

“Those who are well do not need a physician, but the sick do” Matthew 9:12

Lent in the ‘Year for Priests’

The patron saint of priests, St. John Vianney, who died 150 years ago, leading to this ‘Year for Priests,’ often spent half his day in the confessional with countless penitents who sought God’s pardon and peace and a cure for their sin-sick souls! After the Haitian earthquake many doctors went there to care for the injured, who flocked to those who could dispense healing and hope. Yet these days many a Catholic priest sits in an empty confessional, for so few come to the doctor of their souls - to us who strive to follow in the footsteps of the *Cure of Ars* by forgiving – in the name of the Lord - the sins of all who come to us! Will you use the many spiritual exercises explained in this insert to prepare yourself for Confession this Lent? I hope so! *Rev. Michael J. Kreder, pastor*

Mardi Gras

Tuesday, February 16

Join in ‘Fat Tuesday’ fun: 6:00 pm pot-luck supper in the Parish Center located beneath the Church, then Night Prayer at 8:00 pm and the burning of last year’s palms for this year’s ashes. Contact the Parish Office for details.



LENT

Ash Wednesday: February 17

Fasting from all signs and sounds of festivity we strip away all that keeps us from focusing on God. Blessed ashes mark the start of our Lenten journey of self-denial, penance and prayer. As Saint Paul reminds us: “*now is a very acceptable time ... now is the day of salvation.*” Ashes are a sign of repentance and mortality, so those of any age may receive ashes. In Ash Wednesday’s First Reading the Prophet Joel even includes “*the infants at the breast*” in communal penance.

Ashes will be distributed during Mass at:

6:30 am - 8:30 am

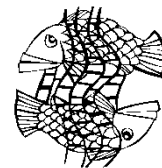
12:00 noon - 7:00 pm

and during a

Service of God’s Word at 3:30 pm

Fast & Abstinence Guidelines

Those 14 and older are to ABSTAIN from meat on Ash Wednesday and all Lenten Fridays. Those between 18 and 59 should FAST by eating only one main meal and two smaller ones on Ash Wednesday and Good Friday. The serious obligation to fast and abstain is a sign of our repentance; those unable to abstain for a valid reason [i.e., a St. Patrick’s Day party or wedding] may abstain another day or perform another work of penance. Ignoring penitential days, without good cause, is a serious sin of omission. Our bishops ask us to abstain from meat on Friday all year long for pro-life causes and world peace.



Sunday Mass Obligation

Saturday at 5:00 pm

Sunday at 7:30 am - 9:00 am - 10:30 am - 12:00 noon

Weekday Morning Mass

Monday, Tuesday & Thursday - 7:00 am & 8:30 am

Wednesday & Friday - 7:00 am only

Saturday - 9:00 am only

Midday Prayer with Holy Communion

Monday through Friday at 12:00 noon

Food Collection - Operation Rice Bowl

You can help feed the hungry locally and abroad by making a donation to our Social Concerns collection to help those less fortunate, by donating money and/or nonperishable food the weekend of Passion [Palm] Sunday, March 27-28, and by making a donation to our special ‘Alms’ collection on Ash Wednesday. All are also encouraged to take part in ORB: Operation Rice Bowl; please return ORB donations on or before Holy Thursday, April 1, to the special ORB box in the sanctuary.

Easter Precept or Easter Duty

All Catholics are obligated to receive the Eucharist at least once a year, between the 1st Sunday of Lent, February 21 and Trinity Sunday, May 30. Those conscious of serious sin are to celebrate the Sacrament of Reconciliation first, by going to Confession before receiving Holy Communion.

Stations of the Cross
Friday Evening at 7:30 pm



Saint John Vianney said: "Private prayer is like straw scattered here and there: If you set it on fire it makes a lot of little flames. But gather these straws into a bundle and light them, and you get a mighty fire, rising like a column into the sky; public prayer is like that." The church is open weekdays from 6:30 am to 6:00 pm for private praying of the venerable Stations of the Cross. On Fridays at 7:30 pm the Spiritual Life Committee coordinates a variety of communal Stations; check the bulletin for each week's format. On Good Friday at 7:30 pm we will conduct our 13th annual 'Walking the Stations' in which parishioners share their personal reflections on how we, the Body of Christ, the Church, must die and rise to new life each day! Join us for this very moving, uplifting spiritual exercise!

Sacrament of Reconciliation -
Confession



As Saint John Vianney taught, one of our greatest treasures is Penance or Reconciliation aka 'Confession' – which is only one part of this Sacrament of Healing. Catholics MUST confess all mortal, grave serious sins as soon as possible and should not receive Holy Communion until doing so. Confession is one of the best Lenten exercises and is encouraged before major events like Christmas, a family baptism, first communion or wedding, or serving as a sponsor or godparent. The four parts are:

CONTRITION. Since we cannot be contrite or remorseful until we know our sins, we must examine our conscience by shining God's divine Light, found in Gospel values, the Ten Commandments, Precepts of the Church, Beatitudes, and Seven Deadly Sins, into every aspect of our life. [If you still can't come up with any sins, ask your family or friends to help you – they know your sins!]

