

Our Lady of the Angels & Our Lady of the Valley Parishes

23 January 2022 Third Sunday of Ordinary Time

St. Anthony
 221 Church Street
 P O Box 63
 Bethel, VT 05032

Our Lady of the Angels
 Church & Parish Office
 43 Hebard Hill Road
 P O Box 428
 Randolph, VT 05060

St. Elizabeth
 169 S. Main Street
 Rochester, VT 05762

Rev. Scott A. Gratton, Pastor

Parish Website:

www.ourladyvt.org

Elizabeth Stuart, Parish Secretary
 513-238-4854 – cell
 Email:
estuart@vermontcatholic.org

Parish Office: 802-728-5251
 Email: ourladyofangelsandvalley@vermontcatholic.org

CURRENT PROTOCOL: Face masks are recommended but not required at this time.

THIS WEEKEND –
2nd Collection:
Share Your Faith
(the Church in Latin
America)



Saturday, January 22
St Augustine,
Montpelier

~ 9:30 am Mass for Life
 OLA~ 11:00 am Bible Study: St. Matthew
 St E~ 3:00 pm Adoration & Confession
 St E~ 4:00 pm- Intentions of the
 Parishioners

Sunday, January 23

OLA~ 9:00 am -Roger Brown+ (by Fran Flannery)
 St A~ 11:00 am Intentions of Daniel Lloyd on his birthday (by Mary Johnson)

THIS WEEK:

Monday, January 24 St Francis de Sales

St A~ 7:00 am Adoration
Tuesday, January 25
Conversion of St. Paul
 St A~ 5:15 pm Adoration
Wednesday, January 26
Sts Timothy & Titus
 St E~ 4:00 pm Adoration
 OLA~ 5:00 pm Adoration

OLA~ 7:00 pm Bible Study: St. Matthew
Thursday, January 27 St Angela Merici
 OLA~ 8:30 am Adoration
Friday, January 28 St Thomas Aquinas
 OLA~ 8:30 am Adoration

WELCOME to all our visitors:
 Have you got questions? About the Catholic Church? About the Mass? About becoming Catholic? Call 513-238-4854 (cell), or email estuart@vermontcatholic.org and connect with Elizabeth. If she doesn't have the answers, she can find someone who does.

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NEXT WEEKEND –

No 2nd Collection this weekend

Saturday, January 29

Fr. Gratton returns from VT National Guard
- Army Mountain Warfare School

Saturday, January 29

OLA~ 11:00 am Bible Study: St. Matthew
St E~ 3:00 pm Adoration & Confession
St E~ 4:00 pm- Intentions of the
Parishioners

Sunday, January 30

OLA~ 9:00 am -Phillip Mollitor+ (by KofC Vt
State Council)
St A~ 11:00 am For the Living & Deceased
Members of CDA Court St. Anthony

UPCOMING:

Tuesday, February 1

St. A~ 6:30 pm Knights of Columbus

Wednesday, February 2

OLA~ 7:00 pm Bible Study: St. Matthew

Saturday, February 5

OLA~ 9:00 am Mass

OLA~ 9:45 am First Saturday Rosary

OLA~ 11:00 am Bible Study: St. Matthew

Daily Masses will resume on
Monday February 7th

Remember to pray for the sick
and hurting, especially for

Janice Brown, Pam Corcoran, Rita Morin, Bobby Perez, Richard Perez, Cathy Bigelow, Paul & Sue Field, Samantha Field, Sophie Weden, Nancy McNally, Blanche Rea, Frank Russell, Shirley Dumont, Marion Bourn, Maybelle Dumont, Richard Church, John Flanagan, Annette W, John Mahaffy, Russ Mitchell, Jim Morse, and Karen Johnson.

