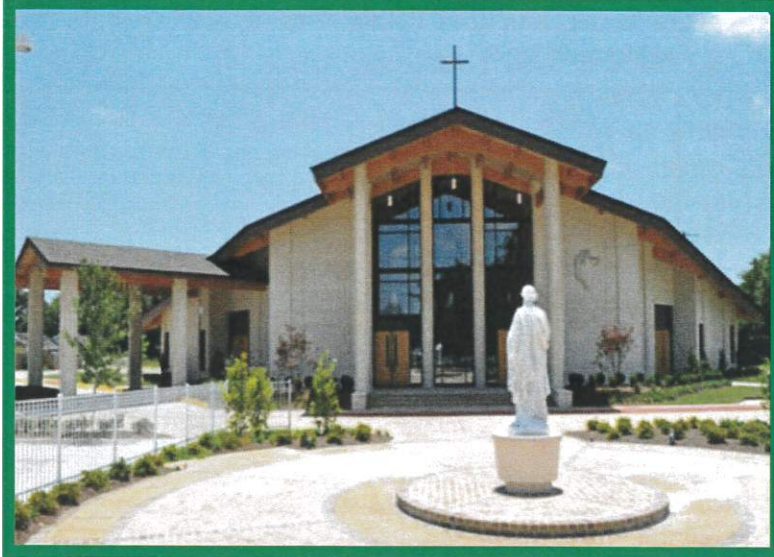


St. Paul the Apostle Catholic Church

Established in July 1960 • Staffed by the Society of the Divine Word (SVD — Divine Word Missionaries)

3912 GUS YOUNG AVENUE † BATON ROUGE, LOUISIANA 70802

Phone: 225-383-2537 • Email: stpaulbr@aol.com • Website: www.stpaulbr.org • Fax: 225-383-3702



SUNDAY MASSES
7:30 A.M. & 10:30 A.M.

WEEKDAY MASS
TUESDAY—FRIDAY—8:00 A.M.

CONFESSION/RECONCILIATION
By Appointment

PARISH OFFICE HOURS
Monday – Friday: 9:00 A.M. – 4:00 P.M.
(Lunch Break - 12:00 noon to 1:00 p.m.)

TO JOIN ST. PAUL'S CHURCH
Please pick up the Census Information/Update Form from
the foyer of the church, complete it and return it to
the parish office

OCIA
If you want to become Catholic and ready to learn the
Catholic Faith, please call Father Arockiam, SVD

MARRIAGE
Please meet with the pastor at least six (6) months
before the wedding date

BAPTISM
Please see inside this bulletin for specific details

HOLY COMMUNION TO THE SICK
If you are or a family member is a registered member of
our church and not able to attend Mass in church and would
like to receive Holy Communion,
please call the church office

