

Church of *Our Lady Star of the Sea*

Administered by the Oblates of St. Francis de Sales • www.oblates.org

The Thirty-Second Sunday in Ordinary Time • November 12, 2023

Current Mass Schedule

Saturday: 4:00pm

Sunday: 8:30, 10:30, (Live Stream as well),
6:00pm

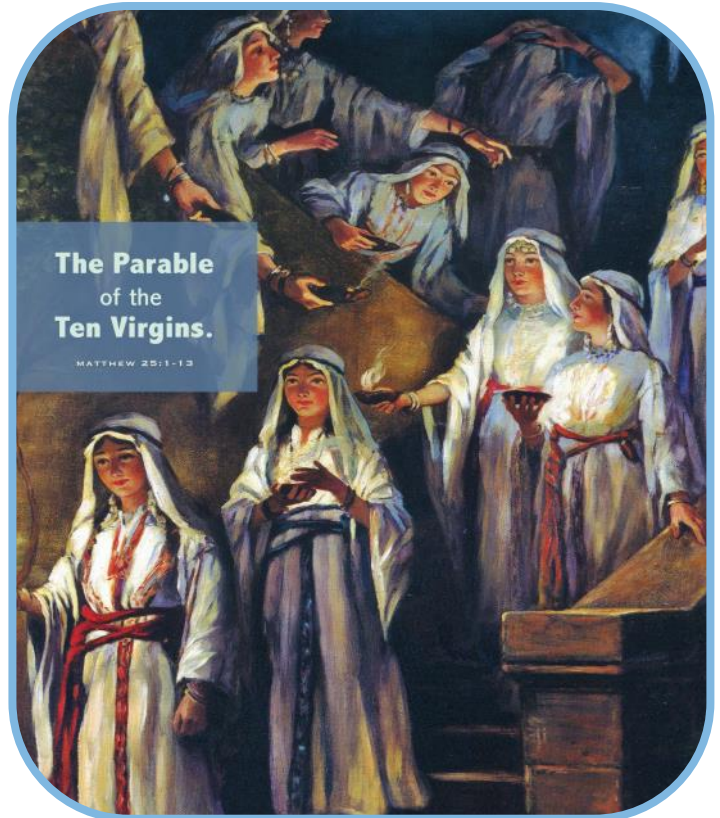
Daily Mass: Monday - Friday @ 11:00am
(Star of the Sea)

Confessions: Sat. 3:00-3:30pm
Tues. & Thurs. after 11:00am Mass

Eucharistic Adoration:
1st Friday of Each Month
9:00am - 11:00am

1st Saturday of Each Month: Mass @ 9:00am

Church open for Private Prayer:
Mon.- Fri. 10:00am - 5:00pm



**SOUTH JERSEY
CATHOLIC
MINISTRIES
APPEAL**

By supporting the *Catholic Ministries Appeal*, you are supporting those who comprise the programs and ministries of the Diocese of Camden. These ministries serve the physical, emotional and spiritual needs of the hungry and challenged. When we support the *Catholic Ministries Appeal*, we can bring the light of hope to those in the Catholic community of South Jersey.



Parish Goal: \$129,300.00
Total as of Oct. 29, 2023:
\$ 84,188.00
% of Goal: 65%
Balance Remaining:
\$45,112.00

525 Washington Street, Cape May, NJ 08204 • 520 Lafayette Street (Parish Office/Mailing Address)
Phone: 609-884-5312 • Fax: 609-542-9702 • www.ladystarofthesea.org

LITURGY

MASS INTENTIONS

SATURDAY, November 11

4:00p Steve Siliento r/b The Mellon Family
All Souls

SUNDAY, November 12

8:30a Christopher Hildebrandt r/b His
Family

10:30a Claudia Gaitka r/b Jackie & Donald
McCaffrey
Christopher Heitman r/b Marlo &
Jim Vandegrift
Dec'd Members of the Seiger
Family r/b Bill & Maryann Lakofsky
Lee Duso r/b Ella, Mark & Valarie
Jennifer Doyle Batish r/b Denise &
Mike Doyle

