



SAINT
TERESA
OF
CALCUTTA
PARISH

Where is the
newborn king
of the Jews?
We saw his
star at its rising
and have
come to do
him homage.

MATTHEW 2:2



Epiphany of the Lord January 4, 2026

PARISH MISSION STATEMENT

*We are the welcoming community
of Saint Teresa of Calcutta
living our faith by endeavoring to follow her example
to see, share and be the light of Christ's love and compassion.*

PARISH INFORMATION

Welcome to Saint Teresa of Calcutta Parish!

We are pleased to have you share in this celebration of the Eucharist. If you do not have a parish home, we invite you to become part of our parish family and become fully involved in our life of prayer, education, service and community.

Registration: We invite all parishioners to register with the Parish. Registration helps us to serve you when issuing letters in connection with sponsorship of Baptism, Confirmation or Matrimony, and for letters of reference. Kindly notify the office if your address changes.

Anointing of the Sick: In case of serious illness or advanced age please call the parish office. For hospital cases, contact the hospital Chaplain.

Pastoral Care: Please call the parish office to have Communion brought to an ill or homebound family member.

PARISH STAFF

Rev. Steven Bertonazzi, Pastor

sbertonazzi@stteresaofcalcuttanj.org

Rev. Hugh Bradley—hugh.bradley@camdendiocese.org

Director of Deaf Ministry &

Part-time Parochial Vicar

James Rocks Permanent Deacon (retired)

Nelson Remetz Director of Safe Environment

Leo Howitz Permanent Deacon

Barry Steele Permanent Deacon

Daniela Lim Director of Faith Formation

James Bardo Echo Apprentice for Faith Formation

Kate Chmelko Director of Music

Cheryl Venafrá Administrative Assistant

Trish Best Administrative Assistant, Bulletin

tbest@stteresaofcalcuttanj.org

Rosemary Fearon Office Volunteer

MaryAnn Mercer Office Volunteer

Denise Bolognese Bookkeeper

Linda Roseboro-Brown Bereavement Coordinator

Peter Baczewski Maintenance

Nick Tyrell Maintenance

PARISH OFFICE

809 Park Avenue, Collingswood, NJ 08108

856-858-0298

Emergency Number: 856-240-1132

Website: www.stteresaofcalcuttanj.org

Facebook Name: Teresa Calcutta

Faith Formation Office: 856-858-0298, Ext. 19

PARISH OFFICE HOURS

Monday - Thursday: 9:00am - 4pm

Friday: 9:00am - 3pm

The office closes from 12 noon to 1PM for lunch.

Marriage: Couples contemplating marriage in the parish must contact the parish office to meet with a priest to begin the marriage preparation process. This first step in planning your wedding is best begun one year before the date of the wedding.

Baptisms: To arrange a Baptism, contact the Parish Office at least two weeks before the desired date of Baptism to make arrangements. Parents are required to attend a preparation class before the Baptism. Classes will be held at 7PM (Date will be given when you call). Please call the office to register.

BULLETIN SUBMISSION DATES

Submit announcements to be published in the bulletin to tbest@stteresaofcalcuttanj.org or to the Parish Office by the end of day Monday of the week prior to the weekend bulletin issue requested.

Please submit **flyers** to be copied and inserted into the bulletins to the Parish Office by Wednesday at 12 noon, 11 days ahead of the desired bulletin date.

MASS & SACRAMENT SCHEDULE

ST. JOHN CHURCH (SJ): 809 Park Ave.,
Collingswood, NJ 08108

HOLY SAVIOUR CHURCH (HS): 50 Emerald Ave.,
Haddon Township, NJ 08108

WEEKEND MASSES

Saturday: 4:00 PM—HS

Sunday: 8:00 AM—HS

Sunday: 9:30AM - SJ **Live streamed (YouTube)**

Sunday: 11 AM - SJ

Sunday: 11:00 AM— HS American Sign Language
and Voice Interpreted for the hearing

Youtube Link: [https://www.youtube.com/](https://www.youtube.com/@saintteresaofcalcutta2622)

[@saintteresaofcalcutta2622](https://www.youtube.com/@saintteresaofcalcutta2622)

Facebook: <https://www.facebook.com/profile.php?id=100009626887681>

DAILY MASSES:

Mon., Tues., Wed., Fri.: 9:00 AM St. John Church

Thursday: 9AM Holy Saviour Church

ADORATION: Thursdays: After 9:00am Mass—8pm (HS)

RECONCILIATION: **Saturday:** 3:00-3:45 Holy Saviour Church or **anytime by appointment.**

BAPTISMS: Call the Parish Office to schedule.

OCIA: Tuesdays at 7PM in Parish Office

AROUND THE PARISH

Financial Report to the Parish	3
Free Throw Contest	4
A List of Catholic New Years Resolutions	7



SANCTUARY CANDLES

The 7 day Sanctuary candle burns at Holy Saviour church this week for Mary Van Note requested by her husband & Family. At St. John's church the candle burns for the intentions of the parish.
To dedicate a candle, contact the office.

