

FOURTH SUNDAY IN ORDINARY TIME

# AND THEY OBEY HIM.

MARK 1:27

## ST. JUDE THE APOSTLE CHURCH

42 DANA AVE WYNANTSKILL, NY 12198 | 518-283-1162

SUNDAY, JANUARY 28, 2024

**Sanctuary Votive Light:**

**For Our Holy Father, Pope Francis Intentions for January:**

We pray that the Holy Spirit may help us to recognize the gift of different charisms within the Christian community and to discover the richness of different traditions and rituals in the Catholic Church.

**Saturday, January 27th, 2024-4:00pm**

**Donald Heckelman, Don & Nicole Heckelman**  
**Albert Mozjesik, Don & Nicole Heckelman**  
**Frank Giuliano, Bill & Carol Dedrick**  
**John F Blanchette, Helen & Kris Ann**

**Sunday, January 28th, 2024-10:00am**

**Frank Giuliano, Reynolds Family**  
**Joan Prock 80th Birthday, Sister, Betty**  
**Joanne Gary, Connie Fennely & Family**  
**Shawn Flanagan, Mark Fennelly**

**Wednesday, January 31st, 2024 8AM**

**Robert & Joan Jackson, TJ & Jan Jackson**  
**Dan Keating, Norma**

**Friday, February 2nd, 2024 - 8AM**

**Frank Giuliano, TJ & Jan Jackson**

**Saturday, February 3rd, 2024-4:00pm**

**Peg Dessinger, Mary Ann Grace**  
**Katherine Cusack, Mom & Dad**  
**Rosane Farcher, Husband**  
**Peg Dessinger, Mary Ellen Hunt**

**Sunday, February 4th, 2024-10:00am**

**Nicholas John Castle, Family**  
**Joseph Frost, Mom, Dad, Matthew & Taya**  
**Frank Giuliano, Brian & Mary Ellen Bailey**  
**Peg Dessinger, Sue & Mike Langevin**



# ST. JUDE THE APOSTLE SCHOOL

PAGE 2

# OPEN HOUSE

ST. JUDE  
THE APOSTLE  
SCHOOL



42 Dana Ave., Wynantskill, NY



## GOD'S TEACHINGS

Small Class Size  
Supportive & Inclusive

Dedicated & Caring Faculty  
Individualized Instruction

St. Jude The Apostle School, Your Child *Deserves* The Best

**Sunday, Jan. 28 ~ 10am-1pm**

Log on & Schedule Your Tour Today

<https://go.stjudetheapostleschool.org/open-house>





# FAITH FORMATION & MORE

January Sessions: 1/21

February: 2/4, 2/11 - Winter break NO CLASS

Changes to class times begin in December. 7 & 8 meet at 8:30-9:15, 9 & 10 grades meet at 9:15-10.

Teen Pathways is a Youth Ministry program grades 7-10th for St. Jude the Apostle Parish. Teens wishing to receive the Sacrament of Confirmation must be involved in the program for a minimum of 2 years in Grades 9th & 10th

Any questions- please contact Paul Moore, St. Jude Youth Minister Grades 7-10.  
[moorep285@gmail.com](mailto:moorep285@gmail.com)



We've been on our way to a great year! Teen Pathways

Are you ready for some FOOTBALL squares?!?  
2024 Super Bowl Football Squares are available for purchase online and after Masses.  
\$25.00 donation square - Payouts (if all squares are sold)

- 1st quarter \$250.00
- Half time \$500.00
- 3rd quarter \$250.00
- Final Score \$1,000.00



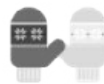
Super Bowl currently scheduled for 2/11/2024. Please text or call Jessica with any questions 518.229.3079.

<https://stjudeswyn.square.site/>



Please Join the Respect Life Committee to collect the following needed items for homeless men, women, and children in our community:

- Warm Winter Gloves and Mittens
- Hand and Toe Warmers
- Chapstick



Items will be distributed by Sidewalk Warriors Troy

Please put donated items in the box in Church from

**January 13<sup>th</sup> through January 28<sup>th</sup>**

Thank you for your generosity!



Those FAMOUS Girl Scout cookies are coming back! The Girl Scouts will have a booth available at St. Jude on February 16-18!





