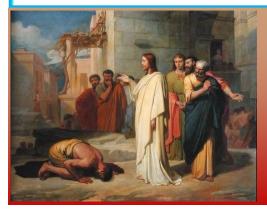
Our Lady of Perpetual Help Church

210 South Wellwood Avenue + Lindenhurst, New York 11757 + Telephone: 631-226-7725 + Fax: 631-225-9597 + www.olphlindenhurst.com + Facebook: Our Lady of Perpetual Help

myParish app!

Daily Readings - Parish Updates - Weekly Bulletin & more!

Download instructions on page 2



Jesus went into their synagogues, preaching and driving out demons throughout the whole of Galilee.

Mark 1:39

FIFTH SUNDAY IN ORDINARY TIME February 4, 2024

PASTORAL STAFF

Pastor: Reverend Monsignor Joseph DeGrocco Parochial Vicars: Reverend Fidelis Ezeani, Reverend Frank Zero, Reverend Emmanuel Okonkwo Deacons: Deacon William R. Crosby, Deacon Douglas G. Smith, Deacon Robert A. Becker, Deacon James Totino Business Manager: Mr. Gerry Chille

Director of Faith Formation: Mrs. April Kleinlaut

COME AND PRAY...

LITURGY OF THE HOURS

Music Director: Miss Erin Barrett

Our church is open Mondays, Tuesdays, Wednesdays and Saturdays until 6:30 p.m. The church closes after the 12:15 p.m. Mass on Thursdays and Fridays, after the 5:00 p.m. Mass on Saturdays (except First Saturdays, when there is Nocturnal Adoration until 9:30 p.m.) and after the 12:00 Noon Mass on Sundays (or after the 2:00 p.m. Baptisms when those are celebrated). Also, the church will close after the last Mass on all holidays and holy days when parish offices are closed, regardless of the day of the week. Come in and spend some time in prayer whenever the church is open!

MASS SCHEDULE

Monday – Friday: 6:30 a.m. and 12:15 p.m. Saturday Morning: 8:00 a.m. Saturday Afternoon (Sunday Anticipated): 5:00 p.m. Sunday Masses: 8:00 a.m., 10:00 a.m., 12:00 p.m.

Special Needs Mass: First Saturday of the month at 4:00 p.m. in the auditorium (Sunday Anticipated Mass) Holy Days of Obligation: Consult the bulletin

EXPOSITION OF THE BLESSED SACRAMENT

Wednesdays: 12:45 p.m. to 2:00 p.m. **First Saturdays:** 6:30 p.m. to 9:30 p.m.

We pray Evening Prayer communally, in person, each Saturday in the church immediately following the 5:00 p.m. Mass. Each Sunday, we pray Morning Prayer at 9:15 a.m. and Evening Prayer at 7:00 p.m. on the Zoom video platform. Click on the Zoom link on the home page of our website.

SACRAMENT OF RECONCILIATION

Every Saturday, 4:00 p.m. to 4:45 p.m. Also available by individual appointment with one of the priests.

DEVOTIONS

OLPH Novena: Mondays following 12:15 p.m. Mass <u>Rosary</u>: Weekdays following 6:30 a.m. Mass Saturdays and Sundays following 8:00 a.m. Mass <u>The Holy Face of Jesus</u>: Tuesdays following 12:15 p.m. Mass <u>First Fridays and First Saturdays</u>: As announced in bulletin

PARISH OFFICE HOURS

Monday-Thursday: 9:00 a.m. - 9:00 p.m. Friday: 9:00 a.m.-1:00 p.m. Saturday and Sunday: 9:00 a.m. - 2:00 p.m.



DRMED

Week of February 04, 2024

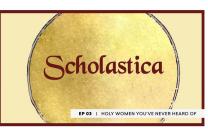




Sts. Benedict and Scholastica | Littlest Saints

A pair of holy twins, a cave, and a group of naughty monks... this is the story of Saint Benedict and Saint Scholastica. Visit their website here: www.littlestsaints.com





St. Scholastica | Holy Women You Never Heard Of | Episode 3

Dive into the lives of Holy Women You've Never Heard Of with Dr. Elizabeth Klein and Dr. Jessica Murdoch. St. Scholastica is the sister of St. Benedict. Holy siblings and holy families change the world!



Bakhita: From Slave to Saint

Bahkita: From Slave to Saint tells the incredible story of St. Josephine Bakhita. Originally born in Sudan, Josephine was kidnapped by slavers and was eventually sold to a merchant in Italy. By the grace of God, she lived a heroic life of forgiveness and mercy which led her to become a saint.

Our parish has a FORMED subscription. Visit formed.org/signup and select our parish. Scan the QR code to download the FORMED app to your phone.



An offering from the 🖓 AUGUSTINE INSTITUTE and 🗰 gratics press

PASTOR'S COLUMN

We're still recruiting new Ushers!

Here's a final reminder that you still have the chance to sign on to become an Usher! This is such an important and vital ministry that I hope you will seriously consider stepping forward and offering your service. A full description of what's involved in the Usher Ministry can be found elsewhere in this bulletin, and, as I keep reminding people, it's something that you can do as a family, parents and children together.

Think about how important the Usher ministry is to our worship. Ushers are invaluable in helping to create a reverent and prayerful atmosphere for worship, thus enabling all of us to enter into the sacred actions of the liturgy in a more profound way. As an Usher, you will be helping people to encounter God more profoundly and will be helping them to nourish their relationship with Jesus. That's awesome!

So, if you're not already involved in a ministry, please consider becoming an Usher. Sign up now!

Mardi Gras next Sunday, February 11

Next Sunday, February 11, immediately following the 12:00 Noon Mass, will be our Mardi Gras celebration — make sure you don't miss out! We'll begin by gathering in front of the school to burn the palm we've brought back, the ashes of which will be used on Ash Wednesday. After the burning of palm, we'll head into the auditorium for the ice cream social and other Mardi Gras festivities!

See the ad elsewhere in this bulletin for complete information, and I look forward to seeing you there. Let's all go a little crazy before we settle down to the seriousness of Lent!

Ash Wednesday and the Lent ahead

Believe it or not, Ash Wednesday is just around the corner — it's on February 14! Take note of the schedule of Masses and Word Services during which you can receive ashes. Get ready for that big and bold smudge on your forehead again, which will remind all of us of the need for us to do penance and to return to the Lord.

Since we want to take Lent seriously, now is the time to begin thinking about your Lenten penance and Lenten discipline for this year. Beyond what you might give up for Lent, what spiritual practice and/or act of service toward others can you take on and do as a prayerful "extra," so that you can deepen your relationship with the Lord Jesus this Lent? Think about it!

