

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 9, 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
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 9 –First Sunday Of Lent



Saturday (March 8)
5:00 PM Peter Haja, Sr. by wife Helen and sons

Sunday (March 9)
9:30 AM Parishioners of Sacred Heart

Monday (March 10)
8:30 AM Mrs. Hernandez by John and May Glowacki

Wednesday (March 12)
8:30 AM Richard Rauch, Sr. by wife Nancy and son Richard, Jr.

Thursday (March 13)
8:30 AM Catherine Runkle by Michael and Marian Carty

Friday (March 14)
8:30 AM Antonio and Gloria Amorim by son and family

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



Please remember in your prayers our recently deceased, especially **Beverly Scherer**. May she be welcomed into the company of the Saints and may our dear Lord comfort her family.

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.

SUNDAY'S READINGS

Reading I: Deuteronomy 26: 4-10

Moses makes a confession of Israel's faith in the Lord, who as the great Redeemer from slavery, worked great wonders, and became the Giver of the Promised Land.

Reading II: Romans 10: 8-13

Israel cannot plead ignorance when it comes to the gospel, because the preaching of the Church about Jesus has come to it through the pouring out of the Spirit. This same Spirit comes for Jew and Gentile alike.

The Gospel: Luke 4: 1-13

Satan tries without success to lure Jesus away from the path of suffering to one of power and sensationalism to fulfill the mission entrusted to Him by His Father. Satan leaves Him alone then "for a time."



Monday: Lv 19:1-2, 11-18 Ps 19:8, 9, 10, 15
Mt 25:31-46

Tuesday: Is 55:10-11 Ps 34:4-5, 6-7, 16-17,
18-19 Mt 6:7-15

Wednesday: Jon 3:1-10 Ps 51:3-4, 12-13, 18-19
Lk 11:29-32

Thursday: Est C:12, 14-16, 23-25 Ps 138:1-2ab,
2cde-3, 7c-8 Mt 7:7-12

Friday: Ez 18:21-28 Ps 130:1-2, 3-4, 5-7a,
7bc-8 Mt 5:20-26

Saturday: Dt 26:16-19 Ps 119:1-2, 4-5, 7-8
Mt 5:43-48

Sunday: Gen 15:5-12, 17-18 Ps 27:1, 7-8, 8-9,
13-14. Phil 3:17-4:1 or Phil 3:20-4:1
Lk 9:28b-36



Candle Intentions:

Sanctuary Candle:
 Terry O'Neil by wife.
Marian Altar:

Mary Berk by son George and daughter Janet

Ministry Schedule next weekend:

3/15-3/16	Lector	EM	Altar Servers
5:00 PM	J. Uhnak	Fr. Mullins/J. Kralik	L. Matsko
9:30 AM	A. Goodbred	Fr. Mullins/D. Klitsch/C. Wehr (choir)	S/B Goodbred



Dear Brothers and Sisters in Christ,

During the Lenten season of penance, we as a Church unite ourselves to Jesus' forty days of fasting in the desert and meditate upon His ultimate sacrifice on the Cross. Lent can be a somber time as we ponder and participate in Christ's suffering, but we are not abandoning the joyful hope of this Jubilee Year for the next forty days. Because Lent draws our attention and our hearts ever closer to Christ and His Cross, it is especially a season of ever-deepening Hope. Our hope as Christians comes from Christ's sacrifice. The virtue of hope helps us desire and strive towards Heaven as our fullest happiness, and Heaven is only available to us because Christ entered our weakness and vanquished sin and death. Because Jesus has already experienced and defeated the worst of what life has to offer, our hope, from and in Him, carries us through the darkest of times. The letter to the Hebrews describes that "we have not a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tested as we are, yet without sinning." The Gospels describe how Jesus encountered temptation during his desert fast: He was tempted by pleasure when the Devil offered Him bread, power when the Devil offered Him kingdoms, and pride when the Devil suggested that He abandon His God-given purpose. All our own temptations can be boiled down to these same things: pleasure, power, and pride. Jesus was presented with them all—and beat them all. To spend Lent walking with Jesus in the desert is not just to hone our own self-discipline. It is also to accompany the Victor in this battle. Lent is a reminder that Christ has vanquished the Tempter for us, so indeed we have hope even in our struggle. When we inevitably face our own weakness this Lenten Season, we will see the need to place our hope in the God who has already assumed and defeated that weakness.