"Let no one mourn that he has fallen again and again: for forgiveness has risen from the grave!" St. John Chrysostom

"Mary, who is the Virgin Most Pure, is also the Refuge of Sinners. She knows what sin is, not by the experience of its fall, not by tasting its bitter regrets, but by seeing what it did to her Divine Son." Venerable Fulton Sheen

"The saints did not all begin well, but they ended well." St. John Vianney

"The devil fears hearts on fire with love of God." St. Catherine of Siena

"Life with Christ is a wonderful adventure." St. John Paul II

Pilgrimage to Italy

September 21st

to October 1st ~

- three days in Assisi,
- three days in Siena,
- four days in Rome

~ more details to follow

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Upcoming Events



01|25 TUESDAY
Saints & Sinners

Online • 7 pm

Join us in November when Deacon Phil

Lawson presents on Saints Philip, Athanasius and Lawrence.

For more info: vermontcatholic.org/saints-and-sinners.



01|28 FRIDAY
Movie Viewing: "Unplanned"

St. Catherine of Siena, Shelburne • 6:30 pm

Watch the movie, "Unplanned." based on

the memoir by Abby Johnson, a former Planned Parenthood Clinic Director who now is an outspoken advocate for the pro-life movement. This event is free.



01|29, 02|02 SATURDAY & WEDNESDAY
SoulCore

Blessed Sacrament, Stowe • 3 - 4 pm

SoulCore is an invitation to nourish body,

mind and soul through prayer and functional movement.

Engaging all of the senses through candlelight, scripture,

sacred art, music and movement, SoulCore encourages

deeper reflection on the Mysteries and virtues of the Rosary;

a gentle path to grow in virtue and cultivate interior peace.

Workout can be modified to suit ability and comfort level;

the prayers are the main focus. Freewill donation. Suggested

items: mat, water, weights (optional, 1-3 lbs popular).



02|04, 18 FRIDAYS
The Challenge Club for Catholic Girls

Immaculate Heart of Mary, Williston • 6 - 8 pm

Challenge is a club for girls to grow in virtue, friendship and

their Catholic faith. FOR MORE INFO: Mary Niekrewicz,

mary.of.vt@gmail.com, (802) 878-5538 or Audrey

Walko, audreycgsvt@gmail.com, (802) 373-9564.



02|05 SATURDAY
First Saturday Devotion to the Immaculate Heart of Mary

In these times, let us seriously consider one

of the important messages from our Lady of Fatima — the

First Saturday devotion for Reparation to the Immaculate

Heart of Mary. This would include attending five consecutive

first Saturday masses, going to confession within eight days,

receiving Holy Communion, and meditating on the mysteries

of the Rosary for fifteen minutes. Please prayerfully consider

this for 2022! The Saturday Vigil Mass (for Sunday) may be

used for the First Saturday Devotion offered in reparation for

offenses against the Immaculate Heart of Mary.



02|05 SATURDAY
Grief Support Group

Holy Family Parish Hall, Essex Jct. • 8-10 am

Calling all Widows and Widowers... You are

invited to join us for a support group, run by Catherine "Kate"

King, UVM Mental Health Clinician (LCMHC) on the first Sat-

urday of the month. Kate has been a group therapist in the

community for over 20 years and is a widow herself. Join us

for prayer, discussion and peer support for working through

grief, at 8 am at Holy Family Parish Hall (upstairs' library).

FOR MORE INFO: call Kate (802) 881-5973.



02|05 SATURDAY
Adoration Mini-Mission with Holy Hour

St. John Vianney, S. Burlington

10:30 am - 12:30 pm

Not sure what adoration is all about? Or maybe you've not

been to adoration for awhile and could use a refresher

course? In anticipation of a 40 Hours of Adoration event

coming this Lent, Josh Perry, the diocesan Director of

Worship, will be offering a mini-mission with instruction

about adoration, followed by a holy hour.



02|05 SATURDAY
A Puzzle to Common Sense: The Conversion of Fanny Allen

Holy Family, Essex Jct. • 12:30 - 3 pm

The Religious Hospitaliers of St. Joseph lay

associates are hosting a presentation by Fr. Michael Carter,

SSE on Fanny Allen. Come learn insight into some local

history. A light lunch will be served.



