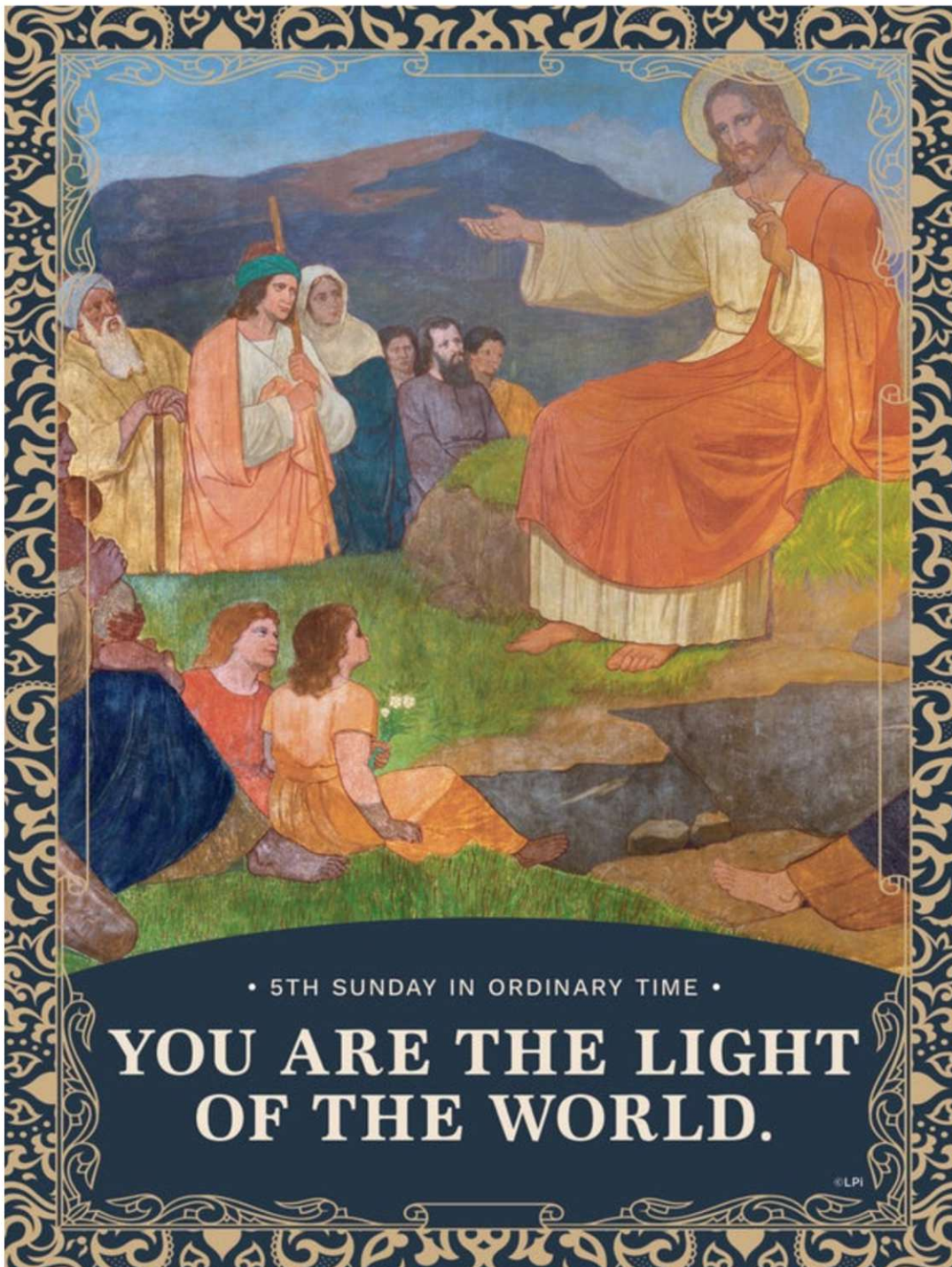




HOLY SPIRIT CATHOLIC CHURCH

February 8th, 2026
5th Sunday in Ordinary Time

1420 7th St. N, Fargo, ND 58102 | 701.232.5900
www.holyspiritfargo.com
info@holyspiritfargo.com