During Vespers (Evening Prayer) from Palm Sunday through Holy Thursday, the Church traditionally sings the "Vexilla regis," a hymn dating back to the sixth century. This prayer proclaims: "Hail, O Cross, our only hope!" This line can be a motto for us during this Lent of the Jubilee Year of Hope. We praise and exalt the Cross by which God brought His estranged children to Himself. We honor the Cross that is our path to eternal happiness. Jesus tells us in the Gospels to pick up our crosses daily and follow Him. Often this may feel like a slog, dragging our burdens behind us as we strive to live holy lives. Even so, picking up our daily cross is our means to daily hope. Lent, by giving us extra occasions for penance and participation in Christ's Cross, gives us even more opportunities to receive God's gift of hope. No matter what obstacles we encounter, even the most tragic of sufferings and most powerful of temptations, we can have hope because Christ has carried that Cross and is carrying it with us now. By our Baptism, Jesus has welcomed us into His life and grace, and He incorporates our suffering into His own. We may or may not see the signs of His victory in this life, but we will certainly see them in the next. Please know that I will be praying for you this Lent. I invite you to join me in honoring the Cross, our only undefeatable hope, as we pick it up daily and follow Jesus.

Devotedly yours in Christ,

Most Reverend Alfred A. Schlert, Bishop of Allentown.

Fasting and Abstinence is not just for Ash Wednesday and Good Friday anymore. They are powerful reminders to continue and persevere in the spirit of conversion and penance. Our Bishop invites us to also enter into Fasting and Abstinence during the Quarterly Ember Days. The Lenten Ember Days for 2025 are as follows: Wednesday, March 12, Friday, March 14 and Saturday, March 15. The fasting and abstinence would follow the current laws of the Church, with abstaining being from all meat, and fasting would be one full meal a day, with the allowance of two smaller meals that do not equal the main meal, and no eating between meals. Furthermore, our Bishop requests that we offer this sacrifice to pray especially for priests and for seminarians.



STATIONS OF THE CROSS **Monday: 1:30 PM** SJNRS students
Thursday: 6:30 PM

Lenten Practices:

- Abstain from eating meat on Fridays of Lent.
- Fast (eat only 1 full meal) on Good Friday and Ember Days of Lent (3/12, 3/14 and 3/15).
- Attend Stations of the Cross on Thursdays at 6:30 PM and/or School Stations on Mondays at 1:30 PM.
- Confessions: Mondays, Wednesdays, Thursdays, Fridays at 7:00 AM and Saturdays from 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 11, at 7:00 PM in the Parish Center.*** All are welcome.

Learn and Live the Faith (Compendium of CCC)

#466 "Why must human life be respected?

Human life must be respected because it is *sacred*. From its beginning, human life involves the creative action of God and it remains forever in a special relationship with the Creator, who is its sole end. It is not lawful for anyone directly to destroy an innocent human being. This is gravely contrary to the dignity of the person and the holiness of the Creator. "Do not slay the innocent and the righteous" (*Exodus 23:7*)."

#467 "Why is the legitimate defense of persons and of society not opposed to this norm?

Because in choosing to legitimately defend oneself one is respecting the right to life (either one's own right to life or that of another) and not choosing to kill. Indeed, for someone responsible for the life of another, legitimate defense can be not only a right but a grave duty, provided only that disproportionate force is not used."

#468 "What is the purpose of punishment?

A punishment imposed by legitimate public authority has the aim of redressing the disorder introduced by the offense, of defending public order and people's safety, and contributing to the correction of the guilty party."

#469 "What kind of punishment may be imposed?

The punishment imposed must be proportionate to the gravity of the offense. Given the possibilities which the State now has for effectively preventing crime by rendering one who has committed an offense incapable of doing harm, the cases in which the execution of the offender is an absolute necessity "are very rare, if not practically non-existent." (*Evangelium Vitae*). When non-lethal means are sufficient, authority should limit itself to such means because they better correspond to the concrete conditions of the common good, are more in conformity with the dignity of the human person, and do not remove definitively from the guilty party the possibility of reforming himself."

