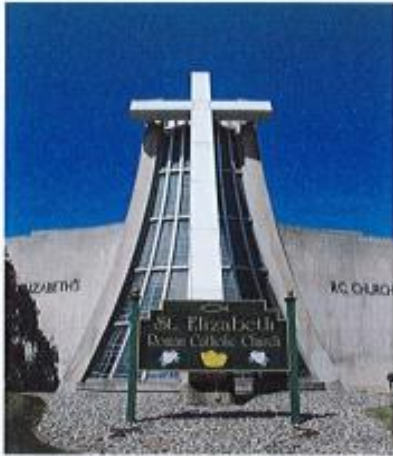


# Saint Elizabeth of Hungary Roman Catholic Church

618 Fullerton Ave, Whitehall, PA 18052



**Rev. Stanley M. Moczydlowski**  
Pastor

### Parish Registration

Roman Catholics living in the parish boundaries should be registered with St. Elizabeth of Hungary. Registration and regular participation at Mass are required for the administration of the Sacraments, Certificate of Eligibility, and attendance in C.Y.O. and P.R.E.P. Please register at the parish office. Registration packets are also located in the church foyer and on the church website.

### Sacraments

**Reconciliation (Confession)** – Saturday 3:30 – 4:15 PM and by appointment.

**Baptism** – First Sunday of the month. Please contact the parish office early in the pregnancy to begin arrangements. Family must be registered with the parish. Preparation class for parents is held monthly.

**Marriage** – Engaged couples should contact the parish office at least six months in advance of their proposed wedding in order to set a date with the priest. Either the groom or bride should be a registered parishioner and practicing at St. Elizabeth of Hungary.

**RCIA** – Rite of Christian Initiation for Adults. Would you like to learn more about the Catholic faith or become Catholic? Please contact the parish office for information and scheduling.

**Anointing of the Sick** – Hospitals are visited on a regular basis. Please call the parish office to report emergencies.

**Godparents & Confirmation Sponsors** – You must be registered with the parish, be at least 16 years of age, have received the Sacraments of Baptism and Confirmation, must attend Mass regularly and, if married, the marriage must be recognized by the church. All requests for 'Certificate of Eligibility' are to be made well in advance to the parish office.

### Mass Schedule

Sunday: 8:00 AM and 10:00 AM  
Weekdays: 9:00 AM (Mon, Tues, Wed, Fri)  
Thursday: 7:00 PM  
Saturday: 8:30 AM (1st Saturday Only)  
Saturday: 4:30 PM  
Holy Days: Consult Bulletin and Website

Rev. Stanley M. Moczydlowski, M.B.A., M. Div. - Pastor

Rev. Robert J. Potts - In Residence

Michael Meder Permanent Deacon

Mary Spieker Director of Religious Education

Website: [www.sercc.org](http://www.sercc.org)

e-Mail: [info@sercc.org](mailto:info@sercc.org)

Office Phone: 610-266-0695

Office Hours: 9 AM - 3 PM - Monday-Thursday



### Saint Elizabeth Regional School

St. Elizabeth Regional School has a strong tradition of academic excellence anchored by dedicated teachers who inspire students to use the talents and gifts God has given them. We recognize parents as the first teachers of our faith and we support them as we work together to develop happy, faithful, and active children in grades Pre-K through Grade 8.

Mrs. Kimberly Kocher – School Principal

Phone: 610-264-0143

433 Pershing Boulevard, Whitehall, PA 18052

Website: [www.sercc.org/school](http://www.sercc.org/school) e-Mail: [school@sercc.org](mailto:school@sercc.org)

### Diocesan Office:

Ms. Wendy S. Krisak, M.A. N.C.C. LPC  
Victim Coordinator  
800-791-9209 (Direct Phone Line)

Pamela J. Russo, M.S.W., M.S. – Secretary  
Youth Protection & CHS  
PO Box F - Allentown, PA 18105  
610-871-5200 Ext. 2204

If you have an allegation of abuse against a bishop, please contact the Catholic Bishop Abuse Reporting Service by calling 800-276-1562.

