

14 January 2021
VI Sunday in Ordinary Time (New Calendar)
Quinquagesima Sunday (Traditional Calendar)
St. Valentine, Priest & Martyr

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

Confessions: Wed. 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

Mon. 15 Feb. Sts. Faustinus & Jovita, Brothers, Martyrs
8 AM Traditional Latin Mass for Special Intention

Tue. 16 Feb. **THE HOLY FACE OF OUR LORD**
8 AM For: Charles "Pete" Baker
Req: Patricia Caren

Wed. 17 Feb. **ASH WEDNESDAY**
8 AM Liturgy of the Word, Blessing & Distribution of Ashes
12 NOON Liturgy of the Word, Blessing and Distribution of Ashes
7 PM Holy Mass with Distribution of Ashes
For: Margaret Miller (L.)
Req: Mr. & Mrs. Stephen van Lieshout

Thu. 18 Feb. St. Bernadette Soubirous, V., R., Seer of OL at Lourdes
8 AM For: Geraldine Brown+
Req: The Mark Judge Family

Fri. 19 Feb. St. Conrad of Piacenza, Hermit, Invoked for Hernias
8 AM For: David Richards+
Req: Wife, Marie Richards

Sat. 20 Feb. STS. FRANCISO & JACINTA MARTO, Seers
8 AM For: Special Intention

4 PM For: Robert McCauley+
Req: Family

Sun. 21 Feb. I Sunday of Lent (Both Calendars)
8 AM For: Concetta Bianchi+ (Birthday)
Req: Dr. & Mrs. Francis Bianchi

9:30 AM For: Gary Cullen+

Req: Mr. & Mrs. William Alessi

11 AM For: The Parishioners of OLGCC

NEXT WEEKEND: GROUP I attends Holy Mass.

CONSECRATION TO ST. JOSEPH ONLINE

In this year of St. Joseph, the Diocese is offering a program of Consecration to him which begins Monday, 15 February, and which will conclude on his Feast Day, 19 March. Go to the diocesan website, syracusediocese.org and click on the link that says Consecration to St Joseph sign-up.

CONFIRMATION CLASSES RESUME, TUE. 16 FEB. 7 PM

Students in 9th and 10th Grade are to come to the classes which will be 45 minutes in length. Students are to wear a face mask, will be kept socially distant, will be finger-printed, back-ground checked and electronically body-searched to ensure that there are no deadly materials coming into the classroom! (Just kidding...about those last three anyway).

WED. 17 FEBRUARY-ASH WEDNESDAY

Please note times for Distribution of Ashes on opposite page.

ASH WEDNESDAY AND ALL FRIDAYS OF LENT are days of **Abstinence:** Those 14 years of age and older are obligated not to eat meat on these days.

Fast: From the 18th birthday to the 59th birthday, we are obligated to fast on Ash Wednesday and Good Friday. Fasting means that only one full meal may be eaten on these days. Two smaller meals that do not equal a second meal if they were taken together, may be eaten, however. Nothing is eaten in between meals, and of course, medicines are permitted at any time.

STATIONS OF THE CROSS: FRIDAYS DURING LENT AT 7PM.

Confessions will be heard from 6:30-6:55 PM.

OPEN HOUR OF ADORATION AT ST. JOSEPH CHAPEL

Our Lord is looking for someone to keep Him company from 7 AM-8AM on Sunday. If you want to be that someone, please call Cindy or Stephen van Lieshout at 315 361 1801.

CONTRIBUTION STATEMENTS

If you would like a statement of your donations to OLGCC during 2020, please write "statement please" on your envelope, email the address on the front of the bulletin, or call the Rectory.

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.