SAINT FRANCIS DE SALES was born on August 21, 1567, in France. He inherited honesty, sincerity, and a sense of justice, kindness, generosity and integrity from his father, and a kind, compassionate and affectionate heart and tender devotion from his mother.

In 1578, Francis received a tonsure and expressed his desire to become a priest. His father strongly opposed this, so, in order to fulfill his father’s wishes, Francis also learned fencing, riding, dancing, and other arts befitting the noble class when he went to Paris for his higher education. In 1586, Francis experienced a deep faith crisis over the concept of predestination. Tempted to despair of his salvation, he went to pray in the Chapel of Our Lady. As he knelt in prayer, he was inspired to make an unconditional surrender of his salvation to God with these words, “O God, just Judge and Merciful Father, at least in this life will I love you, if it is not given to me to love you in life everlasting.”

After completing his studies in ecclesiastical law and theology and earning a doctorate in civil law, Francis still wanted to become a priest. His father continued to oppose this, so Francis enrolled in the Bar of Chambéry in 1592. But God has His ways. That year, while Francis was returning from Chambéry on horseback, his belt became unbuckled and his sword fell to the ground, falling out of the scabbard and landing with its point directed towards him. Francis understood this to be a clear sign that God wanted him to put aside the sword in order to become a priest.
“A spoonful of honey attracts more flies than a barreful of vinegar.”

—Saint Francis de Sales, on the virtue of gentleness of spirit

By Father Anthony Swamy
Priest of the Missionaries of Saint Francis De Sales

FRANSALIAN SPIRITUALITY—a spirituality based on the life and teachings of Saint Francis de Sales and lived by the Missionaries of Saint Francis de Sales—can be capsulated as, “the Simple way to Holiness” or “the Little Way to Holiness.” (The Spirituality of Saint Francis de Sales is also known as Salesian Spirituality among other religious orders of men and women founded under the patronage of Saint Francis de Sales—SFS.) The Spirituality of Saint Francis de Sales can be summarized in two sentences: Holiness is a vocation for all. The life of holiness—or a devout life, as SFS puts it—is not supplemental to or divorced from the ways of the world; rather, it is to be lived in the world through the particularities of one’s state in life.

SFS compares devotion (spirituality) to the flower arranging skill of a florist. A florist can arrange a variety of bouquets with the same sort of flowers. In the same way, the Holy Spirit inspires and sets out the teaching on devotion in such a great variety, presenting it through the words and writings of his servants.

The Prayer of Saint Francis De Sales

Do not look forward in fear to the changes in life; rather, look to them with full hope that, as they arise, God, whose very own you are, will lead you safely through all things; and when you cannot stand it, God will carry you in His arms.

Do not fear what may happen tomorrow; the same understanding Father who cares for you today will take care of you then and every day.

He will either shield you from suffering or will give you unfailing strength to bear it.

Be at peace, and put aside all anxious thoughts and imaginations.

Read it!

Download a free copy of the Saint Francis de Sales spiritual classic, Introduction to the Devout Life, on the parish website, www.steas.net.
In the preface of his spiritual classic, *Introduction to the Devout Life*, SFS says that spirituality is being taught and practiced as if it is meant to be confined only to the monks and religious as a life separated from the world.

He wrote: “I want to make them understand that, just as the pearl oysters live in the sea without letting a single drop of salt water enter and that a certain insect can fly about in the fire without burning its wings, so anyone with courage and determination can live in the world without being tainted by its spirit, finding springs of the fresh water of devotion in the world’s salty waves and able to fly amid the flames of the temptations of the world without losing the wings of the holy desires of a devout life.”

The spirituality of SFS emphasizes that, “We do not need heroic deeds to attain sanctity, but by the practice of simple virtues in everyday life.” Each of us is required to practice the virtues that correspond to our duties and vocation.

“Occasions of practicing courage, magnanimity and great generosity are rare. But gentleness, moderation, honesty and humility are some of the virtues by which every action of our life should be colored. Sugar is more enjoyable than salt but salt has a more frequent and more general use. We must always have a good store of these general virtues at hand since we ought to make constant use of them” (*IDL III.1*).

