

# The Sunday Encore

More News and Announcements from St. Francis de Sales Parish

Sunday, September 4, 2022  
The Twenty-Third Sunday In Ordinary Time

## Coffee, Donuts and Mary

Next Sunday the parish will host its monthly coffee and donuts for the month of September. As an addition, Father Mike will be offering a presentation after both masses in the back of the church on various Marian liturgical celebrations which take place in the month of September, namely Mary-Queen of Apostles on September 5, the Birth of Mary on September 8, and The Holy Name of Mary on September 12. Please join us after the masses next week for some sweet food, an awakening beverage, good community time, and an eagerness to learn more about Mary.

## The Marianist Province Of The United States-20 Years!!!

The Marianist Province of the United States (Society of Mary) celebrates its twentieth anniversary this year. The province is a consolidation of four former provinces of the order located in the United States (New York, Cincinnati, St. Louis, and Pacific). The new nationwide province was born on July 1, 2002 during a national gathering of all Marianists in St. Louis. Today the Marianist serve: in California in Cupertino, West Hills and Los Angeles; in Florida at Hollywood; in Hawaii at Honolulu; in Missouri at St. Louis; in New Jersey at Cape May Point; Ohio at Cincinnati, Dayton, and Huntsville; in Pennsylvania in Philadelphia; in Texas in San Antonio. The province also has locations in Ireland, India, and Mexico. Please keep in your prayers the Marianists of the United States as they celebrate this anniversary and for their ongoing growth and the growth of all the branches of the Marianist Family in this country and throughout the world.



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

Marriage Moments-Isn't it ironic that Labor Day is a day when many adults get OFF work. However sweet your love for each other may be, the work of love takes no holiday. Do a favor for your honey today. Open a door, get a cold drink, watch the kids unbidden. It needn't be major, just do it.

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Parenting Pointers- "I, Paul, an old man...on behalf of my child Onesimus...send my own heart back to you." (Philemon 9:10). For parents, so much of our energy and "heart" goes into caring of our child(ren). It doesn't matter if the child is biological, foster, adoptive. Children call us to love more deeply.

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

Our use of cooling and heating-Part 1:

*The Easy One:* In the summer avoid AC until the inside temperature is above 78 degrees: In winter try to wait until the insider temperature is under 68 degrees to turn on the heat. You can always put on a sweater.

*The Challenging One:* Invest in a programable thermostat to make these changes easy so you don't cool or heat your home when no one is there.

## 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 can be found on the home page

*5 Financial Tips To Invest In A Just Society: A Financial Planner Offers Practical Advice For Catholics Who Want To Put Their Money To Good Use* by H.L. Norwich

*Without This Virtue, Your Moral Life Is Unstable: Courage Enables Us To Translate Our Moral Convictions Into Moral Action* by Father Bryan Massingale

## Vocation Question For The Week

In what ways can we uplift each other to live out our various vocations and ministry efforts to the parish and church? How can we use such supportive efforts in inviting our young people to consider their involvement in the church and to a possible religious vocation?

## Looking Ahead: Day Of Prayer For The Church And Victims Of Abuse

The archdiocese will observe the fourth annual Day of Prayer for the Church and Victims of Abuse on September 14. In addition to Mass for the Feast of Exaltation of the Holy Cross celebrated by Archbishop Schnurr at 5:15pm at the Cathedral Basilica of St. Peter-in-Chains, all are encouraged to observe this day in parishes, schools, and other institutions.

## Self-Care Practices For Every Area Of Your Life

The following ideas for our self-care come from Elizabeth Scott.

What Is Self-Care? Self-care has been defined as "a multidimensional, multifaceted process of purposeful engagement in strategies that promote healthy functioning and enhance well-being." Essentially, the term describes a conscious act a person takes in order to promote their own physical, mental, and emotional health. There are many forms self-care can take. It could be ensuring you get enough sleep every night or stepping outside for a few minutes for some fresh air. Self-care is vital for building resilience toward those stressors in life that you can't eliminate. When you've taken steps to care for your mind and body, you'll be better equipped to live your best life. Unfortunately, however, many people view self-care as a luxury, rather than a priority. Consequently, they're left feeling overwhelmed, tired, and ill-equipped to handle life's inevitable challenges. It's important to assess how you're caring for yourself in several different domains so you can ensure you're caring for your mind, body, and spirit.

Physical Self-Care: \*Are you getting adequate sleep?  
 \* Is your diet fueling your body well?  
 \* Are you taking charge of your health?  
 \*Are you getting enough exercise?

Social Self-Care: \* Are you getting enough face-to-face time with your friends?  
 \*What are you doing to nurture your relationships with friends and family?

Mental Self-Care: \*Are you making enough time for activities that mentally stimulate you?  
 \*Are you doing proactive things to help you stay mentally healthy?

Spiritual Self-Care: \*What questions do you ask yourself about your life and experience?  
 \*Are you engaging in spiritual practices that you find fulfilling?

Emotional Self-Care: \*Do you have healthy ways to process your emotions?

\*Do you incorporate activities into your life that help you feel recharged?

## Purcell Marian Prize Madness

Purcell Marian wants to give its friends a chance to participate in exciting raffles and win amazing prizes with the 2022 Purcell Marian Prize Madness!

Purcell Marian is continuing an exclusive prize package each month. Purchase a \$25 ticket (or 5 for \$100) each month to be entered to win a Purcell Marian Prize Madness Package by going to <https://one.bidpal.net/pmprizemadness/welcome>. Each month gives you a new chance to win a new prize!

For September, a Romance Package is the raffle prize. This includes:

\*Flowers for a year from *Benken Florist-Home & Garden*

\*A Five Hundred Dollar Gift Card from *James Free Jewelers-Since 1940*

Winners will be pulled on the first day of the following month. The monthly Purcell Marian Prize Madness winner will be announced via email and on social media. Raffle Winners must pick up prizes in-person at Purcell Marian High School.

Marilyn Reinhold Memorial Golf Classic

The Marilyn Reinhold Memorial Golf Classic to benefit the Pregnancy Center West will take place on Friday, September 16 at 11:00 A.M. at Pebble Creek. Following the golf round a chicken and ribs dinner will be served. The event includes: a scramble format; a \$10,000.00 Hole-In-One-Opportunity; additional hole packages; contests and prize drawings; and beer, soft drinks, and snacks throughout the day. For more information, please visit SupportPCW.org, call 513/244-5700; or e-mail richard@pc-west.org

Retrouvaille

**Two weeks to sign up for Retrouvaille** - Do you feel alone? Are you frustrated or angry with each other? Do you argue ...or have you just stopped talking to each other? Does talking about it only make it worse? This program has helped 10'S of 1000" s of couples experiencing marital difficulty at all levels including disillusionment and deep misery. For confidential information about or to register for the September 9, 10, 11 2022 weekend call 513 486-6222 or visit the web site at [www.hellpourmarriage.com](http://www.hellpourmarriage.com)

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*“Birthday celebrations bring happiness to the celebrant as well as to family and friends. Next to the birth of Jesus, Mary’s birth offers the greatest possible happiness to the world. Each time we celebrate her birth, we can confidently hope for an increase of peace in our hearts and in the world at large.”*

*Leonard Foley, O.F.M. and Pat McCloskey, O.F.M.  
The Feast Of The Birth of Mary  
September 8*



*Mary-Queen of Apostles*