



The Sunday Encore

More News and Announcements from St. Francis de Sales Parish

*Sunday, February 5, 2023
The Fifth Sunday In Ordinary Time*

Thoughts Regarding “The Good Life” By Mary M. McGlone

Isaiah, or whoever wrote chapters 40-66 of the Book of Isaiah, wanted his readers to think critically about what they considered a good, meaningful life. He used practical examples to describe the path to personal fulfillment and the way to offer genuine light to the world. For Isaiah, as for the author of Psalm 112, the just person possesses a light that leads them through dark periods even as it shines for others to see.

The Sunday readings we will hear from now until Lent invite us to keep asking about the good life — about the reign of God in our midst.

We can begin today by asking ourselves when we have experienced real joy and depth. When we look at those moments, it may surprise us to see how closely they align with the type of activities Isaiah suggested, how much they are actually experiences of the reign of God in our midst. Remembering and contemplating that will be enough for this week.

Right Of Christian Initiation For Adults (R.C.I.A.) This Week

This Thursday the parish R.C.I.A. will continue their series of meetings. All are welcomed to attend. For more information please contact Al Cucchetti at 513/737-0691, or at cucchetti1946@yahoo.com

REMINDER: Ash Wednesday and Lent 2023

Ash Wednesday and the Season of Lent begins on Wednesday, February 22. Our mass that day with the distribution of ashes will be at 5:30 P.M. in the church. For the following Wednesdays in Lent, the mass will be at 5:30 P.M. at the Purcell Marian High School Chapel- as was the case last year.

Marriage Moments And Parenting Pointers: Food For Thought And Actions

Marriage Moments-Let your love for your beloved bring light to those in darkness. How? “Share your bread with the hungry, shelter the homeless, clothe the naked...(Isaiah 58:7). Seek one way to do this as a couple this week.

Parenting Pointers-February is *Black History Month*. No matter what skin color, challenge your family to learn more about this part of history. Visit <https://www.history.com/topics/blackhistory/black-history-month> to educate yourselves more.

Living Laudato Si' Eco-Tip Of The Week From The SFdS Parish "Green Team"

Financial Support For The Environment:

- The Easy One:* Research an environmental organization such as Sierra Club, Climate Reality Project, Pachamama Alliance, Greenpeace, Citizens Climate Lobby, Project Drawdown...and make a donation.
- The Challenging One:* Become involved in one of the above environmental groups. Bonus: Support it through investing in stocks and bonds.

Congratulations Glendon Kitchen!!!

Archbishop Moeller High School proudly announces that Glendon Kitchen received Second Academic Honors for the second quarter of this school year. Glendon is a sophomore at Moeller.

At Moeller High School, each quarter, a student receives an unweighted GPA (based on a 4.0 scale) on his report card. The unweighted GPA is a testament to a student's academic achievement in his course studies and does not take into account course rigor. To achieve first honors, a student must earn an unweighted GPA of 3.8 or higher with no class failures. To achieve second honors, a student must earn a weighted GPA of 3.4 or higher with no class failures.

Glendon is the son of Matt and Lauren Kitchen. One more time: ***Glendon, congratulations for your hard work and academic success!!!***

This Week From U.S. Catholic Magazine

Please visit *U.S. Catholic Magazine* at www.uscatholic.org for this week's reads and other informative and inspiring articles.

Both are posted on the homepage:

Pray With The Four Elements To Connect To God And The Earth: How To Pray With Earth, Wind, Fire, And Water by Christine Valters Paintner.

Ignatian Discernment Can Help Tackle Difficult Life Changes: When Your Decisions Don't Work Out Quite The Way You Planned, Don't Lose Hope by Eric A. Clayton.

Vocation Thought For The Week

*One of the realities which has brought about the **Beacons of Light** process in the Archdiocese of Cincinnati is the growing priest shortage. There are fewer and fewer priests to serve the People of God. Does this development behoove you to talk to the young about a vocation to the priesthood?.*

Podiatry Associates Of Cincinnati: February Is American Heart Month

February is American Heart Month. While you may think that your heart is pretty far from your feet, it plays a key role in your podiatric health. When conditions such as peripheral arterial disease or high blood pressure result in decreased circulation, your feet suffer more than other parts of the body because the blood travels the farthest distance to get to them. Poor circulation can prevent wounds from healing properly and make infections more likely. Heart disease can increase the risk of podiatric disorders and complications. So, try the tips below to improve the health of your heart—and your feet!

