



Dr. Martin Luther King Jr. boldly witnessed to the Gospel truth that every person is created in the image and likeness of God. His tireless work for justice, nonviolence, and the dignity of all people calls us to examine our hearts and communities. As we honor his legacy, may we continue to build a society rooted in love, compassion, and peace, praying that Christ's justice reign in our time.



ST FRANCIS OF ASSISI  
*Community*  
**WELLNESS**  
**FAIR**

**Saturday,  
January 24, 2026**

**Fellowship Hall  
8:30am - 12:30pm**

11401 Leesville Rd  
Raleigh, NC 27613



**Get Free  
Screenings &  
Information**

- **Pulse**
- **Blood pressure**
- **Balance**
- **Long Term Care**
- **Tech Information**
- **Home Improvements**
- **Fitness**

**Come to our Community Wellness Fair and explore local services, health screenings, and helpful information to nurture your mind, body, and spirit.**

See the list of Wellness Fair Vendors on page 5.

**For more information:**  
[Stacey.Shine@stfrancisleigh.org](mailto:Stacey.Shine@stfrancisleigh.org)  
[Shannon.Hoffman@stfrancisleigh.org](mailto:Shannon.Hoffman@stfrancisleigh.org)



Here are just a few of the screenings that will be taking place.

- Balance Screening** - Fyzical Therapy & Balance Center
- Grip Testing** - WakeMed Health and Hospitals
- 3D Foot Mapping Scans** - Fleet Feet Raleigh
- Blood Pressure & Pulse Check** - UNC Health Wellness Centers and Always Best Care



Fr. Chris Koehn,  
Pastor



Fr. James Singarayar, HGN  
Parochial Vicar



Fr. Joseph Ita-Sam, CM  
Parochial Vicar



Stephen Andrews  
Deacon In Residence

**January 14 to May 28 - Virtual Book Study - Palace of Nowhere**

1:00-2:30pm. The Palace of Nowhere invites readers into Thomas Merton's exploration of the false self and the freedom found in letting it fall away. Through clear, accessible wisdom, Jim Finley—Merton's former student—shows how releasing illusion opens us to grace, humility, and genuine transformation grounded in God's presence. [Register here](#). Contact Stephen Andrews, [stephenwandrews@outlook.com](mailto:stephenwandrews@outlook.com).

**January 19 - Catholic Charismatic Prayer Group & Leadership Training**

8:00-9:00pm. Lord of the Harvest Healing Ministry invites you to a Catholic Charismatic Prayer & Leadership Online Training. Starts Monday January 19. Meets on Zoom every Monday 8:00pm for several months. You don't need to be a ministry leader to join. For more information [click here](#). Contact Maureen Costello, [sentout72@gmail.com](mailto:sentout72@gmail.com) for further information.

**January 20, 22, 26 - Preschool 2026-2027 Registration**

Important Registration Dates

January 12: Current Students @ 7:00 AM

January 14: Siblings of Current Students @ 7:00 AM

January 20: Preschool Alumni & TFS Siblings @ 7:00 AM

January 22: Saint Francis Parishioners @ 7:00 AM

January 26: General Community @ 7:00 AM

<https://www.preschoolatstfrancis.com>

Contact [shelley.freeman@stfrancisraleigh.org](mailto:shelley.freeman@stfrancisraleigh.org).

**2026 High School Basketball - Registration Until January 20**

We are now accepting registrations for the 2026 St. Francis Boy's High School Basketball League. The league runs from February-May. The league is opened to boys in grades 8-12. Regular Registration runs until Jan. 20. [Click here for more information including registration](#). Mary Arleth, [Mary.Arleth@stfrancisraleigh.org](mailto:Mary.Arleth@stfrancisraleigh.org).

**Begins January 20 and 21 Virtual Book Study Little Rock Scripture Study Gospel of Luke- Part 1**

The Gospel of Luke reveals Jesus' universal mission and God's compassion. Part One (Luke 1:1-11:54) traces infancy narratives through births to Jesus' Galilean ministry beginnings.

**Tuesday evenings** - January 20 - March 10, 7:00 pm - 8:30 pm

**Wednesday mornings** - January 21 - March 11, 10:00 am - 11:30 am

Contact Barbara Efirid with questions, [barbaraefiridlpc@gmail.com](mailto:barbaraefiridlpc@gmail.com).

