

THE DIOCESE OF ALLENTOWN
SACRED HEART CHURCH

243 LAFAYETTE AVENUE ~ PALMERTON PA 18071

Rectory Office: 610-826-2335 • Fax: 610-826-5360

shpmt@ptd.net • www.shcpalmerton.org

Office Hours: Mon. – Fri. 9:30 AM to 2:30 PM

OUR MISSION STATEMENT

"As the family of Sacred Heart Roman Catholic Church, we come together in faith to renew ourselves through the celebration of sacraments and strive to be the welcoming hands of Christ in our community."



SACRAMENTAL & PRAYER LIFE

Sacrament of the Eucharist / Mass

Saturday Vigil 5:00 PM Sunday Morning 9:30 AM

February 4, 2024

PASTORAL & SUPPORT STAFF

Reverend Michael Mullins *Pastor*
Steven Uhnak *Coordinator, Religious Education*
Sandy Miller *Bookkeeper/Secretary*
Bonnie Lazorick *Secretary*
Dan Podorsky *Part Time Maintenance*

RELIGIOUS EDUCATION

Religious Education Office 610-826-2335

St. John Neumann Regional School

Dr. Christopher Heery, Principal 610-826-2354
Palmerton Campus www.sjnrschool.org

Allentown Central Catholic High School 610-437-4601
www.acchs.info

Marian Catholic High School 570-467-3335
www.marianhighschool.org

SACRAMENT OF RECONCILIATION/CONFESSION

Monday, Wednesday, Thursday Friday: 7:00-8:00 AM

Saturday: 4:00 – 4:45 PM.

First Friday of the Month: 6:00-7:00 PM

By appointment call the Rectory Office

SACRAMENT OF BAPTISM

Baptismal Classes are held on an as needed basis.

Please call the Parish Office to schedule a class.

SACRAMENT OF MARRIAGE

Couples planning to get married should inform the Church as soon as possible (at least one year) prior to the wedding to begin marriage preparation. Marriage Preparation Class must be taken prior to six months before the marriage is celebrated.

MINISTRY TO THE SICK & HOMEBOUND

Anyone wishing to arrange for a home visit is to contact the Parish Office. Please do not wait for an emergency.

PRAYER OPPORTUNITIES

Private church visits Monday to Friday, 9:30 AM to 2:30.PM.

PARISH ACTIVITIES

Please contact the Chairperson of committee or the Rectory Office for details/contact info.

Altar Guild	Cass Chies	Pro Life Coordinator	Veronica Scarpati
Altar Servers	Father Mullins	Safety, Security and	
Bereavement Sharers	Olivia Erickson	Maintenance Committee	Jim Matsko
Bible Study/Prayer Group/ Prayer Chain	Peg Duell	Sacred Heart Helping Hands	Rectory Office
C.A.C.P.A.C.	Sue Steigerwalt / Lori Nemeth	Vocation Promoter	Rectory Office
Cemetery	Frank Hager	Catholic Charities:	
Choir/Music Liaison	Joann Kercksmar	Tom Miller	610-435-1541 ext. 374
Disability Advocates	Marian Carty	Protecting God's Children	
Financial Council	Joe Koma	Safe Environment Coordinator	
Funeral Luncheon Committee	Roseann Heydt/Peg Duell	Pamela Russo	610-871-5200, ext. 2204
High School Ministry	Tricia Matsko	Victim Assistance Coordinator	
Knights of Columbus	Joe Koma	Ms. Wendy S. Krisak, M.A., NCC, LPC800-791-9209	
Men of Good News	Ed Sidleck		
Palmerton Festival	Dana Massey	Allegations of abuse against a Bishop, contact	
Pastoral Council	Jerome Scarpati	Catholic Bishop Abuse Reporting Service at:	
	Lisa Kistler	www.ReportBishopAbuse.org or	
		call: 1-800-276-1562.	