### Wills and Donations

Please consider designating Saint Elizabeth Catholic Parish in your last will and testament so that the blessings the Lord has given you can be extended to future generations.



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## FROM THE PASTOR'S DESK



One can imagine the sort of terror that any kind of skin lesion might have evoked in someone before the days of modern medicine, especially in the time of ancient Israel. Current skin conditions that are treatable now, such as rosacea and eczema may have been death sentences then, because people living with those conditions were banished to live among the lepers.

Skin ailments are outwardly apparent to everyone, unlike the deeper, inner wounds that each of us carry daily because of our human condition. We can get incredibly good at hiding our sin and masking our true selves. Animals instinctually hide their illnesses or injuries to avoid becoming prey of another animal that sees its weakness. We too, tend to live automatically or instinctively, but God continually calls us to really live our lives fully, consciously, and actively making each life-giving choice.

Our false identities have been learned through many years of conditioning. Unless we are willing to come before the Lord, mindful of our sinfulness, and ask Him to make us clean and whole, we will continue to hide behind our mask, thus allowing our wounds to grow deeper and take a firm hold. When we act automatically; not consciously choosing our actions, but reacting, we run the risk of becoming someone we are not. God wants us to live authentically as the person whom we were created to be.

How do we do this? We need to acknowledge that we cannot do it on our own. It is God who heals us and transforms us. We can become the person God created us to be only when we turn to God and ask Him for help.

Anyone who has ever gone through a 12-step program will tell you the importance of the first step. One cannot go any further without taking it. Only when we accept that we are powerless over sin, can the power of God deliver and save us. And the most important aspect of all we go through is that God is with us throughout.

What must we do to live the life God created us to live? We follow the commandments and try to be good to our neighbor. Doing is good, but it is also extremely important to be with God, listening to the Spirit within and receiving guidance. Taking just a few minutes periodically throughout your day to think about God and to hand over your joys and sorrows, fears and longings will deepen our relationship with Him, as will the frequent reception of the sacrament of reconciliation and the Eucharist. God will heal you, transform you and lead you along the path that leads to Him. You can count on it.

God bless you, Fr. Stan

### OUR PRAYER INTENTIONS\*

If admitted to the hospital or ER, please call the parish if you want a priest to visit or need an Anointing.

Chris Schoepflin	Mckayla Pavie	Joe Samanka
Tim O'Neill	Amelia Buchman	Craig Wilber
Iolanda Loffredo	Michael Malz	Mary Louise Gnall
Paul Gellis	Lourdes Oswald	



### INTENTIONS

The Sanctuary Candle burns this week for **Ignatz Keglovits** requested by *John and Cindy Keglovits*.

The bells will ring this week for **Freda Mertz** requested by *Ken Mertz*.



### MASS INTENTIONS

Please pray for those who have died, especially **Annette Susko and Philip Bocich** who passed away this week. May their souls and the souls of all the faithful departed, through the mercy of God, rest in peace.



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# PRAYING...AS DISCIPLES

LITURGY  
SACRAMENTS  
DEVOTIONS

## MASSES / SERVICES

<b>MONDAY</b>	<b>FEBRUARY 12</b>	9:00 AM	Nanette Louise Hanosek
<b>TUESDAY</b>	<b>FEBRUARY 13</b>	9:00 AM	Rose & Harry Parker
<b>WEDNESDAY</b>	<b>FEBRUARY 14</b>	9:00 AM	Charles Fonzone
		12:15 PM	Gregory Oswald Jr.
		6:30 PM	Pat Meleski
<b>THURSDAY</b>	<b>FEBRUARY 15</b>	7:00 PM	Pauline & John Simon
<b>FRIDAY</b>	<b>FEBRUARY 16</b>	9:00 AM	Tiffany Hnat
<b>SATURDAY</b>	<b>FEBRUARY 17</b>	8:30 PM	People of the Parish
		4:30 PM	Jack Yaissle
<b>SUNDAY</b>	<b>FEBRUARY 18</b>	8:00 AM	Joseph Krobath
		10:00 AM	Joseph Szilezy

## TO THOSE WITH HEALTH CONCERNS



We welcome you to Mass each weekend. If you wish to receive Holy Communion and find it difficult to join the Communion line, please let the usher know and an Extraordinary Minister will bring communion to you. Low gluten hosts are available; prior to Mass go to the sacristy to let the celebrant know so the host can be prepared.

