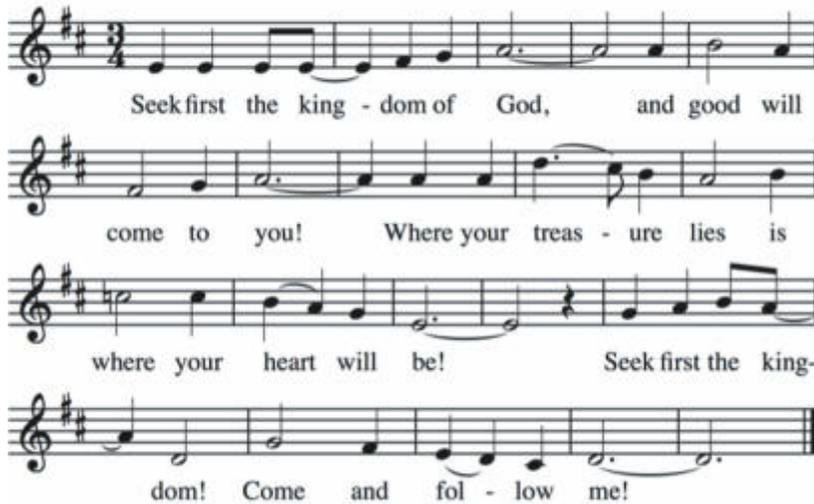




## Opening Hymn

### SEEK FIRST THE KINGDOM

David Haas



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Vs 1. Come to me all you who labor, I will be with you! Take my yoke upon your shoulders, you will learn from me! For I am gentle, I am humble, in me your souls will find rest!  
(refrain)

Vs 2. Call to me and you shall receive, see, and you'll find! Knock and the door will be opened to you, and you will know....the ones who call upon my name, will see the face of God! (refrain)

## READING I Deuteronomy 18:15-20

**Psalm Response:** "If today you hear his voice, harden not your hearts."

## READING II 1Corinthians 7:32-35

## GOSPEL Mark 1:21-28



## Nicene Creed

I believe in one God, the Father almighty, maker of heaven and earth, of all things visible and invisible. I believe in one Lord Jesus Christ, the Only Begotten Son of God, born of the Father before all ages. God from God, Light from Light, true God from true God, begotten, not made, consubstantial with the Father; through him all things were made. For us men and for our salvation he came down from heaven, and by the Holy Spirit was incarnate of the Virgin Mary, and became man. For our sake he was crucified under Pontius Pilate, he suffered death and was buried, and rose again on the third day in accordance with the Scriptures. He ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead and his kingdom will have no end. I believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son, who with the Father and the Son is adored and glorified, who has spoken through the prophets. I believe in one, holy, catholic and apostolic Church. I confess one Baptism for the forgiveness of sins and I look forward to the resurrection of the dead and the life of the world to come. Amen.

## Stewardship Prayer

**God our Creator,**

you made us all that we are and gave us all that we have. Help us to live a life of gratitude by using your gifts to serve others in your name.

**Jesus my Redeemer,**

you call us to share your life by loving service to others. Grant us the courage to live as your disciples.

**Holy Spirit of God,**

fire our hearts with your love and make us good and generous stewards of your life within us.

**We pray Lord,**

that you open the minds and hearts of all the people of St. Elizabeth Ann Seton Parish, that we may joyfully accept your call to live as stewards of your abundant gifts for our salvation and your greater glory. **Amen.**

## THE BANE AND BLESSED



The devil is in the details, or so we say. But the greater and more certain truth is that it is God who is in the details. If God is to be found at all, God is to be found in the midst of life. If we don't see God in the midst of the daily give and take, struggles and accomplishments, we won't see God anywhere.

St. Ignatius Loyola, founder of the Society of Jesus (Jesuits), is regarded by the Church as one of the surest guides in the spiritual life. He recommends that each day we pray what he calls the Examen. We become more aware of Christ by reviewing each day under the guidance of the Holy Spirit. Over the centuries the Examen has taken on many forms. But it always begins with the desire for God and gratitude for his blessings. Nothing new happens without gratitude. The Examen is a prayerful review of the day asking to see God in the most obvious and the most common. Remember God is always in the details. Nothing is too small, nothing too inconsequential. As the Examen helps us feel God's blessings it calls us to see how we have failed to be faithful or loving, or have been fearful and self-centered. Rejoice

in those times when you felt God's goodness, and ask forgiveness for the times you resisted God's presence. A former spiritual director suggested that I look at each day as a movie and let God highlight the moments he wishes to be seen, or wishes for me to see Him present.