# GOSPEL REFLECTION

PAGE 4

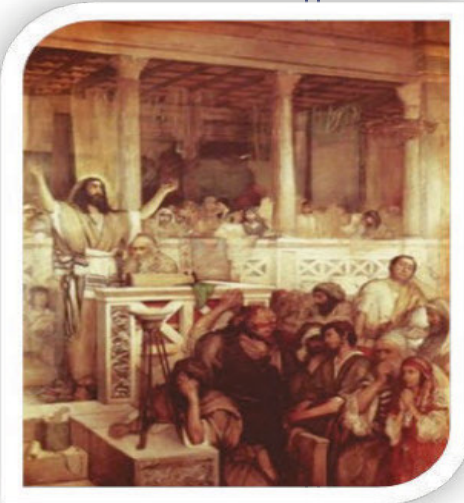
In their synagogue was a man with an unclean spirit; he cried out, “What have you to do with us, Jesus of Nazareth? Have you come to destroy us? I know who you are—the Holy One of God!” Jesus rebuked him and said, “Quiet! Come out of him!” The unclean spirit convulsed him and with a loud cry came out of him. Mark 1:23–26

It’s interesting to note that this unclean spirit immediately knows Who Jesus is. This is because each of two opposites emphasizes the other very clearly. For example, the color black is most clearly seen when it is placed in front of something white. Or something hot is most noticeable after experiencing something very cold. And a loud noise is most jarring when someone is sitting in silence. And so it is with Jesus and evil. Jesus, the Holy One of God, is most clearly seen when He comes in contact with an unclean spirit.

This fact gives us some wonderful insights into our journey toward the heights of holiness. Oftentimes, when one experiences a profound and transforming conversion, it is because they were first living a life of sin. When one who is living in sin encounters the saving grace of God, it is quite noticeable. And that is good.

But there is also another spiritual insight we can take from this. To further the analogy, it is also true that when the color black is put next to something dark blue, or something hot is touched after holding something quite warm, there is less notice taken.

So it is with the spiritual life. When we are striving to obtain true holiness of life, and when we are already living the many virtues to which we are called, the next step closer to God might not be nearly as noticeable. Instead, growth in perfection for one who is already striving for perfection will be very subtle. And that is also good.



This is important to understand because sometimes, when a person has gone through a powerful conversion earlier in life, they want to return to the experience they had when they initially converted. But that should not be our goal. Instead, we should continually strive to experience these more subtle changes that take us from a life of holiness to one of even greater holiness. In this case, if you do not sense a powerful contrast of spiritual experiences within you, that may be simply because there are no serious sins you are trying to overcome. Thus, the ideal for every Christian is to eventually experience less contrasting spiritual experiences and more that are gentle and subtle as our Lord continues to gently perfect you in many ways.

Reflect, today, upon your own spiritual journey toward holiness. If you do see serious sin in your life, know that God wants to profoundly free you and draw you through a major conversion. If you do not see serious sin in your life and if you already strive daily to become holy, then rejoice if your spiritual consolations and communications from God are much more subtle and, at times, undetectable. Keep working at perfection and rejoice that you are on the correct path.

**FR. PATRICK RICE, Pastor**  
frpat.aspspp@gmail.com

**Deacon Warren Safford, Pastoral Associate**  
warrensafford@gmail.com

**43 Brookside Ave., Wynantskill, NY 12198**  
**Phone: (518) 283-1162**  
**PARISH OFFICE HOURS: MON-FRI 8:30-2:30**

## PASTORAL STAFF



**Kris Hoffay, St. Jude the Apostle, School Principal**  
khoffay@stjudetheapostleschool.org

**Karla Jones, Office Manager, SJAWynan@rcda.org**  
**Patti Mugrace, Faith Formation Dir., Admin. Asst., mugracep@rcda.org**

**Allison Hartwich, Business Mgr., HartwichA@rcda.org**  
**Paul Moore, Youth Minister, moorep285@gmail.com**

**Chris & Barb Harris, Ministry Coordinators,**  
Cbharris17@gmail.com

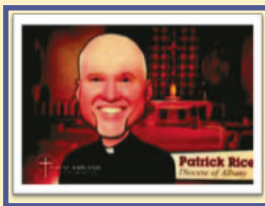




# OUR CHURCH

**ADORATION DATES FOR  
FEBRUARY & MARCH 2024**  
5:30-6:30pm

February 16th  
February 23rd  
March 8th



**ASK FR. PAT... WHAT IS  
THE PROPER WAY TO  
RECEIVE HOLY COM-  
MUNION?**



For the reception of Holy Communion, kneeling is the long-standing tradition in our Latin Rite. However, standing is the common practice in most places today. When one receives standing, one is asked to make a specific act of adoration before receiving the Sacred Host or taking the Precious Blood. In the United States, the bishops have mandated a bow of the head as the uniform act of adoration. A genuflection is discouraged, because of the obvious hazard to other people on the line. While waiting for the person in front of you to receive recollect yourself for a moment and bow your head as a gesture of adoration. Step up when it is your turn. If receiving the Sacred Host on the tongue, one should fold one's hands. After saying "Amen" in response to the minister of Holy Communion, the communicant should open the mouth wide and extend the tongue far enough so that the Sacred Host may be placed upon it without danger of falling. Please note that it is important to extend the tongue, not just open the mouth.