FUNERAL
Please call the pastor before making
arrangements with the funeral home

PASTOR

Rev. Arockiam Arockiam, SVD— 225-383-2537

PERMANENT DEACON – RETIRED
Deacon Benjamin Dunbar Jr.— 225-324-5808

PARISH SECRETARY
Mary Martin —225-383-2537

PARISH OFFICE ASSISTANT
Christy Hall —225-383-2537

PARISH BOOKKEEPER
Debra Dudley —225-383-2537

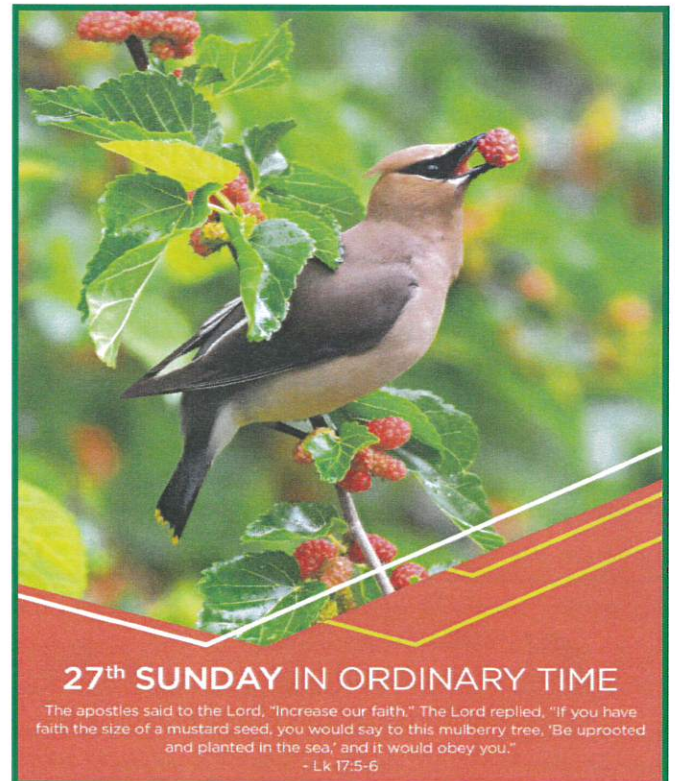
DIRECTOR OF RELIGIOUS EDUCATION
Martha Davis —225-357-4108

YOUTH DIRECTOR
Amanda Skinner —225-978-7347

PARISH NURSE
Maxine Watts —225-278-6732

FINANCE COUNCIL CHAIRPERSON
Retired Judge Luke Lavergne—225-324-5665

PASTORAL COUNCIL CHAIRPERSON
Rudolph Richard Jr.—225-284-7476



27th SUNDAY IN ORDINARY TIME

The apostles said to the Lord, "Increase our faith." The Lord replied, "If you have faith the size of a mustard seed, you would say to this mulberry tree, 'Be uprooted and planted in the sea,' and it would obey you."

- Lk 17:5-6

October 2, 2022

Readings *of the Week*

October 2, 2022—October 9, 2022

Today: Hb 1:2-3; 2:2-4/Ps 95:1-2,6-7, 8-9/2
2 Tm 1:6-8, 13-14/Lk 17:5-10

Monday: Gal 1:6-12/Ps 111:1b-2,7-10c/Lk 10:25-37

Tuesday: Gal 1:13-24/Ps 139:1b-3,13-15/Lk 10:38-42

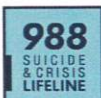
Wednesday: Gal 2:1-2, 7-14/Ps 117:1bc, 2/Lk 11:1-4

Thursday: Gal 3:1-5/Lk 1:69-70-75/Lk 11:5-13

Friday: Gal 3:7-14/Ps 111:1b-2, 3-4, 5-6/Lk 11:15-26

Saturday: Gal 3:22-29/Ps 105:2-3, 4-5, 6-7/Lk 11:27-28

Next Sunday: 2 Kgs 5:14-17/Ps 98:1, 2-4/2 Tm 2:8-13/
Lk 17:11-19



By dialing **9-8-8**, your call will be routed to a local contact center that will connect you with a live trained specialist in emotional support, crisis intervention, and suicide prevention. You can also receive referrals to local behavioral health agencies/facilities.

PRAYER TO AVERT STORMS & HURRICANES

Father, all the elements of nature obey your command. Calm the storms and hurricanes that threaten us and turn our fear of your power into praise of your goodness. Grant this through our Lord Jesus Christ, your Son, who lives, and reigns with you and the Holy Spirit, one God, forever and ever. AMEN!!

ONE-LINE PRAYER

Thank you Father for creating this day. Amen



FOR CHURCH ENVELOPES TO TITHE

If you are a registered member of St. Paul and **not** receiving envelopes in the mail to give or send offerings to our church, please call the parish office. If you want to give online, no envelopes are needed, please use our church website (www.stpaulbr.org) to give.

OFFERTORY—SEPTEMBER 25, 2022

ONLINE GIVING LINK: OSVONLINEGIVING.COM/4266

Collection:	\$ 5,674.44
Online Giving:	\$ 2,738.80
Building Fund	\$ 135.00
St. Vincent DePaul:	\$ 100.00
Debt Reduction Campaign:	\$ 1,678.00
Religious Education:	\$ 342.00
Propagation of Faith:	\$ 4.00
Total Offertory	\$ 10,672.24

Thank you for your generosity and sacrifice toward our church. God bless you!

