

st. francis of assisi

South End
93 Fourth Avenue, Albany

391 Delaware Avenue, Albany

stfrancisalbany.org
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The Kiss That Changed Everything

Empathy in the Spirit of Our Patron

Dear Parish Family,
Before Francis of Assisi became the saint we honor as the patron of our community, he was a young man who, by his own admission, could not stand the sight of lepers. Their disfigurement repulsed him; he would ride out of his way to avoid passing near one. And then, one day on the road outside Assisi, he came face to face with a leper he could not avoid. Francis got down from his horse, walked toward the man he had spent his whole life avoiding, and kissed his hand. He later wrote that what had been bitter to him became, in that moment, sweetness of soul and body. That kiss marked the beginning of his conversion.

I think of that story often, because it captures something essential about empathy: it rarely begins as a feeling. It begins as a choice — the choice to draw near to someone we would rather avoid, to see past what unsettles us and recognize a person made in the image of God. Francis didn't wait to feel

continued on p. 3

Fr. Daniel Vallejo to Commemorate 9/11 at St. Francis of Assisi

Fr. Vallejo will celebrate Mass at St. Francis of Assisi Church at 6:00 pm on Friday, September 11, in memory of the 25th anniversary of 9/11.



Love does no evil to the
neighbor;
hence, love is the fulfillment
of the law.

El Beso Que Lo Cambió Todo

La Empatía al Estilo de Nuestro Patrono

Querida familia parroquial:

Antes de que Francisco de Asís se convirtiera en el santo que honramos como patrono de nuestra comunidad, era un joven que, por su propia confesión, no soportaba ver a los leprosos. Su desfiguración le repugnaba; se desviaba de su camino con tal de no pasar cerca de uno. Y entonces, un día en el camino a las afueras de Asís, se encontró cara a cara con un leproso al que no pudo evitar. Francisco bajó de su caballo, caminó hacia el hombre que había evitado toda su vida, y le besó la mano. Más tarde escribió que lo que le

había resultado amargo se convirtió, en ese momento, en dulzura del alma y del cuerpo. Ese beso marcó el comienzo de su conversión.

Pienso en esa historia a menudo, porque capta algo esencial sobre la empatía: rara vez comienza como un sentimiento. Comienza como una decisión — la decisión de acercarnos a alguien que preferiríamos evitar, de ver más allá de lo que nos incomoda y reconocer a una persona hecha a imagen de Dios. Francisco no esperó a sentir compasión por el leproso antes de actuar con compasión. Actuó, y el sentimiento vino después. La verdadera empatía es muchas veces así. No necesitamos comprender por completo el sufrimiento de alguien antes de decidir acompañarlo en él.

continuó en la página 2

St. James Food Pantry 518-441-1929
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., Th., 11:30 am — 1:00 pm

Inside the Bulletin

Automate Your Giving! p. 2

Last Chance to Sign Up for the Parish Picnic p. 3

Be a Prayer Partner with Pope Leo! p. 3

Automate your church giving!

Never again worry where your envelopes might be... where your checkbook is... whether you remembered to donate this week!



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4. Enter your parish's zip code and click on your parish name. Click "Sign up" and you are in!

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continuación de la p. 1

Esto es, en muchos sentidos, toda la vida posterior de Francisco. Llamó al sol su hermano y a la luna su hermana; predicó que incluso las aves y el lobo de Gubbio eran criaturas dignas de ternura. Abrazó a la Dama Pobreza no porque idealizara la dificultad, sino porque quería conocer, desde adentro, lo que era no tener nada — para poder estar junto a los pobres no como un benefactor que mira desde arriba, sino como un hermano que mira de frente. La empatía, para Francisco, nunca fue lástima a distancia. Fue solidaridad de cerca.

Vivimos en un mundo que muchas veces premia lo contrario — el juicio rápido, los corazones guardados, la distancia cómoda de cualquiera cuyo dolor, opiniones o circunstancias nos incomodan. Pero nuestro patrono nos muestra otro camino: bajar del caballo, caminar hacia la persona que preferiríamos evitar, y ver en ella no a un extraño sino a un hermano o una hermana. La empatía no nos pide resolver cada problema. Nos pide estar presentes — escuchar antes de hablar, imaginar la carga del otro antes de juzgar cómo la lleva, y dejar que la compasión nos mueva a actuar, por pequeño que sea el gesto.

Antes de terminar, quiero decirles un sincero gracias. Sus oraciones — por esta parroquia, por mí, los unos por los otros — sostienen a esta comunidad de maneras que yo alcanzo a ver, y de maneras que solo Dios ve. Estoy profundamente agradecido por la fe y la constancia que traen aquí semana tras semana.

Y los invito: sigan viniendo. Sigán llenando estas bancas, sigan trayendo sus alegrías y sus cargas a este altar, sigan haciendo espacio para quien cruce nuestras puertas a continuación. Esta es su casa parroquial, y como San Francisco, que siempre seamos un pueblo dispuesto a acercarse.

Con gratitud y bendiciones,

P. Daniel V — Parroquia San Francisco de Asís

Last Chance to Sign Up for the Parish Picnic!

The Annual Parish Picnic will be held on Saturday, September 12th at the Elm Ave. Park in the Town of Bethlehem from 11:30 'til 3:30.

