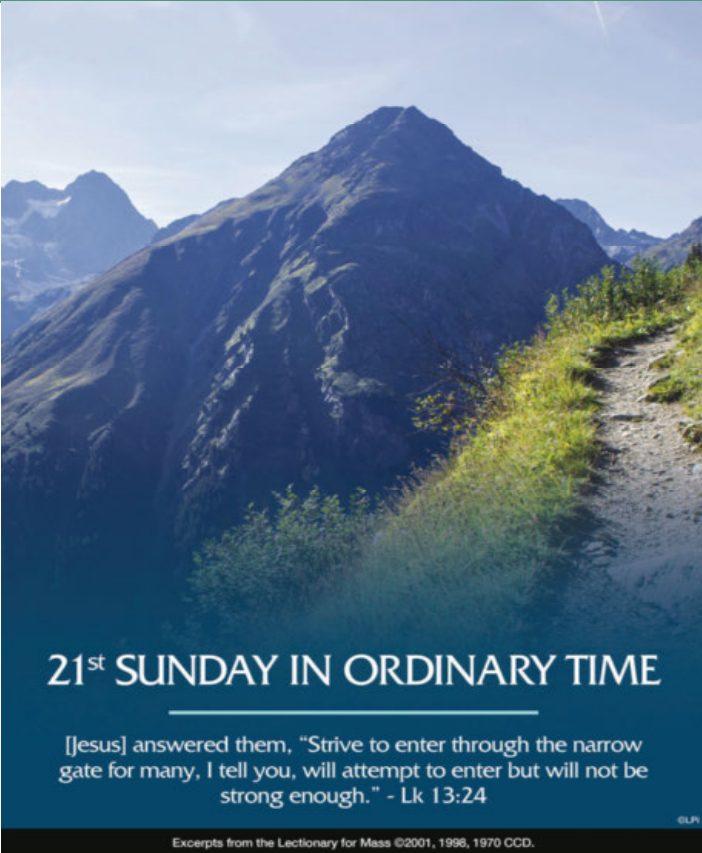


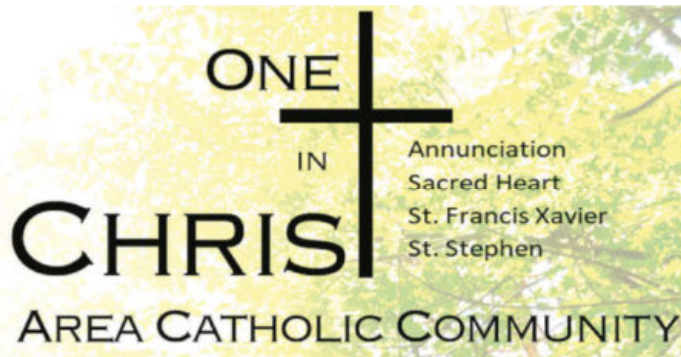
**August 21, 2022**  
**21th Sunday in Ordinary Time**



**21<sup>st</sup> SUNDAY IN ORDINARY TIME**

[[Jesus] answered them, "Strive to enter through the narrow gate for many, I tell you, will attempt to enter but will not be strong enough." - Lk 13:24

Excerpts from the Lectionary for Mass ©2001, 1998, 1970 CCD.



oneinchristacc.org

**Annunciation**

9965 Mayhew Lake Road NE • Sauk Rapids, MN 56379  
 320-252-1729 • oneinchristacc.org

**Sacred Heart**

2875 10th Avenue NE • Sauk Rapids, MN 56379  
 320-251-8115 • sacredheartsaukrapids.org

**St. Francis Xavier**

219 2nd Street N, PO Box 150 • Sartell, MN 56377  
 320-252-1363 • sfrancissartell.org

