



Catholic Churches of **Sts. Mary & Luke**

saintsml.org

St. Mary, PO Box 110, 505 Park ST E, Park River, ND, 58270
St. Luke at 14207 63 ST NE, Grafton, ND 58237

January 12--20, 2019

Parish Office

Phone: 701-284-6165
Fr. Bert cell: 701-793-3482

Hours: After Mass till noon;
Closed on Fridays.

Email:

stmarys@polarcomm.com
FrBert@polarcomm.com

Team members:

Pastor: Fr. Bert Miller

Faith Formation:

Cheryl Daley, St. Mary

Support Staff:

Anna Mae Daley, St. Mary
Dawn Jarolimek, St. Luke

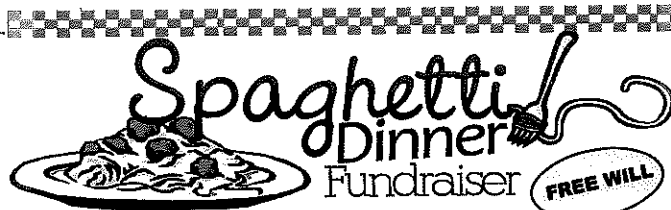
Weekend liturgies:

Saturdays:

Good Samaritan, 9:30 a.m.
St. Mary, 5 p.m.

Sundays:

St. Luke, 8 a.m.
St. Mary, 10 a.m.



For Adam & Emily Koenig

Sunday, January 20th

11am - 2 pm

St. Mary's Catholic Church- Park River

***Raffle ** Silent Auction *** Bake Sale**

All money raised goes to assist them with medical bills, travel, etc.

Sponsored by: Park River Knights of Columbus & Park River Firemen

**Parishioners invited
to bring baked goods
to event Bake Sale**

Knights of Columbus: Tuesday, Jan. 22,
7 p.m., Friendship Room.

1st Eucharist Parent/Student Meeting:

Sunday, Jan. 27, 4 p.m., Friendship
Room. Parents will be advised by mail.
Please be on time.

Liturgies Jan. 12-20:

Saturday, Jan. 12

Readings: 1 John 5:14-21, John 3:22-30

9:30 a.m./Good Sam – + Msgr. Allan Nilles

5 p.m./St. Mary – Adam Koenig

Sunday, Jan. 13 – Baptism of Lord/C

Isaiah 40:1-5, 9-11,

Titus 2:11-14, 3:4-7, Luke 3:15-16, 21-22

8 a.m./St. Luke – The Parishioners

10 a.m./St. Mary – + Dorothy Karas

Monday, Jan. 14

Readings: Hebrews 1:1-6, Mark 1:14-20

9 a.m./St. Mary – Charolette Myrdal

Tuesday, Jan. 15

Readings: Hebrews 2:5-12, Mark 1:21-28

9 a.m./St. Mary – + Clem & Ruth Patocka

Wednesday, Jan. 16

Readings: Hebrews 2:14-18, Mark 1:29-39

12:10 p.m./St. Mary -- + Mervin Simon

Thursday, Jan. 17 -- Anthony

Readings: Eph 6:10-13, 18, Matthew 19:16-26

9 a.m./St. Luke -- Thanksgiving

Friday, Jan. 18

Readings: Hebrews 4:1-5, 11, Mark 2:1-12

NO Liturgy Today!

Saturday, Jan. 19

Readings: Hebrews 4:12-16, Mark 2:13-17

9:30/Good Sam – + Donald Dusek

5 p.m./St. Mary – The Parishioners

Sunday, Jan. 20 – Second Sunday OT/C

Readings: Isaiah 62:1-5, 1 Cor 12:4-11, John 2:1-11

8 a.m./St. Luke – + Victor Sobolik

10 a.m./St. Mary – Adam Koenig

Donations needed at both parishes!

Cash Flow

Jan. 1, 5-6:

at St. Mary:

Envs: \$3,122

Plate: \$216

Children: \$1

Total: \$3,339

Year to date

Actual: \$3,339

Budget: \$2,800

Need:

\$2,800 per week

at St. Luke:

Jan. 1 & 6:

Envs: \$434

Plate: \$147

Candles: \$22.15

Total: \$684.15

Year to date

Actual: \$684.15

Budget: \$850

Need:

\$850 per week

Tithing Norm:

10% of income

back to God:

Parish: 5-8%

Diocese: 1%

Community: 1-4%

Prayer List:

Adam Koenig,
Judi Witt, Dell Hankey,
Roger Kovarik,
Paul Novak, Fr. Jason Lefor,
Baby Charolette, Beth Davis,
Sandi Novak,
Roger Mattson, Janet Bina,
Andy Sobolik, Theresa Moen,
Steve Jarolimek,
Jane Grzadzielewski.

