

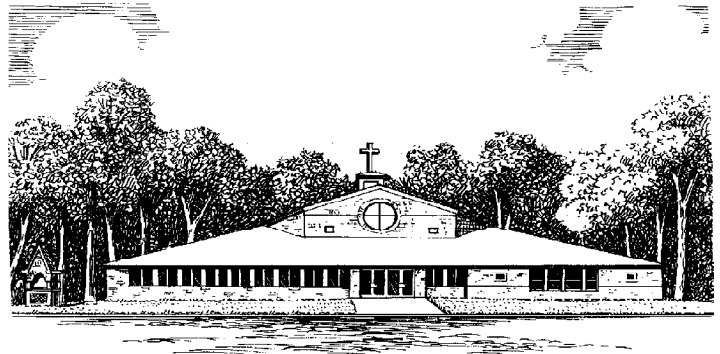
# St. Elizabeth Ann Seton Parish

“Opening hearts to the fire of God’s love”

“Transform our Parish through prayer, worship, service, charity, and growth in knowledge of our faith, while being guided by the Holy Spirit. We invite all people to enrich our community with tolerance and cooperation with all other faiths.”

## **Served by:**

Rev. Stanley C. Barron, Pastor  
Rev. John Andrew Connell, Weekend Associate  
Deacon Dennis King  
Deacon Frank Puglia  
Deacon Richard Goglia  
Shannon Jones, Youth Minister  
Suzanne DeRoy, Parish Secretary  
Parish Advisory Board:  
President: Gary Mulcahy  
Parish Trustees:  
Michael Pucilowski & Audrey Noble  
The Lay Ministers of the Eucharist, Lectors, Altar,  
Hospitality & Music.



61 Main Street ~ Flanders, N.J. 07836  
Parish Offices - 973-927-1629  
Fax - 973-927-0327  
Religious Education - 973-927-7077  
Fax - 973-927-0093  
Parish House - 973-927-8907  
email: [office@stelizabethschurch.org](mailto:office@stelizabethschurch.org)  
[www.stelizabethschurch.org](http://www.stelizabethschurch.org)

## **Welcome:**

...Visitors and new parishioners to our Parish Community. Please telephone or stop by the Parish Office if you would like to register. We are always happy to meet and welcome new parishioners in person.

## **The Eucharist:**

**Saturday Eve** 5:00 p.m.  
**Sunday** 7:30 a.m., 9:00 a.m., and 11:00 a.m.  
**During the Week:**  
9:00 a.m. Monday - Saturday

**Holydays:** 9 a.m., and 7:00 p.m.  
**Adoration of the Blessed Sacrament:**  
Tuesdays 2pm - 6pm

## **Reconciliation:**

Saturdays 4:00 - 4:30 p.m.  
Personal appointments for this Sacrament are encouraged and can be made by calling the Parish Office.

## **Baptisms:**

Parents should register (even prior to birth of child)  
Baptisms are performed the second and fourth Sunday of the month at 12:15 p.m.

## **Marriage:**

The Sacrament of Matrimony requires time for spiritual preparation. Arrangements should be made one year in advance by contacting the parish office.

## **Visitation of the Sick:**

We are greatly concerned about the pastoral needs of the sick, the shut-ins, the elderly and the hospitalized. Please feel free to contact your priest at any time.

## **Teaching the Good News:**

**Sunday:**  
9:00 a.m. & 10:15 a.m.  
**Monday**  
4:30 p.m.

All above are at the Religious Education Center.  
“In order to register for the Confirmation Program, successful completion of grades 1 through 8 is required.”

