

ST. FRANCIS de SALES CATHOLIC CHURCH

320 NORTH CHURCH STREET • ROBESONIA, PENNSYLVANIA 19551



PASTORAL STAFF

Very Rev. Thomas P. Bortz, V.F., M.Div. ----- Pastor
Rev. Zachary R. Wehr, M.A., M.Div.----- Assistant Pastor
Rev. Philip J. Maas, M.A., M.Div. ----- Assistant Pastor
Deacon Rick Lanciano----- Permanent Deacon
Deacon Ed Sanders----- Permanent Deacon
Deacon Tom Devaney----- Permanent Deacon
Alison Snyder----- Director of Education
Christina Kopinski----- Administrative Assistant

SUNDAY MASS SCHEDULE

Saturday Vigil----- 5:00 pm
Sunday----- 8:00 am & 10:30 am

SPIRITUAL CARE OF THE SICK: Please contact the office when a parish member has been admitted to the hospital or has become home bound. Upon request, the Sacrament of Anointing will be celebrated and Holy Communion will be brought monthly.

RECONCILIATION: Saturday at 4:00 - 4:45 pm. At any other time by appointment.

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610-693-5851

Fax
610-693-5852

Church E-mail
stfrancisrob82@verizon.net

Pastor's E-mail
tbortz@allentowndiocese.org

Website
www.stfrancisroby.org

Office Hours
Monday - Thursday:
8:30 am - 12 noon
& CLOSED Fridays

Diocesan Victim
Assistance Coordinator

Ms. Wendy S. Krisak,
M.A., NCC, LPC

Direct Telephone:
800-791-9209

Diocesan Safe
Environment Coordinator

Pamela J. Russo, MSW, MS
Secretary for Youth Protection
Diocese of Allentown
1515 Martin Luther King, Jr. Drive
P.O. Box F
Allentown, PA 18105-1538
610-871-5200, Ext. 2204
610-871-5211 (Fax)
prusso@allentowndiocese.org

THE MISSION OF ST. FRANCIS de SALES PARISH

Guided by the gentle spirit and practical teachings of St. Francis de Sales, we strive to "Live Jesus" in our daily lives. We proclaim the Gospel, celebrate the Holy Eucharist, and are nourished through prayer, worship, love, and service to others. Together we are building a community that brings joy to our faith and light to the world, which one day will become the City of God.

BAPTISM: The Sacrament of Baptism is celebrated during Mass or on Sundays after the 10:30 Mass. Parents are asked to contact the parish office to arrange a time for preparation and to schedule the baptism.

CONFIRMATION AND EUCHARIST: Each child must have received a full year of religious education at St. Francis prior to beginning the sacramental preparation classes.

MARRIAGE: In order that the requirements for marriage preparation may be fulfilled, couples are to contact the parish office at least six months before the desired wedding date.

NEW MEMBERS: Please register at the office, or pick up a form in the back of the church. We are delighted to welcome you.

WILLS AND DONATIONS: Please consider designating St. Francis de Sales Parish in your last will and testament so that the blessings the



Mass Schedule for the Week:

Saturday, December 10, 2022~ 3rd Sunday of Advent

5:00 PM Our Parishioners

Sunday, December 11, 2022 ~ 3rd Sunday of Advent

8:00 AM Special Intentions for Jessica Areiza

10:30 AM Intentions for Nurture & Protection of Children

Saturday, December 17, 2022~ 4th Sunday of Advent

5:00 PM Our Parishioners

Sunday, December 18, 2022 ~ 4th Sunday of Advent

8:00 AM Barbara Hetrick

10:30 AM Virginia Bagnato

Pray For Our Sick

Edward Bellina, John Binder, Rosemary C., Mary DeLong, Rick & Wren Dillon, Joseph Disabella, Dennis & Mary Ann Flemming, Mary Fletcher, Judith Goetz, Nicholas M. Headley, Lorraine Held, Karen Houck, Rose Howard, Mark Hyde, John Jones, Raymond Kasprovciz, Robert Koch, Leslie Livinghouse, Walter Muir, Joe Noll, Pat Snyder, Andrew Strangarity, Tom Suchon, Eleana Wilson

Lector & Server Schedule

Saturday, December 17th

5:00 PM ~ Servers: Callahan Lector: Giacobbe

Sunday, December 18th

8:00 AM ~ Servers: Lector: Eckenroth

10:30 AM ~ Servers: Lector: Balthaser

Parish Schedule

2nd Collection ~ Building & Maintenance

Monday, Dec. 12 6:30pm-8:30pm ~ Confession

Thursday, Dec. 15 @ 11am – 12 Noon ~ Holy Hour

Spiritual Thought

Look at his adorable face. Look at his glazed and sunken eyes. Look at his wounds. Look Jesus in the face. There you will see how he loves us.