## RECONCILIATION / CONFESSION

Reconciliation is available before weekend Masses. Saturday 3:30 – 4:15, Sunday 7:15 – 7:45 am, 9:15 – 9:45 am and by appointment during weekdays.

EMERGENCY and need a priest? Please call 610-266-0695. After hours use ext. 310, the emergency voice mailbox.

## RCIA TOPIC THIS WEEK

All are welcome to attend the Rite of Christian Initiation for Adults (R.C.I.A.) class on Tuesdays each week at 7 pm in the large meeting room on the second floor of the Parish Office.

The topic on **February 13<sup>th</sup>** will be moral issues, part 2.

## BASKET SOCIAL – ONLY EIGHT MONTHS AWAY!



Are you a bargain hunter? Do you see great deals that you just hate to pass by? You can start collecting items now for our **15<sup>th</sup> Annual Basket Social** coming in October. The committee is also looking for various basket and item donations to create our beautiful, over-stuffed baskets. Feel free to drop off bargain winter, valentine, or just about any non-perishable item to the church office. We'll store them safely away for the Social! Thanks for your continued support!



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## OFFICE — 610-266-0695

### PASTOR:

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[patoswald96@yahoo.com](mailto:patoswald96@yahoo.com)

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Kathy Garcia x 103  
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### MAINTENANCE:

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### SCHOOL PRINCIPAL:

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[principal@sercc.org](mailto:principal@sercc.org)

### SCHOOL ADMINISTRATIVE ASST:

Kathi Connors x 400  
[school@sercc.org](mailto:school@sercc.org)



# LIVING...as Disciples

MINISTRY  
COMMUNITY

ASH WEDNESDAY - *May your Ash Wednesday be a time of reflection and promise.*

Lent begins on Wednesday, February 14<sup>th</sup>. Ashes will be distributed at the Masses 9:00 am, 12:15 pm and 6:30 pm. There is **no Vigil Mass on Tuesday**, as it is not a Holy Day of Obligation. It is, however, a day of fasting and abstinence.



## BIBLE STUDY UPDATE

Our Wednesday Bible Study class is studying "The Chosen" series. Please join us to watch it for the first time or see it again with a new perspective and understanding. Wednesday morning 10 am in the large meeting room on the second floor of the parish office. No registration required.

## COOKS WITH COLLARS

Time to VOTE! (**deadline February 12**) for our Diocesan top chef! All voting proceeds benefit our parish. Please help us reach our goal. Thank you for your generosity. <https://www.cookswithcollars.com/>



## OPERATION RICE BOWL – CHILDREN'S DONATION BOXES

The children of St. Elizabeth Parish will collect donations for Operation Rice Bowl this year. As Lent arrives on February 14<sup>th</sup> our children in Pre-K through 8<sup>th</sup> grade will be given donation boxes, one per family. Please return the boxes by **March 25<sup>th</sup>**. All donations will be sent directly to Catholic Relief Services to bring food and drink to our hungry world. We thank you for supporting this important ministry.



## EASTER FLOWER SALE

Youth Ministry is having our annual Easter flower sale to help with expenses of our activities. Plants are priced at \$5 each. All pre-ordered plants can be picked up either Friday, March 8, from 10 am – noon at the parish office or on Sunday, March 10 during the parish breakfast in the parish hall from 8:30 – 11:15. The size of these plants makes them a perfect gift for shut-ins, office staff and neighbors. Deadline for pre-ordering is **Monday, February 19<sup>th</sup>**. Order forms can be found on the parish website or at the parish office. As always, thanks for your support! Extra flowers can be purchased at the parish breakfast for \$6.00 each.



