

September & October 2021
St. Joseph's Church Charlton MA

10 H Putnam Road Ext.
Charlton, MA 01507

508-248-7862 www.stjosephscharlton.com

Come
Join Us!

**WELCOME AGAIN
TO OUR
CELEBRATION
Of MASS**

**Sunday, September 19th
Outdoor Mass**

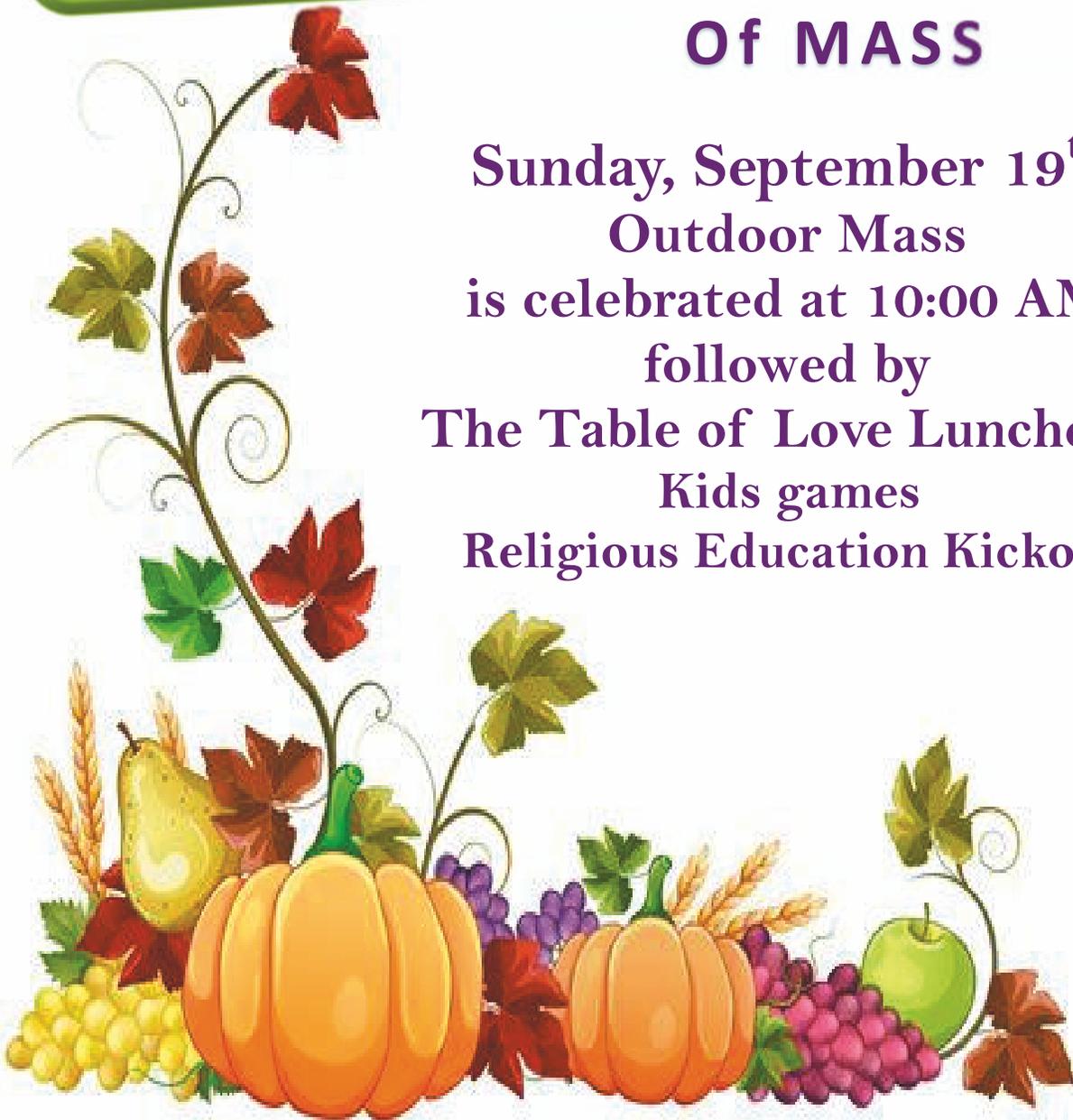
is celebrated at 10:00 AM

followed by

The Table of Love Luncheon

Kids games

Religious Education Kickoff



COMPASSION

**“By this shall everyone know that you are my disciples,
if you have love for one another...”**

These words of Jesus strike at the very heart of his message. His very person as Son of God made man is the amazing evidence of His own love for humankind, add to this the compassion He expressed to those who had problems or were in sadness, and we cannot help but be caught up in Him as a most attractive personality.



