



## PARISH STAFF, MINISTRY DIRECTORY, AND CONTACT INFORMATION

### PARISH STAFF & MAILING ADDRESS

**Parish Mailing Address**

420 Holland Street, Shillington, PA 19607

**Pastor**

Rev. Richard Clement: 610.777.1365

**Deacon**

Deacon F. Joseph Lombardo: 610.777.1697

**Principal of La Salle Academy**

Mr. Stephen Mickulik: 610.777.7392

**Parish Secretary**

Bernadette Yohn: 610.777.1697

**Parish Communications Coordinator**

Sarah Capato: 610.850.4978

**Director of Religious Education**

Bernadette Yohn: 610.777.1697

### OUTREACH & PARISH MINISTRIES

**Culture of Life**

Contact: Bob Peters at 610.775.8965

**Bereavement Ministry**

Contact: Roseann Kumor at 610.775.7431

**Justice in Action Ministry**

Contact: Arlene Seeber at 484.794.8027

**Breaking Bread Social Committee**

Contact: Lois Lombardo at 610.777.2542

**Prayer Shawl Ministry**

Contact: Elaine Strick at 484.824.1577

**Nursing Home Visitors for Rosary & Mass**

Contact: Billie & Mike Resch at 610.775.3927

**Food Pantry / Emergency Meals**

Contact: Lois Carrier at 610.777.6947

**Advocacy for Persons with Disabilities**

Contact: Kathleen Roche at 610.777.4792

**Parish Nurse Ministry**

Contact: Sharon Shingler at 610.775.9998

**St. Paul Street Evangelization**

Contact: Gina Aldi at 484.769.5346

**Divorce Ministry**

Contact: Deb Seidl at 610.763.6528

### ORGANIZATIONS

**Prime Timers**

Contact: Nick Bentz at 610.777.8864

**Boy Scouts**

Contact: Dan Giesen at 610.777.4387

**Girl Scouts**

Contact: Britt Kobularcik at 484.256.1782

*Daisy: Grade K-1, Brownies: Grade 2/3, Juniors: Grade 4/5*

**Cub Scouts**

Contact: Mitzi Ziolkowski at 610.856.0708

**Knights of Columbus**

Contact: Bill Griffith at 484.797.0669

**Altar Society**

Contact: Carol Bensing at 610.777.9360

**Men's Recreational Basketball Club**

Contact: Russ Bayer at 610.507.0627

**CYO (Christian Youth Organization)**

Contact: Rock Witmer at 610.775.2176

**Parish Gardeners**

Contact: Chris Hofmann at 610.777.2523

### WORSHIP

**Eucharistic Adoration**

First Fridays of each month from 8:30AM-12:00PM

**Altar Servers**

Students from Grade 4 to Seniors in High School

Contact: Parish Office at 610.777.1697

**Adult Funeral Servers**

Contact: Parish Office at 610.777.1697

**Children's Liturgy of the Word:**

Sunday's at 10:30AM Mass, between September and May

Contact: Parish Office at 610.777.1697

**Eucharistic Ministers**

Contact: Lorna Pfeifferberger at 610.777.4822

**Lectors**

Contact: Deacon Joe Lombardo at 610.777.2542

**Ministers of Hospitality**

Contact: Deacon Joe Lombardo at 610.777.2542

**Liturgical Music**

Contact: Christopher Hoster at 610.334.1188

**Cantors**

Contact: Christopher Hoster at 610.334.1188

**Baptismal Prep**

Contact: Parish Office at 610.777.1697

**Baptismal Bibs**

Contact: Parish Office at 610.777.1697

**Sacristans**

Contact: Elaine Strick at 610.856.7264

**Youth Group**

Contact: Ashlee Hess at 610.944.4862

### SPIRITUAL GROWTH

**RCIA (Rite of Christian Initiation for Adults)**

Contact: Parish Office at 610.777.1697

**Adult Education (Seasonal)**

Contact: Parish Office at 610.777.1697

**Faith Sharing for Women**

Contact: Arlene Seeber at 484.794.8027

**Parish Prayer Line**

Contact: Judy Peters at 610.775.8965