Each of us is a special creation of God and a unique gift to the world. Our daily holiness consists in striving to attain perfection in whatever we are called to be: best mother, best father, best teacher, best student, best in whatever profession and state of life that we are—all for the love of God and fulfilling His holy will. The inspiration of SFS is: “Do not wish to be anything but what you are, and try to be that perfectly.”

In all that we are and in all that we do, we firmly resolve to serve God with our whole heart and life. “Let us have no care about tomorrow. Let us think only of living today well, and when tomorrow comes, it also will be today, and we can think about it then.” The focus on “today” helps us to grow in holiness to the extent that we become consciously aware of doing for the love of God all that which we otherwise routinely do.

A few simple tips of SFS help us to live today in the constant presence of God:

“They who wish to thrive and advance in the way of Our Lord should, at the beginning of their actions, both exterior and interior, ask for His grace and offer to His divine Goodness all the good they will do. In this way they will be prepared to bear with peace and serenity all the pain and suffering they will encounter as coming from the fatherly hand of our good God and Savior. His most holy intention is to have them merit by such means in order to reward them afterwards out of the abundance of his love.”

The summit of Fransalian spirituality is to experience the union with the Lord in the Holy Communion. For SFS, Eucharist is the ‘Sun of the Sacraments’, because those who frequent the Eucharist are strengthened in their spiritual well-being. He says, “Fruit that is very delicate and decays easily, like cherries, apricots and strawberries, remains good for a whole year without difficulty, if preserved in sugar or in honey. So, it is not unusual that our hearts, though frail and feeble, are kept safe from the corruption of sin when preserved in the sugar and honey of the incorruptible flesh and blood of the Son of God” (*IDL II.20*).

(Father Anthony Swamy Anthappa was ordained to the Catholic priesthood on October 17, 1995. He was the Founding Principal of Saint Francis de Sales College, Bangalore, India. Father holds a PhD in folklore from The University of Mysore, master’s degrees in folklore and Kannada literature, bachelor’s degrees in arts, philosophy, and theology, and a post-graduate diploma in translation. His languages include English, Telugu, Kannada, Tamil, Hindi, and Malayalam.)
# The Week Ahead

### SUNDAY 2

**NEW HOPE FOOD COLLECTION**
- 4:00 PM Life Teen Road Trip
- 6:00 PM Eucharistic Adoration
- 6:00 PM Let’s Play Cards!

### MONDAY 3
- 8:40 AM Rosary
- 3:30 PM Caregivers Support Group

### TUESDAY 4
- 6:45 AM Morning Prayer
- 7:30 AM Gospel Reflection
- 6:20 PM Rosary-Knights of Columbus
- 6:30 PM That Man Is You!
- 6:30 PM Trail Life
- 7:00 PM Knights of Columbus

### WEDNESDAY 5
- 6:45 AM Morning Prayer
- 8:40 AM Rosary
- 9:45 AM RCIA

### THURSDAY 6
- 6:45 AM Morning Prayer
- 8:40 AM Rosary

### FRIDAY 7

**FIRST FRIDAY DEVOTIONS**
- 6:45 AM Morning Prayer
- 8:40 AM Rosary

### SATURDAY 8
- 3:30 PM Confessions

### SUNDAY 9

**BAPTISMS (after 9 AM Mass)**
- 5:00 PM Life Teen
- 6:00 PM Eucharistic Adoration
- 6:00 PM Let’s Play Cards!

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## Contacts

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<tr>
<th>Contact</th>
<th>Phone</th>
<th>Email</th>
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<tbody>
<tr>
<td>Main Office</td>
<td>(717) 697-2614</td>
<td><a href="mailto:parish_office@steas.net">parish_office@steas.net</a></td>
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<tr>
<td>Religious</td>
<td>697-3545</td>
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<tr>
<td>Volunteer</td>
<td>697-6929</td>
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<tr>
<td>Coordinator</td>
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<tr>
<td>Deacon Hall</td>
<td>(cell) 471-3388</td>
<td><a href="mailto:bulletin@steas.net">bulletin@steas.net</a></td>
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**JOIN LIFE TEEN ON THE ROAD THIS WEEKEND!** Sunday, August 2, meet in the parking lot on Hertzler Road @4. We will attend Life Teen Mass at St Pat’s in Carlisle, followed by the Annual Life Teen Summer Olympics!! Permission slips are required and can be found on the Life Teen webpage: [www.steas.net/life-teen](http://www.steas.net/life-teen).

