

Sunday, March 2nd, 2025 – Eighth Sunday in Ordinary Time

Mass Intentions for the Week

Monday, Mar. 3rd	No Mass		
Tuesday, Mar. 4th	7:00 a.m. St. Mary's Mass		<i>Deceased Members of the Knights of Columbus</i>
Wednesday, Mar. 5th	8:45 a.m. Ash Wednesday Mass		<i>Dick, Elsie & Myrna Marso</i>
Wednesday, Mar. 5th	6:30 p.m. Ash Wednesday Mass		<i>Denny Stalzer</i>
Thursday, Mar. 6th	8:00 a.m. St. Mary's Mass		<i>Frank, Mary Ann and Diane Dogotsh</i>
Thursday, Mar. 6th	2:00 p.m. - 6:00 p.m. Adoration		
Friday, Mar. 7th	8:00 a.m. St. Mary's Mass		<i>A special intention</i>
Saturday, Mar. 8th	5:00 p.m. St. Mary's Mass		<i>Raymond & Julia Ehrhardt</i>
Sunday, Mar. 9th	9:00 a.m. St. Mary's Mass		<i>Eileen Riordan</i>

***The Rosary is prayed approximately 20 – 25 minutes before each St. Mary's Weekend Mass*

Readings for next Sun., March 9th: Deuteronomy 26:4 - 10 (24C) Romans 10:8 - 13 Luke 4:1 - 13

Liturgical Ministries Schedule

(if unable to serve, please find a replacement)

	St. Mary's Sat. 5:00 p.m. March 1st Fr. Francis Makwinja	St. Mary's Sun. 9:00 a.m. March 2nd Fr. Francis Makwinja	St. Mary's Wed. 6:30 p.m. March 5th Fr. Francis Makwinja	St. Mary's Sat. 5:00 p.m. March 8th Fr. Francis Makwinja	St. Mary's Sun. 9:00 a.m. March 9th Fr. Ross Caniglia
Eucharistic Ministers	Samantha Eastman Paul Lynch Darcy Berte	Deacon Don Evans Brian Jergens Valerie Jergens	Deacon Don Evans Brian Jergens Valerie Jergens	Susan Blanchard Lisa Theesfeld Dean Clasen	Deacon Don Evans Culley Holm Samantha Eastman
Lector	Macy Berte	Jason Paterson	Faith Formation	Brody Paterson	Jan Goche
Servers	Addi Stein Jerzie Dodd Emmett Dietrick	Connor Heider Emmet Nostrom Grant Nostrom	Alayna Laubenthal Axel Rhead Ethan Nedved	Claire Blanchard John Blanchard Maggie Lensing	Jasper Zeman VOLUNTEERS NEEDED
Ushers	Steve Ehrhardt John Ford Jim La Velle Paul Lynch	VOLUNTEERS NEEDED	Faith Formation Students	Steve Ehrhardt John Ford Tyler Baxter Dakota Broderick	VOLUNTEERS NEEDED
Gift Bearers	TBD	Children's Liturgy of the Word	Faith Formation Students	TBD	Children's Liturgy of the Word
Scrip	Melissa Girres	Mindi O'Hern		Patty Godfrey	Karen Berte
Rosary	Lisa Frideres	Ashley Paul		Samantha Eastman	Sara Carlson
CLOW		Amanda Tlach			Ashley O'Hern
Tabulators- MONDAY		Lori Pedersen TBD			TBD
Music	Katherine Tierney Wendy Becker	Wade Carlson Adeline Reynolds	Faith Formation Students	Katherine Tierney Benjamin Paul	Katherine Tierney David & Zoe Wirtz



Feb. 17th - 23rd Collections	St. Mary's	
Weekly Envelopes	\$7,265.00	ST. MARY'S PARISH & SCHOOL SCRIP PROGRAM Weekly Sales 2/17 - 2/23 \$3,595.00 Weekly Profit 2/17 - 2/23 \$161.75 Year-To-Date Sales Totals \$34,662.00 Year-To-Date Profit \$1,460.54 <i>SCRIP is available in the parish office. Please call ahead and we will get your order ready. Please also consider ordering E-scrip at raiserright.com or downloading the RaiseRight app.</i>
Online Giving	\$1,823.00	
Loose Plate	\$402.50	
Parish Needs	\$1,576.25	
Endowment Fund	\$10.00	
School	\$125.00	

BULLETIN SPONSORS FOR THE MONTH OF MARCH:

Please patronize all of our bulletin sponsors. Their sponsorship makes our bulletin possible!