**Charismatic Prayer Group**

Contact: Amelia "Midge" Biancone at 610.777.2215

### COMPREHENSIVE CATHOLIC EDUCATION

**La Salle Academy:** Preschool, Pre Kindergarten, K-8th Grade

Mr. Stephen Mickulik, Principal: 610.777.7392

**Berks Catholic High School:** 9th-12th Grade

Mr. Tony Balistrere, Principal: 610.374.8361

**Parish Religious Education Program:** 1st-8th Grade

Mrs. Bernadette Yohn, DRE: 610.777.1697

**RCIA:** Age 18+

Mrs. Bernadette Yohn, DRE: 610.777.1697

### SCHEDULING USE OF PARISH FACILITIES

For those interested in using the Father Lyons room for a meeting or special event, please contact the Parish Office at 610.777.1697

**\* PLEASE MAKE NOTE: NO Mass on Tuesday or Wednesday of this week – Communion Services will be held \***

### MASS INTENTIONS FOR THE WEEK

**MONDAY, JULY 24** – St. Sharbel Makhlūf  
8:00 a.m. Mary Patricia Stout  
**TUESDAY, JULY 25** – St. James  
7:00 p.m. Communion Service  
**WEDNESDAY, JULY 26** – Sts. Joachim & Anne  
8:00 a.m. Communion Service  
**THURSDAY, JULY 27** - Weekday  
7:00 p.m. Mary Teson  
**FRIDAY, JULY 28** - Weekday  
8:00 a.m. Jennie & Joseph Butz

### SEVENTEENTH SUNDAY IN ORDINARY TIME

**SATURDAY, JULY 29**  
4:00 p.m. Earl Price  
**SUNDAY, JULY 30**  
8:30 a.m. People of the Parish  
10:30 a.m. Diudonne Deroiser

### UPCOMING LITURGICAL MINISTERS

#### **SATURDAY, JULY 29 - 4:00PM**

Lector: Shayla Carey  
Cantor: TBA  
Servers: Catherine Maher, Hanna Bitting  
EM: C/G. Legezdh, B/M. Resch, C. Boland, C. Bradley,  
M. Melniczek, K. Becker

#### **SUNDAY, JULY 30 - 8:30AM**

Lector: Ed Lawrence  
Cantor: TBA  
Servers: Jake & Ben Makosch

#### **SUNDAY, JULY 30 - 10:30AM**

Lector: Tom Cuba  
Cantor: TBA  
Servers: Amie Wickel, Chloe Ritter  
EM: K. Luft, S. Artz, C. Bensing, F. Claytor, T. Cuba,  
S. Dietrich, J. Hutchko, K. Kellenberger

**WEEKLY STEWARDSHIP**  
**SUNDAY 7/9: \$ 10,461.25**

### UPCOMING EVENTS

#### **Sunday, July 23**

6:15 pm Youth Group (Fr. Lyons Room)

#### **Tuesday, July 25**

7:30 pm Charismatic Prayer Group

### TODAYS READINGS

#### **First Reading: Wisdom 12:13, 16-19**

This passage from the Book of Wisdom addresses itself to God, giving praise and thanksgiving for his mercy.

#### **Second Reading: Romans 8:26-27**

Paul indicates that since people are, in general, unaccustomed to the manner of praying, of speaking directly to God, the Holy Spirit will intercede for them.

#### **Gospel: Matthew 13:24-43**

According to Matthew, Jesus speaks of the "reign of God" in three parables: the man who soweth good seed, the mustard seed, and the yeast. In each parable, Jesus demonstrates that once the "reign of God" had been established, it grew and spread.



**Altar Bread for the month of July: In loving Memory of Jennie & Joseph Butz (requested by Bernadine)**

**Sanctuary Candle for the week of 7/23-29: In loving memory of Jennie & Joseph Butz (requested by Bernadine Keyek)**

**Altar Wine for the month of July: in loving memory of Jerry Keyek (requested by Bernadine Keyek)**



Please direct all bulletin and website inquiries to the Parish Communications Coordinator, Sarah Capato at 610.850.4978 or sarah@stjohnsfamilyoffaith.com. Bulletin submissions are due Thursday, ten days prior to the Sunday of publication.

