

# St. John the Baptist Roman Catholic Parish Family

Established in 1841

10th & Mahantongo Sts., Pottsville, Pa. 17901

Pastor: Rev. David J. Loeper

Deacons: Luis R. Visot / Lawrence Lonergan

28<sup>TH</sup> SUNDAY IN ORDINARY TIME OCTOBER 13<sup>TH</sup>, 2019

Rectory (570) 622-5470 Rectory Fax (570) 622-4589 Russell Building (570) 628-3002

Website – SaintJohnPottsville.org.

Parish Council President: Robert Bechtel
Choir Director/Organist: David Derbes
CCD Coordinator: Lucilla Kochol
E-mail – stjbparish@comcast.net

Nativity BVM High School (570) 622-8110 Assumption BVM Elementary (570) 622-0106 St. Joseph Center for Special Learning (570) 622-4638

#### **Weekend Mass Schedule**

Saturday Evening – 5:00 p.m. Sunday Morning – 8:15 & 10:30 a.m.

#### Weekday Mass Schedule (in Chapel)

Monday thru Friday – 9:00 a.m.

#### **Cemetery Information**

St. John's Rectory (570)-622-5470

#### C.C.D.

All children preparing to receive any sacrament must

be in a Religious Education Program for two consecutive years immediately prior to receiving a Sacrament. The child must also be a practicing Catholic.

#### **Certificates of Eligibility**

Certificates to act as sponsors, Godparents, etc. will

only be issued to parishioners who are formally registered with the church and attend Mass on a regular basis.

#### **New Parishioners**

Please call the Rectory for an appointment to register.

Bulletin Deadline Tuesday prior to publication.

#### Sacrament of Reconciliation

Saturday afternoon – 4:15 to 4:45 p.m. Sunday – 7:45 to 8:00 a.m. & 10:00 to 10:15 a.m. Or by appointment

#### **Sacrament of Marriage**

Please call the Rectory one year in advance.

#### Sacrament of Baptism

First Sunday of each month at 11:30 a.m.
Second Sunday during 10:30 a.m. Mass
Baptismal Preparation for Parents **MUST**precede the Baptism

Please contact Father Dave for an appointment.

#### **Outreach Program**

Rectory (570)-622-5470

#### Sick Calls

Please notify the parish office

#### **Diocesan Victim Assistance Coordinator**

Ms. Wendy S. Krisak, M.A., NCC,LPC Direct Telephone: (800) 791-9209

#### **Diocesan Safe Environment Coordinator**

Sister Meg Cole, S.S.J., M.S., LMFT (610) 332-0442 ext. 2019

#### FROM THE PASTOR

Dear Parishioners.

The word of God is powerful enough to cleanse us of sickness and sin. The first reading and the gospel for this Sunday show us miraculous cures from the terrible disease of leprosy.

In the first reading, Naaman is cured of his leprosy after following the prophet Elisha's instructions to plunge into the Jordan River seven times. In the gospel, Jesus cleanses ten lepers, but only one of them - a Samaritan - returns to give glory and thanks to God.

Through faith and trust, those who were sick listened to and followed the direction of their healers and regained their lives and standing in the community. Nothing is beyond God's capabilities including forgiving our most serious sins.

Yours in Christ,

**Father Dave** 

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MASS INTENTIONS

Monday, October 14 – 9:00 a.m.

JOSEPH & TERESA FANELLI (Lucilla Kochol)

Tuesday, October 15 – 9:00 a.m.

MARIE MURPHY (Family)

Wednesday, October 16 – 9:00 a.m.

**MARY & FRANCIS BURNS** 

Thursday - October 17 - 9:00 a.m.

JOHN B. LIEBERMAN IV (M/M John Carroll)

Friday, October 18 – 9:00 a.m.

TIMOTHY SWAIN (Ron & Pat Lombel)

Saturday, October 19 – 5:00 p.m.

