

Saint George Parish Community

Under the Guidance of the Holy Spirit

22 E. Cooke Avenue, Glenolden, PA 19036 - 610-237-1633 - www.stgeorgeparish.org

The Epiphany of the Lord January 6, 2019



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. ~ Matthew 2: 1-12

Contact Us!

New Parishioners

We are pleased to welcome new members to our Parish Community. Please call the Rectory Office at 610-237-1633 to make an appointment to register and to learn more about our parish, or visit www.stgeorgeparish.org. *Note: Students must be registered in the Parish before registering in the Parish Religious Education Program.*

Sacrament of Baptism

The Sacrament of Baptism is celebrated on the *second Sunday of the month at 11:00 AM*. Parents seeking baptism for their child are asked to please call the rectory. Pre-Jordan is required for parents with a first-born child or parents with additional children who have not attended within a two-year period. Pre-registration is required for Pre-Jordan and Baptism. Please contact Mrs. Lynda Batten at the Rectory Office for more information.

Sacrament of Matrimony

Couples planning a wedding are asked to call Father Oswald at the Rectory Office at least one year in advance of the wedding date. Couples are required to attend the Archdiocesan Marriage and Family Life Preparation Program.

Sick or Homebound

In case of serious illness or advanced age, please call the Rectory Office. Arrangements will be made for the Sacrament of the Sick and for Holy Communion. If you are going into the hospital and you would like to receive the Sacrament of the Sick, please call the Rectory. Also, when you are hospitalized, please contact the hospital Chaplain and the Rectory Office.

Tree of Life Memorial

If you would like to have a leaf or a boulder permanently inscribed in memory of a loved one on the Tree of Life, which is located in the vestibule at the main entrance of the church, please contact Mrs. Mary Ann Zeller at 610-237-1633.

Vigil Candles

Vigil Candles, which are located in front of the Blessed Mother and St. Joseph statues in the front of the church, are available for your intentions. Small candles are \$2 and will burn for two days. These can be purchased by placing your donation in an envelope and dropping it in the slot provided by the candles. Large candles are \$100 and will burn for an entire year. Large candles can be purchased by contacting Mrs. Mary Ann Zeller at 610-237-1633. A gold label with your loved ones name will be placed on the candle and it will remain there throughout the year.

Godparents

Only one godparent is required for Baptism. If two are chosen, one must be male and one must be female. A godparent must be a fully initiated Roman Catholic (Baptized, Confirmed and receiving the Eucharist), at least 16 years of age, if married, must be married in the Church, and in good standing with the Church. A baptized non-Catholic Christian may be chosen as a "Christian Witness" provided there is one Catholic godparent. A former Catholic may not serve as either a godparent or Christian witness.

Bulletin Articles

Announcements for our Parish Bulletin can be emailed, written or faxed to the Rectory Office. All articles must be approved by the pastor. Articles must be received no later than *Monday mornings at 9:00 AM* for publication the following Sunday.

R.C.I.A.

If you or someone you know is interested in learning more about the Catholic faith, or if you were baptized Catholic but did not complete your sacraments, please contact Sr. Lorraine Muglie, SSJ at the Rectory Office at 610-237-1633 to learn more about our Rite of Christian Initiation for Adults Program.

Mass Cards

Mass cards are available at the Rectory Office. If you would like to have a Mass celebrated in memory of a deceased loved one, or for special intentions, please come to the Rectory Office *Monday to Friday, 9:00 AM to 5:00 PM*. Standard cards are available for a \$10 stipend and booklets are available for a \$20 stipend.

Food Pantry

Our Parish Food Pantry is available for parishioners and friends who are in need of a meal but cannot provide one for themselves. If you or a friend needs temporary food assistance, please contact Mrs. Lynda Batten at 610-237-1633. All calls are confidential. Donations of non-perishable food items, in addition to turkeys and hams during the holidays, are always welcome. Gift cards are also welcome.

Adoration of the Blessed Sacrament

Perpetual Eucharistic Adoration is held in the Chapel *every Friday from 2:00 PM until the 4:00 PM* unless otherwise announced. Please plan on spending some time with Jesus.

Quote of the Week

"One can never have enough socks," said Dumbledore. "Another Christmas has come and gone and I didn't get a single pair. People will insist on giving me books."