St. Therese of Lisieux

St. Ignatius Advent Mass Schedule

Monday – Friday 6:30 & 8:00 AM; 5:30 PM

Saturday 8:00 AM

First Friday 7:00 PM

Weekends: Saturday: 4:00 PM Vigil Mass

Sunday: 7:30 AM; 9:00 AM; 10:30 AM;

12 Noon; 5:30 PM

Eucharistic Day of Prayer/Adoration (Chapel)

Tuesdays ~ Exposition of the Blessed

Sacrament after 8:00 AM Mass until 10 PM

AND

Wednesdays ~ Exposition of the Blessed

Sacrament 6 AM until 7 PM

Evening Prayer & Benediction

Confession: Saturdays: 3:00 – 4:00 PM;



Readings for the Week

Sunday

Is 35:1-6a, 10; Jas 5:7-10; Mt 11:2-11

Monday

Zec 2:14-17 or Rv 11:19a, 12:1-6a, 10ab;
Lk 1:26-38 or Lk 1:39-47

Tuesday

Zep 3:1-2, 9-13; Mt 21:28-32

Wednesday

Is 45:6c-8, 18, 21c-25; Lk 7:18b-23

Thursday

Is 54:1-10; Lk 7:24-30

Friday

Is 56:1-3a, 6-8; Jn 5:33-36

Saturday

Gn 49:2, 8-10; Mt 1:1-17

Sunday

Is 7:10-14; Rom 1:1-7; Mt 1:18-24

Our Return to the Lord

Week of December 4, 2022 ~ \$ 4,455.00

Help aging religious. Senior sisters, brothers, and religious order priests have devoted their lives to prayer, service, and works of mercy. Most ministered for little or no pay. Today, their religious communities do not have enough retirement savings. Your gift to **NEXT WEEKEND's Retirement Fund for Religious collection** helps to furnish medications, nursing care, and other necessities. Please give generously.



Sacrament of Confession:

Confessions are available Saturdays from 4:00-4:45 pm and Sundays before and after each Mass by request.

An Advent penance service will be held

Monday, December 12th from 6:30-8:30 pm.

Additionally, there will be several priests available at St. Ignatius Loyola Church Tuesday, December 13th from

6:30 pm – 8:00 pm for confessions.

Christmas Masses:

Saturday, December 24: 5:00 pm & 8:30 pm

Sunday, December 25: 8:00 am & 10:30 am

New Year's Day Masses:

Saturday, December 31: 5:00 pm

Sunday, January 1: 8:00 am & 10:30 am

Our church & offices will be closed

Thursday, December 22nd through the New Year.

We will return Tuesday, January 3, 2023.

This weekend, our garden club is hosting their annual **Holiday greens sale**. Everything is self-serve and a donation offering. All proceeds go towards decorating the church with fresh greens during Advent and floral arrangements throughout the year. Proceeds also fund the materials to spruce up and maintain the beautiful outside gardens.

Thank you for your generous support!!



We have just heard Jesus tell John that he is the One whom God is sending to save his people. The evidence can be seen in the fulfillment of Isaiah's prophecy: the blind see, the deaf hear, the lame walk, the mute speak. The Israelites of old came back to Jerusalem singing after their exile; so too will those who are entering the kingdom now find joy and gladness when the kingdom is completed when Jesus comes again.

You and I have entered the kingdom through our baptism. We now share the expected joy of Jesus' coming again to complete the kingdom.

But that time has not come yet; the kingdom is not complete. We have work to do to prepare for that day. St. James reminds us that there will be hardships in our working for the kingdom. He encourages us to be patient, keep our hearts firm. We heard him offer the example of the farmer who is patient, knowing that he must wait for the early and late rains – working and waiting for the seed to sprout.

We need to stay focused on our mission as we work. James reminds us that waiting could lead us to become unfocused and start complaining and grumbling. He tells us that this is a sure sign that we are not preparing for his coming. We can let petty quarrels and little inconveniences sidetrack us from working together patiently. We can forget that we are to bring Jesus' compassionate mercy to one another as we strive to work together patiently to further the kingdom.

During these final days of Advent preparing, let us resolve to claim back our awareness of the presence of Jesus among us and continue to work patiently for his kingdom. Let us pray that Jesus may work through us during these days so that the blind may see, the deaf hear, the lame walk, and the mute speak. This can happen if you and I are open to letting Jesus work in us and through us. Jesus wants us to experience more deeply the joy and gladness he brings to all who work toward his coming again in glory.

