



MAY 22, 2022

Sixth Sunday of Easter

Sixth Sunday of Easter

Sat, May 21, 4:00PM (Sacred Heart) †Joe & Delores Wasche
 Sat, May 21, 5:00PM (St. Henry) †Cory Orvik
 Sat, May 21, 7:00PM (Holy Cross) For the Graduates
 Sun, May 22, 8:00AM (St. Henry) For the People/ †Marilyn Stenger
 Sun, May 22, 8:30AM (Sacred Heart) †Lillian Haider
 Sun, May 22, 10:00AM (St. Henry) †Ambrose Altstadt
 Sun, May 22, 10:30AM (St. Lawrence) Healing for Deacon Mark
 Tue, May 24, 7:00PM (Sacred Heart) †Evelyn Herges
 Wed, May 25, 5:15PM (Holy Cross) †Bernadette Guck
 Wed, May 25, 7:00PM (St. Henry) 6th Grade Graduates
 Thu, May 26, 8:45AM (St. Henry) †LaVern Balcer
 Fri, May 27, 8:30AM (St. Lawrence) †John Werner
 Fri, May 27, 10:00AM (Perham Living-Residents Only) Living & Deceased Sts. Agnes & Mary Mission Circle Members
 Sat, May 28, 4:00PM (Sacred Heart) †John Tschida
 Sat, May 28, 5:00PM (St. Henry) †John & Ann Seifert
 Sat, May 28, 7:00PM (Holy Cross) John & Anna Johnson's 55th Wedding Anniversary
 Sun, May 29, 8:00AM (St. Henry) For the People/ †LeRoy Wegscheid
 Sun, May 29, 8:30AM (Sacred Heart) †Pete & Christine Peeters
 Sun, May 29, 10:00AM (St. Henry) First Communicants
 Sun, May 29, 10:30AM (St. Lawrence) †Ultan Werner

Financial Blessing for May 14th

Adult.....	615.00	Plate.....	120.00
Rent Income.....	360.00	Votives.....	125.00
Donation.....	30.00		

Total.....1,250.00

Thank you for remembering Holy Cross Church with your Stewardship throughout the year.

Financial Blessing for May 14th & 15th

Adult.....	1,303.00	Plate.....	702.25
Youth.....	28.00	Elec. Transfers.....	100.00
Votives.....	161.00	Church Donation...	80.00

Total.....2,374.25

Thank you for remembering Sacred Heart Church with your Stewardship throughout the year.

Financial Blessing for May 14th & 15th

Adult.....	5,084.00	Children's Basket....	87.03
Plate.....	1,024.31	Votives.....	47.00
Donation.....	100.00	Rent Income.....	200.00
Coffee.....	25.00	CYF.....	80.00
Donation.....	200.00	Building Improve....	85.00
Elec. Transfers.....	4,125.00		

Total.....11,057.34

Thank you for remembering St. Henry Church with your Stewardship throughout the year.

Financial Blessing for May 15th

Adult.....	1,880.00	Youth	15.25
Plate.....	510.10	Rent Income.....	100.00
Light House CDs.....	8.70	Votives.....	185.00
Church Donation.....	120.00	Elec. Transfers.....	340.00

Total.....3,159.05

Thank you for remembering St. Lawrence Church with your Stewardship throughout the year.

Week Day Mass Schedule

(April 25, 2022-May 30, 2022)

Tuesdays—Sacred Heart 7:00PM
 Wednesdays—Holy Cross 5:15PM
 Thursdays—St. Henry 8:45AM
 Fridays—St. Lawrence 8:30AM
 Weekend Mass schedule will remain the same.



Text **App** to **88202**
 to download our parish app!
 Search for "Northern Cross Area Catholic Community"

Weekly Bulletin Email List

If you would like to have the bulletin emailed to you each week, please let us know by giving us a call or by email.

BULLETIN DEADLINE: Wednesday Noon

ST. LAWRENCE UPCOMING EVENTS



Super Salad Sunday
May 22 - After 10:30AM Mass

Free Will Offering
All St. Lawrence Christian Mothers/
Women will provide salads.
All are welcome.

Parish Life Meeting
Monday, May 23
7:00PM

Invest in your Parish! Join the Parish Life Committee! Everyone Welcome!