Swear off smoking. Smokers are at an increased risk for heart disease. In addition, nicotine reduces blood flow—something your feet definitely do not benefit from!

Modify your diet. What you eat has a significant impact on your heart health. It's important to avoid being overweight, limit fat intake, and control cholesterol. Instead of a restrictive diet you're not likely to follow, aim to make small but significant changes. Consider: not having seconds, substituting fruit for cookies or seltzer for sugary sodas, or having a salad before dinner.

Get moving. Strive for 30 minutes of exercise daily. Be creative. If you can't make it to the gym or an exercise class every day, get off the bus a stop earlier, dance with your kids, or take the stairs instead of the elevator. Stay motivated by finding an exercise partner and reward yourself when you reach a fitness goal.

Keep current with medical checkups. High blood pressure, cholesterol, and diabetes are all associated with a greater chance of developing heart disease. Don't skip your annual physical; manage all chronic conditions according to your physician's instructions.

Get the big 8. That's hours of sleep. Studies show that people who get less than 7 hours consistently are more likely to have heart trouble (as well as other health problems).

Stay calm. Stress is another trigger for heart disease. Take time to stay connected to friends and family and develop strategies to deal with stress before it happens. Find what helps you take the focus off stress: volunteering, working out, or inspirational reading are just a few options to try.



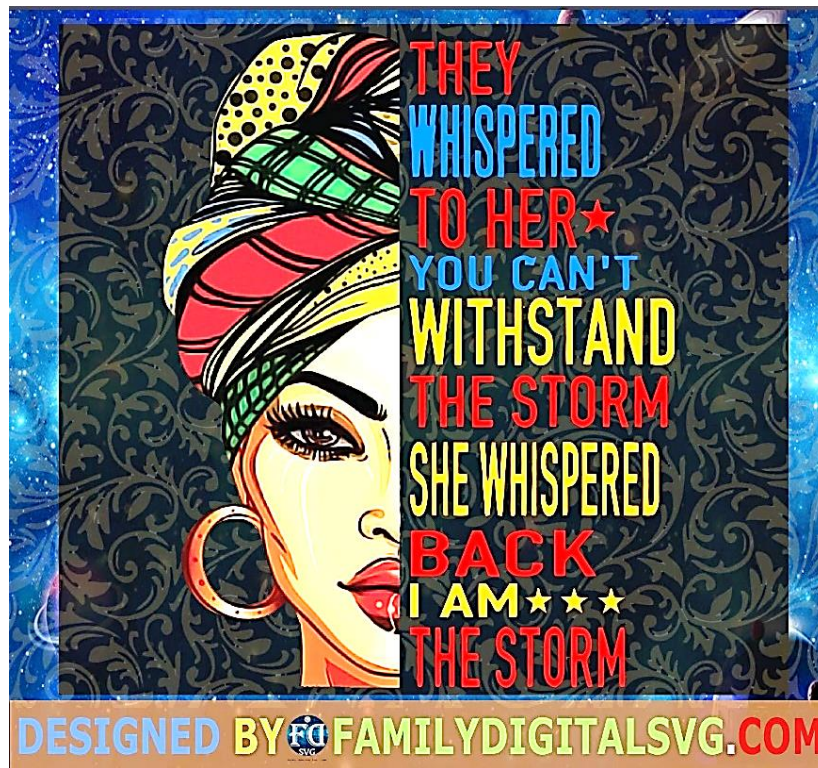
Wisdom Thought For The Week:

Every moment is precious, even the bad ones. And typically the horrible moments are the ones you'll laugh at down the road.

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“Very often in our lives it seems to take some kind of ‘imprisonment’ to free us from the shackles of our self-centeredness. When we’re ‘caught’ in some situation we don’t want to be in, we finally come to know the liberating power of Another. Only then can we become another for ‘the imprisoned’ and ‘the orphaned’ all around us.”

Leonard Foley, O.F.M and Pat McCloskey, O.F.M.
The Optional Memorial O St. Jerome Emiliani
February 8



February is Black History Month
Let us learn and celebrate!!!