

## OUR MISSION

St. John de LaSalle is a welcoming Roman Catholic community that seeks to live the Gospel message of Our Lord Jesus Christ. We embrace our faith and support our members through: prayer, worship, evangelization, loving service and fellowship, life-long education and responsible stewardship. We are grounded in the Sacraments and we place the worship of Christ in the Eucharist at the center of our parish life. In gratitude for our many gifts, talents and blessings, we respond with compassion to the spiritual and corporal needs of all.

## BAPTISMS

Parents should call the Pastoral Care Office soon after the birth of the child to arrange to attend the baptism preparation class, held on the last Wednesday of each month. Baptisms are scheduled for the first and third weekend of the month after the 11:15 or 4:30 Mass, or they can be done during the 11:15 or 4:30 Mass.

## LETTER OF RECOMMENDATION

Please call the PCO during regular office hours to determine if you are eligible to receive a letter of recommendation. Letters of recommendation (to act as a sponsor for Baptism or Confirmation) may be issued to currently registered parishioners who attend Mass, are confirmed and married in the Church.

## MARRIAGES

Couples should begin planning with the parish at least six months prior to the wedding date. A marriage program is an essential part of the planning process.

## MINISTRY TO THE SICK

Please contact the Pastoral Care Office to arrange for pastoral visits for hospitalized or homebound parishioners.

**Together in Faith  
Since 1907  
January 31, 2021**

**Fourth Sunday In  
Ordinary Time**



**PASTORAL CARE OFFICE  
716-283-2238 EXT. 302/301**

Monday through Friday:  
9:00 a.m.- 4:00 p.m.

Pastor. . . . . Ext. 308  
Emergency Only . . . . . 579-4949  
Office . . . . . Ext. 302/301  
Faith Formation . . . . . 283-5140  
Ext. 306  
Community Care / Food Pantry -  
Mrs. Lynn Siegfried . . . . . 622-5880

## LITURGY SCHEDULE

**Saturday Vigil:**..... 4:30 p.m.

**Sunday Mass:**.....8:45am, 11:15am

**Weekdays:**..... 8:00 am (*Monday thru Friday*)

**Tuesday:**.....6:30 pm St. Jude Novena

Followed By Mass at 7:00 pm. Anointing Of The Sick On The First Tuesday Of Each Month.

**Eucharistic Adoration:**Thursday 8:45 -  
Midnight!

*Non Gluten Eucharist Available On Request*

*Restroom w/changing table located near daily chapel;  
there is another restroom in the west foyer.*

## CONFESSIONS

Saturday: .....3:45 p.m. to 4:15 p.m.

## PASTORAL TEAM

Pastor: Rev. Slawomir Siok, SAC

Office Administrator: Mrs. Mary Newman

Office Assistant: Mrs. Cynthia Tripoli

Faith Formation: Mrs. Marybeth Simoneit

Music Leaders: Mrs. Christy Murty

Mr. Jeff Paterson

Trustees: Miss Janet Furlong

Mr. Michael Casale

Parish Council: Mr. Andrew Touma



## 4<sup>TH</sup> SUNDAY IN ORDINARY TIME

*In their synagogue was a man with an unclean spirit; he cried out, "What have you to do with us, Jesus of Nazareth? Have you come to destroy us? I know who you are—the Holy One of God!" Jesus rebuked him and said, "Quiet! Come out of him!" - Mk 1:23-25*

Excerpt from the Lectionary for Mass © 2005, 1998, 1979 CEB.

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**Parish Center: 716-283-7916 • Fax: 716-283-7973**

**Email: [stjohndelasalle@juno.com](mailto:stjohndelasalle@juno.com) • Website: [www.stjohndelasalle.org](http://www.stjohndelasalle.org)**

