$100.



Planning is underway for our 17th annual Heavenly Hacker Golf Tournament. Be on the lookout for more information coming soon.

Jason Smith, Principal
218-346-6190 or sthenryschooll@arvig.net

ST. HENRY UPCOMING EVENTS



Pie & Ice Cream Social!

St. Henry's BBQ, Pie & Ice Cream Social will be held **Thursday, June 18th from 5:00PM - 7:00PM** in St. Henry's School Gym/Fellowship Hall! BBQs, veggies, chips, pie and ice cream will be available. This is part of Perham Turtle Fest, which is a community wide event. Please invite your friends and family!!

Our Committee will be providing the pies, but we know there are talented and experienced pie makers in our parish family, and **we would gladly accept your homemade masterpieces as well. They can be brought to the church on June 18th. Thank you!**

St. Henry's Summer Festival - July 12, 2026

Parishioners, please pick up your raffle tickets located in the Narthex. Extra tickets are available in the parish office. There are also meat raffle tickets and quilt raffle tickets for sale before and after weekend Masses. There is a table by the main entrance with sign up sheets for various volunteer opportunities. Please take a look and sign up! Thank you for your support!

Coming to St. Henry's Church....

The Saint Paul Seminary Catechetical Institute's two-year Pillars Program, which walks you through the *Catechism of the Catholic Church*, invites you to join the class beginning in September 2026. Students will meet on Monday evenings from 7 PM to 9 PM at St. Henry's Church, participate in the small group dynamic, and gather to listen to a lesson taught by the best instructors in the Archdiocese of Saint Paul and Minneapolis, such as Jeff Cavins, Fr. John Klockeman, Deacon Joe Michalak, Dr. Pam Patnode, Dr. Bill Stevenson, Deacon Dan Gannon, Dr. Todd Flanders, Christina Smith, Alyssa Bormes, and more. The program will make sense of all things Catholic, deepen your faith, and lay out the roadmap to heaven.

The classes are divided into four eleven-week modules with two Saturday morning formative sessions per module. Applications are being accepted through August 15, 2026. Class is in-person at St. Bartholomew in Wayzata, and via live stream at various satellite sites.

For more information and an application for the **Class of Archbishop Fulton Sheen** visit, <https://saintpaulseminary.org/ci> or call (651) 962-5072. Lori Curtis will be facilitating this class at St. Henry's Church and can be reached at 218-298-0574.



Holy Family Council of Catholic United Financial will be holding a meeting on Monday, June 8 at 5 PM. If you would like the virtual link to the meeting, please reach out to Jason at sthenryschooll@arvig.net for the invitation.



Totus Tuus registration is now open! It will be held at St. Henry on July 18th - 24th. This is a five day program for children to learn about and grow in their faith. To make this program possible, we need your support! We are looking for two host families, snack donations and volunteers to help during the morning to midafternoon session. Those interested can reach out to Michelle at michelle@ncacc.net or 218-849-9660 for more information.



Turtle Fest Blood Drive

Friday, June 19
10:00AM - 1:30PM

Bloodmobile located at St. Henry's Church
Contact Chelsey at 218-346-4240 for an appointment



Col. Gregory Hirschey is retiring after 32 years in the Army. He would like to thank everyone for the prayers, and also the letters and cards he has received through the years.



We are looking for people to commit to spending a scheduled hour a week with Jesus in the Blessed Sacrament at Adoration at St. Henry. We are looking for a second adorer for Mondays from 2-3PM, Tuesdays from 2-3PM, and Wednesdays from 1-2AM. If you would be interested in taking any of these time slots, please call the parish office at 218-346-4240.

Cemetery News

Mike Johnson (St. Stan) (218) 849-0501 and Ron Berns (St. Henry) (218) 298-0545 are the sextons of St. Stan and St. Henry Cemeteries. Please contact them with any questions regarding cemetery plots.



St. Henry's Catholic Church of Perham

234 2nd Ave SW
Perham, MN 56573
Phone: (218) 346-4240
Email: chelsey@ncacc.net

HOLY CROSS NEWS

Adoration is held on the 3rd Saturday of the month at 6:00 pm.

Cards will be played every Thursday at 1:00pm.



Holy Cross is planning to use the church apartment as a priest retreat. We need your help to establish and run this retreat. Please call Dawn at 218-639-8647 or Jason at 218-298-1621 if you are interested in helping.