Easy Livin' Lawn Care - Erpelding Voigt Co., LLP, Certified Public Accountants

Brew & Brotherhood Scripture Study

6:00 a.m. every other Tuesday
in St. John's Conference Room –



St. Mary's Parish Center
Next Gathering:
Tuesday, March 4th

Bring a Guest! *The coffee is "brewing"!*



Ash Wednesday Services:

There will be two Masses at St. Mary's in which Ashes will be distributed. 8:45 a.m. is our

school Mass and an evening Mass at 6:30.

ALL our invited to either of these Masses.

Please note that since the St. Mary school students will be attending Mass on Wednesday, Friday daily Mass will be at 8:00 a.m. rather than 8:45 a.m.



The 13th Meals from the Heartland Event will be held on Saturday, March 15th, 2025 at Our Savior's Lutheran Church Fellowship Hall. Students will be packaging meals on Friday, March 14th. It is sponsored by the Humboldt County Ministerial Association and we need your help!! Please consider making a monetary donation and/or volunteer to help package meals! You may mail a check to any committee member or send to Allen Goche at 1606 Elmhurst Avenue in Humboldt. Please call Jan Goche at 515-890-9117 if you are able to volunteer. Station hours are from 8:00 to 9:30, 9:30 to 11:00 and from 11:00 to 12:30.

Thank you!



Get your tickets for St. Mary's Spring Gala "Denim & Diamonds". Please turn in your RSVPs by March 7th!



New bishop – great time to stay informed!

As Pope Francis has named Father John Keehner as our new bishop-elect, this is a great time to follow diocesan news through Lumen Media. We will have much content about the new bishop leading up to the May 1 episcopal ordination. Sign up to receive an email or text each Friday with the latest diocesan news. Either text Notes to 84576 or email news@scdiocese.org for the e-newsletter. (Text Notes to 84576 or email news@scdiocese.org for Spanish news in Notas Lumen).

St. Mary's Eucharistic Adoration

Weekly on Thursdays.

Understood simply, Eucharistic Adoration is adoring or honoring the Eucharistic Presence of Christ. During Eucharistic Adoration, we "watch and wait", we remain "silent" in His Presence and open ourselves to His Graces which flow from the Eucharist.

Stop in for a few minutes or stay for an extended time.

"Come to Jesus, just as you are."

Guardian Schedule for March 6th

Eucharistic Adoration:



2 – 3 p.m. – Traci Holm

3 – 4 p.m. – Eleanor Childress

4 – 5 p.m. – Pam Tecklenburg

5 – 6 p.m. – Char Lauger

Thursday adoration hours are 2-6 pm

Sacrament of Reconciliation will be offered from 5-6 pm

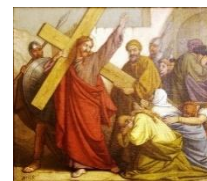
Liturgy of the Hours (Vespers) will be at 5:40 pm

(To see prayers: Download "Ibreviary TS Plus" from the App Store or use "Christian Prayer" books at St Mary's)

Reposition will be at 6 pm



**** Choir Call **** Starting on Wednesday, March 12th for Palm Sunday and Holy Week Liturgies. Choir will meet from 6:30-7:30 p.m. in the Church balcony/Choir Loft. All voices are welcome to join! Questions please contact Melissa Caquelin 515-332-2134 mcaquelin@stmaryhumboldt.org



Stations of the Cross will begin at 5:30 p.m. on Friday of this week and will take place on every Friday evening during Lent.



The St. Mary's Knights of Columbus

will be holding a Lenten Fish Fry each Friday night beginning March 7th – April

11th. **Dine in will be available** in the St. Mary gym and drive up will still be available on the north side. Serving will be 5 p.m. - 7 p.m. or until sold out. \$13 for adults and \$8 for children.