THANK YOU everyone who participated in our Advent, Christmas and New Years Day Special Services and Events!
We continue to wish you a Merry Christmas Season! Please continue to keep all the petitions on the Intention Tree in your prayers!

PRAY FOR THOSE WHO ARE SICK:

Monica Baldasano	Evan Kendendine	Carolyn Olshan
Nancy Barone	Louis Kenerly	Elise Principato
James Beierschmitt	William Kinee	Jim Rinier
Bernadette Celino	Ali Kite	Catherine Rocks
Anthony Corado	Karen Kowal	Eric Roseboro
Joseph DeShayes	Baby Violet Kozuhowski	Tracy Roseboro
Nola Durborow	Christian Legere	Dean Russell
Walt Eife	David Leva	Mary Russell
Suzanne Ficara	Eliane Loumeau	Joseph Sandone
Adam Forziati	Cassidy Lovett	Pat Schoenborn
Charlene French	Matthew McCann	Carol Schuler
Rose Harden	Diane McCarthy	Dennis Siwak
Sarah Jacob	Sister Josefina Mendez	Constance Steinhagen
Sheila Kendall	Ryan Paul Milano	Lillian Skabla
	Allie Miller	John Tomik
	Erin DeVoe Moran	Dominick Venaфра
	Natalie Mullen	

Pray for the welfare of our Military and for Their Families



SGT Alex Coutinho, US Space Force	1st Lieut. Kayleigh Migaleddi, RN, SAF
Michael Gregg, USMC	Salena Silvaria, NAC/AW
Ensign Alex Licorish, RN, USN	Nathan Tiefenthaler L. Corp
Miguel Ingram, Pvt. 1st Class US Army	
Lt Margaret M. McKernan USN	For changes to this list, email
LT Patrick J. McKernan, USN	Trish: tbest@
Johnny A. Santiago, Sgt. 1st Class	stteresaofcalcuttanj.org

PRAY THE ROSARY DAILY

After the 9am Mass, join with fellow parishioners to pray the Rosary.

Thursday at Holy Saviour Church 9:30am-8pm
Silent Adoration 9:30am-5pm
Rosary, Benediction 7pm to 8pm

Intentions for this week's Masses

Saturday, Jan 3, 2026

4pm(HS) Frances Kernan r/b the Kernan Family
Arline Barski r/b the Ackley family
Charles DiPietropolo r/b Many friends & relatives

Sunday, Jan 4

8am(HS) Sam Holland r/b Stan & Suzanne Ollek
930am(SJ) For the People of the Parish
11am(SJ) Msgr. M Joseph Mannion r/b Dolores DiBartolomeo & Family
11am(HS) For the intentions of the Deaf community
Mass is celebrated in ASL & Voice Interpreted

Monday, Jan 5

9am(SJ) Jennifer L. Callaghan r/b Fr. Bertonazzi

Tuesday, Jan 6

9am(SJ) Bevely Sheridan r/b her family

Wednesday, Jan 7

9am(SJ) Francis Kernan r/b Kernan Family

Thursday, Jan 8

9am(HS) Diane Mason r/b Betty McCormick

Friday, Jan 9

9am(SJ) For the People of the Parish

Saturday, Jan 10

4pm(HS) Mary Jane Mallon r/b Brian & Maureen Holt
Michael Tedesco r/b the Scharff

Sunday, Jan 11

8am(HS) For the People of the Parish
930am(SJ) Joseph & Carroll Fearon r/b their family
William Galiczynski r/b Ed & Sharon Charlton
Arline Barski r/b Tom & Loretta Hauber
11am(SJ) For the People of the Parish
11am(HS) For the intentions of the Deaf community
Mass is celebrated in ASL & Voice Interpreted

The Protecting God's Children

Virtus 4.0 training is on February 5, 2025 at 6:00 pm in McLaughlin Hall.

If you work with children, are you due to attend Virtus training again? It will be held here at McLaughlin Hall.

Attendance is capped at 45 people. It is **mandatory for all volunteers and employees** around children, and it is **offered to all** parishioners. For people with Virtus accounts, sign up through your online accounts. Parishioners who want to take the class, but do not presently volunteer, you can email Nelson Remetz to let him know you are attending. safeenvironment@stteresaofcalcuttanj.org