6:00p For the People of the Parish

MONDAY, November 13

11:00a Robert John Ladzinski r/b Bob &
Michelle Ladzinski

TUESDAY, November 14

11:00a Finnala Faherty

WEDNESDAY, November 15

11:00a Genny Lynn Farnan r/b Her Family
& Friends

THURSDAY, November 16

11:00a Charles Maynard

FRIDAY, November 17

11:00a Barbara Guarna r/b The Rudy Family

STAFF DIRECTORY

Oblates of St. Francis de Sales • www.oblates.org

Rev. John J. Dolan, OSFS - Pastor
JDolan@ladystarofthesea.org • Ext. 104

Rev. James T. Dever, OSFS - Priest in Residence
JDever@ladystarofthesea.org • Ext. 103

Parish Staff

Sr. Maria Metzger, SSJ - Pastoral Associate
MMetzger@ladystarofthesea.org • Ext. 109

Mr. Terence McGarvey - Parish Administrator
tmcgarvey@ladystarofthesea.org • Ext. 120

Mrs. Marie Turco - Parish Secretary • Ext. 101

Art & Jil Ciancaglini ~ Music Director & Leader of Song

Denise Mount ~ Business Assistant
DMount@ladystarofthesea.org • Ext. 106

Car Raffle Chair ~ Martine Simonis • Ext. 110
Regina Alulis ~ Bulletin Contact •
ralulis@netscape.net

Parish Office • Mon.-Fri. 9:00am - 12pm,
1:00pm - 4:00pm
609-884-5312 • Fax: 609-542-9702
parish@ladystarofthesea.org

Our Mission...

*Swept by the waves of Christ's love and guided
by the Holy Spirit,
we welcome all to the Catholic community of
Our Lady Star of the Sea
in the heart of Cape May. We celebrate God's
Presence in
Word, Sacrament, and Service.
We seek to be a faith-filled community where
you
experience the loving embrace of God.*

*"The Church's mission is to spread hope "contagiously"
among all peoples...It is only in this mission that the true
journey of humanity is understood and attested."*

~ Pope Benedict XVI



SALESIAN REFLECTION

The 32nd Sunday in Ordinary Time (11/12/2023)

As the Church year draws to a close, our attention is once again drawn to the "end times."

There will come a day for each of us and all of us when earthly life will end and the fullness of the kingdom of God will be present in all its glory. St. Paul reminds us that God's promise of resurrection with Jesus is the source of our hope - and it's our consolation when we experience the death of a loved one. **"We will be with the Lord unceasingly."**

That promise brings us joy even now as we await his coming.

But the Gospel parable brings us back to the reality of living - while we're here, we have work to do. The wise person listens with careful attention to the word of God and puts it into practice each day with prudence and foresight. Preparing our day well each morning gives us the preparedness and foresight we need to let Jesus live in us more fully this day.

We hear Jesus tell us: **"keep your eyes open, for you know not the day or the hour."** Some people hear his words and feel great fear and anxiety stir within them. Those who are in tune with the wisdom God has given us welcome Jesus' words and understand that he is encouraging us to live lives of watchfulness and prudent preparedness.

There's nothing to fear! But there's good reason to keep ourselves attentive to living faithful and loving lives. **God is loving us right now, and wants us to share his life**

... continued in the next column

and love with one another today and every day. That's the best way we can prepare for the "end time."

Let's console and encourage one another with this message.

Rev. Michael S. Murray, OSFS,
Executive Director of the De Sales
Spirituality Center

The Gift You Have Received

Give as a Gift! ☆

Wednesday, December 6

8:00 a.m. - 2:30 p.m.

\$60 per person

Presented by

Sr. Mariann Guiniven, IHM

In an atmosphere of quiet calm and natural beauty we will invite St. Nicholas and the Blessed Virgin Mary, great gift-bearers from the past to share their wisdom with us that we might share our gifts with others.

Villa Maria by the Sea Retreat Center

101 111th Street, Stone Harbor, NJ 08247

Register at www.VMbytheSea.com or call 609-964-7700

Advent Family Retreat Marianist Family Retreat Center, Cape May Point

Eight to ten families (Grandparents welcome, too!) come together to form a Christ-centered community for the week or weekend. Mass and other family liturgies are complemented by skits, presentations, family sharing, peer group discussions, and fun activities. All with the focus on preparations related to the liturgical season of Advent, emphasizing the significance of bringing Jesus to others. All join in community tasks, such as helping with cleanup after meals.

