

THE DIOCESE OF ALLENTOWN

SACRED HEART CHURCH

243 LAFAYETTE AVENUE ~ PALMERTON PA 18071

Rectory Office: 610-826-2335

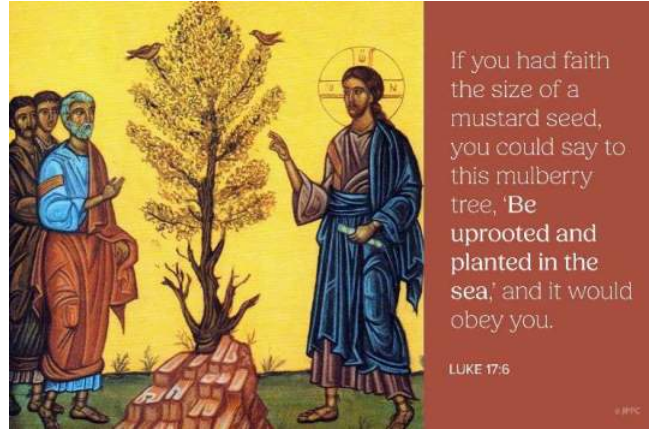
shpmtn@ptd.net • www.shcpalmerton.org

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 5, 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.sjnschool.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 5 – Twenty-Seventh Sunday In Ordinary Time



Saturday 8:30 AM	October 4 First Saturday Parishioners of Sacred Heart
5:00 PM	Mary and Metro Sikorsky by children
Sunday 9:30 AM	October 5 Joe Koma by Duane and Carol Costenbader
Monday 8:30 AM	October 6 Bill Murphy by Ed and Eileen Robinson
Wednesday 8:30 AM	October 8 Parishioners of Sacred Heart
Thursday 8:30 AM	October 9 Joseph Kerksmar by Gary and Rosa Sander
Friday 8:30 AM	October 10 Dottie Lang by Dave
Saturday 5:00 PM	October 11 Joanne and Charles Nemeth by Lori and Jim
Sunday 9:30 AM	October 12 John (Jack) DeSousa by children

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.

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.

Our parish will pray the Rosary 30 minutes before every Mass throughout the month of October.

Adoration
of the
Blessed Sacrament



First Friday, October 3

4:00-7:00 PM.

Confession: 6:00-7:00 PM.

"Come to me, all you who are weary and burdened and I will give you rest." (Matthew 11:28).

SUNDAY'S READINGS

Reading I: Hebrews 1:2-3, 2:3-4

Old Testament revelation came piecemeal, but in the New Testament, everything is revealed in Christ. He "bears the very stamp of (God's) nature."

Reading II: 2 Timothy 1:6-8, 13-14

Timothy, who was ordained a bishop by Paul, is urged to complete his mission at Ephesus. He is to yield to the Spirit's power and preserve the teaching of Paul that he received.

The Gospel: Luke 17: 5-10

True disciples should not expect congratulations for their service. Their work is important, but not beyond the call of Christian duty. No one can fully repay God for His gifts.



Monday:	Jon 1:1-2:2, 11 Jon 2:3, 4, 5, 8 Lk 10:25-37
Tuesday:	Jon 3:1-10 Ps 130:1b-2, 3-4ab, 7-8 Lk 10:38-42
Wednesday:	Jon 4:1-11 Ps 86:3-4, 5-6, 9-10 Lk 11:1-4
Thursday:	Mal 3:13-20b Ps 1:1-2, 3, 4 and 6 Lk 11:5-13
Friday:	Jl 1:13-15; 2:1-2 Ps 9:2-3, 6 and 16, 8-9 Lk 11:15-26
Saturday:	Jl 4:12-21 Ps 97:1-2, 5-6, 11-12 Lk 11:27-28
Sunday:	2 Kgs 5:14-17 Ps 98:1, 2-3, 3-4 2 Tm 2:8-13 Lk 17:11-19



Sanctuary Candle

Denise Homlak by husband
St. Joseph Altar (2)

Terry O'Neil by wife Debbie

Marian Altar (2)

Andrew and Irene Homyak by
Mary Ellen and Alice.



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.