PARISH INFORMATION

Weekend Mass Schedule

Saturday Vigil: 4pm
Sunday: 7:30, 9 and 11am

Daily Mass Schedule

Monday-Wednesday: 5:30pm
Tuesday-Saturday: 8:30am

Reconciliation

1/2 hour before ALL Masses.
Saturday: 3-3:50pm

In-person by appointment

Baptism

Call to register for Baptism prep, before or after the baby is born.

Marriage

Contact the parish office at least six months before the wedding date.

Confirmation/1st Eucharist

For Catholics older than 3rd grade, call for more info.

Exploring Catholicism/RCIA

Learn more about the faith, or want to become Catholic, call Fr. Laframboise at 701-232-5900 for more info.

New Parishioner Registration

Visit the website or call for more info.

Anointing of the Sick

Available any time. Contact a priest or call the parish office.

Catholic Schools

For 3 year-olds to 12th Graders, contact Lori Hager at 701-893-3271 or email lori.hager@jp2schools.org.

Adoration

Monday-Saturday: 6:45-8am
Thursday: 3-9pm

Homebound

Call the office to schedule a visit.

Prayer Chain

Call Patty Landman at 701-235-0185 or Mary Schmidt at 701-540-7146 to be added to the prayer list.

Office Hours

Monday: 1-5pm
Tuesday & Thursday: 9am-4pm
Wednesday: 8am-5pm
Friday: 8am-noon

Pastor: Fr. Ross Laframboise
Parochial Vicar: Fr. Anthony Cruz
Deacon: Rev. Mr. Paul Schneider

MONTHLY SOCIAL TEACHING - Rights & Responsibilities

The Catholic tradition teaches that human dignity can be protected, and a healthy community can be achieved only if human rights are protected, and responsibilities are met. Therefore, every person has a fundamental right to life and a right to those things required for human decency. Corresponding to these rights are duties and responsibilities - to one another, to our families, and to the larger society.

WEEKLY VIRTUE: Responsibility

KNOW IT: Fulfilling one's just duties; accepting the consequences of one's words and actions, intentional and unintentional

LIVE IT: Be accountable for one's personal actions and decisions at home, at school and in personal relationships

PRAY IT: Be O Lord, a guiding star above me, a smooth path below me, a kindly shepherd behind me and a bright flame before me; today, tonight and forever. Amen.

ST. COLUMBA - (7 December 521 – 9 June 597), was an Irish abbot and missionary credited with spreading Christianity in present-day Scotland. He founded the important abbey on Iona, which became a dominant religious and political institution in the region for centuries. He is the Patron Saint of Derry and is remembered today as one of the Twelve Apostles of Ireland. Columba died on Iona and was buried in 597 by his monks in the abbey he created. In 794 the Vikings descended on Iona. Columba's relics were finally removed in 849 and divided between Scotland and Ireland. The parts of the relics which went to Ireland are reputed to be buried in Downpatrick, County Down, with St Patrick and St Brigid. Columba performed various miracles such as healing people with diseases, expelling malignant spirits, subduing wild beasts, calming storms, and even returning the dead to life. Columba is historically revered as a warrior saint, and was often invoked for victory in battle.



GIVING HEARTS DAY

The Holy Spirit Church St. Vincent de Paul Conference (SVDP) is our parish's charitable outreach arm focusing on assisting people in need who live in north Fargo.



The Holy Spirit SVDP is entirely dependent on charitable contributions. From Oct 2024 to Sept 2025, we served 285 individuals through 125 visits and phone ministry giving \$41,181 in direct assistance and \$8,583 in household cleaning and personal care supplies. (Total \$53,029). This assistance included \$23,352 in rent payments, \$11,774 in Xcel payments, \$6,055 in other bills, and \$3,265 in grocery, gas and other gift cards. We also distribute household products for laundry, personal care, and cleaning. We thank you for your regular support of Holy Spirit Parish!