— J.K. Rowling, Harry Potter and the Sorcerer's Stone

Parish Staff

Rev. Leo P. Oswald, Pastor

Rev. Martin E. Woodeshick, Pastor Emeritus - Holy Spirit
Rev. Ignatius Marneni, Parochial Vicar (Retired in Residence)
Rev. James McCartney, O.S.A., Weekend Assistant

Mrs. Lynda Batten, Parish, Secretary, Ext. 101
Mrs. Pat Dinan, Receptionist, Ext. 113 (Wednesdays)
Mrs. Marie Dunleavy, Receptionist, Ext. 113 (M&F)
Mrs. Chris Guidetti, Youth Minister, Ext. 125
Mrs. Kathleen Lerro, Director of Music, Ext. 101

Mr. Patrick McCullough, Maintenance, Ext. 104
Sister Lorraine Muglie, SSJ, Dir. of Adult Faith, Ext. 103
Mr. Al Zeller, Bingo - 610-532-8271
Mrs. Mary Ann Zeller, Business Manager, Ext. 104

Parish Information

Rectory Hours:

Monday to Thurs. 9:00 AM - 5:00 PM
 Friday 9:00 AM to 4:00 PM
 Summer Hours: 9AM-4PM Mon-Fri
 Saturday 9:00 AM to 3:00 PM
 Sunday 9:00 AM - 12:00 PM
Phone Number: 610-237-1633
Fax Number: 610-237-9626
Email: st.georgesec@rcn.com
Receptionist: Mrs. Marie Dunleavy
 Mrs. Patricia Dinan
Secretary: Mrs. Lynda J. Batten
Parish Business Manager:
 Mrs. Mary Ann Zeller

Convent

11 E. Lamont Avenue
 Glenolden, PA 19036
Phone Number: 610-237-1633

Office of Religious Education

Director of Adult Faith Formation
 Sr. Lorraine Muglie, SSJ
Phone Number: 610-237-1633
Fax Number: 610-237-9626

PREP Coordinator

Phone number: 484-425-7390

Bereavement Ministry

Mrs. Mimi Ednie

Bingo Program

Mr. Al Zeller

Pinochle League

Mr. Al Zeller

Legion of Mary

Mrs. Theresa Murray

Ministry Outreach Program

Mrs. Lynda Batten

Choir Director and Music Ministry

Mrs. Kathleen Lerro

R.C.I.A.

Sister Lorraine Muglie, SSJ

Youth Group

Mrs. Christine Guidetti

Join us on Twitter!



Rite of Reconciliation

3:30 PM - 4:15 PM Saturday afternoons

Care of the Sick

Please contact the Rectory Office in the event of sickness or hospitalization.

Rite of Christian Initiation for Adults

Thursday 6:30 PM - Sept. to Easter

Baptism

Second Sunday of the month at 11:00 AM

Please call the Rectory Office for an appointment to schedule a Baptism and Baptism Preparation (Pre-Jordan)



Devotions

Adoration of the Blessed Sacrament - Fridays 2:00 PM to 4:00 PM
Miraculous Medal Devotion - Following the 8:00 AM Mass on Saturdays
Holy Rosary and Divine Mercy Chaplet - Thursdays 7:00 PM

Daily Readings & Mass Intentions

Sunday, January 6: Isaiah 60: 1-6; Ephesians 3: 2-3a, 5-6; Matthew 2: 1-12; The Epiphany of the Lord

8:00 AM Mary Nolan

Requested by: Family

10:00 AM Carol Specht and Joseph Egan

Requested by: Halstead and Casey Families

Monday, January 7: 1 John 3: 22-4:6; Matthew 4: 12-17, 23-25

4:00 PM John Cunningham, III

Requested by: Bill Battagliese

Tuesday, January 8: 1 John 4: 7-10; Mark 6: 34-44

8:00 AM Rev. George Boyle, Pastor Holy Spirit

Requested by: St. George Parish

Wednesday, January 9: 1 John 4: 11-18; Mark 6: 45-52

4:00 PM Julia R. McGlinn

Requested by: Julia McGlinn

Thursday, January 10: 1 John 4: 19-5:4; Luke 4: 14-22a

8:00 AM Rev. George Boyle

Requested by: Julia McGlinn

Friday, January 11: 1 John 5: 5-13; Luke 5: 12-16

4:00 PM Jack Lister

Requested by: The Halstead Family

Saturday, January 12: 1 John 5: 14-21; John 3: 22-30

8:00 AM Howard Reid

Requested by: Guy and Maryann Arco

4:30 PM Alfred Rowan and Pro Populo

Requested by: Pat Dinan

Sunday, January 13: Isaiah 40: 1-5, 9-11; Titus 2: 11-14; 3:4-7; Luke 3: 15-16k, 21-22 - The Baptism of the Lord

