

Dear sisters and brothers in Christ Jesus,

"Take my yoke upon you and learn from me, for I am meek and humble of heart; and you will find rest for yourselves. For my yoke is easy, and my burden light."

A life of virtue is its own reward, and there is great confidence in being where God has called you to be and doing what God has called you to do. These two truths combine in the peace of the soul that comes from embracing your vocation from God. As I reflect on ten years of priesthood, this has been my experience. The greatest causes of stress in my life have all been the result of my own pride, jealousy, selfishness, and other sins. The greatest sources of joy in my life have been the fruits of working in God's service. Our vocations are our own personal calls to holiness, our calls to beatitude and the life of our heavenly homeland.

Our ultimate goal is eternal life with God in heaven, so it makes sense that our greatest happiness in this life will be to make our world as heaven-like as possible. We pray, *Thy will be done on earth as it is in heaven*, and then we work to make it happen. Rather than doing evil and causing suffering for others, we seek to lift each other up and ease our neighbor's burdens. We do this for others, but do we ever think of trying to make our own lives more heavenly? Do we seek to sanctify our own lives and the lives of our spouses and children? Do we really, consciously conform our will to God's Will for us? When was the last time you prayed: "Lord Jesus, what would You have me do?" We pray seriously about our vocations when we are discerning and preparing to enter into them, but do we continue to discern after we make our vows? Do we live out our vocations with the same philosophy of *"Thy will be done"* applied personally?

This week's Gospel encourages us to take Jesus seriously in His offer to guide us in our daily labors. His burdens are lighter. His yoke is easier than the one we would make for ourselves. Why reject happiness when the greatest possible beatitude is offered to us by the God Who made us for His own purposes? May we have the grace this day and each day to trust God, our Creator, that He will equip us with the gifts we need to answer His call and to embrace it with our whole hearts.

Peace in Christ,
Father Matthew Kuhn

Today's Readings: ZEC 9:9-10; ROM 8:9, 11-13
MT 11:25-30

2021 Parish Calendar Sponsors

Would you be interested in sponsoring our 2021 parish calendars? We are in need of three more donors. It would be a great way to advertise the name of your business or to honor a deceased loved one. A donation of \$150.00 to the parish is requested. Please contact the parish office at 218-346-4240, if you are interested.



Living the Promise Grant

St. Henry's Church is pleased to announce that **\$1,750** for Catholic Schools, **\$550** for Religious Ed and

\$400 for Adult Faith Formation has been received from the **Living the Promise** funds for Catholic schools and youth or adult faith formation and is facilitated by the Catholic Foundation for the Diocese of Saint Cloud. The Catholic Foundation is a non-profit organization that acquires, manages, and distributes financial gifts and bequests in service to the Catholic community and parishes of the Diocese of Saint Cloud.



In honor of Father Matthew's 10th Anniversary of Ordination, one of his gifts was a photo book of his time being here. Our hope is to have a celebration this Fall. In the meantime, please stop by to sign the book (by the parish library) and share your memories with him.

Article from Renee Doll:

Have you heard of the vocation: **Consecrated Virgin Living in the World?** I was unfamiliar with it until several years ago. Since then, I have been learning more and more about this ancient vocation.

So, what is this vocation? Why have many not heard of it? How does one learn more about it?

Consecrated Virginity is one of the oldest recognized forms of consecrated life in the Catholic Church. It is actually as old as apostolic times. Blessed Virgin Mary was actually the first Consecrated Virgin. Women at that time, who had a desire to give their lives totally to Christ, who chose not to marry but live a life of prayer and sacrifice for the Lord, would express their wishes to make a life-long commitment to religious authority. In those days, these women often lived with their family for safety concerns.

This went on for many years until the start of monasteries and convents. Many women then joined other women with the same purpose in mind. There became less Consecrated Virgins living in the world as were known, but there has always been some. They never died out. Some well known consecrated virgins from the early church include: St. Agnes, St. Agatha, St. Cecilia and St. Lucy.

In 1970, the actual Rite for Consecrated Virgins was renewed, and today, more and more women are interested in joining the age-old "Order of Virgins". There are around 5,000 Consecrated Virgins living today throughout the world. Consecrated Virginity is not the same as becoming a member of a women's religious institute.

For more information on this vocation, watch future bulletin articles.

July Volunteer Church Cleaners - Thank You!