Synod Listening Sessions



Pope Francis is inviting all baptized members to participate in a synod consultation. This unique experience is unprecedented in church history. There are two different ways this can happen: 1) You can go online to complete a self-guided consultation <https://www.surveymonkey.com/r/HGRMJ6X> 2) Call the parish office if you would be interested in sitting down with someone 1:1. Come let your voice be heard!



Dorothy Day House: Help the homeless in our area by supporting the Dorothy Day House men's shelter in Moorhead, MN. They are currently in need of the following items: Ziploc bags (gallon and sandwich); bath towels, winter hats, gloves and scarves; deodorant, men's underwear, plain white t-shirts, socks (these clothing items preferred to be new); disposable razors; sleeping bags; blankets and hygiene products. **They are especially in need of plain white t-shirts, men's large and extra large.** For more information, see the website at www.churches.united.org or call Teresa Elkin 218-298-1274 or Cecile Guck 218-298-4386. This will be an ongoing effort.



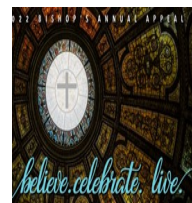
St. Lawrence Polka Festival Raffle Tickets are in your mailboxes. **PLEASE PICK THEM UP!** Extra tickets are available in the Parish Office from the office personnel. You can also contact Marlene Boedigheimer (218-457-1588) for extra tickets.

SELL! SELL! SELL!
Many wonderful cash prizes to win!



Congratulations to the St. Lawrence Graduates of 2022: **Hannah Hunter, Stephanie Bernstetter, Kiata Westhoff, and Cody Barthel.**
May God bless each of you as you continue to become the person God wants you to be.

Looking for a fun day out? It's time again for the annual Fun, Food & Fund Day. This year's event will take place at St. Mary's Parish in Melrose on Thursday, June 16, starting with registration and refreshments at 8:30 a.m. **"Take Jesus Home"** is the theme of this year's event. Entertainment and silent auction begin at 9:30 a.m., with Mass at 11 a.m., followed by lunch. Silent auction closes at 1 p.m., at which time Fr. Derek Wiechmann will speak on the National Eucharistic Revival. Pre-registration is \$15 by June 10; \$20 at the door. Handicapped accessible. Send registration to Lora Knafla, 11719 16th Avenue NW, Rice, MN 56367 or contact your parish Christian Mother's president. **Sponsored by St. Cloud Diocesan Council of Catholic Women.**



Bishop's Annual Appeal: Have you read The Central Minnesota Catholic magazine? Do you follow the Diocese of St. Cloud on Facebook, YouTube, Twitter, and Instagram? Have you visited the diocesan website for resources? All of these communication tools that inform us of the latest Catholic news are supported by the Bishop's Annual Appeal. Keep the news coming by contributing at www.stcldio.org/annualappeal.

Canonical Administrator: Fr. George, E-mail: gmichaelvc@gmail.com, fathergeorge@ncacc.net
Parochial Vicar: Fr. Tom, E-mail: fathertom@ncacc.net 218-298-0585
Deacons: Deacon Richard Quistorff; Deacon Randy Altstadt; Deacon Mark Stenger



St. Lawrence Catholic Church of Rush Lake
46404 County Highway 14
Perham, MN 56573

Phone: (218) 346-7729 Fax: (218) 346-5946 Em: (218) 758-2888
Email: stlawrence@arvig.net
Parish Website: sacredheartstlawrencecatholicchurches.com



Sacred Heart Bazaar Raffle

Raffle tickets will be in your church mailbox as soon as they are printed. Thank you for your generous support of our parish.



SACRED HEART UPCOMING EVENTS

Sacred Heart Christian Mothers Meeting:
Tuesday, May 24th
(after 7:00PM Mass)



*The Parish of Sacred Heart extends a special congratulations to **Patrick & Cheryl Hammers** Who are celebrating their 50th Anniversary on May 27th. May the Lord bless you.*

*The Parish of Sacred Heart extends a special congratulations to **Jan & Jill Januszewski** Who are celebrating their 40th Anniversary on May 29th. May the Lord bless you.*



SAVE THE DATE!
SACRED HEART
SALAD LUNCHEON
JUNE 9TH

"Peace I leave with you; my peace I give to you...Do not let your hearts be troubled or afraid." John 14:27

St. Lawrence, Sacred Heart, St. Joseph Flower Policy for Cemeteries



Removal of flowers shall be no later than 14 days after Memorial Day. If not removed by the giver, maintenance personnel shall remove and dispose of them. This ruling will not apply to flowers in containers that are part of the headstone. Removal of such will be entirely up to the giver.

