

st. francis of assisi

South End
93 Fourth Avenue, Albany

391 Delaware Avenue, Albany

stfrancisalbany.org
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A Song in the Dark: The Peace That Held RFrancis

Dear Parish Family,

Near the end of his life, Francis of Assisi was in rough shape. His eyes, damaged by years of exposure and untreated infection, burned so badly that doctors had cauterized them with a hot iron — a treatment he endured without flinching, though it left him nearly blind. His stomach was failing. His body bore the wounds of the stigmata, received two years earlier at La Verna, which never fully healed and caused him constant pain. And beyond the physical suffering, his heart carried a deeper ache: the brothers he loved were beginning to argue over how strictly to live the Rule he had written from the depths of his own conversion. Francis, by any honest measure, had reason for despair.

It was in exactly this darkness — blind, in pain, watching his life's work strain under division — that Francis composed the Canticle of the Creatures. Lying in a small hut beside the sisters of San Damiano, he sang praise for Brother Sun, Sister Moon, Sister Water, Brother Fire, even Sister Bodily Death. He did not wait for his eyes to heal or for the brothers to reconcile before he found something worth singing about. He chose praise in the middle of the wound, not after it closed.

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*"The feast is ready,
but those who were invited
were not worthy to come.
Go out, therefore, into the main roads
and invite to the feast whomever you find!"*

profunda: los hermanos que tanto amaba comenzaban a discutir sobre cuán estrictamente vivir la Regla que él había escrito desde lo más hondo de su propia conversión. Francisco, con toda razón, tenía motivos para caer en la desesperación.

Fue precisamente en esa oscuridad — ciego, adolorido, viendo su obra de vida tensionarse por la división — que Francisco compuso el Cántico de las Criaturas. Recostado en una pequeña choza junto a las hermanas de San Damián, cantó alabanzas al hermano sol, a la hermana luna, a la hermana agua, al hermano fuego, e incluso a la hermana muerte corporal. No esperó a que sus ojos sanaran ni a que los

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Un Canto en la Oscuridad: La Paz Que Sostuvo a Francisco

Querida familia parroquial:

Cerca del final de su vida, Francisco de Asís se encontraba en muy mal estado. Sus ojos, dañados por años de exposición e infecciones sin tratar, le ardían tanto que los médicos se los cauterizaron con un hierro candente — un tratamiento que soportó sin quejarse, aunque lo dejó casi ciego. Su estómago fallaba. Su cuerpo llevaba las heridas de los estigmas, recibidos dos años antes en La Verna, que nunca sanaron por completo y le causaban dolor constante. Y más allá del sufrimiento físico, su corazón cargaba una herida más

Food Pantry Needs:

Del. Ave: Canned vegetables, tuna, and beans (baked, kidney, chick peas, etc.), jelly, pancake mix, syrup, and toiletries

South End: canned tuna, cereal, peanut butter, and toiletries.

Times and locations on page 2

Necesidades del Banco de Alimentos:

Del. Ave: Enlatados: verduras, atún, frijoles, mermelada, mezcla para panqueques, jarabe y artículos de aseo personal.

South End: Atún enlatado, cereal, mantequilla de maní y artículos de aseo personal.

Horarios y ubicaciones en la página 2

the twenty-eighth sunday in ordinary time — october 11, 2026

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se reconciliaran para encontrar algo por qué cantar. Eligió la alabanza en medio de la herida, no después de que sanara.

Esto es lo que quiero decir cuando afirmo que la paz no es la ausencia de dificultades. Para Francisco, la paz nunca fue una recompensa que llegaba cuando las circunstancias mejoraban. Era una decisión tomada en medio de las circunstancias — un acto de confianza en que la bondad de Dios seguía siendo real bajo el dolor, aunque nada en la superficie hubiera cambiado. Esto se acerca a lo que Jesús promete en el Evangelio de Juan: «La paz les dejo, mi paz les doy. No se la doy como la da el mundo» (Juan 14, 27). La paz del mundo depende de que las cosas vayan bien. La paz que ofrece Cristo puede coexistir con el sufrimiento, porque no está enraizada en las circunstancias — está enraizada en Él.

Vemos la semilla de esto mucho antes en la historia de Francisco. Siendo joven, pasó un año como prisionero de guerra tras la batalla de Collestrada, seguido de una larga enfermedad que lo dejó débil y desorientado sobre su futuro. Esos meses de encierro y enfermedad podrían haberlo endurecido o quebrado. En cambio, en ese silencio despojado, comenzó a escuchar a Dios hablándole de una manera que el ruido de su vida anterior había ahogado. La desesperación, para Francisco, se convertía una y otra vez en puerta de entrada, no en callejón sin salida.