What else can be a part of your Lent? The Little Black Book is available again this year to assist vou in your daily meditations. We'll have Stations of the Cross throughout Lent; look for that schedule. Think about how you and your family will live out the traditional Lenten disciples of prayer, fasting and almsgiving. Remember, holiness and virtue do not just happen on their own! We have to take concrete steps to cooperate with God's grace so that the life of Christ grows stronger in us. That takes planning, decision-making, commitment and follow-through.

Also, celebrating the Sacrament of Reconciliation (going to Confession) is an integral part of our season of Lenten penance and renewal. When will you go to Confession? We will again have all-day Confessions on Monday of Holy Week (this year on March 25). Why not put an appointment for that day in your calendar now, to make sure you get to Confession on that day? Most importantly, don't wait until the last minute to go to Confession, or you may not be able to make it there before Easter! Take a close look at the schedule of Confession times we are announcing, and plan ahead.

Finally, this year we're returning to having a **Parish Lenten Mission.** It will be for three nights, Sunday, Monday and Tuesday, March 3, 4 and 5, at 7:30 p.m. Set those dates aside and plan on making every effort to attend all three nights, or as many nights as you can. There's something very powerful about a Lenten Mission as we undertake that spiritual exercise together, and we have lined up a great presenter this year, Msgr. Jerry Ringenback. It's going to be wonderfully fruitful for our spiritual life and a true life-giving experience that will enhance our Lenten journey.

In conclusion...

Together, let's aim high in Christ. Together, let's bring out the best in each other. Together, let's be the best we can be in Christ.

And let's always remember: LOVE IS A GIFT.

Sincerely,

magn. Je

PRAYER AND WORSHIP



ASH WEDNESDAY February 14

6:30 a.m.— Mass 12:15 p.m.—Mass (<u>Note</u>: No Exposition following Mass) 3:00 p.m.—Word Service 4:30 p.m.—Word Service 6:00 p.m.—Word Service 7:30 p.m.—Word Service

Ashes will be distributed only during, and not outside of, these times.

Stations of the Cross Fridays

February 16, 23, March 1, 8, 15, 22 at 7:30 p.m. in the church March 29 at 12:00 Noon

We are continuing the custom of having different groups from the parish lead the Stations of the Cross on the Friday nights during Lent as a great way to highlight the traditional Lenten devotion of the Stations of the Cross.



And also, save the date... Friday, April 5—Stations of the Resurrection!



CONFESSIONS

Saturdays: February 17, 24, March 2, 9, 16 4:00 p.m.—4:45 p.m.

Saturday, March 23: 3:00 p.m.—4:45 p.m.

Monday of Holy Week, March 25: 2:00—4:00 p.m. and 6:00—9:00 p.m.

BRING PALMS TO BE BURNED FOR USE AS ASHES



We are all familiar with the practice of receiving ashes on Ash Wednesday, which this year is February 14. The ashes are a sign of the public penance to which we are all called during the Lenten season. As we promise to repent and believe in the Gospel, the ashes are a sign of our commitment to the journey of prayer, fasting, and almsgiving, a journey which ends with the new life of baptism and baptismal renewal during Easter Time. Penitential acts

are undertaken as a community, as together we journey to the cross and resurrection.

What you may not know is where the ashes come from. Very simply, the ashes used on Ash Wednesday are the ashes from palms saved from Palm Sunday the previous year, which have been burned.

This year we once again invite you to share in our communal celebration of Ash Wednesday in a special way. We ask you to bring old palms from your home and deposit them in the baskets which will be available. These palms will then be burned at our Mardi Gras celebration on Sunday, February 11, and used as ashes on Ash Wednesday.

Please join in this meaningful gesture of community and solidarity as together we prepare to embark on our Lenten disciplines.

USHERS NEEDED FOR ALL MASSES!

We are at the present time in need of more parishioners to serve as Ushers. Here's what's involved:

• Ushers serve at Masses on Sundays and Holy Days of Obligation.

• Ushers are also asked to serve at other times throughout the year at special parish occasions and liturgies.

• In addition to collecting the money offerings and distributing church bulletins after Mass, Ushers are responsible for welcoming, guiding, assisting and directing parishioners.

• The Usher ministry is open to everyone and is a great ministry for an entire family to do together.

• Ushers are required to complete the Safe Environment Requirements and attend two meetings a year, one in the spring and one in the fall.

If you are interested in becoming an Usher, fill out your information below and give it to an Usher, or place it in the collection basket.

Name:

Phone: _____

E-mail:

Mass Time Preferred:

If you have any questions you can contact Head Usher Mike Williams at <u>olphushersministry@gmail.com</u> or phone him at (631) 884-2717.

PRAYER AND WORSHIP

Novena to Our Lady of Perpetual Help

Each Monday, parishioners pray to seek the help and assistance of the Lord for



healing, family, children and the needs of the world, seeking the intercession of the Blessed Mother. Take some time each Monday to join in the OLPH Novena.

Mondays at 12:45 p.m.

BRINGING FORWARD THE OFFERINGS OF BREAD AND WINE

If the announced intention at Mass is for your intention, or if you have memorialized the

bread and wine, and you would like to carry those offerings forward at the Presentation of the Gifts during Mass, please be sure to let the ushers know this before the Mass begins. They will be happy to have you do this. If no one steps forward to specifically request this, then they will select people from the assembly.

FOR THOSE WHO CANNOT COME FORWARD IN PROCESSION TO RECEIVE HOLY COMMUNION

If you are, or if someone you are with is, unable to walk in procession to receive Holy Communion, please alert one of the Ushers **before Mass begins**. The Usher will be glad to arrange to have one of the ministers bring Holy Communion to the pew. Please remember to inform an Usher before Mass begins; do not wait until the time of Communion. Also, if at all possible, please sit in the front half of the church, to make it easier for the minister to come to you. Thank you.

A WORD ABOUT RECEIVING HOLY COMMUNION AND GOOD HEALTH

As we come to celebrate Mass together each week during these days when respiratory illnesses are at their peak, it's a good time to review some common-sense liturgical practices and issues, to help everyone stay healthy and to care for one another.

• <u>Mass Attendance</u>: MOST IMPORTANTLY, IF YOU ARE SICK, PLEASE DO NOT COME TO MASS! There is no obligation to attend Mass if you are sick; it is not a sin to miss Mass for this reason. Also, there is no need to go to Confession if you miss Mass because you are sick. Personal prayer and reflection on the Sunday Scripture readings is encouraged; many people also enjoy viewing the Mass on television. Your weekly monetary offering may be mailed to the rectory, or simply added to your offering the next time you come to Mass.