**January 20 and 22 - Issue Engagement Sessions**

6:30-8:00pm. What keeps you up at night? Learn what our parish is doing about different issues, and tell us what's on your heart, too.

Tues. Jan. 20 from 6:30-8 - in person or

Thurs. Jan. 22 from 12-1 - virtual

Contact [maryellen.mcquiere@stfrancisraleigh.org](mailto:maryellen.mcquiere@stfrancisraleigh.org). [Click here to register](#).

**January 24 - Wellness Fair Volunteers Needed** Volunteers are needed to assist with the Community Wellness Fair. Opportunities include greeting parishioners at the check-in table and helping with event breakdown by resetting the space afterward. Your support helps make this event welcoming and successful. Please use the link to sign up. [Register here](#). Contact Stacey Shine, [stacey.shine@stfrancisraleigh.org](mailto:stacey.shine@stfrancisraleigh.org).

**January 24 - Community Wellness Fair**

Saturday, 8:30am-12:30pm in Fellowship Hall

Take part in our first Community Wellness Fair and discover resources to support your mind, body, and spirit. With more than 40 local vendors, this event offers practical tools, expert guidance, and supportive services for all ages.

Featured Activities & Screenings:

- Pulse Screenings
- Blood Pressure Checks
- Balance Assessments
- Long-Term Care Resources
- Technology Assistance
- Home Improvement Guidance
- Fitness Information & Demos

Join us for a morning of learning, connection, and healthy living.

All are welcome!

Contact Stacey Shine, [stacey.shine@stfrancisraleigh.org](mailto:stacey.shine@stfrancisraleigh.org).

**January 28 - 50+ Adult Group Potluck**

11:30am. Join us in Clare Fellowship Hall; If last name starts with, then bring A thru D = Dessert/Bread, E thru L = Main Dish, M thru Z = Salad/Side Dish. Coffee, soda, and water will be provided. Contact Pat Spencer, [spencer1334@bellsouth.net](mailto:spencer1334@bellsouth.net).

**January 26-February 1 - Family Promise of the Triangle**

Family Promise. Small Commitment. Big Impact. Make a difference by helping support the lives of families experiencing temporary homelessness. We provide meals and groceries for one week while families work towards permanent housing. Be part of our next hosting. Contact Jim Packard, [stfa.fp@gmail.com](mailto:stfa.fp@gmail.com), 910-389-8936

**February 1-3 - EM Training** See page 5

EM Training is for anyone who would like to become an EM or any current EM who would like a refresher. Must be 16 years of age, a member of St Francis, who have received the Sacraments of Baptism, Confirmation, and Eucharist. Contact, John Hajdin  
Email [john.hajdin@stfrancisraleigh.org](mailto:john.hajdin@stfrancisraleigh.org).

**February 2 - 23 Dilexi Te "On the Poor" study in February**

6:00-7:00pm. Review and discuss Pope Leo's Dilexi Te on Tuesdays in February on Zoom. Sponsored by NC Catholics Caring for Our Common Home. [Register](#). Contact Monica, [mitzkleimeyer@nccom-monhome.org](mailto:mitzkleimeyer@nccom-monhome.org).

**February 3 - March 5 DivorceCare Spring Session**

6:30-8:00pm. You don't have to face separation or divorce alone. DivorceCare is a safe, caring group where you'll find understanding people, emotional support, and practical tools to help you heal and move forward with hope. [Register here](#). Contact Bill Morgan [dejanuts@yahoo.com](mailto:dejanuts@yahoo.com).

**Feb. 7/8, 14/15, 21/22 - Catholic Parish Outreach (CPO) Volunteers Needed**

Volunteers Needed Two ways to help (1) distribute bags after Mass on weekend of Feb. 7/8 or (2) Collect donated items/load truck weekends of Feb. 14/15 & 21/22. See links for details. [Bag Distribution Volunteer Sign-Up / Donation Collection Volunteer Sign-Up](#). Contact Anne-Marie Summers, [summers51984@gmail.com](mailto:summers51984@gmail.com).