8:00 AM Jeannette DiEnna

Requested by: Al and Betty Fanelli

10:00 AM John David and Pro Populo

Requested by: Fister Family

Daily Mass

4:00 PM Mon-Wed-Fri

8:00 AM Tue-Thu-Sat

Weekend Mass

4:30 PM Saturday

8:00 AM and 10:00 AM Sunday

Holy Days - As Announced

Holidays - 9:00 AM

Mass Counts and Contributions

Due to the holiday schedule, this week's issue of the Parish Bulletin was printed in advance. Mass counts and contribution totals can be obtained by contacting the Rectory Office.

Please remember that we count on you, our parishioners and friends, to help support our parish so that we can bring you Mass, sacraments, and various programs throughout the year. Your generosity is always much appreciated. Thank you.

www.HeedTheCall.org

Parish and Gospel Reflection

Mass Intentions

The Mass book for 2020 has opened. If you would like a Mass said for a loved one, we have openings for *October thru December 2019 or January 2020*. All other Mass times have been reserved. Please contact the Rectory Office for details.

Gospel Reflection

"Theophany" is a Greek word (*Theos* - God; *phaneia* - manifestation) which means "manifestation of God." Epiphany, a closely related Greek word (*epi* - above; *phaneia* - manifestation) means "manifestation from above." The root meaning of both words is *manifestation*. In the Orthodox Church the Feast of Theophany commemorates the Baptism of the Lord Jesus at the River Jordan and the manifestation of the Trinity (Father, Son, and Holy Spirit) after his baptism. In the churches of the West, the Feast of Epiphany is understood as the feast of the revelation of Jesus Christ to the Magi who represent the Gentiles. Christ was revealed to the nations at his birth. The manifestation of the light of Christ and his glory to the Magi was the culmination of the Feast of the Nativity. The Christmas and Epiphany season commemorates all the events of the incarnation of the Lord Jesus Christ (his nativity, circumcision and naming on the 8th day, his presentation in the temple, baptism at the River Jordan, and his first public sign - changing water into wine which "manifested his glory" at the wedding feast at Cana).

The traditional date for the feast of Epiphany (Theophany) is January 6. Eastern Churches which use the Julian Calendar observe the Epiphany/ Theophany feast on January 19.

In the Eastern churches, especially among the Orthodox, the Feast of Theophany is the great feast second only to Easter. There are four key manifestations of God's glory in Christ which are celebrated in this feast: (1) Jesus' baptism at the River Jordan where he is revealed in glory with the Father and Holy Spirit. (2) When the "Word became flesh" (the nativity of Jesus Christ) "we beheld his glory, glory as of the only Son from the Father" (John 1:14). (3) The shining forth of a star which guided the magi from the East to journey to Bethlehem where the glory of the newborn Messiah King was revealed to them (Matthew 2:1-12, Numbers 24:17, Is.60). (4) Jesus' first public miracle when he "manifested his glory" (John 2:11) by changing water into wine at the wedding feast at Cana.

The Wonder of Christ

by Origen (185-254 AD)

Of all the marvelous and splendid things about the Son of God there is one that utterly transcends the limits of human wonder and is beyond the capacity of our weak mortal intelligence to think of or understand, namely

- How this mighty power of the divine majesty, the very Word of the Father, and the very Wisdom of God, in which were created "all things visible and invisible,"
- can be believed to have existed within the compass of that man who appeared in Judea.
- Yes, and how the wisdom of God can have entered into a woman's womb and been born as a child and uttered noises like those of crying children
- And further, how it was that he was troubled, as we are told, in the hour of death, as he himself confesses when he says, "My soul is sorrowful even unto death"
- And how at the last he was led to that death which is considered by men to be the most shameful of all, even though on the third day he rose again.