## STEAK SANDWICH SALE

Our Parish's famous Steak Sandwich Meal is on Saturday, February 17<sup>th</sup>. Steaks are \$12.50 each, and Cheese Steaks are \$13.50 each. This includes sauce, onions, pickles, and hot peppers - all on the side, along with a bag of chips. Orders are due by **February 12<sup>th</sup>**. Pick-up is in St. Elizabeth Parish Hall, 435 Pershing Blvd, from 4 – 5:30 pm. Contact Joan at 610-349-7791 or send an email to [dirreled@sercc.org](mailto:dirreled@sercc.org).



## SACRAMENTS

*New to the parish? – Register as a new member to receive Sacraments.*

### INFANT BAPTISM:

Baptisms are currently being celebrated on the first Sunday of the month. Registered parish members may contact the parish office as soon as they learn that a child is on the way but should contact the parish office at least two months prior to the Baptism to register for the Baptism Class.

### FIRST PENANCE / EUCHARIST:

Normally received in 2<sup>nd</sup> grade. Parish member's enrollment in St. Elizabeth Regional School or Parish Religious Education Program (P.R.E.P) is required for two years before reception.

### CONFIRMATION

Normally received in 8<sup>th</sup> grade. Parish member's enrollment in St. Elizabeth Regional School or Parish Religious Education Program (P.R.E.P) is required for at least two years before reception.

### MARRIAGE:

At least six months before your anticipated wedding. Contact the pastor for a meeting to go over information regarding scheduling and the preparation process.

### PASTORAL CARE OF THE SICK

Contact our parish office for the Sacrament of the Anointing of the Sick prior to surgery or during serious illness. Holy Communion is brought to the homebound monthly.

### RITE OF CHRISTIAN INITIATION OF ADULTS: (R.C.I.A.)

Is Jesus inviting you to join His Church? Do you want to become Catholic? Contact the parish office to learn more about this process. We look forward to journeying in Faith with you.



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LENTEN FISH DINNER – FRIDAY, MARCH 1

Our annual Parish Lenten Fish Dinner is coming up! Order forms are available on the parish web site or at the parish office. Return forms and payment to the Parish office by February 26. The menu includes Breaded Fish, Roasted Potatoes, Vegetable, Coleslaw & Roll. Macaroni & Cheese is available for \$3 per container. The cost is \$13.50 per meal. Dinners are served between 4:00 & 6:00 pm. Takeout is available for an additional \$1.00. For more information, contact Joanny at jglover@ptd.net or 610-349-7791. Sponsors for the fish dinner are greatly appreciated!



SCRUMPTIOUS PARISH BREAKFAST! BREAKFAST SPECIAL



\$10/adult, children 10 years and under are FREE.

Older children eat for \$5 each. We will serve our monthly fundraiser Breakfast Buffet on Sunday, February 11th from 8:30 – 11:30 am. Come and fill-up on all your favorites of bacon, sausage, scrambled eggs, home fries, pancakes, Danish, juice, and coffee. Treat your favorite Valentine! This month’s special is Cupid’s Arrows. We are incredibly grateful for this month’s breakfast sponsors, Don & June Hinkle.



PAPA SARGE’S PIEROGI SALE

Perfect timing for Lent! Fresh (not frozen) pierogi. Each bag of 12 costs \$8.00. Orders are due by February 26th. Pick-up is on Saturday, March 9 from 9:30 – 11 am or at the parish breakfast on March 10. Thank you for your support! Order forms are at the parish office and the website.



ST. ELIZABETH MUSIC MINISTRY NUTROLL SALE

St. Elizabeth Music Ministry is selling Nutroll for Easter. Orders will be due on March 1<sup>st</sup> and pickup will be on March 22nd. Look for the order form in next week’s bulletin, the parish office and on our website.

WE ARE REMEMBERED 33<sup>RD</sup> WEDNESDAY, APRIL 3<sup>RD</sup>.

“We Are Remembered” Mass will be celebrated by Fr. Stan on Wednesday, April 3 at 7 pm at St. Elizabeth. The deadline to submit names for the Book of the Remembered and the enrollment list printed in the ‘AD Today’ is Monday, March 20<sup>th</sup>. A \$5 donation for each name enrolled will help cover expenses, names will be included with or without a donation. Send the following information and checks to We Are Remembered Ministry, St. Elizabeth of Hungary Parish, 618 Fullerton Avenue, Whitehall, 18052. Include: Sponsor(s) name, donation amount, address, phone number, E-mail, whether you are attending the Mass and the name(s) of the deceased.