PARISH FINANCIAL INFORMATION

St Teresa of Calcutta Annual Financial Report to the Parish		
Fiscal Year, June 30, 2025		
INCOME:		
Ordinary Income	\$675,738.85	Includes Sunday Offertory, Christmas, Easter & Holy Days
Other Pastoral Parish Revenue	\$31,737.93	Fees- Weddings, Funerals / Candles, Flowers & Bulletin Rev
Pastoral - Beyond Parish	\$112,343.41	Funds received from rentals
Faith Formation	\$24,315.25	Fees / Rel Education program & Star Herald donations
Social Service	\$25,300.50	Outreach - Joseph House & St Vincent De Paul (Includes HOC Rebate)
Universal Collections	\$31,706.32	Second collections
Investment Earnings	\$11,395.38	Interest - Diocese Revolving Fund Accts
Restricted & Unrestricted gifts	\$20,326.37	Restricted, Unrestricted & Catholic Strong distributions
Activities & Organized Revenue	\$42,640.71	Men's Club & other parish activities
TOTAL REVENUES:	\$975,504.72	
EXPENSES:		
Universal Collections	\$31,706.32	Second Collections
Pastoral Exp / Clergy, Music	\$155,382.13	Sum of Pastoral Exp, Clergy Salary, Clergy Dev, & Music
Liturgical Supplies, Social Services	\$22,386.01	Liturgical supplies & Parish programs
Pastoral Parish Exp, Activities, Organized	\$109,153.25	Pastoral Parish Exp, Flowers
Administrative & Office Expenses	\$139,626.30	Admin & Office expenses
Lay Benefits & Payroll Expenses	\$84,583.48	Lay Benefits & Payroll Exp
Insurance & Rent Expense	\$170,980.00	Insurance
Operations & Maintenance of Buildings, Utilities	\$188,184.68	Operations & Maintenance of Bldgs.
Faith Formation	\$65,501.99	Faith Formation expenses
Star Herald Expense	\$4,954.00	Star Herald
Inter Parochial Catholic School Support Fund	\$79,553.00	Catholic Education support
Interest on Debt	\$17,000.97	Interest on Diocese debt
Rectory Expenses	\$30,860.95	Rectory Expenses
Capital Expenditures	\$2,358.32	Cap X Expenses - Bldgs.
TOTAL EXPENSES:	\$1,102,231.40	
NET REVENUE OVER EXPENSES:	-\$126,726.68	

The Parish finished the past fiscal year with expenses greater than income of \$126,726. To improve financial stability and provide future growth, there are two main plans of action which have been implemented:

We are in the midst of a Stewardship Campaign to ask parishioners to prayerfully consider their financial support for the Parish's needs. The goal of the Campaign is to rebuild our chief source of income, the Offertory Collection, to earlier years' levels and return the Parish to solvent operations.

We have 10 buildings on our two campuses. These buildings add Maintenance costs and significant Insurance costs (\$180,000 annually) to our financial responsibilities. After a review of all of our properties, buildings were identified for sale that are empty or significantly underutilized. We will continue to work to reduce those buildings that are a financial burden to the Parish and reduce the costs of Maintenance and Insurance on those properties.

PARISH INFORMATION

FREE THROW SHOOTING CONTEST

The Knights of Columbus statewide annual free throw contest will be held at our **Good Shepherd Gym on Saturday, January 17th, 11:30-12 Noon Registration; 12-1:30 Competition**. Boys & Girls ages 9-14. Birth Certificates required. Trophies for winners in each age group and winners advance to a Regional round. All are welcome. For more information, contact Bob Hensler, 856-858-1170 (w) or 609-519-0198 (c).

SPIRITED WORKS MEETING Friday Mornings 7:20am to 8:30am McLaughlin Hall

For more information, contact Pete Dunn
petedunn@financialguide.com

Volunteer Request—Rosary & Benediction

We would like to begin recording the Rosary and Benediction on Thursday nights at Holy Saviour church and we are seeking a volunteer to **work the camera and connect it to Facebook and Youtube**.

The time someone is needed is between 7:30 and 8:05pm for each Thursday that we have Adoration and Benediction. Someone will show you how to work the camera and connect it to Facebook and Youtube. If interested, contact: Deacon Leo Howitz: lhowitz@verizon.net.

Men's Club Corner

The Men's Club will reconvene to discuss another year of **service to our parish** and greater community at our next meeting on **Monday, January 12 at 8pm at McLaughlin Hall**. All parish **men** 21 years or over in age are welcome to join us.

We are always open for new members.

Please reach out to stteresamensclub@yahoo.com or Josh Wiener at 609-502-3539 with any questions. Save the evening of **2/6** open for a **special social event open to everyone in the parish**. Details soon.

Young Married Couples (Post Cana) Fall Event Schedule

Come join us for Coffee & donuts social! We meet the last Sunday of each month after the 9:30am mass, in McLaughlin Hall: **January 25th**. More events to come!

To join our email list, email n.mcgill.gardner@gmail.com. Some members host some events at their home and then we have outings also.

DINNERS TO DOORSTEPS

We provide **meals** for people or families who are ill, disabled, living alone, parents of new babies, etc. We also provide meals for **individuals and families** who are struggling to put food on the table. Call Michele Santiago at: 609-598-1787 or grandmarose73@yahoo.com.