Envelopes Mailed: 305 Envelopes Returned: 69 Online Givers: 30
(Envelopes mailed to registered members) (Envelopes used for general offering/tithes)

Last Sunday Mass Attendance: 7:30A.M. - 90; 10:30A.M. - 195

OCTOBER 2—OCTOBER 8



BIRTHDAYS



Rochelle Mathis 10/3	Kelby Chenevert 10/4	Candance Joseph 10/7
Contrell Salton 10/3	Angela Jackson 10/5	Monica Lockett 10/7
Denise Bennett 10/4	Brenda Jackson 10/5	Janet Anthony 10/8
La'Kosha Chambers 10/4	Lyndon Johnson 10/7	Tyler Hawkins 10/8

Mass Intentions
FOR THE WEEK



10:00 Mass: Deceased Members of St. Paul's Ladies Sodality: Victoria Alexander, Emma Butler, Vivian Byrd, Viola Chube, Geneva Coleman, Mary Course, Virginia Cummings, Rowena Glasby, Martha Houston, Geneva Hurst, Phillis James, Rachel Joseph, Rosalie Kelly, Louvenia Lewis, Hyacinth Stevenson, Annie Varrette, Lucille Watts, Sylvia Cassine, Eloise Sherbin, Theresa Hawkins, Julia Johnson, Ivy Cooper, Rosa Lee McGee, Jean Roan, Rosalie Simpson, Willie Bell Richard, and Meredith Jones

FOR PASTORAL CARE AND NEEDS

If you are scheduled for surgery, admitted to the hospital with a major illness, or have any pastoral needs, please call:

Fr. Arockiam Arockiam, SVD, Pastor
337-522-0624 or
arockiamsvd@gmail.com



Baptism

Next Baptism Class: Thurs., Nov. 3, 2022—6:30 P.M.
Contact: Vera Dunbar—225-324-2939 to register
Parents & Godparents MUST attend the class
Next Baptism: Sunday, November 20, 2022
(During or After 10:30 Mass)

CHILDREN AND YOUTH—VOICES NEEDED!

We look forward to having a Youth Choir during Mass again. Everyone that signed up for the Children & Youth Choir will meet after 10:30 A.M. Mass next Sunday, October 9 for a short meeting. Please contact Ms. Belinda Carney at 223-8783 to join or answer questions.



ANOINTING OF THE SICK MASS

Join us for an Anointing of the Sick Mass Saturday, October 15. Rosary is at 10:30 A.M. & Mass is at 11:00 A.M. A reception will follow in the parish center.

OUR SICK & HOMEBOUND CHURCH MEMBERS:

Roger Banks Sr., Rose Crockett Carter, Audrey Christopher, Carolyn Christophe, Gregory Cornell, Cheryl Crockett, Denovas Crockett, Charles Davis Jr., Dianna Franklin, Kaleigh Garner, Ruther Hall, Odeal Harris, Christina Haynes, James Hayward, Brenda Hickman, Annie Joseph, Marie Myles, John Nnadi, Delores Price, Mona Seals, Robert Seals, Harry Sills, Louis Simms, Sadie Simms, Patrick Simms, Mary Smart, Curtell Thibodeaux, Mildred Trask, and Irene Warner



OUR SICK FAMILY MEMBERS AND FRIENDS:

Charles Bethley, Barbara Brennan, Cirsten Brown, Ernie Butitta, Helen Celestine, Alberta Conner, Melba Daniels, Richard Dillon, Ronnie Gauthier, Anthony Grand, John Guice, Marcus Guice, Ophelia Guice, Betty Hammond, Lionel Hayes, Nichelle Hollins, Florence Jackson, Dorie Martin, James Pace, Allen Paschal, Martha Reinhart, Joel Rivera, Frank Ross, Jenna Scott, Dana Simoneaux, Earleen Stevenson, Stephanie Stewart, Connie St. Romain, Calvin Thomas III, and Walker Williams