10/11-12	Lector	EM	Altar Servers
5:00 PM	J. Uhnak	Fr. Mullins/C. Chies	M/N Cuyer
9:30 AM	A. Sebelin	Fr. Mullins/C. Wehr/S. Miller (choir)	C. Sebelin/C Davis/G. Buck



Thank you to all who voted for me and my "Lemon Freeze Bars" recipe in the **CooksWithCollars** competition. **We exceeded our goal!** I had fun and I know many of you have tried and enjoyed the recipe. I thank especially the following voters: Michele Mullikin, L.J., Frank & Kathy Hager, Bonnie Lazorick, Tracy Sparling, Will S, Amelia Amorim, Tori Heffelfinger, Breanna Harris, Bob & Irene Obrecht, Eileen & Ed Robinson, Jeff & Deb Lutz, Steve & Steph Saas, Debbie O'Neil, Bernice Borowski, Sandy Miller, John Gowin, Chade & Sue Andress, Cass Chies, Rosa Sander, Bill Mullins, David & Jennifer Klitsch, Matt Falcone, Teresa Amorim, Falcone family, Marianne, Joann Banas, Orlando & Sameira, Frank & Fran Carazo, Candido & Isabel Amorim, Deb Cebrosky, Mary Cyr, Jane Capone, Joann Kercsmar, Corina Wehr, Wendy Chambliss, Christopher Heery, Jennifer Cebrosky, Christine Amorim, Cathy Havran and numerous Anonymous individuals. Together we raised **\$3,445** for the support of our parish. As promised in the video, I will personally match the donations we received and give a check to support our wonderful school, St. John Neumann Regional School. Thank you for planting the seeds, such that the faith can grow in our parish and our school!

Learn and Live the Faith (Compendium of CCC)

#564 "How are the saints guides for prayer?" The saints are our models of prayer. We also ask them to intercede before the Holy Trinity for us and for the whole world. Their intercession is their most exalted service to God's plan. In the communion of saints, throughout the history of the Church, there have developed different types of *spiritualities* that teach us how to live and to practice the way of prayer."

#565 "Who can educate us in prayer?" The Christian family is the first place of education in prayer. Daily family prayer is particularly recommended because it is the first witness to the life of prayer in the Church. Catechesis, prayer groups, and "spiritual direction" constitute a school of and a help to prayer."



Saint of the Week: Maria Faustina Kowalska of the Blessed Sacrament

(1905-1938AD) was born as Helena Kowalska, in Poland. She was the third of 10 children to a poor and religious family. Faustina first felt a calling to the religious life when she was just seven-years-old and attended

the Exposition of the Blessed Sacrament. After finishing her schooling, Faustina wanted to immediately join a convent, but her parents refused. Instead, at 16-years-old, Faustina became a housekeeper to help her parents and support herself. In 1924, Faustina experienced her first apparition of Jesus. She saw a suffering Jesus who instructed her to leave for Warsaw immediately and join a convent. While in Warsaw, Faustina approached many different convents, but was turned away every time. Finally, the mother superior for the Congregation of the Sisters of Our Lady of Mercy decided to take in Faustina on the condition that she could pay for her own religious habit. Working as a housekeeper, Faustina began to save her money and make deposits to the Convent. At 20-years-old, she finally received her habit and took the religious name of Sister Maria Faustina of the Blessed Sacrament. In May 1930, she began to show the first signs of her illness and was sent away to rest. Several months later, Faustina returned to the convent. In February 1931, Faustina was visited by Jesus again, who presented himself as the "King of Divine Mercy" wearing a white garment with red and pale rays coming from his heart. She was asked to become the apostle and secretary of God's mercy. In her diary, "Divine Mercy in My Soul", Faustina wrote *"my soul was overwhelmed with fear, but also with great joy."* The Lord commissioned her to paint the image with the inscription: *"Jesus, I trust in You."* In 1935, Faustina received a vision of the Divine Mercy chaplet, used to obtain mercy, trust in Christ's mercy and to show mercy to others. Faustina's health significantly deteriorated by the end of 1937. Her visions intensified and she was said to be looking forward to the end of her life. On October 5, 1938, Faustina passed away. St. Faustina Kowalska was beatified in April 1993 and canonized on April 2000, both by Pope St. John Paul II. Feast Day: 5 October.

Saint Quote of the Week: *"In whatever state a soul may be, it ought to pray. A soul which is pure and beautiful must pray, or else it will lose its beauty; a soul which is striving after this purity must pray, or else it will never attain it; a soul which is newly converted must pray, or else it will fall again; a sinful soul, plunged in sins, must pray so that it might rise again. There is no soul which is not bound to pray, for every single grace comes to the soul through prayer."* – Saint Faustina Kowalska.

Word of the Week: Canonical Hours - the prescribed periods of prayer in the recitation or chant of the Divine Office, also called the Liturgy of the Hours. In the revised liturgy since the Second Vatican Council, these periods are: the Office of Readings, Morning Prayer, Daytime Prayer, Evening Prayer and Night Prayer. The book, in four volumes, for the canonical hours is the Breviary.