THE ANNUAL COLLECTION FOR AID TO GLOBAL CHURCHES will be held on the First Sunday of Lent, March 8-9. You are invited to participate in the special collection to benefit the Church in Africa, Latin America, and Eastern Europe, and the bishops' charity organization CRS to help build churches and schools, train and educate priests and laypeople, publish Catholic newspapers, sustain orphanages, evangelize, and catechize children and adults, and provide scholarships to Catholic students. Thank you for your generosity to make a difference in building up the Church in Central and Eastern Europe, Africa, Latin America, and other places in need of our assistance.

Join us as we celebrate the
Sacrament of Reconciliation



The Light is
ON for You.




Holy Trinity Church
Tuesday, March 18th
at 5:00 PM

St. Mary's Church
Thursday, March 20th
at 5:00 PM

Illuminating Catholics

Shedding light to understand
the modern church.



AVAILABLE NOW –
Podcast co-hosts **Dawn Prosser** and **Karmen Bower** interview guest **Terry Hegarty**, executive director of Trinity Heights Queen of Peace diocesan shrine in Sioux City, jubilee pilgrimage site. Learn more about the history and features of the shrine.

Creating Wealth Beyond Money



Creating Wealth Beyond Money: The Gen Z generation is reaching their late 20s, and a new survey commissioned by LifeHappens.org concludes that young adults connect financial responsibilities to truly feeling like an adult. However, 71% of all American adults think that adulthood is harder now than in decades past because of the high cost of living. Encourage the young adults in your life to practice frugal financial habits to help them manage "adulting". Provided by Catholic United Financial. *Not intended as tax or legal advice.*

Our Saviour's Lutheran Church is having a Free Community Pancake Supper. Shrove Tuesday March 4th 5pm-7pm in the OSL Fellowship Hall. Pancakes, scrambled eggs and sausage. While supplies last! Open to the public, everyone is Welcome.

All are invited to a Magnificat Retreat on Sat., March 22, 9 am-3 pm at Immaculate Conception in Cherokee. Our day will be spent answering God's call to *Come Away and Abide in Me*. We will *come away* as we learn to walk in our true identity, and we will *abide in Him* as we learn to hear Him speak. Registration is \$30 and is due by March 12. Registration and more information is available at our website <http://magnificat-iowa.com>.

MARCH
needs you

HUMBOLDT COMMUNITY BLOOD DRIVE

Faith United Methodist
Monday, March 10th
1:00pm - 6:00pm
107 N 4th Street



APPOINTMENTS ARE ENCOURAGED

Text: LIFESERVE to 999-777 | Call: 800.287.4903 | Visit: lifeservebloodcenter.org



LifeServe
BLOOD CENTER

YOUR BLOOD. YOUR HOSPITAL. YOUR NEIGHBORS.

Guest speaker
STEVE ANGRISANO




THE 2025 ANNUAL MEN'S CONFERENCE

Mass with Bishop Nickless
Lunch & snacks included

5 April 2025 | All Saints Le Mars, IA

2 Keynotes by Steve Angrisano
8 2 Breakout sessions with other guest speakers

\$30 TICKET
605 PLYMOUTH ST NE, LE MARS, IA 51031

Divine Mercy Chaplet led by Steve Angrisano



DIOCESE OF SIOUX CITY



Cash Prize Drawing of:
\$500 (5), \$2,500 or \$5,000



No.

Name / Info.

Phone

No.

Gala raffle tickets are now available for purchase in the parish office or online.



\$100 per ticket for the chance to win one of the following prizes:

- 1-\$5,000
- 1-\$2,500
- 5-\$500

Only 250 chances will be sold, and you need not be present to win. Winners will be drawn at gala on March 22nd.

Please RSVP by March 7th! You don't want to miss this year's Gala!

ALL are welcome!
Please RSVP on or before March 7th, 2025
Reserved seating requests **MUST** be received by March 7th, 2025

At this year's Gala...live music...
by Keifer & Scott!



Dear Saint Mary Families

As we approach this sacred season of Lent, let us all take time to reflect on our faith, appreciate God's unconditional love, and prioritize Jesus as the center of our families.

These next 40 days as we focus on fasting, increased prayer, and selfless acts of charity, I pray that we all grow closer in our relationship with our Lord.