## PARISH HAPPENINGS



### RELIGIOUS EDUCATION NEWS

Registration forms for those who have children returning to our program have been mailed out – if you did not receive one in the mail please contact the Parish Office 610.777.1697.

**The DEADLINE for those re-registering is July 24. Late registrations will be charged a \$10 late fee.**

Attention parents/guardians if you have a child entering First Grade and they will not be attending a parochial school they should be registered in a Religious Education Program. Our program serves children in 1<sup>st</sup> – 8<sup>th</sup> grade, classes are held on Sunday evenings from 6:30 pm – 7:45 pm at La Salle Academy. Please contact the Parish Office to register or you may go to our website: stjohnsfamilyoffaith.com where you will find a link on our front page for a registration form. Please complete the form and drop it in the collection basket marked Rel. Ed or mail it to St. John's 420 Holland St., Shillington PA 19607. Deadline to register for NEW students is August 21, 2017.

### PRIME TIMERS NEWS

**CAPE MAY NJ TRIP-** There are still some openings for the three-day Cape May, New Jersey trip on October 17-19, 2017. Cost of the trip is \$405.00 double; \$504.00 single, all prices are per person. Please contact Mary Stadelmeyer at 484.955.9492 for more information or to make a reservation.

**PIPPIN AT THE DUTCH APPLE THEATRE**  
September 20th bus trip to Dutch Apple Theatre for Pippin. Reserve with Mary Stadelmeyer at 484.955.9492 by August 15th.

### SAVE THE DATES:

**COMMUNION BREAKFAST AT THE CROWNE PLAZA** on October 1st. \$20, reserve by September 15th to Mary Stadelmeyer at 484.955.9492

**HOLLYWOOD CASINO** bus trip on November 15th. \$25, respond to Mary Stadelmeyer at 484.955.9492 by October 15th

**The Mother Veronica Center (449 S. 6<sup>th</sup> St in Reading) is having registration for English classes, GED classes, Computer classes, and Citizenship classes** from August 7 through August 25. The center will be open for registration from 9:30 am – 6:30 pm, Monday – Thursday, and 9:30 am – 12 pm on Friday. Morning and afternoon and evening classes are available. Registration fee is \$30.00 for the year; \$20.00 for the semester. This fee includes the book. Please call Sister Cara Garafalo 610.376.6093 for more information.

**The Center is looking for a GED teacher** who is able to teach the reading and writing sections of the GED in Spanish for those adults who wish to take the GED in Spanish. The Center is also looking for volunteers to teach English as a second language. If you are interested in either of these opportunities please call 610.376.6093.



Our next meeting will be this Sunday, July 23rd, in the Father Lyons Room from 6:15-7:45. We encourage all to come to our open house! Be sure to stop by the Father Lyons Room after 10:30 mass on August 13th to learn more about St. JAY and our purpose.

**St Benedict Church 61st Summer Festival and Chicken Barbecue** - Saturday, August 5th - Festival 11am-10pm. Dinners are served 12Noon to 7pm. Dinners are \$10 - 1/2 chicken, baked potato, corn on cob, applesauce, roll and beverage. Many activities for all ages: Flea Market Tent, crafters, games, auction, Music by "Missbehavin" at 6pm with FIREWORKS at dusk. St Benedict Picnic Grounds, 4541 Morgantown Rd., Mohnton (Plowville). For more information contact the parish office at 610.856.1006.

**Young Adult Listening Session – Rome Wants to Know What You Think!** Pope Francis has dedicated the 15th Ordinary General Assembly of the Synod of Bishops to be focused on the theme of "Youth [ages16-29] Faith, and Vocational Discernment." The listening session will take place during August's *Logos and Lagers*. Join us on August 3, 2017 from 7-8:30 p.m. at *St. Ignatius Loyola Parish*, 2810 St. Albans Dr. Reading.

### **Bilingual Translators needed**

Lifeline of Berks County ([www.lifelineofberks.org](http://www.lifelineofberks.org)) a ministry to bring Christ's love to women who are facing difficult pregnancies, is currently looking for bilingual volunteers who can give two hours a week to translate for our Spanish-speaking clients. To volunteer or for more information contact: Debbie Baker at 610.374.8545 or email her at [debbieb@lifelineofberks.org](mailto:debbieb@lifelineofberks.org)



**SAVE THE DATE:** Our parish picnic is scheduled for Sunday September 10th at the Mohnton playground. More details will follow in the bulletin closer to time.