**NEXT WEEK: Mr. Handyman.** Life Teen is open to all teens entering grades 9-12. Come out for Food ~ Faith ~ Fellowship!

**ON TUESDAY, AUGUST 11,** Stewardship: A Mission of Faith and Sports Leader will be sponsoring a **Rosary Rally** for all high school athletes in the Harrisburg Diocese. Bring your whole team and show your school spirit by wearing your team jersey! Bishop Ronald Gainer will lead the saying of the rosary to our Blessed Mother at Bishop McDevitt High School from 6:45 to 8 PM, in the Rocco Ortenzio Stadium. (Finestra Hall in case of rain.) Parents and families welcome! Contact Stephanie in the RE office if you need transportation or information, (697-3545) or sanguay@steas.net.

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**AN AMERICAN HERITAGE GIRLS TROOP** will be established here at StEAS beginning this fall. All girls ages 5 to 18 are invited to join. The mission of American Heritage girls is: “Building women of integrity through service to God, family, community and country.” Look for registration details in upcoming bulletins and on the website. For information, contact LaDawnna Clancy at leclancy@yahoo.com or visit AHGonline.org.

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**CCD REGISTRATION 2015-2016:** Please fill out and return forms as soon as possible. Updated registration forms are available at church entrances and at [www.steas.net](http://www.steas.net). The fee for current members of the parish is $45 per student with a maximum of $100 per family.

**LOOKING FOR A QUIET SERVICE?** The Saint Francis Ministry picks up and delivers breads and pastry to Saint Francis in Harrisburg. We need 3 parishioners for pickup and delivery: one for the second Monday of the month; one for the third Monday, and, one for the fourth Monday. This once-a-month service takes about 1½ hours. Call Daryl & Anne Birch (525-2342).

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**VOLUNTEER OPPORTUNITY:** Do you have some counseling in your background or have a gift to help others in their grief? Please consider facilitating our Bereavement Support Group. There is a Leader’s Guide available. The group meets once or twice a month. Questions? Contact Sue Fletcher, (697-6929, sfletcher@steas.net).

**WE NEED YOU!** To join the fun in feeding our Teens! This is a great opportunity to get to know some of the teens in our parish by providing a dinner for Life Night. Do it alone, with your family or grab a friend. Keep it simple—it is the “breaking of bread” that begins each Sunday@5, and we could use your help. There is a stipend available. Contact Bev James (512-8893, bev james13@comcast.net) and find out more!
**THE BEREAVEMENT SUPPORT GROUP** will meet Thursday, Aug. 13 at 1 PM in Meeting Room 1. All are welcome to come and receive some support during this difficult stage in life.

**THE CAREGIVERS’ SUPPORT GROUP** will meet Monday, Aug. 3 at 3:30 PM in Meeting Room 1. Come once or any month for some ideas to support you as you help your loved one.

**REGISTRATION IS OPEN** for the Cumberland/Perry Day of Prayer and Care Saturday, September 12, 9:30 AM to 4:30 PM at Saint Katharine Drexel Church, for men and women caregivers of family members or friends. Free; but registration is required: Continental breakfast, catered lunch, Hand Blessing, spa-type pampering, demonstrations, tastings, games, crafts; 4:30 PM Vigil Mass; Reconciliation and spiritual counseling resources. Registration online at [www.dayofprayerandcare2015.com](http://www.dayofprayerandcare2015.com) or contact Carol Smith (766-8127, cas35@psu.edu). Link on our website.

**OUR 23RD ANNUAL GOLF OUTING** will be held at Range End Country Club on Friday, August 14, at 8:30 AM. Cost: $65.00 per golfer; Lunch only for non-golfers, $10. Checks payable to: “St. Elizabeth Ann Seton Parish.” Tee and Green Sponsorships, $100; Friends Sponsorships, $50; gifts for door prizes also welcome. Forms are available on the Golf Table in the Seton Center. Questions? Call Joel Kostelac [790-9953)] or Hugh Rozman [215-1357]. Mail checks to: Joel Kostelac, StEAS Golf Tournament, 509 Nursery Dr. South, Mechanicsburg, Pa 17055.