Lenten Opportunities for Families and Students:



March 5 Ash Wednesday Mass @ 8:45 a.m.

Weekly school Masses @ 8:45 a.m.

March 14 March 21 March 28 Anointing Mass
April 4 April 11

Stations of the Cross Weekly on Wednesdays @ 8:30 in the church
March 12th, 19th, 26th April 2nd, 9th, and 16th



Food Pantry Donations - There will be a box in the back of the church during the month of March for our local food pantry donations.
Please bring Scalloped Potatoes, Instant Potatoes and Rice

Meals from the Heartland - grades 4,5, and 6 will pack meals on March 14th

Reconciliation - following Mass on March 28



	3/7/2025	3/14/2025	3/21/2025	3/28/2025	4/4/2025	4/11/2025
Cooks	Jeff Berte	Mike Heier	Steve Lane	Jeff Berte	Mike Heier	Steve Lane
	Jerry Schall	Greg Thomas	Gary Moritz	Jerry Schall	Greg Thomas	Gary Moritz
	Roger Nelson	Matthew Havlik	Allen Goche	Roger Nelson	Matthew Havlik	Allen Goche
	Doug Berte	Ross Sleiter	Mike Terwilliger	Doug Berte	Ross Sleiter	Mike Terwilliger
bread fish	Craig Heider	Troy Shaner	Dick Danielson	Craig Heider	Troy Shaner	Dick Danielson
	Mike Tlach	Gary Caquelin	Tom Carlson	Mike Tlach	Gary Caquelin	Tom Carlson
	Matt Wittrock	Lynn Bendixen	Dan O'Hern	Matt Wittrock	Lynn Bendixen	Dan O'Hern
desserts	Don Evans	Brad Hill	Benjamin Paul	Don Evans	Brad Hill	Benjamin Paul
	John Bentz	Tom Nostrom	Culley Holm	John Bentz	Tom Nostrom	Culley Holm
Kitchen/Serving/ Clean-up	Dakota Broderick	Brian Jergens	Dean Kruger	Dakota Broderick	Brian Jergens	Dean Kruger
	Garrett Nelson	Jay Newton	Louis Fontana	Garrett Nelson	Jay Newton	Louis Fontana
	Ryan Stein	John Weisbrich	Lukas Patterson	Ryan Stein	John Weisbrich	Lukas Patterson
	Jeff Hanna	Luke Hubbell	Gary Vitzthum	Jeff Hanna	Luke Hubbell	Gary Vitzthum
	Dave Hanna	Bob Rasmussen	Kevin Heider	Dave Hanna	Bob Rasmussen	Kevin Heider
	Mike Weydert	Kevin Bailey	Troy Frideres	Mike Weydert	Kevin Bailey	Troy Frideres
	Steve Ehrhardt	Jay Edge	Leon Heider	Steve Ehrhardt	Jay Edge	Leon Heider
	students	students	students	students	students	students
Carry Out	Randy Hildreth	Ross Heider	Jeff McCullough	Randy Hildreth	Ross Heider	Jeff McCullough
	Nick Harklau	Jeff Frideres	Nick Harklau	Brody Paterson	Jeff Frideres	Nick Harklau
	Steve Harrington	A. Theesfeld	Jeremy Riesselman	Steve Harrington	A. Theesfeld	Jeremy Riesselman
	Scott Heider	Chad Theesfeld	Tom Tecklenburg	Scott Heider	Chad Theesfeld	Tom Tecklenburg
	students	students	students	students	students	students
Money	John Ford	Jerry Haverly	Dale Heider	John Ford	Jerry Haverly	Dale Heider
	Fr. Francis	Fr. Francis	Fr. Francis	Fr. Francis	Fr. Francis	Fr. Francis
Fryer Clean-up	Dave Lensing	Tyler Baxter	Don Evans	Al Goche	Mike Heier	John Bentz
	Lukas Paterson	Matt Wittrock	Lynn Bendixen	Gary Caquelin	Brad Hill	Jeff Mc Cullough
	Brody Paterson	John Ford	Brody Paterson	Culley Holm	Brian Jergens	Randy Hildreth
Thursday Prep	Jason Dodd	Jason Dodd	Jason Dodd	Jason Dodd	Jason Dodd	Jason Dodd
	?	?	?	?	?	?
	Jim Murray	jim Murray	Jim Murray	Jim Murray	Jim Murray	Jim Murray
	Jim LaVelle	Jim LaVelle	Jim LaVelle	Jim LaVelle	Jim LaVelle	Jim LaVelle
	Sandy Gruhn	Sandy Gruhn	Sandy Gruhn	Sandy Gruhn	Sandy Gruhn	Sandy Gruhn
Set-up	John Ford	John Ford	John Ford	John Ford	John Ford	John Ford
	Tyler Baxter	Tyler Baxter	Tyler Baxter	Tyler Baxter	Tyler Baxter	Tyler Baxter
	Jason Paterson	Jason Paterson	Jason Paterson	Jason Paterson	Jason Paterson	Jason Paterson