02|06 SUNDAY
Marriage Anniversary Mass

Cathedral of St. Joseph, Burlington • 10 am

Are you and your spouse celebrating a

milestone anniversary (e.g. 5, 10, 15, 20...55, 57) in 2022?

To register please contact Nicole Hamilton at [nhamilton@](mailto:nhamilton@vermontcatholic.org)

vermontcatholic.org or (802)658-6110, ext. 1131.



02|11 FRIDAY
What Voters Need to Know About Proposal 5 from an RN

St. Catherine of Siena, Shelburne • 6:30 pm

Lynn Caulfield, RN, will present on Proposal 5, which seeks to

amend the VT Constitution. She will speak about some of the

far-reaching implications of this proposed amendment from a

medical perspective. (Snow date: Feb. 18, 2022 at 6:30 PM)



02|13 SUNDAY
St Peter's Chili Take Out

St. Peter, Vergennes • 11:30 am - 1 pm

Meat or vegetarian chili, corn bread, and

brownie all for just \$10! **Reservation: (802) 877-2367.**

DIocese of Burlington CAREERS

Diocesan Central Offices, South Burlington:

- Diocesan Catechetical Leader
- Diocesan Youth & Young Adult Minister
- Human Resources Specialist

Rice Memorial High School, South Burlington:
Principal

St. Monica-St. Michael School, Barre: Principal

vermontcatholic.org/careers



CHALLENGES TO GROW YOUR MARRIAGE

JANUARY 23-29, 2022

REMEMBER YOUR WEDDING

Think back, and write down two

thoughts, feelings, and desires

that you wanted in your married

life. Then, add to this with two

thoughts, feelings, or desires you

have in your married life today.

Are your desires the same as they

once were, or have they changed.

Share these lists with your spouse.

Pray the Our Father daily together.

vermontcatholic.org/marriagechallenge



JANUARY 23-29, 2022

RETURN TO PRIORITIZING MY FAMILY

Take time to reflect what worked or did

not work when time was set aside for

family. What could be improved? Consider

going to Mass together, followed by a

family breakfast or family activity outdoors

— make it something fun and not a chore.

Ask your family to quietly choose a fellow

parishioner to pray for this week.

vermontcatholic.org/familychampions

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NEWS FROM
The Inland See
January 22-28, 2022 *FOR THE DIOCESE OF BURLINGTON*



National Marriage Week USA
MARRIAGE IS WORTH IT! • EVERY FEB 7-14

to have, to hold, to honor

For more information and resources, visit foryourmarriage.org



FOR YOUR MARRIAGE

  @foryourmarriage



Celebrate Marriage Week February 7-14, 2022

Why celebrate marriage? Married couples teach us daily the sacrificial love that Jesus shares in His sacrifice with His bride, the Church. Research shows that married adults have longer lives, have better health and greater personal happiness (Why Marriage Matters, a Report from Family Scholars, third edition). The Diocese of Burlington begins National Marriage Week with Mass at St. Joseph Cathedral in Burlington on Feb. 6 at 10 a.m. celebrated by Burlington Bishop Christopher Coyne. Married couples who are celebrating significant anniversaries (e.g. 5, 10, 15, 20...50-plus years) are invited to be recognized.

The celebration of National Marriage Week continues with daily marriage tips on the USCCB Made for Love website (www.foryourmarriage.org.) There is also the opportunity to pray the rosary with Archbishop Salvatore Cordileone, the head of the Committee on Laity, Marriage, Family Life and Youth, and live-streamed on Wednesday, Feb. 10, at 2 p.m. on the For Your Marriage Facebook Page (www.facebook.com/foryourmarriage.)

National Marriage Week continues Feb. 13 with Mass at your local parish as married couples are prayed over and honored for their commitment to each other and the divine will of God.

Congratulations to these couples celebrating milestone anniversaries, may their love bear witness to God's faithful love and a little bit of heaven on Earth through their marriage covenant.