• <u>Receiving Holy Communion in the Hand Rather Than on the Tongue</u>: All are encouraged to receive Holy Communion in the hand rather than on the tongue; this is vastly a more sanitary method. If it is necessary for you to receive on the tongue, we ask you to wait and come up at the end of the line, to be the last communicants to receive Holy Communion. Your cooperation with this is appreciated.

• <u>Communion from the Chalice</u>: The Precious Blood will continue to be available for those who wish to receive the Precious Blood of Christ in addition to the Body of Christ. Obviously, communicants should refrain from drinking from the chalice when one has a cold or is fearful of being infected.

PARISH LENTEN MISSION



Parish Lenten Mission "Homecoming"

Sunday, March 3—Coming Home to Oneself

(How we see ourselves before God—our successes and failures)

Monday, March 4—Coming Home to God

(When and where we experience God's presence and absence)

Tuesday, March 5—Coming Home to the Church

(Reflection on the current issues facing the Church and how we might respond)

7:30 p.m. in the church

We need to come home to that place in our heart where God dwells, and where we are loved by God and others. This Parish Lenten Mission will take us on a journey—a Homecoming—which will bring us closer to ourselves, our God and our Church.

Given by Msgr. Jerry Ringenback

Retired Pastor of Good Shepherd Parish, Holbrook

Fr. Jerry has also served as a spiritual director at both St. Pius X Preparatory Seminary and Immaculate Conception Major Seminary in Huntington. After ministering in several parishes as an associate pastor, he became pastor of St. Peter the Apostle Parish in Islip Terrace, then pastor of St. Bernard Parish in Levittown and most recently as pastor of Good Shepherd Church in Holbrook. Fr. Jerry has also served on many various diocesan committees and is currently Spiritual Advisor for St. Vincent de Paul Society headquartered in Bethpage. Although retired from full-time ministry, Fr. Jerry presently assists on weekends at St. Anthony Church in Rocky Point and from time to time offers various workshops and programs on the theme of



Catholic spirituality. He resides in a private residence on the North Fork. He looks forward to offering the upcoming Lenten Mission to the people of OLPH and providing spiritual impetus for he season of Lent— a time of great renewal.



"LET THE CHILDREN COME TO ME" PRAYER GARDEN Engraved Bricks

| Memorialize your loved ones or your | |
|--|----|
| prayer intention in our | |
| "Let the Children Come to Me" | |
| Prayer Garden! | |
| The memorializations do not have to be only for children, though | ı; |
| the manage and an is for all manage intertions | ĺ |

the prayer garden is for all prayers, intentions and memorializations for loved ones of any age. Or, you can offer a prayer intention.

| Your Name(s) | |
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| Street: | |
| City: | State: Zip: |
| Phone: | Email: |
| Make checks payable to Mail or re Our Lady o Attn: Br | ent of \$125 with this completed form. : Our Lady of Perpetual Help Church. turn form in person to: f Perpetual Help Church rick Memorialization Jinda Coppola |

210 South Wellwood Avenue

Lindenhurst, NY 11757

Please print the inscription as it is to appear on the brick (3 lines/15 characters per line maximum). Each box represents one letter, number, character or space. The pavers will be engraved in all capital letters. If you would like to add a heart or a cross to your brick, it will be engraved on the left hand side.

| THE SUTTONS TIM & KARED STEPHEN & VAL | | | | | | | | |
|---|--|--|--|--|--|--|--|--|
| IN LOVING MEMORY | | | | | | | | |
| JOSEPH & MARY ALWAYS WITH US | | | | | | | | |

<u>LITTLE BLACK BOOKS FOR LENT</u> <u>ARE NOW AVAILABLE</u>

Please take home a *Little Black Book,* new for 2024, which contains daily reflections for the Lenten season. This book provides the opportunity for prayerful sacred reading for every day of Lent. Books are available throughout the church on the pew ledges. Let God speak to you during this special and holy time of the liturgical year by taking a few minutes for quiet reflection using the *Little Black Book.* They are provided free of charge for your spiritual enrichment, but if you would like to put an extra three (3) dollars into the collection basket to help cover the cost of your book, it would be appreciated. Thank you!



REMINDER REGARDING THE COMMUNION FAST

Please remember that we are supposed to observe a Communion Fast before receiving Holy Communion. This means we do not eat any foods or drink any liquids for one hour before receiving Holy Communion, the only exception being water or medicine. This also means that we are not to chew gum during Mass, and certainly not while we are coming forward to receive Holy Communion. Let's be sure we are appropriately prepared to receive Holy Communion by observing this important rule of the Church.

FOR THOSE WITH CELIAC DISEASE

Special hosts are available for those with Celiac Disease who cannot receive Holy Communion using the usual bread. These hosts contain less than 0.001% gluten content and are approved for the Roman Catholic Church by the United States Conference of Catholic Bishops. If you need to receive Holy Communion using one of these hosts, please stop in the sacristy before Mass begins to discuss this with the priest. We will be happy to accommodate you.

OFFICE OF FAITH FORMATION

Located in the Rectory Phone # 631.226.7725 x. 253 Email: *religioused@oloph.org* Director: Mrs. April Kleinlaut (akleinlaut@oloph.org)

BIBLE CAMP:

All interested: Please attend the first Bible Camp meeting this Saturday, February 10th, at 11:30 a.m.

LEVEL 7:

Remember that there will be a Parent Meeting on the topic of Social Justice this Wednesday, February 7th. Please report to the auditorium during your child's normal class time.

LEVEL 2 and SPCOM:

Remember that there is the Communion Retreat this Saturday, February 10th, during class time. Students will report to their normal rooms.

Scripture of the Day!

Jesus said to her, "Everyone who drinks of this water will be thirsty again, but those who drink of the water that I will give them will never be thirsty. The water that I will give will become in them a spring of water gushing up to eternal life."

OFFICE OF FAITH FORMATION REGULAR OFFICE HOURS:

Monday: 9:00 a.m. -3:00 p.m. Tuesday: 9:00 a.m. - 3:00 p.m. Wednesday: 12:00 p.m. -8:00 p.m. Thursday: 11:00 a.m. - 5:00 p.m. Friday: CLOSED Saturday: By Appointment Only

Saint of the Day! <u>St. Valentine</u>

St. Valentine's feast day is February 14. He is such a popular saint because of the huge holiday his feast has turned into, but what do we really know about him? He was arrested a few times for converting people to Christianity and for performing marriages for couples in the Christian faith. He healed his jailer's blind daughter, and the whole house of 44 people converted. He eventually tried to convert the emperor, who then sentenced him to death, making him a martyr. Before his death he signed a note to the girl he healed "From your Valentine," inspiring the popular trend of Valentine's cards.



