

Bulletin for October 13, 2024

Celebrants: Saturday –5:30pm Fr. Steven Henriksen

Sunday– 8:30am Fr. Jerry Eifler & 11:30am TBA



ALL THINGS
ARE POSSIBLE
FOR GOD.

— MARK 10:27 —

TWENTY-EIGHTH SUNDAY IN ORDINARY TIME

©LPi

St. Frances of Rome
Catholic Parish

2119 Payne St.
Louisville, Ky 40206
stfranrome@sflou.org
502-896-8401

Fr. Shayne Duvall: Pastor
Fr. Steven Henriksen: Associate Pastor

Mass Schedule

Monday, Wednesday & Friday-8:30 a.m.
Saturday-5:30 p.m.
Sunday-8:30 a.m. & 11:30 a.m.
Rosary after each weekday Mass



Last weekend, Fr. Shayne’s homily touched on loneliness. Several parishioners have asked for his notes on this, and so this weekend, we are including those in the bulletin.

Tips to Prevent and Overcome Loneliness -By Kendra Cherry, MSEd found on verywellmind.com

Loneliness can be overcome. It does require a conscious effort to make a change. In the long run, making a change can make you happier, healthier, and enable you to impact others around you in a positive way. Here are some ways to prevent loneliness:

- **Consider community service or another activity that you enjoy.** These situations present great opportunities to meet people and cultivate new friendships and social interactions.
- **Expect the best.** Lonely people often expect rejection, so instead, try focusing on positive thoughts and attitudes in your social relationships.
- **Focus on developing quality relationships.** Seek people who share similar attitudes, interests, and values with you.
- **Recognize that loneliness is a sign** that something needs to change. Don't expect things to change overnight, but you can start taking steps that will help relieve your feelings of loneliness and build connections that support your well-being.
- **Understand the effects of loneliness on your life.** There are physical and mental repercussions to loneliness. If you recognize some of these symptoms affecting how you feel, make a conscious effort to combat them.

Join a group or start your own. For example, you might try creating a [Meetup group](#) where people from your area with similar interests can get together. You might also consider taking a class at a community college, joining a book club, or taking an exercise class.

- **Strengthen a current relationship.** Building new connections is important, but improving your existing relationships can also be a great way to combat loneliness. Try calling a friend or family member you have spoken to in a while.

Talk to someone you can trust. Reaching out to someone in your life to talk about what you are feeling is important. This can be someone you know such as a family member, but you might also consider talking to your doctor or a therapist. Online therapy can be a great option because it allows you to contact a therapist whenever it is convenient for you.

Summary

Loneliness can leave people feeling isolated and disconnected from others. It is a complex state of mind that can be caused by life changes, mental health conditions, poor self-esteem, and personality traits. Loneliness can also have serious health consequences including decreased mental wellness and physical problems.

Loneliness can have a serious effect on your health, so it is important to be able to recognize signs that you are feeling lonely. It is also important to remember that being alone isn't the same as being lonely.

If loneliness is affecting your well-being, there are things that you can do that can help you form new connections and find the social support that you need. (<https://www.verywellmind.com/social-support-for-psychological-health-4119970>)

Work on forming new connections and spend some time talking to people in your life. If you're still struggling, consider therapy. Whatever you choose to do, just remember that there are people who can help.

Our Celebrants for October

- 8:30a Monday, Oct 14 -Fr. Steven
- 8:30a Wednesday, Oct 16 –Fr. Steven
- 8:30a Friday, Oct 18 –Fr. Shayne
- 5:30a Saturday, Oct 19 –Fr. Shayne
- 8:30a Sunday, Oct 20 –Fr. Jerry Eifler
- 11:30a Sunday, Oct 20 –TBA
- 8:30a Monday, Oct 21 –Fr. Steven
- 8:30a Wednesday, Oct 23 –Fr. Steven
- 8:30a Friday, Oct 25 –Fr. Shayne
- 5:30p Saturday, Oct 26 –Fr. Steven
- 8:30a Sunday, Oct 27 –Fr. Jerry Eifler
- 11:30a Sunday, Oct 27 –Fr. Ron Knott
- 8:30a Monday, Oct 28 –Fr. Steven
- 8:30a Wednesday, Oct 30 –Fr. Steven

Join Us for Pizza with the Pastors! Saturday, October 19th



You are invited to join Fr. Shayne and Fr. Steven in fellowship and pizza in the Clifton School Reception Hall on Saturday, October 19th, immediately following the 5:30pm Mass. We hope you'll come, and we want to be sure to have enough food for you, so please take a moment this week and either fill out the RSVP that is in the Weekly Newsletter, or call the parish office (896-8401), and leave a message letting us know your name and how many people in your family are coming.

SAVE THE DATE!!!!