When, therefore, we see in him some things so human that they appear in no way to differ from the common frailty of mortals, and some things so divine that they are appropriate to nothing else but the ...nature of deity, the human understanding with its narrow limits is baffled, and struck with amazement at so mighty a wonder knows not which way to turn, what to hold to, or whither to betake itself.

If it thinks of God, it sees a man; if it thinks of a man, it beholds one returning from the dead with spoils after vanquishing the kingdom of death.

For this reason we must pursue our contemplation with all fear and reverence, as we seek to prove how the reality of each nature exists in one and the same person, in such a way that nothing unworthy or unfitting may be thought to reside in that divine and ineffable existence, nor on the other hand may the events of his life be supposed to be the illusions caused by deceptive fantasies.

But to utter these things in human ears and to explain them by words far exceeds the powers we possess either in our mortal worth or in mind and speech. I think indeed that it transcends the capacity even of the holy apostles; nay more, perhaps the explanation of this mystery lies beyond the reach of the whole creation of heavenly things. [excerpted from *Against Heresies*, 4,25]

Intellectual Disabilities and Autism Help-Line

484-472-041

or email IDDhelp@chs-adphila.org.

The Communities of Don Guanella and Divine Providence

Details about day programs, community living, in-home support, respite care, & more
Learn more about St. Edmond's Home for Children, Divine Providence Village, Cardinal Krol Homes, & Don Guanella Homes. Call 484-472-5091 or visit www.dgvdpv.org.

Parish and Local



Happy Birthday

We wish everyone who is celebrating a birthday this week a happy and healthy year ahead: Angela Bair, Amanda Buck, Chales Figazzotto, Allison Finnegan, Michaela Henderson, Daniel McCrossen, Kathy Shirtly, Alvin -Tri Cao, Jeffrey Fail, Bridget Gallagher, Kidist Gossa, Michael Lawson,

Lucila Mangabat, Mary Markey, Patricia O'Donnell, William Stepelevich, Ashley DeSanto, Kevin Lee, Shawn Payne, Michael Danko, Jane Lloyd, Arianna Prettyman, Robert Bostedo, Jr, Sara Dzugan, Ryan Frampton, Joseph Goeckerman, David Tillman, Jr, Margaret Robin, America Giordano, Anthony Pepe, Samuel Auman, Margaret Contrisciani, Bernard Dougherty, Sheri Gaal, Domenis Hoehing, Tiffany Kay and Natalie Willard.

Happy Birthday, one and all!

Volunteer Needed

If you can offer a few hours to help us clean out our Parish Food Cupboard, please contact Mrs. Lynda Batten at the Rectory Office. Every so often we must remove expired items, restock items that are still good, and make room for newer items. We need to do this in January. Any help you can offer will be greatly appreciated. Thank you.

Lay Ministers

If you are currently serving as a Lay Minister (Reader or Extraordinary Minister) but you are not able to meet the needs of the quarterly schedule, please contact Mrs. Lynda Batten at the Rectory Office. Please call before the current schedule ends, which is **April 30, 2019**. Thank you for your cooperation.

Hope in Christ

Spiritual Support for Addictions

"I will heal my people and will let them enjoy abundant peace and security." ~Jeremiah 33:6

Seeking solace and spiritual support in the journey towards recovery? Many locals parishes are offering ways to experience Christ's extended hand of love and mercy in your time of need. Find Catholic resources for addiction for you or a loved one at www.archphila.org/hope.

Catholic Resources: Articles, Videos, and Websites	Ongoing Spiritual Support	Events: Talks, Retreats, and Prayer
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In 1965, an accident confined Bill Atkinson to a wheel chair. Tragedy gave way to an incredible journey. He touched countless lives and become the first quadriplegic priest in the 2000 year history of the Catholic Church. Help us tell the world about this Augustinian Friar's life in The Father Bill Atkinson, O.S.A. story. Visit www.fatherbillatkinson.com for details.