**ANTHONY & ANNA KUSHMANIK** 

(John & Mary Jean Morgalis)

Sunday, October 20 – 8:15 a.m.

DAVIS & BASTINA NICASTRO(Julian D. Chiplonia)

**Sunday, October 20 – 10:30 a.m.** 

JOHN & DOROTHY RYAN (John & Christine Eagan)

#### SCHEDULE

## 29<sup>TH</sup> SUNDAY IN ORDINARY TIME

5 p.m. - Saturday - October 19th

Reader: Heidi Gorski Euch.Min.: Carol Lasco

Servers: Noah Lecher, Stanley & Aleksander Gorski

Cantor: Lucilla Kochol

8:15 a.m. - Sunday - October 20th

Reader: Michelle Ambrose

Euch.Min.: Jeff Naffin & Mike Ambrose

Servers: Maggie & Ryan Brennan, Samantha Heenan

**Cantor:** Debbie Purcell

10:30 a.m. - Sunday - October 20th

Reader: Evelyn DeJesus

**Euch.Min.:** Phil Markovich, Bobby Rienzo **Servers:** Kathryn, Ronald, John Yourey

Cantor: Ensemble

#### CANDLE DONATIONS

**BVM** - IMO Barbara & Carl Weis by Sandy Clauser **St. Joseph** - IMO Eugene & Kathleen Tray

by Sons & Daughters

<u>Tabernacle</u> – IMO Barbara & Carl Weiss by Sandy Clauser

#### **Sanctuary**

1&2. IMO Thomas Smith by Peggy Smith

3. IMO Rita Mae Switzler

by Stanley & Heidi Gorski & Sons

4. For Mary Gorman by Denise Gerchak

#### **Guardian Angels**

1&2. IMO Ramon Grapsy by Joan Grapsy

#### ATTENTION - SCHEDULE

All Readers, Servers, and Eucharistic Ministers ... your help is needed ... please let us know your plans for **November & December** so that we can get started on the schedule for those months. Please call or email the **Rectory by Monday, October 14**<sup>th</sup> to let us know when you are **NOT** available during these months. Thank you.



#### PRAY FOR OUR SICK / DECEASED

We remember in prayer those who are ill. We commend to our Divine Lord all of our aged people and those residing in nursing homes.

Sick: Beth Thomas Resnick, Doug Broughton,

Eileen Conway Goodwin.

#### R. C. I. A.

# Rite of Christian Initiation of Adults

RCIA is for anyone who is interested in becoming Catholic or in updating and deepening their understanding of the Catholic Faith. Are you interested in deepening your own faith? Or do you know anyone who has expressed an interest in becoming Catholic? Please invite them to join us. Have them call St. John's Rectory, **622-5470**, to register for the RCIA sessions. All are welcome to attend any or all of the sessions!

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# MARRIED IN CHRIST



We extend our warmest congratulations to **Joshua K. Clauser and Kelsey Amos** who were joined in Holy Matrimony on October 5<sup>th</sup> in the presence of Father Dave. They are called now to total

dedication to each other. May their love each day draw them closer to God and to each other.

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#### CEMETERY FLAG REMOVAL

**PLEASE NOTE:** All flags in the cemetery are required to be removed before Veterans Day.

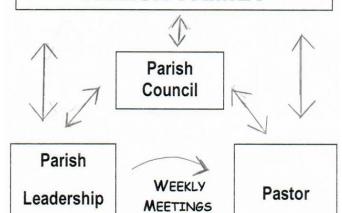
Removal will take place within the next few weeks.

Please call the rectory with any questions.

# THE AMAZING PARISH

THE FLOW OF COMMUNICATION DIAGRAM

# **PARISH FAMILY**



#### **GOALS:**

Team

- 1.Better serve the needs of the parish.
- 2.Increased lay participation in decision making.
- 3. More openness to the ideas of the parish family.
- 4.Better communication between Pastor/Parish Leadership Team and the Parish Family.
- 5. More focus on the parish's unique mission.