*Please advise Fr. Bert
when you have improved
at FrBert@polarcomm.com*

Things to Know:

Bulletin Deadline:

Tuesday Noon
Note that anything submitted will
be edited, cut and shortened.

Bulletin boards & Reading tables:

Please submit all items to Fr.
Bert for approval and placement.

Baptisms & Marriages:

Please call Fr. Bert before
you make any plans!!!

Hospital Visits, Communion calls, & Anointing of Sick:

Please make contact with
Fr. Bert (numbers on Page 1)
or at FrBert@polarcomm.com

Reconciliation:

Saturdays: 4-4:30 p.m./St. Mary
Thursdays: 8:30 a.m./St. Luke
Anytime by request.

***** FAITH FORMATION *****

Jan. 16, 23 & 30 Classes at 7 p.m.
Feb. 6, 13, 20 & 27 . Classes at 7 p.m.

Kindergarten Classes: A catechist
has been found! Classes for Kinder-
garten students will begin on Wednes-
day, Jan. 16. These classes will be
held twice each month. Parents will
be advised of dates. – **Cheryl Daley**

Congrats: To Grade 2 students and
parents who have completed the
Reconciliation process.

ReBOOT Tickets: Free tickets for
students in Grades 7-12 and parent
tickets (\$10) are available in the
Parish Office after Sunday liturgies.

Baptism Preparation: Thursday, Jan. 24, 7
p.m., Church. If you plan to attend, please
call the Parish Office by Jan. 23.

Mass Stipends: When writing checks for
Mass stipends at St. Mary's and St. Luke's,
please write them to St. Mary's Mass Stipend
Account. Do not write the check to Fr. Bert
Miller.

St. Mary's Corporate Board: Tom Ford and
Suellen Brunsvold, Rev. Bert Miller, pastor;
Msgr. Joseph Goering, Vicar General; and
Bishop John T. Folda.

St. Mary's Finance Council: Tom Ford,
Suellen Brunsvold, Kathy Houser, Miranda
Lien, Louis A. Kadlec, Brent Nelson and Fr.
Bert Miller. Anna Mae Daley is secretary.

See Bulletin Board for flyers!

Window Signs: The window "Memory" signs have appeared at St. Luke's in Veseleyville. If your sign has not appeared, please call Julie McCann. Most likely some detail is missing in the records and needs some clarification.

St. Luke's Corporate Board: Mike Dvorak, Ryan Sobolik, Rev. Bert Miller, pastor; Msgr. Joseph Goering, Vicar General; and Bishop John T. Folda.

St. Luke's Finance Council: Mike Dvorak, Ryan Sobolik, Julie McCann, Andy Sobolik and Fr. Bert Miller.

St. Luke's Census: The Parish Office will begin soon an extensive Parish Census at St. Luke's. (A similar census was completed at St. Mary's in 2018.) Anna Mae Daley will be making the calls. Please be co-operative. You may think that a lot of questions are being asked, but keep in mind that the computer program seeks for all this information. There is a reason. It is helpful to the pastor on a personal level and in administration of the parish!!!

Serving the Assembly at St. Luke's in Jan. 2019:

Lector: Mike Dvorak

Cleaners: Carolyn Bartuska, Gwen Sobolik, Julie McCann.



**PARK RIVER
DENTAL CLINIC**

FAMILY DENTAL CARE

**DR. NICHOLAS BENEDA
DR. BRIAN LARSON**

701-284-6131

Pregnancy Help Center



Hwy 17 E
PO Box 625
Park River, ND 58270

284-6601

or
888-260-6303 24 Hr



Park River—284-7676
Drayton Drug—454-3831

**January 19-20, 2019 – 2nd Sunday OT/C
Ministries of Service**

Masses	5 p.m. Saturday	10 a.m. Sunday
Proclaimers	P Kadlec	Becky Nelson
Extraordinary Ministers of Holy Communion	* S Vold, D Kram, C Schiernbeck	* K Nelson, T & J Zickmund, C Lothspeich, M Vondra
Gift Bearers	F. Sobolik, L Schiernbeck	J & S Zickmund
Commentator	Fr. Bert	Fr. Bert
Servers	A Koenig	O Zickmund, volunteer
Ushers	F Sobolik, L Schiernbeck	M Thompson, J Zickmund
Greeters	L Schiernbeck	A & C Seim
Rosary Leader	G Bauer	-----
Sacristan	M Novak	C Daley
		*Bread Minister

Health Enews

Volume 5 Issue 1
January 2019

Boost Your Immune System and Stay Well

Our bodies are created with a remarkable immune system that does a great job at defending us against disease-causing microorganisms. But, occasionally a germ invades this system and makes us ill. According to Rice University, this year's flu vaccine will have only a 20 percent efficiency. So how do we boost our immune system and stay well?