Word of the Week: Bigotry – a sin of pride whereby one obstinately adheres, through ignorance, to a social, political, or religious belief, opinion, or practice while being intolerant of the contrary views or actions of others

Saint of the Week: Catherine of Bologna

(1413-1463AD) was born in Italy as a member of an aristocratic family and the daughter of a diplomat to the Marquis of Ferrara. Catherine received a wonderful education in reading, writing, singing and drawing. Catherine excelled in painting, Latin and the viola. In 1426, she left the royal court feeling called to the religious life. In 1432, Catherine and other young women of Ferrara founded a monastery of the Order of Poor Clares, an order founded by St. Francis and St. Clare of Assisi. Through her efforts with Pope Nicholas V, the Poor Clare convent at Ferrara erected an enclosure, and Catherine was appointed Superioress. That office made her responsible for providing pastoral care and spiritual oversight to all of the sisters. The reputation of the Community for its holiness and austerity became widespread. In 1456, the governors of Bologna requested she found a second monastery of the same Order and be the Abbess of the convent. Catherine continued to paint and to write beautiful spiritual guides and poetry. She wrote the "Treatise on the 7 Spiritual Weapons Necessary for Spiritual Warfare." And her painting of St. Ursula remains on display in a Venice gallery. Throughout her life, Catherine experienced visions of both Jesus Christ and Satan, which she documented in her treatise. In one instance, she had the baby Jesus placed in her arms by the Blessed Virgin Mary. During the Lenten season of 1463, Catherine became seriously ill, and died. She was buried without a coffin and her body was exhumed eighteen days later because of many cures attributed to her at her graveside and the sweet scent coming from her grave. Her body was discovered incorrupt, meaning it has not decayed, and remains so today. Catherine was beatified in 1524 by Pope Clement VII and canonized on May 22, 1712 by Pope Clement XI. She is the patron saint of artists, the liberal arts, against temptations and of Bologna. Feast Day: 9 March.

Saint Quote of the Week: *"Beloved sisters, the dowry that Christ Jesus wants to find in each one of you is that you be valiant in battle, that is, strong and steadfast in the fight. Be careful always to do good."*
– St. Catherine of Bologna.

Safe Haven Sunday: Equipping the Family, Safeguarding Children. This weekend is designated Safe Haven Sunday in order to give focused time and resources to address the harmfulness of pornography and other online threats to marriages, family life and culture. Additional resources can be found on the website at www.USCCB.org/cleanheart. You are especially 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 or check out a free electronic book on our parish website. Thank you for choosing to help secure a Safe Haven for yourself and your family.

"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 visit: <https://allentowndiocese/flocknote.com/signup/195281>.

Men ages 15+ are invited to a "Come and See" weekend at St. Charles Borromeo Seminary in Ambler, PA on Friday, March 14 to Sunday, March 16. If you are open to discerning the Lord's call to the holy priesthood, this is a great opportunity! To register: <https://www.allentowndiocese.org/come-and-see-weekend>.

Calling all Men: It's not too late to join us on Saturday, March 15 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.

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.



This Sunday, March 9!!
Parish Social Hall. Cost: \$25.
Doors and Kitchen open at 12:00
Noon. Bingo starts 1:00 PM.



3/8-3/9: In Support of the Parish
Second Collection: Missions
3/15-3/16: In Support of the Parish
Attendance weekly goal: 450
Actual 3/1-3/2: 322

The Parish gratefully acknowledges the following contributions to the *Sacred Heart Memorial Fund made in memory of:*

Salvador Rios by: Christopher and Alice Kegel; Wayne and Susan DeWalt.

Joseph Koma by: Sandholm family, Wayne and Susan DeWalt, Amelia Amorim, Frank Hager and family, Rod and Marianne Kleintop, Jeff and Debra Lutz, Martin and Carol DeSousa, Marge Porambo, Mark and Anne Sverchek, Sandy and Terry Miller, Bonnie Lazorick, Joann and Joe Kercsmar, Mr. and Mrs. Thomas Galib, Rod and Menna Borger.



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



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.



SJNRS – 2025-2026 School Year
Accepting applications for PreK through Grade 8. To learn more 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.

Change of Date: Palmerton Historical Society will meet on Tuesday, March 11 at 6:30 PM at the Little White Church.

Need a gift? \$25 BINGO gift certificates available at the Rectory Office. Call 610-826-2335



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RIDE FOR LITTLE HEARTS

Saturday & Sunday
March 8-9, 2025

Help hearts like Luca's

Philly Spin-In Ambassador, Luca, 6, dreams of becoming a personal trainer - or flying like Iron Man.





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