

THE DIOCESE OF ALLENTOWN

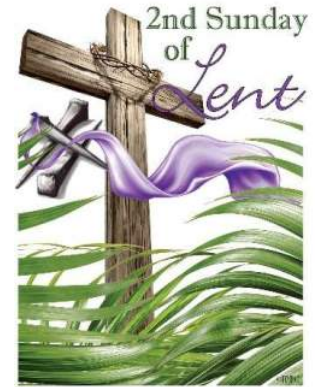
SACRED HEART CHURCH

243 LAFAYETTE AVENUE ~ PALMERTON PA 18071

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

shpmtn@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

March 16, 2025

PASTORAL & SUPPORT STAFF

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

RELIGIOUS EDUCATION

Religious Education Office	610-826-2335
Steven Uhnak, Coordinator	
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

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	Sacred Heart Helping Hands	Rectory Office
Altar Servers	Father Mullins	Safety, Security and	
Bereavement Sharers	Olivia Erickson	Maintenance Committee	Jim Matsko
Bible Study/Prayer Group/ Prayer Chain	Peg Duell	Catholic Charities:	
C.A.C.P.A.C.	Sue Steigerwalt / Lori Nemeth	Tom Miller	610-435-1541 ext. 374
Cemetery	Frank Hager	Diocesan Victim Assistance Coordinator	
Choir/Music Liaison	Joann Kercsmar	Ms. Wendy S. Krisak, M.A., NCC, LPC:	800-791-9209
Disability Advocates	Marian Carty	Diocesan Office of Safe Environment Coordinator	
Funeral Luncheon Committee	Peg Duell	Pamela Russo, M.S.W, M.S.	610-871-5200, ext. 2204
High School Ministry	Tricia Matsko	Secretary Youth Protection and Catholic Human Services	
Knights of Columbus	Marty DeSousa	PO Box F, Allentown PA 18105-1538	
Palmerton Festival	Dana Massey	prusso@allentowndiocese.org	
Pro Life Coordinator	Jerome Scarpati	Diocesan Youth Protection Programs	
	Veronica Scarpati	www.allentowndiocese.org/the-diocese/youth-protection/	

Allegations of abuse against a Bishop, contact Catholic Bishop Abuse Reporting Service at:
www.ReportBishopAbuse.org or call: 1-800-276-1562.

March 16 –Second Sunday Of Lent

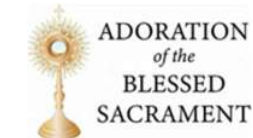


- Saturday (March 15)**
5:00 PM Parishioners of Sacred Heart
- Sunday (March 16)**
9:30 AM Mary and Al Kohler and family by
 Father Hutta and family
- Monday (March 17)**
8:30 AM Joe Kericsmar by
 Joe, Sue and Steve Uhnak
- Wednesday (March 19)**
8:30 AM Alberto C. Amorim by
 Candido Amorim
- Thursday (March 20)**
8:30 AM Manuel R. Amorim by
 Marina Melo
- Friday (March 21)**
8:30 AM Stephen Orsulak by sister Maria and
 Joe Klementovic and family
- Saturday (March 22)**
5:00 PM Alex and Pauline Kaslik by
 Jeff and Debbie Lutz
- Sunday (March 23)**
9:30 AM Parishioners of Sacred Heart

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
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, especially **Gail Sander Hamm**. 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.*



ADORATION of the BLESSED SACRAMENT

First Friday of the Month
 4:00 to 7:00 PM
 Confessions 6:00 to 7:00 PM



Monday: 1:30 PM
 SJNRS students
Thursday: 6:30 PM

SUNDAY'S READINGS

Reading I: Genesis 15: 5-12, 17-18

God lays Abram's uncertainties to rest by strengthening His promises with a covenant oath, as He appears amid the offerings as smoke and fire.

Reading II: Philippians 3:17-4:1; or 3:20-4:1

Paul appeals to his readers to follow his example, as he models his own life after Christ's. He further notes that Christ will transform our mortal bodies to be like His own.

The Gospel: Luke 9: 28b-36

The Transfiguration shows Christ revealing His glory to offset the shock of the first Passion prediction. The presence of Moses and Elijah testifies that Jesus will fulfill both the Law and the Old Testament Prophets.



