

St. Boniface

Catholic Church

stboniface@rrt.net

230 1st St. NW - Lidgerwood, ND 58053

Also Serving St. Martin of Tours, Geneseo and Sts. Peter & Paul, Cayuga

Weekend Mass Schedule

Saint Boniface

Saturday - 5:00 p.m.

Sunday - 8:30 a.m.

St. Martin of Tours - Geneseo

Sunday - 10:30 a.m.

(June and August)

Sts. Peter & Paul - Cayuga

Sunday - 10:30 a.m.

(July and September)

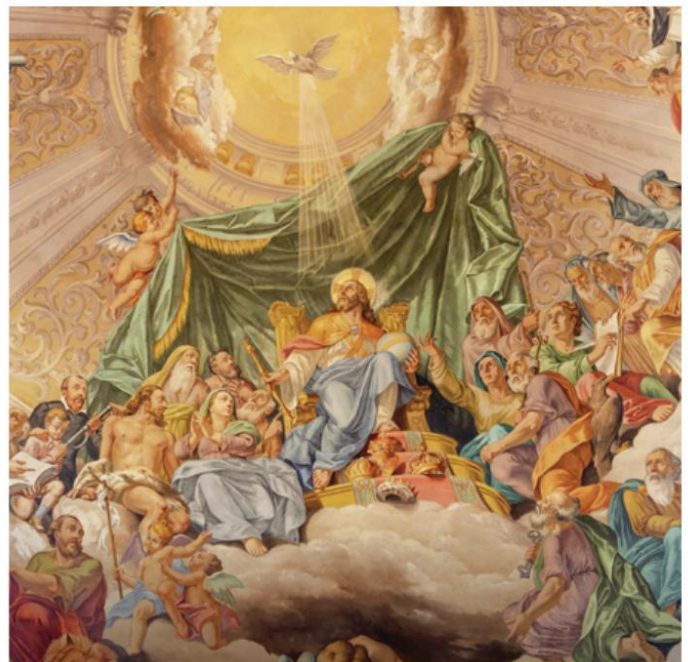
July 19, 2026 - 16th Sunday in Ordinary Time

What Does God Want You To Be?

How time flies! This coming year I will have one child graduate from college, one from high school, and one starting high school. I am exhausted thinking about it. My prayer for all my children is that they take the Holy Spirit with them in all that they do, and call on God to aid them in discerning their future. That is my prayer, but I know that it will not always be easy for them to follow this path. The key will be for each of them, if they choose, to be what God intended them to be, as opposed to trying to be what they want to be.

It sounds great to say to a child, "You can be anything you want to be." But at the core of this statement is often the lie that true happiness lies in fulfilling your will for your life. I have seen many people in my life that reached their goals only to find an emptiness and longing for something more. The reality is that our ultimate fulfillment and joy is becoming the person, not that we wanted to be, but the person that God created us to be. This does not mean that we are stuck in some predestined situation. There are many ways we can live out our destiny and fully use the gifts God gave each of us. But it does mean that we have chosen a path based on where God is leading us and informed by an insight of the distinct gifts with which we have been created. At the end of that path is a life filled with joy, peace, and contentment.

This is what I want for my kids. May they find their success by discerning God's will and becoming the wonderful people that God intended.



16TH SUNDAY IN ORDINARY TIME

"The righteous will shine like the sun in the kingdom of their Father." - Mt 13:43a

**Wisdom 12:13, 16-19 | Romans 8:26-27
Matthew 13:24-43**

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Weekly Mass Schedule



Sunday Liturgies

Saturday, July 18 **5:00 pm** (St. B.) Special Intention

Sunday, July 19 **8:30 am** (St. B.) Ron Jelinek

10:30 am (Sts. P&P) Pro Popula

Weekday Liturgies

Monday, July 13 **NO MASS**

Tuesday, July 14 **NO MASS**

Wed., July 15 **NO MASS**

Thurs., July 16 **10:00 am** (St. B.) † Gerald Baker

Friday, July 17 **10:00 am** (St. B.) L&D Members of Lyon Family

Sunday Liturgies

Saturday, July 18 **5:00 pm** (St. B.) † Harold Ahlsten

Sunday, July 19 **8:30 am** (St. B.) Pro Popula

10:30 am (Sts. P&P) † Jack Saunders

Reconciliation Schedule

St. Boniface: Saturday & Sunday – Before/after Mass

Thursday – after Mass

St. Martin: Sunday – Before and after Mass

Sts. Peter & Paul – Before and after Mass

Prayer Requests

Please keep the following people in your prayers:

Tracey Monson - Lawrence Heley - Fr. Chad Wilhelm

Avery Trittin - Baby Weston - Anne Heley

Joan Moerke - Shirley (Art) Heley - Dan Frolek

Shirley Ahrens - Peggy Harles - Dan Schmit - If you

have any imminent prayer requests, please call or text

Cindy at 701-640-1401.

All Parishes

Eucharistic Adoration - Please come and spend time with Jesus on Thursdays in adoration, anytime from 5am – midnight. We need adorers to share the 2-3, 3-4 and 5-6pm slots. Please contact Sharon at 612-790-1211 or 538-7010 if you are able to help.

St. Martin Brotherly Help Society and Cemetery

Association will meet Sunday, July 19 at 5 pm.

KC Youth Outing (open to all tri-parish youth, **3rd grade and up**) to a Red Hawks game will be on Wednesday, July 29. The bus will leave the KC Hall at 4:00 pm. There is a sign-up sheet and release forms on the table in the gathering space at St. Boniface. Fill out the form and bring it with you on the day of the trip. Questions, contact

Aaron Frolek at 640-1117.