#### **DIVINE MERCY PERPETUAL ADORATION**

"It is no little thing for a poor human creature of Mine to prefer My Eucharistic love to an hour of sleep in the night. Only in heaven will you know the worth of an hour so spent. Come to me, then, Visit Me, and remain with Me by night, and I will work for you, and with you, and through you by day."

Words of Christ from "IN SINU JESU" We need adorers for the following hours:
Tuesday 5 a.m.; Wednesday 12 a.m., 1 a.m.;
Thursday 3 a.m., 4 a.m.; Friday 6 a.m., 5 p.m.;
Saturday 4 a.m. & 12 p.m.

Sunday 12 a.m., 4 a.m.

Whenever you are unable to cover your Holy Hour, for whatever reason, we are always able to get a sub.

Call St. Patrick's Rectory 570-622-1802.

#### ALL SOULS DAY ENVELOPES

Please drop your All Souls Day envelope in the collection as soon as possible so your intentions can be placed on the altar for All Souls Day. Additional envelopes for your intentions can be found at the church exits.

#### **FALL PARISH FAMILY FELLOWSHIP**

(in Longinus Hall)

Saturday, October 19<sup>th</sup> after 5 p.m. Mass Wine and Cheese/light hors d'ouvers

Sunday, October 20<sup>th</sup> after 8:15 & 10:30 Masses Coffee and Pastries

Take this opportunity to catch up with friends, meet new friends, and learn about the role of groups enhancing our experiences together as a parish family.

This month you are invited to meet the members of the *Amazing Parish Team* to learn more about how the team integrates into the life of our parish. Learn how the team will work with the Pastor, Parish Council, and Parish Family to help us be a parish family that exists to encounter Jesus and to be disciples.

If your parish group would like to participate and offer information in future months or if you would like to volunteer to help with preparation and serving after Masses, please call the rectory 570-622-5470.

Please join us! All welcome and encouraged to attend!

#### **QUESTION OF THE WEEK**

List some of the things for which you want to thank God. Give thanks.

# **Next Week's Readings**

**29**<sup>TH</sup> SUNDAY IN ORDINARY TIME (October 19/20)

Reading I: Exodus 17:8-13 Reading II: 2 Timothy 3:14-4:2 Gospel: Luke 18:1-8

#### MEN'S GOSPEL REFLECTION GROUP

*Men's Gospel Reflection Group* meeting will take place on <u>Tuesdays from 7 to 8 p.m. in the Rectory Fellowship Room</u>. This group is open to any men interested in reflecting on how the Gospel impacts their lives. All are welcome! Please call the rectory with any questions 570-622-5470.

#### WEEKLY COLLECTION

October 5/6: \$ 4,089.95 Monthly Dues: \$ 1,095.00

We thank our parishioners for their sacrificial giving.

He keepeth the paths of judgment, and preserveth the way of His Saints. Prov. 2:8

# CHRISTMAS BAZAAR

Our Annual Christmas Bazaar will take place ...

#### Saturday and Sunday, November 9 & 10

'View & Drop' Preview weekend is November  $2^{nd}$  &  $3^{rd}$ .

We are asking families to donate a <u>Theme Basket</u> with a suggested value of at least \$25.00 in merchandise or gift certificates. If you would like to donate the items, we would be happy to put a basket together and wrap it for you. Be creative and come up with your own unique idea!

Homemade craft items are also very welcome.

So many families donated baskets last year --- it was wonderful to see the spirit of St. John's shine through.

Our 'Lottery Baskets" & "Lottery Frames" are always a huge success. If you would like to donate lottery tickets (any amount), please drop tickets off at the rectory or place in the collection basket at Mass.