-John 4:13-14



MARDI GRAS ICE CREAM SOCIAL

Sponsored by the Family Life Ministry



We hope you will join us for an afternoon of prayer and fun, including the burning of Palms, as we prepare for our Lenten journey. Let's celebrate together before the seriousness of Lent!



When: Sunday; February 11, 2024 Where: O.L.P.H. Auditorium Time: Immediately following the 12:00 Mass

There will be games, music and ice cream toppings galore!!

Please bring a non-perishable food item for the St. Vincent de Paul Pantry.

Contact: Angela Garofalo (516)445-9635 or <u>finestone@optonline.net</u>

Mardi Gras Reply Form

First and Last Name _

____ # of adults

____ # of children

Telephone#_

____ E-mail_

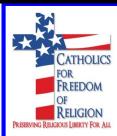
RSVP to Angela Garofalo: <u>finestone@optonline.net</u>

or (516)445-9635

RSVP by TODAY, Sunday, February 4, 2024

CATHOLICS FOR FREEDOM OF RELIGION

FOCUS ON RELIGIOUS FREEDOM



United States Conference of Catholic Bishops Publishes Report on the State of Religious Liberty in the United States

On January 16, which is National Religious Freedom Day, the Bishops released what they titled The First Annual Report on the State of Liberty in the United States. The report came from the Committee on Religious Liberty of the USCCB. Bishop Rhoades

of Fort Wayne, IN is the Chairman of that committee.

The Bishops' report points out five areas of particular concern for 2024:

- -Attacks on churches, mosques and temples;
- -Health and Human Services regulations which would likely force doctors to perform
- transgender surgeries and, perhaps, abortions;
- -Threats to religious charities serving newcomers;
- -Repression of religious speech regarding marriage and sexual differences.

The report also points out the alarming vandalism and destruction at Catholic sites since the Dobbs decision, and that the government has failed to find and bring to justice those committing these crimes. The frequency and severity of these attacks causes concern about the personal safety of Catholics in their churches, as well as the personal safety of Jews and Muslims in light of the extreme rhetoric around the Israel-Hamas conflict.

The report highlights that the most severe political threat to religious liberty is the Equality Act which was considered by Congress in 2023. The Equality Act threatens religious freedom, freedom of speech, the rights of parents to raise their children according to their beliefs, the personal safety, the equal treatment of women, and other issues.

Read more of the USCCB report here, as well as information on the Equality Act: http://tinyurl.com/5dwccjn9 http://tinyurl.com/2s4cfs5m http://tinyurl.com/5d6fvtjw http://tinyurl.com/mr25crjf

DIOCESAN AND COMMUNITY NEWS

Tune into "*Religion and Rock*" with Msgr. Jim Vlaun on Sunday from 7:00 a.m. - 8:00 a.m. on WBAB 102.3 FM or 95.3 FM on Long Island's East End. Listen on Saturdays at 11:00 p.m. on *Sirius Radio, Channel 159, the Catholic Channel* and at 11:00 p.m. on XM Satellite, Channel 117. Next Sunday's theme is <u>Sacrifice</u>, don't miss it! Listen online or receive more information regarding *Religion and Rock* go to *www.ReligionandRock.com* or at "*Religion & Rock*" on *ITUNES*. CATHOLIC FAITH NETWORK, Cablevision Channel 29/137 or Verizon FIOS 296 or visit *www.cfntv.org* !

Divorced or Separated Catholics of Long Island Including widows, widowers and singles. A social organization for single persons. New Member Orientation Meeting Tuesday **February 20** at 7:00 p.m. St. Frances Club, 1869 Wantagh Avenue, Wantagh, NY 11793. (Parking in the rear of building) Non-denominational. ALL ARE WELCOME. Bring proof of single status to join. Annual dues \$30. Refreshments following the meeting. For further information, please call also to verify there will be a meeting. Vito 516-516-503-5415 or Linda 516 286 0494.

Bereavement Support Group for Widows and Widowers 8 Week Program for Age 50 and Over Starting Thursday, March 7, 3:00 – 5:00 p.m. St. Joseph Parish Center, 39 N. Carll Ave, Babylon. For losses that have occurred before December 7, 2023 Registration Required. For more information and registration, please call: Geri Olson at 631-661-8994

Real Food Live, with Msgr. Jim Vlaun, Saturday, March 9 at 7:30 p.m. at St. Bridgid/Our Lady of Hope Regional School in the Msgr. Code Auditorium, 101 Maple Ave., Westbury, NY 11590. \$125 per ticket includes a special dinner. For reservations contact 516-334-0021 or visit our website at www.StBOLH.org.

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PARISH SOCIAL MINISTRY

- ✤ Bereavement Ministry: Linda Arpino—631.592.1062—forubabe77@gmail.com
- ✤ Blue Door Thrift Boutique: Tricia Buckley—631.561.5790—thebluedoor@oloph.org
- Catholics for the Freedom of Religion: Kathy Feldman—631.225.9864— cdefeldman@optonline.net
- Hospital Visitors: Peter O'Neill—631.226.6340—oneillp@optonline.net
- ✤ Respect Life Ministry: Louise Perrotta—631.412.3831—louiseperrotta123@gmail.com
- 🕆 St. Vincent de Paul Society: Valerie Baxter—631.226.7725, x. 234
- ✤ Special Needs Ministry: Jessica Becker Paolo—631.226.6175—jbecker@oloph.org

Society of St. Vincent de Paul

Located in the "New" School Building Use Parking Lot located on corner of Gates & High Streets 631.226.7725 x. 234

The office is open:

Monday, Wednesday and Friday 9:00 a.m.—12 Noon 1st & 3rd Saturdays 1:30 p.m.—3:00 p.m.

In the Gospel today, we find that Jesus would rise very early before dawn and go to a deserted place to pray, and then he went out to preach and to heal.

Please pray for the poor and suffering, knowing that you are bringing the love and peace of Jesus to those who live in fear and doubt, loneliness and dread. NEW FOOD PANTRY LIST! PEANUT BUTTER JELLY OR JAM REGULAR COFFEE HOT CHOCOLATE SHELF STABLE WHOLE MILK HOT & COLD CEREAL SMALL PACKAGES OF RICE PASTA SAUCE CANNED POTATOES BAKED BEANS

Thank you for your continued generosity.

