

FROM THE PASTOR'S DESK

My Dear Parishioners,

“Don’t let the sun go down on your anger” is something I first heard watching “Little House on the Prairie” TV series. Little did I know at the time this proverb has thousands of years of history and is backed up by science.

The Ingalls family, whose lives as American pioneers were chronicled in Laura Ingalls Wilder’s beloved books, tried to live their lives as good, god-fearing people. Caroline “Ma” Ingalls was the mother of the family and was often called upon when the children were quarreling. She would often say to them, “Do not let the sun go down on your anger.”



You may know that this phrase comes from the Bible, in St. Paul’s letter to the church in Ephesus. The full sentence is as follows: “In your anger do not sin. Do not let the sun go down while you are angry.”

This has been with us for about two millennia, as it was written during Paul’s first imprisonment in Rome (A.D. 60-62). When Ma Ingalls cited this proverb, or passage, she of course intended to have her kids make up as quickly as possible so that tomorrow could be a new day. We know that burdens, whether they be grudges or negative thoughts of any kind, do weigh us down. And sometimes, you can even sense this in people without their having to say anything. As these certainly aren’t good for the soul, how could they not be a burden on the body as well?

In fact, they really are. Some fascinating studies have looked at the importance of one’s mindset in relation to sleep quality. One published in the peer-reviewed journal Behavioral medicine in 2019 looked at the sleep quality of 3,500 young and middle-aged adults and found that optimistic people sleep better and longer.

We know that positive thinking can help decrease cortisol and increase serotonin in the brain, allowing the body to be calmer and more relaxed. So does a good vodka gimlet!

If you think about it, this all really makes sense. For example, if you’re in a reactive mind-set and not “letting go”, it’s harder for your body not to react to stimuli during the night, and for it to “trust” enough to let itself sleep.

But this is certainly just one of the small side benefits of the wisdom contained in this proverb. On top of that, the sooner we can make amends, the sooner our relationships heal, and the better our families and communities are.

It’s helpful, then, to reflect on any burdens we may be carrying---any resentment, even if not anger. Doesn’t the thought of letting go feel good?

When many people think of such things, they realize that they sometimes have carried burdens not only into a new day, but even into a new year or decade. Perhaps we can trust more that there are reasons for things, that challenges are truly opportunities for growth, and that often the hardest times are the ones that lead to the greatest changes.

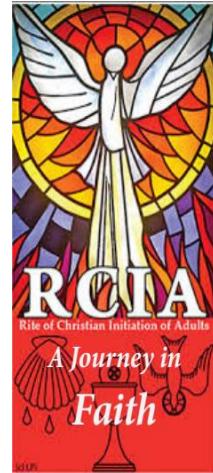
And if we can think this way, we will be modeling healthy behavior for our loved ones. We could genuinely say to them, “Don’t let the sun set on your anger,” and they would see us doing it too. The poet John George Fleet wrote: **Words are things of little cost, quickly spoken, quickly lost; we forget them, but they stand witnesses at God’s right hand, and their testimony bear for us, or against us, there.**

Enjoy this Labor Day Weekend! Let go of past hurts and look for a new day.

Peace,
Fr. Monteleone

FAITH FORMATION

Those who are 18 years and older, who would like to be fully initiated (Full Sacramental initiation means the reception of the 3 Sacraments of Initiation: Baptism, Eucharist, and Confirmation) or have not received any of these 3 Sacraments, can inquire about the **Rite of Christian Initiation for Adults**. This ancient sacramental process prepares adults to come into full communion with the Catholic Church. **RCIA** focuses on faith development and maturing one’s relationship with God.



Ready to start your journey?

Please call the parish office at **(973) 779 6200**

RCIA at St. Philip is starting September 12th, 2022. We will meet on Mondays from 7 to 8 PM in the Molloy Center.

DIOCESAN OPPORTUNITIES

PATERSON DIOCESE ALTAR SERVER DAY

**St. Paul Inside the Walls
205 Madison Ave., Madison, New Jersey
Saturday, September 17, 2022 11PM – 4PM
Bishop will Celebrate Mass w/ Eucharistic Procession
For more information visit
<https://patersonvocations.org/>**

EUCARISTIC CONGRESS

Bishop Sweeney is pleased to announce the premier event of the Diocesan Year of the Eucharist, inviting all parishioners to attend the Eucharistic Congress on September 24 and 25 at the Cathedral in Paterson. Several events in both English and Spanish will feature prayer, community, and talks from Archbishop Rino Fisichella, Pro-Prefect of the Dicastery for Evangelization at the Vatican. For a full schedule of events and to register, visit rcdop.org/year-of-the-eucharist

The Eucharist: The Source and Summit of the New Evangelization

Friday, September 23rd - Sunday, September 25th

Bishop Sweeney and the Diocese of Paterson welcome **Archbishop Rino Fisichella**, Pro-Prefect of the Dicastery for Evangelization to speak on the Eucharist and the New Evangelization.

FRIDAY, September 23 rd	SATURDAY, September 24 th	SUNDAY, September 25 th
7:00 pm Solemn Evening Prayer and Presentation for Priests, Religious, and Deacons	10:00 am Midmorning Prayer and Presentation in English (9:30 am - Refreshments in the Rodimer Center)	3:00 pm Closing Bilingual Mass
	2:00 pm Midafternoon Prayer and Presentation in Spanish (1:30 pm - Refreshments in the Rodimer Center)	

All events will take place at the Cathedral of St. John the Baptist 381 Grand Street, Paterson, New Jersey

Parking Available in the County Lot across from the Cathedral Offices

Registration is required. Visit rcdop.org/year-of-the-eucharist for more information and to register or scan the QR code.