Sacred Heart Parishioners needed to help with *Spring cleaning* of the church and church grounds on Monday, May 23rd at 9:00AM. We will have a pot luck lunch at noon so bring a dish to pass. Any amount of time you can give will be appreciated! Bring rags and pails.



If you would like to send a card to Deacon Mark, it can be mailed to:
Deacon Mark and Joan Stenger
47629 353rd Ave
Frazee, MN 56544
Please keep Deacon Mark and his family in your prayers.



SACRAMENT OF BAPTISM: Contact the Parish Offices

SACRAMENT OF MATRIMONY: Diocesan Policy requires that the Pastor be contacted at least 6 months before the anticipated date of marriage to allow time for premarital inventory, instructions and planning.

SACRAMENT OF RECONCILIATION: ½ Hour before Weekend Masses at Sacred Heart, St. Lawrence and Holy Cross; First Friday from 9:00AM-10:00AM at St. Lawrence; Second Thursday from 9:00AM-10:00AM at Sacred Heart; Third Saturday from 6:00PM– 7:00PM at Holy Cross. Tuesday, Thursday & Friday, 8:15AM-8:45AM; Wednesday, 9:00AM-10:00AM; Saturday, 4:00PM—4:45PM (Before 5:00PM Mass) at St. Henry

Sacrament of the Anointing of the Sick: Contact the Parish Offices

Trustees: Brenda Aschnewitz & Jan Januszewski (Sacred Heart); Jack Werner & Andy Klinnert (St. Lawrence); Mark Halbakken & Lisa Hemmelgarn (St. Henry); Michele Hofland & Clint Brandt (Holy Cross)

Northern Cross Area Catholic Community Pastoral Council Members: Dawn Swanz, Michele Hofland, Jason Schik (Holy Cross); Brenda Aschnewitz, John Kratzke, Kenny Moenkendick (Sacred Heart) Tim Graff, Lisa Hemmelgarn, Jason Smith (St. Henry); Sandi Carrlson, Jack Werner, Jerry Guck (St. Lawrence)



Sacred Heart Catholic Church of Dent
36963 State Highway 108
Dent, MN 56528
Phone: (218) 758-2700 Em: (218) 758-2888
Email: sacredheart@arvig.net

Parish Website: sacredheartstlawrencecatholicchurches.com





St. Henry's Area School

Congratulations to our Calendar Raffle winners this week. 5-18-22-Jean Hendrickx-\$50 and 5-20-22-Bob and Mary Roggenkamp-\$100

St. Henry's Area School (Perham, MN) is seeking a full-time music/technology teacher to provide excellent instruction focused on student learning for the 2022-2023 school year.

Preferred Qualifications and Credentials:

1. Teach and act in accordance with doctrinal and moral teachings of the Catholic Church
2. Bachelor/Masters degree in education and/or related field
3. Valid Minnesota Department of Education license with an Elementary Education endorsement or other related endorsement
4. Knowledge of content areas and structured unit and lesson planning
5. Student-centered teaching style focused on student learning
6. High sense of professionalism

To apply for this position, please submit the application found on the school's website (www.sthenrysareaschool.com), your resume and credentials, and three letters of reference to Jason Smith by mail (St. Henry's Area School, 253 2nd St. SW, Perham, MN 56573) or by email to sthenryschool@arvig.net. Position open until filled.

Our last day of school for this year is Wednesday, May 25th. Join us for our Graduation Mass at 7:00PM. We thank you for your prayers and support!

Mr. Jason Smith, Principal

218-346-6190 or sthenryschool@arvig.net



Wedding Banns I

Jeffrey Godfrey
& Mary Pearson

*Congratulations to
Kevin Swanson
& Sierra Edvall*



who were united in Holy Matrimony at St. Henry on Saturday, May 14th. May God bless their marriage with love and happiness for many years to come.

Thank you for your generosity to Fr. Jose.
St. Henry collected **\$3,038.00** for the
Carmelites of Mary Immaculate.