Choose Cardio

According to the *British Journal of Sports Medicine*, people who exercise five or more times a week are 43 percent less likely to get sick than those who exercise once a week. During aerobic exercise, your immune cells move around more throughout the body and bloodstream. As a result, they're able to better detect and destroy invading pathogens.

Get a Little Extra Sleep

Aric Prather, Ph.D. discovered in a recent study that after subjects were exposed to a live cold virus, 39 percent of people who had slept six hours or less got sick, compared with just 18 percent of those who had slept more than six hours. In fact, sleep loss has been associated with diminished function of the immune cells that help you fight off viruses.

Fill Up On Anticold Nutrients

Fiber isn't just food you, it's an energy source for gut bacteria. When gut bacteria ferments fiber, metabolites are produced that help the immune system attack the flu virus. Soluble fiber that attracts water and slows digestion seems to deliver more immune benefits than the insoluble kind. Aim for 25 grams of fiber per day with a quarter of it being soluble fiber. For an additional immune boost, try adding garlic (it is shown to possess virus fighting and bacterial killing properties) and ginger (it is a natural anti-inflammatory) to your meals on a regular basis.



Gargle After Every Meal

The *American Journal of Preventative Medicine* reports if you gargle with plain water for 15 seconds three times a day, you can reduce your odds of catching a cold by nearly 40 percent. Gargling physically removes the enzymes in the mouth and throat that help viral cells replicate. Viral cells are ingested when someone around you coughs or sneezes near you and you breathe in the infected droplets. According to Live Science, about 3,000 droplets are expelled in a single cough with some flying out of the mouth at speeds up to 50 miles per hour. Sneezing is even worse, with as many as 40,000 droplets expelled at speeds greater than 200 miles per hour.

 **CATHOLIC
MUTUAL GROUP**

Adjust Your Attitude

Besides making you happy, a positive outlook may also help you stay healthy. Research has found that people who were optimistic had higher levels of T cells, which play an important role in the body's immune response.

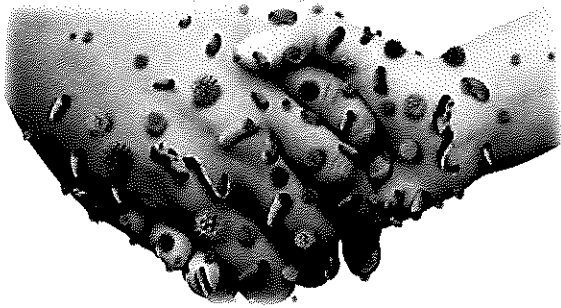
Avoid Smoking and Drink Less Alcohol

Smoking undermines the basic immune defenses and raises the risk of bronchitis and pneumonia while drinking alcohol impairs the immune system and increases vulnerability to lung infections.

Cold and Flu Prevention in the Workplace

There are simple steps you can take to prevent the spreading of a cold and flu in the workplace:

- Wash your hands for at least 15-20 seconds with soap several times a day, especially following contact with potentially contaminated surfaces. Contaminated surfaces include: hands after a handshake, door handles (including microwave or refrigerator), copier machines, another person's keyboard or phone, coffee pot handle, elevator buttons, counter tops, and shared books or other office materials.
- After washing hands, turn off the faucet with a paper towel.
- Use a paper towel to open the bathroom door.
- Avoid touching your face, eyes, mouth and nose as these are points of entry for viruses.



Flu Facts

- A study published in 2018 showed getting a flu shot lessened the risk of severe flu among adults and also reduced the severity of illness.
- People with the flu are most contagious in the first three to four days after their illness begins.
- 5-20% of the U.S. population immunize against the flu every year.
- During the 2017-2018 flu season, estimates indicate that more than 900,000 people were hospitalized related to the flu and more than 80,000 people died from the flu.
- There are four types of influenza viruses: A, B, C and D. Human influenza A and B viruses cause seasonal epidemics almost every winter in the United States. Influenza C infections generally cause a mild respiratory illness and are not thought to cause epidemics. Influenza D viruses primarily affect cattle and are not known to infect or cause human illness.

<https://www.shape.com>
<https://www.everydayhealth.com/columns/white-seeber-grogan-the-remedy-chicks/en-simple-natural-ways-to-boost-immune-system/>
<https://images.search.yahoo.com/search/images;>
<https://www.healthline.com/health/influenza/facts-and-statistics#12>
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MUTUAL GROUP**