**8477 Buffalo Avenue • Niagara Falls, New York 14304**

**January 31, 2021**  
**Fourth Sunday In Ordinary Time**  
**Liturgy of the Hours—Seasonal Proper**

**Saturday, January 30, Weekday**

8:00 am All Souls

3:45 pm—4:15 pm Confessions In The Chapel

4:30 pm Gloria Zulke by Debra Brenot

**Sunday, January 31, Fourth Sunday In Ordinary Time**

8:45 am Deceased Members Of The Rosary Altar Society

11:15 am Bernd Huemmert by Family

**Monday, February 1, Weekday**

8:00 am Mr. &amp; Mrs. T. Henry &amp; Helen Murphy

**Tuesday, February 2, The Presentation Of The Lord**

8:00 am Alfred Drozek by Family

6:30 pm St. Jude Novena

7:00 pm Albert &amp; Mary Ann Derr by Anthony &amp; Lori Casilio &amp; Family

**Wednesday, February 3, Saint Blaise, Bishop And Martyr; Saint Ansgar, Bishop**

8:00 am Diane Burnham by Marie Trainor

**Thursday, February 4, Weekday**

8:00 am People Of The Parish

8:45 am—Midnight Eucharistic Adoration

**First Friday, February 5, Saint Agatha, Virgin And Martyr**

8:00 am Anthony Gara by Jean Matar

12:10 pm Barbara Joseph

7:00 pm Holy Rosary With Exposition Of The Blessed Sacrament

**First Saturday, February 6, Saint Paul Miki And Companions, Martyrs**

8:00 am Jeffrey &amp; Ida Garringer by Peter &amp; Cindy Tripoli

3:45 pm—4:15 pm Confessions In The Chapel

4:30 pm Brian Kindzia by Family

**Sunday, February 7, Fifth Sunday In Ordinary Time**

8:45 am Donald Coia by The Wayda Family

11:15 am Dorothy Corrigan by David &amp; Cathy D'Angelo

**Please pray for our ill and hospitalized:** Sue Dokey, Philip Bufone, Pat Hahn, Lynette & Family, Tim Coughlin, Anne-Marie S., Tim, Lora Pfohl, Chris Nelson, Ron, Michele Promowicz Newman, Andrew Montoro, Gail Jakubowski, Cathy D'Angelo, Ryan Welsh, Will, Amelia Morganti, Bob & Christine Belkota, Kevin White, J. White, Little J., MCL, Doug, Kay M. Z., Matthew Smith, Dave DeLuke, Suzanne DeLuke, John C., Emilia Kobus, Brad Ludwig, Gabrielle Wittkop, Rosemary, Vikki H, Hank Buchalski, Barb Anthony, Inez, John Butler, Joanne I. Philbrick, Violet Iadicicco, Joel Rivera, Alex, Jim & Denise Clapps, Kristy, Lynn Kowalski, Ken Shebelle, Monica Pietras, Richard, Carol Buchalski, Anastasia Rafter, Carrie Wheeler, Baby Sammy, Rose Muto, Olivia P., Kim Z., Jude Holka, Kelly Metzinger, Joe Ceretto, Linda Marino, Tricia Papke; Shirley Kostoff, Chester Bradley, Kellianne Laughing, Jean DeMarco, Norma Genovese, Paul Hogan, Sharon Costanzo, Joel Rivera, Jessica McDowel, Todd Littlewood, Andrew Mrzygut

**The Sanctuary Light Burns With Unceasing Prayer In Front Of The Blessed Sacrament For The Month Of February For The Pyra Family By Josephine Pyra!**

**A TRANQUIL SOUL**

Brené Brown's 2010 book entitled, "The Gifts of Imperfection" introduces a term that I love: gremlins. I previously only knew that word as the title of the 1984 film with Howie Mandel. Brown refers to negative self-talk as "gremlins." Self-talk is that interior conversation that we have, either positive or negative. This self-talk governs our moods, attitudes, and worldview.

In the spiritual life, there's a similar concept. The Christian East calls it (logizomai) which roughly means 'thoughts.' These logizomai (or thoughts) of the spiritual life are akin to gremlins or negative self-talk in the psychological sphere. In Christian spirituality, the goal is Christ and becoming more like him in every way. But the logizomai can get in the way, just as the gremlins of negative self-talk can get in the way of psychological health. The nagging quality of these logizomai might be described as temptations, yet today's Gospel calls out these plaguing thoughts as 'unclean spirits.' We all have them; they come in varied ways and intensities, affecting every facet of our lives, in small and in big ways. And St. Paul wants us to be free of these anxiety-producing thoughts that disrupt the interior peace and quietude for which our souls so desperately long. St. Paul isn't saying that the demands of responsible living are detrimental to the spiritual life. Rather, he is saying that the presence of these tempting logizomai are the beginnings of sin taking deeper root in our soul, influencing our attitudes and behaviors, moving us farther away from the image of Christ within our souls.