Faith Formation: St. Henry

Totus Tuus - St. Henry's summer vacation Bible School program- will be **this June 20-24**. For more information and to register your child/ren, please go to parishfaith.com/totustuus

We need lots of help to make this a successful week for our youth, if you're interested in helping with a meal, donating snacks, hosting 2 college students for the week, or taking a team of 4 college students out for supper please let Lisa know or visit our parish website to sign up to volunteer.

Family Faith Formation packets will be available in the main entry for pickup until the end of May, after that you will no longer be able to pick up your family faith packets.

A HUGE thank you to everyone who helped and came to eat at the Tenderloin meal last Sunday – all proceeds went to help our youth going to Steubenville. This event wouldn't have been possible without the generous donation of meat from Steve Sweere at the Meat Locker and for Kathy Hemmelgarn for putting everything together!

Lisa Hendrickx, DRE

218-346-7030, religiously@st-henrys.org

St. Henry's Summer Festival Raffle

This year we are planning an all cash raffle for our Summer Festival. We are asking you, our parish family, to prayerfully consider a cash donation to our raffle. Please contact Fr. Tom at 218-298-0585 or fathertom@ncacc.net by **June 5th** if you are able to donate a cash prize and wish to be listed on the raffle ticket. Then you can put your donation in the collection in an envelope marked "Summer Festival Raffle". Thank you for your generous support of our parish.



Liturgical Ministers

The schedule from May 27th through September 2nd has been finalized. If you have not received an email or a letter in your mailbox from Michael, please contact him.



Interested in Being an Extraordinary Minister of Holy Communion?

Now is a great time to join this Liturgical Ministry! We are currently in the process of setting up training. If you are interested and are a confirmed, practicing Catholic, contact Michael at 218-346-7030 or music@st-henrys.org.



Volunteers Needed

Need hard rakes to help with reseeding bare spots on Monday, May 23rd at 5:00PM at St. Henry Cemetery. If inclement weather, it will be May 24th or 25th.



St. Henry's Catholic Church of Perham

234 2nd Ave SW

Perham, MN 56573

Phone: (218) 346-4240 Em: (218) 758-2888

Email: admin@st-henrys.org

Parish Website: www.parishfaith.com

HOLY CROSS UPCOMING EVENTS

Congratulations to Stella Mae, daughter of Tim & Maggie Fresonke, who was baptized at Holy Cross last weekend.

We congratulate tonight with Isaac Hendrickx and Jack Peeters who will be graduating next week.

The fall bazaar will be September 11th with Bishop Kettler planning to attend; plans are to hold a bazaar similar to last years. Raffle prizes are once again needed; if you know of someone who would like to donate a prize or you would like to donate; contact Dawn at 639-8647 or Faye at 385-3850.

Cards will be played every Thursday at 1:00 pm.



Perham Memorial Day Services

Memorial Day Services will be held at 9:00AM on Monday, May 30th, at St. Stanislaus Catholic Cemetery in Perham. The names of Veterans buried at St. Stan's will be read. Attending will be the Perham VFW Post 4020 honor guard and the Dent American Legion Post 148 honor guard. In case of inclement weather, services will be held at St. Henry Catholic Church.

Ruth Ann Palmer has retired as the chairperson of the **Forever Remembered Garden** committee at St. Henry. She is grateful for the volunteers and generous donations over the last ten years. We are now looking for someone with fresh, new ideas willing to fill this role. If you are interested in learning more about this, call St. Henry's parish office at 218-346-4240.

OFFICE HOURS: (HOLY CROSS): Call Faye Hendrickx:
(218) 385-3850

(SACRED HEART): Monday, Thursday & Friday: From 9:00 AM-12 Noon, (218) 758-2700

(ST.LAWRENCE): Tuesday & Wednesday: From 9:00 AM-12 Noon, (218) 346-7729

(ST. HENRY): Monday-Friday: From 8:30 AM—4:30PM, (218) 346-4240

New School Capital Campaign Update

Complete Project	\$8,100,000.00
Pledged	\$7,499,387.00
Needed	\$600,613.00
Received	\$6,246,768.00
Pledges Received 05-15	\$2,255.00
Households Contributing	350



Please pray for those in need of healing in our parishes:

Adam Stewart, Al Baumstarck, Angela Florin, Blake Thene, Clint Conzemius, Connie Foltz, Deacon Mark Stenger, Dean Salo, Diana Billie, Elaine Pietsch, Heath Kinnunen, Ivy McGuire, Jim Neuerburg, Joan Schmitz, Joyce Rohweller, Kacie (Pikula) Derkacht, Karen Omberg, Mary Ann Guck, Marion Jaroszewski, Melvin Hoas, Mike Ruther, Paul Juen, Sue Loerzel

