

FIRST SUNDAY OF LENT



SATURDAY, MARCH 8

5:00 DR. ANTHONY FLAGIELLO

SUNDAY, MARCH 9

7:00 MARIE D. CARNEGIE
8:30 KAY McMULLEN
10:00 NED THOMPSON 6TH ANNIVERSARY
11:30 PEOPLE OF THE PARISH
1:00 DOMINIC BOCCHINO
5:00 DR. WILLIAM FREDERICK

MONDAY, MARCH 10

7:00 CHARLES, MARY & CHARLES DONOHUE
9:00 JOHN MARRONE

TUESDAY, MARCH 11

7:00 JOHNNY SANTALIZ-TORO
9:00 EMELIA MIRABILE

WEDNESDAY, MARCH 12

7:00 MARION DeROSA
9:00 WILLIAM CURLEY

THURSDAY, MARCH 13

7:00 RAYMOND WOLFE
9:00 WILLIAM WAITE

FRIDAY, MARCH 14

7:00 WILLIAM SANTALIZ-TORO
9:00 OLGA STEPHANE

SATURDAY, MARCH 15

9:00 NICHOLAS TORELLO
5:00 MARY KIRINCICH

SUNDAY, MARCH 16

7:00 DECEASED MEMBERS OF THE QUINN & McCAULEY FAMILY
8:30 AL & SUE AMORE
10:00 XUE QIAN ZHENG
11:30 PEOPLE OF THE PARISH
1:00 JOHN P. WALSH
5:00 ROSEMARY DALTON

Lectors March 15 and 16

Saturday, March 15

5:00 Frank Ponterio

Sunday, March 16

7:00 Theresa Zulch
8:30 Kennedy Apoe
10:00 Roy Hansen
11:30 Maria Montuori
1:00 Charles Sullivan
5:00 Jane Coyle



Susan Pellecchia, Lois Mazzitelli, Rosanne Mezzacappa, Christopher Luciano, Kathryn Brock, Patricia Repoli, Al Frezio, Meghan Clark, Youlanda Santella, Tim Campagna, Alberto Meranda, Matthew Gleason, Jerry Russo, Anna Parente, James Parente, Gerard Crane, Ruth Manieri, Rafaella Tierno, Mary Kenny, John C. Marino, Alice Longo, Spc. Bryan Camacho, Michael Rucci, Cpl Justin Campbell, Roseanne Liveo, Robert Donohue, Robert Poggi, USM, Joyce Rusinak, Barbara Brennan, Sam Pezzano, Sheila Jones, Edward B. Hanson, Robert Gaylord, Emily Baron, Frank Silvestri, Carol Van Manen, Frank Juliano, Theresa Brier, Richard Nagrowski, Luella Page, Theresa Mirante, Diane Gregorio, Barbara Walsh

Wedding Banns

II Stefania Morelli and Rocco Storz
III Mary McLaughlin and Joseph Kavanagh

Newly Baptized

Jacob Elijah Joseph
Chloe Claudia Myers
Amy Valencia
Aquiles Fernando Valencia
Mia Valencia

Collection March 2

Regular \$6,756.00
Monthly \$2,673.00



EXPOSITION OF THE BLESSED SACRAMENT AND STATIONS OF THE CROSS will be every Friday during Lent. Exposition will start 11AM (barring any funerals) and end with Benediction at 7:15PM. Stations of the Cross will follow at 7:30PM.

The Bread and Wine are in loving memory of Neill Corbett and Francis L. Sullivan requested by Catherine and Frank Sullivan.

The Sanctuary Candle is in loving memory of Gloria Rodriguez 3rd Anniversary.

HAVEN'T GOT A PRAYER?

We are now in the Liturgical Season of Lent and Lent is a good time for us to think a little bit more about spiritual things and our soul -often the last thing we give attention to. Of course, one of the most important elements in that endeavor is the practice of prayer. Yes, prayer is necessary to lead a truly Christian life. But we have to do it and not just talk about it!

I heard a story one time about a nun who was visiting a sick man in the hospital. The man leaned over his bed and said, "Sister, will you please pray for me? I haven't prayed in over thirty years!" To which Sister replied, "Why don't you pray yourself? Sometimes God more readily recognizes an unfamiliar voice." That is a good point!

Prayer simply put, is conversation with God and it can take many forms. In fact, there are four classifications of prayer: *Adoration*, *Contrition*, *Thanksgiving*, and *Supplication*.

A definition of *Adoration* would be the highest reverence and homage offered to God who created us and sustains us in being at every moment of our lives. *Contrition* refers to sorrow for our sins. I think that most of us know the Act of Contrition that we learned as children. We say that we are sorry for our sins and ask for the grace to change our lives for the better.

Thanksgiving is the prayer of gratitude. This it seems is the least popular form of prayer. How many of us stop to thank God for everything that we have and are - for all the blessings of our lives? Not many! In fact, we are more like the nine lepers who were healed by Jesus in the Gospel and forgot to thank Him. Only one man came back to express his gratitude for the gift of healing!