When Lazarus, His friend died, Jesus wept... He brought Him back to life! Upon seeing the funeral procession of the widow of Naim's son, He stopped and restored the young boy back to life. The Gospels are filled with many such evidence of Jesus' own compassion.

In order that one be compassionate, one must be free to go outside himself. If I happen to sit on a thumb-tack, do you express compassion by yelling “ouch” or by removing the thumb-tack? Your yelling “ouch” may satisfy you, but you removing the tack will help me. We can sometimes think that compassion consists primarily in feeling another's pain. Although this is the beginning is not full compassion, until we enter into another's difficulty by taking any steps we can to make the situation better.

The first and the greatest of the commandment of Jesus is to love God above all things and the second is like it: We are to love others as we love ourselves.

He challenges us even further when He says we are to love even our enemies.

**St. Francis of Assisi (Feast day: Oct 4)
beautifully reflects Jesus' teaching in His Prayer**

*Lord, make me an instrument of Your peace;
Where there is hatred, let me sow love;*

*Where there is injury, pardon; Where there is doubt, faith; Where there is
despair, hope; Where there is darkness, light; And where there is sadness, joy.*

*O Divine Master, Grant that I may not so much seek To be consoled as to
console; To be understood, as to understand; To be loved, as to love; For it is in
giving that we receive, It is in pardoning that we are pardoned, And it is in dying
that we are born to Eternal Life. Amen*

**Many Blessings
Peace and Love
Fr. Bob.**

AND LIFE GOES ON

In case you haven't noticed, time keeps marching right along. We are well past the halfway mark of this year despite everything that has happened. Everyone's lives have changed in some way and yet life goes on. It doesn't take in to consideration what drummer we follow - that is us to us- but reminds us to make the most of what we have.

Have you ever taken a wrong turn down a road where you have never been before? Nowadays people rely on their GPS, but even that has been known to take one the wrong way at times. How do you get back to where you really want to be? One probably needs to stop and reassess the situation; recalibrate that GPS; or God forbid, ask someone for directions.

Perhaps it is also a good time to ask ourselves what road we are on spiritually. There have been many challenges over the past year and we may have gotten accustomed to different things on a Sunday morning now. Last year as churches closed we were asked to worship in different ways - we listened on the radio; we live streamed; we sat in our cars; we watched on television - and through it all God was there to listen to our prayers. These were all physical things we became accustomed to but where do we actually stand spiritually? Has our prayer life deepened? Do we actually talk to God?

Our churches have been reopened for some time now and many have returned to be nourished at the fountain of salvation. No matter where we are we need to sit quietly and listen. Turn off the TV, internet or whatever else breaks in to that period of silence. Open a good book and enter in to another world. We are perhaps on overload from everything thrown at us from all sides. Remember God is found in the gentle breeze. He is found in that person who can use a smile or contact of some kind. He is found deep down inside of us where only we ourselves can interact with Him. We all need to be on the road He has laid out for each of us even if we take a different path to get there. Yes, life goes on and God is there beside us. Remember to stay in touch with Him.