February 4 – Fifth Sunday In Ordinary Time

MASS Intentions

- Saturday** (February 3): **First Saturday**
8:30 AM Bill Smelas by
 Mary Ann and son Bobby Parsons
- 5:00 PM** Manuel R. Amorim by
 Joe and Teresa Amorim
- Sunday** (February 4):
9:30 AM Dorothy Lang by husband Dave
- Monday** (February 5):
8:30 AM All members of the Memorial Fund
- Wednesday** (February 7):
8:30 AM Ernest Nemecek by
 James and Barbara Nemecek
- Thursday** (February 8):
8:30 AM Parishioners of Sacred Heart
- Friday** (February 9):
8:30 AM Manuel R. Amorim by
 sister Maria and sons
- Saturday** (February 10):
5:00 PM John Desko by daughter
- Sunday** (February 11):
9:30 AM Frances Binder by
 Debbie, Frances and Monica

Ash Wednesday

Remember that you are dust,
and to dust you shall return.



Lent begins Wednesday
February 14, 2024

Mass with distribution of Ashes:
8:30 AM and 7:00 PM
Ash Wednesday Service: Noon

Sacrament of Penance Schedule

Saturday: 4:00-4:45 PM
Before weekday Mass: 7:00-8:00 AM
First Friday of the Month: 6:00-7:00 PM
 Confessions also by appointment, please call the
 Rectory Office.



Let us continue to remember and pray for all our deceased relatives, friends, benefactors, and parishioners, those serving in the military, those struggling with addictions, the homebound and those who are sick and have asked for our prayers. Individual names will be added to the list of Prayers for the Sick upon request from the individual or from the sick person's Power of Attorney.

SUNDAY'S READINGS

Reading I: Job 7: 1-4, 6-7

Job compares human life to military service, and also to a day laborer's work, and ultimately to plain slavery. At this time, his life is replete with misery and hopelessness.

Reading II: 1 Corinthians 9: 16-19, 22-23

For Paul, the healing of hearts is itself a blessing, flowing as it does from the gospel.

The Gospel: Mark 1; 29-39

The cure of Peter's mother-in-law happens so quickly and fully that it is truly miraculous. The evening cures so many others stresses the love and the hope Jesus offers to all those who trust Him.

READINGS FOR THE WEEK



- Monday:** 1 Kgs 8:1-7, 9-13 Ps 132:6-7, 8-10
Mk 6:53-56
- Tuesday:** 1 Kgs 8:22-23, 27-30 Ps 84:3, 4, 5 and 10, 11 Mk 7:1-13
- Wednesday:** 1 Kgs 10:1-10 Ps 37:5-6, 30-31, 39-40 Mk 7:14-23
- Thursday:** 1 Kgs 11:4-13 Ps 106:3-4, 35-36, 37 and 40 Mk 7:24-30
- Friday:** 1 Kgs 11:29-32; 12:19 Ps 81:10-11ab, 12-13, 14-15 Mk 7:31-37
- Saturday:** 1 Kgs 12:26-32; 13:33-34 Ps 106:6-7ab, 19-20, 21-22 Mk 8:1-10
- Sunday:** Lv 13:1-2, 44-46 Ps 32:1-2, 5, 11
1 Cor 10:31-11:1 Lk 7:16



Sanctuary Candle:

Paul Papay by Carol and family

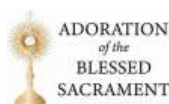
Marian Altar:

Andrew and Irene Homyak by
Mary Ellen and Alice.

Sharon Minnich by Joe and Sue Uhnak.

St. Joseph Altar (2):

Manuel Amorim by Marie Piedade Gomes.



ADORATION
of the
BLESSED
SACRAMENT

Every First Friday of the Month,
Eucharistic Adoration 4:00 – 7:00 PM.

Confessions: 6:00 to 7:00 PM.

All are welcome to stop by for a few minutes, an hour or for however long you are able.