No digo esto para romantizar el sufrimiento, y tampoco Francisco lo hizo — nunca fingió que el dolor no fuera real. Pero su vida nos muestra que la desesperación y la paz no son opuestos que compiten por el mismo espacio en nuestro corazón. Podemos sostener ambas cosas: el peso honesto de lo que es difícil, y una confianza silenciosa de que no lo cargamos solos. Cuando la ansiedad por la salud, la familia, las finanzas o el estado del mundo los oprima esta semana, los invito a recordar a Francisco en esa pequeña choza — ciego, adolorido, dividido de quienes amaba — encontrando aún el camino hacia un canto.

Antes de terminar, quiero decirles un sincero gracias. Sus oraciones y su presencia sostienen a esta parroquia en cada

temporada, fácil o difícil, y no lo doy por sentado. Ver a esta comunidad presentarse los unos por los otros, semana tras semana, es una de las grandes gracias de mi vida como su párroco.

Y los invito: cualquier desesperación que estén cargando en este momento, tráiganla aquí. Tráiganla a la Misa, a la Adoración, a un momento de silencio ante el sagrario, a un hermano o hermana de esta parroquia que se siente con ustedes en ella. La paz, como descubrió Francisco, rara vez se encuentra escapando de nuestras dificultades — se encuentra llevándolas, con honestidad, a la presencia del Dios que nunca se aparta.

Con gratitud y bendiciones,

P. Daniel Vallejo — Parroquia San Francisco de Asís

Location and Hours of St. Francis Food Pantries Horarios y Ubicaciones de los Bancos de Alimentos

St. James Food Pantry 518-414-1929
3391 Delaware Ave., (rear) Mon. & Wed.: 10:00 am — 12:30 pm

St. John's/St. Anne's Center 518-472-9091
88 Fourth Ave. Mon., Wed., Th.: 10:00 am — 12:00 pm
& 1:00 pm — 3:00 pm

Welcome Table Tues., Sat., 11:30 am — 1:00 pm

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the twenty-eighth sunday in ordinary time — october 11, 2026

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This is what I mean when I say peace is not the absence of trouble. For Francis, peace was never a reward that arrived once the circumstances improved. It was a decision made in the thick of the circumstances — an act of trust that God's goodness was still real underneath the pain, even when nothing on the surface had changed. This is close to what Jesus promises in John's Gospel: "Peace I leave with you; my peace I give to you. Not as the world gives do I give it to you" (John 14:27). The peace of the world depends on things going well. The peace Christ offers can coexist with suffering, because it isn't rooted in circumstances at all — it's rooted in him.

Be a Part of St. Francis Harvest Dinners 2026!

Please consider hosting a family-style dinner in your home to celebrate in harvest dinners for St. Francis. Hosts will choose a date that they are able to host fellow parishioners (or friends) in their home for a dinner and a night of hospitality and fun. Those who attend will bring themselves and \$35 per person to enjoy a night of fun in support of our churches and communities at both the Delaware Avenue and South End sites.

If you are interested in participating or have any questions, please reach out to Amanda Torelli either through email (amanda.torelli3@gmail.com) or phone/text (860-978-6703). Tell me:

- The date you would like to host in month of October
- How many people you can host
- Menu - Please break down each course you will serve
- If there are any pets in the home
- Any other special considerations

Sea Parte de las Cenas de Cosecha de San Francisco 2026!

Por favor, considere organizar una cena al estilo familiar en su hogar para celebrar las cenas de cosecha de San Francisco. Los anfitriones elegirán una fecha en la que puedan recibir a otros parroquianos (o amigos) en su casa para una cena y una noche de hospitalidad y diversión. Los que asistan sólo deberán llevarse a sí mismos y \$35 por persona para disfrutar de una noche divertida. Este dinero se destinará a apoyar a nuestras iglesias y comunidades en los sitios de Delaware Avenue y South End.

Si estás interesado en participar o tienes alguna pregunta, comunícate con Amanda Torelli por correo electrónico (amanda.torelli3@gmail.com) o por teléfono/mensaje de texto (860.978.6703). Los detalles que necesitare incluir:

- La fecha en la que te gustaría ser anfitrión en el mes de octubre
- Cuántas personas puedes recibir
- Menú - Por favor desglosa cada plato que servirás
- Si hay mascotas en la casa
- Cualquier otra consideración especial

We see the seed of this much earlier in Francis's story too. As a young man he spent a year as a prisoner of war after the battle of Collestrada, followed by a long illness that left him weak and disoriented about his future. Those months of confinement and sickness could have hardened him or broken him. Instead, in that stripped-down silence, he began to hear God speaking in a way the noise of his old life had drowned out. Desperation, for Francis, kept becoming the doorway rather than the dead end.

I don't say any of this to romanticize suffering, and neither did Francis — he never pretended the pain wasn't real. But his life shows us that desperation and peace are not opposites fighting for the same space in our hearts. We can hold both: the honest weight of what's hard, and a quiet trust that we are not carrying it alone. When anxiety about health, family, finances, or the state of the world presses in on you this week, I invite you to remember Francis in that small hut — blind, in pain, divided from those he loved — still finding his way to a song.