A click away  If you are receiving a paper copy, visit the parish website at [www.stfrancisraleigh.org](http://www.stfrancisraleigh.org).

[Website / Realm / St. Francis Serves / Prayer Request / Listing of Prayers of the Faithful](#)  
[KBL series / Bulletins / Employment Opportunities / St. Francis TV / Giving / Feed the Need](#)  
[Staff / Advertise in the Bulletin / Franciscan School / Preschool / All Ministries / Financial Summary](#)

**February 11 - Prayer Shawl** continues to have the every other Thursday early afternoon meeting but are trying to make the ministry available for those who are not available during the day. Prayer Shawl Wednesday meeting dates – 4:15 to 5:30PM  
**Feb. 11, Mar. 11, Apr. 15, May 13, June 10**  
Contact Lisa Miller, [lisaorb1@gmail.com](mailto:lisaorb1@gmail.com).

**February 11 - Women's Ministry Galentines with Friends**  
6:30-8:30pm. Women's Ministry is hosting a fun Galentines evening with friends, drinks and lively conversations! Come for some cheer and to celebrate the joy of friendship on 2/11 from 6:30-8:30pm at Vita Vite Midtown, ages 21+. [Register via Realm](#), we heart to see you there! Contact Lindsey Burke, [lindseyburke3@gmail.com](mailto:lindseyburke3@gmail.com).

**The St Francis Inn Philadelphia Ministry trips for 2026**  
February 16 - 20 - waitlist only  
April 13 - 17 - Open  
Oct 19 - 23 - Open  
Join a delegation to serve the Kensington community of Philadelphia, providing aid in the form of food, clothing, and so much more to anyone in need. Contact Diana Melo, [Melo.diana@gmail.com](mailto:Melo.diana@gmail.com).

**Mid-February - JustFaith Advocacy Program Facilitators Needed**  
We are looking for JustFaith facilitators for "Just Action! How to Advocate and Mobilize for Justice" to begin mid-February. No prior knowledge or experience is necessary – just a heart for justice and a willingness to organize gatherings. All materials will be provided. [Click here for program info](#). Contact Casey Slock [casey.slock@stfrancisraleigh.org](mailto:casey.slock@stfrancisraleigh.org).

**February 17 - March 31 Grief's Journey-Coping with loss**  
10:30am-12:30pm. Seven week series offering hope following the loss of a loved one through death. A safe place to share your journey and to learn from others. Intended for those who are three months or more after a death of their loved one. Meet every Tuesday in Anthony Hall Conference Room. [Register here](#).  
Contact Dina DaRe, [Dina.DaRe@stfrancisraleigh.org](mailto:Dina.DaRe@stfrancisraleigh.org).

**February 17 - Wine and Will Event** 6:30-8:30pm. Whether you need to create or revise your will, please join us for our Wine and Wills event hosted by the Foundation of the Roman Catholic Diocese of Raleigh in Fellowship Hall. Come join us and enjoy a great evening of wine, conversation, and planning for the future. [Registration](#). Contact Stacey Shine, [stacey.shine@stfrancisraleigh.org](mailto:stacey.shine@stfrancisraleigh.org).

**February 21 - Knights of Columbus Free Throw Championship**  
10:00-12:00pm. Boys & Girls, Ages 9-14 Show off your basketball skills & earn a chance to compete in the state finals  
When: Saturday, February 21, 2026  
Time: 10:00 AM  
Where: Assisi Community Center Gym  
[Registration](#). Contact Paul Scaini, [paul@scaini.com](mailto:paul@scaini.com).

**March 9 to 11 - Lenten Pilgrimage to two significant Catholic sites in Emmitsburg, MD:** The Knights are sponsoring a Lenten pilgrimage, led by Fr. Chris Koehn, to two significant Catholic sites in Emmitsburg, MD: National Shrine Grotto of Our Lady of Lourdes and The National Shrine of Saint Elizabeth Ann Seton. [For details click here](#). Sign up by January 31, 2026



