

Transfiguration Parish



MISSION STATEMENT

We are a Catholic community united by love, illuminated by the Transfiguration of our Lord Jesus Christ. We gather as a People of God seeking unity through the Holy Spirit to Worship through the Sacred Liturgy, Prayer and Sacraments, and to proclaim the Christian message which promotes Justice, Reconciliation and Service through Evangelization, Faith Formation and Discipleship.

VISION STATEMENT

Transfiguration Parish is committed to continual growth in the Catholic Faith through a lifelong union with Jesus Christ, and in service to others through the ministry of the Church. We spread the Good News of His love and promote His Word through evangelization, education, reflection, and daily witness. As faithful stewards we pledge to direct and develop the spiritual, human, financial, and material resources of the Church. We respond to His love with gratitude and prayer, with compassionate service, generous sharing, reconciliation and equality for all.

**50 Hillview Drive
Speigletown, Troy, NY 12182**
Administrative Offices

Office Hours: Monday thru Friday - 9:00 a.m. - 2:00 p.m.
Phone: 518-235-0337 Fax: 518-235-8726
general_office@transfigurationparish.net

**17 South Main Street
Schaghticoke, NY 12154**

Office Hours: Monday and Thursday, 9:30 a.m. - 2:00 p.m.
Phone: 518-753-4554 Fax: 518-753-0456
general_office@transfigurationparish.net

LITURGICAL SCHEDULE

	Schaghticoke	Speigletown
Saturday:		4:00 p.m.
Sunday:	8:30 a.m.	10:15 a.m.
Communion Service:	Tuesday 9:00 a.m.	Thursday 9:00 a.m.

SACRAMENTAL CELEBRATIONS

Sacrament of Reconciliation: By Appointment
Sacrament of Baptism: Please call the church office to make arrangements.
Sacrament of Marriage: Couples should call the church office at least 6 months in advance of the wedding date. A marriage preparation program is required for all couples. Please call the church office to make arrangements.

Deacon Chris Keough - Parish Life Director
Deacon_Chris@transfigurationparish.net

Fr. Dominic Ingemie - Sacramental Minister
dingemie1@nycap.rr.com

Deacon Charles Valenti - Parish Deacon
Deacon_Charlie@transfigurationparish.net

PARISH STAFF

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*From the Desk of Deacon Chris...***MINISTERING IN TIMES OF
SPIRITUAL DISTRESS**

On Saturday January 12, Patricia and I attended a workshop at the Pastoral Center that was offered through the Diocesan Office of Pastoral Care. The topic for the workshop was, "Ministering in Times of Spiritual Distress," and the presenters were Father Joseph Mali and Sister Kitty Hanley. The workshop was attractive because the subject matter was certainly relevant to our times, and we had both heard Sister Kitty before and knew she is an excellent speaker and teacher. We had not heard Father Mali before, but learned that he is also an excellent presenter.

At first glance, one might think that the title of the workshop might indicate that it should be attended only by clergy or professional people. Nothing could be farther from the truth! Ministering in times of spiritual distress is for all of us as disciples of Christ who are called to spread the good news and care for one another. It is a ministry of loving service when we ask a sister or brother in Christ, "What do you want me to do for you?" I want to share some of the notes I took during the workshop.

Father Mali started his talk by telling us that during times of crisis or spiritual distress we have to look into the darkness to find hidden treasures. We need to find a way to turn spiritual distress into a blessing. Father used St. Teresa of Calcutta as a perfect example. Mother Teresa looked into the darkness to find the hidden treasures of the poorest of the poor in India. Amid the sickness, poverty, and desolation of the slums of Calcutta, St. Teresa of Calcutta found blessings from God.

Father Mali also give us a wonderful reminder to call upon our inner strength and faith in God who is always with us. We need to be active listeners, not only listening to what a person is saying, but also observing what their body language might be saying without words. Father cautioned us not to impose our own life experience on another, but to try to enter into their space and make an emotional connection with them without judging them.

Sister Kitty spoke to us about the meaning of the word distress. It comes from a Latin word which means, "to pull apart." Spiritual distress can separate us or pull us apart from the love of God and one another. Sister talked about two situations, consolation and desolation. Consolation comes during those wonderful times when we unequivocally know that God is present to us. What should we do during times of consolation? Sister Kitty said we should enjoy it! Rejoice that God is with us!