In his life St. Ignatius wanted to see God in all things. He knew the truth that recognized or not, God is always present. It is no less true for us.

The Lord be with you.  
Father John Parr

## STEWARDSHIP

In today's Responsorial Psalm, we sing: "If today you hear God's voice, harden not your heart." This psalm refrain challenges us each day not to harden our hearts when we hear God speak to us, as we do, day in and day out, in so many ways. The voice of God may come to us through events in ordinary life, through encounters with others, through Scripture, and through prayer. It is up to us to listen to God's voice and to respond to God's call. It is in our power to say "No" to God so we must constantly take the time to reflect and examine our consciences. Are we open to God's call? Have we hardened our hearts...or opened them?



## FOR YOUR MARRIAGE



Looking for some good reading for family life? Try these. Available online at the *USCCB* website or at *Amazon* or *Barnes and Noble*.

1. Pope Francis: Wisdom on Love – Practical Advice for Families
2. Catholic Household Blessings and Prayers (new edition)
3. The Fragrance of Family Life
4. The Joy of Love (Amoris Laetitia)
5. Pope Francis and the Family

## KNIGHTS OF COLUMBUS



Want to get more involved this year?  
Start 2021 with a group of Catholic men and grow in faith, unity, and charity. Join our council!  
Contact Emil Meindl  
at [KC9385@seasholmen.org](mailto:KC9385@seasholmen.org), 952-204-5146.

For your parish contributions, try our convenient online giving option. If you visit our website at [www.seasholmen.org](http://www.seasholmen.org) you will find a button that will link you to this option. It is user friendly but if you have any questions, contact Sandy at the parish office.

## FAITH FORMATION

### Listening to the Whisper

Is your daily prayer operating more from a place of fear and worry rather than a place of praise and gratitude lately?

There is a wonderful story in the book of Kings where Elijah is waiting for the Lord (1 Kings 9:11-12). All of these huge things (strong violent winds, earthquakes, fires, etc.) passed by, but the Lord was not in any of those things. The way that the Lord presented Himself to Elijah was in a simple whisper. During these challenging and uncertain times, perhaps we need to open our ears to listen to God whispering to us. Find the moments of gratitude when we wake up seeing a beautiful sunrise, experiencing the sacrament of the blessed moment when we laugh with a friend, and finding the extraordinary blessings within the ordinary routines of our lives are ways we may hear that whisper.

*Latina, Louie. Creativity in Prayer. LifeteenBlog. Web. <https://lifeteen.com/blog/creativity-in-prayer/>*

### Important Faith Formation Dates

Wed., Feb. 3 - 2<sup>nd</sup> grade meets at church 6:30 pm

## LENTEN BIBLE STUDY

Join us for a Lenten experience like no other. Delve into the Bible, the Mass and strengthen your relationship with Jesus.

Date: **Tuesdays Jan. 26 - Mar. 30, 2021**

Time: 6:30 pm – 8:00 pm

Duration: 10 Weeks

Location: In person at St. Elizabeth's Parish Or via Zoom

Cost: \$15.00

Info: Pat Brueggen (608) 526-4424

[youth@seasholmen.org](mailto:youth@seasholmen.org)

## APPEAL UPDATE



Diocesan Annual Appeal Update

Parish Target: \$86,710

Pledged/Received as of 1/26/2021:  
\$19,082

To donate online visit:

[diolc.org/donate-online](http://diolc.org/donate-online)

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## AQUINAS CATHOLIC SCHOOLS



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Did you know that Aquinas Catholic Schools participates in the Wisconsin Parental Choice Program? If you meet income and residency requirements for the Wisconsin Parent Choice Program, you could attend Aquinas Catholic Schools tuition-free. This program is for parents wishing to send their children to Aquinas Catholic Schools, but due to income constraints, may not be able to do so. To learn more please visit our website at [www.aquinaschools.org/enrollment](http://www.aquinaschools.org/enrollment).