MINISTERS FOR NEXT SUNDAY—OCTOBER 9

READERS: 7:30 A.M. Darlene St. Romain, LaKosha Chambers

10:30 A.M. 9th & 10th Grade Students

EUCCHARISTIC MINISTERS: 7:30 A.M. Joannette Dunn,
Monique Spaulding
10:00 A.M. Lisa Byrd, Renee Camberos

Altar Servers: 7:30 A.M. Jaiden Parker, Saija Johnson
10:00 A.M. Joseph Richard, Aidan Sam,
Mason Sanders, Anthony Carter,
Terrell Carter Jr.



ST. PAUL'S FAMILY DAY & RAFFLE

Today is our church family and Raffle Day! There is **ONLY one Mass today at 10:00 A.M.** Afterwards, join us for a meal of white beans, jambalaya, green salad, cake, rolls, hotdogs, or pulled pork on buns, sodas, water, games, photo booth, live music & DJ, and the raffle drawings at 2:30 P.M. **If you have not already turned in your raffle ticket stubs and money, please bring it today before 2:00 P.M.**

REMEMBERING OUR CHURCH FAMILY MEMBERS

As a church family, **on Sunday, October 16**, we will pray and remember the late Ms. Carla Jones Johnson at the 7:30 A.M. Mass and Mr. Jermon Dunn at the 10:30 A.M. Mass with their families. Please join us in thanking God for their lives, gifts, and talents which they shared during praise and worship. We will be praying for their souls and their grieving family members and friends.



LENTEN FISH FRY MEETING

A meeting will be held in St. Paul Center at 6:00 PM., Tuesday, October 11, 2022, for everyone interested in volunteering to work for our Annual Lenten Fish Fry during 2023 Lenten Season. We are reaching out to all who previously worked and those interested in working for the first time. Your time and talents are greatly appreciated!



OCTOBER IS BREAST CANCER AWARENESS MONTH

This annual campaign aims to educate the public on the importance of early screening, testing and treatment for breast cancer. Activities include raising research funds to help identify the cause, uncover potential prevention strategies, and improve diagnosis, in addition to offering support to people impacted by the disease.



FORWARD IN FAITH DEBT REDUCTION CAMPAIGN UPDATE

Area of Focus	As of 09-25-2022
Our Goal	\$548,234.00
Total Amt. Pledged	\$456,396.00
Total Donations Collected	\$316,275.09
Total # of Registered Families	454
Total # of Families Pledged	218

Thank You for Your Continued Commitment & Support!

FINANCE COUNCIL MEETING

Tuesday, October 25, 2022—6:00 P.M

PASTORAL COUNCIL MEETING

Wednesday, October 12, 2022—6:00 P.M.

VOCATION TO PRIESTHOOD/RELIGIOUS LIFE

If you feel the call to religious life as a priest, deacon, brother or nun, please contact: **1-800-553-3321**

Divine Word Missionaries and Sisters of the Holy Spirit

A VOCATION VIEW:

The Spirit of God makes us strong, loving and wise. How will you use these gifts to serve the gospel? Consider being a sister, brother, priest or deacon.

jjohnson@diobr.org or 225-387-0561

Rev. Joshua Johnson, Director of Vocations, Diocese of Baton Rouge

POPE FRANCIS' PRAYER INTENTION—OCTOBER

FOR A CHURCH OPEN TO EVERYONE

We pray for the Church; ever faithful to, and courageous in preaching the Gospel, may the Church be a community of solidarity, fraternity and welcome, always living in an atmosphere of synodality.

WEDDING ANNIVERSARY

Bishop Duca wants to recognize the commitment and dedication of *couples who are making their milestones of 25, 50, 65, or over 65 years of marriage.* **Please call the parish office at 225- 383-2537 by Monday, October 10, 2022.**



VETERANS DAY CELEBRATION

Veterans will be honored at St. Paul the Apostle at a Veterans Day celebration on Sunday, November 13th at 10:30 A.M. Mass. Lieutenant Colonel Harry Johnson asked that all veterans that would like to participate and be recognized in the celebration to contact the parish office at 383-2537 or Lieutenant Colonel Harry Johnson at 225-603-3388. Spouses of deceased veterans will also be recognized.