## A VISIT WITH ST. PAUL!

St. Jude the Apostle School is hosting "A Visit with St. Paul" on **Monday, January 29, 2024, at 6:30 PM** in the school gym. Glenn Smith portrays St. Paul, who speaks with visitors during his time under house arrest. Mark your calendars and plan to visit with St. Paul!



This event, we are asking for a free will offering. Thank you!



One has the option of receiving in the hand in some places. Communion in the hand is allowed in the United States by decision of the American Bishops. If one is receiving in

the hand the following is normative: upon approaching the minister of the Host extend the hands in the middle of the chest. The left hand is extended, with the right hand under the left in support (left handed persons may wish to place the left hand under the right). In essence, a throne is formed in the sign of an X-cross to receive the Sacred Host. The response of "Amen" is given to the proclamation "The Body of Christ," and the Host is received. The individual should then step to the side and receive the Host carefully and reverently. It is unseemly to "pop" the Host into the mouth as one walks away. Remember "Who" you are receiving! Please note that it is never acceptable to put out only one hand due to the danger of dropping the host. Those who do not have the easy use of both hands (or whose hands are not perfectly clean for whatever reason) should receive on the tongue.



January is National Blood Donor month. According to the Red Cross, blood donations typically drop off in the month of January but the need for blood is greater than ever. The time it takes for the donation process has drastically reduced when online registration takes place. If you have never donated, please consider helping others. For more information go to <http://www.redcrossblood.org>.



# KNIGHTS OF COLUMBUS & MORE

PAGE 6

## SMALL LENTEN GROUPS



### Cans & Bottles

HELP SUPPORT LOCAL CHARITIES

St. Jude the Apostle Knights of Columbus teamed up with 6 Center Redemption located at 461 Main Avenue in Wynantskill to accept bottle and can donations that have a NYS deposit.

This is to support local charities and those in need.

Bring your clean, NYS deposit bottles & cans to 6 Center Redemption in Wynantskill.

Say they are to support the St. Jude Knights of Columbus.

They do the rest, that's it!

Thank you for your support!



Lent is soon approaching and if you are interested in starting a small group. We would suggest 6 to 8 maximum group sizes to get together and discuss Lenten scripture. You can meet at someone's home or possibly schedule a meeting room at the parish center when the office is open. There will be a sign - up sheet on the bulletin board in the back of the church if anyone is interested in starting a small group. The contact person to get information on the Lenten scripture readings will be Eva Fitzgerald (518) 326-3003 this is a landline phone with an answering machine not a cell phone so it will not accept texts, her email is: [evafitz58@gmail.com](mailto:evafitz58@gmail.com)

## EASTER MEMORIAL CROSSES

The Forms for the Easter Crosses are at each of the entrances of the church. If you have done a cross in the past please indicate this on the bottom of the form stating "PREVIOUS CROSS". If you have multiple crosses for your family please indicate this on one of the sheets at the bottom of the sheet. We will try and keep your loved ones together on the lawn. Please use the dashes provided to fill in your family's name we can accept up to 24 characters. The last weekend will be February 24th and 25th to turn in the sheets. No exceptions will be made for late sheets.

### Living with Loss

The next Living with Loss Support Group session will be held Thursday, February 1 at 3 pm at the Parish Center. All who need assistance with their loss are welcome to attend.

#### Living with Loss Opening Prayer

Heavenly Father-Be with us today as we journey through our grief. The more we can learn and the more we can share with others will help us heal the holes in our hearts. We ask the Blessed Mother to be with us on this journey called life. May her gentle arms be wrapped around us as she knows how painful losing a loved one can be. We can do this with your guidance, Father. Stay close to us today and every day. Amen

Author of: Living with Loss  
Johanna Flanagan



### Rosary Altar Society

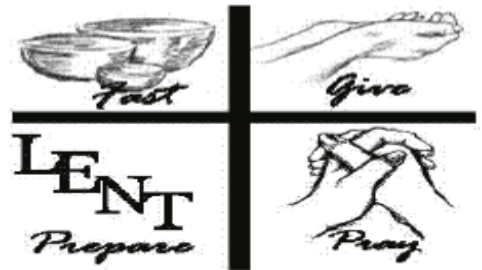
Our February meeting will be held at 8:45AM on Sunday, February 4th, 2024 in the Parish Center. All ladies are welcome. New members always welcome!





