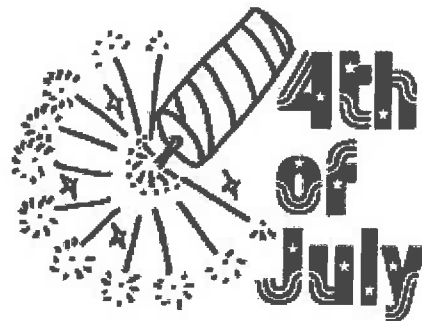


# BLESSED SACRAMENT

210 5<sup>th</sup> Avenue West  
West Fargo, ND 58078-1799

July 2-3, 2016  
14<sup>th</sup> Sunday OT/C

*Welcome  
Fr. Gary Luiten!*



## Sunday Collection

June 25-26: \$4,683.50

Children's Envelopes: \$9

Combined need per week is \$7,500

Improvements: \$607

*We've slipped behind – Please give!*

<u>Collected to Date</u>		<u>Goal</u>
\$177,981.00	2016 Parish	\$187,500.00
\$ 600.82	2016 Child	\$ 730.00
\$ 75,782.06	Reserves	\$100,000.00
\$ 14,894.75	Improvements	\$ 35,000.00
\$ 52,183.00	God's Gift	\$ 68,952.00

### **Mission Statement:**

*As loving disciples,  
we the faith community  
of Blessed Sacrament,  
strive for full and active participation  
in joyfully serving Christ  
while recognizing the gifts  
and dignity of all.*

**Reconciliation:** Saturdays, 4-4:30 p.m.

**Bulletin Printing:** Wednesdays at 10 a.m.

**Food Pantry:** Donations are needed!

## **+ Church Directory +**

Pastor	Fr. Gary Luiten (ext 104)
Parish Office	282-3321
Faith Formation	282-3321
DFF/Youth Ministry	Lucy Elshaug (108)
Music Ministry	Michael Mettler (109)
Parish Life/Volunteers	Karen Beets (105)
Support Team	Mary Beth Odegaard (101)
Website: <a href="http://www.BlessedSacramentWestFargo.org">www.BlessedSacramentWestFargo.org</a>	

**Have a Happy & Safe  
July 4 weekend!**

-- Fr. Gary & Team

**KC Meeting:** Wednesday, July 6,  
7:00 p.m., Classroom 2.

**Soup & More:** Thursday, July 7,  
5:30 p.m., Social Hall.

**Sick List:** Valerie Hanson, Bob Yanish,  
Richard Burckhard, Dorothy Laybourn,  
Shirley Sjue, Barbara Laybourn,  
Wayne Ward, Bill Parkhouse.

### **Stewardship Moment**

*"He said to them, 'The harvest is abundant, but the laborers are few...'" Luke 10:2*

As Catholics we are all called to serve in ministry. However, many of us are unsure how to use our talents and gifts to build God's Church. Talk to God and ask Him what He wants you to do. The next time one of your fellow parishioners asks you to help or join a committee, it may be the answer to your prayer.



## **EUCHARIST & INTENTIONS:**

### **Sunday, July 3 – 14 Sunday OT/C**

Isaiah 66:10-14, Gal 6:14-18, Luke 10:1-20  
9:30 a.m. – + Betty Allmaras  
+ Ednah Brown

### **Monday, July 4 –**

#### **Elizabeth of Portugal**

1 John 3:14-18 Matthew 25:31-46  
Parish Office Closed Today.  
NO LITURGY  
+ Ed Robinson, + Henry Epton

### **Tuesday, July 5 – (Bethany South)**

#### **Anthony Mary Zaccaria**

Timothy 1:13-14, 2:1-3, Mark 10:13-16  
2:00 p.m. – Josh Zepeda  
+ Val G. Tareski

### **Wednesday, July 6 – Maria Goretti**

1 Corinthians 6:13-10, John 12:24-26  
9:00 a.m. – + Arnold Pauls  
+ Murel J. Plummer

### **Thursday, July 7**

Hosea 11:1-9, Matthew 10:7-15  
9:00 a.m. – + Bernice Kirckhoff  
Birthday: Dorothy Zdeb  
+ Herbert V. Rohrenbach

### **Friday, July 8**

Hosea 14:2-10, Matthew 10:16-23  
NO LITURGY  
+ Carol A. Schmidt

### **Saturday, July 9**

Isaiah 6:1-8, Matthew 10:24-33  
5:15 p.m. – The Parishioners  
+ Dwayne Zerr

### **Sunday, July 10 – 15 Sunday OT/C**

Dt 30:10-14, Col 1:15-20, Luke 10:25-37  
9:30 a.m. – + Walter Pfeifer  
+ Rose F. Murphy, + Hattie Potter,  
+ Kenneth Hoiland

**Fr. Bert contact info:** PO Box 110,  
Park River, ND 58270-0110 or phone  
701-284-6165.

**Thank you!** A BIG thank you to all who helped with the moving and cleaning last week to get ready for the arrival of Fr. Gary. We are very thankful for you!

#### **\*\*\* OTHER NEWS \*\*\***

**Rachel's Vineyard:** Friday thru Sunday, July 8-10. For more information or to register, please call Ruth at 701-219-3941 or email her at [ruch@i29.net](mailto:ruch@i29.net) If you or someone you know has suffered from the physical, emotional and spiritual effects of a past abortion, there is hope for healing. Rachel's Vineyard offers a safe, non-judgmental and confidential weekend retreat for anyone: women, men, grandparents and siblings who struggle with the feelings of loss that can accompany an abortion experience.