Already apart of the Aquinas family make sure to follow us on social media pages Facebook and Instagram pages!

## RETROUVAILLE

Retrouvaille \Retro- vī\ Marriage Help Weekend Coming Soon!—Whether you have simply drifted apart, or have arrived at separation or divorce, Retrouvaille offers hope. Begin with a weekend away at St. Anthony Spirituality Center in Marathon, WI. February 12-14, 2021. Fully Confidential, affordable, and open to couples of all faiths or no faith background. For details or to register, call toll free, 1- 877-922-HOPE (4673) or see [www.HelpOurMarriage.org](http://www.HelpOurMarriage.org) Space is limited with special Covid precautions. Early registration advised.



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## PARISH INCOME (FISCAL YEAR 7/1/20-6/30/21)

	Last Week's Collections	Weekly Budget	Difference	Annual Budget
Envelopes/ACH/Plate.....	\$17,018	\$11,638	<b>\$5,380</b>	\$605,176
Fiscal Year-to-Date.....	\$330,844	\$337,502	<b>- \$6,658</b>	

## CALENDAR

<b>Sunday, January 31</b>	<b>4th Sunday in Ordinary Time</b>
8:00 am Mass	People of SEAS
10:15 am Mass	† Barry Schaller
6:30 pm	Confirmation Class in church
<b>Monday, February 1</b>	<b>Weekday</b>
8:30 am Mass	† Anna McGowan
<b>Tuesday, February 2</b>	<b>The Presentation of the Lord</b>
8:30 am Mass	† Emily Campbell
<b>Wednesday, February 3</b>	<b>Weekday</b>
8:30 am Mass	† Harold Jerue
6:30 pm	2nd Grd Faith Formation in church
<b>Thursday, February 4</b>	<b>Weekday</b>
8:30 am Mass	† Ambrose Brown
<b>Friday, February 5</b>	<b>St. Agatha, Virgin and Martyr</b>
8:30 am Mass	† Everett & Hannora Parr
<b>Saturday, February 6</b>	<b>St. Paul Miki and Companions</b>
3:45 pm	Sacrament of Penance
	<b>Vigil: 5th Sunday in Ordinary Time</b>
5:00 PM Mass	People of SEAS
<b>Sunday, February 7</b>	<b>5th Sunday in Ordinary Time</b>
8:00 am Mass	† Fr. John Rossiter
10:15 am Mass	† Judy Bockenbauer

## ASH WEDNESDAY



Ash Wednesday is on February 17<sup>th</sup>. Reservations **ARE REQUIRED** for all of our Ash Wednesday liturgies. Please call the parish office at 526-4424 to reserve your spot for one of our Masses. Mass times are **8:30 am, 5:00 pm, and**

**6:30 pm.** We remain at 25% capacity. Social distancing and masks are required. Reservations are accepted beginning **Monday, Feb. 1.** We will also be taking reservations for our Easter Triduum liturgies. More information on that will follow.

## MASS INTENTIONS

It is the custom of the Catholic Church that priests remember specific intentions at the celebration of the Eucharist. Normally, a small offering or stipend (customarily \$10 in the Diocese of La Crosse) is given for a Mass intention. If you would like to have a Mass celebrated for someone, we have openings for intentions throughout 2021. Please contact Sandy in the parish office (526-4424).

## PARISH INFORMATION

### PARISH RECTORY & OFFICE

Phone/526-4424 Fax/526-3177 Email: office@seasholmen.org  
STAFF

**Pastor,** Father John Parr.....pastor@seasholmen.org  
**Pastor Emeritus,** Msgr. Delbert J. Malin.....djm133@charter.net  
**Pastoral Associate,** Sr. Bridget Donaldson,O.S.B.sbridget@seasholmen.org  
**Pastoral Minister,** Carol Reider.....carol@seasholmen.org  
**C.R.E. (3 yrs-gr. 5),** Mary Luebke.....reled@seasholmen.org  
**D.R.E. (gr. 6-12),** Patrick Brueggen.....youth@seasholmen.org  
**Director of Music,** Beth Lakmann.....music@seasholmen.org  
**Secretary,** Sandy Jerue.....office@seasholmen.org

### MASS SCHEDULE

**Weekend:** Sat. 5:00 pm and Sun. 8:00 & 10:15 am

**Weekday:** 8:30am

Office Hours: Mon. - Thurs. 8am-4pm, Fri. 8am - noon

**Gluten Free Hosts:** St. Elizabeth's has gluten free hosts available. Please contact Fr. Parr, and he will make the necessary arrangements.