**STEWARDSHIP COLLECTION** July 26
- **$10,023.50**

**FAITH DIRECT** [July]
- **$19,940.19**

**MISSIONARY COOPERATIVE COLLECTION** (to date)
- **$ 7,574.47**

**SPONSOR OF THE WEEK**
We wish to thank **Hershey’s Ice Cream** for sponsoring an ad in our weekly bulletin.
RITE OF CHRISTIAN INITIATION OF ADULTS (RCIA)

Has a family member or friend ever expressed an interest in the Catholic Church? Or maybe you yourself have never been baptized or have been baptized in another Christian tradition and feel that God may be now calling you toward the Church? If so, RCIA is here to help.

Each year our parish offers the RCIA program, which is a process that is concerned with the total formation of the individual considering membership in the Catholic Church. The program will begin in September and continue until Easter. Classes will be held on Tuesday evenings from 7:00 to 9:00 PM in the Bayley Conference Room.

If you or someone you know can benefit from a deeper spirituality rooted in the person of Jesus, please contact: Sue Fletcher (sfletcher@steas.net; home, 697-6094; office: 697-6929). You can also complete the form below and send it to the Parish Office or place it in the collection basket. Someone will contact you with further information.

NAME: ____________________________________________
ADDRESS: ____________________________________________
PHONE: ____________________________________________
EMAIL: ____________________________________________

TRAIL LIFE SUMMER ADVENTURE — really was! A challenging hike for some, and camping for others—and there are pictures to prove it! Trail Life meets Tuesday, August 4, at 6:30 PM. If you want to learn more, stop by or contact Troopmaster Scott Rainey at traillifeseas@yahoo.com.

Attention Men: We’re all on a spiritual journey. If you seek spiritual growth and have a desire to better define your role as a man of God, please consider That Man is You (TMIY). It’s a dynamic program of motivational videos and small group discussion. If you give it a chance, it will change your life, no matter where you are on your journey to Christ. Please join us in our quest to become men after God’s own heart. You have everything to gain. Watch for details, or contact David Rose, paroses@comcast.net.

The International Institute for Exchange Programs is seeking host families for the academic year of 2015-16. Students are from Spain and will be attending 10th grade at Trinity High School. For more information, call (395-0986) or email nadinekim@harristown.net.

REGISTRATION FOR THE 2015/2016 ST JOSEPH CYO BASKETBALL PROGRAM is now open! The deadline for registration to guarantee placement for grade school teams is August 31; high school boys registration deadline is November 1. Girls program contact for registration forms, questions, or information regarding high school girls CYO teams: Nicole Ryan (nryangannon15@gmail.com).Boys program contact for registration forms or questions: Paul Gnall (pkebh38@verizon.net)

FOLLOW THE CONSTRUCTION FROM HOME! Parishioners Donald Uvick and Michael Nebistinsky are spending many hours documenting the progress of our building project for you. Visit www.steas.net>Parish Life>Building Project for videos, aerials, and panoramas! (Photo, left, by Don.)

SAINT ELIZABETH ANN SETON PARISH IS HIRING A PART-TIME RECEPTIONIST in the parish office. Hours are 8:30 to 11:00 AM, Monday through Friday. Duties include welcoming visitors to the parish office, receiving and routing telephone calls, accepting deliveries, and data entry for the parish database systems. Duties also include filing as well as maintaining the parish master calendar. This position requires a mature, detail-oriented individual with excellent interpersonal and communications skills, able to work in a team environment in a busy parish office, as well as able to maintain complete confidentiality. Basic computer skills are required. Applicants must be proficient in using Microsoft Word and Excel. Experience with other Microsoft Office applications (Outlook and Publisher) is a plus, as is experience with PDS (Parish Data System) software. Interested persons please send a cover letter and résumé by email to plambert@steas.net before August 15.
An Alphabet of Ideas: Creative Ways of Giving to the CAPITAL CAMPAIGN!

**V** is for —

Rental of Vacation home or timeshare, antique Violin or Viola, Volunteer time, shorter Vacation trip . . .

To convert any of the above into a Capital Campaign donation, complete this form, tear off, and drop into the collection plate. Thank you!

I would like a contact from someone on the Capital Campaign Committee to discuss a donation:

NAME: ____________________________
PHONE: ____________________________
EMAIL (optional): ____________________________