Holy Cross Fundraiser

(Funds go to a new sidewalk)

Philly sandwich, beans, chips & bottled water
\$13.00 at Perham Meat Market
June 11 & 12



Catholic Century Farm Award

Catholic Charities of the Diocese of St. Cloud would like to honor Catholic families who have farmed and nurtured the same land for 100 years. These families will be honored at the annual Rural Life Celebration with a certificate and award for their home as well as being entered into the official Catholic Century Farm Registry. For more information, requirements and applications visit: www.cctcloud.org/services/social-concerns Deadline for registration is July 1, 2026.

Cemetery News Sexton for Holy Cross cemetery is Edgar Hendrickx who can be contacted at 298-2434 or 385-3850.

St. Cloud Diocesan Council of Catholic Women **Fun-Food-Fund Day** "Turn Back Thyme" will be held Thursday, June 18, at Immaculate Conception Church, Rice. Registration and refreshments - 9 a.m.; Bingo: 9:30 - 10:30; Mass 11 a.m., followed by lunch and social. Silent Auction open 9 a.m. - 12:30 p.m. Registration fee \$25 by 5/8; \$30 after 5/8 or at the door. Make checks to St. Cloud DCCW and mail to Carol Brunn, 14267 Fairway Ln SE, Becker, MN 55308. Questions: 320.248.5976

OFFICE HOURS: (HOLY CROSS): Call Faye Hendrickx:
(218) 385-3850

(SACRED HEART): Monday & Thursday : From 9:00 AM-1:00PM, (218) 758-2700

(ST.LAWRENCE): Tuesday & Wednesday: From 9:00 AM-12 Noon, (218) 346-7729

(ST. HENRY): Monday-Friday: From 8:30 AM—1:00PM,
(218) 346-4240



Holy Cross Catholic Church of Butler
57189 Co. Hwy 62 New York Mills, MN
Phone (218) 385-2201 or (218) 385-3850
Email: faye@ncacc.net

Parish Website: <https://www.parishfaith.com/holy-cross---butler>



Please pray for those in need of healing in our parishes: Joyce (Huebsch) Bauer, Kathi Schmitz, Keith Friedsam, Dave Hammers, Keith Goeller, Maya Blickenstaff Vukelic

All military personnel, especially: Derick Burr, Sandra Silbernagel, Nicholas Melz,

Miguel Martinez, Noah Zeleny, Tyler Van Watermulen, Andrew Schlosser

Always remember in prayer our leaders in faith, especially: Pope Leo XIV, Bishop Patrick Neary, Bishop Emeritus Donald Kettler, Dcn Randy Altstadt, Dcn Richard Quistorff, Fr. Omar Guanchez, and Fr. Nathaniel Daubner.

Catholic Rural Business Award

Catholic Charities of the Diocese of St. Cloud would like to honor Catholic rural business owners who demonstrate their Catholic faith in the workplace and in their communities. A selected business will be honored at the annual Rural Life Celebration with a certificate and gift for their business or home. For more information, criteria and application visit: www.cctcloud.org/services/social-concerns Deadline for registration is July 1, 2026.

Holy Father's Prayer Intention for June: For the value of sports

Let us pray that sports be an instrument of peace, encounter, and dialogue among cultures and nations, and that they promote values such as respect, solidarity, and personal growth.

New School Capital Campaign Update

Complete Project	\$8,100,000.00
Pledged	\$8,352,086.00
Pledges to be Received	\$371,877.00
Received	\$7,980,209.00
Monies Received 05-31	\$1,324.00
Households Contributing	350

Readings for the Week

Monday	1 Kgs 17:1-6	Mt 5:1-12
Tuesday	1 Kgs 17:7-16	Mt 5:13-16
Wednesday	1 Kgs 18:20-39	Mt 5:17-19
Thursday	Acts 11:21b-26; 13:1-3	Mt 5:20-26
Friday	Dt 7:6-11	1 Jn 4:7-16
	Mt 11:25-30	
Saturday	1 Kgs 19:19-21	Mt 5:33-37
Sunday	Ex 19:2-6a	Rom 5:6-11
	Mt 9:36—10:8	

Please let the advertisers know you saw their ad in the bulletin.