CATHEDRAL of ST. JOHN THE BAPTIST Founded in 1819

For details and/or to register, go to our web page koc11671.org and just scroll down a little from the main page. Or use the QR code:



COLUMBIETTE BLANKET MINISTRY

The first meeting of the blanket ministry will be Thursday, September 15, 2022 at 9:45AM in the Molloy Center. All crafters are welcome! You do not have to be a Columbiette to join. We donate hand crafted items to schools, hospitals, homeless shelters, and hospice centers to name a few. If you have any questions or would like to donate fabric or yarn, call Cathie Murtha at (973) 471-1265.

SERVICE OPPORTUNITIES

NATIONAL DAY OF REMEMBRANCE FOR THE UNBORN AND HEALING

Saturday, September 17, 2022

9 AM Mass followed by Prayer Vigil in Marian Hall
A time to memorialize the unborn and a time for healing
Guest speaker: Cheryl A. Riley, Director Respect Life

Office for the Archdiocese of Newark
Sponsored by the Columbiettes, Knights of Columbus, and the Ancient Order of Hibernian.

For information, please contact: Sharon Festa (973) 742-0926 or GK Mike Cervine (973) 220-3095.

SUPPORT LIFE MINISTRY



"I have set before you life and death, the blessing and the curse. **Choose life**, then, that you & your descendants may live...." Dt. 30:19



"If you wish to enter into life, keep the commandments." He said, "Which ones?" And Jesus answered, "**You shall not kill....**" Mt. 19:17-18



SOCIAL OPPORTUNITIES

KNIGHTS OF COLUMBUS

"Coats for Kids" Drive

Our coats for kids drive continues, help us give some more needy kids a warm coat this winter. Contributions of any amount can be sent to the name and address below or dropped in the collection basket any Sunday marked Coats-4-Kids. Make checks out to **K of C 11671** and mark in the memo area **Coats-4-Kids**.

Mike Cervine
5 Fair Hill Rd.
Clifton, N.J. 07013

Attention Golfers

Our 13th Annual Council 11671 Golf Outing will again be out on the links. This year it will be at the Preakness Valley Golf Course in Wayne on Thursday, September 29th. Start time is 11 AM and includes golf, lunch, cocktails, snacks, fabulous prizes, and much more.

IN PRAYERFUL REMEMBRANCE

It is with sadness that we announce the passing of a cherished member of our parish community and beloved teacher at St. Philip Prep School for 40 years.

We prayerfully remember **Mrs. Marlene Chidiac** whose Funeral Mass will be held on Friday, September 9th at 1 PM. We include her family in our prayers.

WEDDING BANNS

The Following Couple will be exchanging wedding vows:
III. Kristy Masbang and Ryan Bomba



PARISH GIVING

SUNDAY COLLECTION: AUGUST 29, 2021	\$18,336.00
SUNDAY COLLECTION: AUGUST 28, 2022	
WEEKLY COLLECTION	\$ 9,786.00
ONLINE GIVING DONATION	\$ 5,688.00
TOTAL	\$15,474.00
2 ND COLLECTION: PROJECT FAITH	\$ 2,167.00

**Upcoming Second Collections:
September 11 - Project Faith**

PLEASE NOTE

**The 2023 Mass Intention book will open on Thursday,
September 8th**

**Weekly Holy Hour after 9AM Mass will resume on
Friday, September 9th**

PRIESTS' SCHEDULE

SATURDAY, SEPTEMBER 10, 2022
5:30 PM Fr. Kevin

SUNDAY, SEPTEMBER 11, 2022
8:00 AM Fr. Monteleone
10:00 AM Fr. Nico
12:00 PM Fr. Nico

WE PRAY FOR...

May the souls of all the faithful departed rest in peace...
Marlene Chidiac, Anna Bartos

A Time to be Healed...

Susan Stierlen, Jill Festa, Sylvia Shami, Edward Kovacs, Dominick Cappello, Todd Daigneault, Cheri Albanesius, James Jablonowski, Elmer Rodriguez, Michael Barbetta, John Hughes, Bernadette Menzaco



MASS INTENTIONS

SUNDAY, SEPTEMBER 4, 2022

- 8:00** Leandro Salme
10:00 John Strangeway
Fred & Mary Siwiec
Joseph Payne
12:00 All the People of the Parish

MONDAY, SEPTEMBER 5, 2022

- 9:00** Andrew Doychak – 17th Anniversary
Special Intention: Bernadette Menzaco

TUESDAY, SEPTEMBER 6, 2022

- 9:00** Coleen Kelly Lennie

WEDNESDAY, SEPTEMBER 7, 2022

- 9:00** C. Mildred Petaccio

THURSDAY, SEPTEMBER 8, 2022

- 9:00** Rocco Carlucci

FRIDAY, SEPTEMBER 9, 2022

- 9:00** Charlotte June Clark

SATURDAY, SEPTEMBER 10, 2022

- 9:00** Robert Parillo
Cornelia A. Moises
5:30 All the People of the Parish

SUNDAY, SEPTEMBER 11, 2022

- 8:00** Phyllis Fiarotta
Anthony & Mary Venditti
10:00 Lorraine Grande
Margaret McEwan
Leona Lamberti Bruno
Vicente A. Moises
12:00 Elena Sanz
Carolina DellaFave



CANDLE: WEEK OF SEPTEMBER 4th
Fred & Dorothea Anthony
From the Anthony Family

GIFTS: WEEKEND OF SEPTEMBER 4th
In memory of
Salvatore Lo Balbo
From Mr. & Mrs. Salvatore D'Angelo &
Mr. & Mrs. Filadelfilo Lenzo