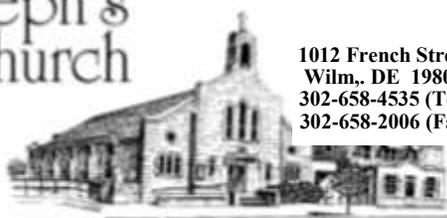




# THE CRADLE OF AFRICAN AMERICAN CATHOLICISM IN DELAWARE



1012 French Street  
Wilm., DE 19801  
302-658-4535 (Tel)  
302-658-2006 (Fax)

**Office Hours:** 10:00 am - 3:00 pm Tuesday thru Thursday  
10:00 am - 1:00 pm Friday  
**Parish Secretary:** parishsecretary@stjosephfrenchst.org  
**Website:** [www.stjosephfrenchst.org](http://www.stjosephfrenchst.org)  
**YouTube Channel:** St Josephs Downtown Wilmington  
<https://www.youtube.com/channel/UC9-ljIa9-IU0OS9jPbe2ddQ>



*If you would like to register with the parish, please access the registration form located on our website [www.stjosephfrenchst.org](http://www.stjosephfrenchst.org)*

**MARRIAGE:**

*All couples contemplating marriage are asked to give the Pastor at least one year prior notice in order to satisfy all diocesan requirements for marriage.*

**BAPTISM:**

*Before a child is Baptized, the parents and Godparents are asked to participate in a Pre-Baptismal program. Please call the Pastoral Center to make arrangements.*

**NEW PARISHIONERS:**

*Welcome! We encourage new families moving into the area to stop in or call the Parish Office and complete a registration form.*

**CARE OF THE SICK AND**

**HOMEBOUND:** *This ministry is restricted due to the COVID-19 pandemic. Please notify the Parish Office if any parishioner is ill or hospitalized.*

**CHANGE OF ADDRESS, EMAIL, TELEPHONE NUMBER:** *Contact the Parish Office if your personal contact information changes.*

MASS SCHEDULE  
Saturday Vigil — 5:00 pm      Sunday — 10:00 am  
Tuesday, Wednesday, Thursday — 12:10 pm  
*Confessions are heard on Saturday at 4:30 pm and by appointment.*

**October 10, 2021**  
**Weekday Mass has Resumed @ 12:10pm**  
**Tuesday, Wednesday, & Thursday**

- Monday Rosary Prayer ~ @ 12:15 pm via Conference Call 1-515-603-4906, access code 178602
- October 09 ~ COVID Testing, 10:00 am — 4:00 pm
- October 24 ~ Wilmington Diocese Gospel Choir Anniversary
- October 24 ~ Special Collection — World Mission Sunday

More detail on inside pages  
**Coming Soon — Holy Hour of Power!**

**Weekly Collections**  
The parish requires a weekly collection of \$4,901 to cover expenses. Thank you for being consistent with your donation. Please be prayerful about your contributions to the parish. We're grateful for last weekends collection of \$5,617

**Mass Intentions  
October 9, 2021 – October 17, 2021**

Saturday, 10/9	5:00 pm	People of the Parish
Sunday, 10/10	10:00 am	† Joseph X Kabatt † Regina Coleman Requested by John & Gail Rando
Tuesday, 10/12	12:10 pm	
Wednesday, 10/13	12:10 pm	
Thursday, 10/14	12:10 pm	
Saturday, 10/16	5:00 pm	People of the Parish
Sunday, 10/17	10:00 am	† Patricia A. Kabatt Burleson Requested by John & Gail Rando

**PARISH STAFF**

Administrator:	Vy. Rev. Glenn M. Evers
Deacon:	Robert J. Cousar
Admin. Assistant	Loretta L. Young
Receptionist:	Lavon Robinson
Coord. Religious Education	Vacant
Dir. Music Ministry:	Brenda Burns
Bookkeeper:	Jane Putscher

**Introduction to the Liturgy**

Living as a disciple is a daunting task. Jesus challenges us and the way we live our lives. In today's Gospel, Jesus explains that keeping the commandments is not enough to inherit eternal life; a disciple must give what they have to the poor and follow him. The man who asked the question walked away sad. Even his disciples couldn't believe how difficult it was to get to heaven. Only then did Jesus comfort them. Though we cannot save ourselves, with God all things are possible. Let us give thanks to God today for enabling us to achieve what we cannot do ourselves.



**Sodality is raffling off it's annual  
Thanksgiving Basket**

**Tickets 3 for \$5**

**Includes:**

**20lb Turkey, Ham,  
String beans, sweet potatoes,  
2 bottles of wine  
2 Homemade Sweet Potato Pies  
\$25 gift Shoprite gift card  
and lots of other goodies!!**

**See any Sodality member for tickets.  
Drawing is the Sunday Nov 21st.**

**All proceeds donated to the Church.**



*from the Office for Marriage and  
Family Life...*

**Marriage Moments**

How one talks with God (prayer) varies from person to person. Some like memorized prayers, some read scripture, some quietly meditate... Share what style is most meaningful to each of you.

