



St. Michael's / St. Mary's

FR. JOHN B. BIRKEL, PASTOR

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St. Michael's PO Box 406, Fairbury, NE 68352

St. Mary's 5th & Amanda Streets, Alexandria, NE

Confession schedule: Saturday 4:45 PM to 5:15 PM

2nd Sunday of Ordinary Time

January 16, 2022

BULLETIN: If you have news for the bulletin, please call the Rectory 402-729-2058 or email st.michael.fairbury@gmail.com. Deadline for additions -Wednesday by 9:00 AM.

ADOPT A PRIEST: Our Deanery is taking part in the "Adopt a Priest" program. St. Michael's has adopted Fr. Leo Seiker; Please pray for him.

St. Michael's and St. Mary's Parishes would like to extend a warm welcome to all who are visiting us or are new to the area. If you are not currently registered at St. Michael's or St. Mary's and consider this your Parish, please call the Rectory at (402) 729-2058.

St. Mary's Parish Council: Duane Bartek & Ritchie Burkhart *Trustees:* Bob VanWesten and Bob Bachle

St. Michael's Parish Council: Chris Higgins, Bethany Hansmire, LeAnn Krause, Mary Prellwitz and John Ragland.

Trustees: Chris Goeking and Randy Prellwitz

St. Michael's PCCW: Mary Prellwitz

St. Mary's PCCW: Deb Vanwesten

Knights of Columbus: Randy Prellwitz

CCD Coordinator: Georgann Friedrichsen

Parish collection data: January 9, 2022			Debt Reduction		Loan Payment	
Adult	\$1,770.00	\$370.00	Loan Total as of January 2022		\$34,720.69	
Loose Plate	71.00	10.00	Joy of the Gospel Rebates		\$4,386.07	
Online Giving	97.00		Debt Reduction Envelopes		\$970.00	
Building	20.00		Due Dec. 31, 2022		\$17,360.33	
Catholic Press	10.00		AMOUNT TOWARDS DECEMBER 2022 PAYMENT		\$5,356.07	
Cemetery	20.00	50.00				
			PARISH FINANCIAL INFORMATION			
			It takes \$2,039.84 a week to run St. Michael's Parish.			
			Operation Cost per week		\$2,039.84	
			This Week's Collection		\$1,968.00	
Debt Reduction	410.00		Shortage \$71.84			
Total	\$2,398.00	\$430.00				

PLEASE PRAY FOR:

*Jo Nease * Mary Kay Bedlan*

We will be starting with a fresh list at the beginning of each year so if you or someone you know would like our parish family to join you in prayer for their special needs, please contact the parish office.

St Michael's has a chapel. We have daily Mass in this chapel. It is located under the church. It is accessed through doors on the west end of the church.

I SEND OUT MY HOMILIES

Daily via email. If you would like to receive them, please email me at frbirkl@hotmail.com

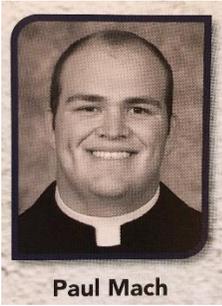
Mass Intentions for Jan. 17th - 23rd

Day	Time	Intention
Monday	No Mass	No Mass
Tuesday	No Mass	No Mass
Wednesday	Noon	Larry Hauschel+
Thursday	9:00am	All Souls Intention of Luis & Alejandra Ramos
Friday	9:00am	Evelyn Birkel+ by Kathleen Deavers
Saturday	9:00am 5:30pm	Alexandria: Special Intention Leonard & Patricia Stolzer
Sunday	8:00am 10:00am Noon	Special Intention People of the Parishes Low Mass (Traditional Latin)
St. Michael's Minister's Schedule for Jan. 22/23		
	5:30pm	10:00am
Acolyte	Ronn Brackle	Randy Prellwitz
Lector	Ronn Brackle	Randy Prellwitz
Server	Aldo Ramos	
Music	Mary Prellwitz	LeAnne Krause

THOUGHT OF THE WEEK:

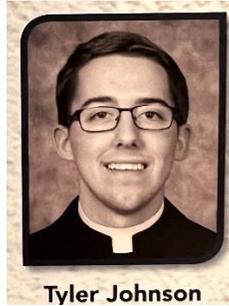
Of what paramount importance it is to school the young in the contempt of human respect, to school them in that manliness that knows how to brave public opinion and follow convictions, without fear, without blush! -Father Tanqueray

PRAY FOR VOCATIONS



Paul Mach

PAUL MACH



Tyler Johnson

TYLER JOHNSON

TYLER WADE JOHNSON is the son of Todd & Leah Johnson of St. John Parish in Lincoln, NE. He is in his 3rd Year of College at St. Gregory the Great Seminary.