PREPARED CASSEROLES ARE NEEDED

The Justice & Life Committee invites parishioners to prepare casseroles to be given to St. Joseph's House to support the homeless guests and drop them off at the office. www.JHoc.org

SOCIETY OF ST. VINCENT DEPAUL

For help in times of emergency use this parish number **856-858-1444**.



Food Pantry Hours: Mon.—Wed. 10am–12 noon

Volunteers—Normally discussion meetings are held the 3rd Tuesday of each month in McDaid meeting room. Sandwich Collection will be held on the third Monday of the month at the Good Shepherd parking lot; 6:30-7:30pm

There is a huge increase in the Food Pantry's clients, so the inventory is being depleted. **Whatever you can donate** from the following list will be a **blessing** for those to whom we provide food:

Specific items needed:

Pasta and pasta sauce

Canned: corn, soup, fruit, spam, tuna,

Chef Boyardee Ravioli, coffee.

Cookies, Pancake mix and Syrup

Peanut butter and jelly

Thank you for your generous donations.



Online Giving Tree

To give online, visit stteresaoofcalttanj.org

Parish Giving

Parish Giving offers secure flexible Online Giving for our parishioners who would like to make their donations online using a credit card or bank transfer. You never have to bring cash or checks to church. Online Giving helps the church save money and plan the budget.

SENIOR'S MINISTRY

This is a Parish outreach program to assist people who are **shut-in either at home or in a nursing home**. Our Mission is to **assist the parish's senior citizens who need companionship and support**. We contact family members of shut-ins, visit nursing homes and private residences to see where we can be of assistance. Contact Ed Charlton by text 215-284-1365 or echarlto53@gmail.com.

The Franciscan Sisters of the Renewal invite you to:
First Saturday Reflection Days

Every First Saturday, starting January through March
10am –Noon, St Michael's Church, Atlantic City
Schedule for April 4 and May 2nd to be announced.

Exposition of the Blessed Sacrament, Confessions, Meditation on the Rosary, Holy Mass.

PARISH, COMMUNITY & DIOCESAN INFORMATION

Next Weekend's Minister Schedule-Jan 10-11

MASS	LECTOR	EM	SACRISTAN
4pm HS	A Remetz	Deacon Barry – Preach	B Ackley
8am HS	L Franck	Deacon Rocks Deacon Barry – Preach	R Fearon
9:30am SJ	N Bernardo	Deacon Leo— Preach	MA Mercer
11amSJ	J Ely	Deacon Leo- Preach	M Warrington

STEPHEN MINISTRY Do You Know Someone Going through a Difficult Time?



Stephen Ministry is a group of highly trained lay ministers throughout the Diocese of Camden ready to provide care to those in need. They are available to assist parishioners through difficult times. Please pray for our Stephen Ministers and those to whom they minister. You may either contact the office for an appointment or for more information email:

Jack Callaghan or Pat O'Connor:

stephenministry@stteresaoofcalttanj.org

For those out of the area, for more information and to find a Stephen Ministry near you, please visit <https://vitality.camdendiocese.org/stephen-ministry/> or contact Sebastian Salas at 1-856-583-6123.

PRAYER LIST REQUESTS

If you know someone who is in need of prayers, please contact the Parish Office by calling 856-858-0298 or email to add or remove names: tbest@stteresaoofcalttanj.org.



Christ Our Light Leisure Club

Welcome to all parishioners and non-parishioners aged **50 and above!** Our meetings are held on the **2nd Tuesday of each month.** Our **next meeting will be January**

13th at 12 noon in the gym at the Parish Center. Doors open at 11:30, so you can find a seat and make a plate of some delicious snacks and beverages. The program will be a presentation on Dr. James Still, who in the mid 1800's was an herbologist in the Medford area and called The Black Doctor of the Pines.

Upcoming Trips

March 19, 2026 – “Irish Cabaret with Andy Cooney” at the Hunterdon Hills Playhouse in Hampton, NJ – includes bus transportation, the show, table served entrée, dessert, coffee and tea.

CAN TABS & STAMP COLLECTIONS

The Knights appreciate your dropping your can tabs and stamps at our Council Hall (front or back doors] or **in the box at church.**

Thank you to all of you that continue to support the Ronald McDonald House with your donations of soda, beer cat/dog can lids, etc. The picture shown is our biggest drop-off to them since we began. Well Done!

Stewardship Gratitude

“Then they opened their treasures and offered him gifts of gold, frankincense, and myrrh.” MATTHEW 2:11

The image of the Magi kneeling before the infant Jesus and opening their treasure chests for Him is an image that we should all try to follow each day. In gratitude for all that we have been given, we are called in Stewardship to generously share all our gifts, not just the ones we pick and choose. God wants us to be generous with everything, but especially that one thing that means the most to you.