**SECOND SUNDAY OF ADVENT**  
**DECEMBER 8, 2019**

**THE REIGN  
of God  
is AT  
HAND**



# *Liturgical Roles*

## LECTORS

Saturday, December 14, 2019

5:00pm - Teen Mass

Sunday, December 15, 2019

7:30am - R. Lashevicki

9:00am - M. Canzoniero

11:00am - M. Schoch

## COMMUNION MINISTERS

Saturday, December 14, 2019

5:00pm- D. Pirrello, M. Pucilowski, B. Su

J. Ramaciotti, R. Roehrich

G. Bruno, L. Cooper

Sunday, December 15, 2019

7:30am- M. Marvin, J. Schaffner

A. Schaffner, D. Wertz

9:00am- K. Mulcahy, B. Kuncharia

A. Kochis, D. Puglia, A. Drury

M. LeMay, R. Smith

11:00am- C. Jablonski, M. Kopas, G. Liam

S. Lipari, T. Lockwood

K. Majewski, L. Mariano

## ALTAR SERVERS

Saturday, December 14, 2019

5:00pm -

Sunday, December 15, 2019

7:30am -

9:00am - R. Cahili, R. Cahili

11:00am- E. Kuncharia

## MINISTERS OF HOSPITALITY

Saturday, December 14, 2019

5:00pm - Teen Mass, J. VanSavage

Sunday, December 15, 2019

7:30am - S. Rastiello, J. LaPierre

9:00am - D. Bishop, C. Feldman

11:00am- G. McMahan, P. Grice

## BAPTISM PREPARATION

January 16, 2020- The Barracato's

## MASS SCHEDULES

### DAILY MASSES

Monday, December 9, 2019

9:00am - The People of St. Elizabeth's

Tuesday, December 10, 2019

9:00am - Larry Cooper

*(by the Cooper family)*

Emily Foti

*(by Myles O'Donnell)*

Wednesday, December 11, 2019

9:00am - Special Intention of Paige Capuano

*(by Candace Niblett)*

Thursday, December 12, 2019

9:00am - Special Intention of Deuel family

*(by Linda Veneziano)*

Friday, December 13, 2019

9:00am - James Acierno

*(by the Niblett family)*

Theresa Rose Viviani

*(by Helen & Mark Geiss)*

### WEEKEND MASS SCHEDULE

Saturday, December 14, 2019

9:00am- Laura Mc Govern

*(by the Carlstrom family)*

Charlene Hanson

*(by the Niblett family)*

5:00pm - Joseph M. & Elizabeth Ann Pirrello

*(by Dan Pirrello)*

Peter J. Richkus

*(by Joseph & Rosemary Galinis)*

Anna Milelli

*(by Pat & family)*

Sunday, December 15, 2019

7:30am - Pasquale DeFelice

*(by Donna, Joe & Donald)*

9:00am Marion O'Hara

*(by Danny & Ida DiPasquale & family)*

11:00am - Joseph Smith

*(by the Schlenk family)*

Louise Roselle

*(by her family)*

Gertrude Schwaemmle

*(by the DeRoy family)*

## Whom Do I Call?

AA – Sunday Evening - 8pm – Community Room  
Adoration - Candace Niblett – 908-331-5288  
Altar Servers – JaneAnne Kaelin – 973-970-9127  
Baptism Prep -Kathy & Gary Mulcahy – 927-4736  
Jane Lally- 973-252-0543  
The Burchfield's- 973-223-8015  
Business Coordinator – Dick Wertz – 927-1629  
Communion Min. – Monica Schiksnsis – 252-3022  
Confirmation – Shannon Jones – 201-407-6995  
Cub Scouts - Chris Huber 973-598-9177  
CYO – Walter Hahn – 862-219-5775  
Environmental Services – Ella Esposito– 927-1629  
Family Choir - Linda Cavanaugh - 927-0827  
Finance Committee – Ron DeFilippis 927-7780  
Food Vouchers – Parish Office – 927-1629  
K of C - Charlie Carlstrom – 584-6540  
Lectors – Giorgio Ramacciotti – 927-0268  
Local Youth Protection/Safe Environment Coordinator  
Dick Wertz- 973-927-7077  
Men's Fellowship – Mike Pucilowski – 584-5633  
Min. of Hospitality – Gerry Carlton – 584-5085  
Mt. Olive Manor – Eileen Finneran – 584-7299  
Nursing Ministry – Arlene Cooper – 584-0464  
Parish Advisory Bd – Gary Mulcahy – 927-4736  
Parish Pantry – Parish Office – 927-1629  
Pre-Cana – The DiPasquales – 252-1372  
RCIA – Kevin Gaffney – 584-3735  
Religious Education - Jenine Healy – 927-7077  
Respect Life – Charlie Carlstrom – 584-6540  
Rosary – Peter Terrafranca – 973-927-9022  
Sharing the Faith/Evangelization – Richard  
Delafuente – 973-668-5541  
Seton Choir – Phil Lamoureux – 973-252-1407  
Souper Bowl – Shannon Jones – 201-407-6995  
Stitchers – Lisa Cooper – 201-874-6867  
Tricky Tray Lead-Claudia Sandoval-862-258-0174  
Vocations Liaison – Dennis King – 908-852-8481  
Website – Joy Rastiello – 219-0939  
Welcoming Comm. – Jeanette Carey – 252-1607  
Women's Fellowship–AnneSpencer-919-637-6070  
Youth Ministry – Shannon Jones – 201-407-6995  
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## Weekly Update

### December 1, 2019

The weekly need from our first collection to meet operating expenses and obligations is:  
\$8,500

Collection:	\$5,275.00
Faith Direct:	\$2,217.89
Weekly Total:	\$7,492.89
In Attendance:	573
Registered Parishioners:	1593

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## Journey to Bethlehem with Mary

Pray the Rosary. Please join us in the chapel to pray Mary's Prayer Monday through Saturday at 8:15 a.m. before the 9:00 a.m. Mass and Thursday evenings at 6:30 p.m. If you cannot join us, pray the Rosary at home. Rosaries and Rosary instruction pamphlets are available in the Community Room and the Chapel.