As always, **Monetary donations** are greatly appreciated. and helping hands at the Bazaar are always welcome. If you can help or you have questions, please call the **Rectory 622-5470 ext. 3** 

#### Gift Cards / Certificates are especially needed.

In addition to our many various <u>THEME BASKETS</u>, there will be beautiful <u>CRAFTS</u>, many of which are handmade, <u>SPECIALS</u>, and of course, delicious <u>FOOD</u> and our famous homemade <u>BAKED GOODS</u>.

**PICTURES WITH SANTA** will be available as well.

This is a great way to get involved in a fun fundraiser for the parish and to meet other people. Join us !!!

Baskets should be dropped off before October 21st at the Russell Building on the following dates:

October 14, 16, 21, 23

4:30 to 6:30 p.m.

Baskets / Items for baskets <u>CANNOT</u>

be dropped off at the Rectory.

#### WINE / CHEESE / SNACK BASKETS



If you would like to donate **Wine**, **Cheese**, **or Snacks** for our *Wine/Snack Baskets* for this year's Christmas Bazaar, please drop your donation off at the <u>Russell Building on the</u> **dates and times listed above**.

# CHRISTMAS BAZAAR

We wish to thank the following for their donations ...

AAA Vera Bradley Adelphia Gift Card BG's Gift Card

Mary Bound Christmas Centerpiece

Mary Bound Baby Basket
CCD Program Lottery Frame

Consugar Family Coffee/Tea/Hot Choc.

Jenn Daubert \$25 Sponsor
Peggy Ebling \$25.00 Applebee's
Karla Garland Back to School Bskt.

Giant Gift Card
Mary Beth Harvey Art Bskt.
Hughes Family Fall Bskt.

Sue & Ric Jochems Penn State Bskt.
Lucilla & Tony Kochol Wine/Snack Bskt.
Lucilla & Tony Kochol Kitchen Bskt.

Pat & John Kutch Cracker Barrel Bskt.

Frances Lorenz Scentsy Bskt.

Manus Family \$25.00 Sponsor

Barb Munster Bath & Beauty Bskt.

Parishioners Kitchen Bskt.
Parishioners Feeling Pretty Bskt.
Parishioners Cozy Night Bskt.
Parishioners Mason Jar Bskt.
Parishioners Tea Time Bskt.
Pottsville Pizzeria Large Pizza

Pottsville Pizzeria Large Pizza
Roma Pizzeria Gift Card
Mary & Bob Porter Beekman 1802 Bskt.

Eleanor Schaeffer Donna Sharp Bskt.
Pat Scheetz Rachael Ray Cookware

\$50.00

Serendipity Christmas Bskt.

St. John's 8<sup>th</sup> Gr. Class of 1964

St. John's CYO Program
Visot's
Wine Basket
Toni Wiest
Oil Painting
Write Craft
Gift Card

# <del>MID-SUMMER FESTIVAL</del>

This year's net profit ... \$ 18,149.62

Once again, a special "Thank You" to all who made the Festival a huge success!

#### STEWARDSHIP LIBRARY

Stewardship Displays are located at the church exits.

There are many items available including CD's, Rosaries, Self-help and Informational Booklets, etc. **New Items include**: Music (lower door); Divine Mercy (main church), in addition to other great CD's or books.

### MASS INTENTION BOOK

The Mass Intention Book for the year 2020 will open Monday, October 21st to Thursday, October 24th.

Masses can be scheduled beginning at

10:00 a.m. in the Rectory Fellowship on Monday, October 21st. Room Scheduling will be done on a first-come,



first-serve basis. Due to the backlog of Masses we already have from the past year, each person will be able

to schedule TWO MASSES ONLY - additional

Mass requests may be sent to the Missions. The remaining dates will be used to schedule previously requested Masses as well as keep dates open for those who will be deceased in the year 2020.

#### PLEASE NOTE

The Mass Intention Book for 2020 will be open from October 21st to October 24th - all Masses must be scheduled during this time. No scheduled Mass Intentions will be taken after October 24h.