**St. Stephen**

103 Central Avenue S • St. Stephen, MN 56375  
 320-251-1520 • churchofststephen.org

**MASS TIMES**

<b>Monday August 22</b> <i>The Queenship of the Blessed Virgin Mary</i>	8:00 am 8:30 am	St. Francis Xavier Annunciation	Word & Communion † Dave Bieganeck
<b>Tuesday August 23</b> <i>St. Rose of Lima</i>	8:00 am 5:30 pm 5:30 pm	St. Francis Xavier St. Stephen Sacred Heart	Word & Communion † Jim Fiedler † Brian O'Malley
<b>Wednesday August 24</b> <i>St. Bartholomew</i>	8:00 am 8:00 am	Sacred Heart St. Francis Xavier	† Bernice Goulet † Royce Nies
<b>Thursday August 25</b> <i>St. Louis</i>	8:00 am 8:00 am 8:30 am	St. Stephen St. Francis Xavier Annunciation	† Carol & David Cropper Word & Communion † Jerome "Jerry" Diederich
<b>Friday August 26</b> <i>Weekday</i>	8:00 am 8:00 am	Sacred Heart St. Francis Xavier	† Patrick Smith † Fran Huiras
<b>Saturday August 27</b> <i>22nd Sunday in Ordinary Time</i>	5:00 pm 5:00 pm 7:00 pm	St. Francis Xavier Sacred Heart St. Stephen	† Othmar & Margaret Henning For the People of the Parishes † Edwin & Adeline Hartung
<b>Sunday August 28</b> <i>22nd Sunday in Ordinary Time</i>	8:15 am 9:00 am 9:30 am 10:00 am	Annunciation *Sacred Heart *St. Francis Xavier St. Stephen	† Leah Schyma † Todd Mastey † Royce Nies † Joseph Schumer

\*Livestreamed Mass

**PASTORAL SERVICES**

**Reconciliation**  
**Saturdays** 3:30 pm Sacred Heart  
 4:00 pm St. Francis Xavier  
 7:50 pm St. Stephen  
**Sunday** 7:40 am Annunciation

**Anointing of the Sick**  
**Home Bound Communion**  
**Pastoral Visitation, Prayer Requests,**  
**Marriage and Baptism Preparation**

If you have any of the above pastoral needs, please contact your Parish Office.

Bulletin announcements are due in the parish office by 8:00 am on Mondays. Thank you! Please contact your Parish Office for more information.

**DAILY READINGS**

**Monday:** 2 Thes 1:1-5, 11-12/Ps 96:1-2a, 2b-3, 4-5/Mt 23:13-22  
**Tuesday:** 2 Thes 2:1-3a, 14-17/Ps 96:10, 11-12, 13/Mt 23:23-26  
**Wednesday:** Rv 21:9b-14/Ps 145:10-11, 12-13, 17-18/Jn 1:45-51

**Thursday:** 1 Cor 1:1-9/Ps 145:2-3, 4-5, 6-7 /Mt 24:42-51  
**Friday:** 1 Cor 1:17-25/Ps 33:1-2, 4-5, 10-11 /Mt 25:1-13  
**Saturday:** 1 Cor 1:26-31/Ps 33:12-13, 18-19, 20-21/Mt 25:14-30  
**Sunday:** Sir 3:17-18, 20, 28-29/Ps 68:4-5, 6-7, 10-11/Heb 12:18-19, 22-24a/Lk 14:1, 7-14

## MINISTRY & LIFE PERSPECTIVES



### The Eucharist (continued):

The Eucharist makes present in space and time the actions of the eternal Son of God done almost twenty centuries ago in a specific culture and time. Therefore, we are bound to certain specifics in our celebration of his mysteries. For instance, Jesus used unleavened bread and grape wine at the Last Supper. So we also use unleavened bread and grape wine as the elements which are transformed by the action of Christ himself into his Body and Blood.

It is certainly true that the Church has changed some aspects of the *rituals* celebrating the sacraments down through the centuries. One such series of changes took place after the Second Vatican Council, although there have been many changes throughout the history of the Church. However, the *essence* of the sacraments, established by Christ, does not change.

The liturgy is a vital source of the unity of the Church. Therefore, only the supreme authority of the Church (the Pope), under the guidance of the Holy Spirit promised by Jesus, may establish liturgical changes. The Church herself provides options for variations within the rituals. These options may be chosen at the discretion of the celebrant, again with the purpose of assisting a particular congregation to celebrate the mysteries of Christ more fully.

The liturgy is the solemn repetition of what Jesus Himself has done for our salvation. So liturgical change is never done just for the sake of novelty or variety. Rather, it is undertaken carefully in order to make the timeless mysteries of Christ more accessible and understandable in the changing conditions of human history and cultures, and is revisited periodically to adapt to circumstances. This is always aimed at fostering the unity for which Jesus prayed at the Last Supper (John 17:21). In other words, the *ritual* of the celebration can be changed by the authority of the Church to help people appreciate the *essence* of what is being celebrated.