Next Sunday the Kansas City Chiefs will play football against the San Francisco 49ers in the Super Bowl at 6:30 PM. Both teams competed against others, the players trained hard, were challenged and at times fell. However, both teams emerged victorious and will battle it out to see who the champions are. Many spectators will prepare food, invite friends and family, wear their team jerseys and get excited to cheer and share stories the next day at work. These are good things, but to put things in perspective, when one team wins, what really changes in our lives?

In contrast, on Wednesday, February 14th begins the season of Lent. We are called to enter into an intense training during these 40 days. We are called to challenge ourselves, to train ourselves in sacrifice, discipline and prayer. There may be times that we fall, but we are called to get up again through the sacrament of confession to receive the strength and grace to persevere. We are not to be spectators during Lent, but active participants. We are called to prepare special meals (no meat on Ash Wednesday and the Fridays of Lent). We are called to invite friends and family to enter deeper into our faith. Celebrate the little victories and share testimony of your faith. If you are actively involved this Lent, you personally will win the victory. Not only will your life be changed, but you will help transform the lives of those around you.

Learn and Live the Faith (Compendium of CCC)

#298 "When did (Christ) institute this sacrament (of Penance)? The risen Lord instituted this sacrament on the evening of Easter when he showed himself to his apostles and said to them, "Receive the Holy Spirit. If you forgive the sins of any, they are forgiven; if you retain the sins of any, they are retained." (*John 20:22-23*)."

#299 "Do the baptized have need of conversion?"

The call of Christ to conversion continues to resound in the lives of the baptized. Conversion is a continuing obligation for the whole Church. She is holy but includes sinners in her midst."

#300 "What is interior penance? It is the movement of a "contrite heart" (*Psalm 51:19*) drawn by divine grace to respond to the merciful love of God. This entails sorrow for and abhorrence of sins committed, a firm purpose not to sin again in the future and trust in the help of God. It is nourished by hope in divine mercy."

#301 "What forms does penance take in the Christian life? Penance can be expressed in many and various ways but above all in fasting, prayer, and almsgiving. These and many other forms of penance can be practiced in the daily life of a Christian, particularly during the time of Lent and on the penitential day of Friday."

Saint Quotes of the Week: *"The only reason for my being killed is that I have taught the doctrine of Christ. I thank God it is for this reason that I die. I believe that I am telling the truth before I die. I know you believe me and I want to say to you all once again: Ask Christ to help you become happy. I obey Christ. After Christ's example, I forgive my persecutors. I do not hate them. I ask God to have pity on all, and I hope my blood will fall on my fellow men as a fruitful rain."* - St. Paul Miki.

"Like my Master, I will die on the cross. Like Him, a spear will pierce my heart so that my blood and my love may flow upon the earth and sanctify it to His name." - St. Paul Miki.



Saint of the Week: **Paul Miki** (1562-1597) was the son of a samurai from a noble Japanese family. He was educated by Jesuits and joined the order as a scholastic in 1580. He was arrested by the acting governor of Japan, who feared that Christian missionaries were part of a strategy to conquer Spain and Portugal. Paul and 25 of his companions (Franciscans, Jesuits, Japanese laymen, and a Korean) had their left ears cut off, marched through cities with blood dripping from their heads, then were crucified and pierced with spears on a hill outside Nagasaki on February 6, 1597, in front of several thousand witnesses. The place was named "Hill of the Martyrs" and is marked with a stone cross and 26 trees. Feast Day: 6 February.

Word of the Week: **Anima Christi** - a hymn written in fourteenth century by an unknown author. It was a favorite prayer of St. Ignatius Loyola. "Soul of Christ, sanctify me. Body of Christ, save me. Blood of Christ, inebriate me. Water from the side of Christ, wash me. Passion of Christ, strengthen me. O good Jesus, hear me. Within Thy wounds hide me. Separated from Thee let me never be. From the malignant enemy, defend me. At the hour of death, call me. And close to Thee bid me. That with Thy saints I may be Praising Thee, forever and ever. Amen."