On Saturday, October 26, 2024, from 8-12 the Clifton Neighborhood will have its Second Bi-Annual Clifton Community Yard Sale! Here's your chance for a pre-Holiday purge! This event – the “Tricks and Treasures Not So Spooky Yard Sale” –will have a Halloween theme. Participants/vendors are invited to dress up (or not) & pass out treats if they feel so inclined. If you live in Clifton & would like to participate, you may sign up by scanning the QR code below & providing your name & street address. If you don't live in Clifton, or don't have a yard (apartment/condo dwellers) ~ fear not! For a meager \$10 donation, you can reserve a table in the parking lot of St. Leonard Catholic Church on Zorn Avenue to display & sell your stuff! Please email Katie Garbarino at redesquire@gmail.com to reserve a table. St. Leonard will also have free coffee & doughnuts available. Be sure to check the QR code regularly for updates.



Readings for the week of October 13, 2024

Sunday:

Wis 7:7-11/Ps 90:12-13, 14-15, 16-17 (14)/
Heb 4:12-13/Mk 10:17-30 or 10:17-27

Monday:

Gal 4:22-24, 26-27, 31—5:1/Ps 113:1b-2,
3-4, 5a and 6-7/Lk 11:29-32

Tuesday:

Gal 5:1-6/Ps 119:41, 43, 44, 45, 47, 48/
Lk 11:37-41

Wednesday:

Gal 5:18-25/Ps 1:1-2, 3 and 6/Lk 11:42-46

Thursday:

Eph 1:1-10/Ps 98:1, 2-3ab, 3cd-4, 5-6/
Lk 11:47-54

Friday:

2 Tm 4:10-17b/Ps 145:10-11, 12-13, 17-18/
Lk 10:1-9

Saturday:

Eph 1:15-23/Ps 8:2-3ab, 4-5, 6-7/
Lk 12:8-12

Next Sunday:

Is 53:10-11/Ps 33:4-5, 18-19, 20, 22, (22)/
Heb 4:14-16/Mk 10:35-45 or 10:42-45



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Gospel Meditation

Encourage Deeper Understanding of Scripture

This week we hear of the man who inquires of Jesus how to obtain eternal life. He rejects Jesus' invitation to sell his goods, give to the poor, and follow Jesus. Mark tells us this devastatingly sad line, **“At this saying, his countenance fell and he went away sorrowful; for he had great possessions”** (Mark 10:22). The man's heart wasn't centered on Jesus, but on his possessions. Perhaps Jesus intuited this. Now, we don't know if Jesus intended to actually make him go through with it, like God's call to test Abraham's willingness to sacrifice Isaac. But sadly, in this case the willingness was not there to entrust everything to Jesus. And this made the man deeply sad.

For most of us, the literal dispossessing of our goods is not our call. But as Christians, a consistent *renouncing* of them is. This week, especially if you're noticing a persisting sadness, I invite you to hear Jesus calling you to acknowledge that none of your possessions are finally *yours*. They are God's and on loan to you. We get so addicted to that stuffy and sad word, “mine.” At Mass, we rehearse this attitude of joyful detachment by giving bread, wine, and money to the Lord, as if to say, “Lord, all I have is yours.” And what we get back is a sadness-defeating joy beyond all description: knowing that He is ours, and we are His.

What possessions are pre-occupying you at the moment? Write them down. Intentionally offer them to the Lord at the next Mass you attend.

— *Father John Muir*

The October 3rd edition of *The Record* featured an article (below) on Our Lady of the Rosary, who's feast day was October 7. This article shared artwork from several students throughout our Archdiocese, and parishioner John Bawa was one of the students, who's artwork was featured. Outstanding talent, John! You make your parish proud.

On Oct. 7, we celebrate the feast of Our Lady of the Rosary. On this day, we remember that Mary can help us with our difficulties, big or small.

About 400 years ago, the pope told an army to pray the rosary so that they would win a battle, and then they won, so the pope made this feast day to remember that Mary's rosary helped them!

The rosary is a prayer that even children can pray. You just need to know the Hail Mary and the Our Father, or ask your parents for a copy of the prayers.

The rosary is one of the best ways to talk to Jesus' mom. During the month of October, we are encouraged to pray the rosary every day, or as often as we can. You can pray the rosary in the car, after dinner with your family, or anytime.

One fun way to celebrate the feast of Our Lady of the Rosary involves a snack!

With help from your parents, create an "edible rosary" by laying out milk chocolate chips for every Hail Mary and white chocolate chips for every Our Father. Then, you can eat your chocolate as you pray each prayer. You can do the same thing with two different types of cereal, such as Cheerios and Fruit Loops.

If your family doesn't know how to pray the rosary, ask a parent to find a follow-along video of the rosary on the internet.



John Bawa, a sixth grader at Newburg Middle School and parishioner of St. Frances of Rome Church, shared his depiction of Our Lady of the Rosary.

Adult Faith Formation –The Diary of Jesus Christ begins October 29/30

While obviously not really the diary of Jesus Christ, this text places us inside Jesus's consciousness, where the spirit of discovery, surprise, learning, doubt, and growth is in sharp contrast to the canonical gospels where Jesus seems self-assured and predestined to fulfill his role. It is a bold attempt to understand the person whom more than two billion people claim as their savior. Sessions will be held on Tuesdays and Wednesdays at 10:30am at St. Frances of Rome, and on Wednesdays at 6pm at St Leonard on the following dates: **October 29/30, November 5/6, November 12/13, and November 19/20.** Books will be available soon.