As noted previously, salvation history as well as the life of the Church culminate in the Eucharist. The Eucharist is truly Jesus Christ himself, present in his Body and Blood, soul and divinity. Through the ministry of the priests of the new covenant, empowered by him sacramentally to celebrate his mysteries, the one perfect and all-sufficient sacrifice of the Cross is made present in the created

## (Ministry & Life Perspectives Continued)

world throughout space and time. It is an abiding consolation for us on our pilgrim journey, giving us strength to persevere in faith, hope and charity on our pilgrimage of faith. This pilgrimage is the final Passover of the Church to the promised land of heaven, where one day we hope to meet the Lord face to face (1 Corinthians 13:12). Preparing for the Great Jubilee of the year 2000, Saint John Paul wrote (*Ecclesia de Eucharistia*, n. 20):

*The Eucharist is truly a glimpse of heaven appearing on earth. It is a glorious ray of the heavenly Jerusalem which pierces the clouds of our history and lights up our journey ... it spurs us on our journey through history and plants a seed of living hope in our daily commitment to the work before us. Certainly the Christian vision leads to the expectation of "new heavens" and "a new earth" (Rev 21:1), but this increases, rather than lessens, our sense of responsibility for the world today. I wish to reaffirm this forcefully at the beginning of the new millennium, so that Christians will feel more obliged than ever not to neglect their duties as citizens in this world. Theirs is the task of contributing with the light of the Gospel to the building of a more human world, a world fully in harmony with God's plan.*

**Fr. Tom**

## LEADERSHIP



### ACC Pastoral Leadership

<b>Pastor</b>	<b>Fr. Tom Knoblach</b> 320-251-8115, Ext. 112 pastor@sacredheartsaukrapids.org
<b>Pastor</b>	<b>Fr. Ron Weyrens</b> 320-252-1363, Ext.1101 (days) Ext. 1102 (night/weekends) rweyrens@stfrancissartell.org
<b>Deacon</b>	<b>Joe Kresky</b> 320-251-8115 jkresky@sacredheartsaukrapids.org
<b>Deacon</b>	<b>Terry Jancik</b> 320-251-8115
<b>Deacon</b>	<b>Steve Pareja</b> 320-761-2503
<b>Pastoral Associate</b>	<b>Sandee Kremers</b> 320-252-1363, Ext. 1103 skremers@stfrancissartell.org

## STEWARDSHIP AND EVANGELIZATION LIVING A LIFE OF DISCIPLESHIP



*"For behold, some are last who will be first and some are first who will be last" (Luke 13:30).*

Our cultural standards are different from God's standards. We often rank people by what they have, how powerful they are, or how successful they are. Jesus reminds us that God will not judge us by the same earthly standards. When God asks you, "What have you done with the gifts I have given you?" How will you respond?

### BAPTISMS

We welcome the following children baptized into our parish family and the Christian community:

**Annie Eleanor Faith Young**, daughter of Matthew & Heather and

**Lily Ann Winczewski**, daughter of Jordan & Anna who were baptized at Sacred Heart.



### ONE IN CHRIST SLIDESHOW

The name of our ACC says it all. We are "One in Christ", but we are four different parishes. Our parishes are all unique and have their own traditions, events and customs that make them the communities they are. Let's share the things that make our parishes special and celebrate all the wonderful things our ACC has to offer.

Please spend some time considering what you think of when you think about your parish? What is the activity, person, event, group, you name it, that says "this is my parish" to you? Don't worry if it is something that another parish has, share it anyway.

Now, go take a picture and send it to me. Send me a picture you already have. Don't have a camera handy? Send me a description instead. You can email me, send me a letter or even call me (leave a message if I am not in the office). The goal is to have this put together in time for our ACC Mission on October 2nd and 3rd.

I'm looking forward to seeing your parish through your eyes.

Thank you!

Dana Howard

Director of Communications

2875 10th Ave NE; Sauk Rapids, MN 56379

[oneinchristcommunications@gmail.com](mailto:oneinchristcommunications@gmail.com)

[dhoward@sacredheartsaukrapids.org](mailto:dhoward@sacredheartsaukrapids.org)

(320)251-8115, ext 111

### THEOLOGY ON DRAFT –COMING SOON

Save the date for Thursday September 8th from 6:00 - 8:00 pm because Theology on Draft is coming back in a BIG WAY. More details to come, soon!