Shari Steeke—Ken & Linda Richter
Dick & Kris Huebsch—Jacob & Kaylee Krebs
John & Karla Bell Family

Congratulations & Welcome

Brynn Loran

daughter of Steven & Lindsay Branby
-and-

Finn Carl

son of Jordan & Lacey Palubicki
who were baptized at St. Henry
last weekend

Our Deepest Condolences

to the family and friends of

Larry Wankel,

Lorraine Pearce,

Barbara Stallman

(mother of Nancy Krueger)

-and-

Marcella Borman

who passed away recently

Updates to Availability

Liturgical Ministers, yes, it's that time already. The next scheduling period will be from September 5th through November 25th. Even though we don't know what things will look like, I want to prepare as best as I can for every ministry! Please inform me of any dates that you will be unable to serve including the special liturgies. Special liturgies for this schedule include The Feast of St. Cloud, September 7th 9:00 am Mass. All Saints Day - November 1st, and The Dedication of St. Henry's Parish - November 8th are both on a Sunday, therefore we will not be having a special Mass other than the regular Sunday Mass times for those two solemnities in our parish. Secular events to keep in mind are Labor Day - September 7th, MEA Weekend October 15th-18th, Halloween - October 31st, and Deer Hunting - November 7th-15th. Thank you, in advance, for your cooperation! Any dates of unavailability from anyone are very helpful.

Michael Mettler, Director of Music & Liturgy

218-346-7030, music@st-henrys.org

Parish Staff

Pastor:	Fr. Matthew Kuhn	pastor@st-henrys.org	Em. 218-298-2030
Deacon/Business Manager:	Deacon Randy Altstadt	deaconrandy@st-henrys.org	Em. 218-457-0925
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Youth Minister:	Lisa Hendrickx	youthministry@st-henrys.org	218-346-7030
Director of Music & Liturgy:	Michael Mettler	music@st-henrys.org	218-346-7030
Maintenance:	Joe Byer		
Principal, S.H.A. School:	Jason Smith	sthenryschool@arvig.net	218-346-6190

St. Henry's Area School

Congratulations to this week's calendar raffle winners July 1, **Jessica Ruther**-\$50 and July 3, **Donation to St. Henry's Area School Sponsor-A-Child Program**-\$100.

I want to take a moment to thank everyone for your support for our annual Fun Fair fundraiser. Your patience and generosity are appreciated tremendously. A full financial breakdown of the event will be available in the next week or so. Thank you to everyone who donated and to those who purchased items as well. I am grateful for the continued support of the school! If you won a prize and haven't picked it up yet, please call my cell number to arrange for pick up-218-298-1553.

The 11th Annual Heavenly Hackers Golf Tournament will take place on July 26 at 2:00 pm at Perham Lakeside Golf Club. This is a 4-Person Scramble Golf Tournament. Your \$50 per person entry fee will get you 9-Holes of golf, cart, eligibility for prizes, and a meal prior to the tournament. This tournament will fill up fast, so register your team(s) soon. To register, call Jason at 218-346-6190 or Deacon Randy at 218-346-4240. If you or your business is interested in becoming a hole sponsor for this fundraiser event, there are two options available. The "Gold" sponsor is a donation of \$250 and the "Silver" sponsor is a donation of \$125. With this donation, you will get a sponsor sign on one of the holes and the satisfaction that you are supporting St. Henry's Area School. Again if you have any questions or would like to participate, give Jason a call at 218-346-6190 or Deacon Randy at 218-346-4240.

Mr. Jason Smith, Principal

218-346-6190 or sthenryschool@arvig.net

*St. Henry's Area School provides academic excellence
while following the teachings of Christ and the Catholic Church.*



Bishop's Annual Appeal



Thank you to everyone who is supporting diocesan ministries through the Appeal, especially during these trying times. Our prayers are with you as we all work together and open our parishes to the celebration of the Eucharist. As of June 29, the Appeal raised \$1,013,905 in gifts and pledges toward the goal \$1,300,000. **Every dollar raised goes directly to ministries that support our Catholic faith and is not used for any other purpose.**

Now is the Time!!

If you are thinking about being an accompanist at St. Henry, now is the perfect time to start! There will be less people at Mass to make you nervous! We pay \$50 per Mass. Masses included are the Saturday 5:00 pm Mass, Sunday 8:00 am & 10:00 am Masses, and other special liturgies. Michael is willing to help any nerves by 1. Scheduling musicians in the Choir Loft. 2. Getting the music ready as early as you need it. 3. Playing organ while you play piano until you are more comfortable. Contact him at the parish office (218-346-7030), if you are interested.