The Announced Mass Book for 2026 opened on Wednesday, October 1. You are able to schedule one (1) Sunday and two (2) weekday Masses for 2026. We ask that you come to the Rectory to arrange for Masses Monday through Friday between 9:30 AM to 2:30 PM. We cannot guarantee the exact date requested if your Mass requested dates are mailed in, emailed or put in the Rectory mail slot. Stipends are \$10 for each Mass Intention. Memorial candles or Altar flowers can also be scheduled at this time. Weekly candle intentions \$5; 2-week Sanctuary candle \$10; Altar flowers for main Altar \$80 and side Altars \$65.

Bus Pilgrimage to Basilica in Washington D.C.: Bus will leave Sacred Heart, Palmerton parking lot at 6:30 AM sharp. Please bring a packed lunch. Backpacks are permissible at the shrine. Maps of the facility and a program of activities will be distributed on the bus. Each pilgrim is free to participate in any or all of the activities, including: Guided Tours, 11:00 AM Multi-lingual Scriptural Rosary, Confessions from 10:00-11:30 AM and 1:00-2:30 PM, Sister of Life Presentation, and Holy Hour for Youth, and a 3:00 PM Mass with our Bishop. There are also amazing buildings to visit within walking distance, including Franciscan Monastery, John Paul II Center, and Catholic University of America. We will depart the Basilica after the Mass and stop by an Eatery on the way home. Estimated time of arrival back at Sacred Heart, Palmerton is 10:00 PM.



The Parish family of Sacred Heart extends a warm welcome to our newest parishioners: **Dominik Mystkowski and Christina Szymczyk**. 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.

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.

Safety/Security — we are forming a team!

If you are interested to be part of this team, come to our informational meeting on Thursday, October 9, at 8:00 PM in the Church. Questions contact Father Mullins.

Sacred Heart's Bible Study Group will meet Wednesday, October 8 at 10:00 AM in the Parish Center. All are invited to attend.

Vision Support Group: Will meet Tuesday, October 14 at 2:00 PM in the Parish Center. For info call Paula Ewing at 610-704-5052.



We offer our prayers and best wishes to **Peter Ondrasik** who will celebrate his 101st birthday on Saturday, October 11! May the Lord bless you and protect you. May the Lord smile on you and be gracious to you. May the Lord show you His favor and give you His peace. *Happy Birthday!*

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!

10/4-10/5:	In Support of the Parish
10/11-10/12:	In Support of the Parish
Second Collection:	Utility/Energy
Attendance Goal:	450
Actual 9/27-9/28:	299



Dine and Donate: Help SJNRS earn 15% back at P.J. Whelihan's, 101 North Harrity Road, Lehighton when you dine in or take out on Wednesday, October 8. Mention St. John Neumann Regional School!

St. John Neumann Regional School Golf Event
October 10, 2025 at the Whitetail Golf Course.
 Price: \$100 per golfer and includes 18 holes of golf,
 lunch and great prizes. Registration at 7:30 AM and
 the shotgun start at 8:00 AM. For more information
 or to register call (610) 826-2354.

Ladies, get ready for a Spirit-Filled Evening for Women: **Advent by Candlelight** on 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. We want to help you prepare your hearts for the Advent season before the holiday rush begins. 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, and we want to see all the ladies there! Let's have an amazing evening together as we prepare for the Advent season.

NOTE: The Rectory Office will be closed on Tuesday, October 7.

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: 10/11, 10/25, 11/8, 11/22, 12/6. From: 10:00 AM–12:00 PM. at Parkland Community Library.

Diocesan White Mass for Health Care Workers

The Allentown Guild of the Catholic Medical Association invites all health care workers to attend the annual Diocesan White Mass celebrated by Bishop Schlert at St. Thomas More parish, Allentown on Saturday, October 18, at 5:00 PM. Reception to follow with a presentation by Deacon John M. Travaline, MD "Restoring Relationship in the Art of Medicine." RSVP by October 11, to [*allentowncma@gmail.com*](mailto:allentowncma@gmail.com).

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/>**.



Next Sunday, October 12!

Doors open 12 Noon. Bingo starts 1:00 PM. Kitchen open.

Cost: \$25. Sacred Heart Social
te Avenue. Call 610-826-2335
ce tickets. All proceeds benefit
red Heart Church.

Fun Corner: Word Scramble from Luke 17:5-10

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