### WEDNESDAY MORNING BIBLE STUDY

Wednesday Bible Study will resume on September 7, 9:00 am. The study begins with Women of the Old Testament. All are welcome to join in the study of scripture in a relaxed and prayerful way. If interested, please call Gerry Kittock at 320.420.9050, or Kay Brown at 763.333.4695.



### REGISTER YOUR CHILD AT ST. KATHARINE DREXEL

Preschool registration for the 2022-2023 school year is open to any families in the St. Cloud area! Currently, SKD has some openings in our T/Th morning session, our M/W/F class, and a couple spots left in our M-F class. \*We also offer before and after school childcare for preschoolers who attend our program.

\* Please spread the word that we have very comfortable kindergarten class sizes for this coming year and will continue to accept registrations for our K' program, as well as Gr.1-5 registrations!

- **Please call St. Katharine Drexel's office (320-251-2376) or email ([mhbecker@ourcatholicschool.org](mailto:mhbecker@ourcatholicschool.org))** if you would like to schedule a visit to our campus (Preschool-Gr.5 school system) and/or receive school information. **SKD offers tuition scholarships to those who could benefit from assistance. Registration is available for children of all ages!**



### PRESCHOOL PARA FOR 22-23 SCHOOL YEAR

St. Katharine Drexel School is accepting applications for a part-time preschool paraprofessional (.4-.6 FTE) for the 22-23 school year. Please contact Maria Heymans-Becker, principal: [mhbecker@ourcatholicschool.org](mailto:mhbecker@ourcatholicschool.org), 320-251-2376. Accepting applications (cover letter, resume, and references) until position filled.

## PARISH FESTIVALS

PARISH FESTIVALS ARE BEGINNING Are you looking for fun? Want to make new friends? Do you want to give gratitude to God? Grab a friend and volunteer to help across our One in Christ ACC parishes! Maybe you are unable to volunteer in your own parish due to schedule conflicts or are just willing to help another parish in addition to your own. Contact any of the following to find an opportunity that fits you. Call today! Annunciation 8/21, Jackie Popp 320-393-4237; Sacred Heart 8/28, Vicki Sanborn 320-251-8115 ext.129; St. Stephens 9/5, Mark Dorn 320-250-0415; St. Francis Xavier 9/17 & 18, Tom Offerdahl 320-252-1363 ext.110

## YOUNG ADULT GROUPME

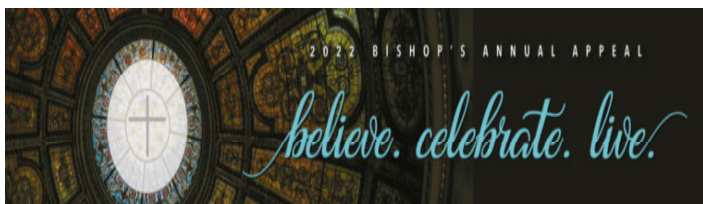


Want the latest information and messages? Join our GroupMe by scanning the QR Code:

## MARRIAGE BLESSINGS



Congratulations and many blessings to Austin & Maria Buehrens and Sylvester & Sharon Tschida who were married at Sacred Heart.



Have you attended a baptism, First Communion, confirmation, wedding, or ordination? All of these sacraments are supported through the ministries funded by the Bishop's Annual Appeal. Help continue to support these vital milestones of our faith through a gift at [www.stcdio.org/annualappeal](http://www.stcdio.org/annualappeal).

## DIOCESAN TV MASS

Viewers in the St. Cloud Diocese can watch the Mass on KSTC-45 at 11am each Sunday via cable, satellite or antenna (check your cable provider for channel number). Charter Communication airs the Mass on Channel 17.