ON A LIGHTER SIDE

Question: What do they call pastors in Germany?

Answer: German Shepherds.

CHURCH PEWS & PAVERS IN ST. PAUL'S PLAZA

Purchase a pew in our church or a brick paver in St. Paul's Plaza. If interested, call the Parish Office at 225-383-2537.

ADULT FORMATION, BIBLE STUDY, & ROSARY

Adult Formation Class: Sundays at 9:00 A.M., *beginning in the Parish Center*

Tele-Conference Bible Study: Wednesdays at 6:00 P.M.
Dial 516-387-8633 (No Access Code Needed)

Rosary: Sundays at 6:00 P.M. *Dial 701-802 5490, & enter the Access Code: 878800#*

African American Health Initiative

September Newsletter

What to Know About Alzheimer's



What is Alzheimer's?

Alzheimer's is a progressive neurodegenerative disease that slowly destroys thinking capabilities, memory, and the ability to perform simple tasks.

What are the signs?

- Memory loss that disrupts daily life
- Difficulty completing familiar tasks
- Challenges in planning or solving problems
- Confusion with time or place
- Trouble understanding visual images and spatial relationships
- New problems with speaking or writing
- Misplacing things
- Decreased or poor judgement
- Changes in mood or personality
- Withdrawal from work or social activities

If you are concerned about you or a loved one, please contact your doctor.

3 Common Misconceptions about Alzheimer's:

- 1. Alzheimer's only affects people ages 70+.** *While true that Alzheimer's affects older people, early onset Alzheimer's can affect young people in their 60s or even 50s.*
- 2. If you take the right steps you can be 100% sure you won't get it.** *There is no proven way to be completely sure you will prevent the disease. However, maintaining a healthy lifestyle (controlling blood pressure, getting ample sleep, etc.) can greatly reduce your risk.*
- 3. Herbal or vitamin supplements can prevent Alzheimer's.** *Companies will advertise a prevention for the disease, but there is often no rigorous scientific evidence to support these claims.*

Source: Alzheimer's Association

Talks with Dr. Owen Carmichael

Check out this 10 minute talk with Dr. Owen Carmichael as discusses the link between staying physically active and dementia later in life. The talk can be found here: <https://tinyurl.com/59epjyuy> .



5 Food Groups Linked to Better Brain Health

Green Leafy Vegetables

Green leafy vegetables are rich in nutrients important in brain function like Vitamin K, lutein, folate, and beta carotene. Good leafy greens to enjoy include kale, spinach, collard greens, and broccoli.

Fatty Fish

Fatty fish are an abundant source of omega-3 fatty acids which have been linked to lower blood levels of beta-amyloid, an Alzheimer's protein. Try to eat fish at least twice a week being sure to choose fish low in mercury like salmon, cod, and pollack.

Berries

Flavonoids present in berries help to improve memory. People who eat higher amounts of berries tend to have better memory, according to a study done at Brigham and Women's Hospital.

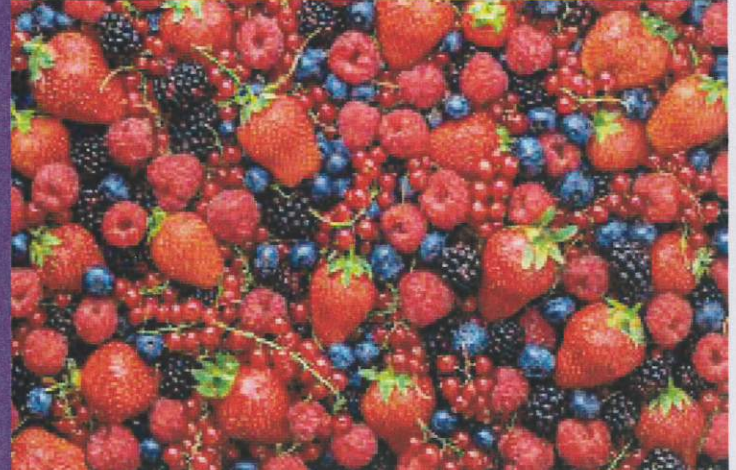
Tea and Coffee

Your early morning coffee offers more than just a energy boost in the morning. Studies show that people with higher caffeine consumption scored higher on test of mental function. Try to limit the amount of sugar and creamer in each cup to reap more health benefits.