- Monday:** Dn 9:4b-10 Ps 79:8, 9, 11 and 13 Lk 6:36-38
- Tuesday:** Is 1:10, 16-20 Ps 50:8-9, 16bc-17, 21 and 23 Mt 23:1-12
- Wednesday:** 2 Sm 7:4-5a, 12-14a, 16 Ps 89:2-3, 4-5, 27 and 29 Rom 4:13, 16-18, 22 Mt 1:16, 18-21, 24a
- Thursday:** Jer 17:5-10 Ps 1:1-2, 3, 4 and 6 Lk 16:19-31
- Friday:** Gen 37:3-4, 12-13a, 17b-28a Ps 105:16-17, 18-19, 20-21 Mt 21:33-43, 45-46
- Saturday:** Mi 7:14-15, 18-20 Ps 103:1-2, 3-4, 9-10, 11-12 Lk 15:1-3, 11-32
- Sunday:** Ex 3:1-8a, 13-15 Ps 103:1-2, 3-4, 6-7, 8, 11. 1 Cor 10:1-6, 10-12 Lk 13:1-9



LIGHT A CANDLE FOR YOUR SPECIAL INTENTIONS

Candle Intentions:

Sanctuary Candle:
Fr. Mullins intentions

Cemetery Note: All Christmas flowers and decorations need to be removed by Monday, March 17. Your cooperation will enable us to prepare for the Spring.

During Lent, the visual environment is simplified; no floral decorations, the Gloria and Alleluia are omitted and the vestments are purple to signify a time of penance. The purpose of the "liturgical pruning" is to remind us this is a time to seek out reconciliation with God.

Ministry Schedule next weekend:			
3/22-3/23	Lector	EM	Altar Servers
5:00 PM	HSM	Fr. Mullins/M. Carty	H. Werner
9:30 AM	J. Dobias	Fr. Mullins/C. Papay/L. Koons (choir)	C. Sebelin/C. Davis



As we experience warmer weather, it's a good time to plan some hikes up the mountain. Get some exercise, breathe in the fresh air, see the beauty of the landscape and view things from a different perspective. Our Lord invited a select group of Apostles to join Him on the journey up the mountain, where He was transfigured and became dazzling white. Many times, we can be down in the trenches, working in the dirt, so that we fail to see where we are being called. We too are called to that same glory and honor with Christ. We need to understand that glorified Christ is working beside us as well, even as we face struggles and difficulties and especially our cross. Be sure to take some time away from your busy schedules to reflect, to listen more attentively to His Word, to see where we have grown, where we are, and where the Lord desires to lead us. When we do so, we will be empowered to face anything with hope and joy.

Learn and Live the Faith (Compendium of CCC)

#470 "What is forbidden by the fifth commandment?"

The fifth commandment forbids as gravely contrary to the moral law:

- *direct and intentional murder* and cooperation in it;
- *direct abortion*, willed as an end or as means, as well as cooperation in it. Attached to this sin is the penalty of excommunication because, from the moment of his or her conception, the human being must be absolutely respected and protected in his integrity;
- *direct euthanasia* which consists in putting an end to the life of the handicapped, the sick, or those near death by an act or by the omission of a required action;
- *suicide* and voluntary cooperation in it, insofar as it is a grave offense against the just love of God, of self, and of neighbor. One's responsibility may be aggravated by the scandal given; one who is psychologically disturbed or is experiencing grave fear may have diminished responsibility."

#471 "What medical procedures are permitted when death is considered imminent?"

When death is considered imminent the ordinary care owed to a sick person cannot be legitimately interrupted. However, it is legitimate to use pain-killers which do not aim at in death and to refuse "over-zealous treatment", that is the utilization of disproportionate medical procedures without reasonable hope of a positive outcome."

#472 "Why must society protect every embryo?"

The inalienable right to life of every human individual from the first moment of conception is a constitutive element of civil society and its legislation. When the State does not place its power at the service of the rights of all and in particular of the more vulnerable, including unborn children, the very foundations of a State based on law are undermined."

Word of the Week: Bilocation - multiple or simultaneous presence of the same substance or soul in two places distant from each other. Bilocations have been frequently reported in the lives of the saints, such as Padre Pio.