Prayer for Our Sick

Lillian Berlinger, Judy Billie, Theresa Carberry, Donald Celia, Rose M. Celia, Jason Coviello, Stacy Cuba, Ellie Cywinski, Louis Cywinski, Lisa Daniel, Kay Davies, Catherine DeMora, Rachael Dinan, Ricky Dinan, Steven Dolores, Peg Donahue, Ed Enderle, Ethel Engel, Eugene Fagan, Ken Fetters, Lew Foster, Rita Frey, Linda Gans, Sarah Renee Gonzolez, Barbara Grosso, Peggy Harrigan, Cass Hart, Marie Howlett, Cynthia Horton, Lolita Johnson, Doris Kerker, Aurelie Knkyo, Joan Layden, Mildred Leinhauser, Karen Lemba, Elizabeth Leonard, Patricia Lerro, Joe Loftus, Margie Loftus, Harry Malatesta, Maureen Maley, Rosemarie Mazzio, John McCann, Pat McCann, Patrick McCann, Jr, Peg McCann, Ed McCullough, Pat McCullough, Martha McDonald, John Meehan, Bernice Metger, Kelly Mitchell, Joseph Morgan, Dolly Mount, Sister Lorraine Muglie, SSJ, Matthew Nadakhysical, Ivar Nyhus, Michael O'Neill, Diane Peterson, Hal Pfaff, Madeline Pfaff, Marija Pilny, Janet Plasha, Maria Prince, Dawn Rockwell, Robert Sadwick, Dorothy Schaub, Thomas Schoettle, Al Scirrotto, Eileen Smolenak, Elaine Spielman, Edward Springfield, Jane Sullivan, Steve Towey, Paul Trumbetas, Carmella Young and Yvonne Zucco.

Pray for Our Beloved Deceased

As we pray for our own families and friends, we ask you to please remember all of our beloved deceased. May all our faithful departed rest in peace.

Adoration of the Blessed Sacrament

Spend some time in quiet prayer with Jesus on **Fridays** in St. George Chapel anytime between the hours of **2:00 PM to 4:00 PM**. Please take some time out of your busy holiday schedule and spend it with Jesus in quiet prayer & reflection. He awaits you!!



Choir practice is held each **Tuesday evening from 7:00 PM to 8:30 PM** in the church. New members are always welcome. Please consider joining us. Singing is another form of prayer!!! All are welcome.

HOME

Housing, Opportunities, Medical, Education

The mission of the Project HOME community is to empower adults, children, and families to break the cycle of homelessness and poverty, to alleviate the underlying cause of poverty, and to enable all of us to attain our fullest potential as individuals and as members of the broader society. For more information, please visit www.projecthome.org.

Dominican Sisters of Hawthorne

Caring for the poor afflicted with incurable cancer in our free homes since 1900. Consider a Vocation Discernment Weekend on **March 8-10, 2019** in Hawthorne, New York to learn more about a vocation for women ages 19-45. Dare to love, Dare to serve. Visit www.hawthorne-dominicans.org for more details about their good works.

Parish, School News and Local

~Office of Religious Education~

Classes will resume this **Monday, January 7, 2019 at 4:45 PM and 6:45 PM**. We wish all of our students and their families a Happy and Blessed New Year!

We have a busy six months ahead beginning with Family Bingo on **January 25th and ending with Confirmation on June 8th**. First Penance will be celebrated on **Saturday, February 9, 2019 at 1:00 PM** in the church. In the event of snow, please check the website at www.stgeorgeparish.org for cancellation announcements. The snow date will be **Saturday, February 16, at 1:00 PM**. Students are reminded to pray their Act of Contrition and to practice the Rite for the Sacrament of Penance.

Please pray for all these students as they prepare to receive this sacrament and as they work towards their First Holy Communion in May.

Confirmation will be celebrated at St. George Parish on **June 8, 2019 at the 4:30 PM**. We will be honored to welcome Bishop Edward Deliman to the St. George Parish Community, who will be our main celebrant.

Students are reminded that paperwork for Confirmation should be in the process of completion. Saints projects, sponsor forms, student information sheets, and confirmation name forms are to be completed and submitted to the Rectory Office as soon as possible. Sacraments fees and the form for your child's height are due by **February 1, 2019** so that Confirmation robes can be ordered. The Confirmation Retreat Day is being held on **Saturday, March 23, 2019 (Note date change from May)** at Monsignor Bonner High School from **12:00 PM to 5:00 PM**. Confirmation Sponsor and Candidate Practice will be held in the church on **Sunday, June 2, at 11:00 AM**.