St. Frances of Rome invites you to a Prayer Service for the Commemoration of All of the Faithful Departed.

Saturday, November 2, 2024 at 10:00AM

Please join us as we fondly remember and pray for all of our beloved parishioners who have died.

At the end of Mass you are invited to take home a candle representing your deceased loved one.

St. Frances of Rome
3RD ANNUAL
Friendsgiving

21 NOVEMBER

Doors open at 5:30pm
Meal begins at 6pm

Your donations (free will offering or
food pantry items) will benefit
United Crescent Hill Ministries

Holy Trinity Clifton Campus
Reception Hall

RSVP by Friday, November 15
(502) 896-8401

St. Frances of Rome Catholic Church

<https://saintfrancesofrome.org/>

To reach a staff member at St. Frances of Rome, you may call the parish office directly at (502) 896-8401 and leave a voicemail. For a sacramental emergency, please call our hotline at (502) 899-9687. You may also reach us via email by using our first initial and last name:
 Rev. Fr. Shayne Duvall = sduvall@htparish.org.



Phone List

- Parish Office 502-896-8401
- Our Emergency Line 502-899-9687 (For those in need of Anointing of the Sick, or Last Rites)
- Rev. Fr. Shayne Duvall, Pastor 502-897-5207 X1100
- Rev. Fr. Steven Henriksen, Assoc. Pastor 502-897-5207X1102
- Bruce Hines, Business Manager 502-897-5207 X1103
- Steve King, Director of Facilities and Operations 502-896-8401 SFR/ or 502-897-5207 X1120 HT
- Sharon Bidwell, Director of Faith Formation & Pastoral Outreach 502-896-8401
- Elizabeth Jackson, Director of Sacred Music & Liturgy 502-897-5207 X1107
- Allison Deaton, Accounting Specialist 502-897-5207 X1116
- Jill Greer, Finance Admin. Assistant 502-897-5207 X1109
- Betty-Jean Cobb, Dir. Stewardship & Engagement 502-897-5207 X1100

St. Frances of Rome Parish Council

Rev. Fr. Shayne Duvall, Pastor

Mary Masick –Chair

Dutch Boehnlein –Finance Chair

- Jane Wehner
- Shannon Burns
- Bill Johnston
- Therese Bawa
- Greg Brotzge
- Mary Keyer
- Sr. Agnes Coveney

The St. Frances Parish Council meets on a monthly basis. Since September, the Council has discussed ways to improve communication with parishioners and others interested in joining our community. The Council is also working on a “Strengths, Weaknesses, Opportunities and Threats (SWOT)” to chart future directions.

If you have thoughts or comments to share, please email them to either Mary Masick, Council Chair, Maryschneider@bellsouth.net or Father Shayne sduvall@htparish.org

Collection 10/06/2024 \$3,680

Loose Collections \$436

Online giving \$850

Amount Needed Weekly: \$7,481

YTD vs Budget: \$16,850 Behind

Text Donations

You can now donate to our parish using text messaging! You can use the following phone number to make a donation. Just text **"Give"** to 502-743-4434. It's super easy, and much appreciated.

Mass Intentions for the Week and 2024 Prayer List

Saturday, October 12

5:30PM Judy Wayne †

Sunday, October 13

8:30AM Mary Benoit †

11:30AM Honaker Family

Monday, October 14

8:30AM Walt Gahm †

Wednesday, October 16

8:30AM Bob Despain †

Friday, October 18

8:30AM John Clark

Saturday, October 19

5:30PM John Masick †

Sunday, October 20

8:30AM Arnold Brown †

11:30AM People of the Parish

Rita Batchelor
Kirk Bergman
Ann Burton
Jerry Clayton
Patricia Elliott
Mary Elmore
Katie Evers
Judy Theobald Fitzhugh
Allie & Masey Goatley
Michelle Hagan
Pat Haunz
Jim Hausman
Robert Hausman
Betsy Hilinski
Erin Hohman
Joseph Hohmann
Rita Hohmann
Janet Kessler
Kathy Leonard
Ana Lucia Lister & Family
Alphonse Lukau
Reece McCrae
Joyce McKiernan
Anne McMahan
Ann Mary Mehling
Joyce Mitchell
Don Mirka
Toni Mullins
Freda Nicholson
Kim Osborne
Nancy Ostertag
Annie Pendleton
Susan Rappa
Raleigh Ridge
Family of Mary Adele Rowan
Lisa Runyon
Ed Schoenbaechler
Jeff Schulz
Norman Scott

Garland Sharpe
Kameron Sutton
Linda Waddell
Diane West
Gerard White (son)
John Elvis Williams
Leora Williams
Jack Woodward
Arthur Woolery
Mary Wright