When: Week 1: Dec. 1 - 3 Week 2: Dec. 8 - 10
Week 3: Dec. 15 - 17

Contact: <https://www.capemaymarianists.org/contact>
609-884-3829

Schedule: Friday Dinner (6:30PM) - Sunday Lunch
(ends at 2:00PM)

Cost: \$145/Person (8 yrs. to adult), \$100/Person
(2-7 yrs.), Free (Under 2) **Maximum**
Amount per Family: \$550





SOUTH JERSEY CATHOLIC MINISTRIES APPEAL

2023 APPEAL: "FOR THE LIFE OF THE WORLD"

In every way, the work of our ministries emanates from the Eucharist. As Saint John Paul II said, "The Eucharist is the heart of the Church. Where Eucharistic life flourishes, there the life of the church will blossom." The Eucharist is the true presence of Jesus Christ, it is the spiritual food that gives us strength to carry out His work each day and everything we do as Catholics emanates from that.

The theme of this year's campaign, "For the Life of the World," reminds us that our spiritual sustenance and community are rooted in the Eucharist, in Christ. Your individual gift to this Appeal will become one of many that unites and builds up the one Body of Christ. Through our various ministries across the diocese your gift is shared and brings comfort, relief, encouragement and support to many.

Simply complete the form below, drop in the collection basket or mail directly to the Parish Office.



SOUTH JERSEY
CATHOLIC
MINISTRIES
APPEAL

Name _____

Street Address _____

City _____ State _____ Zip Code _____

Phone _____

Email _____

Parish OLSS - CM

Parish Use Only
Affix Label Here or:

New Donor is a: ☐ Member ☐ Visitor

Yes! I would like to support the South Jersey Catholic Ministries Appeal
with a: (Please check all that apply)

- ☐ **One Time** Gift of: _____ By: ☐ Check ☐ Credit Card
☐ **A Pledge** with Installments (details below)
☐ or see other side for my selection

Pledge Information if Applicable

Total Pledged Gift: _____ # of Monthly Installments: _____

☐ I have included the first installment by check today:

Check Number: _____ Check Date: _____

*Please use a number of installments that conclude by March of next year
Please make checks payable to "South Jersey Catholic Ministries Appeal"*

Credit Card information for One-Time Gift or Installment Payments:

☐ VISA ☐ MasterCard ☐ AmEx ☐ Discover

Name on Card: _____

Card Number: _____

Expiration Date: _____ CSV Code: _____

☐ Parish Office, please call me for the above information.

I have already made my gift:

- ☐ Through my workplace giving program. ☐ Directly to the Pastor
☐ I am not able to make a pledge at this time

Signed: _____

Date: _____

Parish Office Mailing Address:
520 Lafayette Street
Cape May, NJ 08204

You can also visit our Website,
www.ladystarofthesea.org,
for a quick link to donate
from the homepage

Marriage Encounter

Look at the Calendar

.... it's time for that 5 year tune-up! We would never expect a car to run smoothly forever without a tune-up, so why do we expect our marriage relationship to keep running smoothly without a little maintenance? The Worldwide Marriage Encounter weekend gives married couples the tools to keep their relationship in top running condition.



To schedule that tune-up, go on line to wwme-southjersey.org.

The next weekend is Dec 1-3, 2023. Need more information? Call our application couple at 609-741-8012 or email applications@wwme-southjersey.org



Prayer for Priestly Vocations

Lord Jesus, we ask you to bless the Diocese of Camden with an increase in vocations to the priesthood. We pray that young men from our parishes and families will hear your call and be both generous and courageous in their response. May more young men serve you as priests who teach the faith, preach the Gospel, celebrate the sacraments and make you present among us through their ministry. Encourage them to embrace the joy-filled and fulfilling life of a diocesan priest. May parents support priestly vocations in their families by prayer and good example. We entrust these prayers through Mary Immaculate, our patroness, hopeful that you will bless our diocese with more priests in the near future, who lives and reigns forever and ever. Amen



A Healthcare Ministry of the Diocese of Camden VITALity is...Healing and Comfort, Community and Socialization, Caring and Listening, Inclusion and Welcome, Health and Wellness, Guidance and Assistance. For more information contact: **Karen Fisher**
Email: karen.fisher@camdendiocese.org or
call (856) 583-6123.