God Bless, Stay Safe, Stay Strong,

Sister Agnes Patricia



12 FUN REASONS TO LAUGH FOR YOUR HEALTH



Have you ever heard the old adage “He who laughs, lasts”? Well, as it turns out, it’s true! Current scientific evidence has shown that laughter not only improves our overall health, happiness and sense of well-being, but increases our life expectancy as well; here’s how:

1. Laughter strengthens your immune system and promotes healing. Your immune system protects your body from threats to its well-being like a virus or infection, even cancer. Laughter increases the number of “killer cells” and antibodies in your body. It not only helps you to get sick less often, but heal much faster if you do.
2. Laughter is good for your heart. Laughter thins blood and blood vessels, improves circulation and acts as a vasodilator. It also lowers blood pressure. Ten minutes of hearty laughter has been shown to produce a 10 to 20 mm drop in blood pressure that lasts for 20 minutes after the laughter stops. It has also been determined that people with heart disease are approximately 40 percent less likely to laugh than those without heart disease.
3. Laughter may help to prevent type II diabetes. Recent research indicates that laughter may have an affect on the regulation of certain gene expressions that help to control Type II diabetes. It also decreases food cravings by giving the same stimulation as eating 2,000 chocolate bars!
4. Laughter alleviates bronchitis and asthma. Laughter improves lung capacity and oxygen levels in the blood. It eases bronchial spasms, opens airways and helps to clear phlegm.
5. Laughter is an intense aerobic workout. Laughter has been found to be equivalent to any other aerobic workout. In fact, 1 minute of rigorous laughter, or approximately 100 “ha ha has” has been shown to have the same cardiovascular benefits as a 10 minute workout on a rowing machine or 15 minutes on a stationary bike. That’s right! You can burn approximately 400 calories an hour just laughing!
6. Laughter is a great stress buster. Laughter reduces levels of neuroendocrine and stress-related hormones in our body (e.g. cortisol, epinephrine, dopac). It is a natural relaxant. Think of the last time you laughed so hard you cried. Do you remember the feeling of peace and inner calmness you had afterward? Laughter provides a playful pathway to physical and emotional relief.
7. Laughter is a natural painkiller. Endorphins, the body’s natural painkillers, are released when you laugh. The more you laugh, the better you feel.
8. Laughter relieves depression, anxiety and addictions. Laughter increases the production of “feel good” neurotransmitters (e.g. dopamine) and the “happy hormone” or “hormone of love” (oxytocin) in the brain. It focuses your awareness on happy feelings in the here-and-now while distracting you from any negative thoughts, emotions or behaviors. Laughter is a natural high.
9. Laughter enhances brain functioning. Laughter activates higher cortical functioning while improving mental clarity, focus and concentration.
10. Laughter is internal jogging. Laughter massages internal organs while improving digestion and elimination.
11. Laughter is a challenging abdominal workout. Laughter is a great “abdominisa!”
12. Laughter lifts your spirit and soothes your soul.



It isn’t what life gives you, but how you respond to it that is the difference that makes the difference. Laughter helps you en-lighten up by not taking yourself, or your life, too seriously. It fosters spiritual awakening, love and connection with the divine.

Angels can fly because they take things lightly! Live life laughing!





Shining Light

This month's Shining Light is our Youth director, Sarah Stone. Sarah was born and raised in Charlton. She graduated Shepherd Hill in 2012 and Westfield State University in 2016. She currently lives in Dudley. She is currently planning a wedding to take place here at St. Joe's this October, the 15th at 5:00pm to be exact. She says all are welcome to attend the ceremony! Sarah has a dog named Luna whom she takes with her to work here. She says her faith journey started from birth when her parents dragged her to Church. At the time she didn't see the gift her parents gave her in planting the seeds of faith. College was a challenging time and she never lost her love for God but fell away from the Church. Deacon Bill crossed her path and pulled her back in after college by asking her to volunteer for Life Teen and that is all it took.

Sarah now works as our Youth Minister and works in many other activities here at St. Joseph's Church. Sarah said, "Father Bob makes sure I'm kept busy." She used to volunteer with a local hospice organization. She also works part time at Charlton Middle School with special needs students or children who need academic support. She loves them a bunch. In her free time Sarah loves tending to her flower garden especially her sunflowers, going to the beach, and spending time with her loved ones.

When asked what advice she could give to the parishioner St. Joseph's Church in Charlton Sarah said, "The best advice I can give anyone is that there is a unique place in the world for you, and the world needs you. Some way some how God will lead you there. There is an undefinable love that connects us all. The sooner we realize that we are one body, the sooner we can get to work being the hands and feet of Christ." She then added, "Oh and pray, a simple conversation is a great way to start. Don't be afraid to say yes and take a leap of faith."