Dear Parishioners,

We are nearing the holy season of Lent. During this period of time in the Church Year, as we relive the awesome events of the Passion and Death of Our Lord, Jesus Christ, we are once again reminded in the daily readings about the importance of prayer, fasting, and "alms giving." How will you fit these Lenten elements into your busy schedule? We encourage you to take the steps necessary to make this Lent one that is life-changing for your faith life. Make a conscious choice to take on a positive activity this Lent...perhaps something you've never done before. That may be: practicing the Works of Mercy, daily Mass, a Random Act of Kindness each day, a predetermined one-half hour per day to either read and reflect on Scripture OR read and reflect with the Lenten booklet the parish has provided for you, commit to Stations of the Cross every week, clear your calendar to make room for the Lenten activities offered by our Local Catholic Community ... what can you come up with? Let us pray for each other that this Lent will touch our hearts and souls!



## LENTEN SCHEDULE 2024

### ASH WEDNESDAY - February 14, 2024

- St. Jude the Apostle – Masses with the distribution of ashes: 8AM & 6:30PM
- St. Michael the Archangel – Prayer Service with the distribution of ashes: 7:30AM  
12:10PM Mass and distribution of ashes
- St. Jude Apartments- Distribution of ashes at 3:00PM



### WEEKDAY MASS SCHEDULE:

- St. Jude the Apostle – Monday 9AM (when school is in session); Wednesday and Friday – 8AM
- St. Michael the Archangel – Monday, Tuesday & Thursday at 12:10PM

### STATIONS OF THE CROSS: AT ST. JUDE THE APOSTLE

- Friday, February 16, 2024 Presented by Deacon Nick Ascioti at 7:00PM
- Friday, February 23, 2024 Presented by Deacon Nick Ascioti at 7:00PM
- Friday, March 1, 2024 -Mary's Way of the Cross - at 7:00PM
- Friday, March 8, 2024 Presented by Deacon Warren Safford at 7:00PM
- Friday, March 15, 2024 -The Way of the Cross with the Teens at 7:00PM
- Friday, March 22, 2024- Nurses Station of the Cross at 7:00PM



### STATIONS OF THE CROSS: AT ST. MICHAEL THE ARCHANGEL

- Tuesday at 11:30AM – followed by 12:10pm Mass

### HOLY HOUR:

- St. Jude the Apostle – Friday, Feb. 16 & 23, March 8<sup>th</sup> at 5:30-6:30pm
- St. Michael the Archangel – Every Tuesday's 5:30-6:30pm

### RECONCILIATION:

**ALL ARE WELCOME!**

#### Communal Reconciliation:

- St. Jude the Apostle – Thursday, March 21<sup>st</sup>, @ 6:30PM
- St. Michael the Archangel – Thursday, March 21<sup>st</sup> @ 11:00AM – NO MASS
- Sacred Heart Church – Tuesday, March 19<sup>th</sup> @ 6:30PM

### PALM SUNDAY: MARCH 24, 2024

- St. Michael the Archangel- Saturday, March 23<sup>rd</sup> at 4pm and Sunday, March 24<sup>th</sup> at 8:00am
- St. Jude the Apostle - Saturday, March 23<sup>rd</sup> at 4pm and Sunday, March 24<sup>th</sup> at 10:30am

### TRIDUUM - March 28<sup>th</sup> - March 30<sup>th</sup>

#### HOLY THURSDAY, MARCH 28<sup>th</sup>

- St. Jude the Apostle -5:30pm Mass followed by Adoration until 10pm

#### GOOD FRIDAY, MARCH 29<sup>TH</sup>

- St. Michael the Archangel - Stations of the Cross at 3:00pm  
Passion of Our Lord at 7:00pm



#### HOLY SATURDAY, EASTER VIGIL, MARCH 30TH

- St. Jude the Apostle - 8:00pm (Rehearsal at 7:15PM for all those involved in serving at the Vigil)

