

# Annunciation of the Blessed Virgin Mary Parish

You are the light  
of the world.  
A city set on a  
hill cannot be  
hidden.

MATTHEW 5:14

DoNotDepart.com

Hello friends,

Let me start by clarifying that I am not a breakfast person. By accident more than by choice, I typically don't feel much like eating something until noon or so, so lunch usually makes my breakfast. Don't get me wrong, I love a good biscuits and gravy or eggs benedict, but that's more of a circumstantial and company-driven thing – I'm not much of one to seek out a sit-down restaurant solo. Now that this is all firmly established, it might make sense how out of the ordinary it was when I woke up on our fasting day a few days ago with the most powerful hankering for a bowl of granola and yogurt I've ever felt this week. In fact, I was mid-reach into the pantry before I stopped, remembered it was a fasting day, uttered some mild priest's version of a profanity, and harumphed my way over to the black coffee pot.

Maybe this is just me, but this same exact narrative never fails whenever Ash Wednesday or Good Friday come along, or whenever I've *(continued on page 2)*

**February 8, 2026**  
**5th Sunday in**  
**Ordinary Time**

*Readings are in the hymnal,  
#1104*

### **Eucharist**

**Saturdays - 6:30 PM**  
**Sundays - 10:30 AM**  
**Wednesday - 5:15 PM**  
**Fridays - 8:00 AM**

### **Livestreaming Mass**

[www.facebook.com/StMarysCoonValley](http://www.facebook.com/StMarysCoonValley)

### **Diocese of La Crosse**

### **Televised Mass on**

**Channel 19, Sunday, 9:30 AM**

### **Pastoral Visits:**

Please contact the parish office if you or a loved one is in need of a pastoral visit.

Let us know if you would like to be remembered in our parish's public prayers.

### **Baptism**

Call the parish office for information and scheduling.

### **Confession**

Sat. 5:45 PM, Sun. 9:45 AM,  
Wed. 5:45 PM during Adoration

### **Rosary:**

The Holy Rosary is prayed 30 minutes before all Masses

### **Eucharistic Adoration**

1st Friday each month after Mass  
Benediction at 10 AM;  
Every Tuesday 4:30 PM in CV  
Every Wednesday 5:45 PM

### **Giving:**

On-line -

<https://diolc.org/annunciation-of-the-blessed-virgin-mary-parish-viroqua>

### **Parish Offices**

OPEN: MTWF- 8 AM-4 PM

Parish Website [www.stmaryviroqua.org](http://www.stmaryviroqua.org); Parish Fax (608) 299-3721

Father Joseph M. Richards, Pastor, (608) 606-9787; Deacon Tony Shay; Diana Hernandez-Torres, Sacristan

Pat Obernberger, Coordinator of Ongoing Formation, [stmaryformation@mwt.net](mailto:stmaryformation@mwt.net); (608) 637-7711

Beth Laurdan, Music Director, [stmaryparish@mwt.net](mailto:stmaryparish@mwt.net); (608) 637-7711; Tom Leis, Librarian, [saintmaryparishlibrary@gmail.com](mailto:saintmaryparishlibrary@gmail.com)

Fran Campbell, Secretary/Bookkeeper, [stmaryparish@mwt.net](mailto:stmaryparish@mwt.net), (608) 637-7711; Parish Kitchen (608) 637-7878

400 Congress Avenue, Viroqua, WI 54665

# February 8, 2026

*(continued from page 1)* got some kind of fast going on (whether that be food oriented or media or alcohol or whatever) – the day I give something particular up is the day I have the strongest jonesing for that thing. I haven't done much lifestyle-fasting (like Keto or Carnivore or Atkins), but talking to folks that have it seems like a similar story tends to play out – “for a good few weeks all I could think of was how much I wanted bread/sugar/whatever Atkins cuts out” – there is a real withdrawal that comes with eliminating something from our bodies' nutritional intake that our bodies have come to expect and rely on (I once tried giving up coffee for Lent, which had some disturbing headache effects for myself and some disturbing relational effects for everyone who dared approach me).