— *Terri McCormack, coordinator of marriage and family life for the Roman Catholic Diocese of Burlington*

Prayer for Married Couples

Almighty and eternal God,

You blessed the union of married couples
so that they might reflect the union of Christ with His Church:
Look with kindness on them.

Renew their marriage covenant, increase your love in them
and strengthen their bond of peace so that, with their children,
they may always rejoice in the gift of your blessing.

We ask this through Christ our Lord. Amen.

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DIOCESE OF BURLINGTON

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Lift Up Your Hearts: A Look at the Liturgy of the Mass By Josh Perry: Part Eighteen



The Eucharistic Prayer: A Brief Overview

The Eucharistic Prayer is the heart of the Mass. The word Eucharist means thanksgiving, and thus, the central prayer of the Eucharistic liturgy is a prayer of thanksgiving. But in the act of thanksgiving, we find ourselves praising God, asking God to send his Holy Spirit upon us, remembering the death and resurrection of Christ, and offering prayers of petition. Although one great prayer, it is made up of different parts, each with great significance.

As with the development of other parts of the Mass, the development of the Eucharistic Prayer is complex and differs between geographical locations. The earliest Eucharistic prayers were improvised. St. Justin, a second century martyr, notes that the presider at worship would pray and give thanks according to his own ability. Very early on, one can see simple guidelines

surrounding the Eucharistic prayer, such as the prayer must be addressed to God the Father. Still, the earliest forms did not have a set script. Scholars are even unsure if the "institution narrative" – the words of Christ – were actually said in the earliest Eucharistic Prayers. Still, those gathered believed that the bread and wine somehow became the body and blood of Jesus Christ.

The fourth and fifth centuries were a time of intense creativity for the development of Eucharistic Prayers. They were written down and shared. Writers of Eucharistic Prayers would take bits and pieces of other Eucharistic Prayers to incorporate into their own. Churches in specific geographical locations began to use certain Eucharistic Prayers. In the Roman Catholic Church, a certain Eucharistic Prayer became the only Eucharistic Prayer to be prayed in churches from the mid-1600s until the 1960s. This prayer was known as the Roman Canon. It was prayed, in Latin, by the priest quietly while the assembly would pray their own prayers (or follow along in missalettes as best they could). Bells would be rung during the consecration to direct attention to the elevated host or cup so that the assembly could adore.

The reforms of the Second Vatican Council provided several additional Eucharistic Prayers that bring back some of the ancient richness and variety in the prayers. The Roman Canon – prayed consistently over centuries – became Eucharistic Prayer I. The second Eucharistic Prayer is based on one of the earliest written Eucharistic Prayers dating back to the third century. The third prayer was newly composed by theologians shortly after Vatican II. The fourth Eucharistic Prayer, which is seldom used, is based on ancient Eucharistic Prayers from the Eastern Church. There are also three Eucharistic Prayers adapted for the understanding of younger children, and two Eucharistic Prayers for use during Masses of Reconciliation.

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St. Francis de Sales

Catholic Online Saints & Angels

https://www.catholic.org/saints/saint.php?saint_id=51
Facts

Feastday: January 24

Patron: of Catholic writers, the Catholic press, the deaf, journalists, adult education

Birth: August 21, 1567, Death: December 28, 1622

Beatified: January 8, 1661, by Pope Alexander VII

Canonized: April 19, 1665, by Pope Alexander VII

Author and Publisher - Catholic Online

St. Francis de Sales was born to a noble family at Chateau de Sales in the Kingdom of Savoy near Geneva, Switzerland on August 21, 1567. He was a Bishop and Doctor of the Church. Francis was both intelligent and gentle. From a very early age, he desired to serve God. He knew for years he had a vocation to the priesthood but kept it from his family. His father wanted him to enter a career in law and politics.

In 1580, Francis attended the University of Paris, and at 24-years-old, he received his doctorate in law at the University of Padua. All the time, he never lost his passion for God. He studied theology and practiced mental prayers but kept quiet about his devotion. To please his father, he also studied fencing and riding. God made his will clear to Francis one day while he was riding. Francis fell from his horse three times that day. Every time he fell, the sword came out of the scabbard, and every time it came out, the sword and scabbard came to rest on the ground in the shape of the Christian cross.