Fish Fry Committee	Jason Paterson	Tyler Baxter	Jeff Hanna
	Dave Lensing	Dave Hanna	Dakota Broderick



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“What’s wrong with Fr. Ross’ voice?”

It’s a question you might have been wondering lately. Although most of you are aware that I’ve been dealing with a rare voice disorder, I thought I’d take some time to write a little bit about it here. It’s estimated that only 50,000 people in all of North America have Spasmodic Dysphonia. This is the same voice disorder that Politician RFK Jr, former NPR radio host Diane Rehm, and news reporter Jeff Pegues have. Since the condition is actually neurological, Spasmodic Dysphonia is not really a voice problem. It’s actually a brain one. Signals from my brain tell my vocal cords to spasm on certain words, certain parts of words, and sometimes even on all words. Oddly enough, singing is sometimes easier or even talking in “cartoon voices.” That’s because Spasmodic Dysphonia is “task specific.” When another pathway in the brain is utilized, the brain is temporarily “tricked” and normal voice can result. That’s why at one moment I might sound totally normal, and then at another moment I will seemingly lose my voice.

When I was originally diagnosed a couple of years ago, my vocal cords would spasm inwards. This is called Adductor Spasmodic Dysphonia. As you might remember, it led to my voice sounding squeezed and strangled, with some stoppages on certain words or syllables. Oddly enough, my voice seems to have recently switched towards the other type of this condition called Abductor Spasmodic Dysphonia. This is the rare form of an already rare disease, encompassing only 5,000 people in North America. Instead of squeezing together, the vocal cords in my case now spasm apart. Instead of a strangled, squeezed voice, you will hear whispery breaks in my voice as air simply passes through the vocal cords. These spasms don’t necessarily hurt, but often lead to muscle tension and fatigue.

Due to my condition, you will hear a unique voice, which I refrain from calling “bad.” Because this condition is life-long, there is no cure at this time. However, treatment with botox is used on a routine basis to weaken particular muscles that help control symptoms. My next treatment is not until April 29th, which I hope is successful. The latest research shows that, unlike botox injections for Adductor Spasmodic Dysphonia (which I was most recently receiving), under 50% of people with Abductor Spasmodic Dysphonia receive little if any benefit from this treatment. However, my skilled doctors at the Mayo Clinic in Rochester assure me that their injections for the Abductor type are very effective. I hope and pray that this is the case.

Perhaps the hardest part of this condition is not actually the physical one, but the emotional one. It is hard not to feel self-conscious and to be frequently wondering what people must think of me. As an outgoing person, it is difficult to be in social situations, when I would so much like to speak and contribute to the discussion more, but simply cannot. As human beings, part of who we are is wrapped up into our voices and in our ability to communicate. That being said, I have come to the realization that my voice does not define me. Sure, it is a part of who I am but it is not the sum total. You and I must remember who we are. We are not people defined by our disabilities, our health issues, our mental struggles, our relationships, our hobbies, our work, our failures or successes. I used to think that I was. But when one or more of those things get unexpectedly taken away, this is what we might start to realize – our identity is only wrapped up into the reality that we are loved sons and daughters of the Father, nothing more and nothing less. Our human dignity can never be taken away. I hope you believe that. I am starting to realize that more and more myself.

May God continue to bless you and may he provide comfort and healing in all of our sufferings, helping us to offer them up not only for our own sanctification but for the sanctification of the entire Church.

In the Loving Arms of Christ,
Fr. Ross