 <p>100 Jake Street, Perham, MN (218) 346-5175 www.SchoenebergerFH.com</p>	<p>ALL CREATURES VETERINARY HOSPITAL 905 Jenny Ave, Perham, MN 56573 218-346-PETS (7387)</p> <p>Dr. Raeanna Tisdell-Covington, DVM Dr. Ciarrin Sailer, DVM Dr. Darl Enga, DVM Dr. Lani Vincent, DVM</p> <p>allcreaturesperham.com</p>		
 <p>EXCEEDING EXPECTATIONS WITH HIGHER QUALITY PRODUCTS AND SERVICE</p>	 <p>117 East Main Street Vergas, MN 56587 218.849.2509</p>	 <p>Perham Dairy Queen 802 - 3rd Ave SE 218-346-4070</p> <p>Marc & Mike Winjum U.S. Pat. Off. Am.D.Q. Corp. Copyright, 1989 Am. D.G.</p>	 <p>218-346-3900 OWNERS: GREG, TONY, JONNIE, COLE & RYAN "ROO" SCHMITZ</p>
 <p>218-346-4688 Cell: 218-298-1477</p>	 <p>218-346-6200 Over 42 years of Service</p>	 <p>3D RENDERING AVAILABLE! CALL US ABOUT YOUR UPCOMING PROJECT 218-298-0676</p>	 <p>Solving local water problems since 1984.</p> <p>Lake Country RainSoft 231 Main St West, Ottertail, MN 56571 218-367-7873 * 1-800-450-1212</p>
 <p>From our family to yours.</p>	 <p>Becky King Rep since 2005 (218) 841-4600 BKing@catholicunited.org</p>	 <p>Knights of Columbus Perham Area Council 1773 Join the Knights at kofc.org/joinus</p>	 <p>Preschool to 6th Grade 218-346-6190</p>
<p>CATHOLIC DAUGHTERS COURT ST. RITA PERHAM, MN</p> <p>Serving the community for 105 years</p> <p>To JOIN, CONTACT REGENT LEANNE STOLL AT 218-758-3050</p>	<p>FLORENCE HAMMERS RENTAL PROPERTIES Perham, MN 218-346-6770</p>	<p>FIVE STAR STORAGE East Industrial Park, Perham Secure Location, Rodent Deterrent Call for your inside or secure outside storage needs. 218-346-7925</p>	 <p>255 3rd Ave SE Perham, MN 56573 218-346-6250 www.overlandinsurance.com</p>
 <p>5:30 am - 3 pm (Mon-Sat) 8 am - 2 pm (Sun) 136 W. Main St Perham (218) 346-5920</p>	 <p>Open 24 hours a day 7 days a week</p> <p>Keystone Inc. 211 Market Drive Perham, MN 56573 Phone: 218-346-6750 Fax: 218-346-6752 thefreshplace.com</p>	 <p>www.hci-mn.com 218-346-2195</p>	<p>ROHDE INSURANCE SERVICES Writing all lines of insurance.</p>  <p>WESTERN MUTUAL INSURANCE COMPANY OF MINNESOTA 218-739-3295</p> <p>Mickey Rohde, Dianne Rohde-Szarke & staff</p>
 <p>218.346.3530 218.346.2138 EsserPlumbingandHeating.com</p>	 <p>Water Treatments Reverse Osmosis Bottled Water Softener Salt</p> <p>Quality & Service at an affordable price! www.BenHolzerUnlimited.com Call Adam or Char at 218-346-6445</p>	<p>My Catholic Will: Plan with Faith, Live with Mercy The Diocese of St. Cloud invites you to take part in a diocesan initiative to help Catholics prepare for the future with confidence and care. Through a partnership with MyCatholicWill.com, the Diocese of Saint Cloud is offering free access to a trusted online platform where you can:</p> <ul style="list-style-type: none"> • Create a Last Will and Testament • Express final wishes consistent with Catholic teaching • Consider a bequest to your parish or diocesan ministries <p>This is a simple and meaningful way to care for your loved ones and live out our call to stewardship. For more information, visit MyCatholicWill.com/STCDIO.</p>	



Stewardship as a Way of Life:

*“Because there is one bread, we, who are many, are one body, for we all partake of the one bread.”
1 Corinthians 10:17*

As disciples of Jesus, we are called to lead holy lives and invite others to join us. We are called to be fed and to feed others. Living a stewardship lifestyle, being grateful and generous with our gifts, serves a twofold purpose. One, it helps build God’s kingdom here on earth. Two, it helps us strengthen each other’s relationship with God the Father, Jesus, and the Holy Spirit. It becomes our roadmap to Heaven. Let’s help each other get there!



Though we are many, we all eat from one loaf of Bread, showing that we are...