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The Disciple Maker Index Survey is Opens this Week! Please Read and Help!

Please help us participate by completing a 15–20-minute survey as soon as possible. There are also opportunities to complete the survey after Masses and you can obtain a paper copy in the Church Foyer (Narthex), Parish Office or by contacting Kathy at 610-266-0695 ext. 103. The survey will only be available from February 14 to March 27 and will ask you to reflect on your own spiritual growth and enable you to provide feedback on our parish’s efforts to help you grow. All responses will be anonymous and confidential. The parish will only receive information about the parish community. We are trying to get the highest response rate possible. This information will be invaluable to Fr. Stan as we plan and strive to be the best disciples we can be. We will receive the results this summer, at which time we will share what we have learned with the entire parish. Thank you for helping with this important project!



<https://portal.catholicleaders.org/dmi/survey/b3581b>



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## FELLOWSHIP...*as Disciples*

Upcoming  
Community  
Events

### Cay Galgon Life House and Lenten Giving Tree

**Instead** of the Baby Bottle Campaign this year, donations can be made directly from **Amazon Wishlist** (link provided below) and shipped directly to Life House at 714 W. Broad St., Bethlehem, PA 18018. For those who do not wish to donate in this way, we will have a Lenten Giving Tree up in the vestibule of the church for you to pick tags and drop off donations by **Monday, March 25**. We greatly appreciate your support!

[www.amazon.com/hz/wishlist/ls/3TUKCUKASZH3U?ref\\_=abls\\_nvfly\\_yl](http://www.amazon.com/hz/wishlist/ls/3TUKCUKASZH3U?ref_=abls_nvfly_yl)

### St. John the Baptist (Stiles) Tricky Tray

St. John the Baptist Church, Whitehall, will sponsor their 18th Annual Tricky Tray/Basket Social on Saturday, **February 17<sup>th</sup>**, 9:00 am. to 7:00 pm. at their Social Hall, 3120 Chestnut St. Ticket entries one day only! Tickets purchased at the door. You do not have to be present to win. Winners will be called and can pick up baskets on Sunday, February 18<sup>th</sup>. Please call 610-262-2260.

### St. John All Cash Bonanza Bingo

We really hope to see you this month! Delicious food, good times, great people! St. John the Baptist Church Social Hall 924 N. Front St. Allentown Sunday February 18<sup>th</sup>. Regular bingo and all the specials will still be CASH prizes. \$15 for 20 Games, 6 Specials and Lucky 7! Door prizes and Raffle Items! Doors and Kitchen Open at noon. Bingo begins at 1:00 pm, First come – first served seating. Bring your daubers – NO HARDBOARDS. Questions? Call Bill Drost 610-432-3505

### St. Monica Holy Hour

Holy Hour of Petition and Hope will take place at St. Theresa Church, Hellertown beginning at 6:00 pm on Tuesday, February 13. Rev. Stephan Isaac, Parochial Vicar at St. Catharine of Siena, Allentown, will lead us in prayer for our fallen-away loved ones. All are warmly invited, and no registration is required. A St. Monica Ministry meeting and book discussion will take place in the parish hall immediately following the Holy Hour. All are welcome to attend the meeting; it is not necessary for one to have read the book beforehand. For more information, please email [StMonicaMinistry27@gmail.com](mailto:StMonicaMinistry27@gmail.com)

### St. John Fisher Fish Dinner

St. John Fisher Church, 1229 Third St, North Catasauqua, will be hosting our Fish Dinner on Friday, February 23<sup>rd</sup> from 4:00 pm to 6:30 pm. The platter includes breaded haddock, choice of parsley potatoes or haluski, vegetable, coleslaw, applesauce, roll, butter, dessert. The cost for adults is \$13 and for children, ages 5 to 10, is \$5. Beginning February 10<sup>th</sup> and 11<sup>th</sup>, tickets will be sold before and after Masses. Our Masses are on Saturdays at 4:00 pm, and on Sundays at 8:30 am and 10:30 am, or call Annette Englert at 610-533-2109. Tickets at the door will be \$15.