### EASTER SUNDAY, MARCH 31, 2024

#### EASTER MORNING MASSES

- St. Michael the Archangel - 8:30AM
- St. Jude the Apostle - 10:00AM

*Christ is Risen!*

CRIMINAL LAW  
PERSONAL INJURY  
GENERAL PRACTICE  
Arthur R. Frost, Esq.  
afrost@frostfirm.com  
FROST & KAVANAUGH, P.C.  
287 North Greenbush Road  
Troy, New York 12180-8514  
(518) 283-3000 • Fax (518) 283-8060

**WASTE REMOVAL**  
**County Waste & Recycling** ROLL-OFFS  
For Clean-Ups & Construction Debris  
Residential • Commercial • Industrial  
www.county-waste.com  
**877-7007**

**W.B. O'CONNOR Inc.**  
CHURCH GOODS  
897 New Loudon Rd., Latham, NY 12110  
**(518) 785-7750**  
Since 1920

**R.J. VALENTE GRAVEL, INC.**  
1 Madison St.  
Troy, NY 12180  
518-432-4470  
Dispatch 518-434-4201  
Fax 518-271-2205

**Bryce Funeral Home, Inc.**  
276 Pawling Avenue Troy, NY  
*"A Family Tradition"*  
Over 100 years of Dedication  
& Class at a Reasonable Cost  
**Pre-Plan Custom Video Tributes**  
**518.272.7281**  
brycefuneralhome.com

**ALBANY BRACES** ALBANY DELMAR LATHAM EAST GREENBUSH CLIFTON PARK  
Generations of beautiful smiles  
**CREATING HEALTHY AND BEAUTIFUL SMILES IN THE CAPITAL REGION SINCE 1961**  
SCHEDULE YOUR FREE CONSULTATION TODAY AT ALBANYBRACES.COM  
EARLY TREATMENT ADULT TREATMENT INVISALIGN INVISALIGN TEEN CLEAR BRACES

**La Salle Institute**  
Today's scholars Tomorrow's leaders  
518-283-2500  
lasalleinstitute.org

**ADT-Monitored Home Security**  
Get 24-Hour Protection From a Name You Can Trust  
• Burglary • Flood Detection  
• Fire Safety • Carbon Monoxide  
Authorized Provider **SafeStreets**  
**833-287-3502**

**LET'S GROW YOUR BUSINESS**  
Place Your Ad Here and Support Our Parish!  
**CONTACT ME Victoria Russo**  
vrusso@4LPi.com  
(800) 477-4574 x6283

**Catholic Central High School**  
Home of Crusader Spirit  
**Apply Today!**  
apply.cchstroy.org  
Co-ed, Grades 7-12 • Since 1923

Your Neighborhood Pest Control Company, located in North Greenbush  
**FREE INSPECTIONS**  
MICE • SQUIRRELS • BEES  
EXCLUSION SERVICES  
CARPENTER ANTS • ALL PESTS  
**REGAN PEST SERVICES**  
518-880-8171 ReganPestServices.com

**NEVER MISS OUR BULLETIN!**  
**SUBSCRIBE**  
Have our bulletin emailed to you every week.  
Visit **www.parishesonline.com**

**SUPPORT OUR PARISH**  
Local business ads sponsor the printing of our bulletin.  
4lpi.com/adcreator

**WYNANTSKILL FUNERAL HOME LLC**  
518-283-2911  
294 WHITEVIEW ROAD, WYNANTSKILL  
BLAKE & PERNICIARO

**LaBella** Online Ordering Now Available!  
Get Rewarded for Ordering Online.  
Check out our DEALS tab for special offers!  
**DINE IN • CARRY OUT • FAST DELIVERY!**  
174 Main Avenue, Wynantskill  
283-0800  
www.LabellaPizzaWynantskill.com

**JOHN H. CLINTON FUNERAL HOME, INC.**  
518-274-1011  
294 WHITEVIEW ROAD, WYNANTSKILL  
JOHN H. CLINTON, JR. | EILEEN A. CLINTON  
Professional Service with Dignity ~ Pre-Arrangement Counseling  
Bereavement Counselling ~ Direct Cremations ~ Off Street Parking

Place Your Ad Here and Support our Parish!  
Instantly create and purchase an ad with  
**AD CREATOR STUDIO**  
4lpi.com/adcreator

**WE'RE HIRING!**  
AD SALES EXECUTIVES  
BE YOURSELF. BRING YOUR PASSION. WORK WITH PURPOSE.  
• Paid training  
• Some travel  
• Work-life balance  
• Full-Time with benefits  
• Serve your community  
Contact us at **careers@4lpi.com** or **www.4lpi.com/careers**

**catholicmatch® New York**  
CatholicMatch.com/NY

**SUPPORT OUR ADVERTISERS!**