**Mother/Daughter Days:** July 14-16, Hankinson convent. Schedule includes meals and prayer with the sister, daily liturgy and time for spiritual reflection. Register by June 30 by contacting Sr. Jean Louise Schafer at [ndfranciscan@yahoo.com](mailto:ndfranciscan@yahoo.com)

**5<sup>th</sup> Annual Mission of Mercy:** FREE DENTAL CARE for those who cannot afford it! July 22 and 23, Concordia College Auditorium, Moorhead. Care is provided on a first-come, first-served basis. The door opens at 5:30 a.m. each day. Hundreds of North Dakota and Minnesota Dentists are volunteering to provide this service. Learn more at: [mnmom.org](http://mnmom.org).

**Pregnancy/Infant Loss Retreat:** Saturday, July 30, 9 a.m. to 4:30 p.m., Holy Cross. Free. Breakfast/lunch provided. For couples who have experienced pregnancy or early infant loss. Registration required. Contact: [immaculatehoperetreats@gmail.com](mailto:immaculatehoperetreats@gmail.com) or visit [www.immaculatehope.org](http://www.immaculatehope.org)

# Putt 4 a Purpose – Golf Event

Bishop John Folda invites you to *Putt 4 a Purpose*, at the 10<sup>th</sup> Annual Bishop's charity Golf Classic, benefiting Seminarian Education and Youth Programs. Join the fun and fellowship by heading to Edgewood Golf Course in north Fargo on Monday, August 8<sup>th</sup> for a round of golf, dinner and prizes. Register three golfers and bring your Priest, Deacon, or Seminarian as your 4<sup>th</sup> player for free! Register online at: [www.fargodiocese.org/puttpurpose](http://www.fargodiocese.org/puttpurpose).

If you are not a golfer, please consider sponsoring a priest or seminarian or a hole on the golf course. Your contribution will help support the event and defray costs. Register online at: [www.fargodiocese.org/puttpurpose](http://www.fargodiocese.org/puttpurpose).

For further information please contact Steve Schons in the Stewardship and development Office, at 701-356-7926 or email [steve.schons@fargodiocese.org](mailto:steve.schons@fargodiocese.org).



## Protecting Yourself in the Sun

Sunlight contains ultraviolet (UV) radiation, which causes premature aging of the skin, wrinkles, cataracts, and skin cancer. The amount of damage from UV exposure depends on the strength of the light, the length of exposure, and whether the skin is protected. *There are no safe UV rays or safe suntans.*

### Skin Cancer

Sun exposure at any age can cause skin cancer. Be especially careful in the sun if you burn easily, spend a

lot of time outdoors, or have any of the following physical features:

- Numerous, irregular, or large moles.
- Freckles.
- Fair skin.
- Blond, red, or light brown hair.

### Self-Examination

It's important to examine your body monthly because skin cancers detected early can almost always be cured. The most important warning sign is a spot on the skin that is changing in size, shape, or color during a period of 1 month to 1 or 2 years.

Skin cancers often take the following forms:

- Pale, wax-like, pearly nodules.
- Red, scaly, sharply outlined patches.
- Sores that don't heal.
- Small, mole-like growths—melanoma, the most serious type of skin cancer.

If you find such unusual skin changes, see a health care professional immediately.

### Block Out UV Rays

- **Cover up.** Wear tightly-woven clothing that blocks out light. Try this test: Place your hand between a single layer of the clothing and a light source. If you can see your hand through the fabric, the garment offers little protection.
- **Use sunscreen.** A sun protection factor (SPF) of at least 15 blocks 93 percent of UV rays. You want to block both UVA and UVB rays to guard against skin cancer. Be sure to follow application directions on the bottle.
- **Wear a hat.** A wide brim hat (not a baseball cap) is ideal because it protects the neck, ears, eyes, forehead, nose, and scalp.
- **Wear UV-absorbent shades.** Sunglasses don't have to be expensive, but they should block 99 to 100 percent of UVA and UVB radiation.
- **Limit exposure.** UV rays are most intense between 10 a.m. and 4 p.m. If you're unsure about the sun's intensity, take the shadow test: If your shadow is shorter than you, the sun's rays are the day's strongest.

OSHA 3166-09R 2003

### Preventing Skin Cancer

For more information about preventing, detecting, and treating skin cancer, check out these sources:

**American Cancer Society**  
[www.cancer.org](http://www.cancer.org)  
1-800-ACS-2345

**Centers for Disease Control and Prevention**  
[www.cdc.gov/ChooseYourCover](http://www.cdc.gov/ChooseYourCover)  
1-888-842-6355

**The Skin Cancer Foundation**  
[www.skincancer.org](http://www.skincancer.org)  
1-800-SKIN-490


**OSHA** Occupational Safety and Health Administration  
[www.osha.gov](http://www.osha.gov) U.S. Department of Labor

## July 9 & 10, 2016 – 15<sup>th</sup> Sunday in Ordinary Time Ministries of Service

Masses	5:15 p.m. Saturday	9:30 a.m. Sunday
Proclaimers	A. Archibald	M. Geary
Extraordinary Ministers of Holy Communion	K. Jalbert, D. Normandin, *F. McCann	**A. Pritchard, R. Wells, D. Loberg, *R. Loberg, D. Nechiporenko
Gift Bearers	D. McCann, J. Suchla	D. Richmann Family
Musicians	J. Malusky	L. Elshaug
Servers	J. Herzog	V. Yourczek, K. Wells
Ushers	W. Suchla, D. Krogen	G. Yourczek, Volunteer
Greeters	D. Krogen Family	J. Wells Family
Rosary Leader	J. Iverson	M. Kern
Sacristan	F. McCann	D. Nechiporenko
Media Minister	R. Elless	
*Bread Minister    **Takes communion to the shut-ins and sick		

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-Pope Francis

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