

# Our Lady of the Sacred Heart Church Newsletter

## January 31, 2021

My Dear Parishioners,

The bright side of these cold and snowy days is that it gives us an opportunity to catch up on our spiritual reading. Of course, high on our spiritual reading list should be the Sacred Scriptures and the Lives of the Saints. Just a few weeks ago, I asked you to sit down, pick up the Scriptures, and read the Gospel of St. Mark straight through, without stopping, and ignoring the chapter and verse notations—just as it had been read by the Early Church. In doing so, I pointed out that St. Mark was the translator and scribe of St. Peter, and so those words on those pages are really the words of our first pope.

Thankfully along with the Sacred Scriptures and the Lives of the Saints there are many, many other good inspirational reads to help us grow in our relationship with God and neighbor. Someone just recently shared with me a book that they found particularly helpful: *Ask Him: Simple Words to Jumpstart Your Conversation with God* (by Jane Trufant Harvey, Wellspring 2020). My friend first learned about the book through the Catholic evangelist Matthew Kelly. Matthew Kelly wrote in his introduction to the book:

*I am so excited for you! The book you have in your hands will change your life. If you let it. How can I be so sure? It changed my life--and I have recommended it to so many other people who have also had their lives transformed by it. During one of the most difficult times in my life I discovered Jane Trufant Harvey and this book, Ask Him. It has never been far from me since. One of the most difficult things in this life is to learn how to speak to God as a friend. There is genius in these pages, because with each page, Jane prompts us to have a conversation with God. Who is guiding your life? How is that working out for you? Is it time for a change? Are you ready to allow God to guide you in all things? Ask Him! Allow God to surprise you, to sweep you away, to show you what it means to be deliriously happy, to teach you to dance for joy. Until we do, I am not sure we have really lived at all. To live this life and not to explore the spiritual life deeply would be a tragedy. Ask Him!*

The author, Jane Trufant Harvey writes about her work:

*I wrote these books to be thought-provoking, guided prayer; to give a start to those who don't have a starting place and to elevate the spirit of those who do.*

*They help to develop a dialogue with God that stimulates your spirit to seek Him first in the everyday circumstances of life.*

*I wrote them to help you search and find the goodness in other people and to focus on what's really important.....*

*.....to reclaim your time, live in the moment, pursue your passions, discover your essential purpose in life, concentrate on your health, give more, take less, to give beyond yourself, to have more encounters with peace than with chaos....and to grow into everything you were created to be.*

The book itself is really a series of short but powerful imperative statements in which we ask for a special grace. My friend who lent me the book confided that the book taught her that she didn't ask enough of God and has given her a renewed confidence to Ask Him for anything and everything that she and her family needs. The book really did change the way she prayed. If you try the book, I think that you will find it equally powerful.

Stay safe and stay warm, and let us continue to pray our Rosaries and our Chaplets for our first responders, for the sick, for the deceased, and for an end of the pandemic.

Our Lady of the Sacred Heart, pray for us!

St. Joseph, pray for us!

Fr. Michael J Pawelko





# Sunday Mass Readings

## Fourth Sunday in Ordinary Time

### Reading 1: [Deuteronomy 18:15-20](#)

Moses spoke to all the people, saying: “A prophet like me will the LORD, your God, raise up for you from among your own kin; to him you shall listen. This is exactly what you requested of the LORD, your God, at Horeb on the day of the assembly, when you said, ‘Let us not again hear the voice of the LORD, our God, nor see this great fire any more, lest we die.’ And the LORD said to me, ‘This was well said. I will raise up for them a prophet like you from among their kin, and will put my words into his mouth; he shall tell them all that I command him. Whoever will not listen to my words which he speaks in my name, I myself will make him answer for it. But if a prophet presumes to speak in my name an oracle that I have not commanded him to speak, or speaks in the name of other gods, he shall die.’”