Sick and Homebound

Please help us identify those among us who may benefit from our Parishes care of the sick and homebound. If you are about to undergo surgery or another procedure or know someone from our parish community who is in the hospital or other healthcare facility or homebound, please **contact Martine Simonis at 609-884-5312 extension 110.**



**Are you looking for a way to deepen your relationship with God?
Are you looking to share this desire with others?
God may be inviting you to become an SSJ Associate!**

Associates in Mission are persons who feel called to embrace with enthusiasm the mission of the Sisters of Saint Joseph - "We live and work that all people may be united with God and with one another."



Our local Associate group meets monthly at Our Lady Star of the Sea Parish for communal prayer and reflection focused on the SSJ spirituality and mission. You may wish to explore becoming an Associate in Mission if...

- ★ You are looking for a faith community to pray, minister and celebrate God's presence in life
- ★ You realize life has a deeper meaning when lived in the context of reflection, shared experiences, and spirituality

Visit: ssjphila.org/join-us/become-an-associate/ or
call Sister Maria
609-884-5312 x109.

All grandparents are welcome and encouraged to attend the next **St. John Neumann's Catholic Grandparents meeting.**

When: Nov. 20 @1:30PM
Where: St. John of God, North Cape May



This new ministry strives to build a community of support for grandparents and assist their efforts in passing on our faith to our families. For more information visit:

<https://www.catholicgrandparentsassociation.org>

Contact: Mary Kay Dunne@ 610-724-6535 for more information



Survivors & Thrivers is a community of women who have experienced or are experiencing any kind of cancer. We meet on the 3rd Thursday of every month.

Next meeting: November 16, 2023

When: 4:00 - 5:30 PM

Where: DeSales Room of the Parish Hall

Contact: Dani, flyhome@icloud.com or call 609-898-4431

Prayer and Praise Welcome to our Prayer Group

When: 4th Thursday of every month
@ 3:30PM

Where: De Sales Room in the
Parish Hall

Contact for additional information:
Donna - dwicker.olsos@gmail.com



Family Promise

Family Promise of
Cape May County
strives to keep
Homeless Families
together during their



time of crisis by providing safe shelter, meals and the support of those services needed to educate, encourage and empower our guest families. Star of the Sea Parish is a buddy congregation with the Cape May United Methodist Church. We share a commitment to provide a meal for the families in the program just four times a year. Please feel free to visit us at the Family Promise Day Center, 505 Townbank Road in North Cape May and learn of volunteer and participation opportunities.

For more information,
contact Loretta: zipwcm@comcast.net

Each week the **Talking Catholic** hosts interview Catholic leaders about what brought them to where they are now and how they are bringing the faith to their communities.

Check it out at:
talking.catholicstarherald.org



Lectors

Saturday - Nov. 18

4:00p G. Kucher

Sunday - Nov. 19

8:30a L. Saggiomo

10:30a T. Konz

6:00p B. Hodgdon

Extraordinary Ministers

Saturday - Nov. 18

4:00p 1. J. Pizzica 2. J. Walls 3. M. Schuhl
4. F. Greenfield

Sunday - Nov. 19

8:30a 1. MR. Piro 2. A. Piro 3. C. Crouthamel
4. C. Kopp

10:30a 1. N. Konz 2. E. Hughes 3. E. Cubbage
4. D. Wicker

6:00p 1. M. Stewart 2. F. Bianco 3. L. Bogle
4. P. Bogle



**SOUTH JERSEY
CATHOLIC
MINISTRIES
APPEAL**

Parish Goal: \$129,300.00

Total as of Oct. 25, 2023: \$ 84,188.00

% of Goal: 65%

Balance Remaining: \$45,112.00

Weekly Contributions ~ Oct. 28 - Oct. 29, 2023

Ordinary Income	Ordinary Expenses	2nd Collection
\$13,249.00	\$9,285.95	

The **PARISH GIVING** Program enables you to have your Sunday Offering automatically debited from your credit card. **Make your life easier and check it out on the parish website.**



Prayer to St. Michael

Saint 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 about the world seeking the ruin of souls. Amen.



THANKS FOR BEING HERE

If you would like to become an **ACTIVE** member of Our Lady Star of the Sea Parish (either Full Time or Seasonal) we invite you to **complete the Parish Registration form below** and place the completed form in the Offertory basket or send to the Parish Office. Someone from the Parish Office will then contact you.