Catholic Holy Days of Obligation 2026 in the United States:

1. **Thursday, January 1, 2026** – Solemnity of Mary, the Holy Mother of God
2. **Thursday, May 14, 2026** – Solemnity of the Ascension of the Lord
3. **Saturday, August 15, 2026** – Solemnity of the Assumption of the Blessed Virgin Mary (not obligatory since it falls on a Saturday)
4. **Sunday, November 1, 2026** – Solemnity of All Saints
5. **Tuesday, December 8, 2026** – Solemnity of the Immaculate Conception of the Blessed Virgin Mary
6. **Friday, December 25, 2026** – Solemnity of the Nativity of the Lord (Christmas)

Sacristan Training 4.11.25

Saint Charles Borromeo Sicklerville

Saturday April 11, 2026 Cost: \$50 Time: 8:30 am-12:30 pm
Location: Saint Charles Borromeo Parish, Borromeo Hall 176 Stagecoach Road, Sicklerville To register contact the office.

Gloucester Catholic Centennial Jubilee

This year marks Gloucester Catholic's Centennial Jubilee, a milestone that reflects **one hundred years of faith, tradition, and the strong spirit of community** that has shaped generations of Rams. Please join us this spring as we gather to honor our past, celebrate our present, and continue the proud story of Gloucester Catholic.

Tickets: [GCHS100.org](https://gchs100.org)



Once A Ram, Always A Ram!
GCHS Centennial Jubilee
March 22, 2026, 6 PM-10PM
Collingswood Ballroom
Collingswood, NJ

Inquiries: gchscentennial@gchsrams.org

Life-Long Faith Formation

Register for Faith Formation!



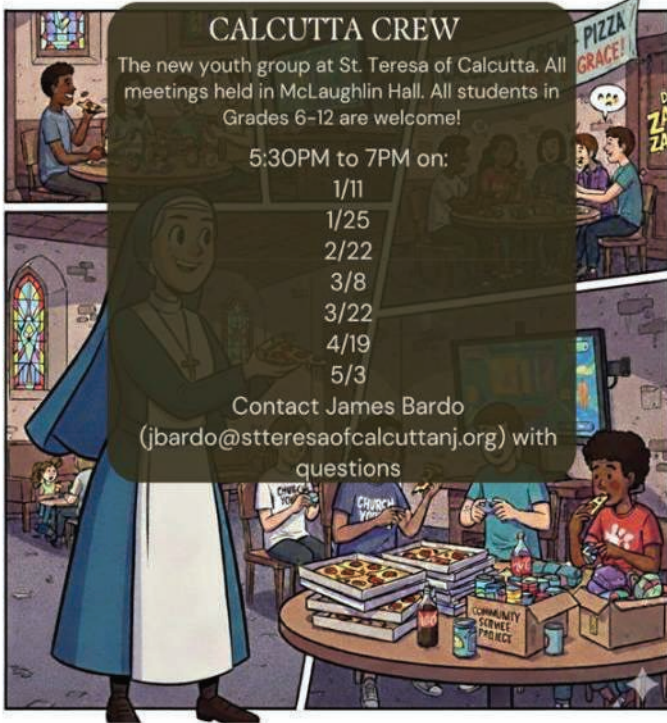
CALCUTTA CREW

The new youth group at St. Teresa of Calcutta. All meetings held in McLaughlin Hall. All students in Grades 6-12 are welcome!

5:30PM to 7PM on:

1/11
1/25
2/22
3/8
3/22
4/19
5/3

Contact James Bardo
(jbardo@stteresaofcalcuttanj.org) with questions



OCIA

**INTERESTED IN BECOMING CATHOLIC?
WANT TO LEARN MORE ABOUT THE
CATHOLIC FAITH?**

**REGISTRATION IS ONGOING. CLASSES
ARE ON SUNDAYS AT 12:15PM IN THE
PARISH OFFICE**

Contact

**Jim Ely at jsely56@gmail.com
or call (856)858-0298**

Coffee & Faith Sharing

Co-led by Deacon Barry Steele & James Bardo



Wednesdays at 10AM in McLaughlin Hall

Join fellow parishioners for a meaningful morning of faith, fellowship, and sharing on the Gospel

All ages are welcome to attend!
No Faith Sharing on the first Wednesdays of the month

Questions? Contact
jbardo@stteresaofcalcuttanj.org

Sandwich Making

Dates:
February 16
March 16

Time and Place: 6:30-7:30PM in the cafeteria

All are invited!

Join us in making sandwiches and placemats!

Please bring:

- Sliced bread (white or wheat)
- Sliced turkey or beef bologna (no pork)
- Cheese



**Patron Saint of Widows
St. Angela
of Foligno**

Feast Day 1/4



OFFICE OF THE MINISTRY WITH THE DEAF AND PERSONS WITH DISABILITIES AND COMMUNITY INFORMATION

Masses of Welcome and Inclusion

Every Sunday The Mass is signed in **American Sign Language (ASL)** for **Deaf Members of the Church** and **voiced for hearing members** of the Church. **11:00AM Mass at Holy Saviour Church**, (St. Teresa of Calcutta Parish), 50 Emerald Avenue, Westmont, NJ (GPS: use Haddon Township).