Cut out this list and bring it with you when you go shopping!

THE SAINT VINCENT DE PAUL SOCIETY

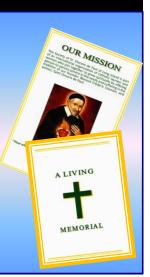
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† AN EXPANSION OF OUR MEMORIAL CARD PROGRAM

The Society of St. Vincent de Paul has an expansion of our Memorial Card program. In addition to updated *Living Memorial* cards, we offer *Special Occasion* cards. These are a great way to commemorate a special occasion (birthday, anniversary, get well, thank you, holiday, etc.) while supporting SVDP's efforts to provide not just food, but also financial, material and spiritual aid to our neighbors.

Memorial/Special Occasion card envelopes are available in the SVDP Food Pantry (M-W-F, 9:00 a.m.-12:00 noon and 1st & 3rd Saturdays, 1:30 p.m.-3:00 p.m.) or at the Rectory. The Memorial or Special Occasion Card acknowledging your donation will be sent to the person/family indicated on the form.

Please contact the SVDP Office at 631-226-7725 X 234 for more information.



I

| Men's Retreat |
|---|
| Saturday, February 24th |
| Sponsored by Our Lady of Perpetual Help |
| Knights of Columbus Council #794 |
| 185 North Broadway |
| Lindenhurst |
| FEE: \$20 |
| |

| 1:30 p.m.: SIL | gistration and Lunch |
|--|---|
| | |
| — | VER ROSE PRAYER SERVICE |
| include | es story of Juan Diego and Our Lady of Guadalupe |
| recitati | on of the Glorious Mysteries of the Holy Rosary |
| Litany | of the Blessed Virgin Mary |
| Scriptu | re readings |
| 2:30 p.m.: SAI | NT JOSEPH PILGRIM ICON PROGRAM |
| recitati | s Catechesis of St. John Paul II, Pope Benedict XVI, Pope Francis on of the Joyful Mysteries of the Holy Rosary of Saint Joseph |
| | re readings |
| - | |
| - | Presentation by Monsignor Joseph DeGrocco ifice and Yours: Participating in Offering the Sacrifice of the Mass" |
| 1.15 n m · · · | acrament of Reconciliation in OLPH Church (optional) |
| - | Iass (optional) |
| 5:00 p.m.: N | |
| 5:00 p.m.: N | Iass (optional) |
| 5:00 p.m.: N Name: Phone: | Iass (optional) |
| 5:00 p.m.: N | Iass (optional) |
| 5:00 p.m.: N Name: Phone: e-mail: | Iass (optional) |
| 5:00 p.m.: N Name: Phone: e-mail: | Aass (optional) |
| 5:00 p.m.: N Name: Phone: e-mail: | Iass (optional) |
| 5:00 p.m.: N Name: Phone: e-mail: | Iass (optional) ed application and check payable "OLPH K of C #794" To: STEPHEN STRIGARO 131 North 7 th Street |
| 5:00 p.m.: N Name: Phone: e-mail: | Iass (optional) ed application and check payable "OLPH K of C #794" To: STEPHEN STRIGARO |

SERVING AND SUPPORTING ONE ANOTHER

IMPORTANT PHONE NUMBERS AND CONTACT INFORMATION

Parish Phone: (631) 226-7725 Parish Fax: (631) 225-9597 Directory of Phone Extensions

| Name | Ext | Email |
|--|-----|-----------------------------|
| Erin Barrett, Director of Music | 210 | ebarrett@oloph.org |
| Carmel Becker, Bulletin | 246 | cbecker@oloph.org |
| Carole Carrano, Parish Secretary | 212 | ccarrano@oloph.org |
| Gerry Chille, Business Manager | 204 | gchille@oloph.org |
| Linda Coppola, Business Office Assistant | 214 | lcoppola@oloph.org |
| Msgr. Joseph DeGrocco, Pastor | 206 | msgrjoe@oloph.org |
| Fr. Fidelis Ezeani, Associate Pastor | 226 | fadaprince4christ@yahoo.com |
| Faith Formation Office | 253 | religioused@oloph.org |
| April Kleinlaut, Director of Faith Formation | 257 | akleinlaut@oloph.org |
| Fr. Emmanuel Okonkwo | 223 | emmaokons@yahoo.com |
| Rectory Reception Desk | 200 | |
| St. Vincent de Paul | 234 | stvincentdepaul@oloph.org |
| Josephine Vagelatos, Administrative Assistant to the Pastor | 206 | jvagelatos@oloph.org |
| Fr. Frank Zero, Associate Pastor | 203 | fzero@oloph.org |

THE SACRAMENT OF BAPTISM

Baptism ceremonies are held on the second and fourth Sundays of the month. Parents wishing to have a child baptized must attend a baptism preparation session before the baptism; these sessions are held on the first and third Thursdays of the month excluding holidays. Contact the Parish Office to begin the process of having your child baptized.

PASTORAL CARE OF THE SICK & ANOINTING OF THE SICK

Those who are seriously ill or facing surgery, as well as those in danger of death, should receive the Sacrament of the Anointing of the Sick. Please call the Parish Office and ask for one of our priests.

CHRISTIAN INITIATION OF ADULTS

Adults who wish to be baptized, or who have been baptized in another Christian faith and wish to become Catholic, or who have been baptized Catholic and wish to be confirmed and receive Holy Communion, are invited to join the process of the Order of Christian Initiation of Adults. Please contact Jeffrey Gaab at (631) 965-0076 or e-mail at jsg375@gmail.com to begin the process.

ADULT CONFIRMATION

Adults who have been baptized Catholic and who have received Holy Communion but who still need the Sacrament of Confirmation should enroll in our Adult Confirmation Classes. Please contact Deacon Robert Becker at 631-226-6175 or e-mail to DeaconRobert@oloph.org.

THE SACRAMENT OF MARRIAGE

Please contact the Parish Office at least SIX MONTHS before the desired date of your wedding.

YOUR PASTORAL COUNCIL

Eileen Corticchia Msgr. Joe DeGrocco Jeffrey Gaab Gregory Guido Sonia Hansen Joselyn Kalt Mary Leon Rachelle Louis-Jacques Carlton Mitchell Deacon James Totino

Please feel free to speak to any member of the Pastoral Council with any questions you might have.