# **Two Masses Only**

## **UPCOMING MEETINGS/EVENTS**

#### October

- 12/13 Parish Food Sale after Masses – R.B.
- Confirmation Class 6:30 p.m. L.H. 13
- 14 Christmas Bazaar Basket Drop-off – 4:30 – R.B.
- Men's Gospel Reflection Group − 7 p.m. − F.R. 15
- 16 Christmas Bazaar Basket Drop-off – 4:30 – R.B.
- Catholic Women's Union Mtg. 7 p.m. F.R. 16
- Wine & Cheese Social after Mass L.H. 19
- 19/20 Blood Pressure Screenings after Masses-Chapel
- Coffee & Pastries after Masses L.H. 20
- 21 Christmas Bazaar Basket Drop-off – 4:30 – R.B.
- 21 Family Guild Mtg. -6:30 p.m. -F.R.
- 21-24 Mass Book for 2020 opens
- Men's Gospel Reflection Group 7 p.m. F.R. 22
- 23 Christmas Bazaar Basket Drop-Off – 4:30 –R.B.
- 27 Confirmation Class – 6:30 p.m. – L.H.
- 29 Men's Gospel Reflection Group – 7 p.m. – F.R.

#### **November**

- 1 All Saints Day – Masses 9 a.m. & 5:15 p.m.
- 2 All Souls Day – Mass 9:00 a.m. – Chapel
- \*\* L.H. Longinus Hall
- \*\* F.R. Rectory Fellowship Room
- \*\* R.B. Russell Building

## FRIENDS HELPING FRIENDS

# 25% OFF

## **SHOPPING PASS**

WEDNESDAY, OCTOBER 16, 2019

- Bring your shopping pass to BOSCOV'S on Wednesday, October 16th to receive 25% off on most purchases.
- Deposit registration form on your Pass in the ballot box to win prizes.
- Receive free food and fellowship.
- Shopping Passes are good towards LAY-A-WAY Purchases too, so great for early Christmas shopping!

PASSES ... \$5.00 ... available after all Masses the weekend of October 12/13.

> PASSES are also available at the Rectory Office during the week.

THANK YOU FOR YOUR SUPPORT!

#### St. John's Family Guild

The Family Guild is a small organization which sponsors activities for the elementary school students of the parish.

Through our fundraising efforts we sponsor two spiritual programs throughout the year. The programs are the Lent Event and the Advent-ure.



The Family Guild also strives to

make the Sacraments of First Holy Communion and Confirmation a little more special for our children by purchasing gifts and providing flowers for these joyous occasions.

If you would like to become more involved within the parish and be a positive influence in the spiritual lives of our parish youth, consider joining the Family Guild. We always welcome a new face among us.

If interested please call the Rectory 622-5470 or just come to our next meeting which is scheduled for ...

Monday, October 21st

6:30 p.m. – Rectory Fellowship Room

#### **BLOOD PRESSURE SCREENINGS ...**



Get your blood pressure checked in Longinus Hall after all Masses next weekend, October 19/20

#### St. John's Catholic Women's Union

Women of all ages are invited to join the Catholic Women's Union.

Learn how you can become involved with the Catholic Women's Union by joining us on **Wednesday, October 16<sup>th</sup> at 7 p.m. in Longinus Hall**. Meet the members and learn how you can be part of this unique



organization. We share ideas and light refreshments are served. We work to raise money for our parish and have fun doing it. We also share in fellowship by sharing in a Spring and Fall Auction, Christmas Party, and the Spring Covered Dish Party. Your ideas, friendship and membership are welcomed.

For more information call St. John's Rectory: 622-5470.

#### NATIVITY BVM HIGH SCHOOL ···

**DESIGNER PURSE BINGO** sponsored by Nativity Green & Gold Booster Club on <u>Sunday</u>, <u>October 20<sup>th</sup></u> at the high school. Doors open 11:30; Bingo starts 1 p.m. Cost is \$25.00. Food & refreshments available for purchase. Call Nativity BVM High School with questions 570-622-8110.