### Responsorial Psalm: [Psalm 95:1-2, 6-7, 7-9](#)

R. (8) If today you hear his voice, harden not your hearts.

► Come, let us sing joyfully to the LORD; let us acclaim the rock of our salvation. Let us come into his presence with thanksgiving; let us joyfully sing psalms to him. **R.**

► Come, let us bow down in worship; let us kneel before the LORD who made us. For he is our God, and we are the people he shepherds, the flock he guides. **R.**

► Oh, that today you would hear his voice: “Harden not your hearts as at Meribah, as in the day of Massah in the desert, Where your fathers tempted me; they tested me though they had seen my works.” **R.**

### Reading 2: [1 Corinthians 7:32-35](#)

Brothers and sisters: I should like you to be free of anxieties. An unmarried man is anxious about the things of the Lord, how he may please the Lord. But a married man is anxious about the things of the world, how he may please his wife, and he is divided. An unmarried woman or a virgin is anxious about the things of the Lord, so that she may be holy in both body and spirit. A married woman, on the other hand, is

anxious about the things of the world, how she may please her husband. I am telling you this for your own benefit, not to impose a restraint upon you, but for the sake of propriety and adherence to the Lord without distraction.

### Alleluia

R. **Alleluia, alleluia.**

The people who sit in darkness have seen a great light; on those dwelling in a land overshadowed by death, light has arisen.

R. **Alleluia, alleluia.**

### Gospel: [Mark 1:21-28](#)

Then they came to Capernaum, and on the sabbath Jesus entered the synagogue and taught. The people were astonished at his teaching, for he taught them as one having authority and not as the scribes. In their synagogue was a man with an unclean spirit; he cried out, “What have you to do with us, Jesus of Nazareth? Have you come to destroy us? I know who you are—the Holy One of God!” Jesus rebuked him and said, “Quiet! Come out of him!” The unclean spirit convulsed him and with a loud cry came out of him. All were amazed and asked one another, “What is this? A new teaching with authority. He commands even the unclean spirits and they obey him.” His fame spread everywhere throughout the whole region of Galilee.



# Parish Lenten Day of Reflection

SATURDAY FEBRUARY 20 2021

10:30 AM - 2:00 PM

Our Lady of the Sacred Heart School Cafeteria

10:30am

Welcome

11:00am

Reflection by Msgr. Flanigan

12:00pm

Break & Lunch

1:00pm

Holy Hour (Church)  
Reflections by Msgr. Flanigan (Church)  
Lenten Confessions (Church)



Retreat Master:  
Rev. Msgr. Thomas P. Flanigan  
Church of St. Joseph  
Aston, Pennsylvania

If you are planning on attending our Parish's Lenten Day of Reflection, please detach this portion, and drop it in the Collection Box OR Drop it off at the Rectory by Monday, February 8<sup>th</sup>.

Name \_\_\_\_\_ Phone \_\_\_\_\_

Email \_\_\_\_\_

Number of Family Members Attending \_\_\_\_\_

# 2021 SASH CYO Spring Registration is NOW Open!!

I am sure all are ready to get back outside and back to having CYO sports, so please say a prayer and keep your fingers crossed. By no means is this an indication that we will be having a spring season or how it will look. We are using this to gauge interest.

Please click the link below and sign up:

<http://sashcrusaders.website.siplay.com/>



Baseball, Softball, Track, and High School Co-ed Volleyball

You would need to create an Account, if you don't have one.

Please read the Instructions which can be downloaded from:

<https://www.olsh-hilltown.com/youth-ministries/sash-cyo/>

Once we have direction and approval from the Archdiocese of Philadelphia and the Parish Office on what sports will be approved and at what capacity, we will provide updates.

The sign-up fee will be at \$0, it will be a wait list sign up, since we do not know the cost of each sport until we see and understand the new requirements. Once we know the cost of each sport and if we are able to play you will be instructed to go back in and sign up yourself as a volunteer/coach as well as sign the child(ren) up. We will closely monitor this situation and if something changes we will adjust accordingly.

SASH CYO is a strong and proud program, so please say a few prayers and hope we can make this happen. Any questions please contact us. Stay safe and healthy!

CYO Board