CONFESSION. Priests not only speak for Christ and His Church; as 'doctor of the soul' they can help cure our sick souls, just as medical doctors help heal our bodies – but only if we are totally open and honest. Begin by saying "Hello, please help me" or the traditional "Bless me Father, for I have sinned" from behind a screen or face-to-face. We can remain anonymous, but should tell our state in life [I'm married, single, ordained, a parent, etc.] and the approximate time since our last confession. List all grave, serious mortal sins by number and kind: abortions, marital infidelities, etc.; a general admission of sin covers all lesser, venial sins: impatience, rudeness, arrogance,

insensitivity, etc. An Act of Contrition is prayed; prayer cards are provided in the confessional, and at Penance Services all recite it together from a printed program; not knowing an Act of Contrition should keep no one away!

ABSOLUTION. Listen as the priest prays; make the sign of the cross on yourself as he imparts it on you at the end of the beautiful Prayer of Absolution.

PENANCE. We could never atone for all our sins, so we offer a token of our willingness to try - and express our gratitude - by performing a penance: a prayer, good deed or other sign. Celebrate Reconciliation at the:

Parish Penance Service
Monday, March 22 at 7:30 pm

Several priests will hear private confessions after the communal Examination of Conscience & Act of Contrition.

on Saturday mornings at 11:00 am

Note: On Passion [Palm] Sunday eve, confessions will also be at 4:00 p.m. as well as 11:00 am.

or call the Parish Office to make an appointment with a particular priest

Note: NO Confessions will be heard during the Sacred Easter Triduum - so plan to come early!

RCIA: The Rite of Christian Initiation of Adults
Rites of Sending & Election

Rite of Sending - 9:00 am Mass Sunday, February 14. This year we have no catechumens preparing for Baptism, Confirmation and First Eucharist; we join our prayers with those who will be chosen as the Elect by Archbishop Myers in our Cathedral Basilica in the Rite of Election on Sunday, February 21. However, we do have a baptized candidate who will join the Catholic Church by making a Profession of Faith, being Confirmed and receiving First Eucharist during the Easter Season. He will meet our Archbishop in our Cathedral Basilica in the Call to Continuing Conversion on Saturday, February 20 at 11:00 am. Saint Mary Church is proud to be represented at these ancient, sacred rites. Please pray for our candidate:

Preston Lawyer sponsored by Mary Patricia Lawyer

Lenten Enrichment Programs

John Vianney, the Curé of Ars, did all he could to help explain Catholicism: he preached and wrote catechism lessons, gave instruction and used everyday analogies. Here's what our parish offers to help you grow in the knowledge of our Catholic Faith. To register for any session, contact the parish office:

The Various Aspects of the Body of Christ

presenter: Fr. Chuck Hartling
on Mondays - 7:30 pm – 9:00 pm

- or -

presenters: Sr. Ines Marie OP & Mary Lanni OPA
On Wednesday at 10:30 – 12:00 noon

In the Parish Center

A Study of the Gospel of John

Facilitator: Joseph Reciniello – in the Parish Center
Tuesdays at 7:30 pm: February 23, March 2, 9, 16, & 23

Like a stained glass window, the Gospel of Saint John gives us a vividly awesome image of the saving, living truth, eternal life and the love of the Son in the Father in the Holy Spirit. By reflecting on and entering into this highly symbolic presentation of Our Lord, we can grow closer to God and His Church.

"History of Music in the Catholic Church"

Tuesdays at 8:00 pm: February 23, March 2, 9, 16, & 23
Presenter: Andrea Covais

This review of the role of music in Church history and how Scripture and the principles of our faith have influenced sacred music over the past few hundred years includes the beginnings of the sung Mass, Gregorian chant, choral music of the 18th & 19th Centuries and contemporary sacred music of today; it will be held in the Parish Center.

Discussion Group at the DiMeo's

Facilitators: Deacon John and Anna DiMeo
at their home – 111 Highland Cross - limited to 15 people

Thursday: 7 PM – 9 PM

Topic: *The Christmas Story in John's Gospel*
and other controversial topics

No Greater Love

Sunday, March 7 - 3:00 pm – in the church

A visiting troupe will perform this unique, prayerful presentation of the passion, death and resurrection of our Lord in drama, music and dance. There is no charge, but a freewill offering will be taken to support this ministry.



