

THE DIOCESE OF ALLENTOWN

SACRED HEART CHURCH

243 LAFAYETTE AVENUE ~ PALMERTON PA 18071

Rectory Office: 610-826-2335

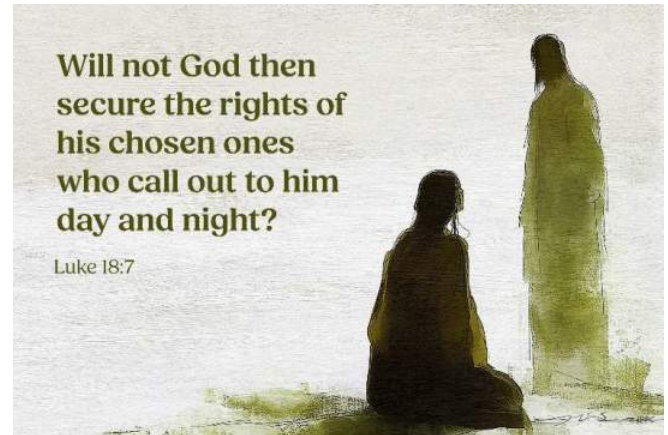
shpmtn@ptd.net • www.shcpalmerton.org

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



October 19, 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.sjnrnschool.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
Altar Servers	Father Mullins
Bereavement Sharers	Olivia Erickson
Bible Study/Prayer Group/ Prayer Chain	Peg Duell
C.A.C.P.A.C.	Sue Steigerwalt / Lori Nemeth
Cemetery	Frank Hager
Choir/Music Liaison	Joann Kercsmar
Disability Advocates	Marian Carty
Funeral Luncheon Committee	Peg Duell
High School Ministry	Tricia Matsko
Knights of Columbus	Marty DeSousa
Palmerton Festival	Dana Massey
Pro Life Coordinator	Jerome Scarpati Veronica Scarpati

Sacred Heart Helping Hands	Rectory Office
Safety Committee	Jim Matsko

Catholic Charities:

Tom Miller 610-435-1541 ext. 374

Diocesan Victim Assistance Coordinator

Ms. Wendy S. Krisak, M.A., NCC, LPC: 800-791-9209

Diocesan Office of Safe Environment Coordinator

Pamela Russo, M.S.W., M.S. 610-871-5200, ext. 2204

Secretary Youth Protection and Catholic Human Services

PO Box F, Allentown PA 18105-1538

prusso@allentowndiocese.org

Diocesan Youth Protection Programs

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.

October 19 – Twenty-Ninth Sunday In Ordinary Time



Mass Intentions

Saturday	October 18
5:00 PM	Steve and Helen Havran by family
Sunday	October 19
9:30 AM	Parishioners of Sacred Heart
Monday	October 20
8:30 AM	Fr. Campion by Diana Zayas
Wednesday	October 22
8:30 AM	Manuel R. Amorim by Isolina and Blandino Mendes
Thursday	October 23
8:30AM	Sharon Minich by Rosa, Gary, Sarah and Jessica Sander
Friday	October 24
8:30 AM	Aloysius Klitsch by Knights of Columbus
Saturday	October 25
5:00 PM	Margaret Swanger by daughter Mary
Sunday	October 26
9:30 AM	Richard Frey by wife Barbara

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. 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.



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.

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: Exodus 17: 8-13

The Israelite army, under Joshua's leadership, defeats the Amalekites. With the aid of 2 men, Moses is able to provide God's blessing on Israel's forces by keeping his arms raised. By reason of Jesus' arms raised on the Cross, humanity is saved.

Reading II: 2 Timothy 3:14-4:2

Paul extols the Scriptures as the preeminent guide for the moral life. He also acknowledges the Apostolic Tradition built upon Christ. Timothy must therefore preach the gospel in and out of season.

The Gospel: Luke 18: 1-8

By way of His parable, Jesus teaches us that Christian prayer demands perseverance in faith and persistence. The client's persistence is what brings about her vindication by the judge in Our Lord's story.



Monday:	Rom 4:20-25 Lk 1:69-70, 71-72, 73-75 Lk 12:13-21
Tuesday:	Rom 5:12, 15b, 17-19, 20b-21 Ps 40:7-8a, 8b-9, 10, 17 Lk 12:35-38
Wednesday:	Rom 6:12-18 Ps 124:1b-3, 4-6, 7-8 Lk 12:39-48
Thursday:	Rom 6:19-23 Ps 1:1-2, 3, 4 and 6 Lk 12:49-53
Friday:	Rom 7:18-25a Ps 119:66, 68, 76, 77, 93, 94 Lk 12:54-59
Saturday:	Rom 8:1-11 Ps 24:1b-2, 3-4ab, 5-6 Lk 13:1-9
Sunday:	Sir 35:12-14, 16-18 Ps 34:2-3, 17-18, 19, 23 2 Tm 4:6-8, 16-18 Lk 18:9-14



Sanctuary Candle

Margaret Swanger by daughter Mary.

Marian Altar (2)

Denise Homlak by George Berk.