PCCW NEWS

* For the ladies of our parish, there is a need for 1 or 2 chairpersons for our raffle portion of our Christmas bazaar, also a need for a chairperson for funeral dinners, please contact Mary Prellwitz or Janice Bell with any questions or offers for this request.

* Also, we are updating our PCCW booklet, we are asking for current emails and cell numbers. These will be for church use only. These will make notifying persons easier AND MORE efficient. Please use the sheet on the back table for this updated information.

* There is planned an evening for compiling the new 2022 PCCW booklet, this will be at Janet Beranek's home. call me Janice Bell at 729-5203. with questions or any input.

* Deanery meeting on January 27th at 10:30am with coffee and rolls at 10:00am. Meeting in St. Michael's center. All women from St. Michael's PCCW are invited and encouraged to attend. We are hosting women from Hebron, Wymore, and Beatrice. Hope to see you at the Fairbury Deanery meeting.

KNIGHTS OF COLUMBUS the Knights will be handing out the One Rose One Life envelopes after this weekend's Masses. The donations will go to the protection of the unborn! You can return your envelopes in the collection on January 22nd and 23rd. We will be handing out prayer cards that weekend and praying them at the end of Mass.

IN THE EXTRAORDINARY FORM OF THE ROMAN RITE it is only permissible to receive communion on the tongue. I apologize for not having said that earlier. Exceptions can be made, however, medical reasons.

SPIRITUAL GUIDANCE CORNER

Exorcist Diary #172: When Satan Torments The Mind

I continued to be saddened by the number of people who suffer from mental torments (see Diary #164). I daily receive frantic emails from people who are at their wits end. They have been mentally tormented for years and are losing hope.

These mental obsessions typically begin with a "normal" psychological weakness: low self-esteem, depressive thinking, dark ruminations, anxiety and

fear, frustrations and anger. However, Satan then takes advantage of this human weakness and exaggerates it. Our low self-esteem becomes self-hatred; our anxiety becomes despair; our dark rumination becomes suicidal ideation. What should have been a typical daily irritant now becomes a full blown crisis.

Satan's denigrating messages to us center around six common themes (see Diary #156): "You are a terrible person", "There is no hope for you", "God doesn't care about you", "This torment will never end", "You are going to hell", "You should kill yourself."

These demonic obsessions are doubly dangerous because Satan is usually able to hide behind a person's psychic flaws. Individuals do not realize the demonic source and thus they are even more convinced of their hopeless wretchedness. They may sink further into despair.

I do not have a quick fix. Real progress is gradual. But I pass on the kinds of interventions we are giving to those in our ministry. Individuals can choose a combination of those which they find most helpful...

+Recognize the true source of your mental torments.

Yes, you have underlying psychological weaknesses which makes you vulnerable to these negative ruminations. But Satan is tormenting you with them. Once people can recognize the action of the Evil One, they may feel less culpable and more emotionally distant from them.

+Let them come...and let them go. Many people find it difficult just to stop these mental obsessions. In fact, the more one tries to stop them, the stronger they often become. Rather, offer no resistance. Let them come in one ear, and let them go out the other ear. Try not to latch onto them. As one Saint said when seeing Satan at the foot of her bed, "Oh, it's only you."

+Breathe and relax. Our bodies tense up when we are stressed. Take long, slow deep breaths. Inhale slowly, exhale slowly. Breathe deeply. Exercise the body by walking or whatever exercise works for you. When the body relaxes, it helps the mind relax.

+Close the door to the demonic. Satan is taking advantage of a psychological weakness. There are hurts and traumas from the past which have given rise to this weakness. Seek to heal these inner psychic wounds. Psychotherapy, healing prayers, spiritual direction, rituals of forgiveness, and the sacraments can all be sources of inner healing.

+Deliverance prayers focused on the particular torment.

For example, if the person suffers from self-hatred, then say often, "In the holy name of Jesus, I renounce the evil spirit of self-hatred and command it to leave me." Or if the problem is anger: "In the holy name of Jesus, I renounce the evil spirit of anger and command it to leave me."

+Turn to Jesus- repeatedly. Regularly using short exclamatory prayers can help focus the mind on Jesus. Typical prayers are: "Jesus I trust in you" or "Jesus, Son of David, have mercy on me a sinner" or "Jesus, Mary" or another short holy prayer of your own choosing.

+Offer your suffering for others. We all have our own sufferings. Some people have great physical sufferings. You have great mental sufferings. These mental torments, when given to Jesus in faith, can be a source of grace for others, and for you.

+Be at peace. You are flawed and broken. You are suffering. It is okay! That is precisely why the Son of God became flesh. He died for your sins. You will not save yourself; you will never be without suffering in this life. Trust in Jesus; he will save you.