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## Prayer List

Please pray for the following people who are ill and have asked for our prayers: LeeAnn Ascolese, Raymond Baylor, Harry Bond, Frank Bongiovanni, Patti Bozzo, Audrey Brown, Georgette Bruno, Juliana Byank, Zachary Byank, Paige Capuano, Melissa Cooper, Thomasina DeSantis, Tammy Dolan, Kieran Flynn, Brian Garvin, James Geary, Nelson Glynis, Sara Goffredo, Kathy Grico, Peter Helmer, Thea Hope, Elizabeth Karnatz, Robert Kasarski, Thomas Kaufmann, Jane Leventhal, Karen Luce, Frances Marchitelli, Brantley Alan Massey, Mary Jane McCarthy, Marie Megna, Maria Natoli, Tyler Quill, Mary Rivera, Richard Skellett, Laura Jean Strahl, KatieMarie Strebel, Maria Ley Tan, Loralei Trotta, Joseph Valosky, Greg Wade, Bruce Wallace, Debbie Wardell, Nancy Watson, Bob Williams, JaTina Wright

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**\*\*Please let us know if these people are still ill and in need of prayers.\*\***

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## Food Pantry items needed

canned: beets, mixed vegetables, potatoes

chicken ramen, \*rice in bags, red kidney beans, black beans, pasta, \*pasta sauce in jars, tuna fish, \*chef Boyardee, knorr rice sides,

\*jelly, devils food cake mix, cake icing, cereal, \*fruit pop tarts

\*coffee, \*juice pouches

\*mustard, \*mayonnaise, ketchup

paper towels, toilet paper, \*dish detergent,

\*laundry detergent

\*deodorant-men/women

\*shampoo & conditioner, \*bar soap

.....

\*= no inventory

No other times needed at this time. Expired items cannot be accepted.

**Thank you for your kind generosity!**

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**Gift Cards for Sale**

The Mission Trip teens will be selling gift cards once again this season. Last year, we were able to fund raise over \$1700 just from the gift card sales so thank you so very much for your support! Orders can be dropped off at the church office by Sunday and then the cards will be available for pick up on that Friday throughout the month of December. Order forms are available in the community room or download off the church's website.

Any questions? Please contact:

Janie Barracato at barracato@optonline.net or text/call 973-670-8967

Thank you and happy shopping!

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**This Week**

**Monday-Saturday- 8:15am- Pray the Rosary**

**Monday- December 9, 2019- 7:30pm Advent Holy hour**

**Tuesdays- 2pm-6pm Adoration in Chapel**

**Thursday, December 12, 2019**

**6:00pm- Stitches- Community Room**

**6:30pm- Pray the Rosary**

**7:30pm- Seton Choir practice- Choir area**

**Upcoming**

Adult Education Question and Answer session about Advent & Christmas, after the 11:00 Mass on December 15th.

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**Food Vouchers**

December 6, 2019

Food vouchers sold: \$450.00

Profit: \$22.50

Shop Rite gift cards are available for purchase.

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**Tricky Tray**

St. Elizabeth's is hosting its 20th annual Tricky Tray on March 14th 2020 at St. Therese Church in Succasunna.

If you would like to be on the tricky tray committee please contact Claudia Sandoval or the parish office. We welcome all volunteers.

- Donations of portions of trays, gift cards or completed trays are needed and greatly appreciated.
- We are requesting donations of picture frames, baskets, ribbons for bows and yarn.
- We are in need of people to solicit businesses for donations.

Donations are now being accepted in the parish office. If you have any questions, please contact Suzanne at (973) 927-1629.

Thank you in advance for your help in making this our largest fundraiser ever.

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**2019 Bishop's Annual Appeal**

*"For I was Hungry..."*

As the year comes fast to an end, and many are planning on how to make a final year-end charitable contribution that has the most impact, please consider the many lives that are helped because of the support given to the Bishop's Annual Appeal. These are your neighbors, your friends, our senior priests and seminarians and urban school students. All of us can play a part in the Bishop's Annual Appeal- as either a contributor to the cause or as a recipient of its mission- and all are blessed as a result. Please make the Bishop's Annual Appeal a priority in your year-end philanthropy. Gifts can be made by check, credit cards, through gifts of securities or online at [www.2019appeal.org](http://www.2019appeal.org). If you are 70 ½ or over and have an IRA, you can receive a tax benefit by instructing your IRA investment manager to donate your required minimum distribution to the Bishop's Annual Appeal. Please call the Bishop's Annual Appeal office at 973-777-8818, ext. 218 for additional details and also consult your tax or financial advisor for more information.

