

THE DIOCESE OF ALLENTOWN

SACRED HEART CHURCH

243 LAFAYETTE AVENUE ~ PALMERTON PA 18071

Rectory Office: 610-826-2335

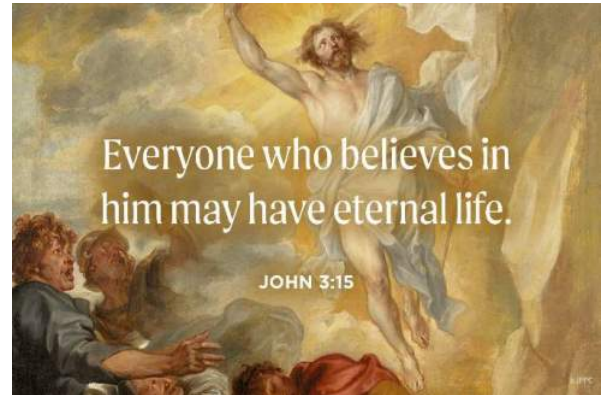
shpmtn@ptd.net • www.shcpalmerton.org

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."

Weekend Masses: Saturday: 5:00 PM
Sunday: 9:30 AM



September 14, 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.

September 14 – The Exaltation Of The Holy Cross



Mass Intentions

Saturday	September 13
5:00 PM	Frank and Kathy Hager 60 th Wedding Anniversary
Sunday	September 14
9:30 AM	Darryl Moyer by wife Mary Lou
Monday	September 15
8:30 AM	John and Paula Solski by goddaughter Diane and Bob
Wednesday	September 17
8:30 AM	Arline Cook by a friend
Thursday	September 18
8:30AM	Deceased friends: Slava, Tom, Kot & Alma by Elzbieta and Jerome Palms
Friday	September 19
8:30 AM	Thomas and Regina McCarthy by Ed and Eileen Robinson
Saturday	September 20
5:00 PM	Parishioners of Sacred Heart
Sunday	September 21
9:30 AM	Joe Koma by Ann and Frank Vitovitch

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.	



Please remember in your prayers our recently deceased especially **Andy Krawchuk**. May he be welcomed into the company of the Saints and may our dear Lord comfort his 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. 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.

The Sacred Heart Prayer Chain is available to everyone in need. Call Peg at 610-826-8009 to have your prayer request forwarded to several other prayer groups throughout the country.

SUNDAY'S READINGS

Reading I: Numbers 21: 4b-9

The Lord prescribes an antidote to the venomous snake attacks on the people. He tells Moses to mount a bronze serpent to a pole and tell the people to look at it and be healed. An allegory about the Cross of Christ whereby sinners who look upon it with faith will be spared the sting of death.

Reading II: Philippians 2: 6-11

This is probably an early Christian hymn. It follows the story line of Christ's mission and sets Him forth as the model of Christian living.

The Gospel: John 3: 13-17

Jesus sees the relic from Moses' time of the bronze serpent mounted to save the Israelites as an image of His crucifixion meant to save mankind from sin and bring healing to a rebellious world.



Monday:	1 Tm 2:1-8 Ps 28:2, 7, 8-9 Jn 19:25-27 or Lk 2:33-35
Tuesday:	1 Tm 3:1-13 Ps 101:1b-2ab, 2cd-3ab, 5, 6 Lk 7:11-17
Wednesday:	1 Tm 3:14-16 Ps 111:1-2, 3-4, 5-6 Lk 7:31-35
Thursday:	1 Tm 4:12-16 Ps 111:7-8, 9, 10 Lk 7:36-50
Friday:	1 Tm 6:2c-12 Ps 49:6-7, 8-10, 17-18, 19-20 Lk 8:1-3
Saturday:	1 Tm 6:13-16 Ps 100:1b-2, 3, 4, 5 Lk 8:4-15
Sunday:	Am 8:4-7 Ps 113:1-2, 4-6, 7-8 1 Tm 2:1-8 Lk 16:1-13 or Lk 16:10-13



Continue to pray for all Priests, Deacons and Seminarians. Ask God for new Vocations.

"God our Father, we pray that You will raise up from among us, and from among our children, numerous and holy vocations to the priesthood, who will, in their ministry, proclaim the truth of the Gospel, administer the sacraments, and offer faithful service to the Church." Amen.



Sanctuary Candle

Virginia Brand by Porambo family
St. Joseph Altar (2)

Thomas and Regina McCarthy by Ed and Eileen

9/20-9/21	Lector	EM	Altar Servers
5:00 PM	T. Matsko	Fr. Mullins/C. Chies	L. Matsko
9:30 AM	L. Koons	Fr. Mullins/C. Papay/C. Wehr (choir)	Gowins



A lot of blood has been spilled due to wars and violence. Many victims remain struggling to survive in hospitals. To help bring healing, may we freely give our blood to help those who are ill or wounded. Our diocese once again challenges Catholics to consider donating blood to help the many patients in hospitals who are in need. The Blood Donation Campaign will run from September 19 to December 16. When you visit the Miller Memorial Blood Center, please mention our **Parish Code: E-300**, so that we get credit. Anyone who donates will also receive a special medal of Saint Januarius. The sites include – Allentown Hamilton, Allentown Cedar Crest, Bethlehem, Easton, and Reading. Visit www.GiveAPint.org for addresses and hours of operations.