Please consider donating to our SVDP Conference on Giving Hearts Day, February 12.

Donations can also be made now in advance.

To donate go to this website: app.givingheartsday.org, click on Donate, search SVDP, and then choose the donation amount.

DONATIONS

We are grateful for all the generous donations to Holy Spirit Church. Thank you for living Stewardship!

Past Week's Offertory: \$16,690.00
YTD Offertory: \$647,082.00
Last Year YTD Offerings: \$580,023.07
YTD Offertory Budget: \$611,072.00



Donations may be made at: holyspiritfargo.com

Mass readings for the week of February 8th

Monday: 1 Kgs 8:1-7, 9-13/Ps 132:6-7, 8-10/Mk 6:53-56
Tuesday: 1 Kgs 8:22-23, 27-30/Ps 84:3, 4, 5 and 10, 11/Mk 7:1-13
Wednesday: 1 Kgs 10:1-10/Ps 37:5-6, 30-31, 39-40/Mk 7:14-23
Thursday: 1 Kgs 11:4-13/Ps 106:3-4, 35-36, 37 and 40/Mk 7:24-30
Friday: 1 Kgs 11:29-32; 12:19/Ps 81:10-11ab, 12-13, 14-15/Mk 7:31-37
Saturday: 1 Kgs 12:26-32; 13:33-34/Ps 106:6-7ab, 19-20, 21-22/Mk 8:1-10
Next Sunday: Sir 15:15-20/Ps 119:1-2, 4-5, 17-18, 33-34/1 Cor 2:6-10/Mt 5:17-37 or 5:20-22a, 27-28, 33-34a, 37



Our mission is to invite, form, and equip missionary disciples of Jesus Christ.

STEWARDSHIP

Everything we have is from God. Jesus asks us to live in this truth by giving a portion back to Him, called a tithe. Here are some basic steps to get there:

1. Start with giving 1% of your income back to God such as to the Church or the poor.
2. The next step would be to step out in trust and give a half tithe or 5% of your income to God.
3. The last step would be to give God a full tithe (10%) as He asks of us. We are always able to give more but this provides a foundation.

The Eucharist and Sanctity "I Believe"

by Fr. John A. Hardon, S.J.

The Eucharist as the Real Presence is the touchstone of sanctity. As evidence of this fact we have the witness of the saints who, when they speak or write about the power of the Blessed Sacrament to sanctify, seem to be positively extreme in their claims about what the Real Presence can achieve in making a sinful person holy.



who sent me is that I should lose nothing of all that he has given to me and that I should raise it up on the last day. Yes, it is my Father's will that whoever sees the Son and believes in him shall have eternal life and that I shall raise him up on the last day."

Notice we are concentrating on the Holy Eucharist as the Real Presence. We could also speak of the sanctifying power of the Mass and of Holy Communion, but that is not our focus of reflection here. Why not? Because it is the Real Presence in the Mass and in Communion that finally explains their efficacy, too. No Real Presence, no Mass; no Real Presence, no Communion. So that, in dwelling on the Real Presence, we are in effect talking about the Holy Eucharist - Presence, Sacrifice and Sacrament.

In order to appreciate the value of the Real Presence in the spiritual life, we must go back in spirit to the event described by St. John when our Lord, after He had worked the miracle of the multiplication of the loaves and fishes, made the solemn promise of the Eucharist.

"I am the Bread of Life," Christ declared on that occasion. "He who comes to me will never be hungry. He who believes in me will never thirst. But, as I have told you, you can see me and still you do not believe. All that the Father gives me will come to me and whoever comes to me, I shall not turn him away because I have come down from heaven, not to do my own will, but to do the will of the one who sent me. Now the will of him

By now we have read and heard and meditated on these words many times, but they deserve further reflection because they contain so much mystery that after nineteen centuries of the Church's existence she has not begun to exhaust the richness of their meaning.