Before I close, I want to say a heartfelt thank you. Your prayers and your presence carry this parish through every season, easy and hard alike, and I don't take that for granted. Watching this community show up for one another, week after week, is one of the great graces of my life as your pastor.

And I invite you: whatever desperation you're carrying right now, bring it here. Bring it to the Mass, to Adoration, to a quiet moment before the tabernacle, to a brother or sister in this parish who will sit with you in it. Peace, like Francis discovered, is rarely found by escaping our troubles — it's found by bringing them, honestly, into the presence of the God who never leaves.

With gratitude and blessings,

P. Daniel Vallejo

October 18: Second Collection

This is the 100th Anniversary of World Mission Day. Pope Leo exhorts us to be "One Christ, united in Mission." Let's generously support those in mission territory next Sunday!

St. Vincent de Paul Society

In today's Gospel we hear Jesus say: "Many are invited, but few are chosen."

To give thanks for all that God has given to you, have you considered answering the call to help serve the poor by joining the Society of St. Vincent de Paul?

Please help those in need through almsgiving. Place a check made out to "The St. Vincent de Paul Society" in the collection basket.

You can also help by joining us!

Call the Cathedral at 518-463-4447 to learn more.

mass intentions

<i>Delaware Ave.</i>		<i>Requested by:</i>
Sat., Oct. 10 4:00 pm	Pro Populo	
Sun., Oct. 11 9:00 am	Helen Maloney	Family
	+ Joan Cassidy	Family
10:30 am	Pro Populo	
Sat., Oct. 17 4:00 pm	Elena "Nuccia" Giglio	Children
Sun., Oct. 18 9:00 am	Pro Populo	
10:30 am	Pro Populo	
South End		<i>Requested By:</i>
Sun., Oct. 11 10:30 am	Pro Populo	
Sun., Oct. 18 10:30 am	Lucy & Paul Tudico	Daughters

Readings for the Week of Oct. 11, 2026

Sun: Is 25:6-10a/Ps 23:1-3a, 3b-4, 5, 6/
Phil 4:12-14, 19-20/Mt 22:1-14 or 22:1-10

Mon: Gal 4:22-24, 26-27, 31-5:1/
Ps 113:1b-2, 3-4, 5a and 6-7/Lk 11:29-32

Tues: Gal 5:1-6/Ps 119:41, 43, 44, 45, 47, 48/
Lk 11:37-41

Wed: Gal 5:18-25/Ps 1:1-2, 3, 4 and 6/
Lk 11:42-46

Thurs: Eph 1:1-10/Ps 98:1, 2-3ab, 3cd-4, 5-6/
Lk 11:47-54

Fri: Eph 1:11-14/Ps 33:1-2, 4-5, 12-13/
Lk 12:1-7

Sat: Eph 1:15-23/Ps 8:2-3ab, 4-5, 6-7/
Lk 12:8-12

Next Sunday:

Is 45:1, 4-6/Ps 96:1 and 3, 4-5, 7-8, 9-10/
1 Thes 1:1-5b/Mt 22:15-21

st. francis of assisi parish

Clergy

Father Daniel Vallejo, Pastor VallejoD@rcda.org

Assisting Clergy

Rev. Emmanuel Udoh udohe@rcda.org

Rev. Jacek Orzechowski, OFM Parish

Operations Manager

Mrs. Barbara Koerner-Fox

Barbara.Koernerfox@rcda.org

Liturgical Coordinator & Sacristan

Mr. Patrick Buonacore,

Patrick.Buonacore@rcda.org

Music

Ms. Kristen Witham

Buildings & Grounds

Mr. Kurt Schlachter, Facilities Manager

Cathedralfacilities@rcda.org

St. Francis is currently being served by The Historic Albany Parishes office

Mailing Address: 125 Eagle St., Albany, NY 12202

Phone Number: (518) 463-4447

Email: Cathedral: CICALban@rcda.org

Office Hours: M—F: 9:00 am—4:00 pm (Closed for national holidays and as noted in the bulletin)

st. francis of assisi Mass and Confessions Schedule

Confession and Mass Schedule

Sat.:	Confession:	3:15–3:50 pm	St. Francis (Del. Ave.)
	Mass	4:00 pm	St. Francis (Del. Ave.)
Sun.:	Mass	9:00 am	St. Francis (Del. Ave.)
	Mass	10:30 am	St. Francis (Del. Ave.)
	Mass	10:30 am	St. Francis (South End)

Comunidad Hispana

391 DELAWARE AVE.

ST. FRANCIS OF ASSISI

Santa Misa: Domingo 10:30 am

Confesiones: Domingo 10:00 am

Primer Domingo del mes: Benediccion a todos los ninios y jovenes
al final de la Santa Misa.

Hora Santa:

Todos los primeros Sabados de cada mes a las 5:15 pm.



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