These pesky unclean spirits know the power of Christ, even though we might not; they lose their stronghold when we call on the name of Jesus, just like darkness immediately disappears when I turn on the light switch as I enter a room. In the spiritual realm, these unclean spirits are there only because I have knowingly, or sometimes unknowingly, given them permission to be there. But I also have the power to evict them! Calling on Jesus' name is not like some magical incantation or spell that we wield over dark forces. The Catechism describes it this way: "The invocation of the holy name of Jesus is the simplest way of praying always. When the holy name is repeated often by a humbly attentive heart, the prayer is not lost by heaping up empty phrases, but holds fast to the word and "brings forth fruit with patience." This prayer is possible "at all times" because it is not one occupation among others but the only occupation: that of loving God, which animates and transfigures every action in Christ Jesus," (CCC 2668).

St. Diadochos of Photiki describes the opposite reality of anxiety, tranquility of soul, and how to come about it:

The light that true knowledge gives out is the ability to distinguish unerringly what is right from what is wrong. This being so, the path of uprightness — which leads the mind towards God, the radiant sun of righteousness — takes that same mind into an unbounded light of knowledge and then leads it on to seek trustingly for love.

Those who are struggling in battle ought always to keep their souls free of the tumultuous waves of distraction. If they do this, the mind will be able to distinguish among the thoughts that come to it. The good thoughts, sent by God, they can store in the treasure-house of their memory. The evil thoughts, sent by the devil, they can throw out.

In just the same way, when the sea is calm, the fisherman can see to the bottom of it and practically no fish can escape his gaze; but if it is stirred up by wind and storm, it becomes opaque when in calm times it was transparent — and when that happens, even the wildest fisherman is wasting his time.

The tranquil soul is one free of the anxieties described by St. Paul and the unclean spirits described in the Gospel. But this tranquility of soul is not a cheap quality; it must be earned through daily disciplines of prayer, fasting, and repentance. This is what we can do; it is Jesus who returns us to our right minds (Mk 5:15; Lk 15:17) because ours was transformed and renewed by the power of Jesus' name (Rom 12:2). Imagine what life could be like if we continually operated out of a tranquil soul rather than an anxious one!

**Br. John-Marmion Villa**

**PRAYER**

Lord, please put your peace in my heart.

I am worried and anxious about many things.

My mind races and obsesses.

I can't help thinking about my problems.

And the more I think about them, the more depressed I become.

I feel like I'm sinking down in quicksand and can't get out.

Calm me, Lord.

Slow me down; put your peace in my heart.

Amen.

**Every Week We Need \$5500.00 To Cover Our Weekly Expenses!**

Sunday, January 24, 2021: Regular Collection: \$2563.00 (47%)  
 Monthly Collection: \$100.00, Utilities: \$85.00, Votives: \$30.00,  
 Debt Reduction: \$80.00, Children's Collection: \$13.00,  
 Solemnity of Mary: \$5.00, Mail: \$465.00, Donations: \$200.00,  
 Catholic Relief Services: \$25.00, Community Care: \$50.00.  
 Online Giving: 01/18/2021—01/24/2021: Regular Collection:  
 \$234.00.

The Second Collection This Week (01/31/21) is for Catholic Relief Services.

The Second Collection Next Week (02/07/21) is for Debt Reduction.

A BIG THANK YOU to all who have kept our Church running during this pandemic. We rely on your weekly envelope donations and even if you cannot make it to church, please try to keep up with your envelopes, we still have bills to pay and now that the colder weather is upon us, we will have an increase in heating and electric.

There are several ways available for your convenience:

**Online Giving**—Go to St. John de LaSalle Church—Click On the Web Site and at the bottom click on ONLINE GIVING.

**Drop Off At The PCO**—Monday—Friday from 9:00 am—4:00 pm

**Or Just Mail To:** St. John de LaSalle Church  
 8477 Buffalo Ave.  
 Niagara Falls, NY 14304

**Thank You For Your Continued Support!!**

**The Mobile Food Pantry Will Be Starting Up Again, It Will Be In St. John's Parking Lot Every Second Friday Of The Month!!**