After much discussion and disagreement from his father, Francis was ordained to the priesthood and elected provost of the Diocese of Geneva, in 1593, by the Bishop of Geneva. During the time of the Protestant reformation, Francis lived close to Calvinist territory. He decided he should lead an expedition to bring the 60,000 Calvinists back to the Catholic Church. For three years, he trudged through the countryside, had doors slammed in his face and rocks thrown at him. In the bitter winters, his feet froze so badly they bled as he tramped through the snow. Francis' unusual patience kept him working. No one would listen to him, no one would even open their door. So, Francis found a way to get under the door. He wrote out little pamphlets to explain true Catholic doctrine and slipped

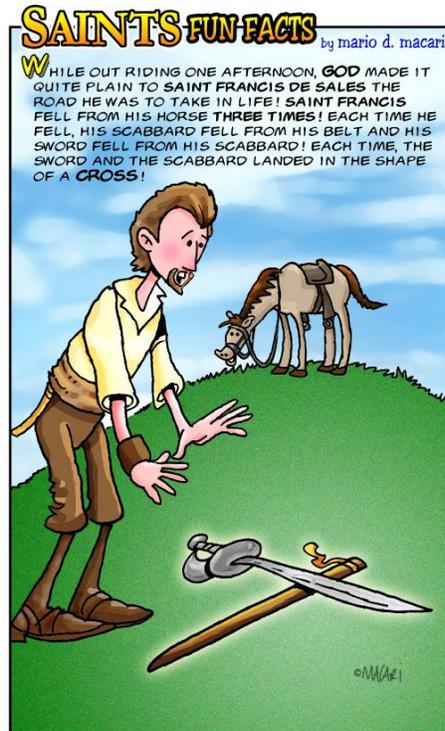
them under the doors. This is one of the first records we have of religious tracts being used to communicate the true Catholic faith to people who had fallen away from the Church. The parents wouldn't come to him, so Francis went to the children. When the parents saw

how kind he was as he played with the children, they began to talk to him. By the time Francis returned home, it is believed he brought 40,000 people to the Catholic Church.

He forged wonderful alliances with Pope Clement VIII and Henry IV of France, and in 1601 Francis joined Henry IV on a diplomatic mission. He was to give Lenten sermons at

the Chapel Royal. Henry grew attached to Francis and saw him as a "rare bird" who was devout, knowledgeable and a gentleman. In 1602, Bishop Granier died, and Francis was consecrated Bishop of Geneva, although he continued to reside in Annecy. He only set foot in the city of Geneva twice -- once when the Pope sent him to try to convert Calvin's successor, Beza, and another when he traveled through it.

In 1604, Francis took one of the most important steps in his life -- the step toward extraordinary holiness and mystical union with God. In Dijon, Francis saw a widow listening closely to his sermon -- a woman he had seen already in a dream. Jane de Chantal was a dedicated Catholic Christian on her own, as Francis was, but it was only when they became friends, they began to become saints. Jane wanted him to take over her spiritual direction, but, not surprisingly, Francis wanted to wait. "I had to know fully what God himself wanted. I had to be sure that everything in this should be done as though his hand had done it." Jane was on a path to mystical union with God and, in directing her, Francis was compelled to follow her and become a mystic himself. Years after working with Jane, he made up his mind to



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form a new religious community. In 1610, he founded The Order of Visitation.

Francis was overworked and often ill because of his constant load of preaching, visiting, and instruction -- even catechizing a deaf man so he could take first Communion. He believed the first duty of a bishop was spiritual direction and wrote to Jane, "So many have come to me that I might serve them, leaving me no time to think of myself. However, I assure you that I do feel deep-down- within-me, God be praised. For the truth is that this kind of work is infinitely profitable to me." For him active work did not weaken his spiritual inner peace but strengthened it. He gave spiritual direction to most people through letters, which attested to his remarkable patience. "I have more than fifty letters to answer. If I tried to hurry over it all, I would be lost. So, I intend neither to hurry or to worry. This evening, I shall answer as many as I can. Tomorrow I shall do the same and so I shall go on until I have finished."