Passion [Palm] Sunday

March 28

In procession, with blessed palms, we honor Christ as King as we reflect on his Passion and Death. Masses are:

Saturday at 5:00 pm

Sunday at 7:30 - 9:00 - 10:30 am & 12:00 noon

Note: There is a special Children's Liturgy of the Word at ALL Masses this weekend. Children at all Masses are invited to join the Opening Procession. Then they proceed directly beneath the church for a ½ hour age-appropriate video on Christ's Passion, Death and Resurrection; they may return to Mass later than usual, during the Lord's Prayer.

Monday of Holy Week: March 29

Regular Daily Masses at 7:00 and 8:30 am

Chrim Mass - 8:00 pm

Cathedral Basilica of the Sacred Heart, Newark

Priests renew their Ordination promises and Archbishop Myers blesses and consecrates the Holy Oils: the Oil of Catechumens used at Baptism, the Oil of the Sick used in the Anointing of the Sick, and the Sacred Chrism, used at Baptism, Confirmation, Holy Orders, and the blessing of new churches & altars – which will include our renovated church and new altar this year, God willing!



Tuesday of Holy Week: March 30

Mass at 7:00 am and 8:30 am

Midday Prayer with Holy Communion at 12:00 noon

Wednesday of Holy Week: March 31

Mass at 7:00 am only

Midday Prayer with Holy Communion at 12:00 noon

Holy Thursday Morning: April 1

Morning Prayer at 9:00 am

[no morning Mass or any other Mass permitted]
coffee, bagels & fellowship afterwards

The Sacred Triduum

Lent 'officially' ends as we begin Holy Thursday's Mass of the Lord's Supper; we then enter the shortest liturgical season: the three-day Easter Triduum. To more fully join in Christ's Death and Resurrection, all are strongly encouraged to join in all Triduum events. The Triduum is marked by the Paschal Fast, which is even more intense than the Lenten fast: all should fast from Good Friday until the Easter Vigil "as a way of coming to the joys of the Sunday of the Resurrection with uplifted and welcoming hearts." [From the Ceremonial of Bishops # 295]

Holy Thursday: April 1

We solemnly celebrate Jesus' parting gifts of love: the Eucharist, His abiding Presence; the Priesthood, His care and concern for us; and Christian Service, our call to continue His work. In the Mass of the Lord's Supper we serve by washing feet, give alms through Operation Rice Bowl, and 'watch one hour' with the Lord in Eucharistic Adoration until Night Prayer.



Holy Thursday Services

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| Morning Prayer/Breakfast | 9:00 am |
| Mass of the Lord's Supper | 7:30 pm |
| Night Prayer | 11:00 pm |

Good Friday: April 2



We meditate on Christ's Passion and Death with ancient rituals and in profound silence. The church is open all day for private prayer and four public services: Morning Prayer, two Stations of the Cross

and the main Celebration of Our Lord's Passion and Death. All should visit the church this day to thank God for His great redeeming love!

Good Friday Services

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| Morning Prayer | 9:00 am |
| Children's Stations | 12:00 noon |
| Main Celebration of Christ's Death | 3:00 pm |
| Stations of the Cross | 7:30 pm |

Holy Saturday: April 3

Ancient tradition prohibits Mass this day; we keep watch at the tomb in solemn prayer. Pray for those who will be baptized and welcomed into our church during this day of prayerful reflection.

Holy Saturday Services

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|-----------------------------|---------|
| Morning Prayer | 9:00 am |
| Midday Prayer/Food Blessing | 12 noon |
| Easter Vigil Mass | 7:30 pm |

Nightwatch of the Resurrection The Easter Vigil: April 3: 7:30 pm

Church law strictly requires that this Mass begin after nightfall, in darkness! The four-part Easter Vigil Service, the climax of the liturgical year, begins at 7:30 pm:

SERVICE OF LIGHT. The Paschal Candle, symbol of the Risen Christ, lit from the blessed fire, is brought into the darkened church. As all light their candle from the Christ-Light, the darkness of the tomb erupts into the warm glow of the Risen Lord's presence!

LITURGY OF THE WORD. We tell our scriptural story of God's marvelous, saving deeds throughout history.

LITURGY OF BAPTISM & CONFIRMATION. With blessed Easter Water, we renew our Baptismal Promises and welcome our newest members through the Sacraments of Initiation; we make God's saving deeds and the Risen Lord's presence alive in us: His Church!

LITURGY OF THE EUCHARIST. In the highpoint of the Great Three Days [and the entire year] we share Eucharist with our newest members for the first time. We pledge ourselves anew to become Eucharist: to become Christ's loving presence in our world.

NOTE: There is NO 5:00 pm Vigil Mass on Holy Saturday; the ONLY MASS is at 7:30 pm.

Easter Sunday: April 4

Alleluia! Alleluia! Alleluia!

Easter Masses:
Saturday Easter Vigil:
7:30 pm

Easter Sunday:
7:30 am - 9:00 am
10:30 am - 12:00 noon



[note the different Easter Mass schedule!]