In-laws by Amelia.



First Friday of the month

4:00-7:00 PM.

Confession: 6:00-7:00 PM.

Please join us one-half hour before all Masses during the month of October in praying the Rosary.

10/25-26	Lector	EM	Altar Servers
5:00 PM	J. Kralik	Fr. Mullins/J. Uhnak	H. Werner
9:30 AM	A. Goodbred	Fr. Mullins/T. Gades/C. Wehr (choir)	B/S Goodbred



Today is World Mission Sunday with the theme "Missionaries of Hope Among All Peoples." This day encourages Catholics worldwide to support the Church's missionary efforts through prayer, sacrifice, and donations to aid missions in struggling or underdeveloped regions. The theme is particularly relevant during the Jubilee Year of Hope, focusing on bringing Christ's light to those in need and being "messengers and builders of hope".

In the first reading this weekend, Moses (the leader) had his hands supported by Aaron (a priest) and Hur (a layperson); together their prayers won the victory. Each of us are needed to win the battle of faith. Parents, Children, Teachers, Students, Pastors, Deacons, Laypeople and Bishops are all called to do their part to persevere in prayer and plant the seeds of justice and mercy in our world such that all come to believe in Christ. Each of us are called to participate in the Church's mission to proclaim the salvation of Christ to the ends of the earth.

Missionary work goes out to the world to share the good news of Jesus Christ. It often involves providing humanitarian relief, such that the people can better receive the message of the Gospel. A child who is starving or homeless will not be able to concentrate on a teaching lesson of faith. Therefore, missionaries are involved in all different aspects of life to help support the community: farmers, doctors, nurses, teachers, engineers, carpenters, mechanics, as well as priests and religious. One may be called to be a full-time missionary, a short-term volunteer, or many are called to be a supporter of the missions through our prayers and financial support.

To learn more about our role and responsibilities as missionaries, I encourage you to read one of the following encyclicals: *Ad Gentes*, *Evangelii Gaudium*, *Evangelii Nuntiandi*, or *Redemptoris Missio*.

Adult Faith Formation: Thursdays at 6:30 PM in the 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: Canticle - in the Divine Office, a sacred chant from Scripture apart from the psalms. In the Roman Breviary there are many canticles from the Old Testament. The three evangelical canticles of the New Testament recited daily in the Divine Office are the Benedictus of Zechariah, Magnificat of the Blessed Virgin, and the Nunc Dimittis of Simeon. (Etym. Latin *canticulum*, a little song.)

Learn and Live the Faith (Compendium of CCC)

#568 "What are the expressions of the life of prayer?"

Christian tradition has preserved three forms for expressing and living prayer: vocal prayer, meditation, and contemplative prayer. The feature common to all of them is the recollection of the heart."

#569 "How can vocal prayer be described?"

Vocal prayer associates the body with the interior prayer of the heart. Even the most interior prayer, however, cannot dispense with vocal prayer. In any case it must always spring from a personal faith. With the *Our Father* Jesus has taught us a perfect form of vocal prayer."

#570 "What is meditation?"

Meditation is a prayerful reflection that begins above all in the Word of God in the Bible. Meditation engages thought, imagination, emotion and desire in order to deepen our faith, convert our heart and fortify our will to follow Christ. It is a first step toward the union of love with our Lord."

#571 "What is contemplative prayer?"

Contemplative prayer is a simple gaze upon God in silence and love. It is a gift of God, a moment of pure faith during which the one praying seeks Christ, surrenders himself to the loving will of the Father, and places his being under the action of the Holy Spirit. Saint Teresa of Avila defines contemplative prayer as the intimate sharing of friendship, "in which time is frequently taken to be alone with God who we know loves us."



Announced Masses for 2026 are now being scheduled. Please stop by the Rectory Office between the hours of 9:30 AM to 2:30 PM to schedule your Masses.



Saint of the Week: Paul of the Cross (1694–1775) born Paolo Francesco Danei, the eldest son of a poor but noble Italian family. He

lived austere even as a teenager. After a year in the Venetian army, he returned to a monk's life of prayer and penance and refused to marry. In a vision in 1720, Our Lady, dressed in a black habit with a white cross and bearing the name Jesus, told Paul to start an order to preach the Passion of Christ. With his bishop's approval, he founded the Discalced Officers of the Most Holy Cross and Passion of Our Lord Jesus Christ, which he led for the rest of his life, and later started an institute of nuns. The Passionists were soon doing missions, retreats, and spiritual direction throughout Italy. Paul was canonized in 1867. Feast Day: 20 October.

Saint Quote of the Week: *"Meditate often on the sorrows of the holy Mother, sorrows inseparable from those of her beloved Son. If you seek the Cross, there you will find the Mother; and where the Mother is, there also is the Son."* - St. Paul of the Cross.

"When you feel the assaults of passion and anger, then is the time to be silent as Jesus was silent in the midst of His ignominies and sufferings." - St. Paul of the Cross.



Spirit-Filled Evening for Women: Saturday, November 29, 2025 from 6:30-9:30 PM.