### SACRAMENTS

**Reconciliation:** Saturday 3:45 pm or by appointment.

**Baptism:** Baptism involves membership in the church. Parents are to attend a session early in the pregnancy.

**Marriage:** Our church is trying to create successful marriages. This takes some time. Arrangements for a wedding date are to be made at least six months before the anticipated date.

**Anointing of the Sick:** Individual celebrations upon request.

Please call the office when family members are hospitalized.

**Confirmation:** Two year preparation program in grades 9 and 10.

### PASTORAL VISITATION

Anyone who desires a personal home visit is invited to call the parish office.

### CATECHUMENATE

Anyone wishing to become a full member of the Church is invited to visit the parish office.

### Parish Council Members

Alyson Haugen  
Jennifer Fisk  
Brian Clements  
Christine Olson  
Mary Lenz  
Kathy Nicklaus  
Bill Heinz  
Patty Heiderscheit

### Finance Council Members

Larry Warzynski  
Shawn Handland  
Janice Dvoracek  
Barry Ploessl  
Pat Stephens



Lorraine Atkinson  
The Donaldson Family  
Sherry Hanson  
Brooke Isabel Nelson  
Ken Proctor  
Cindy Ritteman  
Bailey Rohrer  
Addison Quinn Usitalo

When requesting that an individual be added to our prayer list, you must have the consent of the individual or their family for their name to be published. Thank you.

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## Communion Hymns

### Be Not Afraid

Bob Dufford SJ

1. You shall cross the barren desert,  
but you shall not die of thirst.  
You shall wander far in safety  
though you do not know the way.  
You shall speak your words in foreign lands  
and all will understand.  
You shall see the face of God and live.

#### Refrain

Be not afraid.  
I go before you always.  
Come, follow me, and I will give you rest.

2. If you pass through raging waters in the sea,  
you shall not drown.  
If you walk amid the burning flames,  
you shall not be harmed.  
If you stand before the pow'r of hell  
and death is at your side,  
know that I am with you through it all.

3. Blessed are your poor,  
for the kingdom shall be theirs.  
Blest are you that weep and mourn,  
for one day you shall laugh.  
And if wicked tongues insult and hate you  
all because of me,  
blessed, blessed are you!

Text: Based on Isaiah 43:2-3; Luke 6:20ff. Text and music  
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reserved.



### I Will Choose Christ

Tom Booth

#### Refrain

I will choose Christ, I will choose love, I choose to serve.  
I give my heart, I give my life, I give my all to you.

1. How many times must he call my name and show to me  
that he is God? And as a servant he calls to me, "You must  
serve too."

2. Christ, my teacher and healer, teach my heart and heal  
my soul. And as I walk this road with you, teach me to love.

3. As I look upon your cross, so too must I die with you.  
And with the death of my own desires, I'll rise with you.

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of OCP. All rights reserved.



## Closing Hymn

### LEAD ME, LORD

John D. Becker

Verses

1. Bless - ed are the poor in spir - it, long - ing for their  
2. Bless - ed are the mer - ci - ful, for mer - cy shall be  
3. Blest are they who through their life - times sow the seeds of

1. Lord, for God's com - ing king - dom shall be theirs.  
2. theirs. and the pure in heart shall see their God.  
3. peace, all will call them chil - dren of the Lord.

1. Bless - ed are the sor - row - ing, for they shall be con -  
2. Blest are they whose hun - ger on - ly ho - li - ness can  
3. Blest are you, though per - se - cu - ted in your ho - ly

1. soled, and the meek shall come to rule the world.  
2. fill, for I say they shall be sat - is - fied,  
3. life, for in heav - en, great is your re - ward.

Refrain

Lead me, Lord, lead me, Lord, by the light of truth to  
seek and to find the nar - row way. Be my way;  
be my truth; be my life. my Lord, and lead me, Lord, to -  
day. day. And lead me, Lord, to - day.

Text: Matthew 5:3-12, 7:7, 13; John 14:6. Text and music © 1987, John D. Becker.  
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