2nd Weekend of the Month

St. Andrew the Apostle, 27 Kresson-Gibbsboro Road. Gibbsboro, NJ. Mainstream Mass Saturday, 4:30pm Mass
Holy Eucharist Parish 344 Kresson Road, Cherry Hill, NJ Mainstream Mass Sunday (Oct. - Apr.) 9:45AM
For more information, please contact Fr. Hugh Bradley: hugh.bradley@camdendiocese.org.

A List of Catholic New Year Resolutions

If you're looking for some ideas, we've got you covered! Here is FOCUS's ultimate list of Catholic New Year resolutions **to inspire your spiritual journey in 2025:**

1. Join a local Catholic group. Connect with other Catholics through organizations like your city's local young adults group, the Knights of Columbus, or the Legion of Mary.
2. Learn to pray the Liturgy of the Hours using resources like the Divine Office app or the iBreviary app.
3. Commit to attending one Catholic conference or retreat this year – SEEK or Steubenville conferences are a couple of great options!
4. Practice Imaginative Prayer. Also known as "Ignatian Contemplation," explore this form of contemplative prayer to foster a deeper connection with God.
5. Join or start a Catholic book or podcast club and engage in discussions on faith-based literature or podcast episodes.
6. Join a parish Bible study or start your own to study scripture in community. There are also plenty of online ones, so you have no reason not to! Some parishes offer live studies online, and reach out to us to see if FOCUS has one for you!
7. Volunteer as a catechist and teach religious education to children or adults in your parish.
8. Join a Rosary group (or start your own). And join FOCUS once a month to pray with the global FOCUS community.
9. Participate in outreach programs that serve the poor, elderly, or marginalized.
10. Start a family prayer tradition and establish regular prayer times with your family, such as morning prayers or bedtime blessings.
11. Read the Bible in a year using the "Bible in a Year" podcast with Fr. Mike Schmitz.
12. Volunteer at a local soup kitchen or homeless shelter once a month. Try out Catholic Charities
13. Read "The Imitation of Christ" by Thomas à Kempis.
14. Become a FOCUS Missionary or work at our headquarters, if you feel the Lord's call!
15. Join a local Catholic group on Meetup or Eventbrite to connect with like-minded individuals.
16. Learn about a new saint each month and try to emulate their virtues.
17. Memorize one new prayer each month.
18. Commit to fasting one day a month for a special intention.
19. Create a home altar or prayer corner in your living space.
20. Start a Marian Consecration. Use the 33 Days to Morning Glory book by Fr. Michael Gaitley to consecrate yourself to Mary.
21. Host a Catholic movie night. Screen films like "Radiating Joy: The Michelle Duppong Story" or check out our list of recommendations here!
22. Celebrate feast days with special meals by incorporating foods and traditions associated with saints' feast days into your meals.
23. Explore Catholic art and music: Visit museums with religious art collections or attend concerts featuring sacred music.
24. Participate in the First Fridays Devotion.
25. Read one encyclical or apostolic exhortation from a pope this year.

Source: www.focus.org



Caring for Your Mind, Body, & Spirit in the New Year

The new year offers a chance for new beginnings, new habits, etc. New Year's resolutions are tempting and the pressure to make major changes in your life or lifestyle and be strong. A mindful approach to the new year offers individuals the best change to improve their overall health – body, mind, and spirit.

Here are some tips to care for your whole self in the new year:

- **Develop an attitude of gratitude:** • Research has shown that “counting your blessings” can help reduce depression, lower stress, and reduce blood pressure.
- **Commit to an active lifestyle as possible:** • Any increase in physical activity can have a positive impact on heart health, strength, and overall fitness.
- **Make quality sleep a priority:** • Getting sufficient quality and quantity of sleep can help with maintaining a healthy weight, and lower risk factors for health conditions such as heart attack, stroke, and diabetes. It also improves mental clarity and focus.
- **Make a plan to strengthen social relationships:** • Research has shown that having satisfying relationships with friends and family can improve happiness, decrease the risk of health problems, and help you live longer.
- **Look for ways to brighten someone else's life:** • Giving to others is routinely cited as one of the ways individuals can feel most fulfilled. Sometimes referred to as the “Helper's High” – giving to others has been shown to cause the release of feel-good neurotransmitters!
- **Make lifelong learning a habit:** • Learning a new language or craft or to play a musical instrument can result in improved memory. Learning something new is literally a work out for your brain... at any age!
- **Prioritize maintaining your health:** • In the hustle and bustle of the holidays and of every day life it is easy to put off screening care – routine cancer screenings, eye exams, and primary care visits have been associated with better overall health, less complications from chronic disease, and longer life expectancy.