**BUS TRIP – N.Y. CITY** sponsored by Nativity Alumni Assoc. on <u>Saturday</u>, <u>November 2<sup>nd</sup></u> ... only \$45.00 ... For more information or reserve your seat, call Nativity BVM High School at 570-622-8110.

#### KNIGHTS OF COLUMBUS

**Thanksgiving Day Meal Project**: A meeting is scheduled for <u>Wednesday</u>, <u>October 16<sup>th</sup></u> – 7 p.m. at the Pottsville Council Headquarters, 1842 West End Ave. in Pottsville. Anyone who would like to volunteer and give of their time are asked to attend as plans will be discussed for the preparation and distribution of the meals.

#### St. John's Choir Openings!

St. John's Choir is welcoming new members
To the choir to sing Saturday 5:00 PM Masses
and special Masses. This is a very rewarding
experience for anyone seeking to become
more involved in our Parish Family.
No prior singing experience or reading
of music is required. Practices are held

<u>Tuesday's at 7:00 in Longinus Hall</u>. Contact David Derbes at <u>daderbes@yahoo.com</u> with any questions for more information.

Hope to see you Tuesday!

#### St. John's ENSEMBLE

The purpose of this ministry is to serve the parish at Mass, singing liturgical hymns, using contemporary instruments like the guitar, keyboard, drums or other instruments, and using contemporary arrangements.

We invite **ANYONE** in the parish wanting to share his or her voice and musical gifts whether you are a beginner or more experienced. Arrangements are not complicated and songs are familiar. You do not need to know how to read music to join us. We will teach anyone who has a willing heart.

Our goal is to play/sing once a month at one of the weekend Masses. Practices will be one or, at most, twice a month for 90 minutes, to prepare for music at Mass that week. This is a great way to participate in parish life and have fun with only a small commitment of your time.

Why not give it a try and give back to your parish family by sharing the gifts God has given to you? If interested call the **Rectory 622-5470.** 

Our next practice is: Wednesday, October 16<sup>th</sup> at 7 p.m. in Church

The Ensemble is scheduled for Sunday, October 20<sup>th</sup> at 10:30 a.m. Mass

#### **FOOD COLLECTION for Pantry**

Thank you for doing the small things, like feeding your neighbors, with great love. God bless.

#### **Items Needed:**

Stuffing Mix
Broth
Coffee/Tea (instant)
Hot Chocolate
Hot Cereal packages
Cereal – boxed

Beef Stew Spaghetti

Soups Spaghetti Sauce

Peanut Butter Jelly

Canned Gravy Canned Sweet Potatoes

Gravy

#### PLEASE - NO OUTDATED ITEMS

Item needed this week: <u>Soups</u>
<u>Please Do Not</u> donate any nutritional drinks (Ensure, etc.)

Kindly place your donations in the basket at the 10<sup>th</sup> Street entrance at the bottom of the steps. Thank you.

#### PRAYER FOR OUR TROOPS AROUND THE WORLD

"Lord, hold our troops in your loving hands. Protect them as they protect us. Bless them and their families for the selfless acts they perform for us in our time of need. I ask this in the name of Jesus, our Lord and Savior."

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#### **DIOCESAN NEWS & EVENTS**

HOPING AGAINST HOPE Living the Gospel where it is unwelcome – The Diocesan Commission for Men is offering a men's morning of reflection on Saturday, October19<sup>th</sup> at Queenship of Mary in Northampton. An optional Holy Mass will be offered at 8:00 AM followed by refreshments. Presentations by Rev. Eric Gruber, Rev. Patrick Lamb, and Rev. David Anthony will begin at 9:15 AM. To register for this free offering visit <a href="https://www.allentowndiocese.org/cfm-spirituality">www.allentowndiocese.org/cfm-spirituality</a>.