Andrew Meyer, MS, LAPC is now accepting new patients at Redeeming Grace Counseling, through in office visits or telehealth. He counsels from a catholic perspective. Helps with life transitions, purpose and personal growth. He also can help with anxiety, OCD, trauma and addictive behaviors. He alternates between Lisbon and Fargo. Contact him at 701-353-9979 or at redeeminggracecounseling.com.

Viktor Frankl, Carl Jung, and Alan Watts All Discovered the Same 5 Rules for Living—Almost Nobody Lives by Them

There is a strange moment that happens as you grow older. One day, you realize your life isn't changing because you're making better decisions.

It's changing because you're repeating the same unconscious ones. The same arguments. The same fears. The same habits. The same invisible story about who you are. You promise yourself that next year will be different. It rarely is.

Here's the unsettling part.

Nearly a century ago, three of the most influential thinkers of the modern era—Viktor Frankl, Carl Jung, and Alan Watts—approached this mystery from completely different directions.

One survived Nazi concentration camps.

One spent his life exploring the unconscious mind.

One translated Eastern philosophy for the Western world.

Different cultures. Different professions. Different beliefs.

Yet they kept arriving at remarkably similar conclusions.

Not about success. Not about happiness. But about the hidden psychological traps that quietly steal an entire lifetime.

Most people don't ignore these lessons because they're difficult. They ignore them because accepting them would require becoming someone entirely different.

Here are the five principles they all seemed to discover.

Rule 1: Stop Searching for Happiness. Search for Meaning.

Modern culture has convinced us that happiness is the goal.

Frankl believed the opposite.

People can survive astonishing suffering if they know *why* they're suffering.

Without meaning, even comfort begins to feel unbearable.

Jung observed that many psychological disorders weren't simply illnesses—they were crises of meaning.

Watts argued that chasing happiness is like trying to smooth water with your hand.

The harder you chase it, the further it slips away.

This explains a strange paradox of modern life.

Never before have people had so much convenience.

Never before have so many reported feeling empty.

Perhaps the problem isn't that life has become harder.

Perhaps we've mistaken pleasure for purpose.

Meaning often arrives disguised as responsibility.

Rule 2: Everything You Refuse to Face Eventually Controls You

Most people think avoidance protects them.

Psychology says the opposite.

Jung famously argued that what remains unconscious doesn't disappear—it shapes your life from behind the curtain.

Frankl saw people imprisoned physically while remaining inwardly free.

Others lived in freedom while becoming prisoners of fear.

Watts repeatedly warned that resisting reality creates suffering beyond the original pain.

The emotion you suppress.

The conversation you postpone.

The grief you never process.

The insecurity you hide beneath achievement.

None of it vanishes.

It simply changes form.

Anxiety.

Burnout.

Perfectionism.

Control.

The monster isn't under the bed.

It's inside the room you've refused to enter.

Rule 3: Your Identity Is More Flexible Than You Think

One of the most dangerous sentences in the English language is:

"This is just who I am."

It sounds like self-acceptance.

Often, it's surrender.

Jung believed the self isn't fixed.

It's continually unfolding through a lifelong process of integration.

Frankl insisted that even in the most horrific conditions, people retained one freedom:

The freedom to choose their response.

Watts challenged the idea that the isolated ego is who we truly are.

Your identity isn't a prison.

It's a story.

And stories can be rewritten.

The future isn't created by discovering yourself.

It's created by becoming someone your past couldn't predict.

Rule 4: Life Begins to Change When You Stop Trying to Control Everything

Control feels safe.

It also becomes exhausting.

We attempt to control outcomes.

Other people.

Time.

Money.

Reputation.

Our own thoughts.

The result?

Constant tension.

Watts argued that trying to control life is like trying to hold your breath forever.

Eventually, reality wins.

Frankl distinguished between what belongs to fate and what belongs to personal choice.

Jung believed psychological maturity comes not from mastering the world, but from relating differently to uncertainty.

Ironically, resilience grows precisely where certainty ends.

You cannot control life.

But you can become the kind of person who no longer requires certainty before acting.

Rule 5: The Greatest Prison Is the One You Can't See

The most dangerous prison rarely has walls.

It has assumptions.

That your worth depends on achievement.

That everyone is judging you.

That success guarantees fulfillment.

That comfort equals security.

These beliefs quietly shape careers, relationships, and entire identities.

Jung called for making the unconscious conscious.

Frankl encouraged people to answer life rather than demand answers from it.

Watts reminded us that many of our perceived problems exist because we've mistaken our thoughts for reality itself.

Most people spend decades trying to escape external circumstances.

Few realize they're carrying the prison with them.

Freedom doesn't begin when your environment changes.

It begins when your perception does.

People often ask what the secret to a meaningful life is.

Perhaps that's the wrong question.

The better question is:

What illusion are you still protecting?

Frankl didn't promise a painless life.

Jung didn't promise a simple one.

Watts certainly didn't promise certainty.

Instead, they pointed toward something both harder and more liberating.

Life is not something you conquer.

It is something you participate in.

The tragedy isn't that life is short.

The tragedy is that many people never truly live it because they're too busy defending the version of themselves they created years ago.

Every day you delay confronting that truth, the unconscious writes another page of your future.

The question is no longer whether your life will change.

It will.

The only question is whether you'll choose the change—or wait until life chooses it for you.