The National Institute of Health offers a toolkit for physical wellness here: <https://www.nih.gov/health-information/physical-wellness-toolkit>

The NIH offers an emotional wellness toolkit here: <https://www.nih.gov/health-information/emotional-wellness-toolkit>

St. Catherine Laboure Parish offers more information about spiritual wellness for Catholics here: <http://bit.ly/4qeXyFA>



Call to Worship



Entrance Hymn: "O Come, All Ye Faithful " Breaking Bread # 102

O COME, ALL YE FAITHFUL

ADESTE FIDELES
Arranged by Tom Booth

Verses



1. O come, all ye faith - ful, joy - ful and tri - um - phant, O
2. Sing, choirs of an - gels, sing in ex - ul - ta - tion,
3. Yea, Lord, we greet thee, born this hap - py morn - ing,
4. Ad - é - ste fi - dé - les, lée - ti tri - um - phán - tes, Ve -



1. come ye, O come ye to Beth - le - hem;
2. Sing, all ye cit - i - zens of heav'n a - bove!
3. Je - sus, to thee be all glo - ry giv'n;
4. ní - te, ve - ní - te in Béth - le - hem.



1. Come and be - hold him, born the King of an - gels;
2. Glo - ry to God, all glo - ry in the high - est;
3. Word of the Fa - ther, now in flesh ap - pear - ing;
4. Na - tum vi - dé - te Re - gem an - ge - ló - rum.

Refrain



O come, let us a - dore him, O come, let us a - dore him, O
Ve - ní - te, a - do - ré - mus, ve - ní - te, a - do - ré - mus, ve -



come, let us a - dore him, Christ, the Lord! } O come, let us a -
ní - te, a - do - ré - mus Dó - mi-num.



dore him! O come, yes come, let us a - dore him!

Text: Irregular with refrain; John F. Wade, ca. 1711–1786; tr. by Frederick Oakeley, 1802–1880, alt.
Music: John F. Wade; arr. © 2013, Spirit & Song, a division of OCP. All rights reserved.

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The Epiphany of the Lord

FIRST READING:

[Isaiah 60:1-6](#)

Rise up in splendor, Jerusalem! Your light has come, the glory of the Lord shines upon you. See, darkness covers the earth, and thick clouds cover the peoples; but upon you the LORD shines, and over you appears his glory. Nations shall walk by your light, and kings by your shining radiance. Raise your eyes and look about; they all gather and come to you: your sons come from afar, and your daughters in the arms of their nurses.

Then you shall be radiant at what you see, your heart shall throb and overflow, for the riches of the sea shall be emptied out before you, the wealth of nations shall be brought to you. Caravans of camels shall fill you, dromedaries from Midian and Ephah; all from Sheba shall come bearing gold and frankincense, and proclaiming the praises of the LORD.

RESPONSORIAL PSALM: Lord, every nation on earth will adore you. [Psalms 72:1-2, 7-8, 10-13.](#)

SECOND READING:

[Ephesians 3:2-3a, 5-6](#)

Brothers and sisters: You have heard of the stewardship of God's grace that was given to me for your benefit, namely, that the mystery was made known to me by revelation. It was not made known to people in other generations as it has now been revealed to his holy apostles and prophets by the Spirit: that the Gentiles are coheirs, members of the same body, and copartners in the promise in Christ Jesus through the gospel.

GOSPEL:

[Matthew 2:1-12](#)

When Jesus was born in Bethlehem of Judea, in the days of King Herod, behold, magi from the east arrived in Jerusalem, saying, "Where is the newborn king of the Jews? We saw his star at its rising and have come to do him homage." When King Herod heard this, he was greatly troubled, and all Jerusalem with him. Assembling all the chief priests and the scribes of the people, He inquired of them where the Christ was to be born. They said to him, "In Bethlehem of Judea, for thus it has been written through the prophet: And you, Bethlehem, land of Judah, are by no means least among the rulers of Judah; since from you shall come a ruler, who is to shepherd my people Israel." Then Herod called the magi secretly and ascertained from them the time of the star's appearance. He sent them to Bethlehem and said, "Go and search diligently for the child. When you have found him, bring me word, that I too may go and do him homage." After their audience with the king they set out. And behold, the star that they had seen at its rising preceded them, until it came and stopped over the place where the child was. They were overjoyed at seeing the star, and on entering the house they saw the child with Mary his mother. They prostrated themselves and did him homage. Then they opened their treasures and offered him gifts of gold, frankincense, and myrrh. And having been warned in a dream not to return to Herod, they departed for their country by another way.

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CREED: I believe in one God, the Father almighty, maker of heaven and earth, of all things visible and invisible. I believe in one Lord Jesus Christ, the Only Begotten Son of God, born of the Father before all ages. God from God, Light from Light, true God from true God, begotten, not made, consubstantial with the Father, through him all things were made. For us men and for our salvation, he came down from heaven. **At the words that follow, up to and including "and became man", all bow.**

And by the Holy Spirit was incarnate of the Virgin Mary, and became man.