## Improving Society Through Our Faith

Catholic education is focused on our Catholic faith as an essential aspect of our students' lives. However, Catholic schools aren't just "regular schools" with religion classes. Instead, its mission is to provide not only excellence in academics but also strong spiritual formation that puts love into action. One of the areas of focus at The Franciscan School (TFS) is Catholic Social Teaching (CST), which underscores the moral basis of our faith and guides students to build a better society for all. "However," emphasizes Celina Manville, a learning specialist at TFS who helps coordinate the CST program, "this is not a new, modern thing. After the Industrial Revolution, Pope Leo XIII recognized the need for Catholic social teaching." [More](#)



## Ministry Spotlight: Marriage Preparation

The marriage preparation process at St. Francis, based on the Diocese of Raleigh's model, includes several steps over the year leading up to the ceremony. An inquiry form on the parish website initiates the process, and a follow-up phone call with the bride and groom documents the couple's wishes for their union at the parish. An orientation session is scheduled to explain the process and answer any questions. The 'Fully Engaged' inventory follows. The inventory is not a test but a survey of... [More](#)



**Are you New to St. Francis?** We warmly welcome you to our community! If you have any questions or are interested in learning more about how to get involved, please don't hesitate to reach out to [Stacey Shine](#). We look forward to connecting with you and helping you feel right at home.

**Project Rachel Support Group** Abortion is experienced by millions of women, many of whom are Catholic. The Project Rachel ministry assists women and men who have been wounded by abortion to find healing and peace. There is a support group beginning in the Triangle area in Mid March 2026. If you have experienced an abortion and would like (confidential) information about the support group, contact Project Rachel at (919) 852-1021 or email: [project.rachel@raldioc.org](mailto:project.rachel@raldioc.org), or go to the website: <https://rachelinc.org> Calls and appointments are kept strictly confidential.

### May 10-19 - Franciscan Centenary Pilgrimage

Join Fr. Jim Sabak and Jim Wahl on a Franciscan Centenary Pilgrimage honoring the 800th anniversary of the death of St. Francis. Journey from Rome to Assisi, celebrate Mass at sacred sites, and walk in the saint's footsteps. Only 14 spots available— family and friends are warmly invited. [More information](#). Contact Jim Wahl, [Jim.wahl@stfrancisraleigh.org](mailto:Jim.wahl@stfrancisraleigh.org).

### August 1-10 - Sister Parish in Guatemala

It is time for us to solidify a delegation to visit our sister parish in Las Margaritas II in Guatemala! Please reach out to Mary Ellen McGuire before the holidays at [maryellen.mcguire@stfrancisraleigh.org](mailto:maryellen.mcguire@stfrancisraleigh.org).

### Work with a Stephen Minister today!

Feeling overwhelmed emotionally, physically, or spiritually? Stephen Ministers are trained to provide confidential, one-on-one care during life's challenges. Whether you're facing a crisis or simply need support, a Stephen Minister can walk with you, listen, and pray with you. It's confidential, free and very helpful. Consider reaching out today! Contact [stephenministry@stfrancisraleigh.org](mailto:stephenministry@stfrancisraleigh.org), 919-847-8205x234

**Did You Know?** We offer low-gluten Communion hosts for those with a gluten sensitivity - just 0.01% gluten! If you or a family member needs one, let a Eucharistic Minister know before Mass where you're sitting and how many you'll need. Zero-gluten/Celiac? The safest option is receiving only the Precious Blood from the chalice - still the full presence of Christ!

**Spiritual Direction** is an ancient Christian tradition in which two people enter a sacred space to dream, explore, and discern a path toward a deeper relationship with God. People turn to spiritual direction in times of deep faith, doubt, or life transition to discern God's movement in the experience. [Click here for more information](#). Contact Nancy Jones, [prayerfulheart3@gmail.com](mailto:prayerfulheart3@gmail.com).