12/8/19

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**Toy Drive**

The Confirmation Program once again will be sponsoring our annual Christmas Toy Drive. We will be collecting new, unwrapped toys for children of all ages after Mass on December 14/15. A truck will be stationed outside the church; donations may be dropped off there. Toys will be shared with the families served by the Fr. English Center/Catholic Charities in Paterson. Your kindness and generosity are always appreciated!

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**Cookie Sale Orders**

The Mission Trip Teens will be taking orders for delicious platters of homemade cookies next weekend 12/14,15 to help fund their mission trip. Please see the team members in the lobby after Masses. Platters will be sold for \$15 each and will be available for pickup after Masses on 12/21-22. Many thanks for your support!

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**Christmas Giving Tree**

The Giving Tree tags are available to be taken to purchase gifts for those in need. Please return the gifts by December 10th.

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## Tips for a Healthy Christmas Season

This season is traditionally known as a time to celebrate with family. Unfortunately, people have also come to know—and fear—the holidays as a time to overeat and gain extra pounds. According to the National Institutes of Health (NIH), eating during this time can result in an extra pound or two every year. This may not seem significant, but, over a lifetime, the weight gain from holiday eating can add up to more than 10 pounds. Many of us will consume nearly 7,000 calories in one day of holiday eating.

### Eating Strategies

- Eat at least five servings of fruits and vegetables that day—the more of these you have, the lower the total calories of your day.
- Have a healthy breakfast and a light lunch or snack right before going to a party that will have a big buffet, which will help keep you from overeating.
- Look for low-fat versions of traditional favorites (e.g. mashed potatoes made with chicken broth, skimming the fat off gravy, using applesauce or nonfat yogurt in baked goods.)
- Select only “special” or favorite foods at a holiday buffet—leave standard fare like potato chips, nuts and rolls for other guests.
- Survey party buffets before filling your plate and decide what you are going to eat in advance, making only one trip to the buffet and fill your plate with healthy vegetables, fruits, and lean meats with smaller portions of high-fat festive foods.

### How to Prepare

- If you are hosting a party with a lot of extra food, give your leftovers to guests.
- If you receive boxes of chocolates, donate them to others.
- Make a crust-less pumpkin pie
- Offer
- Offer low-fat hors d’oeuvres such as raw vegetables and yogurt dip
- Plan holiday gatherings that are not food-centered—these could include caroling with friends, volunteering at a shelter or something similar
- Spoon off clear fat before making gravy
- Substitute juice or wine for part of the oil in salad dressings
- When making sauces, add butter last; whisking in a tablespoon or less for smoothness and buttery flavor



### In the Office

- Avoid bringing bulk-sized containers of holiday treats to the office (e.g. candy, cookies, pretzels, snack items, nuts or fruitcakes).
- Don't decorate your office with holiday candies
- Make a pact with coworkers to minimize food that comes into the office by limiting the potlucks and gift snacks to one day a week

### Use some of these simple tips to help you make the most of your holiday cheer.

- \*Know your limit-nothing can ruin a good time faster
- \*Eat while you drink-that's what hors d'oeuvres are for
- \*Alternate drinks with a glass of water-keeps you hydrated and you drink less
- \*Drink for quality, not quantity-enjoy what you are drinking, not how much
- \*Sip, don't gulp your drink
- \*Don't drink on an empty stomach
- \*Avoid mixing drinks-(beer before liquor, never sicker...etc.)
- \*Always have a designated driver-if that is you, DON'T DRINK

The Trigger Points of Holiday Stress and Depression: Holiday Stress and depression are often the result of three major trigger points. Understanding them can help you plan ahead on how to accommodate them.

- Relationships. Family misunderstandings can intensify—especially if you are all thrust together for several days. On the other hand, if you're facing the holidays without a loved one, you may be lonely or sad.
- Finances. Overspending during the holidays on gifts, travel, food and entertainment can increase stress as you try to make ends meet while ensuring that everyone on your gift list is happy. You may find yourself in a financial spiral that leaves you depressed.
- Physical demands. Feeling exhausted increases your stress, creating a vicious cycle. Exercise and sleep—good antidotes for stress and fatigue—may take a back seat to chores and errands. High demands, stress, lack of exercise and overindulgence in food and drink—are all ingredients for holiday illness.

The Nursing Ministry wishes you and your family a Blessed Christmas Season!!!