For our sake he was crucified under Pontius Pilate, he suffered death and was buried, and rose again on the third day in accordance with the Scriptures. He ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead and his kingdom will have no end. I believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son, who with the Father and the Son is adored and glorified, who has spoken through the prophets. I believe in one, holy, catholic and apostolic Church. I confess one Baptism for the forgiveness of sins and I look forward to the resurrection of the dead and the life of the world to come. Amen.

INFANT HOLY, INFANT LOWLY

W ZLOBIE LEZY

1. In - fant ho - ly, in - fant low - ly, For his bed a
 2. Flocks were sleep - ing, shep - herds keep - ing Vig - il till the
 3. As we jour - ney to the sta - ble Like the wise - men
 4. Wake our spir - its from their slum - ber; Send the dark - ness

1. cat - tle stall; Ox - en low - ing, lit - tle know - ing
 2. morn - ing new. Saw the glo - ry, heard the sto - ry,
 3. long a - go, We are hop - ing to dis - cov - er
 4. on its way. Fill our hearts with joy and won - der

1. Christ the babe is Lord of all. Swift are wing - ing,
 2. Tid - ings of a gos - pel true. Thus re - joic - ing,
 3. What these pil - grims came to know. All are wel - come
 4. On this bless - ed Christ - mas day. Songs of an - gels

1. an - gels sing - ing, No - els ring - ing, tid - ings bring - ing:
 2. free from sor - row, Prais - es voic - ing greet the mor - row:
 3. at this man - ger, King and shep - herd, friend and strang - er.
 4. all a - round us; Grace and bless - ing now sur - round us.

1. Christ the babe is Lord of all.
 2. Christ the babe was born for you.
 3. Christ the babe is Lord of all.
 4. Christ be with us as we go.

Text: 87 87 88 77. Verses 1 and 2, Polish carol; tr. by Edith M. Reed, 1885–1933; verses 3 and 4 © 2004, Daniel L. Schutte. Published by OCP. All rights reserved. Music: Polish carol.



Communion Hymn: "We Three Kings" in Breaking Bread # 117

WE THREE KINGS

KINGS OF ORIENT

Verses



1. We three kings of O - ri - ent are; Bear - ing gifts we
2. Born a King on Beth - le - hem's plain, Gold I bring to
3. Frank - in - cense to of - fer have I: In - cense owns a
4. Myrrh is mine; its bit - ter per - fume Breathes a life of
5. Glo - rious now, be - hold him a - rise, King and God and



1. tra - verse a - far Field and foun - tain, Moor and moun - tain,
2. crown him a - gain; King for - ev - er, Ceas - ing nev - er
3. De - i - ty nigh; Pray'r and prais - ing Glad - ly rais - ing,
4. gath - er - ing gloom; Sor - r'wing, sigh - ing, Bleed - ing, dy - ing,
5. Sac - ri - fice; "Al - le - lu - ia, Al - le - lu - ia!"

Refrain



1. Fol - low - ing yon - der star. O star of won - der,
2. O - ver us all to reign.
3. Wor - ship him God on high.
4. Sealed in the stone - cold tomb.
5. Sounds through the earth and skies.



star of night, Star with roy - al beau - ty bright, West - ward



lead - ing, still pro - ceed - ing, Guide us to the per - fect light.

Text: 88 44 6 with refrain; based on Matthew 2:1-11.

Text and music: *Carols, Hymns and Songs*, 1863; John H. Hopkins Jr., 1820-1891, alt.



GO, TELL IT ON THE MOUNTAIN

GO TELL IT

Refrain



Go, tell it on the moun - tain, O-ver the hills and ev - 'ry -



where; Go, tell it on the moun - tain That Je - sus Christ is born.

Verses



1. While shep-herds kept their watch-ing O'er si - lent flocks by night,
2. The shep-herds feared and trem-bled When high a - bove the earth
3. And lo, when they had heard it, They all bowed down and prayed;
4. Down in a low - ly man - ger The hum - ble Christ was born,



to Refrain

1. Be - hold, through-out the heav-ens There shone a ho - ly light.
2. Rang out the an - gel cho - rus That hailed our Sav - ior's birth.
3. They trav - eled on to - geth - er To where the Babe was laid.
4. And God sent us sal - va - tion That bless - ed Christ-mas morn.

Text: 76 76 with refrain; fr. *American Negro Songs and Spirituals*, 1940; John W. Work, Jr., 1872–1925, alt.
Music: Spiritual.



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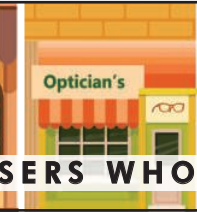
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