I think this is one of the biggest recommendations in favor of spiritual fasting. On the one hand I can give up something that's simply bad for me (think alcohol for an alcoholic, smoking for a nicotine addict, much of media in general), or I can give up something that's neutral (a hot shower) or even good (like coffee) that I don't really need. Either one (giving up something bad-for-me or giving up something neutral/good-for-me) teaches really quickly how much I've come to rely on things I'm not meant to rely on. Beyond this, there is a spiritual *power* to picking up a cross I don't necessarily have to pick up, simply for the sake of following Jesus (“if you would be my disciple...”). As we continue to pray and fast for peace and as we prepare for the specifically fasting-oriented season of Lent, take a little encouragement to keep carrying the cross, to keep giving Him the reigns.

God bless you!

Fr. Joe

## ASH WEDNESDAY SCHEDULE - February 18, 2026

Communion Service - 7:00 AM/Viroqua

Mass - 12:10 PM/Viroqua

Mass - 5:15 PM/Coon Valley

Do you enjoy meeting new people? Are you excited to welcome new parishioners? Here is your opportunity! **We are starting a new hospitality committee** whose purpose will be to welcome new parishioners, and to assist with events and activities to help everyone feel welcome in our parish community! If this is a ministry that calls to you, please call, text or email Kris Brueggen at 608-306-0349, or [kbrueggen01@gmail.com](mailto:kbrueggen01@gmail.com). I would love to hear from you!

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You are invited to join a discussion on Pope Francis's encyclical “Fratelli tutti” – “All my Brothers,” which may enhance your Lenten preparation for Holy Week. We are all aware of division and long for the unity within and without for which we have prayed as a community of believers. **We will have six consecutive Sunday sessions beginning on February 15. We will begin at 11:45 AM and end by 1:00 PM.** A light lunch will be provided.

In addition to these sessions, **we will also have a second series of discussions on Thursday evenings beginning on February 19, from 6:30 PM to 8:00 PM.**

Books are in the library: a copy of “Fratelli tutti” and a study guide. Please take one of each for each participant and sign your name and contact information on the sheet provided.

All discussions will be in the **basement Confirmation classroom** (at base of stairs). There is no charge.

# February 8, 2026

## FINANCIAL REPORT

Week of Jan. 26-Feb. 1, 2026

Offertory: \$4,286.00

CCHD: \$40.00

Total: \$4,326.00

Needed Weekly: \$4,600.00

December E-gifts: \$2,734.27

THANK YOU!

## 2025-2026

## DIOCESAN ANNUAL APPEAL

Goal: \$36,920.00

Received to date: \$26,515.00

Donors: 66

## Ministry Schedule

### **Sat., Feb. 14, 6:30 PM**

Dcn. Anthony Shay Eucharistic Minister  
Will Fisher Altar Server  
NOT FILLED Altar Server  
Pat Biebl Lector

### **Sun., Feb. 15, 10:30 AM**

Dcn. Anthony Shay Eucharistic Minister  
Logan Curti Altar Server  
Basil Stevenson Altar Server  
Dale Pertzborn Lector

If not able to serve as scheduled, please request a sub through MSP. Thank you!

The contemplative reading group is postponing discussion of *Honey and Salt: Selected Writings of Bernard of Clairvaux* from **February 22, to April 19, from 12:00-1:30 PM**, as this currently overlaps with the Lenten discussion of "Fratelli Tutti." More time to read the book and join us!

**Now Enrolling at Sacred Heart School -** Discover the difference at Sacred Heart School, where faith and learning grow together. We proudly serve students in **Pre-K through 8th grade** in a Christ-centered environment rooted in Charity, Truth, and Excellence. At Sacred Heart, we believe in skills over standards, helping students build confidence, character, and a strong foundation for life. Schedule a tour or call 608-654-7733 to learn more today!