Bishop Schlert also invites us to celebrate the Ember Days in support of the pro-life movement and in solidarity with those participating in the PA March for life on Monday, 22 September 2025 in Harrisburg. The Holy Cross Ember Days (the Wednesday, Friday and Saturday after the Feast of Holy Cross, 14 September) are a special time "to thank God for the gifts of nature, to teach men and women to make use of them in moderation, and to assist the needy." These are days of Fasting (eating only one full meal a day) and abstinence (refraining from eating all meat) as well as extra prayers.

Adult Catechesis: Join Father Mullins on Thursdays at 6:30 PM in our Parish Center for those who desire to learn more about the Catholic faith or desire to prepare to receive the sacraments of 1st Holy Communion or Confirmation.

Word of the Week: Candlestick - A holder for a candle usually consisting of a foot, stem, knob, and bowl to receive wax drippings; in some instances, it has a sharp point or pricket at the top on which the candle is fixed. In other instances, the top is a cut-out cup-shaped hole into which the candle is placed. It symbolizes the Eucharist and is often represented with the Host above it. Liturgical rubrics prescribe two, four or six candlesticks on or around the altar for Mass, with lighted candles depending on the importance of the feast day celebration.

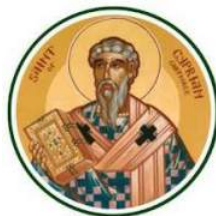
Learn and Live the Faith (Compendium of CCC) **#557 "What is the importance of Tradition in regard to prayer?"**

In the Church it is through living Tradition that the Holy Spirit teaches the children of God how to pray. In fact, prayer cannot be reduced to the spontaneous outpouring of an interior impulse; rather it implies contemplation, study and a grasp of the spiritual realities one experiences."

#558 "What are the sources of Christian prayer?"

They are: the *Word of God* which gives us "the surpassing knowledge" of Christ (*Philippians* 3:8); the *Liturgy of the Church* that proclaims, makes present and communicates the mystery of salvation; the *theological virtues*; and *everyday situations* because in them we can encounter God.

"I love you, Lord, and the only grace I ask is to love you eternally. . . . My God, if my tongue cannot say in every moment that I love you, I want my heart to repeat it to you as often as I draw breath." (The Curé of Ars, Saint John Mary Vianney)"



Saint of the Week: Cyprian of Carthage (c. 200–258) is one of the first great church theologians, this Latin father is remembered today for his writings, which are cited in the documents of the Second

Vatican Council. A late convert, Thascius Caecilianus Cyprianus was a lawyer, rhetorician, and teacher before being elected by the people and clergy of Carthage, in North Africa, as their bishop. He became involved in papal controversies and schisms, but was also known for his pastoral zeal and for helping plague victims. Having survived a Roman persecution, he was later beheaded for refusing to participate in state religious ceremonies. He wrote biblical commentaries and treatises on the unity of the church and the sacraments. Cyprian is the patron saint of North Africa and Algeria. Feast day: 16 September.

Saint Quote of the Week: *No one can have God as Father who does not have the Church as Mother.* - Saint Cyprian.



The Parish family of Sacred Heart extends a warm welcome to our newest parishioners: *Lori Schrader, Taylor Hughart and Eric Herrmann and sons Travis and Troy.*

If you are new to our Parish and would like to Register, please call the Rectory Office at: 610-826-2335.

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.

Sacred Heart's Bible Study Group will meet Wednesday, September 10 at 10:00 AM in the Parish Center. All are invited to attend.



PREP begins this Sunday, September 14 at 10:30 AM!

Welcome back all Catechists and PREP Students. May the year ahead be filled with wisdom, happiness and grace. PREP is Open to children in grades 1 through 8, who have been Baptized Catholic, are registered parishioners, attend either public school, a private non-Catholic school or homeschooled. Contact CRE, Steve Uhnak in the Parish Office at 610-826-2335 or email: shccre@ptd.net if you have any questions regarding the PREP program.



St. John Neumann Regional School is open for the 2025-2026 School Year. Consider giving your child (children) the gift of a Catholic School education. For details, please call Dr. Chris Heery, Principal at: 610-826-2354. Scholarships are available.

Weekly Collection

9/20-9/21: In Support of the Parish

Second Collection: Support of Gaza

9/27-9/28: In Support of the Parish

Second Collection: Latin America

Attendance Goal: 450

Actual 8/30-31: 302



Have you considered **On-line Giving?**
Visit: www.shcpalmerton.org and click on the online giving icon to sign-up.



www.cookswithcollars.com is an online cooking competition and a virtual celebration for the entire Diocese of Allentown. Check out your favorite **COOKS WITH COLLARS VIDEOS** to be surprised and delighted by the awe-inspiring – and occasionally frightening – kitchen skills on display by our parish priests. Check out Father Mullins' video for Lemon Freeze bars, learn how to make an amazing dessert and support Sacred Heart Parish, Palmerton. For those who want to support without using credit cards, you can submit your donation votes in a blank envelope with your name and label it Cooks with Collars. You have until September 30 to vote online! Thank you for your generosity.