### Ever Ancient, Ever New: Lenten Practices for Our Modern Times

A three-part program lending contemporary relevance to the traditional Lenten practices of prayer, fasting and almsgiving. Deepen your understanding of these age- old practices; explore meaningful, impactful actions in service to God's people and all of creation. Attend in person or via zoom. \$20/per session or \$50/full series for more information on session and registration: <https://www.schoolsistersosf.org/2024-lenten-series>



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## Lent

### LENTEN REMINDERS:



Lent is a time for sacrifice and for spiritual renewal as we reflect upon our baptism and the call given to each of us to walk as disciples of the Lord. Each of us are provided with three personal challenges:

1. Almsgiving – generously giving to those in need
2. Fasting – practicing self-discipline and self-denial
3. Praying – reading, hearing, and reflecting on the Word of God

### FASTING AND ABSTINENCE

**Abstinence** is the practice of eating no meat on Ash Wednesday and all Fridays during Lent and is required of all Catholics age 14 and older.

**Fasting** is the practice of eating only one full meal and two smaller meals each day. It is the obligation of all Catholics from age 18 – 59. While fasting is required on Ash Wednesday and Good Friday, the entire season of Lent should be marked by fasting in different ways.

### SATURDAY MORNINGS WITH JESUS *PRESENTED BY FR. STAN*

One of the great ways to enhance your Lent and your life is to spend time with our Lord.

For Saturdays in Lent, we will have the opportunity to do that:

- 7:30 – 8:30 am Adoration
- 8:30 – 9:00 am Mass
- 9:00 – 10:00 am Spiritual Reflection and Prayer

Parishioners are invited for all or part of the morning. Adoration, Mass, and Reflection which will take place in the Chapel.

- February 17 – Bringing Christ to Others
- February 24 – Communicating Christ to Others
- March 2 – Welcoming Others in Church
- March 9 – Serving Others as Christ
- March 16 – Teaching Christ to Others

### STATIONS OF THE CROSS FOR THE ELDERLY

For our homebound parishioners who would like to do the Stations of the Cross.

<https://www.simplycatholic.com/stations-of-the-cross-for-the-elderly/>

### UPCOMING LENTEN SPIRITUAL OPPORTUNITIES

#### Stations of the Cross

Fridays at 2 pm (*with school*)

Fridays at 7 pm

February 16, 23, March 8, 15, 22, 29

#### Adoration and Reconciliation\*

3:30 – 4:15 every Saturday

7:15 – 7:45 and 9:15 – 9:45 every Sunday

Tuesday, March 19 from 6:30 – 7:30 pm

*\*Multiple confessors will be available*

#### Living Stations

Tuesday, March 26 at 6:30 pm



#### Liturgy of the Lord's Supper

Holy Thursday, March 28 at 7:00 pm

Adoration until 10:00 pm

#### Good Friday

Lord's Passion March 29 at 3:00 pm

#### Blessing of Easter Baskets

Holy Saturday, March 30 at noon

#### Easter Masses

Saturday Easter Vigil at 8:00 pm

Sunday 8:00 am and 10:00 am



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**OFFICE OF THE BISHOP**

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ALLENTOWN, PENNSYLVANIA 18104  
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14 February 2024  
*Ash Wednesday*

Dear Brothers and Sisters in Christ,

As we journey through the sacred seasons of our faith, none is more rigorous than the Holy Season of Lent. During this time, the Church urges us to prayer, fasting, and almsgiving.

In my Lenten Letter this year, I would like to reflect with you on the practice of **fasting**. Already by the second century, fasting was integrated into the lifestyle of Christians. Fasting is not merely an ancient ritual but a timeless discipline that deepens our spiritual relationship with God.

In this act of self-denial, we emulate Christ's sacrifice and cultivate virtues such as humility and temperance. Fasting redirects our focus from worldly desires to the eternal truths of our faith, fostering a spirit of prayer, holiness, and charity.

In the New Testament, Jesus fasts forty days and nights in the desert, modeling for us the forty-day period of Lent. When Jesus' disciples were disappointed because they could not cast out a certain evil spirit, He told them that "only prayer and fasting can cast this kind out, nothing else can." (Mark 9:29).

