

23 February 2020
VII Sunday of the Year (New Calendar)
Quinquagesima Sunday (Traditional Calendar)

Sunday Mass: Anticipated Sat. 4PM/Ancient Rite Latin Mass Sun. 8AM
Sunday 9:30 & 11 AM

Confessions: Wed. & Fri. 6:30-6:55 PM/Sat. 7:30-7:55 AM
Sat. 2:30-3:30 PM & 6:30-7:30 PM

THE HOLY SACRIFICE OF THE MASS

Tue. 25 Feb. THE HOLY FACE OF JESUS
8 AM For: Special Intention
Holy Rosary for the Unborn & Newborn

THE HOLY SEASON OF LENT

Wed. 26 Feb. ASH WEDNESDAY
8 AM Liturgy of the Word, Blessing & Distribution of Ashes

12 N Liturgy of the Word with Distribution of Ashes

7 PM Holy Mass with Distribution of Blessed Ashes
For: Fr. Edmund J. Morelle+ (4th Anniv.)
Req: Estate

Thu. 27 Feb. St. Gabriel of Our Lady of Sorrows, Religious
8 AM For: Richard Whipple+ (2nd Ann.)
Req: Susanne Dunne

Fri. 28 Feb. St. Hilary
8 AM For: Kyle Lott (L.)
Req: The Anderson Family

Sat. 29 Feb. St. Oswald, Bishop
8 AM For: Special Intention

4 PM For: David Kustyn+
Req: Mozelle Vito

Sun. 1 Mar. I Sunday of Lent (Both Calendars)
8 AM For: Michael Van Auken & Kelly Ellis (L.)
Req: Allen Van Auken
9:30 AM For: The Parishioners of OLGCC
11 AM For: Liola Mollenhauer+
Req: Mr. & Mrs. Stephen van Lieshout

Servers for the weekend of 29 Feb.-1 Mar.:

Sat. 4 PM: J. Vanderhoof, Richard Richmond

Sun. 8 AM: T. Murnane, J. Murnane

Sun. 9:30 AM: B. Johnson, R. Anderson

Sun. 11 AM: C. Anderson, J. Covino

THE HOLY SEASON OF LENT BEGINS ON WED. 26 FEB. ASH WEDNESDAY

8 AM: Liturgy of the Word, Blessing & Distribution of Ashes

12 Noon: Liturgy of the Word, Distribution of Ashes

7 PM: Holy Sacrifice of the Mass, Distribution of Ashes

ASH WEDNESDAY IS A DAY OF FAST FOR THOSE BETWEEN THE AGES OF 18-59.

The law of fast means that only one full meal may be taken. Two smaller meals that would not equal a full meal if taken together, may be eaten as well. Nothing is eaten outside of these meals. Liquids may be taken any time. Expectant mothers and the sick are not obligated to fast.

ASH WEDNESDAY AND ALL FRIDAYS OF LENT ARE DAYS OF ABSTINENCE FOR THOSE 14 YEARS OF AGE AND OLDER.

The law of abstinence requires us to eat no meat on these days. Meat is defined as the flesh of mammals and fowl, but meat gravy or soup may be taken.

STATIONS OF THE CROSS, HOLY COMMUNION & BENEDICTION: EVERY FRI. OF LENT AT 7 PM.

Please join us in retracing the steps of our Blessed Lord as He was dragged to Calvary.

RELIGIOUS INSTRUCTION RESUMES FOR JR. HIGH & ADULT CLASS TUE. 3 MAR. AT THE USUAL TIMES.

FIRST PENANCE REMINDER: First Penance will be held on Sat. 14 Mar. at 10 AM in church.

NATIONAL COLLECTIONS IN THE NEAR FUTURE:

For the Church in central and Eastern Europe: Ash Wednesday. Supports the rebuilding and growth of the Church in formerly communist countries.

For the Black and Native American missions: 29 Feb.-1 Mar.

Benefits the evangelization of Black and Native Americans.

God bless you for your participation in these works of mission.

OPEN HOURS OF ADORATION AT ST. JOSEPH'S ADORATION CHAPEL

Lent is an opportune time to commit yourself to one hour of adoration of our Blessed Lord. Open hours are: Thu. 12 M-1 AM; Fri. 2-3 AM and Sat. 12-1 AM. If you would be willing to take one of these, please call Stephen or Cindy van Lieshout at 315 361 1801. God bless you.

SUGGESTIONS FOR A PROFITABLE LENT

1. Corporal or External Fast, including the abstinence from certain foods, drinks and amusements, music and parties during Lent. These points of fast should be stressed today especially with the mania for entertainment besetting our society.

Of special importance: fast from social media and cell phone chatting, which consume an inordinate amount of many people's time today, to the detriment of their prayer life, and works of charity.

2. Spiritual or Internal Fast, which consists of abstinence from "all evil"-sin. St. John Chrysostom taught that the "value of fasting consists not so much in abstinence from food but rather the withdrawal from sinful practices". St. Basil the Great explains: "Turning away from all wickedness means keeping our tongue in check, restraining our anger, suppressing our evil desires, and avoiding all gossip, lying and swearing. To abstain from these things- herein lies the true value of fast!" (How about resolving to not look at any pornography throughout Lent?)

3. Spiritual Change is achieved by the practice of virtues and good works, must be the objective of our fasting. The Fathers of the Church insisted that during Lent the faithful attend the Lenten services and daily Mass.

Some Corporal or External Practices:

- Take less of what you like and more of what you dislike at meals.
- Take nothing to drink between meals.
- Do not use seasoning on your food.
- Do not use sweeteners with your drinks or food.
- Avoid listening to the radio, TV, iPod, stereo. Do not watch videos.
- Read the Passion of Our Lord from one of the four Gospels.
- Pray the Holy Rosary or the Rosary of the Seven Sorrows of Our Lady.

Spiritual or Internal Practices

- Avoid unnecessary talking, say short invocations throughout the day.
- Exercise patience in all things.
- Do not complain about anything.
- Restrain your anger and go out of your way to be kind to the one who provoked you.
- When asked to do something extra, do it with joy and pleasure.
- Speak in a pleasant tone of voice to everyone.