Walnuts

Nuts are great sources of healthy fats and protein, and people who eat larger amounts of walnuts tend to have better memory. Walnuts are high in a type of omega-3 fatty acid called alpha-linolenic acid (ALA). Diets rich in ALA promote lower blood pressure and clearer arteries.

Source: Harvard Health



“Love yourself
enough to live a
healthy lifestyle.” –
Jules Robson

JUST DANCE

DANCING IMPROVES BRAIN HEALTH

Alzheimer's disease is a significant health challenge facing African Americans. African Americans are diagnosed with Alzheimer's more than their non-Hispanic white counterparts. The health disparity in Alzheimer's disease is believed to be driven by disparities in other conditions, like sleeping disorders and obesity that affect brain health and mood.

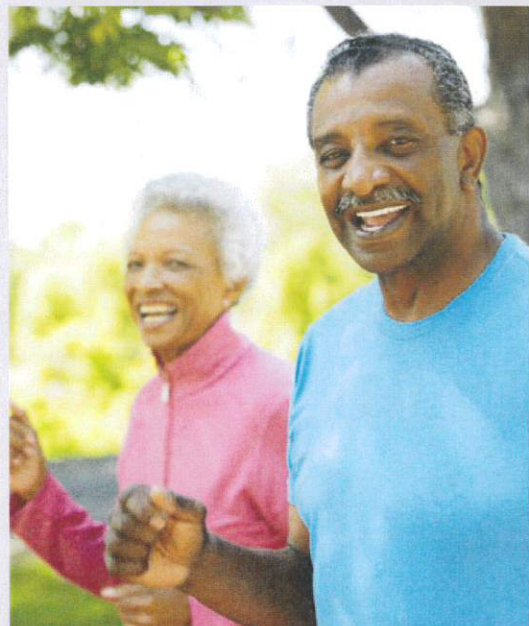
Recent observations, however, have suggested that exercise can improve brain health and mood in older African Americans, and in turn may be promising to help decrease racial disparities in Alzheimer's disease. In a recent program, researchers examined the effect of a dance program among older African American adults on brain health, and how sleep and obesity may influence this relationship.

This 5-month program found that a group that danced twice per week showed improvement in attention. The participants in the dance group who had difficulty sleeping and those who were overweight showed more improvement in brain health than those who completed a different program with no dance component.

Dancing may be beneficial because it requires participants to be physically active and think about dance movements at the same time. And many individuals feel motivated to dance because they find it enjoyable. So, get up, get active, and dance.

Source: Fausto BA, Azimipour S, Charles L, Yarborough C, Grullon K, Hokett E, Duberstein PR, Gluck MA. Cardio-Dance Exercise to Improve Cognition and Mood in Older African Americans: A Propensity-Matched Cohort Study. *J Appl Gerontol.* 2022 Feb;41(2):496-505. doi: 10.1177/07334648211010580. Epub 2021 May 3. PMID: 33938312; PMCID: PMC8563498.