Because the very life and teaching of Our Lord exemplify the practice of fasting, we can conclude that a spirit of denial is integral to the life of a Christian and the overcoming of the Evil One. Saint Athanasius wrote, "Devils take great delight in fullness and drunkenness, and bodily comfort. Fasting possesses great power and it works glorious things. To fast is to banquet with angels."

When we fast, we deny ourselves legitimate things so that we can master our cravings instead of being driven by them. The spiritual purpose of fasting should not be linked to the desire — which can be commendable for health reasons — to lose weight. Spiritually, fasting is linked to a desire for penance which in turn focuses our attention more clearly on prayer and the overcoming of sin.

Fasting is also a path of solidarity with the less fortunate, which leads to the Lenten practice of almsgiving/good works. It is a reminder of the hunger for justice in our world, especially in our time of disrespect for human life, of growing marginalization between people, and of multinational conflicts. Let us, then, courageously approach the discipline of fasting with sincerity, seeking spiritual renewal and a closer union with the suffering Christ.

During this Lenten season, may we embrace fasting not as a burden, but as a transformative spiritual journey. By willingly surrendering certain comforts, we can open our hearts to God's grace and allow His love to fill the void left by material indulgence.

May God's grace guide us through this Holy Season of fasting, leading us to a richer, more profound experience of His love and mercy as we "banquet with Angels" in preparation for a joyous Easter.

Devotedly yours in Christ,

✠ Most Reverend Alfred A. Schlert  
Bishop of Allentown



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# Aerobics

## With Karen Hoff

Certified Instructor



St. Elizabeth of Hungary R. C. Church  
Wellness Program

### Beginner

### Intermediate/Advanced

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>What:</b> Beginner <u>Low Impact</u> Adult Fitness/Aerobics<br/> <b>Who:</b> Anyone age 13 and older<br/> <b>When:</b> 5:30 – 6:00 p.m. on Tuesdays</p> <p>Eight Weeks:<br/> February 27 to April 16, 2024<br/> <u>30 minutes of beginner aerobic exercise.</u></p> <p>Cost - \$20.00 for all 8 weeks!<br/> Please bring bottled water and towel, if needed.</p> <p><u>Registration Deadline</u> – February 23 Or once class limit is reached.</p> <p>***Your payment is due with this completed form***</p> | <p><b>What:</b> Low Impact Adult Fitness/Aerobics<br/> <b>Who:</b> Anyone age 13 and older<br/> <b>When:</b> 6:15 – 7:00 p.m. on Tuesdays</p> <p>Ten Weeks:<br/> February 27 to April 30, 2024<br/> <u>45 minutes of intermediate/advanced aerobic exercise.</u></p> <p>Cost - \$30.00 for all 10 weeks!<br/> Please bring bottled water and towel, if needed.</p> <p><u>Registration Deadline</u> – February 23 Or once class limit is reached.</p> <p>***Your payment is due with this completed form***</p> |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

Where: St. Elizabeth's Parish Hall  
435 Pershing Blvd., Whitehall

Please detach and drop registration form in the collection basket or mail to the parish office:

St. Elizabeth Parish, 618 Fullerton Ave., Whitehall, PA 18052  
Attention: Mary Spieker, (610-266-0695 ext. 208)

Please make your check payable to: St. Elizabeth Church

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Tuesday Aerobics classes with Karen Hoff – February 27 to April 16 or 30, 2024

Print Name \_\_\_\_\_

E-mail Address \_\_\_\_\_

Phone \_\_\_\_\_

Circle One: Beginner or Intermediate/Advanced

Cash \_\_\_\_\_ Check # \_\_\_\_\_



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St. Michael the Archangel,  
Defend us in battle.  
Be our protection against  
the wickedness and snares  
of the devil.  
May God rebuke him,  
we humbly pray;  
and do thou, O Prince  
of the heavenly host,  
by the power of God,  
cast into hell Satan  
and all the evil spirits  
who prowl throughout the  
world seeking the ruin of souls.  
Amen.

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