All military personnel, especially: Martin Ara, Greg Hirschey, Sandra Silbernagel, Nicholas Melz, Luke Potts, Zoe McAvoy, Jason Richter, Miguel Martinez, Tanya Robison, Tommy Robison, Steven Sundberg, Tyler Van Watermullen, Wyatt Guck, Andrew Schlosser, Ed Guck

Always remember in prayer our leaders in faith, especially: Pope Francis, Bishop Donald Kettler, Dcn Randy Altstadt, Dcn Richard Quistorff, Dcn Mark Stenger, Fr. George Michael and Fr. Tom Skaja.

Baccalaureate Mass



A Baccalaureate Mass to honor the Northern Cross Area Catholic Community 2022 high school graduates will be held on Sunday, May 22nd at the 10:00 am Mass at St. Henry's Church. The Catholic Daughters Court St. Rita #409 are sponsoring this Mass as well as a Continental Breakfast following the Mass.



The Bridge Community Pantry, a food shelf serving Perham, Dent, Richville, Ottertail and Vergas, is seeking a part-time Executive Director. Ideal candidates will work with volunteers and clients, maintaining an environment of respect, caring and optimism. He or she is responsible for the overall operation of the Bridge Community Pantry and the Mobile Pantry. Submit resume and cover letter to Fred Lehmkuhl, The Bridge Community Pantry, PO Box 7, Perham, MN 56573. Deadline for applications is Friday, May 27th.

Holy Father's Prayer Intention for May

We pray for all young people, called to live life to the fullest; may they see in Mary's life the way to listen, the depth of discernment, the courage that faith generates, and the dedication to service.

Readings for the Week

Monday	Acts 16:11-15	Jn 15:26—16:4a
Tuesday	Acts 16:22-34	Jn 16:5-11
Wednesday	Acts 17:15, 22—18:1	Jn 16:12-15
Thursday	Acts 18:1-8	Jn 16:16-20
Friday	Acts 18:9-18	Jn 16:20-23
Saturday	Acts 18:23-28	Jn 16:23b-28
Sunday	Acts 1:1-11	Eph 1:17-23
	Lk 24:46-53	

Holy Cross Catholic Church of Butler

57189 Co. Hwy 62 New York Mills, MN
Phone (218) 385-2201 or (218) 385-3850 Em: (218) 758-2888

Email: fayeadell@yahoo.com

Parish Website: <https://www.parishfaith.com/holy-cross---butler>

Please let the advertisers know you saw their ad in the bulletin.