<https://www.oblates.org/sundays-salesian-feed/third-sunday-of-advent-december-11-2022>



Date: 12/4/2022	Chapters/Lessons Covered Theme for the Week	Homework or Out of Class Activity	Additional Notes
Level 1	Unit 3, Session 14 & 15 Mary was chosen to be Jesus' mother Celebrating Christmas, Wise Men		We made gifts for loved ones!
Level 2 (First Communion)	Prepared for First Penance	First Penance was Tuesday, Dec. 6 @ 6:30pm	
Level 3	Unit 3, Session 15 Celebrating Christmas	Remember to pray and invite family members to join in prayer.	
Level 4	Advent/Christmas Preparing for Jesus' Birth through Advent	Pray and go to Mass to prepare for Jesus' Birth.	
Level 5	Unit 3, Session 15 Celebrating Christmas	Complete "With my Family" worksheet. Spread kindness and pray.	
Level 6	Unit 2 Advent	Find Jesus' Miracles. Read a Bible	
Level 7 (Confirmation Prep)	Session 5.3 Good Bible Habits	Sign Up for Service Project! https://signup.com/go/XPzXaHe	

Our next Class is Sunday, January 8th. **We wish all of our PREP families a most blessed and holy Christmas.**

Attendance is VERY important. Each grade has its own curriculum which builds upon the prior year and prepares for the next year. PREP allows children to build a strong foundation of their faith, it brings them closer to God and gives them the proper tools to lead a life that follows Jesus. Please value the importance of these classes and also Mass attendance. Classes may need repeated in the following year if there is an excess of absences.

A Health Tip from your Parish Nurse Ministry:

Supercharge your immune system to fight flu and COVID-19



The best way to prevent flu is to get an annual flu vaccine as it helps to boost your body's immune system against the strains of influenza that are most likely to be circulating during the coming flu season. Reducing your chances of catching the flu this season.

But that's not all you can do. When you take additional steps to boost your immune system, you can strengthen your defences against flu, COVID-19, and a host of other health conditions.

Sleep more^{1,2}

Aim for 7-8 hours of sleep per night

Getting enough sleep can help protect against getting ill, and a lack of sleep can impact negatively on your body's immune response². So make sure you get enough sleep to increase your chances of staying well this flu season!

Eat better³

No single food or nutrient can protect you from flu, but a healthy, balanced diet helps.

Maintaining a varied diet rich in nutrients like vitamin C, vitamin D, zinc, selenium, and iron plays an important role in immunity. Whereas eating a diet which is low in fruits and vegetables, and high in refined sugars, salt, and saturated fats can have a negative impact on your body's immune system. So, to support your immune system it is important to eat well this flu season.

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vHealth at Home
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Move your body^{4,5}

Regular exercise can strengthen your immune system and could make you 40% less likely to catch a cold.

Regular moderate exercise (when doing it, you should be able to talk, but not sing) improves the antipathogen activity of immune cells and increases the circulation of key factors in the immune response, temporarily strengthening your immune system. This response is cumulative so the more regularly you exercise the stronger your immune system will become. Be sure not to over-exercise, or exercise too intensely though, as this can produce the opposite effect.

So, to keep yourself fit and healthy this flu season make sure you exercise regularly, but stay firmly within your limits!

Address stress⁶

Learn to manage stress with practices like yoga and mindfulness meditation.

When you're under stress, your body produces less infection-fighting lymphocytes. Moreover, stress can contribute to other conditions that suppress immunity, including poor diet and insufficient sleep. Try to meditate for 10 to 15 minutes three or four times a week. If you need help, talk with a doctor or counsellor.

Stop smoking^{7,8}

You boost immunity when you stop smoking — even after as little as a month.

Smoking reduces your body's ability to fight off infection and can lead to more severe and longer-lasting bouts of flu. The sooner you quit smoking, the sooner your body's immune system can regain strength; one study found measurable improvements after just 31 days, even in light to moderate smokers.



This year, protecting yourself from flu is more important than ever, and we are here to help. In addition to accessing primary care through your GP or our vHealth service, vHealth at Home, delivered by Qured, can provide flu jabs in the comfort of your own home (or other preferred location) within London zones 1 to 4. For more information, please email corporate@qured.com

**Be a flu fighter.
Protect yourself, protect others.**

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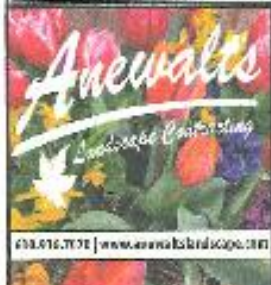
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