Saint of the Week: Cyril of Jerusalem (c. 315-386) was raised and educated in Jerusalem during the time of the Arian heresy. Cyril was ordained by St. Maximus and succeeded him as bishop of Jerusalem about 350. His episcopate lasted until his death, but he spent 16 years in exile, assisted by emperors influenced by the Arian bishop of Caesarea who claimed ecclesiastical jurisdiction over Jerusalem. The Council of Antioch sent St. Gregory of Nyssa to investigate Cyril and his diocese. He reported that Jerusalem was rife with factionalism and Arianism, but that Cyril was orthodox. Cyril is famous for his extant "catechetical instructions," some of which consist almost entirely of carefully woven biblical passages. Pope Leo XIII named him a doctor of the church in 1882. Feast day: 18 March.

Saint Quote of the Week: : "Since Christ Himself has said, 'This is My Body' who shall dare to doubt that It is His Body?" - St. Cyril of Jerusalem.

"Only a pure soul can boldly say: 'Thy kingdom come.' One who has heard Paul say, 'Let not sin therefore reign in your mortal bodies,' and has purified himself in action, thought, and word will say to God: 'Thy kingdom come!'" - St. Cyril of Jerusalem.

"Just as Christ, after His baptism and the coming upon Him of the Holy Spirit went forth and defeated the adversary, so also with you. After holy Baptism and the Mystical Chrism, having put on the full suit of armor of the Holy Spirit, you are to withstand the power of the adversary, and defeat him, saying, 'I am able to do all things in Christ, Who strengthens me.'" - St. Cyril of Jerusalem.

Lenten Practices:

- Abstain from eating meat on Fridays of Lent.
- Fast (eat only 1 full meal) on Good Friday.
- Attend Stations of the Cross:
School Stations Mondays at 1:30 PM and/or
Thursdays at 6:30 PM
- Confessions: Mondays, Wednesdays, Thursdays, Fridays: 7:00 AM and Saturdays: 4:00-4:45 PM.
- Lenten Confessions with extra priests: April 1: 7:00 PM St. Nick's; April 3: 7:00 PM Sacred Heart and April 6: 3:00 PM Assumption BVM.

If you want to learn more about our faith or desiring to grow deeper in our faith, plan to join **Father Mullins on Tuesday, March 18, at 7:00 PM in the Parish Center.** All are welcome.



The liturgical rite of the washing of the feet on Holy Thursday takes its inspiration from the Last Supper, where Jesus first washed the feet of his apostles and commanded them to do likewise (see Jn 13:4-14). During Holy Thursday Mass on April 17, Father Mullins will wash the feet of 7 parishioners. If you would like to volunteer to share in this meaningful ritual, please call the Parish Office. Thank you.

Help to reengage Catholics who have fallen away from the faith by simply extending an invitation to them to come with you to Mass, Stations, Adoration or Confession. This simple gesture may be all it takes to welcome back a person who has been away. Don't be surprised at the positive response you may receive.



Do you attend Mass here – but haven't registered yet? Give Father Mullins a call at the Rectory at 610-826-2335 to register. It's very easy and a great way to get involved. New Parishioners are always welcome!

To be eligible to be a Sponsor for Baptism or Confirmation you must be an active, registered parishioner, minimum of 3 months, who is:

- Fully Initiated (received Baptism, Eucharist and Confirmation.)
- Minimally 16 years of age.
- Attends Mass regularly on Sundays and Holy Days.
- If living together, must be married through the Catholic Church.
- Supporting your Church to the best of your ability.



Blessed with 90 years or more we offer our prayers and best wishes to: **Roger Nanovic.** May the peace and grace of our Lord be with you this blessed day. *Happy Birthday!!*

Safe Haven Sunday: Thanks for your openness to the topics of internet safety and the dignity of the human person in light of the pornographic culture. I encourage you in your efforts to make your home a safe haven for your family. Check out our parish website (www.SHCPalmerton.org) to find the free electronic book to protect and guide your family and friends. Additional resources can also be found on the website at: www.USCCB.org/cleanheart. You are encouraged to participate in a unique seven-day text-to-opt-in program: *The Safe Digital Family Challenge*. This Challenge provides practical tips any caring adult can take to create safer digital environments for themselves and our young people. Simply text the word SECURE to 66866. Thank you for choosing to help secure a Safe Haven for yourself and your family.