It doesn't matter which form of exercise you are doing, as long as you are active and having fun! Get up and move



In Loving Memory
**Opston, Dorcenia,
 Wilbert, Phillip,
 Opston Jr., Albert &
 Jerome Guillory;
 CB, Ruth, & Tia Davis;
 Catherine Williams,
 Yvonne Warren, &
 Marcus Montigue**

In Loving Memory
**George Coleman Jr.,
 Geneva Coleman,
 George Coleman Sr.
 Carrie Coleman
 M.H. Weathersby
 Odelia Weathersby
 Donald Coleman
 Myrtis Coleman**

In Loving Memory
 of
**Hazel Brent Brown,
 Leo Brown, Sr.,
 and the
 Brent, Aldolph,
 Brown, and Harrison**

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INSURANCE
Leonard Benjamin
225-775-2494

In Loving Memory
**Geneva Battley Spooner
 Della Battley Rodney
 Rosa Lee Johnson**

Quick Reference to St. Paul's Pastor, Personnel, Ministries, and Services

Contact Information

7:30 Altar Servers—Shirley Dawson.....	225-802-6128
10:30 Altar Servers—Christy Hall.....	225-223-7851
Baptism Class—Deacon Benjamin/Vera Dunbar.....	225-324-2939
Bible Study—Barbara Haynes.....	225-665-2630
Bookkeeper—Debra Dudley.....	225-383-2537
Center (Use by Parish Ministries/Organizations)—Mary Martin.....	225-383-2537
Center Rental & Repast—Yelita Benjamin.....	225-654-6705
Child Protection Coordinator—Vera Dunbar.....	225-324-2939
Eucharistic Ministers—Nancy Ball.....	225-397-4309
Liturgy Committee—Gigi Mathis.....	225-278-0071
Nurse—Maxine Watts.....	225-278-6732
O.C.I.A. Coordinator—Vera Dunbar.....	225-324-2939
Parish Office Assistant—Christy Hall.....	225-383-2537
Parish Office Secretary—Mary Martin.....	225-383-2537
Pastor—Fr. Arockiam Arockiam.....	225-383-2537
Readers (adults)—Paulette Robertson.....	225-937-2293
Religious Education Director (DRE) - Martha Davis.....	225-357-4108
Ushers—Edmonia Joseph.....	225-772-2090
Youth Ministry—Amanda Skinner.....	225-978-7347
Youth Readers—Tasha Anthony.....	504-858-1902

In Loving Memory

**Roosevelt Bowers, Joseph "Buddy" Walker,
 Oscar LeDuff Jr.,
 Elizabeth & Frank P. Bowers,
 Carrie & Douglas Rodney Sr.,
 Clara & Willis Walker,
 Sarah Rodney Domino & Wilbert Domino Sr.,
 Freddie Bowers, Ora Bowers Ward,
 Sybil Thomas Johnson, & Maureen Bowers Johnson**

Remembering

**Famye Reed
 and the
 Reed, Stewart,
 Davis, and Grainger
 Families**

In Loving Memory

Gussie A. Trahan
**Edna Mae & Gussie B. Trahan
 Orelia Rodney & Anthony Rodney Sr.
 Annie Mae & Anthony Rodney Jr.
 Barbara & James Wallace Rodney
 Keith Rodney, Joseph D. Rodney**

In Loving Memory
 of

**Kevin Michael
 Ferbos
 &
 Wilfred Ferbos**

In Loving Memory
 of
Dwight LeBlanc, Sr.

**With Much Love,
 Audrene, Kobi,
 Dwight Jr., Lloyd,
 Morris, Kelby, Quintin,
 Saniya, Malia, & Lennox**

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In Loving Memory

**Milton, Rachel, Lillie, Lillian,
 J.D. & Verdell, Kirby, James "Pookie,"
 Corinne, Michael, Jessie Sr. & Aaron B.
 Joseph; Annette & Ellis Myles Sr.; Lawrence Sr.,
 Shedrick & Lawarance III Ashford; Rose, Albert & Terry Hebert; Eric White & H.P. Martin; Jessica D. Hughes**

**Dr. Carey Domino
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In Remembrance

of
**Lionel Bazile Sr.
 Dorothy Bazile
 James Bazile
 Shelia Bazile**

In Loving Memory

of
**Doris Key,
 Earl Key Sr.,
 Emma Doyle
 Currie (Rudi) Doyle
 Ellis Doyle Sr.**

In Loving Memory

of
**Wilbert & Sarah Ann
 Domino**

"Rest in Peace"

**"GET THE HOOK" 
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