 Schoeneberger FUNERAL & CREMATION SERVICE 100 Jake Street, Perham, MN (218) 346-5175 www.SchoenebergerFH.com	 Perham Family DENTISTRY	 Pizza Ranch	 FRANK'S AUTO BODY 735 W Main St., Perham 218-346-3405 Brian Holzer (Owner)
 Nadine's Open Mon-Sun 145 W Main St Perham, MN 218-346-2615 Ladies & Children's Fashions & Accessories	  NEST www.findyourgoose.com	 Perham Dairy Queen 802 - 3rd Ave SE 218-346-4070 Marc & Mike Winjum U.S. Pat. Off. Am.D.Q. Corp. Copyright, 1989 Am. D.G.	 HAMMERS CONSTRUCTION www.hci-mn.com 218-346-2195
KIT MASTERS FAN CLUTCH EXPERTS	 SCOTT VAN WATERMOLEN EXCAVATING Your Local Rip-Rap & Shore Restoration Experts 346-SCOT (7288)	 Hummelgarn BUILDERS Your Hometown Builder Lic. #BC003626 Troy: 218.371.6272 Jim: 218.371.1228 hbi@arvig.net 218.346.2377	 RainSoft Solving local water problems since 1984. Lake Country RainSoft 231 Main St West, Ottertail, MN 56571 218-367-7873 * 1-800-450-1212
 Swan Machine EXCEEDING EXPECTATIONS WITH HIGHER QUALITY PRODUCTS AND SERVICE.	 FITNESS FIRST! Marie Hanson 725 9th St NW Perham, MN 56573 218-298-0598 Bring this in for a free training session fitnessfirst@mail.com	 LAKE'S CAFE 5:30 am - 3 pm (Mon-Sat) 8 am - 2 pm (Sun) 136 W. Main St Perham (218) 346-5920	St. Henry's Preschool to 6th Grade Area School 218-346-6190
CATHOLIC DAUGHTERS COURT ST. RITA PERHAM, MN Serving the community for 102 years To JOIN, CONTACT JOANNE WINJUM AT 218-371-1531	 SCHMITZ MOTOR COMPANY, INC. Perham, MN	Ben Holzer Unlimited WATER Water Treatments Reverse Osmosis Bottled Water Softener Salt Quality & Service at an affordable price! www.BenHolzerUnlimited.com Call Adam or Char at 218-346-6445	 OVERLAND INSURANCE AGENCY 255 3rd Ave SE Perham, MN 56573 218-346-6250 www.overlandinsurance.com
central market <i>Fresh Place!</i> Open 24 hours a day 7 days a week Keystone Inc. 211 Market Drive Perham, MN 56573 Phone: 218-346-6750 Fax: 218-346-6752 thefreshplace.com	HAMMERS RENTAL PROPERTIES Perham, MN 218-346-3550	 DEAN'S Appliance SERVICE 218-346-6200 Over 40 years of Service	★ ★ ★ ★ ★ FIVE STAR STORAGE East Industrial Park, Perham Secure Location, Rodent Deterrent Call for your inside or secure
Januszewski Plumbing Call with all your plumbing needs. Over 20 years Experience Randy Januszewski 218-346-5389 Insured & Bonded Lic.#006008	 JASON A. SWELSTAD D.D.S., M.S. ORTHODONTIST 221 East Lincoln Avenue Fergus Falls, MN 56537 218.998.5000 940 Market Street Perham, MN 56573 218.346.4330 SMILESBSWELSTAD.COM	 KLEIN INSURANCE PASSIONATE ABOUT PROTECTION New York Mills-218.385.2430 * Wadena-218.631.1065 Eagle Bend-218.738.3442 * Park Rapids-218.732.5745	 CURTIS SEIFERT CONSTRUCTION, LLC LIC# BC734024 3D RENDERING AVAILABLE! CALL US ABOUT YOUR UPCOMING PROJECT 218-298-0676
 Ruther Excavating EXCAVATING SEPTIC SYSTEMS SNOW REMOVAL DEMOLITION CLEARING & GRADING LICENSED - BONDED - INSURED MATERIAL HAULING 218-346-4688 Cell: 218-298-1477	 kln Family Brands  TUFF'S TUFF'S From our family to yours.	ALL CREATURES VETERINARY HOSPITAL 905 Jenny Ave Perham, MN 56573 218-346-PETS (7387) ALL CREATURES BOARDING & GROOMING 44033 Hawes Beach Road Ottertail, MN 56571 218-367-PETS (7387) Dr. Raeanne Tisdell-Covington, DVM Dr. Darl Enga, DVM Dr. Lani Vincent, DVM allcreaturesperham.com	 Hendrickx Electric Inc. 218.346.5166 - 218.371.0051 Donald Hendrickx
LAKES COUNTRY LANDSCAPING & IRRIGATION 218.346.2197 906 2ND AVE NE PERHAM, MN 56573 (7 Blocks North of Main on 1st Ave. N.) LAKESCOUNTRYLANDSCAPING.COM	ESSER Plumbing & Heating AIRE SERV HEATING & AIR CONDITIONING Air Conditioning Company 218.346.3530 218.346.2138 EsserPlumbingandHeating.com	Catholic United Financial Becky King Rep since 2005 (218) 841-4600 BKing@catholicunited.org	ROHDE INSURANCE SERVICES Writing all lines of insurance.   WMIM WESTERN MUTUAL INSURANCE COMPANY OF MINNESOTA 218-739-3295 Mickey Rohde, Dianne Rohde-Szarke & staff



Stewardship
a way of life

Stewardship as a Way of Life:

"Do not let your hearts be troubled or afraid" (John 14:27).

Our limited human understanding cannot begin to understand the immense power of God. Instead of trusting in God, we often think we can control every outcome. Do you want to make God laugh? Tell Him your plans. The next time worry, anxiety or fear creeps in, thank God for all He has given you and trust that He has a better plan for you. Make God your first choice and not your last resort.