Every time we go back, every time we go back to Christ's words of revelation, we always discover something new. Always! The key word in Christ's discourse on the Eucharist is the word believe. In fact, after He promised the Blessed Sacrament many of the Jews who heard Him did not believe. "This is intolerable language," they said. "How could anyone (meaning themselves) accept it?"

"After this," we are told, "many of his disciples left him and stopped going with him." And the evangelist further explains that, "Jesus knew from the outset those who did not believe and who it was that would betray him." We might add that when we are told that the Savior knew who did not believe, that was not only contemporary, but all future knowledge. He foresaw who would and who would not believe, and let us make sure that the evangelist's juxtaposition of those who did not believe and those who would betray Him is the relationship of cause and effect. All the traitors of Christ have been those who, having believed, stopped believing.

The Holy Spirit Elementary Spotlight

Core Value: Service

During Catholic Schools' Week, our school collectively took on a service project for the St. Gianna and Pietro Molla Maternity Home in Minto, ND.

Our students and families collected baby items all week to donate to the home and sent the items off to the women and babies with a blessing of hope and love.



NEWS & EVENTS

OUTSIDE OUR PARISH

INSIDE OUR PARISH

Job Opening: Women's Care Center

Women's Care Center is seeking a compassionate part-time or full-time Ultrasound Tech/ Registered Nurse/LPN for our pro-life pregnancy centers in Fargo and Moorhead. Please forward your resume to angela@wccnd.com or call 701-237-6530 for further details or questions.

Catholic Man Night at Nativity

Join us for the next Catholic Man Night on Thursday, February 19th at 6:00 pm at Nativity (1825 11th St S, Fargo). The evening starts with adoration and confession from 6 to 7 pm, followed by a free-will offering meal and a talk with guest speaker Father Kevin Lorsung, including a short discussion. Eat, pray, and socialize with the guys—come and bring a friend!

SEARCH for Christian Maturity is a peer-to-peer retreat ministry for youth (ages 16–17) and young adults (18+) who desire to grow deeper in their faith and in Christian community. Our next retreat will be held Feb 27-March 1, 2026 at Maryvale Retreat Center in Valley City. For more information and to apply, please visit: www.fargodiocese.org/search4cm Questions? Please contact Dori Picard at 952-210-2219. Applications are due by Monday, February 9th, 2026

PARISH EVENTS FOR WEEK OF SUNDAY, FEBRUARY 8TH

Sunday, February 8th

Mass: 7:30, 9, 11am

Sunday School: 10:15am, St. Therese Room

Pinochle Party: 1:30pm, Social Hall

Monday, February 9th

Daily Mass: 5:30pm

Tuesday, February 10th

Daily Masses: 8:30am & 5:30pm

Book Club: 10:30am, St. Therese Room

KC Officer Meeting: 6:30pm, Social Hall

KC Meeting: 7pm, Social Hall

Wednesday, February 11th

Daily Masses: 8:30am & 5:30pm

Food & Fellowship: 6pm, Social Hall

1st-5th Catechesis: 6:30pm, Church

YD Group Meetings: 6:30pm

Spirit Choir Rehearsal: 6:30pm, Music Room

Fr. Keller's Bible Study: 6:30pm, St. Therese Room

OCIA: 6:30pm, Room 101

Thursday, February 12th

Daily Mass: 8:30am

Adoration: 3-9pm, Church

Friday, February 13th

Daily Mass: 8:30am

Hearts of Gold: 9am, Social Hall

St. Monica Prayer Group: 3:45pm, Church

Saturday, February 14th

Daily Mass: 8:30am

Vigil Mass: 4pm

Sunday, February 15th

Masses: 7:30, 9, 11am

KC Breakfast & Bake Sale: After all morning masses

Youth Choir Rehearsal: 10:10am, Choir loft

High School Bible Study: 7pm, St. Therese Room

REMEMBER THERE ARE CONFESSIONS 1/2 HOUR BEFORE EVERY MASS!