★ Our Lady Star of the Sea ★ Parish Registration Form

Last Name _____
Full Name and relationship of all resident family members you wish to register at OLSS:

E-Mail Address:

Mailing Address in Cape May Area*:

Permanent Address (if different):

Preferred Telephone #: _____

Are you a:

Full-time resident

Seasonal resident

*PLEASE *do not* use a rental property address.

Place completed form in the Offertory Basket or send to Parish Office.



SOUTH JERSEY CATHOLIC CEMETERIES
Your Choice † Your Privilege † Your Right

Cremation and Proper Handling of Cremated Remains
Your Choices Don't Stop with Cremation

While you may have chosen to be cremated, remember to choose your final resting place. Although the Church earnestly recommends the pious custom of burying the bodies of the dead be observed, it does not however, forbid cremation unless it has been chosen for reasons which are contrary to Christian teaching. Cremated remains are the body of the deceased in a changed form. We should honor them as we honor the body. They must be reverently buried or entombed in a place reserved for the burial of the dead.

Visit SouthJerseyCatholicCemeteries.org to learn more or call us at 855-MyPrePlan (855-697-7375)..

SCHOOL NEWS



1948 - 2023
**WILDWOOD
CATHOLIC
ACADEMY**

Nurturing Hearts and Minds by the Light of Christ

75th Anniversary

South Jersey's Only PreK-Grade 12 College Preparatory Academy

Based on Gospel Values and the Promotion of Academic Excellence



REACH OUT TO LEARN MORE ABOUT OUR PROGRAMS!



Become a Crusader By Enrolling Today!

Call 609-522-7257 or inquire online
www.wildwoodcatholicacademy.org

1500 Central Avenue, North Wildwood, NJ



SACRAMENTS

BAPTISMS

...are celebrated on Sunday after the last morning mass, except during the Lenten Season. In order to schedule a date for your child's Baptism: parents should be parish members, they must attend a Baptismal Preparation Session, and all necessary documentation for godparents must be submitted. To begin the process for your child's Baptism please contact the parish office.

CONFESSIONS

Saturday 3:00 - 3:30 PM

Tuesday and Thursday after the 11:00 AM Mass

VISITATION OF THE SICK

Please call the Parish Office if a parishioner is seriously ill or infirm and would like to receive the Sacrament of the Sick and/or Holy Eucharist.

MARRIAGES

We welcome parishioners and the children of parishioners to be married at our Lady Star of the Sea.

Please visit the Parish website, www.ladystarofthesea.org, click on the **Marriage tab** for more information

One does not register in a parish community for the sole purpose of getting married, but to be a full, active participating member of the faith community.

Parish Ministries

BEREAVEMENT MINISTRY We offer bereavement support groups twice a year in the Spring and Fall. Dates and times are announced and printed in the parish bulletin. Call Suzanne Jenkins any time if you have questions or if you would like to participate in one of the groups 609-675-8630.

GOOD SAMARITAN If you are interested in becoming a volunteer please contact Janet Kerney @ 267-342-2756. Parish volunteers are available to help others in a variety of ways: rides to Sunday Mass, doctor's appointments, shopping/banking, errands. Also visits: hospitals, nursing homes, your home, brief respite care. Let us know your need and we will try to provide for you. All requests must go through the Captain of the week and the request should be made to the captain at least TWO days before the appointment. Please do not call our volunteers directly To use our services you must be fully vaccinated. We are unable to transport wheelchairs. **This week's captain is Marti McCormick. Her number is 302-598-5533.**



Promotes a spirit of fellowship among adults 50 years and older. During our gatherings, we enjoy lunch and varied programs. (Bring your own brown bag lunch. Desserts and beverages are provided). The group welcomes everyone age 50 and over, regardless of faith or parish affiliation. The group meets in Our Lady Star of the Sea Parish Hall on the last Wednesday of the month from 12:00 - 2:00PM from September through May. JUST FRIENDS looks forward to welcoming you at our next meeting! Join Us! No membership necessary. Please notice the time change. For more information call Carol at 609-224-9662 or Martine Simonis 609-884-5312 x 102.

The **KNIGHTS OF COLUMBUS, St. Mary's Council #6202** meets on the second Thursday of each month in the McGivney Room of the Parish Hall. Membership is open to Roman Catholic men, 18 years of age and older, who are committed to making their community a better place, while supporting Our Lady Star of the Sea Church. For more information or to request a membership application, please contact Rick Greenfield, Outreach Coordinator, at rickgreenfield@comcast.net or 609-408-3323.