### **LAST CALL FOR A BEAUTIFUL FALL CRUISE**

along the New England and Canadian coast, aboard the majestic Anthem of the Seas, a Royal Caribbean ship. This fundraiser cruise will benefit St Francis Home for the terminally ill in Shillington. Fr. Philip Rodgers, pastor of St Benedicts will be your host and invites you to join him as we set sail Sept 28<sup>th</sup> from Bayonne, NJ and return on October 7<sup>th</sup>. For more information please call St Benedicts parish office 610.856.1006.

### **PILGRIMAGE TO LOURDES**

Due to the interest in this wonderful pilgrimage, Sacred Heart has been able to secure additional seats for this trip. Come and join Sacred Heart Parish on our centennial pilgrimage to the Shrines of France – Lourdes, Ars, Paray Le Monial, Nevers, Lisieux and Parish with Msgr. DeSantis as the Spiritual Director. We depart Newark on September 19<sup>th</sup> and return on September 28<sup>th</sup> 2017. Price is \$3,399 based on double occupancy. For more information please contact Lucille Ferarra at Regina Tours 1-800-CATHOLIC (228-4654) ext. 208 or [lucille@groupist.com](mailto:lucille@groupist.com). We're inviting you to join us!

### **Rediscover the Love in Your Marriage!**

Do you feel lost, alone or bored in your marriage? Are you frustrated, hurt or angry with your spouse? Are you constantly fighting or do you simply shut down? Have you thought about separation or divorce? Retrouvaille may be the LIFELINE that you need? It is not just a social gathering or series of seminars, but rather a way to rediscover and rekindle the loving relationship in your marriage. Tens of thousands of couples have successfully save their marriages by attending a Retrouvaille weekend and the six post sessions that follow it. The next program begins the weekend of August 11-13 at the Family Life Center in Malvern, PA. For more information, or to register for one of the weekends, visit [www.HelpOurMarriage.com](http://www.HelpOurMarriage.com) or call 1.800.470.2230. All inquiries are kept strictly confidential.



## SUNDAY CONNECTION

God speaks to us in many ways, including through the Sunday Scripture readings. The Sunday Connection provides useful background and activities to better understand the upcoming Sunday's Scripture readings, helping you to connect the Scripture to daily life in a meaningful way.

### Gospel Reading

Matthew 13:24-43 (shorter form: Matthew 13:24-30)

Jesus offers parables about the Kingdom of Heaven and explains them to his disciples.

### Family Connection

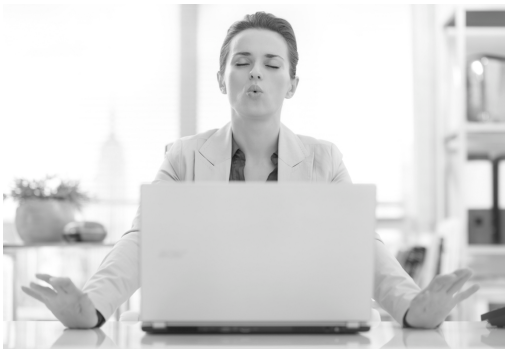
Taken together, the parables found in today's Gospel offer both a sobering reminder about the Kingdom of God and words of encouragement. As the wheat and the weeds must grow together until the harvest, so we may not know whether our actions contribute to God's Kingdom until God's final judgment. With this word of caution in mind, we act always in prayer that our actions will be consistent with God's plans. In the parables of the mustard seed and the yeast, we hear words of encouragement. God can bring the Kingdom of Heaven from even the smallest of beginnings. Thus, we ask God to work through us for the sake of the Kingdom of Heaven.