During this time, it was wrongly thought that achieving real holiness of life was a task reserved for only for the clergy and those in religious life, and not for lay men and women. In addition, that only contemplatives, people who withdraw from active participation in the world, could really achieve holiness. Francis insisted that every Christian was called to holiness and sanctity, lived within their own state in life. In holding that belief, he reflected the teaching of Jesus and the early Church Fathers. Francis laid the groundwork for the teaching of the Second Vatican Council on what is now called the Universal Call to Holiness. It reaffirms the teaching of Jesus and the early Church that every Baptized Christian is called to sanctity, no matter what their career or state in life. In every career and state in life, Christians can become more and more like Jesus Christ. That is, after all, what holiness really means.

Francis gave spiritual direction to lay people who were living real lives in the real world. He had proven with his own life that people could grow in holiness while involved in a very active occupation. He also recognized that Christian marriage and family life is itself a call to holiness.

His most famous book, INTRODUCTION TO THE DEVOUT LIFE, was written for ordinary lay people in 1608, not just the clergy and religious. Written originally as letters, it became an instant success all over Europe -- though some clergy rejected the notion that lay men

and women could achieve holiness in the experience of their daily life. Some tore it up because Francis encouraged dancing and jokes!

For Francis, the love of God was like romantic love. He said, "The thoughts of those moved by natural human love are almost completely fastened on the beloved, their hearts are filled with passion for it, and their mouths full of its praises. When it is gone, they express their feelings in letters, and can't pass by a tree without carving the name of their beloved in its bark. Thus, to those who love God can never stop thinking about him, longing for him, aspiring to him, and speaking about him. If they could, they would engrave the name of Jesus on the hearts of all humankind."

The key to love of God was prayer.

"By turning your eyes on God in meditation, your whole soul will be filled with God. Begin all your prayers in the presence of God."

For busy people living in the world, he advised, "Retire at various times into the solitude of your own heart, even while outwardly engaged in discussions or transactions with others and talk to God."

The test of prayer was a person's actions.

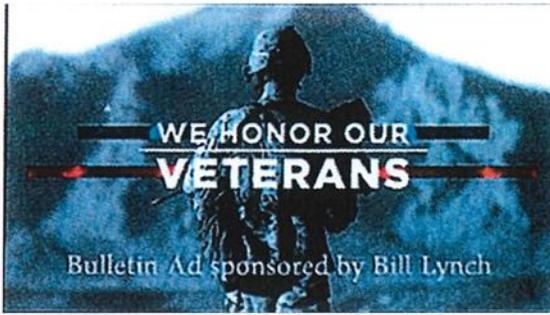
"To be an angel in prayer and a beast in one's relations with people is to go lame on both legs."

He believed the worst sin was to judge someone or to gossip about them. Even if we say we do it out of love we're still doing it to look better ourselves. We should be as gentle and forgiving with ourselves as we should be with others.

As he became older and more ill, he said, "I have to drive myself but the more I try the slower I go." He wanted to be a hermit, but he was more in demand than ever. The Pope needed him, then a princess, then Louis XIII. "Now I really feel that I am only attached to the earth by one foot..." He died on December 28, 1622, after giving a nun his last word of advice: "Humility."

St. Francis de Sales was beatified on January 8, 1661, and canonized on April 19, 1665, by Pope Alexander VII. In 1923, Pope Pius XI named St. Francis de Sales the patron saint of Catholic writers and the Catholic press because of the tracts and books he wrote. He is also the patron saint of the deaf, journalists, adult education, and the Sisters of St. Joseph. His feast day is celebrated on January 24.

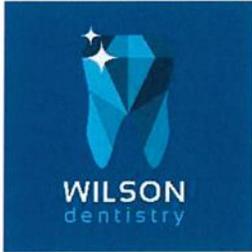
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