Registration for the 2019-2020 PREP year is due by **April 1st**. More details will soon follow. If you have any questions, please contact Mrs. Batten at the Rectory Office at 610-237-1633.

Adult Ceramics at St. George

Ceramics continue in the Convent Youth Center on **Tuesday and Thursday afternoons from 1:00 PM to 3:00 PM**. This is a free program. Come and pick out a ceramic piece, paint and finish it for yourself or a friend. Join the fun and meet new parishioners. All are welcome and sign-up is not necessary.



Family Bingo

Our annual Family Bingo will be held on **Friday evening, January 25, at 7:00 PM**. The doors will open at **6:00 PM**. This is a fun night out for families of all sizes.

If you receive a gift for Christmas you can not use, or if you see something nice for a reasonable price you would like to purchase and donate to Family Bingo, please bring your donation to the Rectory Office at any time during business hours. Thank you for remembering us! **This is one event you don't want to miss.**



School News

Our Lady of Angels

In case of inclement weather, please listen to KYW 1060 radio station for our school number, 545. Our OPTION C Communication System will also notify you by telephone and email. Thank you.

Calendar Update

School is closed on **Monday, January 24, 2019** in celebration of Dr. Martin Luther King, Jr. Day.

Progress Reports

Progress Reports for students in grades 1-8 will be available for viewing on the Option C website on **Friday, January 25, 2019**.

Catholic School's Week - Open House

Catholic School's Week will take place from **Sunday, January 27 to Friday, February 1, 2019**. We will have an Open House on **Sunday from 12:30 PM to 2:30 PM** at Cardinal O'Hara High School. Many activities are being finalized. More information will be available on our school website. Please join us for this exciting time of celebration!

There are many fundraising initiatives taking place in the next few weeks. Please log onto our website at www.ourladyofangelsmorton.org and Facebook if you are interested in participating.

~All God's Blessings, Mrs. Lowe, School Principal

Cardinal O'Hara High School

2019 fashion Show

February 17, 2019 at the Drexelbrook

For details, email cohfsfashionshow2019@gmail.com.

Celebrating 55 years of Pride, Excellence and Tradition!

11-Day Oberammergau Passion Play

Danube River Cruise - July 7, 2020 to July 17, 2020

Take your Faith on a journey to Oberammergau with a Danube River Cruise on this 11-day experience with Father Jack Harper. Your included destinations while on this journey are: Budapest, Hungary, Bratislava, Vienna, Durnstein (Melk Abbey), Linz, Passau, Regensburg, Oberammergau and the World-Renowned Passion Play (which only takes place every 10 years). Deposits of \$500 per person will reserve your space, which is very limited. Call Eileen at 1-860-399-1785 or email Eileen@CatholicCruisesandTours.com for details.

Cathedral Ambassadors

The Cathedral Basilica of Saints Peter and Paul conducts and evangelization ministry with the Cathedral Ambassadors. This enthusiastic group of trained Ambassadors staffs the Basilica every day of the week and is comprised of volunteers from all over the Archdiocese. They answer questions and offer assistance to all who come to the Cathedral Basilica. Cathedral Ambassadors provide a personal presence in the Basilica and most importantly they put a face on the Church. Cathedral Ambassadors are assigned 4 hour shifts. The schedule is flexible with assignments of one day or more a month. Training and materials are provided to support this evangelization ministry. For more information on how to become a Cathedral Ambassador, please contact Martha Ortiz at cathedral.ambassadors@gmail.com & visit www.cathedralphila.org.

Articles of Interest and Local

For Your Health

Nourishment and Education for the Community

Start the New Year off right! Let's get healthy!

At Lankenau Medical Center part of Main Line Health, we recognize the connection between nutrition and health and wellness. In collaboration with Greener Partners, we have taken the progressive step of planting and maintaining a year-round half-acre organic farm. With the Delema G. Deaver Wellness Farm, our goal is to harness the power of locally grown food to strengthen our community's healthy. The Wellness Farm features more than two dozen gardens, a greenhouse, educational areas and tasting stations.

The farm has sown the seeds for better community health in its first year.