Ultreya - 1st Friday of the month - 7:00 pm Mass at St. Josephs in Charlton

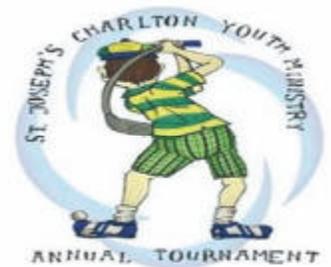
UPCOMING WEEKENDS

| | | |
|--------------|----------------------|----------------------|
| For Men... | November 11-14, 2021 | March 17-20, 2022 |
| For Women... | October 14-17, 2021 | February 3 - 6, 2022 |

www.fourthday.org



Scan This QR
Code with
your phone
to **SIGN UP**
or **SPONSOR**
TODAY!



OCTOBER 2, 2021 7:30 Tee Time
Heritage Country Club
Volunteers Needed



We read in Psalm 63 we hear the Psalmist tell us,
***“In their trouble they called to the Lord,
and he saved them.”***

That, of course, is always the best of all advise, that when we are in need, when troubles come our way we remember that the Lord in his love and mercy is always near to comfort us.

Another way we find the Lord is through each other and our concern for one another. Christ reminds us through scripture that those who love him keep his commandments. The greatest of his commandments was to Love God and to Love our neighbor. As Christian Stewards we give unselfishly of ourselves through our Time, Talent and Treasure that God’s love will show through our lives.

Through our own love, compassion and mercy the world will see that we are unmistakably Disciples of Christ and the Stewards of his many gifts.

We are Christian Stewards because our focus is upon Jesus and not the world. We know and understand that the things of the world are quickly passing away. All things belong to God and we are called upon to care for those things we have been blessed with in life, whatever they may be.

The Gospel consistently reminds us of that great truth that we are not to place great value on the things of the world, but rather we are to value our God above everything else in life.

“For what does it profit a man if he gain the whole world and loose his own soul?”
(Mt. 16:26)

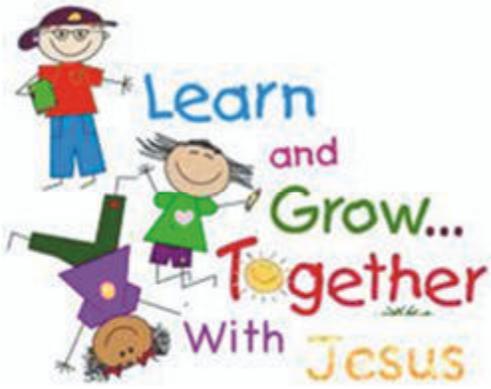
Jesus Christ calls upon all of us to a conscious effort to share the God given gifts that have been given to us. The giving of our Time, Talent and Treasure are a visible means of showing others that we truly believe that our gifts and money are not our own, but the Lords’.

Christian Stewardship is, therefore, a reflection of the Gospel message and calls us to take a look at our life and our relationship with God and to one another.

May we all be the heralds of the love of Christ by the joyful sharing of our time, talent and treasure.

Deacon Steve

***Stewardship is the Christian Way of Life,
Many Hands make the Burden Light.***



Children's Liturgy

is postponed
till further notice

FIRST LIGHTS

(Grades K - 5)

Coordinator: Sister Agnes Patricia
(508-248-7862) sisteragnespatria@yahoo.com

First Light Parents

Please fill out the questionnaire below and return to Sister Agnes

THANK YOU

Family Name _____

Will you be registering your child/ren this year? Yes _____ No _____

What grade/s _____

Day Preference _____

Can you provide transportation if necessary? Yes _____ No _____

What type of class are you interested in

In Person _____ Homeschool _____ Other _____

Comments/Suggestions:



Sandy Buron
EDGE Coordinator
Middle School Religious ED & Youth Ministry
508-248-7862
mrsbEdge2018@gmail.com



Registration for **EDGE**, religious education for grades 6-8, has begun. Register at stjosephscharlton.com or scan this QR code. Contact Sandra Buron if you have any questions at mrsbEdge2018@gmail.com.

EDGE REGISTRATION IS NOW OPEN!