Stations of the Cross every Wednesday during Lent beginning Ash Wednesday at 6:30 PM. Mass with Distribution

of Ashes will follow at 7:00 PM. School Stations will be on Mondays at 1:30 PM. **Due to not enough interest in Living Stations**, rehearsals have been cancelled. Thank you to all who did express an interest.

Diocesan Lent Retreat Series: Join us for a special Lenten retreat series held at different parishes throughout the Diocese of Allentown, occurring every Monday from February 19th to March 18th. Every week will feature adoration and confession from 6:30-7:30 PM, a speaker 7:30 PM, and refreshments at 8:00 PM. The event series on Mondays during Lent is as follows:

Feb 19: Our Lady of Mt. Carmel, Roseto, Topic: **"Healing"** by Maggie Riggins.

Feb 26: St. Ambrose, Schuylkill Haven, Topic **"Presence"** by Lillian Fallon.

March 4: St. Catharine of Siena, Reading, Topic **"Sacrifice"** by Rob Johnson.

March 11: SS. Peter and Paul, Lehighon, Topic **"Promise"** by Kristin Osenbach.

March 18: Cathedral of St. Catharine of Siena, Allentown, Topic **"Holy"** by Fr. Trigilio.

Visit the Diocesan Flocknote page to sign up at: allentowndiocese.flocknote.com/signup152184.



Consider giving your child the gift of a catholic education. SJNRS is currently accepting applications for Kindergarten registration. Children who will be age 5 by October 15, 2024, are eligible to register for Kindergarten. **Also accepting students** for the 2nd Semester of the 2023-24 school year and new enrollments up to Grade 8 for the 2024-2025 school year.

Please contact Dr. Heery, Principal at: 610-826-2354 or email: office.sjnrschool@gmail.com for a registration packet, schedule a tour or questions.



Calling all high school students ages 14-17. You are invited to join us on Wednesday, February 21, at 6:30 PM in the Parish Center for our monthly meeting. If interested in participating, please call or text Tricia Matsko at: 484-633-6510.

Weekly Offering 2/3-2/4 and 2/10-2/11: In Support of the Parish

Attendance weekly goal: 450
Actual 1/27-28: 273



Online giving . . . Visit our parish website at: www.shcpalmerton.org to sign up for online giving with "MyEoffering."

Questions, contact Sandy Miller in the Rectory Office at: 610-826-2335.

Contribution Statements 2023 **Contribution Statements** are available in the Parish Center for those who requested a Statement. All Email requests have been emailed. If you have any questions, please contact Sandy Miller in the Rectory Office at: 610-826-2335 or email at: shpmtn@ptd.net.

Next Generation Diocese Initiative: The Diocese of Allentown has partnered with the Catholic Leadership Institute (CLI), a lay apostolate that inspires Catholic leaders to revitalize the Church for a Christ-filled and joy-filled future through a close accompaniment. **The first of three phases: Take a snapshot of where we are will be done through data collection** beginning on Ash Wednesday, February 14. Parishioners will be asked to complete a survey, **Disciple Maker Index (DMI)**. It includes questions about parishioners' spiritual growth and engagement with the parish, such as their core beliefs, their relationship and satisfaction with their parish, and their participation in the parish, including Mass, the Sacraments, prayer, and other activities. The survey will also ask for some demographic information, but no personal information, so the survey will remain anonymous. The survey takes 10 to 15 minutes. Details on how to access the Survey will be available in an upcoming Bulletin. It is completed online but can also be completed on paper. The online survey will be open throughout the season of Lent, ending Wednesday, March 27. The deadline to submit paper copies is Friday, March 22. Diocese is asking all active parishioners to participate in the survey.



Part-Time Job Opportunity—Apply Now. SJNRS has an opening for a part-time Cafeteria lunch person at its Palmerton campus (Tuesday, Wednesday and Thursday). Call Dr. Heery for details at: 610-826-2354.



COOKS WITH COLLARS

www.cookswithcollars.com

voting closes on February 12.

Thank you to all who have voted.