### ATTENTION MEN OF THE PARISH - Join Journeyman Group 3

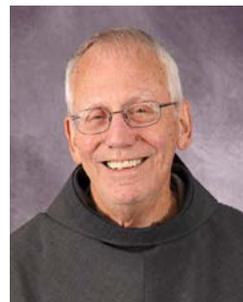
Journeyman is a parishioner-led men's faith-sharing group at St. Francis that brings together men of all ages and life stages to grow in friendship and faith. Meeting every three weeks in members' homes, the group shares a casual meal, laughter, and an open discussion on a topic chosen by the group. Journeyman isn't a Bible study, book club, or service organization – it's a small Christian community where men talk honestly about real-life challenges, curiosities, and joys. Each fall, members also gather for a weekend retreat of hiking, bonfires, and brotherhood at Hanging Rock State Park. [Watch this intro video](#). Contact Matthew Kane [matthew@matthewkane.org](mailto:matthew@matthewkane.org) or Jacob House [jacob.w.house@gmail.com](mailto:jacob.w.house@gmail.com). [Click here for FAQ's](#).

## 2026 DAVE WHITTINGTON LECTURE

*On Faith and Spirituality in the Public Sphere*

Friar Wayne Hellmann, OFM Conv.  
Emeritus Professor of Theology, St. Louis University

## “Contemporary Issues in the Light of the Franciscan Tradition”



Monday, February 16th | 7 to 8:30 PM | Student Activity Center  
Newman Catholic Community | 214 Pittsboro Street, Chapel Hill

AMPLE PARKING IS AVAILABLE BEHIND THE NEWMAN CHURCH AND ACTIVITY CENTER. OVERFLOW PARKING DIRECTLY BEHIND IN THE NASH LOT.

**FRIAR WAYNE HELLMANN, OFM CONV.** | Friar Wayne has published widely in the fields of Franciscan theology and spirituality, perhaps best known for being one of the general editors of the four-volume *Francis of Assisi: Early Documents*, the standard critical edition in English for the writings of Francis and early medieval documents concerning him.

*The Dave Whittington Endowment was established for the purpose of educating and developing faithful and spiritual Catholic leaders in business, education, sciences, and the community by providing funding for lectures regarding faith and spirituality.*

For more information, contact Therese Taxis at [ttaxis@uncnewman.org](mailto:ttaxis@uncnewman.org)  
[uncnewman.org/whittington-lecture](http://uncnewman.org/whittington-lecture)

**WHAT KEEPS YOU UP AT NIGHT?  
YOU ARE INVITED TO AN  
ISSUES ENGAGEMENT  
SESSION**

**January 20 and 22 - Issue Engagement Sessions - See page 2**

# Eucharistic Minister Training

Sunday, February 1st, 1:15pm- 2:30pm  
Tuesday, February 3rd, 6:30pm-7:45pm

Training will take place in the church.  
 Please sign up to attend on Realm.

\*EM Training is for anyone who would like to become an EM or any current EM who would like a refresher.  
 \*Must be 16 years of age, a member of St Francis, who have received the Sacraments of Baptism, Confirmation, and Eucharist.

Sign up on Realm or for more information contact:  
 John.Hajdin@stfrancisraleigh.org



## Wellness Fair Vendors

- AARP Foundation Tax-Aide and Property Tax-Aide
- Abbotswoods at Stonehenge
- All About Seniors
- Always Best Care
- Alzheimer's & Dementia
- Anne Gordon Center for Active Adults
- Calyx Living of Wakefield
- Canines for Service
- Capital Oaks Retirement Resort
- Cardinal Hospice Care
- Caring Transitions
- Chef for Seniors
- Clear Captions
- Comfort Keepers of Wake County
- Empowered Home Design
- EPIC Physical Therapy
- Fleet Feet - Raleigh
- Fyzical Therapy and Balance Centers
- GOLD Growing Older | Living Digitally
- Griswold Home Care
- Hallmark Homecare
- HealthTrax Raleigh
- Milestone Performance
- OLLIE - Osher Lifelong Learning Institute at NC State University
- Parkinson's Foundation NC
- Pinnacle Group Construction
- Relay NC
- Resources for Seniors
- Sacred Moments NC
- Silver Linings
- Smooth Transitions
- Springmoor Home Care Services
- Springmoor Life Care Retirement Com.
- St Francis 50+ Group
- Stepping Stones
- Support Group
- Surv Raleigh
- Tastefully Served
- The Foundation of the Roman Catholic Diocese of Raleigh
- Transitions Life Care
- Triangle Tech Savvy Seniors
- Trua Senior Living Locators
- UNC Health Wellness Centers
- WakeMed Health and Hospitals
- Waltonwood Lake Boone