**Parenting Pointers**

Invite everyone in your family to choose one possession this weekend to give to someone who needs it. Let it go.

**Question of the Week**

What am I willing to leave behind in order to follow Jesus more fully?

**Sunday Fellowship**

We've been blessed to have the coffee and donuts donated on each Sunday of the month through the remainder of the year. This Sunday's sponsor is



**Anonymous  
Thank You!**



## Bishop's Annual Wedding Anniversary Mass

Bishop William E. Koenig invites all couples celebrating their 5<sup>th</sup>, 10<sup>th</sup>, 15<sup>th</sup>, 20<sup>th</sup>, 25<sup>th</sup>, 30<sup>th</sup>, 35<sup>th</sup>, 40<sup>th</sup>, 45<sup>th</sup>, 50<sup>th</sup> wedding anniversary, or any anniversary beyond 50<sup>th</sup>, to the Annual Wedding Anniversary Mass at **2:00 PM on Sunday, October 17, 2021** at St. Joseph's, Middletown, at 371 E. Main Street, Middletown, DE 19709. The Bishop will be available for photos with interested couples beginning at 1:00 pm and again after the Mass. If you would like to have a photo taken with Bishop Koenig, please arrive at 1:00 pm or plan to stay after Mass. There is no cost to you, however **reservations are required**. Please make your **reservations by September 30<sup>th</sup>**.

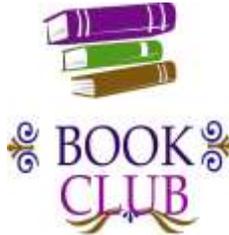
This year, you can register by clicking on <https://cdow.coursestorm.com/course/annual-wedding-anniversary-mass> or by filling out the information below and returning it to the Office for Marriage and Family Life, 1626 N. Union Street, Wilmington, DE 19806, or by emailing [ljackson@cdow.org](mailto:ljackson@cdow.org).

## Kateri Circle News...



Save the Date:  
Native American  
Mass on Nov 14 at  
10 AM.

St. Kateri Circle Marketplace Fundraiser menus for those who do not have computer access can be found in the back of church. Please contact DeAnna Cardenas at (248) 320-8395 after 6 PM.



Our book club is reading ***The Silent Patient*** by Alex Michaelides. On Monday, January 31, 2022 at 7:00 pm book club members will meet to discuss this great summer read. There's plenty of time to read this book so mark your calendar and plan to join the discussion. For more information contact Geraldine Cochran.  
**Happy Reading!**

## Putting Prevention to Life

### **WORLD MENTAL HEALTH DAY – OCTOBER 10**

Mental Health Awareness for African American Men

Mental illness remains a taboo topic for African American Men. Although just as likely to struggle with mental health, Black Men often don't get the help they need. Cultural expectations of masculinity compounded with the impact of socio-economic and political influences tend to leave mental illnesses within Black men underdiagnosed, leaving these men without vital care and support. Remember, there is support and there is hope! Here are some ways to create a support system to improve mental health. If you or a loved one is experiencing symptoms, talk to a trusted healthcare professional. Stay connected with a support network, such as friends, family, or clergy. (Source: **The Balm In Gilead** ([info@balmingilead.org](mailto:info@balmingilead.org)))

Take an online depression screening. The Mental Health Association have free screening tools that are anonymous and confidential.

### **NATIONAL ADHD AWARENESS MONTH**

Attention deficit/hyperactivity disorder (ADHD) is a neurodevelopmental disorder affecting both children and adults around the globe. Get reliable information, seek professional assessment and get appropriate treatment for ADHD. Visit the website to dispel the myths and get the facts and link to the full article written by experts in the field. Learn about types of ADHD and symptoms in both children and adults at: [www.healthline.com/health/adhd](http://www.healthline.com/health/adhd)

### **HEALTHY LUNG MONTH**

Sure, God gave you two lungs and you can live with one, but why would you do that to yourself? Keeping fit and healthy promotes a longer, happier life and maintaining lung health is primary to maintaining your overall health. Your body needs oxygen to function and oxygen is obtained through gas exchange that takes place in the lungs. Exercise as simple as a brisk walk to get your heart pumping and lungs working is all it takes. And that's what it's really about, lung capacity. The greater the lung capacity the easier it is to provide your body and its organs with the vital oxygen it needs to live a happier, healthier life. Read more: [Healthy Lung Month - Lung problems https://www.healthstatus.com/health\\_blog/copd/healthy-lung-month/#ixzz78NdqBjql](https://www.healthstatus.com/health_blog/copd/healthy-lung-month/#ixzz78NdqBjql)