Fargo Churches Ski Trip

Registration is open for the Fargo churches ski trip to Andes Tower Hills for 6th-12th graders! Monday, February 16th with February 28th as the backup date. Cost is \$10 for lift ticket, \$10 for ski rental, & \$20 for snowboard rental. Helmets are required. To register & receive waivers, please contact Rachel O'Donnell, 701-232-5900 or rachel@holyspiritfargo.com. Liability waivers for the Fargo Diocese & Andes Tower Hills are required. Deadline to register is Wednesday, February 11th.

Calling all KC Wives!

We will be hosting a bake sale on the Sunday after Valentine's Day, Feb. 15th, after all Masses. Please drop off your goodies on Saturday, Feb. 14th, at Holy Spirit from 10-2pm. Contact Jennie Rivard with any questions at 701-361-8923.

Catholic Daughters to Meet

Court St. Ann #261 of the Catholic Daughters of the Americas will meet Tuesday, February 10th at St. Anthony's beginning with the Mass at 5:15 PM, meal to follow, and meeting at 6:30 PM. Members are invited to bring non-perishable food item donations. If interested in CDA, please join us at our meeting. Any questions, please send an email or call Vicki at 701-866-0820 or 11m4b@msn.com.

Hearts of Gold

Hearts of Gold will meet on Friday, February 13th, at 9am in the social hall. Come and hear Fr. Jim Meyer, pastor at Nativity Church, share about his time as the NDSU Chaplain!

KC Breakfast

The KCs are serving their famous egg bake breakfast next Sunday, February 15th, after all morning masses! Stop by to support the KCs in their charitable giving.

Pinochle Party

All are welcome to join the monthly pinochle party this Sunday, February 8th, at 1:30pm in the social hall. Questions, contact Elise Derby at 320-491-0376.

Congratulations to our Newly Baptized Members!

Leo Asuai, son of John Paul & Agatha

Tanner Vaudrin, son of Mark & Karen

Youth Choir

Youth (2nd grade and up) are invited to sing with the Youth Choir on Sunday, February 15th. Please come at 10:10am to rehearse for the 11am mass. Contact Sarah at sarah@holyspiritfargo.com with questions.

HEARTS OF GOLD

9-11 AM IN THE SOCIAL HALL

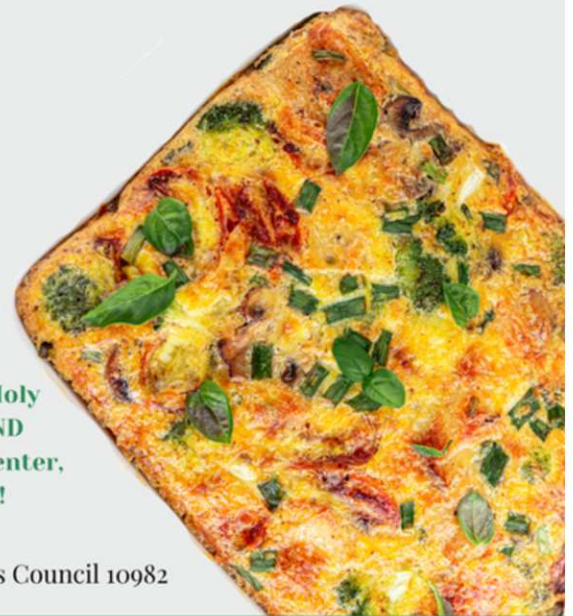


February 13th, 2026

Speaker: Fr. Jim Meyer sharing about his time as the NDSU Chaplain

Holy Spirit's
**Famous Egg-Bake
Breakfast!**

Sunday, February 15th



Featuring:

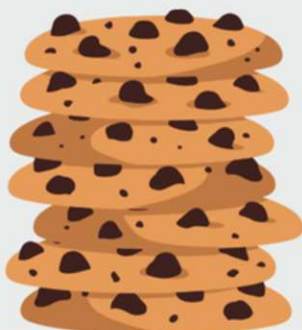
Famous Egg-Bake
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Sausage
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Serving 8:30 am-12:30 pm

Free Will Offering!