Pilgrimage to National Basilica: For those who signed up, payment of \$40/pp is due to hold your seat. Two seats are available. Visit/call the Rectory Office. A sign-up sheet is located on the podium by the visitors Confessional if you would like to be added to the wait list.

CYO Cross Country open to all Sacred Heart Parish and St. John Neumann Regional School students. Students are invited to participate in CYO Cross Country races. Without a current running coach, we do not practice as a group. Students are encouraged to run with their families. We welcome students to come out and try the races. It is not mandatory to participate in all races. We ask for confirmation on a weekly basis for participation in the upcoming race. Kindergarten through 2nd grade run 1/2 mile; Grades 3 through 4th run 1 mile; Grades 5 through 6th run 1 1/2 miles and Grades 7 through 8th run 2 miles. Please contact Carolyn Gowin asap with interested student name, age, date of birth, and current grade level at: carolyn.L.gowin@gmail.com or call/text Carolyn at: 610-751-3744.



Sunday, September 14 — Parish Social Hall. **Cost: \$25.** Doors and Kitchen Open at Noon. Bingo starts 1:00 PM.

Please join us for the St. John Neumann Regional School Golf Event on October 10, 2025. It will be held at the Whitetail Golf Course. The price is \$100.00 per golfer and will include 18 holes of golf, a lunch, and great prizes. Registration will start at 7:30 AM and the shotgun start will be at 8:00 AM. For more info or to register call (610) 826-2354.

"Ready, Willing, & Able" is a monthly podcast for Catholic parents made by our Diocesan Office of Education. This month's program is "Raising Saints." It can be found on Apple podcast, Spotify or check it out on the diocesan website: <https://allentowndiocese.org/diocesan-podcast>.

Diocesan Commission for Men invites all men age 14-114 years old to participate in the 14th Annual Diocesan Men's Conference on Saturday, 11 October 2025 at the Delta Marriot (7736 Adrienne Drive Breinigsville, Pennsylvania, 18031). This year's theme is Pilgrims Anchored in the Hope of Christ. Early Bird Registration Cost: \$25. High School & College Student admission cost: \$15. Check out www.MenAliveInChrist.org for more information.

Convocation of Knights & Orders: Bishop Schlert invites all Knights of Columbus, Knights of Holy Sepulcher and the Order of Malta to participate in a day in defense of our Catholic faith on Saturday, 20 September at Saint Joseph the Worker Church (1879 Applewood Drive, Orefield, PA) beginning with Mass at 9:00 AM, followed by light refreshments and presentations. Please register at: <https://allentowndiocese.org/knightsandorders>.

Restore: Healing Retreat for Women Healing from Betrayal Trauma Thursday, November 13 to Sunday November 16, 2025 at St. Mary of Providence Center in Elverson, PA. This retreat is for women healing from sexual betrayal trauma due to an intimate partner's infidelity, pornography use or sex addiction. Email De with questions at: de@youaremadenew.com. For more information and to register, go to: <https://youaremadenew.com/restore-retreats-betrayal-trauma/>.

Vision Support Group: Thursday, September 25 at 2:00 PM in the Parish Center. For info call Paula Ewing at 610-704-5052.

CACPAC Food PANTRY is in need of: **10.5 oz. soups, tomato sauce, any type canned beans and cereal.**

Donations can be placed in the Main Vestibule of the Church in the red totes.

Thank you for helping us help our neighbors!



As the numbers are being tallied and we wait for our bills to

come in Father Mullins sends ***Many Thanks*** to all the volunteers who have dedicated their time and talents. Many thanks to all who supported our stand and the team who coordinated the Festival. We cannot do this without your help! We are so blessed to have people willing to share their time and talent. Also, the weather cooperated and the food was great! We are so blessed to have people willing to share their time and talent. With preliminary numbers in, and we wait for outstanding bills to arrive, we are projecting an estimated net profit of \$8,500+. We are confident that our net profit will reveal a successful fundraiser. The Festival is a fun community event to close out the summer!! Thank you again for all your support of this fundraiser!

A March for Life - Bus From Bethlehem

Attend Pennsylvania Right for Life March at Harrisburg State Capitol on Monday, September 22. A bus will depart Sacred Heart Church, Bethlehem at 8:00 AM and return around 4:00 PM. Cost is \$20.00 per person. For more info, contact Andrew at: (484) 259-7740 or andrewazan3rd@rcn.com

Retrouvaille: Rediscover the Love in Your Marriage. Tens of thousands of couples have healed their marriages through Retrouvaille (pronounced Retro-vy). If you know anyone who could benefit from this program, please pass this on. Couples learn to build communication skills and to increase intimacy. It provides help for marriage problems, difficulties or crises. Upcoming programs will be the weekend of October 3-5 at the Family Life Center in Malvern, PA. For more information, or to register, visit: www.HelpOurMarriage.org or call 215-766-3944 or 800-470-2230. All inquiries are strictly confidential.

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