## MASS INTENTIONS

**Saturday, 7 February, 6:30 PM +Barb Vesbach**  
(Patricia Biebl)

**Sunday, 8 February, 10:30 AM People of the Annunciation & St. Mary's Parishes**

**Wednesday, 11 February, 5:15 PM +Larry Cina**  
(Dave Fanta)

**Friday, 13 February, 8:00 AM +Louise Melby**  
(Duane Melby)

**Saturday, 14 Saturday, 6:30 PM +Alice Atteln**  
(Carol Spencer)

**Sunday, 15 Sunday, 10:30 AM +Guy Nicks**  
(Family of Guy Nicks)

## CHURCH CALENDAR

### **PCCW CIRCLE FOR FEBRUARY: ST. THERESA**

**Saturday, 7 February, 5:30 PM Choir rehearsal**

**Sunday, 8 February, 9:00-10:15 AM Encounter Class meeting in the pie room**

**Sunday, 8 February, 9:00-10:15 AM Decision Point in confirmation basement classroom**

**Tuesday, 10 February, 3:30-4:45 PM Middle School Girls' Bible Study in sitting room**

**Wednesday, 11 February, 10:00 AM-12:30 PM St. Mary's Quilters in Marian Hall**

**Saturday, 14 February, 12:00-2:00 PM Well-read Moms in the sitting room**

**Sunday, 15 February, 9:00-10:00 AM Family of Faith Divine Mercy/ Act of Contrition in Coon Valley**

**Sunday, 15 February, 9:00-10:15 AM Confirmation Class in confirmation basement classroom & Marian Hall**

**Sunday, 15 February, 9:00-10:15 AM Decision Point in parish library**

**Sunday, 15 February, 9:30 AM Choir rehearsal**

**Sunday, 15 February, 11:45 AM-1:00 PM "Fratelli Tutti" discussion in confirmation basement classroom**

**GENTLE REMINDER:** Please pick up your dishes if you brought food to funerals or other activities. Thank you!

**The PCCW and Annunciation of the Blessed Virgin Mary Parish are both offering a \$500 scholarship** to two graduating seniors of our parish. Scholarship applications can be picked up in the gathering space or downloaded from the parish website, [www.stmaryparish.org](http://www.stmaryparish.org). Scholarship applications are due in the parish office by **Wednesday, April 15.**

Please join us for **Grief Share**, where you can find comfort, strength, and hope! If there is someone you know who may benefit from Grief Share, please invite him or her to attend. All are welcome!

**When:** Tuesdays 5:00 - 7:00 pm

**March 10th through June 2nd, 2026**

**Where:** Annunciation of the Blessed Virgin Mary Church 400 Congress Ave. Viroqua, WI 54665

**Facilitators:** Janet Olmstead, AAGC Certified Grief Counselor (608) 790-4543  
Deacon Anthony Shay, Ed. D, LPC, CRC

**Registration Fee:** \$20.00

Financial assistance available as needed

**To Register:** contact the church office at 608-637-7711, email [stmaryparish@mwt.net](mailto:stmaryparish@mwt.net), or go to the website at [www.griefshare.org](http://www.griefshare.org)

## Pastoral Council Members

Kris Brueggen  
Phyllis Krause  
David Hall

Cathy Poshepny  
Jenny Leum  
Dcn. Tony Shay

Dennis Vinger

Our Pastoral Council is here to serve. They help us discern the needs of our community and the call of the Spirit in our time. If you wish to speak with a Council member about your concerns., please contact the parish office - 608-637-7711 or [stmaryparish@mwt.net](mailto:stmaryparish@mwt.net).

Our parish is again asking for **Valentines** for the Homebound. If you would like to make some - all ages welcome to do so! - please leave them in the gathering space by **February 10th**.



### Kickapoo Counseling

110 N. Main Street  
Westby, WI 54667  
608-634-2365

[info@kickapoo-counseling.com](mailto:info@kickapoo-counseling.com)

If you would like to advertise on this page, please contact 608-637-7711



**R&J's HONEY FARM**

52676 Haugen Ln.  
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608-634-4059 (home)  
608-606-0832 (cell)  
[rhoneyfarm@hotmail.com](mailto:rhoneyfarm@hotmail.com)

### WESTBY LOCKER & MEATS

The Sausage & Meat Shop  
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402 N. Main St., Westby, WI 54665  
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