Bulletin Sponsor of the Week

Our *Bulletin Sponsor of the Week* is *Overland Insurance Agency*. Thank you for your support. Please remember to patronize all the advertisers whenever possible.



Volunteers Needed!

Due to changes in our Daily Mass schedule, we are in need of more volunteers to help us provide a great experience for the people who attend Mass at the church and through our Mass videos. For our Wednesday, 7:30 am Mass, we are looking for Rosary Leaders, Lectors, and Sacristans. For our Friday, 7:30 am Mass, we are looking for Lectors and Sacristans. You can be scheduled as much or as little as you would like. If you are interested, please contact Michael at the Parish Office.

Looking For an Easy Way to Help Out?

Please consider helping with recording the Mass! Michael sets everything up and gets everything started. All you need to do is turn the camera and maybe zoom in or out. It's that simple. We are currently recording (not live-streaming) Daily Masses Tuesday – Friday at 7:30 am and the 5:00 pm Mass on Saturday. Contact Michael in the parish office 218-346-7030, if you are interested.

Prayer Chain/Prayer Corner

To add a name to our prayer chain and/or prayer corner (must be a family member or have permission from the individual), or if you would like to be added as a pray-er, contact Ardith at 218-346-5345 or ardithaltstadt37@gmail.com, or call Sigrid at 218-346-7342. Please note Ardith's new email and update accordingly.

Holy Father's July Prayer Intention:

We pray that today's families may be accompanied with love, respect and guidance.

MASS & MINISTRY SCHEDULE FOR JULY 6-12 (AS OF JULY 2)

Tue, Jul 7, 7:30 AM +Donna Scheidecker

Rosary Dot Hofland
Lector Cheryl Prososki
Sacristan Cheryl Prososki

Wed, Jul 8, 7:30 AM L & D CDA Members

Rosary Elsie Schultz
Lector Elsie Schultz
Sacristan **NOT FILLED**

Wed, Jul 8, 5:15 PM (Holy Cross) Christian Mothers

Thu, Jul 9, 7:30 AM +Robert Mayer

Rosary Carol Doll
Lector Renee Doll
Sacristan Renee Doll

Fri, Jul 10, 7:30 AM +Bill & JoAnn Wenner

Rosary Ardith Altstadt
Lector Darla Medeck-Johnson
Sacristan **NOT FILLED**

Fri, Jul 10, 1:00 PM +Kathryn Perszyk

(This Mass is limited to our at-risk parishioners. Masks are required.)

Sat, Jul 11, 5:00 PM +Martin & Rose Dykhoff

Rosary Rosie Altstadt
Lector Kristi Karels
Body Father Matt Kuhn, Deacon Randy Altstadt
Ushers Jim & Keith Friedsam, Wayne Lehman, **NOT FILLED**
Sacristan Don & Pat Hendrickx
Music Michael Mettler, Tina Grewe, **NOT FILLED**

Sat, Jul 11, 8:00 PM (Holy Cross) +Joe & Yvonne Carlson

Sun, Jul 12, 8:00 AM +Leonard Wegscheid

Rosary Joe & Kathy Hemmelgarn
Lector Lisa Hendrickx
Body Father Matt Kuhn, Deacon Randy Altstadt
Ushers Mike Bleichner, Joe Byer, Gene Falk, Everett Wegscheid
Sacristan Elizabeth Sazama
Music Michael Mettler, Nancy Krueger, **NOT FILLED**

Sun, Jul 12, 10:00 AM +Mike Rohde

Lectors Wayne Dardis
Body Father Matt Kuhn, Deacon Randy Altstadt
Ushers Jeff Mosca, Rich Richter, Darrin & Jill Swanson
Sacristan Anthony Anderson
Music Youth Choir

Sun, Jul 12, 1:00 PM (Spanish Mass) For the People of the Parishes

Sun, Jul 12, 2:00 PM (Holy Cross) First Communicants

Michael Mettler, Ministry Scheduler
218-346-7030, music@st-henrys.org

Readings for the Week

Monday:	HOS 2:16, 17C-18, 21-22 MT 9:18-26
Tuesday:	HOS 8:4-7, 11-13 MT 9:32-38
Wednesday:	HOS 10:1-3, 7-8, 12 MT 10:1-7
Thursday:	HOS 11:1-4, 8E-9 MT 10:7-15
Friday:	HOS 14:2-10 MT 10:16-23
Saturday:	IS 6:1-8 MT 10:24-33
Sunday:	IS 55:10-11 ROM 8:18-23 MT 13:1-23