## ST. STEPHEN

**Contact:** Carol Hellmann 320-251-1520  
Fr. Ron Weyrens, Pastor

**Hours:** M, W-F 8:30-12:30; Tues 1:00-5:00  
ststephenchurchoffice@gmail.com

**Faith Formation:** Danna Gasperlin 320-251-5066  
ststephenfaith@gmail.com

### Financial Offerings - Aug 13 & 14

Adult.....	\$ 1,511.00
Plate.....	153.00
Children.....	0.00
Assumption.....	176.00
Online Giving Aug 6-12.....	<u>370.00</u>
<b>Total:</b>	<b>\$ 2,210.00</b>

Weekly Adult/Online needed for budget: 2,740.00



**Ice Cream Social/Fellowship** Join us on Saturday, August 27, after 7:00 pm mass (outside if weather permits). From the Vibrancy Committee.

**It is often said** that when you sing, you pray twice. Imagine if everyone around you was also singing- what an awesome experience! We need more choir members. Come and experience it for yourself! We will welcome you and ensure you feel comfortable! Call Joel at 320-237-6273.

### Festival News:

**Grannie's Attic:** Summer Drop off hours will be Saturday's & Sunday's, from 8 AM-8 PM in the parish shed. Or call the office to set up another time. **PLEASE** have your items dropped off **BEFORE** Labor Day to allow us time to sort all items.

**Raffle Tickets:** Turn your sold raffle tickets in to the office or drop them in the collection basket. More tickets are available at church & the office if you would like to pick more up to sell.

**Faith Formation Teacher needed-** There is an opening for a Grade 7 Faith Formation teacher. Please contact Danna at 251-5066 for more info.

### Upcoming Events & Meetings:

Sept 10 & 11 - ACC Families & Young Adult fellowship after mass

Sept 10 & 11 - Poor Clares collection weekend

Sept 13 - Vibrancy Committee meeting 6:15 pm

**Prayer Line:** If you or someone you know needs our prayers, please call the office to have your prayer request added to the Prayer Line.

### Well n Fit exercise classes Summer Hours

Wednesday & Friday mornings from **9:00-10:00** in the Parish Hall. Wednesday morning exercise class will be followed by a half hour Line Dancing class.

### Helping Hands Outreach

**Senior Dining** - Every Wednesday at **Trobec's** at noon followed by cards. Cost is \$6.00 per meal.

**Monthly Lunch & Learn** - In the St. Stephen Parish Hall on August 18. Social at 11:30 followed by meal, speaker and entertainment.

**Feet First Clinic** - Call Helping Hands to set up an appointment. 320-746-9960

## SACRED HEART PARISH

Contact: Jill Lieser — 320-251-8115, X114  
parish@sacredheartsaukrapids.org

**Office Hours:** Monday – Closed  
Tuesday-Friday 8:30am-4pm

## FINANCIAL

### Income for the Week of Aug 14, 2022

Adult Collection.....\$12,391.80  
Children's Collection.....\$11.00  
Friends in Need.....\$130.00

Weekly adult collection needed to meet yearly budget \$18,923

## FESTIVAL NEWS

**THIS** Sunday we will have set up for the parish festival following Sunday morning Mass. All are welcome! Confirmation students are encouraged. We will be serving pizza when set up is complete. Donations for the festival can be brought in during office hours. Please refer to the letter mailed to each household in July if you are wondering what we are looking for. We are still looking for volunteers for the festival, please check the sign up in the gathering space, the signup genius or call the office and we can sign you up!

## SACRED HEART CEMETERY NEWS

This is a reminder that all one-legged pot stands, related flower pots and flowers must be removed from the cemetery by August 25, 2022. If you have questions please call the Assumption Calvary Cemetery Association at 320-251-5511.

## UPCOMING EVENTS

August 21; 10am—Parish Festival Set-up  
August 25; 7pm—Mother's Book Study  
August 27; 3:30pm—Reconciliation  
5pm—Young Adult Mass (SFX) & Dinner  
6pm—Parish Festival outdoor set-up  
August 28; **PARISH FESTIVAL**  
9am— Mass  
5:30—Festival Clean-up

## PRAYER REQUESTS

If you know of anyone who needs our prayers and wants to be put on the following prayer list, please call 320-251-8115: Rosie Leither, Fay Matthies and Harvey Walker.



**Sacred Heart also has a prayer chain.** Please call 320-492-9361, 320-252-3401 or the Parish Office at 320-251-8115 if you have a prayer request.