Finally, *Supplication*. This is the most popular prayer. In common parlance, it

means, "asking for things." We all ask God for many things - whether that be for good health, to win the lottery or pass an exam. But we should remember that God could say "no" to what we ask for. It might not be good for us in the long run!

How can we pray better? Well for one, we need to carve out a little time each day to do it. All of us today are so busy but if we are too busy to give the Lord some time, then we are too busy! To pray well, we need to find a quiet place. Ideally, this quiet place is the church or chapel in the presence of our Lord in the Blessed Sacrament. But if there is a quiet place in the house, this will suffice.

When we pray we must first acknowledge the presence of the Lord. As we kneel or sit, we acknowledge that we are in a sacred place and that our loving God is present.

Secondly, we have to slow down! Speaking for myself, this is the hardest thing to do. When I pray sometimes my mind is just racing with all the things I have to do. So we have to quiet our minds. A good way to start is to relax and take a few deep breaths.

Finally, an excellent spiritual practice is to reflect upon a prayer like the "Our Father" or slowly read a passage from the Gospels. It could be the Gospel for the Mass of the day. We meditate on the Lord's words and picture the scene in our minds. By doing this, we come to know the Lord Jesus Christ better.

If we haven't "had a prayer" recently, the season of Lent is now a time to "reconnect" with Christ and grow in His grace! Sincerely in Christ, Father Jerome



LENTEN REGULATIONS

1 - Lent is to be observed as a special season of prayer, penance and Christian charity.

2 - Ash Wednesday and Good Friday are days of abstinence from meat. They are also days of fasting, allowing one full meal.

3 - The other Fridays of Lent are days of abstinence from meat. The obligation of fasting on Ash Wednesday and Good Friday obliges all Catholics 21 years of age until the completion of their 59th year. The obligation of abstinence obliges all Catholics from the age of 14. Those whose health or efficiency of work would be substantially impaired by fast and abstinence are excused from physical mortification. When there is doubt or question regarding an individual's obligation a priest should be consulted.

4 - The Fridays of the year outside of Lent remain days of penance. Other practices of voluntary penance may be substituted for abstinence from meat. These practices may be acts of self-denial, temperance, public worship, personal prayer, charity or Christian witness.

SACRED HEART SCHOOL is now accepting Applications for September 2014



Openings in Pre-K 3& 4, Universal UPK (full day)with extended day Kindergarten - Grade 7

Early Morning Drop-Off and After-School Care until 6:00PM available

Inquire at school office Mon.-Fri. 8:00AM-3:00PM

CCD Classes in March - 12, 19, 26

2014 CARDINALS APPEAL \$8,750,000 of the funds raised through the Appeal helps needy schools and parishes throughout the Archdiocese. While continuing the great tradition of educating our youth and providing spiritual refuge and enlightenment, many of our parishes and schools need assistance to meet their day to day requirements. Invest in your faith and parish community and make your gift to the Appeal.

Parish Choir Come sing with us for Lent and Holy Week!! See you 11AM for 1st Sunday Lent 11:30AM Mass (March 9). Come to the choir loft and experience your Lenten journey through creating choral liturgies of beauty and wonder!! See you there!!

Family Choir sings April 6-Bring your aunts, uncles, cousins up to the loft and sing along with the whole family for Mass!! Arrive by 11:15AM and come on up!!! Prizes!! Treats!! Coffee!!

Kids Praise Choir resumes rehearsals March 12 5-6PM Chapel - See you there!! (Registration is free - form required for new members!!)

Put away a Hymnbook Time to get those hymnbooks back in their proper locations in time for Lent and Holy Week! Please look in the back of the book and put the hymnbook in it's rightful place - thank you!!

Pamela 442-0058 (VM24)

Portugal Choir Tour: check out:

www.youtube.com/watch?v=MfJSAGbyLO8
more to follow from this trip!!

Join a choir today! Put away a Hymnbook!! Buy a CD!! Come on our next International Choir tour/Pilgrimage to...!!

OUR LADY OF MT. CARMEL-ST. BENEDICTA 13TH ANNUAL JOHN J. BRUNO CHILDREN'S LUNCHEON honoring and celebrating children everywhere and honoring those people who make a difference in the lives of children - Mar. 22 at 12PM at LiGreci's Staaten. Cost \$75 per adult and \$25 per child. For reservations contact Ms. Mouton at 718-981-5131.

SUPPORT GROUPS for Bereavement and Separated & Divorced offered by the parish of Assumption-St. Paul to any adult who wishes to take part. Call 718-447-6362 for information.

ALTAR SERVER SCHEDULE MARCH 15 & 16

Saturday, March 15

5:00 Sean Hartnett, Steven Mickel

Sunday, March 16

7:00 Matthew Riccardi, Jack Lotito

8:30 Daniel Ramirez, Carly O'Brien

10:00 John Paul Hoey, Andrew Johnson

11:30 Margaret Donovan, Timothy Donnelly,
Kyle Watson

1:00 Andrea & Donald Regan, John Altschuler

5:00 Rudy Merlino, Gabrielle Garcia