Second Sunday of the Month
Parish Social Hall. Cost: \$25.
Doors and Kitchen open at 12:00 Noon. Bingo starts 1:00 PM. **Need a gift? \$25 BINGO gift certificates available at the Rectory Office.** Call 610-826-2335. Hope to see you on April 13!

Weekly Collection

3/15-3/16: In Support of the Parish
3/22-3/23: In Support of the Parish
 Attendance weekly goal: 450
 Actual 3/8-3/9: 301

The Parish gratefully acknowledges the following contributions to the *Sacred Heart Memorial Fund made in memory of Joseph Kerckmar* by: Rob and Menna Borger, Diana Koma, Frank Hager and family, Sandy Miller, Rory and Louise Koons.



Have you considered **On-line Giving**? If interested in signing up go to: www.shcpalmerton.org and click on the online giving icon.



SJNRS – 2025-2026 School Year
 Accepting applications for PreK through Grade 8. To learn more call: 610-826-2354.

Save the Date for SJNRS Events:

April 12 from 10:00 AM – 3:00 PM: Yard Sale and Eco Fest: Community Yard Sale, Local Artists, DIY workshop and demos, plant swap, raffles and prizes, upcycled fashion show. FMI call: 484-225-8295.

May 10 from 11:00 AM – 2:00 PM: Mother's Day Tea and Art Show. FMI call: 610-826-2354.

SJNRS CYO Track and Field signups open to all students of SJNRS or active members of a Catholic Parish in Grades K through 8th. Fee \$25 includes a shirt. Contact Carolyn Gowin by March 20 with questions and to register at: 610-751-3744.

Mothers save the date, Saturday, April 12 for the next Mother's Support Group get together in the Parish Center at 10:00 AM. Questions contact Father Mullins at 610-826-2335.

Try something different this Lent . . .

Simply Prayer, April 1, is an opportunity for men and women to learn how to come closer to God. It is an 1-1/2 hour program sponsored by the School Sisters of St. Francis, Bridle Path Road, Bethlehem. The presenter for April is Sr. Barbara Brown. For details and transportation call Peg at: 610-826-8009.

Want to be better prepared for Sunday Mass? **Wednesday at 10 AM in the Parish Center** will provide you with in-depth information about Sunday readings. Just bring yourself.

Calling all Men: It's not too late to join us on Saturday, March 22 to take part in Spiritual Combat! The program, **"Into the Breach"** discusses the confrontations facing us, how to recognize the enemy and fight back to protect our souls and our families. We meet at 8:00 AM in the Parish Center every Saturday until Palm Sunday.

"Where is God Calling You?" Vocations Retreat. April 12: 10:00 AM-3:00 PM at St. Mary's Church in Kutztown. Whichever vocation you're discerning (priesthood, married life, consecrated life or single life), this retreat will allow you to encounter speakers from all these callings. Questions contact Zelenda Hodgskin: zhodgskin@allentowndiocese.org or <https://allentowndiocese/flocknote.com/signup/195281>.



Save the dates for our Third Annual Flea Market Fundraiser, **Friday, June 20 through Sunday June 22, 2025.** Also, save your unwanted gift cards that you received. We will gladly take them. Watch for upcoming info including drop-off dates for donations, volunteer opportunities, etc. in upcoming Bulletins. Contact Bernice Borowski at: 610-392-0625 between 10:00 AM and 7:00 PM with questions.



Join us after 9:30 AM Mass next Sunday, March 23 for coffee and donuts in the Social Hall.

Fun Corner:

N	R	M	U	O	F	I	V	S	Q	D		C
N	R	O	A	O	S	O	Y	S	X	U		D
N	N	U	Q	H	X	C	R	C	J	P		D
E	O	M	K	S	K	S	U	G	R	S		F
Z	I	X	A	N	P	C	V	O	I	E		M
B	T	R	Z	L	O	O	Q	E	E	V		M
U	I	E	P	E	N	A	N	C	E	M		E
C	R	N	O	I	T	U	L	O	S	B		A
M	T	E	S	O	B	R	G	R	A	C		E
V	N	U	R	E	C	O	N	C	I	L		E
V	O	N	O	I	S	S	E	F	N	O		C
R	C	C	L	A	E	H	W	T	E	P		G

Word Search:

Absolution	Forgive	Mercy
Confession	Grace	Penance
Contrition	Heal	Reconcile



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