## FAITH FORMATION LEADERS

You have a faith story to share with the young Church. Small group leaders are needed at all grade levels for faith formation. Materials and support will be provided and this is a wonderful way to help pass on the faith to the next generation. Please contact Scott in the faith formation office for more information or if you have any questions.

## FF ONLINE REGISTRATION NOW OPEN

Online Registration for Faith Formation is open for youth in Kindergarten - 11th Grade. To help with planning, please register by Friday, September 2nd.

## FAITH FORMATION KICK OFF

Save the Date- K- 9 Faith Formation Kick Off will be Wednesday, September 28th from 6:00 - 7:30 pm at Sacred Heart.

## CONFIRMATION

11th Grade Confirmation Orientations meeting were held this past week. If you are an 11th grade family that did not attend the Orientation Meeting, please contact Scott at the faith formation office.

## *No Finer Time to be a Faithful Catholic:*

*Knowing our Faith and Living it with Joy in a Secular Age*



**Instructor:** Fred Blonigen

**Place:** Church of St Anthony, St Cloud (in the church).

**Dates:** Tuesdays from September 13 to November 8

**Time:** 7:00 – 8:30 pm

**Course Description:** This course will cover topics that are central to the Catholic faith and explain how knowing one's faith more deeply equips one to live that faith with the joy and fervor of the saints.

**Topics Covered:** Prayer, Habits of Holiness, Spiritual Warfare, Our Life in Christ, The Holy Eucharist, Understanding the Holy Sacrifice of the Mass, Devotion to Mary, and Eschatology (End Times).

## ANNUNCIATION PARISH

**Contact:** Cindy Gans 320-252-1729  
annunciation@cloudnet.com  
Fr. Tom Knoblach, Pastor

**Faith Formation:** Shirley Scapanski 320-259-4941  
thekids@cloudnet.com

### FINANCIAL OFFERINGS

#### Income for Sunday, August 14th, 2022

Adult Sunday .....	\$2,887.25
Visitor .....	\$111.00
Youth .....	\$11.00
Fall Festival .....	\$75.00
Funeral Lunch .....	\$10.00
Votive Candle .....	\$0.45
Assumption .....	\$210.00
Building Fund .....	\$20.00
Total Income .....	\$3,324.70

Weekly Income needed to meet yearly budget 3,037.00\*

### Mass Schedule

#### Sun August 28th, 2022, 8:15am Mass

**Lector:** Gene Poser

**Eucharist:** Brenda Carriveau

**Servers:** Reid Kiffmeyer & Mariah Simmons

**Greeters:** Don & Karol Weyer

**Ushers:** Tom, Barb, & Jeremy Brand, Dave Lentner



**Happy Birthday:** Chuck Ackerman, Raelee Lyon, Molly Martinson, Andrea Mescall, Remington Gravelle, Hurley Hommerding, Emma Melby, Tom Nordlund, Lenore Popp, Anthony Scapanski

**Boxes of Joy** Our parish will once again participate in the Box of Joy project, an annual Christmas gift ministry which is facilitated by Cross Catholic Outreach. By packing Boxes of Joy with toys and other gifts, participants bless children suffering from extreme poverty by sharing the joy of Christmas and planting seeds of hope. Being back to school sales are taking place, pick up some items to put in a box(es) for children in other countries. No crayons please or anything that might melt. Deadline to turn the boxes in won't be until November 1, and we won't receive the actual boxes until late September, but you can start accumulating items now. Thanks for thinking of these children. Learn more at [www.CrossCatholic.org/BoxOfJoy](http://www.CrossCatholic.org/BoxOfJoy)



**Natural Family Planning Instructions:** will be on Monday, Sept. 12th at 6:30pm at Immaculate Conception Church in Rice. To register visit [www.stcdio.org/omf/nfp](http://www.stcdio.org/omf/nfp) or contact Sheila Reineke 320-252-4721 ext. 308.

**CATHOLIC FAITH** No Finer Time to be a Faithful Catholic: All are welcome to a free course which will cover topics that are central to the Catholic faith and explain how knowing one's faith more deeply equips one to live that faith with the joy and fervor of the Saints presented by Fred Blonigen on Tuesday evening at St. Anthony Church from 7:00-8:30 p.m. starting September 13 through November 8. (there will be no Class on November 1) If you are not able to make it to all of the classes, you are welcome to come to as many as you are able.