*The next date will be February 12th, at 1:00 PM!*

**Appeal 2021 is underway!** In addition to supporting Catholic Charities, **Appeal 2021** also helps to support the **Fund for the Faith**. Established in 1937 by Bishop John Duffy out of concern for those in need of spiritual comfort due to hardships of the Great Depression, the Fund for the Faith continues to provide spiritual nourishment throughout our diocese today. Proceeds provide ministry support services that are instrumental to the vitality of our faith experience and enable us to more effectively spread the Gospel message of Christ's love. With the COVID-19 Pandemic, donations to the Fund for the Faith are more important than ever as we extend comfort to all of God's people—our family, friends and neighbors alike. Our hope and prayer is that a successful Fund for the Faith drive will help restore and support expanded ministries including Catholic education and formation programming for youth and young families. For a list of the programs the Fund for the Faith supports, go to [www.cwny.org/appeal-programs](http://www.cwny.org/appeal-programs). You can make a secure online donation at [www.cwny.org/donation](http://www.cwny.org/donation).

**Word Of Life—January 31:** "Walk with each other. Do not be afraid to embrace God's gift of life. Whatever storms or trials we face, we are not alone. He is with us. 'Behold, I am with you always, until the end of the age.'" (Matthew 28:20)

**January 30 and 31st** we will have blessing of throats and blessing of the candlemass candles. Candles blessed at this time may be burned when someone is near death or in a disaster to bring Christ into their presence.

**FISH FRIES ARE COMING!!**

I would like to gently remind the "Fish Fry Crew" that Lent is coming soon. Our First Fish Fry will be held on Friday, February 19th from 4:00—7:00 PM. All dinners will be \$12.00. Preparation will take place for the first fish fry Thursday, February 18th from 6:00—8:00 PM. If you would like to become a part of our crew stop in during prep time and let us know!!! The more volunteers the better!

Due to COVID, this year all dinners will be TAKE-OUT ONLY! We will take orders by calling 716 283-7916, from 3:00—6:30 PM. You will then pick-up your orders at the door of the center. We will have someone there to take payment and distribute the dinners. There will not be any desserts available, due to the fact that we cannot have any "home baked" items this year. Please remember to tell your family and friends and I thank you for your continued support of our parish, St. John de LaSalle.



Catholic Schools Week—January 31- February 6  
 It's Catholic Schools Week! We're grateful for all of our wonderful teachers and students who contribute so much to the life of our parish.

**The Presentation of the Lord - February 2, 2021**

"We too are called to welcome Jesus who comes to meet us. To encounter him: the God of life is to be encountered every day of our lives; not now and then, but every day. To follow Jesus is not a decision taken once and for all, it is a daily choice." —Pope Francis, Feast of the Presentation of the Lord, 2019

The Presentation of Jesus in the temple shows him to be the firstborn Son who belongs to the Lord. With Simeon and Anna, all Israel awaits its encounter with the Savior—the name given to this event in the Byzantine tradition. Jesus is recognized as the long-expected Messiah, the "light of the nations" and the "glory of Israel," but also "a sign that is spoken against." The sword of sorrow predicted for Mary announces Christ's perfect and unique oblation on the cross that will impart the salvation of God has "prepared in the presence of all peoples" (CCC, no. 529).

**Information on the Year of St. Joseph—Bishop Michael Fisher**

In response to the call of our Holy Father Francis, in his APOSTOLIC LETTER "PATRIS CORDE" ON THE 150TH ANNIVERSARY OF THE PROCLAMATION OF SAINT JOSEPH AS PATRON OF THE UNIVERSAL CHURCH honored this year, we will be holding a diocesan-wide consecration to St. Joseph. In a visit to Rome with Pope Pius IX in 1849, it was suggested to Bishop Timon that our Diocese have our patronage to St. Joseph and later the St. Joseph Cathedral which was dedicated on July 1, 1855.

"As your new Bishop and Shepherd, I would like to encourage all of the faithful to join in unity with me in prayer with a consecration to St. Joseph in the Diocese of Buffalo. We will begin on Monday, February 15, and culminate on the Solemnity of St. Joseph, Friday, March 19th at St. Joseph Cathedral, where I will preside at the 12:10 am mass."

All of the scheduled activities and information will be available on our diocesan website, including the daily prayers, which also can be downloaded for your convenience and use in various settings.

**St. Joseph, Pray For Us!**

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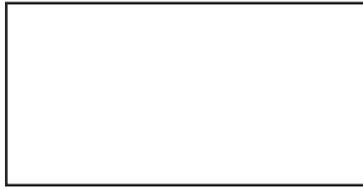
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