CATHOLIC RADIO STATION WSMJ 91.9FM has been added to the family of catholic radio stations broadcast by Domestic Church Media (DCM). For a complete schedule of programming visit www.domesticchurchmedia.com. **WSMJ 91.9** remains a true Catholic affiliate of EWTN.



is a community of women who have experienced or are experiencing any kind of cancer. We meet on the third Thursday of every month from 4:00 - 5:30 PM in the Parish Hall, and we welcome all regardless of faith or parish affiliation. For more information or to join the group, call Dani at (609)898-4431 or email her at flyhome@icloud.com.

THE LEGION OF MARY meets Mondays at 9:15AM in the de Sales Room in the Parish Hall. All are welcome to join in the service of Mary. For information please call Liz McPherson, President 609-841-6629.

Hospitality Committee We live out our Parish mission statement to "welcome all" ..and be for those whom we meet as "the loving embrace of God." Our group offers refreshment, along with a welcoming atmosphere to all who come to our parish activities. Contact: Donna Wicker 609-408-6646.



Do You Know Someone Who Might Be Interested in Becoming Catholic? Please encourage them to contact Sister Maria (609)884-5312 x109 as soon as possible. We would love to have the chance to tell him/her about the wonderful process for spiritual growth called the Rite of Christian Initiation of Adults. In this process, adults (with other adults) learn about all the Church teaches regarding Jesus, the Bible, the Sacraments, Spirituality, and Discipleship.

Parish Pastoral Council The primary focus of the council is to oversee the Parish Pastoral Plan and to evaluate and recommend new goals each year. The following parishioners are members of the Parish Pastoral Council: Father John Dolan, OSFS, Joe Bogle (Chair), Donna Wicker (Vice Chair), Patrick Holden, Janet Kerney, Jeanne McFadden, Michael McGovern, Jim McHugh, Danielle Rechner, Susan Tarrant, and Richard Turco.

Parish Finance Council: Joe Bogle, John Tice, George Catanese, Kathy Parker, Ray Roberts, Kevin O'Neil

RELIGIOUS EDUCATION CLASSES held **Sundays 9:15AM - 11:30** which includes going to the 10:30 Mass. Contact Sister Maria at 609-884-5312 ext. 109 for more information.

Planning your Estate ~ Have you ever considered leaving part of your estate to the Church? There are several options available that you might find attractive from an income, tax savings, retirement, or inheritance point of view. To learn more about how these programs might work for you and your family, please contact Marie Turco (609)884-5312, ext. 101 for more info.

Pre-Planning: A Sharing of Faith ~ While we focus on living healthy, long lives, the inevitable can't be ignored. We are all destined to cross over to the eternal life that God has planned for us. By pre-planning your Catholic burial you are sharing your faith with those left behind. Many benefits come with pre-planning: your wishes are known, peace of mind, elimination of stress, & payment plans. Visit SouthJerseyCatholicCemeteries.org or call 855-MyPrePlan (855-697-7375).



"That Man is You" (TMIY)'s will meet next on Monday, November 13 at 7PM in the Parish Hall Father McGivney Room. Men of the Parish come join us.

Villa Maria by the Sea Retreat Center, Stone Harbor now welcomes lay people as well as clergy and religious to participate in our spiritual programs.



Our Catholic faith is rooted throughout our property. Mass is celebrated in Mary, Star of the Sea Chapel and has the Blessed Sacrament present for Eucharistic Adoration. There are serene indoor and outdoor porches for quiet reflection or small group sharing. The Stations of the Cross are located inside the chapel and outside where you are invited to pray this beautiful devotion. The Saint Joseph Garden is a peaceful place to enjoy God's beauty.

Visit: VMbytheSea.com to view our Fall 2023 offerings of spiritual workshops and weekend retreats.

Contact: Sr. Emily Vincent, IHM, at 609-964-7696 or ERebalsky@VMbytheSea.com with any questions.

Christ Child Society In Numbers there is Strength

The life of a child is a promise of the future, but for many children, their future is at risk. With that in mind and if you would like to make a difference in the life of a child in need in our county, please consider becoming a member of the Christ Child Society of Cape May County. We invite you to attend a meeting with us and find out more about the Society.



For more information:

Contact: Stephanie Ware at 609-846-7006 or capemay1950@hotmail.com

"Nothing is too much to do for a child."