## ST. FRANCIS XAVIER

**Contact:** Becky Dingmann — 320-252-1363  
bdingmann@stfrancissartell.org  
Fr. Ron Weyrens, Pastor

Tom Offerdahl, Business Manager  
**Parish Nurses** Bev Wiehoff 320-492-0135  
Julie Kouba 701-721-5083

### FINANCIAL OFFERINGS

Weekly Collection Budget .....	\$20,192.31
Collected 08/14/2022.....	\$21,691.50
<b>Excess (Deficit) .....</b>	<b>\$1,499.19</b>

YTD Collection Budget .....	\$141,346.17
YTD Collected .....	\$133,444.99
<b>Excess (Deficit) .....</b>	<b>\$(7,901.18)</b>

### CENTRAL MN KOINONIA

ARE YOU FEELING LIKE YOUR CROSS IS GETTING TOO HEAVY TO CARRY? Are you in need of Simon of Cyrene to come to your aid? CENTRAL MINNESOTA KOINONIA is a weekend Catholic retreat program that is designed to help you carry your cross. The next retreat is scheduled for September 23-25, 2022, at the TEC Center north of Little Falls, Minnesota. Cost of the weekend is \$70. Go to [www.centralmnkoinonia.org](http://www.centralmnkoinonia.org) for more information and to register for retreats.

### SILENT AUCTION

Thank you to the many donors to the Frantober Fest Silent Auction. There are 64 items listed so far and the many more items on the way. You can view items at <https://www.32auctions.com/2022FranyFest>. An easier way to get there is to scan this QR Code. Call Candice (654-1350) or Pam (309-4735) if you're thinking of making a donation. They are looking for new items only . . . gift cards, special events tickets, hand-crafted items, video gaming systems, bicycles, collectibles, and more.



### PARKING LOT REPAIR & SEAL COATING

Rain and the threat of bad weather have made for alternations to the timeline for completing work. Please be flexible and adjust where you park depending on where the work is taking place.

The portion of the south lot needing re-paving did get done. However, there are no stripes right now. Please be careful when parking and give enough space between vehicles until the stripes return. Thank you for your understanding.

## FRANTOBER FEST NEWS

Parish festival packets are ready for pick-up in the gathering place. The funds raised from our festival help all ministries of our parish, so we count on the support of all of you to help by buying or selling the raffle tickets, making donations and helping by sharing time and talents in making the festival happen. Many parishioners and businesses have done this already by donating for the prizes, contributing to the silent auction, sponsoring the Franny Flyer, or making general donations for the festival. Thank you.

In the packet you will find more information and many other ways to give – straight cash gifts, prizes for BINGO, Bakes Sale items, Cake Paddle donations and more. The festival is September 17<sup>th</sup> & 18<sup>th</sup>, so it's about a month away. Please see how you may be able to help. There is a list of events/activities that need helpers. Please contact the leaders listed with your offer to help. Most opportunities to help are for an hour or 2 or 3 on the weekend and there are opportunities for youth and adults. The Franny Flyer, BINGO and Food Stand on Saturday and the breakfast on Sunday morning will need the most help. Please say yes if you are called to help. In time there will be sign-up sheets in the gathering place and sign-up genius for those who like to look online.

Our last full festival was in 2019. **FrantoberFest 2022** will be a big comeback and it will be great because of YOU!

## ADORATION

Adoration will be on August 22 from 4-7 pm. Thank you for spending time with Jesus.



## HEADS UP EVERYBODY!

12th Annual St Francis Knights of Columbus Franny Flyer 5k 10k 1 Mile 1k Run/Walk Held in conjunction with the 2022 Frantober Fest  
Saturday, September 27

8:30 am: 1K

8:30 am: Power Warm up

9:00 am: 5k 10k

USTFA Certified measured courses

Medals for top 3 finishers in each age division

1 Mile Walk/Run with/without your dog

Ice cream, t-shirts, fun, fun, fun!!!

Register at : [frannyflyer.eventbrite.com](http://frannyflyer.eventbrite.com)

Information: Nick Novak 320-249-2134

## WANTED: FUN

Someone to design t shirts for the upcoming St Francis 5k 10K race. Call Nick Novak 320-249-2134 or [nicknovakhomes@gmail.com](mailto:nicknovakhomes@gmail.com)

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(800) 950-9952 x2487



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