Set aside some time this week to make bread with your family. Show the amount of yeast that is required to raise an entire batch of bread. Observe that little things can go a long way. After the bread has been baked, gather together as a family. Read together today's Gospel, Matthew 13:24-43. Reflect together on what Jesus means when he teaches that the Kingdom of Heaven is like a mustard seed and like yeast. In these parables, Jesus is teaching us that God can work wonders from even the smallest beginnings of the Kingdom of God. This means that even the little things that we do can make a big difference in the lives of others. What are some of the little things that we can do in our family that help to make things better for others? Decide on one action to take together. Pray that God will use your action to make a difference in the world. Pray together the Lord's Prayer.

D	E	S	T	N	A	V	R	E	S
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E	I	R	L	O	M	A	E	E	C
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PARABLE  
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WHEAT  
SPROUTED  
SERVANTS  
WEED  
BUNDLES  
BURNT  
BARN



# Feeling Stressed? Three Simple Ways to Cope

By Whitney Hetzel

Stress is par-for-the course for many of us these days. We live busy lives and trying to keep up with those lives can create tension and anxiety. Simply watching the news or turning on the computer can result in a rise in blood pressure. It's not hard to recognize that the pace of life in 2017 is demanding and simply trying to keep that

pace can create stress. What do we do about it?

While some amount of stress has been shown to be good for us, too much stress is unhealthy. An Ohio State University study published in the journal Proceedings of the National Academy of Sciences found that dealing with persistent, long-term stress (like that from a toxic boss, caring for an elderly parent, or dealing with financial difficulties) can actually change your genes, leading to an increase in inflammation. The following are a few ways to cope with daily stress when we feel the tension it causes. While these coping strategies will not alleviate the stressor necessarily, they can help us to deal with it and to obtain interior calm.

## 1. Get outside!

Just breathing in the fresh outdoor air for more than a few moments every day can change perspective. Not surprisingly, research has shown that vitamin D might play an important role in regulating mood and warding off depression. I know that when I start my day with a run or walk outside, my mood is often lifted and it can make a difference in the rest of my day. Even just sitting on a park bench watching people walk by can help to elevate mood simply by seeing others and getting outside of negative thoughts that can replay in my head. If we try, we can see God's beauty in nature all around us. Right now I am in Maine, and the grandeur of God is visible all around me. Yet even on my everyday walk with the dog at home, I can see the beauty of God around me if I open my eyes to it.

*"We need to find God, and he cannot be found in noise and restlessness. God is the friend of silence. See how nature – trees, flowers, grass – grows in silence; see the stars, the moon and the sun, how they move in silence... We need silence to be able to touch souls". -St. Mother Teresa*

## 2. Develop a routine.

Try going to bed at approximately the same time and waking up at the same time as well. Begin the day with prayer. The Liturgy of the Hours is a wonderful way that many priests and religious make time for daily habitual prayer, and we as lay people can as use it as well. Say the rosary on the way to work or some time every day as a part of a spiritual routine. "Our bodies naturally crave routine, and by focusing on consistent rituals you increase your body's ability to deal with the physical aspects of stress," says Christy Matta, a dialectical behavior therapist and the author of The Stress Response. When stressful situations leave us feeling powerless, which is a large part of why we feel stress in the first place, following a routine allows us to take back control over part of our day and can help alleviate some of the anxiety and tension we feel.

*"Say the Holy Rosary. Blessed be that monotony of Hail Mary's which purifies the monotony of your sins!" -St. Josemaria Escriva*

## 3. Say thank-you!

Believe it or not, expressing gratitude can alleviate stress. Studies show that cultivating a sense of gratitude can help us to maintain a more positive mood in daily life and contribute to greater emotional well-being. Gratitude reduces a multitude of negative emotions, ranging from jealousy and resentment to frustration and regret. Robert A. Emmons, Ph.D., a leading gratitude researcher and author of The Little Book of Gratitude, has conducted multiple studies on the link between gratitude and well-being. His research confirms that gratitude effectively increases happiness and reduces depression. Next time you are feeling negative about something like your job, or a particular person, try thinking of a few reasons you are grateful for them instead. It doesn't take much time to redirect negative thoughts. Say a simple prayer for that person or for yourself and ask God to help you see the good instead of the bad. You might be surprised at the change in your sense of stress from a simple change of heart.

*"Gratitude is the fairest blossom which springs from the soul." -Henry Ward Beecher*