This year's theme is **"The Eve"** and it's going to be an amazing time of The Word, music, prayer, and fellowship.

This event is for ladies-high school age or older, and it's open to members of the congregation, their female family members, friends, and neighbors. Non-parishioners are welcome too!

We're also looking for Table Hostesses to decorate and provide potluck-style food for up to 10 guests of your choice. If you're interested, please contact Tricia Matsko by email at: tricia@rohrmedia.com or call/text at: 484-633-6510. There's no charge for this event. Join us for an amazing evening together as we prepare for the Advent season.

Sacred Heart's Bible Study Group will meet Wednesday, October 22 at 10:00 AM in the Parish Center. All are invited to attend.



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.

Anointing of the Sick Mass with Bishop Schlert:
St. Joseph – Summit Hill – **November 23, 2025**
at 11:00 AM Mass

The Sacrament of the Anointing of the Sick is given to anyone who is seriously ill, either physically or mentally, or to anyone advanced in age or facing a medical procedure. This great gift of grace offers holistic healing by praying for a cure, but, more importantly, for the gift of hope and peace that the sufferer would be united to Christ on the Cross.

Safety / Security Measures: We are constantly evaluating ways to keep our church safe and secure. We have an AED machine, First Aid Kit and even a wheelchair available for health emergencies in the ushers room. We have nine Fire Extinguishers placed throughout the Church. Another safety measure we have implemented is to lock the doors when Mass starts; the only door that will be kept open and monitored will be the parking lot door at the back of church. If you are late to Mass, please enter through the parking lot door at the back of church. Any questions contact Father Mullins. Thank you for your attention to the safety of our parishioners.

Movie Night: Saturday, October 25 at 6:30 PM, Parish Center. Join us for the story of **St. Therese**.

Coffee/Donuts: Sunday, October 26 following 9:30 AM Mass in the Social Hall (Gym).

Game Night: Wednesday, October 29, at 6:30 PM, Social Hall/Gym.

Cash Bingo: Second Sunday of the month, 1:00 PM. Cost: \$25. Sacred Heart Social Hall, 259 Lafayette Avenue. All proceeds benefit Sacred Heart Church.

Weekly Collection

10/18-10/19: In Support of the Parish

Second Collection: Mission Sunday

10/25-10/26: In Support of the Parish

Attendance Goal: 450

Actual 10/11-10/12: 312



Have you considered **On-line Giving?**

Visit: www.shcpalmerton.org and click on the online giving icon to sign-up.



Consider a few of the benefits in providing your child (children) the gift of a Catholic School education: Safe caring environment that offers excellent faith based education, financial aid, small class and individual attention. Come and see what we are all about! For details, call Dr. Chris Heery, Principal at: 610-826-2354.

Upcoming Events: Friday, October 24 **Annual Walk-a-Thon.** The Walk-a-Thon has been one of the largest fundraising events that SJNRS conducts each year. This event is truly a FUN time for our students, faculty, staff and families as we all get together to walk for our great school and all that it stands for! For details or to make a donation call 610-826-2354.

SJNRS Trunk-or-Treat: Saturday, October 25 from Noon – 3:00 PM in Sacred Heart parking lot.

Healing and Deliverance Service on Tuesday, November 11 from 6:00-9:00 PM at St. Thomas More Church, 1040 Flexer Avenue, Allentown. There will be Mass and Healing Adoration led by Fr. Dominic Valanmanal, a world-renowned Catholic priest Admission is free. Questions contact: 610-433-7413 or 832-304-0677.

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 details and to register, go to: <https://youaremadenew.com/restore-retreats-betrayal-trauma/>.

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!

Catholic Youth Organization (CYO) is currently gathering info for the basketball season. If you are interested, CYO is open to students attending Catholic school and/or active members of a Catholic Parish/Church. Friendly games will be in the SJNRS Palmerton/Sacred Heart gym on Sunday afternoons from November through February. Please let us know if your child is interested by filling out the google doc for gathering interest/sign up at: https://docs.google.com/spreadsheets/d/1_kTcIGPK95_S6_jgqtACuo14fyXsv03W4uuTkJ85D34/edit?gid=634347005#gid=634347005. Questions can be sent to Carolyn Gowin, CYO Volunteer Coordinator at: carolyn.L.gowin@gmail.com.

Young Adult Book Club – Fall 2025: The Commission for Young Adults invites you to grow in faith, build community, and dive into a powerful Catholic read this fall. Come for the book, stay for the fellowship—lunch included! Meeting Dates: 10/25, 11/8, 11/22, 12/6. From: 10:00 AM–12:00 PM at Parkland Community Library.

Fun Corner: Missionary Saints:

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

There are 16 listed. How many can you find?

Damien	Katharine Drexel
Daniel Comboni	Mother Cabrini
Francis Xavier	Oscar Romero
Ignatius Loyola	Patrick
John Neumann	Paul
Josephine Bakhita	Rose Duchesne
Kateri Tekakwitha	Teresa Calcutta
Marianne Cope	Therese

FRANCIS X. MULLANE INC.

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