



The Sunday Encore

More News and Announcements from St. Francis de Sales Parish

Sunday, January 22, 2023

The Third Sunday In Ordinary Time (Blessed William Joseph Chaminade, Priest and Founder)

Chaminade Day 2023: Quotes For Your Reflection

On this day of remembering the founder of the Marianists, Blessed William Joseph Chaminade, the following are five of his sayings for your prayer and reflection:

"We are convinced that we shall not bring others back to Jesus except through his most Holy Mother, whom the Doctors of the Church acclaim as our only hope, our Mother, our refuge, our help, our strength and our life."

"On every occasion, let us preserve charity and union."

"Remember, brother, that the goal of your prayer is that God may be all in all. You do not pray simply because of your personal needs and wants, nor because of your finding comfort and consolation, nor to win the admiration of others, nor to appear wise in their eyes, nor for any other reason than to give yourself wholly and completely to God."

"Always preserve the peace of your soul. Always go to God with an entire simplicity. Despise and reject everything that might trouble you. In all your uncertainties over your interior conduct, make up your mind promptly to do what you would counsel another to do."

"I am like a brook that makes no effort to overcome obstacles in its way. All the obstacles can do is hold me up for a while, as a brook is held up; but during that time it grows broader and deeper and after a while it overflows the obstruction and flows along again. This is how I am going to work."

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

This Thursday (January 19) the topic for the parish R.C.I.A. program will be *Confirmation-A Deepening Of Our Christian Identity*. All are welcomed to attend. For more information please contact Al Cucchetti at 513/737-0691, or at 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 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: Go An Extra Day To Mass During The Week

Mass is not only the source and summit of our faith-it is also the source and summit of our daily life.

His new year, think of ways you can arrange your schedule and activities so that you can make it to mass either an extra day each week, or a few extra days a month. If you have trouble with his due to a packed schedule, pray and ask Our Lord to help you find he time.

Maybe it will involve switching a travel route, or leaving for work an hour early, skipping lunch, or missing a regular Saturday morning activity for one Saturday a month. Check all the parishes I your area and their Mass times and see what can be done, and remember that daily Masses are usually only thirty minutes long. If it is still impossible with your schedule, find out when you local parishes keep their doors open, and try to add time for adoration outside of Mass, even if just for fifteen minutes.

Marriage Moments And Parenting Pointers: Food For Thought And Actions

Marriage Moments-Reminder: "I urge you...that you be united in the same...purpose." (1 Cor 1:10) Spouses don't have to agree on everything, i.e. favorite meals, politics, how to wash the dishes-BUT, what is the ultimate purpose of your life together? Agree on that. Perhaps write a shore marriage mission statement today.

Parenting Pointers-Ever heard the slogan, "Families that pray together stay together."? Sure, praying together is good, but here's and addendum, "Families that clean together get the job done." What's your least favorite room to clean? Discuss a cleaning plan that will work for your family.

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

Our Use Of Paper:

The Easy One: Instead of paper towels use reusable cloths or old rags when possible.
The Challenging One: Try Who Gives A Crap toilet paper-no plastic packaging and the TP Comes from recycled office paper of bamboo. They also have paper Towels and Kleenex tissues.

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:

How Scripture Helped Me Set Healthy Family Boundaries: People Of Faith Are Not Obligated To Maintain Ties With Toxic Family Members by Liz Charlotte Grant.

'Gaudium et Spes' Offers Wisdom For A Divided Church: More Than 60 Years After Vatican II, We Still Don't Spend Enough Time Reflecting On Our Obligations Of Love And Justice by Meghan J. Clark.

Vocation Thought For The Week

Reflect on what was lifegiving and exciting for you as you made your own vocation choice, be that to the priesthood or religious life, married or single. How can you use those positive movements from your experience to help others discern their call from God—perhaps to a religious vocation.

Tips For Reducing Stress From The Christ Hospital Health Network

Stress is a reality in our lives and sometimes it can get the best of us. When you feel overwhelmed with the stress of daily events, please consider using one or more of these tips to help redress your stress level and have a sense of calm and peace.

Recognize the symptoms of stress. Common symptoms can include headaches, rapid heartbeat, chest pains, problems sleeping, irritability, anxiety, upset stomach, back and neck pain, overeating or loss of appetite, forgetfulness, and fatigue.

Pay attention to how stress affects you. For example, noting that your first instinct is to reach for the cookie jar when stressed will help you plan healthier alternatives to have on hand for your next snack attack.

Exercise. The American Heart Association recommends getting 150 minutes of cardiovascular exercise a week (that's five days of 30 minutes each day). Spring is the perfect time of year to go for a walk or bike ride around your neighborhood or a hike in the woods.

Stay focused on your life and family. Search online for fun activities you can do together and use video and phone calls to stay in touch with loved ones who live elsewhere. Set goals with your family members or work together on projects like organizing your home.

Don't take it out on the ones you love. A lot of families have experienced new levels of togetherness over the last couple of years. Encourage each other to take breaks in your own space when needed.

Take control of your finances. Money worries can be a major source of stress. Take a realistic look at your financial situation, and then plan a course of action that puts you back in control, like paying down debt or increasing your savings.

Find healthy ways to escape stress. Get everyone in the family involved in trying a new recipe or planning your next vacation. Having things to look forward to is good for our mental health

Focus on the good. Start a gratitude journal or ask your family to get in the habit of sharing one thing a day each of you are thankful for. It's a helpful way to stay grounded.

Take breaks from social media and the news. While it's important to stay informed, most of us have been dealing with information overload for awhile, so taking breaks is important, especially around bed time.

Ask for help. The Christ Hospital Physicians are available see you in person or via [virtual appointments](#). If you or a loved one is having thoughts of suicide, please call the National Suicide Prevention Hotline at [1-800-273-8255](tel:1-800-273-8255) or text 741741.

Wisdom Thought For The Week:

You don't have to have it figured all out. Taking the wrong path is part of the process.

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“Paul’s life became a tireless proclaiming and living out of the message of the cross: Christians die baptismally to sin and are buried with Christ; they are dead to all that is sinful and unredeemed in the world. They are made into a new creation, already sharing Christ’s victory and someday to rise from the dead like him. Through this risen Christ the Father pours out the Spirit on them, making them completely new.”

*Leonard Foley, O.F.M. and Pat McCloskey, O.F.M.
The Conversion Of St. Paul, Feast
January 25*



Our Marianist Founders