- Nourishing the community. To date, the Wellness Farm has provided more than 9,700 pounds of organically grown food to over 2,500 hospital patients and neighborhood residents at no cost.
- Mentoring patients. The Wellness Farm has co-taught more than 30 nutrition classes with hospital dietitians and has educated patients with congestive heart failure.
- Education our youth. The farm has held 31 farm-based youth education classes for more than 900 students.
- Surprising and delighting. The Wellness Farm regularly delivers fresh bouquets of flowers to hospital patients.

The Deaver Wellness Farm offers a variety of education programs for school-aged children. Kids connect with the source of healthy food and learn the science behind agriculture. For details, call 484-476-3434 or visit mainlinehealth.org/wellnessfarm.



Visiting Angels

As our loved ones age, they may need assistance with their daily activities. Visiting Angels provides such assistance: meal preparation, personal hygiene, light housekeeping, laundry, errands, shopping, doctor appointments and companionship. We provide hourly care, up to 24 hours, and also live-in care. The client may personally select his or her caregiver. We employ experienced caregivers, many of whom have been with us for five plus years, who meet our strict criteria and perform tasks tailored to the clients' needs. Our Havertown agency was established in 1998 and has been providing non-medical home care for seniors for twenty years in Delaware County, the Main Line, and Montgomery and Philadelphia counties. Visiting Angels is a licensed agency that provides assistance with companion care, Alzheimer's, Parkinson's disease, dementia, stroke, cancer, and end of life care, along with palliative care. Our caregivers have been thoroughly screened with criminal background checks statewide and nationwide. If you would like more information about our organization, please visit www.visitingangels.com/havertown or email cglynn@visitingangels.com.

St. Mary's Franciscan Shelter for Homeless Families

St. Mary's Shelter 610-933-3097

www.stmarysfs.org

Email SMFS@stmarysfs.org

St. Mary's is dependent on our amazing volunteers. We are in need of a person to help us with small jobs around the shelter. If you are a handyman or handywoman or an individual with computer skills and wish to help, don't hesitate to contact us. Thank you!

Senior Club Casino Trip

The Pioneers Senior Club is sponsoring a trip to the Tropicana Casino in Atlantic City on **Monday, January 28, 2019**. The bus departs from St. Kevin's parking lot in Springfield to see "Your Old-Time Favorites - Greatest hits from the 50's, 60's and 70's". The cost is only \$49 per person and you receive \$25 in slot dollars. For information and reservations, please call Nancy at 610-212-7580, Elaine at 610-534-2820, or Gerry at 610-532-4545.

Marriage Preparation



Marriage Preparation Sessions for the engaged are now being offered in 2019 throughout the Archdiocese. The January session for weeknights is being held at St. Mary Magdalen Parish in Media on **Tuesday and Thursday evenings from 7:00 PM to January 8, 10, 15 and 17**. The **Friday and Saturday** session is being held on **February 8-9** at St. Matthew Parish in Philadelphia from **6:30 PM to 9:30 PM on Friday and 9:00 AM to 4:00 PM on Saturday**. Additional sessions will be held throughout the year. To register for one of these sessions, email info@phillycatholicmarriageprep.com.

Shrines of Italy

June 30 to July 9, 2019

Join Father Gus Esposito on his 40th anniversary of priestly ordination for a special pilgrimage to St. Peter's Basilica in Rome, the shrines of Saint Padre Pio, Saint Rita of Cascia, St. Francis of Assisi Basilica and Ponte Vecchio in Florence. Please visit www.pilgrimages.com/helehorizons for details.

Catholic Social Services Job Opportunity Foster Care Needs

Catholic Social Services (CSS) is hiring new employees and recruiting foster parents to work with unaccompanied children from Mexico and Central America. These young people have come here and have been separated from their families, and most have experienced significant trauma. Jobs include coordinator, case managers, therapists, teachers, and ESL teachers, as well as various support people for Bilingual capacity required or preferred for most positions. Also needed are caring individuals who will serve as short-term (2-3 months) foster care parents for pre-adolescent children. If you are interested in applying for a job position to become certified as a foster care provider, please contact Robert at rmontoro@chs-adphila.org or call 267-341-1253 for more information.



From the Mouth of Babes

Little Johnny's new baby brother was screaming up a storm. Johnny asked his mom, "Where'd HE come from?" "He came from heaven, Johnny." Johnny responded: "Wow! I can see why they threw him out!"