Ministry of the Month

Rejoice With the Choir

Saint Augustine has said that, "Those that sing pray twice." If there are any Parishioners who wish to join the Parish Choir please stop by the organ after any of the weekend Masses and give your name and phone number to Art, Jil, or Diana. Practices will begin in December on Monday afternoons at 4:00PM. The choir will sing at the 9:00PM Mass on Christmas Eve. We would love to have you become a part of our Music Ministry.

SPEND TIME WITH SAINT FRANCIS DE SALES!



Join the Oblates of St. Francis de Sales' new reflection series!

Enjoy a short reflection on Salesian Spirituality sent to your email every day for a month!

Sign up at oblates.org or scan the QR code!



"Therefore, stay awake, for you know neither the day nor the hour." - Matthew 25:13

Many of us have put off doing something because we think we are too busy. We've all said, "I'll do it later when I have time." Unfortunately, too many of us apply this attitude to our Faith. Jesus' call is urgent, in the here and now, in your current circumstances. How is God calling you to use your gifts in **Stewardship** today? **Don't delay. None of us is guaranteed tomorrow.**



Father of goodness and love; hear our prayers for the sick members of our community and for all who are in need.

Baby Harper, John Butler, Michael DeAngelis, Tony DeAngelis, Katelyn Dessner & Babies, Mary Elbertson, Anne Granja, Lydia Inderweis, Patrick Kearney, Kathy Lemire, Angelina M., Diane McCrostie, Ruby Monaghan, Marie Roberts, Jim Rochford, Mary Rothwein, Mary Selerno, Eve Weigner



They have gone no further from us than to God, and God is very near.

William Murray

OUTREACH OPPORTUNITIES

SSJ Annual Chance Drive to benefit Saint Joseph Villa.

Help us make this year's Chance Drive especially successful by getting your ticket online!

- * Turn \$5 into \$10,000 - 6 Ways to win
- * Grand Prize - \$10,000 also 5 prizes of \$500 each
- * Donation - \$5.00 each or \$20.00 for a book of 5 chances



Visit Chance Drive page on the Sisters of Saint Joseph website at www.ssjsphila.org.

Winners will be drawn on December 7, 2023

For further information, contact any Sister of Saint Joseph or the Development Office at 800-482-6510 or Development@ssjsphila.org

PLEASE JOIN US
Wed., Dec. 13 12:00-2:00 PM
Star of the Sea Parish Hall
Lunch will be provided

Christmas Around the World Sing-a-Long with Father Miles Barrett

K of C SOCIAL DINNER
St. Mary's Council 6202, Our Lady Star of the Sea ~ All councils welcome. Knights with spouse or guest & Knights' widows. Knights may invite male Catholic guests with spouse.



When: Tuesday, December 5th

Place: Alfe's Italian Seafood Restaurant, 3401 New Jersey Avenue, Wildwood.

Time: 6 PM Cocktails (cash bar) followed by dinner
Entrees: Veal Marsala, Shrimp Scampi, Linguine and shrimp Red, Spaghetti and Meatball

Cost: \$30 per person for 4 course dinner, includes gratuity ~ pay at the table, cash only.

RESERVATIONS are REQUIRED.

Contact Rick Greenfield

at rickgreenfield@comcast.net or 609-408-3323.



Healthy Aging Tips

Healthy Aging is the process of developing and maintaining a person's ability to do the things that matter most to them. This leads a person to greater wellbeing as they age. Our ability to do these things however depends on our health and wellness and the environment we live.

Here are six ways to support healthy aging:

Be active. "The more you move, less you lose" and the healthier you will be.

Get rest. Adequate sleep helps our bodies reset at the end of the day which helps to repair cell damage and refresh the immune system.

Schedule doctor's appointments or medical testing needed.

Get involved. Look for programs in your parish and community. It may be a little scary at first however it can make a world of difference for you.

Stay positive. Prayer, meditation and reflection can all help you maintain a positive mindset.

Laugh. Laughter is a good medicine for everyone and often helps us forget, even briefly, about what we are worrying about.

VITALity **Life to the Fullest** membership program informs and connects seniors to the information they need to stay safe and healthy. Membership is free to all seniors age 65 and over living in the South Jersey area. For more information, visit www.vitality.camdendiocese.org or email christine.willard@camdendiocese.org.