Please Pray For Those in need of healing in our parishes:

Karen Byer, Joel Carlson, Harriet Daiker, Hudson Hendrickx, Helene Johnson, Oscar Kawlewski, Brandon McDonnell, John Ogroske, Lois Porath, Bob Riesterberg, Lowell Siebels, Anthony Thompson, JoAnn Tingelstad, Gertie Ulschmid, Gerald Wegscheid & Larry Wegscheid
All military personnel, especially:
Martin Ara, Jesus Guajardo, Ed Guck, Greg Hirschey, Sandra (Silbernagel) Lagnese, Tanner Neyens, Luke Potts, Zoe Potts, Jason Richter, Tanya Robison, Tommy Robison, Steven Sundberg and Tyler Van Watermolen

New School Capital Campaign Update

Goal	\$7,343,900.00
Pledged	\$4,625,579.00
Needed	\$2,718,321.00
Received	\$1,822,141.00
Pledges Received 06-28	\$1,009.00
Households Contributing	258

Collection for June 27th & 28th

Adult	6,693.00	Youth Offering	6.00
Plate	998.00	Initial Offering	5.00
Solemnity of Mary	10.00	Ascension	20.00
Easter Offering	10.00	Easter Flowers	5.00
June Collection	1,100.00	Votives	79.00
Religious Ed	550.00	Adult Formation	400.00
Kitchen Fund	28.00	Donation	20.00
Elec. Transfers	3,076.00	Total	\$13,000.00

Deacon Randy Altstadt—Parish Administrator

Average amount needed to meet weekly operation
of St. Henry for the fiscal year is: **\$14,725.00**

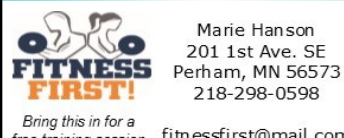


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Contact: Dianne Rohde-Szarke at 346-2267





Fourteenth Sunday in Ordinary Time

Zechariah 9:9-10

Trusting in Humility

The dream for world peace ever stirs the heart of humanity. Imagine a world where nations stopped their aggression, where terrorists laid down their weapons of mass destruction, and where nations respected one another's territories and customs.

Closer to home, imagine a neighborhood where people got along, where diversity was treasured, and where violence was no more. We all long for the security that comes from peace.

Many nations, however, still hold that peace comes from a well-built arsenal. Leaders believe that a strong defense inhibits aggression and causes the desired peace.

But the prophet Zechariah envisions another kind of leader. He sees one who is just, who rescues people from their oppression. Meek, he rides a simple beast of burden, and yet his dominion extends all across the world. This leader accomplishes the desired gift of peace not from weapons, not from intimidation, but from the example of humility.

Our leaders will continue to put their trust in weapons as long as we do too. If we live in trust, we can build a place where peace will reign from sea to sea. Imagine the world at peace. Imagine it starting with you.

Lectionary Bulletin Inserts: Reflections on the First and Second Readings, Year A
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Fourteenth Sunday in Ordinary Time

Romans 8:9, 11-13

Following the Rules

What rules do you live by? You observe the laws of church and state. You fulfill the expectations of your family. You follow procedures at the workplace. If you strive to live faithful to God, society, and yourself, you follow some good interior rules.

But sometimes we live by rules of habit. We do things because we have always done them. In itself, that is not bad. But sometimes circumstances change. The rules you apply to the oldest child might bend when the youngest comes of age. Procedures you follow at work might be put aside to help someone in need. Rules are good. They help society live in peace. But if the rules become tyrants, they thwart the very order they aim to preserve.

St. Paul cautions the Romans, "You are not in the flesh; on the contrary, you are in the spirit, if only the Spirit of God dwells in you."

In the past, the Romans had lived according to the law of the flesh. They did what they could get away with. They observed rules for the sake of survival. But now they are Christians. The Spirit of God dwells within them. They live now by the law of love. They make decisions differently, thinking of others, not just of themselves.

The rules we live by deserve to be followed especially as they express the desires of God's Holy Spirit. The Spirit of love presents the supreme law. As Christians, we please God when we obey the Spirit of Christ.

Lectionary Bulletin Inserts: Reflections on the First and Second Readings, Year A
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