The competition is heating up. With a little more than a week left to vote we are about a quarter away from our goal! Father would like to challenge our parish to at least 20 votes over these last 10 days to help us reach goal! Anyone wishing to donate **offline** can place your donation in the container in the back of Church. Thank you again to all who have already voted! Any questions please contact the Rectory Office.



Save the dates for our **Second**

Annual Flea Market Fundraiser,

Friday, June 21 through Sunday

June 23, 2024. **Save your** unwanted Christmas Gifts

or gift cards that you received that you will not use,

we will gladly take. Watch for upcoming info

including drop-off dates for donations, volunteer

opportunities, etc. in upcoming Bulletins. If you

have any questions, please contact Bernice Borowski

at: 610-392-0625 between 10:00 AM and 7:00 PM.

SJNRS is hosting 3 on 3 basketball tournaments for

girls and boys in grades 4, 5, 6 and 7. This is a

combination of grades together but separate for boy's

vs girls. The next tournament is scheduled for

Sunday, February 4 with 2:00 PM start time in our

gym. There will be a few practices so the students

can play together as a team prior to the tournaments.

Interested families please contact Carolyn Gowin at:

610-751-3744 or carolyn.L.gowin@gmail.com.

St. Monica Ministry Holy Hour of Petition and

Hope will take place at St. Theresa Church,

Hellertown beginning at 6:00 PM on Tuesday,

February 13. Rev. Stephan Isaac, Parochial Vicar at

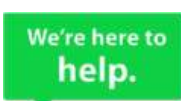
St. Catharine of Siena, Allentown, will lead us in

prayer for our fallen-away loved ones. All are

warmly invited, and no registration is required.

Please email StMonicaMinistry27@gmail.com for

details.



Did you know there are free

community meals that you can

choose to participate in monthly:

St. John's Episcopal Church, 365 Lafayette Ave on

the 4th Thursday of the month from 4 to 6 PM dine in

or take out. Reservations are needed 3 days prior.

Call: 610-826-2611.

St. John's UCC Church, 891 Columbia Ave on the

2nd Tuesday of the month from 4:30 to 6:00 PM.

Takeouts begin at 5:30 PM. No dinners in January

or February. Call: 610-826-2050 for details.

The CACPAC Food Pantry located at St. John's

Lutheran Church, 2155 Fireline Road distributes

food the 2nd Saturday and the 4th Friday of each

month from 9:00 AM to 1:00 PM. Call: 610-826-

7766.



Join us Sunday, February 25

following 9:30 AM Mass for

coffee and donuts

in the Social Hall.

Our Funeral Luncheon Committee provided its first luncheon in January, 2020. Since then, they have provided numerous luncheons to the families and friends of the deceased parishioner. This service is greatly appreciated. We thank Roseann Heydt, Peg Duell and their team for making this possible. **A Reorganization meeting is scheduled for Tuesday, February 13 at 11:00 AM in the Parish Center** to discuss moving forward with this service. If you would like to be part of this Ministry, please plan on attending this meeting. If you have any questions, contact the Rectory Office at: 610-826-2335.



Saturday, April 13. Reserve your seat today for the Bus trip to Sight and Sound for "Daniel".

The bus will leave from Sacred Heart Church parking lot on

Saturday, April 13 at 8:00 AM for

the 11:00 AM show. Will return immediately after

the show approximately return time 4:30 PM. **Cost:**

\$130 per person includes bus and show. Bring a box

lunch to eat on the way back. Call the Rectory Office

to reserve your seat today at: 610-826-2335.

We need volunteers for bingo! Can you help?



BINGO! Contact the Rectory Office

at 610-826-2335 if you would like to

volunteer to help with this fundraiser.

Many various ways to help. BINGO

is scheduled for April 14 beginning at

1:00 PM.



Blessed with 90 years or more we offer

our prayers and best wishes to:

Geraldine Nanovic. May the peace and

grace of our Lord be with you this

blessed day. Happy Birthday!



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IN REMEMBRANCE OF SAMANTHA JOSEPHSON

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