VOLUNTEERS ARE NEEDED

**Information Meeting:
 Tuesday, September 28th
 at 6:30 PM in the Hall**



EDGE KICK OFF CELEBRATION
Sunday, September 19th from 3 - 5 PM

COME JOIN THE FUN!

Calling All 6th, 7th and 8th graders and their parents
 Come Join us for Food, Activities, Games, Music, Prizes,
 Dunk Tank, Photo Booth and More...



Volunteers are needed from 3 - 5 PM

Mass is at 5:00 PM following the celebration!!!

| EDGE CALENDAR | |
|-------------------------------------|--|
| Sunday, September 19 th | EDGE/LIFETEEN Kick Off from 3 - 5 PM |
| Tuesday, September 28 th | Last EDGE Volunteer Information Meeting |
| Tuesday, October 12 th | An EDGE Night – The LEGEND: The Historical Impact and Influence Jesus has had on the World |
| Tuesday, October 19 th | An EDGE Night – FANDOM: Jesus is God and Our Inspiration |
| Tuesday, October 26 th | An EDGE Night – ALL SAINTS: Focus on St. Joseph |
| Tuesday, November 2 nd | An EDGE Night – HUMBLE BEGINNINGS: Did Jesus Ever Get Grounded? |

W
E
L
C
O
M
E
B
A
C
K
!!!

AUG. 1, 2021
Online Registration Open

ST. JOSEPH'S CHARLTON
LIFE TEEN
Leading Teens Closer to Christ

Scan this using your cell phone

Fall Semester Calendar 2021

| Date | | Lesson/Event |
|------------------|--------------------------|---|
| Sunday, 09/19/21 | Kick-Off | Hello/Welcome & Intro on Prayer |
| Sunday, 09/26/21 | Unleashed: Mental Health | PSYCHE SPIRITUAL VS. MENTAL HEALTH |
| Sunday, 10/03/21 | Unleashed: Mental Health | WHO AM I? PEACE |
| Sunday, 10/10/21 | No Lifeteen | No Lifeteen |
| Sunday, 10/17/21 | Unleashed: Mental Health | INNOCENT SUFFERER RESILIENCE |
| Sunday, 10/24/21 | Unleashed: Mental Health | MESSIANIC PROMISE HOPE |
| Sunday, 10/31/21 | XLT | Guest Speaker: Meg Sullivan |
| Sunday, 11/07/21 | Youth Rally 1-6PM | Worcester Diocese |
| Sunday, 11/14/21 | Church | Made As One |
| Sunday, 11/21/21 | Church | Made For All |
| Sunday, 11/28/21 | No Lifeteen | Thanksgiving |
| Sunday, 12/05/21 | No Lifeteen | Confirmation Retreat 12/3-5/21 |
| Sunday, 12/12/21 | Church | Birth of the Church - Birth of Jesus |
| Sunday, 12/19/21 | Christmas Party | |
| Sunday, 12/26/21 | No Lifeteen | Christmas Break |
| Sunday, 01/02/22 | No Lifeteen | New Years |

CONTACT US

ST. JOSEPH'S CHURCH
10 H. PUTNAM RD. EXT
CHARLTON, MA 01507
ATTN: LIFETEEN

SARAH 774-230-8324
DCN. BILL 508-254-8512

EMAIL:
LIFETEEN@STJOSEPHSCHARLTON.COM
SARAH@STJOSEPHSCHARLTON.COM
DEACONBILL@STJOSEPHSCHARLTON.COM



L
T
K
I
C
K
O
F
F
9
/
19
/
21

Charlton FURNITURE
Escape the ordinary.

DRESSER HILL RD., (RTE 31), CHARLTON, MA 01507
508.248.5566 • charltonfurniture.com
Mon - Fri 10A - 6P | Sat 10A - 5P
Sun Noon - 5P
Complimentary design service available

Ann Marie Sorensen
CBR, REALTOR®
508-612-8647 Cell

"For every house is built by someone, but God is the builder of everything."
Hebrews 3:4

304 Washington St., Auburn, MA
AMSorensen@ERAKey.com
www.AnnMarieSorensen.com

CHARLTON OPTICAL

EYE GLASSES • EYE EXAMS
CONTACT LENSES
Peter Maly, R.D.O.
508-248-1188

St. Joseph's smiles on our sales!