1 Corinthians 10:17

one body

Knowing-Jesus.com

Sacred Heart Christian Mother's

SALAD LUNCHEON



HOME MADE BREADS & SALADS



June 11, 2026

**11:30am to 1:00pm
&
5:00pm to 6:30pm**

\$10.00—ADULTS

\$5.00 VETERANS

\$5.00—KIDS 6-12

FREE—KIDS 5 & UNDER



**Sacred Heart
Catholic Church
Dent, MN**

Handicap Accessible with an Elevator





Holy Cross Fundraiser

Philly Sandwich, Beans, Chips, & Bottled Water

\$13.00

at Perham Meat Market

June 11th & 12th

10:00am-2:00pm



Walking together toward wellness in our new parish community

Introducing Pathways to Wellness

As our parishes come together as one new parish community, we know many people are carrying a lot. Some are excited. Some are sad. Some are unsure. Some are grieving the loss of what has been familiar. All of those feelings matter.

What Pathways means

Pathways to Wellness is a new parish effort meant to help us care for one another in a deeper way. It is about the wellness of the whole person: heart, mind, body, and soul.

When you see the Pathways to Wellness logo, know that it is connected to our parish's care for the whole person.

Wellness touches everything

Wellness is not just one thing. It includes our faith, our relationships, our sense of belonging, our emotional health, our mental health, our physical health, and the support we have around us.

When one part of us is hurting, it can affect the rest of our lives.

Rooted in our Catholic faith

As Catholics, we believe every person is made in the image and likeness of God. We are called to care for one another with mercy, compassion, and hope.

This work connects with Bishop Patrick Neary's Mental Health Ministry initiative in the Diocese of Saint Cloud.

A work in progress

A group of parishioners is coming together to begin this local effort. Pathways to Wellness is still a work in progress. We are not launching a program. We are beginning a conversation.

Our question is simple: How can we better support the real needs of our new parish community?

What could this look like?

This may include resources, conversations, gatherings, prayer, education, events, or other ways to help people feel seen, heard, supported, and connected. The goal is to help our parish grow in wellness in a way that is rooted in our Catholic faith.

**If this speaks to your heart,
please join us.**

Pathways to Wellness Meeting

Thursday, June 25 at 6:30 p.m.
St. John Paul II Conference Room
at St. Henry's

Whether you have ideas, questions, life experience, or simply a heart for helping others feel less alone, you are welcome. To learn more or share your thoughts, please reach out to Deacon Randy at deaconrandy@ncacc.net.

Together, we can help build a new parish community rooted in faith, hope, care, and belonging.

Pathways to Wellness | Walking Together Toward Wellness

June Mental Health Minute

Brought to you by the Mental Health Ministry Team

Is your glass half-empty or half-full?

How you answer this age-old question, can offer clues about your attitude toward yourself. It can even influence your physical and mental wellbeing.

We all have an inner voice or self-talk that runs through our thoughts. This is completely normal and helps the brain interpret and process daily experiences. Sometimes our self-talk can be positive and encouraging; other times it can be negative and harsh. Over time, those negative thought patterns can have detrimental effects on our overall health.

Positive self-talk doesn't mean ignoring life's challenges. Instead, it means approaching them in a more constructive and hopeful way. Research has shown that positive thinking can lead to:

- Increased life span
- Lower rates of depression
- Greater resistance to illness
- Better coping skills during times of stress or hardship

Negative self-talk, on the other hand, can have a harmful impact. It might include statements such as, "I'm not good enough", "I'll never get better", or "I always fail". These thoughts rarely reflect reality, yet they can become so persistent that they convince a person they cannot improve.

The good news is that you *can* learn to shift negative thinking into positive thinking. Here are some strategies to help you get started:

- **Identify areas to change.** Notice which parts of your life trigger the most negative thoughts – work, relationships, or major life changes.
- **Do regular self-checks.** Pause throughout the day to assess your thoughts and look for opportunities to reframe them more positively.
- **Choose a healthy lifestyle.** Eating healthy, exercising and getting plenty of rest support a more balanced mindset.
- **Practice positive self-talk.** Use encouraging statements about yourself, and practice saying them aloud if it helps. If you wouldn't say it to another person, don't say it about yourself.

It may not happen overnight, but with practice, your self-talk can become more positive and less self-destructive. Over time, this shift can help you develop a healthier, more optimistic outlook on yourself and the world around you.

Finally, brethren, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is gracious, if there is any excellence, if there is anything worthy of praise, think about these things. Philippians 4:8

St. Dymphna, patron saint of mental health, Pray for Us

- ❖ In a Crisis? If you or someone you know is in crisis, call, text, or chat 988 (chat available at www.988Lifeline.org).