YOUR PARISH TRUSTEES

Bill Bendernagel Bob Meade

YOUR PARISH FINANCE COMMITTEE

David Barrett Bill Bendernagel (Chair) Gerry Chille Meg Danaher, CFP®, CLU® Msgr. Joe DeGrocco Marie Gagneron Kenneth Hale Bob Meade Bob Mehm John Reynolds Jackie Totino

Please feel free to speak to any member of the Finance Committee with any questions you might have.

YOUR PARISH LITURGY COMMITTEE

Fauvette Auguste Erin Barrett Deacon Robert Becker Mark Costantino Msgr. Joe DeGrocco Kenneth Hale Jenine Jimenez-Spina Denise Martinez Barbara McPhail Deacon Doug Smith Mike Williams Fr. Frank Zero

Please feel free to speak to any member of the Liturgy Committee with any questions you might have.

PRAYING FOR AND SUPPORTING ONE ANOTHER

WE CELEBRATE

Almighty God, the Father of our Lord Jesus Christ, has freed you from sin, given you new birth by water and the Holy Spirit, and joined you to his people.—Order of Baptism of Children



Peyton Dorothy Annarumma

We welcome the newest members of the Catholic community here at OLPH!

PERPETUAL HELP MASS Sunday, February 4 at 10:00 a.m. Mass

| For the Repose of the Souls of the McCarthy Family | <i>Requested by the Estate of</i> <i>Rev. Thomas J. McCarthy</i> |
|--|---|
| Rev. Msgr. Daniel S. Hamilton | Requested by the Estate of Rev. Msgr. Daniel S. Hamilton |
| Frank J. Farrugia | Requested by Lena Farrugia |

WE REMEMBER

We remember those who have died in our parish.

Maureen Clementine Kelly Vincent DelVecchio Chester Lee Kraus

"O God, who through the ending of present things open up the beginning of things to come, grant, we pray, that the soul of your servant may be led to you to attain the inheritance of eternal redemption."



TO OUR NEW OLPH PARISHIONERS *Henry & Eileen Laube*

Michael, Mariachristina & Brianna Birardi Linda & Craig Gleixner Carmela Schwatrz Anita Ambrose & Anthony & Nacha Jose Martinez, Krystina Sznchez & Leila Joseph Attaquile Sean, Samantha & Charlotte Gregory

WE BELIEVE

We pray for the sick of our parish...

Kathleen Bofinger David Rowe Sheila Cormier Susan Wilson Theresa Rowe John Leyden Robin Kaufman Laurell Desner Marge Sheehan Lisa Byme Christopher Santiago Tyler Qualls Raffaela Laurice Lina Avila Evelyn Pulla Anthony Pokorney Tom Ferris Bill Stysiack Christine Ajello-Larsen Baby Liam Michael Bentley Michael Murphy Genevieve Popiel Little Joanie Giarratano James Gridley Charles DiPalma, Sr. Erin Kelly Catherine Wharry

If a family member or close friend is ill, please let us know so our community can pray for them. Please call the Parish Office to have the name of the person added to the list. Please make sure the person is aware the request has been made and that they are agreeable with their name printed in the bulletin. The name will remain on the list for at least four weeks and will be announced at Mass the first week only. You don't need to make the request again until after the name is removed from the list.

"Blessed are those who mourn, for they shall be comforted." Matthew 5:4

If you are mourning the loss of a loved one, the support of your Catholic faith community should be a source of comfort and strength. A bereavement group run by trained facilitators helps grieving people learn skills for navigating their loss and opportunities to share their stories of loss. The *Bereavement Support Group* is a parish-based ministry responding to the needs of the recently bereaved by offering emotional, and sometimes practical, support as they learn to cope with their loss.

Our **Spring Bereavement** will start up on **March 16** to **May 18 from 11:30 a.m.-1:00 p.m.** Registration required. Please call Linda Arpino 631-592-1062 or email forubabe77@ gmail.com.

MONDAY, February 5— Saint Agatha, Virgin and Martyr

| 6:30 | Angelina Albrecht | | | | | |
|---|---|--|--|--|--|--|
| 12:15 | Concetta J. Borowicz | | | | | |
| | DAY, February 6— t Paul Miki and Companions, Martyrs | | | | | |
| 6:30 | Veronica Lubrano | | | | | |
| 12:15 | Annette Walsh | | | | | |
| WEDNESDAY, February 7— Weekday | | | | | | |
| 6:30 | Waclaw Borawski | | | | | |
| 12:15 | Michael Martino | | | | | |
| THUR | SDAY, February 8— Weekday (Saint Jerome Emiliani; Saint Josephine Bakhita, Virgin) | | | | | |
| 6:30 | Kevin Schmitt | | | | | |
| 12:15 | Betty Cunningham | | | | | |
| FRIDA | Y, February 9— Weekday | | | | | |
| 6:30 | Francis P. Saunders | | | | | |
| 12:15 | Igina Pontecorvo | | | | | |
| SATUI | RDAY, February 10— Saint Scholastica, Virgin | | | | | |
| 8:00 | Deacon Frank Odin | | | | | |
| Saturday Afternoon (Sunday Anticipated): SIXTH SUNDAY IN ORDINARY TIME | | | | | | |
| 5:00 | The People of the Parish | | | | | |
| • | , February 11— TH SUNDAY IN ORDINARY TIME | | | | | |
| 8:00 | Concetta & Pasquale Perrotta | | | | | |
| 10.00 | William A. Cordone | | | | | |
| 10:00 | | | | | | |