Many advanced designations, awards and testimonials to assure you my professional advice is backed by experience and commitment to your best interest!

Diane Dabrowski, Broker/Realtor since 1990
Alliance with ERA Key Realty
31B Main St. Charlton, on the common
508-479-2340 | www.DianeDabrowski.com

George's Pizza & Subs

& More! Free Delivery!
Open 7 Days 11am-10pm
508-248-2079
9 City Depot Rd., Charlton, MA
www.georges-pizzeria.com

CHARLTON MANOR
BEAUTIFUL RETIREMENT HOME

Call Today to Schedule a Tour!

508-248-5136 • 978-314-2290
www.charltonmanorresthome.com
12 Town Farm Road • Charlton, MA 01507

WE ARE 1/2 THE PRICE OF ASSISTED LIVING

CAMOSSE MASONRY SUPPLY
23 Trolley Crossing Road, Charlton
508.248.4044

COMPLETE LINES OF CONCRETE LANDSCAPE PRODUCTS
Clay and Concrete Pavers
Segmental Retaining Walls
Natural Stone, Cobblestone, Slates
Edging, Granite Statuary, and more...
www.camosse.com

PROTECTING SENIORS NATIONWIDE
MEDICAL ALERT SYSTEM

\$29.95/MO
BILLED QUARTERLY

CALL NOW! 1.877.801.7772
WWW.24-7MEDALARM.COM

FREE AD DESIGN WITH PURCHASE OF THIS SPACE.
- 800-477-4574 -

Coonan Insurance Agency
Tom Coonan
tel 508-987-7122
267 Main St., Oxford, MA 01540
tom@coonaninsurance.com
www.coonaninsurance.com

"Serving Your Business and Personal Needs."
Auto Home Business Life

JEFF D. HELGERSON
EXCAVATING & SEPTIC

YOUR SEPTIC SERVICE, EXCAVATION & WASTE PUMPING EXPERTS

Storm Water Mgmt • Grease Traps • Title 5 Work
Foundations • Grading • Installation • Maintenance & Septic System Repairs
Call for an Estimate or Appointment

508-248-7242
www.helgersexcavating.com

House Home real estate

Turning Houses into Homes
House To Home Real Estate

Joshua Somers
Realtor
508.612.4852

joshhousetohome@gmail.com
housetohomerealestatene.com

Slab Sawing • Wall Sawing
Asphalt Sawing • Core Drilling

DiPietro Masonry
Commercial - Residential - Industrial

- All Types Masonry
- Concrete Cutting

52 Berry Corner Rd., Charlton, MA
(508) 248-4704 • Fax: (508) 248-1480
Fully Insured
MA Lic. #053872 • CT Lic. #551780

AVAILABLE FOR A LIMITED TIME

ADVERTISE YOUR BUSINESS HERE

Contact Gary Zakrzewski to place an ad today!
gzakrzewski@4LPi.com or (800) 477-4574 x6413

Joseph J. Szela & Associates, P.C.
For the Public Accountants

Accounting • Auditing • Tax Services • Tax Planning and Preparation
Business Planning and Consulting • 501(c)(3) Organizations
Business Valuation • Certified Financial Planners

Visit us online: www.szela.com

429 Worcester Road, Charlton MA 01507 | 508-248-1040

ADVERTISE YOUR BUSINESS HERE

Your Community is Looking!

This Space is Available

SUPPORT THE ADVERTISERS THAT SUPPORT OUR COMMUNITY



DAN ELLIOTT MORRILL FUNERAL HOME
 Three Generations of Family Service Since 1647
 130 Hamilton Street, Southbridge
 508-248-1122
 morrillfuneralhome.com
 PATRICK S. MORRILL, DIRECTOR

STORAGE SPACE, LLC
 94 Brookfield Rd.,
 Charlton, MA 01507
 REASONABLE RATES

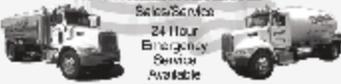
508-248-6461
 www.storagepacecharlton.com