**HEALING MASS** on Monday, October 28<sup>th</sup> at 6:30 p.m. there will be a Mass Celebrating the Lord's Comfort and Healing Love. All are invited to join in prayer at this Mass with The Most Reverend Alfred A. Schlert as celebrant and homilist at St. Mary's Church in Hamburg, located at 94 Walnut Rd, Hamburg. Following Mass there will be a Holy Hour of prayer before the Blessed Sacrament and the opportunity for confession. The evening will conclude with Benediction at 8:30 p.m.

#### **SPONSOR OF THE WEEK**

We appreciate advertisers who support St. John's by advertising in our bulletin. Please patronize their business and let them know you saw their ad in our bulletin.

# Total Accessibility LLC ACORN Stairlifts

PRIDE Mobility Scooters & Accessories Handicapped Ramps – Wheelchair Lifts & Carriers

570-622-7785

570-490-7750

# Why Advertise In A Church Bulletin?

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- \* It's Effective in Catching New Neighbors' Attention
- \* It's Advertising Concentrated in Your Own Neighborhood
- \* It Develops Good Community Relationships
- \* It's Good For Developing Loyal Customers



#### **ARE YOU PLANNING A CHANGE ??**

If you are making a change in ... address, parish affiliation, e-mail, or phone number, please call the Rectory Office. We strive to keep our records

up to date.

**NEIGHBORING EVENTS** 

FR. WALTER CISZEK DAY on Sunday, October 20<sup>th</sup> at 218 W. Cherry St. in Shenandoah from 10:30 a.m. to 1 p.m. Mass celebrated at 2 p.m. at St. Casimir Church, 229 N. Jardin St. in Shenandoah. Refreshments served after Mass in the church hall. Books, brochures, prayer cards, etc. available for purchase.

ALZHEIMER'S & DEMENTIA A panel of Hope, Help and Understanding on <u>Wednesday</u>, October 23<sup>rd</sup> from 6:30-8:30 p.m. (5:30 dinner if interested) at the Pottsville Senior Community Center, 201 North Centre Street, Pottsville. Virtual Dementia Tour (beginning at 5:30). Register by calling Debbie at 570-624-3016.

FALLFEST CHOOSE & WIN ... at St. Clare of Assisi Parish, Mill & Hancock Sts. in St. Clair on Sunday, October 27th. Shop & Drop on Saturday, October 19 from 3 to 6 p.m. and Saturday, October 26<sup>th</sup> at 6 p.m. Doors open at 9 a.m. on Sunday, October 27<sup>th</sup>; Auction begins 2 p.m. Food available for purchase. Fun for all ages ... Come join us!

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#### FROM OUR PARISH NURSE ...

Grin and bear it: That adage may have practical value, according to analysis of 138 studies about how facial expressions can influence emotional states, published in Psychological Bulletin. It found that smiles, frowns, scowls, and other expressions can both initiate the associated positive or negative emotions and amplify them, at least to a small extent. This so-called facial feedback effect doesn't mean vou can smile vour way to happiness. But if, for example, you're in a stressful situation, a full-on smile may reduce stress levels somewhat (though onlookers may wonder what you're on!). Interestingly, as some studies have shown, onabotulinumtoxinA (Botox) injections, which temporarily paralyze muscles in the forehead to reduce wrinkles, can have positive effects on emotions, since the drug inhibits frowning muscles. Similarly, other research suggests that body position, postures, and gestures can also influence how people feel.

#### **FAMILY MATTERS**

**Single Parent Moms and Dads.** "Love them, don't judge them" – we pray for all single parent moms/dads and their children. In "choosing life", they commit to parenting their children well. They need our prayers and support. During this week we ask you to invoke our Blessed Mother to sustain them in their being good moms and dads.

You pray for my family and I'll pray for yours.