Mass Schedule & Intentions**Saturday January 19**

4:00 p.m. Spe	Helen Snyder Mary Kisselback	Gene & Mary Posniewski Deacon Charles & Mary Anne Valenti
	Sr. Geraldine Corkrey	Tom & Cheryl Wallingford

Sunday January 20

8:30 a.m. Sch	Dorothy Evelyn Madigan William "Bill" Van Alstyne Norman Serson	Mary Ellen Schroder & Family Beth Thayer Nancy Serson
10:15 a.m. Spe	Marge & Fedela Venaziano Shirley Hupman	The Family Mary Grace & Joe Purcell

Tues. January 22

9:00 a.m. Sch Communion Service

Thurs. January 24

9:00 a.m. Spe Communion Service

Saturday January 26

4:00 p.m. Spe	Joseph E. Smith Philippa Koval Brian Wallingford	Estate of Joseph E. Smith Phil & Mary Clemente Tom & Cheryl Wallingford
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Sunday January 27

8:30 a.m. Sch	Dorothy Evelyn Madigan Helen Oadmin	Mary Ellen Schroder & Family Angie Oadmin
10:15 a.m. Spe	Joan Weglarz Rob Browne	Joe & Mary Grace Purcell Brendese & Venaziano Families

NOTICE!!!

We pray for deceased relatives and friends at every Mass. If you have requested a Mass for a friend or loved one, we invite you to participate in the Offertory by bringing the gifts to the altar. Please notify one of the Ushers prior to Mass if you want to bring up the gifts to honor your deceased friend or loved one.

Times of desolation are times of spiritual distress. It is times when we do not feel God's presence or God's love in our lives. What should we do during times of desolation? Sister told us we have to hang in, hang on, and endure. We should not try to, "pretty it up" and know that we have to name our desolation and face it with faith in God. Ministering in times of spiritual distress involves ministering with great love. Whenever there is great love, hope can be born again.

I share words Sister Kitty opened her talk with as we prepared to celebrate the Baptism of the Lord that weekend. Sister Kitty said, "By our Baptism we have been claimed by God. God will not, and cannot unclaim us." It gives me great hope to know that I have been claimed by God. God has claimed you too. God bless.

Deacon Chris

This Week's Parish Announcements

Thank you for your service. Next weekend — January 26 and 27

Schaghticoke Site:

ALTAR SERVERS

4:00 pm None 8:30 a.m. James & Jillian Johnson,
Arianna Keyes

LECTORS

8:30 a.m. Pat Rigney

EUCCHARISTIC MINISTERS

8:30 a.m. Erin Carknard,
Pat Rigney

MONEY COUNTERS: (12/27) White Team
D. Carlo, P. Hayes, K. Madigan, J. Rowe

Speigletown Site:

ALTAR SERVERS

4:00 pm None 10:15 a.m. A J & Paulina Sirtori

LECTORS

4:00 pm Patricia Keough 10:15 a.m. Mike Schongar

EUCCHARISTIC MINISTERS

4:00 pm Jerry Steele 10:15 a.m. Marge Brendese
Colleen Wilkie Mary Grace Purcell
Doug Wilkie Debra Witkowski

MONEY COUNTERS: (1/27) Diane Heer, Nancy Shellard

ALTAR LINENS: (1/27) Mary Dugrenier

Offertory Report:

Due to the bulletin publication schedule there will not be an offertory report for this week.

Thank you for your on-going generosity and continued commitment to your parish. Please consider increasing your weekly donation.

REMINDER!!!

The site of the Saturday, 4:00 pm Mass will alternate each month. In January it will be in Speigletown for the entire month and in February the Mass will be in Schaghticoke, etc.

WELCOME

No matter what your present status in the Catholic Church; no matter what your current family and marital situation; no matter what your personal history, age, race, ethnic origin, sexual orientation, physical condition; no matter what your own self-image; you are invited, welcomed, accepted, loved, and respected here at Transfiguration Parish.

TRANSFIGURATION PARISH NURSE PROGRAM

*Pat Hebert, RN, MA, Faith Community Nurse
(518) 753-4554, ext. 13*

p.hebert@transfigurationparish.net

*Our mission is to model the healing ministry of Jesus Christ.
Our Goal is to promote health & wellness within the values, beliefs, practices
of our faith community.*

Nurses' Note:

Health Tips: Go nuts (in a good way) for weight management!! A pound and a quarter a year doesn't sound like a lot. But if you gain that amount every year, which many adults do, your weight can slowly creep up to a level that puts your health at risk. Twelve pounds in ten years, 24 pounds in 20 years...you get the idea. New research points to a delicious antidote to this common phenomenon: nuts. According to a recent analysis of data from more than 100,000 adults, eating a serving of tree nuts or peanuts a day may help to prevent weight gain and obesity, especially when it replaces foods like chips or other snacks, French fries, red or processed meat, or dessert. (One ounce of nuts or two tablespoons of nut butter constitutes a serving.) Nuts can also help to ease hunger while keeping blood sugar and insulin levels steady, according to another study in which participants ate either Brazil nuts or pretzels. While both increased fullness, pretzels made blood sugar and insulin spike (which ages you, adds fat to your middle, and causes inflammation), while the nuts did not. This makes sense, as pretzels are mostly carbohydrate while nuts are mostly fat and protein. If you have any leftover unease about eating nuts, let this research banish it. Keep in mind, though, that almonds, walnuts, Brazil nuts, pecans, hazelnuts, and peanuts are high in calories, so you don't want to, ahem, go crazy for nuts with your portions. But tree nuts and peanuts (really a legume and not a tree nut, by the way) are a great source of the nutritious fat that our bodies need, and they're satisfying in small amounts. Make them a go-to snack or sprinkle them on salads, or even crust fish with them, while easing up on the foods that don't do your health any favors. Nuts may keep both your hunger and your weight in check!
<http://www.clevelandclinicwellness.co>