Elliott Burlingame and Sons, Inc
GENERAL CONTRACTORS
 91 #6 Schoolhouse Road, Charlton, MA
508-248-5076
 New Homes
 Remodeling • Roofing
 Site Work • Septic Systems

Carmelite Sisters of the Eucharist
 188 Old Worcester Rd.
 Charlton, MA
 01507
(508) 248-2936




O' MALLEYS TRUCK & AUTO BODY CORP.
 Complete Mechanical Repair
 (508) 248-5829

Charlton Oil & Propane
 Emergency **508-248-9797**
 125 Southbridge Road, Charlton, MA 01507
 www.charltonoil.com
 Sales/Service
 24 Hour Emergency Service Available


DAVID BARBALE
ROOFING
GUTTERS & REPAIRS
 FREE ESTIMATES
(508) 248-6709
 CHARLTON, MA

Paying Too Much For Your Insurance?

BAIR INSURANCE AGENCY
 58 A.F. Putnam Rd., Charlton, MA
 Serving Area Towns Since 1980
508-248-4204
 edbair@bairinsurance.com
 www.bairinsurance.com

This Space is Available

ADT-Monitored Home Security
 Get 24-Hour Protection From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



ADT Authorized Provider | SafeStreets | **1-855-225-4251**

Signature TOUCH SPA
 LOCATED IN THE REEDER LODGES
 369 MAIN STREET
 STURBRIDGE MA
 508-347-0371 Spa
 HAIR CARE • NAIL CARE • SKIN CARE
 MASSAGE • BODY TREATMENTS
 BROW LASH TINTING • LASH LIFTING & MORE!
 WWW.SIGNATURETOUCHSPA.COM
 Gift cards Available!


SUPPORT THE ADVERTISERS THAT SUPPORT OUR COMMUNITY



Please support our advertisers and mention you saw their ad here.

Sansoucy Funeral Home
 Family Owned & Operated since 1900
 Serving All Faiths ~ Cremation Services
 Elaine J. Sansoucy | Bonnie J. Materas
 Directors
508-764-2567
 40 Marcy Street • Southbridge
 sansoucyfuneral.com
 HANDICAPPED ACCESSIBLE ~ OFF STREET PARKING

Se Habla Español

Aucoin Ryan Realty
 Your Neighborhood Real Estate Experts
 201 South Street, Southbridge, MA 01550
508-765-9155
 AucoinRyanRealty@verizon.net
 AucoinRyanRealty.com

The VERLOOK
 Your future looks great from here.
866-753-5429

Make Us Your First Choice for Your Rehabilitation

- SHORT TERM REHAB
- SKILLED NURSING
- RESPITE CARE
- MEMORY CARE

88 Masonic Home Rd.
 Charlton, MA



Too Sick for Mass?
 SUPPORT OUR PARISH NO MATTER WHERE YOU ARE!

Sign-up to get your bulletin delivered right to your inbox!
 www.parishesonline.com



St. Joseph's Church
10 H. Putnam Ext.
P. O. Box 338
Charlton City, MA 01508



PRSRT STD
U.S. POSTAGE PAID
CHARLTON CITY, MA
PERMIT #5

Return Service Requested



Holy Guardian Angel feast day October 2nd



Angel of God's light, whom God sends as a companion for me on earth, protect me from the snares of the devil, and help me to walk always as a child of God, my Creator. Angel of God's truth, whose perfect knowledge serves what is true, protect me from deceits and temptations. Help me to know the truth, and always to live the truth. Angel of God's love, who praises Jesus Christ, the only Son of God, who sacrificed His life for love of us, sustain me as I learn the ways of Divine love, of sacrificial generosity, of meekness and lowliness of heart. Thank You, my heavenly friend, for your watchful care. At the moment of my death, bring me to heaven, where the one true God, Who is light, Truth and Love, lives and reigns forever and ever. Amen.

WEEKEND MASS IS CELEBRATED

Saturday at 4:30 PM and Sunday at 10:00 AM and 5:00 PM

Mass can be heard from your car in the parking lot by Tuning in to 89.5FM
OR follow Mass via a Live Stream from ourwebsite or our Facebook page.

WEEKDAY MASS IS CELEBRATED

Tuesday and Thursday at 8:30 AM