PARISH CALENDAR

| | Monday, February 5, 2024 | : | | | | | | |
|-----------------------------|---|----------------------|--|--|--|--|--|--|
| 9:00 a.m. | St. Vincent de Paul Food Pantry | Room 23 | | | | | | |
| 10:00 a.m. | Blue Door Boutique | Room 12 | | | | | | |
| 12:45 p.m. | Devotions | Church | | | | | | |
| 5:00 p.m. | Youth Choir Rehearsal | Church | | | | | | |
| 7:00 p.m. | Family Life Meeting | Room 3 | | | | | | |
| Tuesday, February 6, 2024 | | | | | | | | |
| 6:00 p.m. | Alcoholics Anonymous | Cafeteria | | | | | | |
| Wednesday, February 7, 2024 | | | | | | | | |
| 9:00 a.m. | St. Vincent de Paul Food Pantry | Room 24 | | | | | | |
| 10:00 a.m. | Blue Door Boutique | Room 12 | | | | | | |
| 12:45 p.m. | Exposition | Church | | | | | | |
| 2:30 p.m. | Legion of Mary (631-412-3831 for information) | Off Campus | | | | | | |
| 6:30 p.m. | Levels 6, 7 and 8 Classes Level 7 Parent Meeting | School Auditorium | | | | | | |
| | Thursday, February 8, 2024 | 4 | | | | | | |
| 1:00 p.mon | Church closed for cleaning | Church | | | | | | |
| 5:30 p.m. | СҮО | Auditorium | | | | | | |
| 7:00 p.m. | Spanish Prayer Group | Cafeteria | | | | | | |
| 7:30 p.m. | Adult Choir Rehearsal | Church | | | | | | |
| | Friday, February 9, 2024 | | | | | | | |
| 9:00 a.m. | St. Vincent de Paul Food Pantry | Room 23 | | | | | | |
| 10:00 a.m. | Blue Door Boutique | Room 12 | | | | | | |
| | Saturday, February 10, 2024 | 4 | | | | | | |
| 8:30 and 10:00 a.m. | First Communion Retreat Levels 1, 3, 4, 5 and Sp. Ed. Classes | Auditorium School | | | | | | |
| 11:30 a.m. | Bible Camp Meeting | Auditorium | | | | | | |
| 12:00 p.m. | St. Vincent de Paul Meeting | Auditorium | | | | | | |
| 12:30 p.m. | Virtus Training | Room 18 | | | | | | |
| 4:00 p.m. | Confessions | Church | | | | | | |
| 6:00 p.m. | Evening Prayer | Church | | | | | | |
| 6:00 p.m. | Alcoholics Anonymous | Cafeteria | | | | | | |
| | Sunday, February 11, 2024 | | | | | | | |
| 10:00 a.m. | OCIA | Church | | | | | | |
| 1:00 p.m. | Family Life Mardi Gras | Auditorium | | | | | | |
| 2:00 p.m. | Baptisms | Church | | | | | | |
| 6:00 p.m. | Alcoholics Anonymous | Cafeteria | | | | | | |

EL MINISTERIO HISPANO

EL MINISTERIO HISPANO DE NUESTRA SEÑORA DEL PERPETUO SOCORRO,

El grupo de oración Jesús es el camino la verdad y la vida.

Le invita a alabar y glorificar a Dios todos los jueves a las 7:00 p.m. en la cafetería, en un ambiente familiar. Comenzando con el Santo Rosario. Únete a nosotros en oración, por ti y por tu familia en Alabanzas y reflexión de la palabra de DIOS.

Todos los martes llevamos el Santo Rosario a los hogares para orar en familia Interesados favor llamar a Alina Patrón al (516) 263-9401

Para más información sobre los sacramentos del bautizo matrimonio y servicio pastorales Unción de los enfermos y la Eucaristía, llamar a la rectoría 631) 226-7725/ en español a Irma González al (631) 620-2401.

Preparándonos para las lecturas del Domingo 4 de febrero del 2024

Damos gracias a Dios por mostrarnos en Jesús el poder de su amor sanador. Por medio de él nuestro Padre del cielo nos trajo amistad, perdón y fortaleza. Démosle gracias y alabanza.

Primera Lectura (Job 7,1-4. 6-7): Job Grita Su Miseria a Dios

He aquí un hombre que, probado seriamente, grita a Dios su miseria y su soledad. Es un hombre de fe, pero lucha por conseguir una respuesta: ¿Por qué sufrir?

Segunda Lectura (1 Corintios 9,16-19. 22-23): Con los Débiles Me Hice Débil

A causa de la Buena Nueva de Cristo, Pablo se hizo todo para todos, incluso débil con los débiles.

Evangelio (Marcos 1,29-39): Jesús Curó a Muchos Que Sufrían

Jesús curó a muchos como una invitación a creer en él.

El milagro del servicio. Es el milagro aparentemente más insignificante del evangelio. Por lo general pasa inadvertido. Sin embargo, marcos lo coloca como primer milagro, que debería servir al lector como Ejemplo, y los que siguen. Como lo hace el mismo Jesús que dice yo no vine a ser servido sino a servir (cf., 10,45) el servicio no es el modelo típico del seguimiento femenino, como lo pretenden algunos jes el verdadero seguimiento para todos!

¿Quieres ser grande? Conviértete en el servidor de todos. No busquemos puestos ni poder, imitemos a Jesús. Meditación del Papa Francisco

La obra salvadora de Cristo, no se agota con su persona durante su vida terrena; ésta prosigue mediante la Iglesia, sacramento del amor y de la ternura de Dios hacia los hombres.

Al enviar en misión a sus discípulos, Jesús les confiere una doble misión: anunciar el Evangelio de la salvación y sanar a los enfermos. Fiel a esta enseñanza, la Iglesia siempre ha considerado la asistencia a los enfermos como parte integrante de su misión.

"Los pobres y los que sufren, los tendrán siempre", advierte Jesús. Y la Iglesia continuamente les encuentra en la calle, considerando a las personas enfermas como una vía privilegiada para encontrar a Cristo, para acogerlo y servirlo.

Curar a un enfermo, acogerlo y servirlo es servir a Cristo, el enfermo es la carne de Cristo.

Traiga las palmas benditas y deposita en las canastas enfrente. Para las cenizas del miércoles de ceniza. 14 de febrero.



| OFFERING UPDATE | |
|------------------------|--|
| January 27/28 | |

| Mass Time | Attendance | # of Envelopes | Weekly Collection |
|-----------------|------------|-------------------|----------------------|
| 5:00 p.m. | 240 | 96 | \$2,605.00 |
| 8:00 a.m. | 150 | 64 | 2,249.00 |
| 10:00 a.m. | 273 | 69 | 1,975.00 |
| 12:00 p.m. | 350 | 86 | 2,415.00 |
| Total coin: | | | 4.60 |
| Faith Direct | | | 3,394.50 |
| Children's Env. | | 20 | 58.00 |
| Mail-ins: | | | 2,660.00 |
| TOTAL | 1,013 | 335 | \$15,361.10 |
| 2023 | 1,036 | 348 | \$14,894.86 |
| Candles | | | \$741.86 |
| Poor Box | | | \$270.77 |

DEADLINES FOR BULLETIN ANNOUNCEMENTS

All requests for items printed in the bulletin must first have approval from Msgr. DeGrocco or the ministry moderator. *All material must be submitted as a Word document* to Carmel Becker at cbecker@oloph.org. no later than the dates listed below. *Editing and sizes are at the discretion of the editor.*

> February 11—deadline passed February 18—February 9 deadline February 25—February 16 deadline



This is a time of year when keeping our new year's resolutions may become challenging, if we even made any. Well, here's an easy new year's resolution to feel good about: streamline your offertory giving and simplify your support for Our Lady of Perpetual Help Parish! Now is a great time to stop using checks and envelopes, by switching to eGiving – you can sign up from your computer, smartphone or tablet, and set up a recurring donation or make a one-time gift.