### **COVID-19 UPDATE**

October marks the start of the 2021-2022 influenza season, and given the State's ongoing fight against COVID-19, the Delaware Division of Public Health (DPH) believes it is more important than ever for Delawareans to protect themselves and loved ones by getting the flu vaccine as soon as possible. The flu vaccine is vital in helping avoid significant illness from the flu including hospitalization and death. Children younger than 5, older adults, pregnant women, and those who have chronic underlying medical conditions are most at risk for complications from the flu and are strongly encouraged to get vaccinated now. DPH also urges vaccination for those who live or work with infants under 6 months of age, as well as those who live or work in congregant settings such as long-term care and correctional facilities. (Source: <https://news.delaware.gov/2021/10/04/dph-announces-the-start-of-flu-season-vaccine-is-best-line-of-defense-for-delawareans->

## IN OUR THOUGHTS AND PRAYERS

**PLEASE REMEMBER AND PRAY FOR OUR SICK AND SHUT-IN, AND THOSE WHO SERVE IN THE MILITARY**

<i>Charlie Anderson</i>	<i>Jean Toy</i>	<i>Guissepina Fazzone</i>	<i>Gerry Reybold</i>
<i>Geraldine Cochran</i>	<i>Irvin Evans</i>	<i>Michala Dash Leventry</i>	<i>Elizabeth Ashe</i>

If you would like to be added to our sick and shut-in list, please send email to [parishsecretary@stjosephfrenchst.org](mailto:parishsecretary@stjosephfrenchst.org). Names of parishioners in hospitals or facilities will remain on the list indefinitely. All others will remain for one month, unless there are extenuating circumstances.



### **October**

Michel Hauteville	01
Mark LeaBough	02
Anthea Bedminster	04
Alexander Loosararian	04
Marie Dash	05
Felipe Barranco	06
Joyce Robbins Brown	06
Maryann Brown Martin	07
Yvonne Hill	09
Aaron Christopher Hill	10
David Fisher	10
Liana Thompson	10
Peyton Flagg	12
Derrick Johnson	12
Dalen Daye	15
Barbara Pulliam	16
Rosemary Chaplin	17
Joseph Owens	17
Andrea Queen	18
Robert Hopson	19
J'Ana McGill	19
Anthony Cecere	21
Howard Robbins	21
Lauren Scales Nieves	22
Albert Scales, Jr.	22
Larry Chapman	27
John Cunningham	27
Gaye Council	29
Kenneth Pulliam, Jr.	29
Kayla Saunders	30
Ella Taylor	30
Jecha Wright	30

*Note: Apologies if your name does not appear on the birthday list. If this is the case, please call the parish office at 302.658.4535 or email the parish secretary at [parishsecretary@stjosephfrenchst.org](mailto:parishsecretary@stjosephfrenchst.org). Please include your name, birth month, day and year.*



*Listen to the Catholic Forum radio program/podcast each week. Next Saturday, October 16th, tune in to hear an interview with Dennis Turner, author of the book, "What Did You Do in the War, Sister: Catholic Sisters in the WWII Nazi Resistance." Catholic Forum airs on Saturday afternoons at 1:30 on Relevant Radio 640. You can listen online anytime at [cdow.org/CatholicForum](http://cdow.org/CatholicForum), or by searching "Catholic Forum" on Apple, Spotify, iHeartRadio, or Amazon Music podcasts. For photos, information regarding upcoming guests, links and more, "Like" Catholic Forum on Facebook at [facebook.com/CatholicForum](https://facebook.com/CatholicForum).*



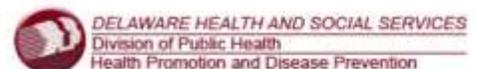
### **Free Chronic Pain Workshop** **The Delaware Chronic Pain Self-Management Program**

**Virtual Chronic Pain  
Self-Management Program**  
October 7- November 18, 2021  
Thursdays from 10:00am to 12:30pm  
(10/7, 10/14, 10/21, 10/28, 11/4 & 11/18)

**More knowledge about chronic pain management can:**

- Help prevent and/or delay health complications
- Identify techniques to help diminish chronic pain
- Help people with chronic pain understand the importance of an action plan for chronic pain control
- Improve chronic pain self-management

**Sign up for free classes!**



Register online at [www.HealthyDelaware.org/SelfManagement](http://www.HealthyDelaware.org/SelfManagement)  
For questions or help with registration call  
Self-Management Programs at 302-990-0522 or email us at  
[DPHSMP@Delaware.gov](mailto:DPHSMP@Delaware.gov)