Free Will offering supports the many Holy Spirit KC's charitable works such as ND Special Olympics, SVDP, Women's Care Center, Home on the Range, and many more!

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KC Wives
BAKE SALE

KC Wives! We will be hosting a bake sale on the Sunday after Valentine's Day, Feb. 15th, after all Masses. Please drop off your goodies on Saturday, Feb. 14th, at Holy Spirit from 10-2pm. Contact Jennie Rivard with any questions at 701-361-8923.

Parents' Night Out

ENJOY DATE NIGHT WITH YOUR SPOUSE
WHILE WE WATCH YOUR KIDS!

FRIDAY, FEBRUARY 13
5:30-8 PM AT HOLY SPIRIT

SPACE IS LIMITED
REGISTER HERE



FOR MORE INFORMATION EMAIL ANNE@HOLYSPIRITFARGO.COM



 Andes Tower Hills, Alexandria, MN

Fargo Churches Ski Trip For 6th-12th Graders

\$10 - Lift Ticket

\$10 - Ski Rental

\$10 - Snowboard Rental

Holy Spirit covers the cost of
the bus and helmet rentals!

Date: February 16th
Backup Date: February 28th

To register, contact Rachel O'Donnell
(rachel@holyspiritfargo.com) by
February 11th.



Bus leaves from & returns to Nativity Church in Fargo

Stewardship Moment

"Let your light shine before others, that they may see your good works and give glory to your Father who is in heaven." MATTHEW 5:16

The generosity of being a good steward of your gifts has a positive effect on people, and it is contagious! Good works encourages more good works. Generosity is a by-product of a grateful lifestyle. The more we recognize God's gifts, the more we want to share them. Good stewards recognize that God is working through them, and they don't put themselves above the people they have been called to help.



St. Vincent de Paul Society Holy Spirit Fargo Conference

Meetings @ 6 p.m. 1st & 3rd Mondays
SVPD Helpline 701-638-3800
visit www.holyspiritfargo.com to make an online donation

In the Gospel today, Jesus says, "You are the light of the world," he is calling us to live our Christian vocation in words and deeds. Be a "light" to those living in poverty and in a world of darkness by giving a donation to the Society of St. Vincent de Paul. Consider, also, the possibility that God might be calling you to reach out in person to those in need by becoming an active member of the St. Vincent de Paul Society. Our meetings are the 1st and 3rd Mondays of each month from 6:00-7:15pm in the St. Therese room. You are welcome any time to attend a meeting.

Mass Intentions

Monday, 2-9 5:30pm: The Sick & Troubled who seek Divine Help & Cure through Ozanam's Intercession	11am at St. Catherine North: +Delores Hippe
Tuesday, 2-10 8:30am: Diane Moorhouse 5:30pm: +Larry Schulz	Friday, 2-13 8:30am: +Patricia M. Ney
Wednesday, 2-11 8:30am: Brown Family 5:30pm: +Gordon Bartholomay	Saturday, 2-14 8:30am: +Rev. William Callery 4pm: Kevin Donabauer
Thursday, 2-12 8:30am: +V.J. Mathew	Sunday, 2-15 7:30am: James Shih 9am: +Gordon Bartholomay 11am: Parishioners



Knights of Columbus Council #10982

"We are men who lead, serve, protect and defend."

Next Meeting: Tuesday, February 10th, 2026
Officers meet at 7pm. Members meet at 7:30pm.
(Meetings are 2nd Tuesday of the month)

December Awards: Knight of the Month: Neil Bosch
Family of the Month: Les & Jan Hendrickson
Server of the Month: Frank Ratti

*Remember it is never too late to be a Knight!
Please call Randy Zimprich at 701-809-4034 for more information.*



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