

# The Sunday Encore



*More News and Announcements from St. Francis de Sales Parish*

*Sunday, January 15, 2023  
The Second Sunday In Ordinary Time*

## A Special Thank You!!!

We would like to offer a very special and sincere **Thank You** to all who assisted in taking down our Christmas decorations last Sunday. It was overwhelming to see so many assisting in this effort. Words can not express our deep gratitude for your work and commitment to the life of our parish worship community. So again, **Thank you so much!!!**



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

This Thursday (January 12) the topic for the parish R.C.I.A. program will be *The Sacrament Of Baptism-Our Lifelong Call*. All are welcomed to attend. For more information please contact Al Cucchetti at 513/737-0691, or at [cucchetti1946@yahoo.com](mailto:cucchetti1946@yahoo.com)

## You're Invited-Archbishop Dennis M. Schnurr's Study Of The Mass

Each Sunday from January 8 to February 12, Archbishop Schnurr will e-mail you a 25-minute episode from Word on Fire's video series The Mass featuring Bishop Robert Barron, along with his own brief insights. The series is as beautifully filmed as it is engaging, and this is an incredible chance to reinvigorate our love for Jesus in the Mass. Please sign-up for this series by going to [www.catholicaoc.org](http://www.catholicaoc.org) and on the homepage click Study The Mass With Archbishop Schnurr

## New Year's Resolutions For Catholics

The following is this week New Year's Resolution For Catholics option for you to consider:

## Resolution: Share Your Catholic Faith With Others

With so many people far away from God today (and more and more people noticing it), the culture is ripe for evangelization. There is a real hunger for God and his Truth.

Modern Catholics aren't usually great about sharing their faith with others, but this is something that can change with practice. You don't have to be obnoxious or overhearing about your faith-just focus on doing simple things, such as being joyful in your walk with Christ and inviting people to come to Mass with you.

Another good idea is to buy some sacramentals in bulk, get them blessed, and hand them out to people.

If someone you know is going through a difficult time and you give them a Miraculous Medal or a prayer car of a stash you always keep handy, it might be the touch of God that they need in that moment.

## Marriage Moments And Parenting Pointers: Food For Thought And Actions

Marriage Moments-Reminder: Martin Luther King emphasized that our differences need not divide us. How are you and your beloved different yet you complement each other. (Perhaps one gives attention to detail vs. seeing the whole picture. One is a quick thinker vs. a thorough planner, or another example, an extrovert vs. being self-reflective...)

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Parenting Pointers-"As Jesus was walking he saw two brothers...He said to them, *Follow me.*" (Matthew 4:18-19) What does it mean for brothers, sisters, parents to "follow Jesus." Do you all have to go to the same church or synagogue...? No, following Jesus is a *Way of Life*, not a place of worship.

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

Suggestions regarding laundry:

*The Easy One:* Use the cold water setting when using a washing machine. Your clothes will get just as clean. Use dryer balls. Please see (<https://wapo.st/3FcqGZ8>)

*The Challenging One:* Be aware that clothing marked as stain resistant or waterproof is often treated with toxic chemicals. Buyer beware.

## This Week From U.S. Catholic Magazine

Please visit *U.S. Catholic Magazine* at [www.uscatholic.org](http://www.uscatholic.org) for this week's reads and other informative and inspiring articles.

Both are posted on the homepage:

*How To Start New Habits For A New Year: To Set New Year's Resolutions That Stick, Tend To Both Your Own State Of Mind And Your Surrounding Environment* by Yunuen Trujillo.

*Do You Suffer From Povertyism?: How Many Catholic Americans Have Adopted A U.S. Povertyism That Marginalizes And Degrades People Who Are Poor?* by Kevin Clarke

### Vocation Thought For The Week

*In this month when we remember the Marianist Founders, please look up the stories of William Joseph Chaminade, Adele de Batz de Trenquellion and Marie Therese Charlotte de Lamourous and allow their words, wisdom and journeys to inspire you to invite our youth to religions life and the greater Marianist Family.*

### Healthy Eating Tips From The Christ Hospital

As many attempt to adjust their eating habits after so many holiday feasts and celebrations, the following are tips to regain you're ideal weight and improve your overall health.

1. Eat lean meats, and keep the portion to the size of a deck of cards. Keep a food diary—it helps control overeating and helps you be more mindful of your choices.
2. Cut up vegetables for snacking when you get home from the grocery or when you are in the kitchen prepping for another meal. Use these as your grab-and-go foods.
3. Avoid mindless munching in front of the TV or computer.
4. Use an 8- to 10-inch standard dinner plate or smaller.
5. Store tempting foods and snacks out of sight or don't buy them at all.
6. Bake or grill your meats instead of frying.
7. Put salad dressing on the side and dip your fork as you eat.
8. Cut out breads, rolls and crackers, especially when eating out.
9. Eat whole grains.
10. Substitute high-calorie sodas with six to eight glasses of water a day.
11. Divide restaurant portions in half and take the rest home.

### Wisdom Thought For The Week:

*You are perfect because of your imperfections.*

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*“Agnes is a symbol that holiness does not depend on length of years, experience or human effort. It is a gift God offers to all.”*

*Leonard Foley, O.F.M. and Pat McCloskey, O.F.M.  
The Memorial of Saint Agnes, Virgin and Martyr  
January 21*