  
 APOSTOLIC EXHORTATION  
***DILEXI TE***  
 OF POPE LEO XIV  
*ON LOVE FOR THE POOR*

### STUDY IN THE MONTH OF FEBRUARY

- ✓ Review and discuss Dilexi Te on Tuesdays by zoom from 6-7pm for 3 weeks
- ✓ Participate in a group activity to benefit the poor during week 4.
- ✓ Questions, email Monica at: mitzkleimeyer@nccommonhome.org



## Registration Information 2026-2027 School Year



All Registration begins at 7:00 on the dates below:  
 January 12<sup>th</sup> - Current Students  
 January 14<sup>th</sup> - Siblings of Current Students  
 January 20<sup>th</sup> - Preschool Alumni & TFS Siblings  
 January 22<sup>nd</sup> - St. Francis Parish  
 January 26<sup>th</sup> - Open to the Community



## January is Poverty Awareness Month

Did you know...

In 2024, 35.9 million people lived in poverty in the United States? That federal poverty line is set low at \$15,060 (individual), \$31,200 (family of four), etc. The 35.9 million does not count the people who live well below the cost of living and face the cycle of eviction, homelessness, hunger, and uncared for medical needs. The average household in the United States spends \$61,334 a year on expenses. Nationwide, the average rent for a two-bedroom apartment runs \$1,154 a month.

### What can you do?

Pope Leo challenges us to live in solidarity with the poor in his first apostolic exhortation, *Dilexi Te* (I Have Loved You). "Love for our neighbor is tangible proof of the authenticity of our love for God" (no. 26).

Find a ministry of encounter:

<https://www.stfrancisraleigh.org/all-ministries/>

Learn more about *Dilexi Te* and the invitation to encounter poverty: <https://www.usccb.org/dilexi-te>

Read more about Poverty Awareness Month: <https://www.usccb.org/committees/catholic-campaign-human-development/poverty-awareness-month>

Visit PovertyUSA and PobrezaUSA for education on economic justice and resources.



St. Francis of Assisi  
Raleigh, NC

### Serving With Heart, Offering Hope

SVdP Walks with Our Neighbors

Click [here](#) to read more or visit <https://stfrancisvdp.org/blog/>

Serve

Learn

Donate

If you need help, please call our helpline at (919) 534-4842

## Care for Creation

Use it up    Wear it out  
Make it do    Live without

Find out how at:

[stfrancisraleigh.org/care-for-creation/](https://stfrancisraleigh.org/care-for-creation/)



[Seminarian Prayer Calendar Link](#)



Working at St. Terese in Wrightsville Beach  
Fr. James, Fr. Chris, and Fr. Ba (Our Lady of LaVang)

**Click to  
Join**



Join fellow parishioners on the St. Francis social network (like Facebook only better, no ads, no spam) - a safe toxic free online platform. Meet/Connect with fellow parishioners - set up a personal page, upload pictures, post blogs, share interests, There is no cost to join. Must be 18+

Featured Post: **Tell us what you'd like to see in a new Catholic high school** by *Tim Thronson*

## Advertise in the Parish Bulletin



Fresh, healthy Lebanese Mediterranean food.  
919-847-2700



13200 Strickland Rd  
984-344-1444




**Diogenes Ruiz**  
Parishioner since 1987  
Licensed NC Realtor  
[diogenesruiz@live.com](mailto:diogenesruiz@live.com)




9212 Falls of Neuse Rd., Ste 111  
Raleigh, NC 27615  
(336) 682-1799  
[james.patella@allentate.com](mailto:james.patella@allentate.com)

**SIERRA SOCKS**  
Change Your Socks, Change Your World

**WEAR SIERRA**  
Fashion and Accessories



All types of photography including weddings. Live Streaming on location anywhere.  
(919) 599-7683



Phil Thalheimer, Parishioner

[Click here for ad rates and to advertise in the parish bulletin.](#)

Questions, contact Diogenes Ruiz, [diogenes.ruiz@stfrancisraleigh.org](mailto:diogenes.ruiz@stfrancisraleigh.org).  
Take advantage of this opportunity to showcase your business in front of our many parishioners and thank you for helping to support our parish through the bulletin ad program.