We'll have games, a 50/50 drawing, raffles, and great food, fun, and fellowship. Hamburgers, hot dogs, beverages and paper products will be provided by the Parishes. All we need is YOU and whatever tasty salads, side dishes, or desserts you decide to bring to share!

Sign-up sheets are at the entrances of the Churches. Just put your name, how many will be attending, and what dish or dessert you will bring to share. We hope everyone decides to attend.

Please remember to sign up!

Thank you.



Be a Prayer Partner with Pope Leo

Let us pray for a just and sustainable management of water, a vital resource, so that everyone may have equal access to it.

St. Vincent de Paul Society

"It is Divine Providence that calls Christians to be creative in forming communities of service." (Vincentian Reflections, 3rd Quarter) We can participate by helping the poor. When we all work together, we are able to help bring God's aid and hope to those in need.

Please help those in need through almsgiving. Either place your gift in one of the poor boxes near the church entrance, or 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 for more information.

continued from p. 1

compassion for the leper before he acted with compassion. He acted, and the feeling followed. Real empathy is often like that. We do not need to fully understand someone's suffering before we choose to stand beside them in it.

This is, in many ways, the whole of Francis's later life. He called the sun his brother and the moon his sister; he preached that even the birds and the wolf of Gubbio were creatures worthy of tenderness. He embraced Lady Poverty not because he romanticized hardship, but because he wanted to know, from the inside, what it was to have nothing — so that he could stand beside the poor not as a benefactor looking down, but as a brother looking across. Empathy, for Francis, was never pity from a distance. It was solidarity up close.

We live in a world that often rewards the opposite — quick judgment, guarded hearts, comfortable distance from anyone whose pain, opinions, or circumstances make us uneasy. But our patron shows us another way: to get down off the horse, to walk toward the person we'd rather avoid, and to see in them not a stranger but a brother or sister. Empathy doesn't ask us to solve every problem. It asks us to be present — to listen before we speak, to imagine another's burden before we judge how they carry it, and to let compassion move us to action, however small.

Before I close, I want to say a heartfelt thank you. Your prayers — for this parish, for me, for one another — sustain this community in ways I see and in ways only God sees. I am deeply grateful for the faith and steadfastness you bring here week after week.

And I invite you: keep coming. Keep filling these pews, keep bringing your joys and your burdens to this altar, keep making room for whoever walks through our doors next. This is your parish home, and like St. Francis, may we always be a people willing to draw near.

With gratitude and blessings,

Fr. Daniel V — St. Francis of Assisi Parish

Let's Help Evangelize the World!

Pope Leo XIV has called us to be a church of missionaries. And there is no better way to do that than supporting the missionary who will be coming to your parish later this month. It makes a tremendous difference in the communities and the good work we support. Last year, through the Mission Cooperative Program, our Diocese raised \$258,793.28. Thank you for your generosity and let's continue to support the great work of the Church around the world!

mass intentions

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 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)

Delaware Ave.		Requested by:
Sat., Sept. 5 4:00 pm	Pro Populo	
Sun., Sept. 6 9:00 am	† Karen Paloga Anniversary	Andy Paloga Husband
10:30 am	Pro Populo	
Sat., Sept. 12 4:00 pm	† Gloria Johnson, † Francis R. Johnson, † Francis J. Johnson	Gloria Moak
Sun., Sept. 13 9:00 am	Pro Populo	
10:30 am	Pro Populo	
South End		Requested By:
Sat., Sept. 6 10:30 am	Joann Buckley Grmek	Denise Buckley
Sat., Sept. 13 10:30 am	† Mary Russo	Lucille Williams

Readings for the Week of August 30, 2026

Sun: Jer 20:7-9/Ps 63:2, 3-4, 5-6, 8-9/Rom 12:1-2/
Mt 16:21-27

Mon: 1 Cor 2:1-5/Ps 119:97, 98, 99, 100, 101, 102/
Lk 4:16-30

Tues: 1 Cor 2:10b-16/Ps 145:8-9, 10-11, 12-13ab,
13cd-14/Lk 4:31-37

Wed: 1 Cor 3:1-9/Ps 33:12-13, 14-15, 20-21/Lk 4:38-44

Thur: 1 Cor 3:18-23/ Ps 24:1bc-2, 3-4ab, 5-6/ Lk 5:1-11

Fri: 1 Cor 4:1-5/Ps 37:3-4, 5-6, 27-28, 39-40/
Lk 5:33-39

Sat: 1 Cor 4:6b-15/Ps 145:17-18, 19-20, 21/ Lk 6:1-5

Next Sunday:

Ez 33:7-9/Ps 95:1-2, 6-7b, 7c-9/
Rom 13:8-10/Mt 18:15-20

ST. FRANCIS OF ASSISI MASS AND CONFESSION SCHEDULE

Weekend Confession and Mass Schedule:

Saturday: Confession 3:15—3:50 pm St. Francis (Del. Ave.)
Mass 4:00 pm St. Francis (Del. Ave.)

Sunday: 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: Bendición a todos los niños y
jóvenes al final de la Santa Misa

• Hora Santa: Todos los primeros Sábados de cada mes a
las 5:15pm.



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