Timeless: A Prayer Series

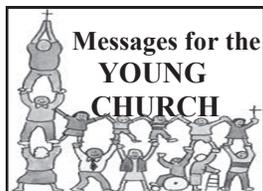
Have you ever wondered what a Vespers service is like?

You can find out right here at **St. Clement Church** because at our next Timeless gathering, we'll be singing Vespers and learning more about the Liturgy of the Hours as well.

Come draw closer to the Lord on

Saturday, February 2, at 8:00 pm in the Church.

Each month, Timeless explores a different prayer form from the Church's rich treasury, offering the chance to encounter God in music, word, and silence. Contact jeanetteflood@yahoo.com for more information.



Faith Formation Sessions

**January 27 Grades 7 to 10 —Young Church Mass
6:30PM —Speigletown**

Can and Bottle Drive Continues—Thank you for your continued support of our Bottle and Can Drive. The proceeds help fund activities for our youth. Please consider asking friends and family members to donate their cans and bottles.

Beth Thayer, Director of Faith Formation & Youth Ministry: 518-235-0337

**St. Mary’s Catholic School of Waterford
Open House
Sunday, January 27, 2019
11:30 AM—2:00 PM**

Experience Our Community of Faith, Tradition and Excellence

We invite you to visit St. Mary’s School to learn more about our community and programs. St. Mary’s offers a safe, nurturing environment where students excel.

- Come meet our talented teachers and enjoy a guided tour provided by our Student Council leaders.
- Explore the school, from our lively pre-kindergarten classrooms to our new MakerSpace.
- Talk one-on-one with parents of current students.

RSVP on-line at: smswaterford.org or call us at 518-237-0652 for more information.

**Regina Caeli Academy Albany Center will have an
Open House, January 21.**

Regina Caeli Academy is a classical, hybrid resource center for homeschoolers taught in the Catholic tradition. Call Sr. Laurie Marie, CR at 845-379-0680 with any questions. <http://rcahybrid.org>



BOOK NOOK NEWS

The Book Nook is open on Saturday morning, February 2 from 9:00 am until noon.

Please stop in and see the new donations and to check out our February specials!

We are always looking for more books, so please continue to drop off your gently-read donations at either entrance of the church during office hours.

Thanks again for your continued support and see you at the Book Nook.

UPCOMING EVENTS
Please mark your calendars

1/23/19 Liturgy Meeting 6:30pm Speigletown

**ZUMBA CLASS
MONDAY EVENINGS—SPEIGLETOWN
6-7pm**

Zumba Class this past Monday with our new instructor, Christine Williams, was a huge success! We had 30 people in attendance. **Great for beginners!**

Only \$5 per class.

Fun, Fun, Fun! Everyone is welcome!

*****Our Fundraising could really use some generous assistance with donations to be used in our Fish Fry Raffle Baskets. Some suggestions would be gift cards for local vendors, movie tickets, new and unopened items, wines or food items.*****

The **Back Pack Program** supplies at risk children with food for the weekend. We will be aiding Turnpike, Renssler and Hoosic Valley schools. Suggested items: Mac & Cheese (boxed or single, microwaveable ones), pasta, soups, spaghetti, single serve meals for microwave, fruit snacks, single serve cereal, fruit cups.

Please—NO PEANUT PRODUCTS

Boxes will be at the entrances of churches.

If you would like to help, please call the office.

BIRTHRIGHT, a local pregnancy support service in Ballston Spa, has moved to **1490 Saratoga Rd (Rte 50), Ballston Spa**. Our mailing address is still PO Box 661, Ballston Spa, NY 12020, which should be used when sending any donations or correspondence. Our phone # is the same **518-885-4117**. **New office hours are Monday—Friday, 10a.m. to 3 p.m., or any other time by appointment.**

Birthright has been serving the Capital Region for 41 years and relies on the generosity of its volunteers and donors. All of our services are **free and confidential**, including self-administered pregnancy tests, diapers, formula, layettes and essential baby items. We accept donation of these items; the clothing should be new or “gently used”, and we cannot accept toys or furniture.

WORDS TO LIVE BY

“Faith is taking the first step even when you don’t see the whole staircase.”

~Martin Luther King

**END OF BULLETIN
ANY TEXT OR GRAPHICS ENTERED ON THIS PAGE
WILL NOT APPEAR IN THE PRINTED BULLETIN**

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