Recurring gifts help give our parish a steady, consistent offertory that strengthens the programs, services, and ministries we lead for our church families and for those in need throughout the community.

Sign up today by visiting **faith.direct/NY286**, or text '**Enroll**' to **(631) 201-5664**.

Thank you for your continued support of our parish family.

God Bless You,

man

2023 OLPH CONTRIBUTION TAX LETTERS

Tax letters for the 2023 tax year will be prepared upon request only. Requests can be made by calling the Rectory: 631-226-7725 X 200. The Secretary will take your name, address & envelope number. The letters will be sent out *only upon request*. Thank you for your cooperation.

Important Diocese of Rockville Centre Information

Information regarding a new deadline to file proofs of claim for victims of sexual abuse who were 18 or older when the alleged conduct occurred, and the forms to use, can be found by clicking on the following link to the Diocese's bankruptcy website and scrolling down the page: <u>https://dm.epiq11.com/drvc</u>

PREPARING FOR Sunday, February 11, 2024 **SIXTH SUNDAY IN ORDINARY TIME**

Moved with pity, Jesus stretched out his hand, touched the leper, and said to him, "I do will it. Be made clean."

Mark 1:41

Leviticus 13:1-2, 44-46

The Book of Leviticus is a code of conduct from Moses for the children of Israel. It is filled with instructions and norms covering a wide variety of situations that the Israelites would encounter in everyday life. We hear today how they are to treat someone who is afflicted with leprosy. While it may sound harsh to our modern ears to send someone away from the community because they are sick, this action was intended to protect the rest of the people from a very dangerous disease rather than punish the one afflicted. Be sure to notice how differently Jesus acts in the Gospel reading.

1 Corinthians 10:31-11:1

This letter is filled with practical advice for early Christians and for us today. It can be summed up in Paul's statement that "whatever you do, do everything for the glory of God." While certain actions might not be morally wrong, we should be guided by how they would affect our neighbors. Would someone be scandalized and led astray by what they see us doing, even if we know there's nothing wrong? Glorifying God should be our first concern in everything we do followed by considering the impact our actions have on others. These take precedence over our own benefit or desire and can result in others being saved and brought closer to God.

Mark 1:40-45

We learned from the first reading that persons with leprosy were considered unclean and couldn't associate with others. Yet the leper in this reading crosses a boundary by kneeling before Jesus and begging for healing. Jesus also crosses a boundary by touching him. The leper knew that Jesus could do what only God could do: heal one who is unclean. This Jesus does. But he also tells the man to keep this healing secret, perhaps because he know that the people are not yet ready to fully understand his mission and who Jesus really is. Nevertheless, the leper spread the news of this remarkable healing far and wide. Wouldn't we want to proclaim God's love for us from the housetops?

Readings for the Week Take time each day to read the daily readings of the Church.

Monday, February 5, 2024: 1 Kings 8:1-7, 9-13 + Mark 6:53-56

Tuesday, February 6, 2024: 1 Kings 8:22-23, 27-30 + Mark 7:1-13

Wednesday, February 7, 2024: 1 Kings 10:1-10 + Mark 7:14-23

Thursday, February 8, 2024: 1 Kings 11:4-13 + Mark 7:24-30 Friday, February 9, 2024: 1 Kings 11:22-32, 12:19 + Mark 7:31-37

Saturday, February 10, 2024: 1 Kings 12:26-32; 13:33-34 + Mark 8:1-10

Sunday, February 11, 2024: Leviticus 13:1-2, 44-46 + 1 Corinthians 10:31—11:1 + Mark 1:40-45

Gospel Reflection

After reading next Sunday's readings take some time to pray on them before you come to Mass. Use the questions below to aid your reflection.

1. "Moved with pity, he stretched out his hand, touched him and said to him, 'I do will it. Be made clean.'" If you come to Jesus with a problem, do you think he will be moved with pity and touch you in some healing way? Can you help heal those who are ailing around you? How can your scars help in healing others?

2. In his homily at Santa Marta on Jan. 22, 2015, Pope Francis spoke about the many people Jesus had cured, like the leper in today's Gospel. How are those miracles relevant for you today?

"Jesus saves! These healings, these words that reach the heart, are the sign and the beginning of salvation—the path of salvation for many who begin to go to hear Jesus or to ask for a healing and then turn to him and feel salvation.

Jesus has gone to the Father and from there he still intercedes, every day, at all times for us. This is something current: Jesus before the Father, offering his life, the redemption, showing the Father his wounds, the price of salvation. Every day Jesus intercedes.

When we, for one reason or another, feel a little down, let's remember that it is he who prays for us, intercedes for us continuously."

Morning meditation in the chapel of the Domus Sanctae Martha

Liturgy Strengthens the Spiritual Life

E very January, gyms are filled with people who promised themselves to become fit in the year ahead.

Anyone who has attempted to bench press, run, or kickbox their way to better health knows that getting in shape and staying in shape requires more than showing up at the gym. Staying in shape is as much about what happens outside the gym—for example, eating the right foods and getting enough sleep.

Whenever the liturgy is celebrated, participants strengthen their spiritual lives. Just as the result of a physical workout demands more than showing up at the gym, a strong spiritual life depends on more than arriving at church weekly.

Getting the most out of liturgy depends, first, on preparation just as a warm up is required for exercise. The Church's liturgical documents state that the faithful should come to Mass with "proper dispositions," with hearts ready to pray, with minds focused to pay attention, and with spirits hungry to feast on the living God. The following are ways to prepare for Mass:

- Read the Scripture readings beforehand.
- Allow yourself and/or your family enough time to get to Mass.
- On the way to Mass, think about everything for which you have to be thankful.
- When you get to church, look for and welcome newcomers.
- Reach out to someone who is going through a tough time.

During Mass, participate with your whole being. Sing the songs and pray the prayers from your heart. Listen attentively. Allow the readings, the music, the symbols, and the rituals to engage your spirit, move your soul, soften your heart, and transform your way of being.



Participation in the liturgy strengthens the spiritual life.

Just as athletes continue to exercise during the cool down after their workout, Catholics should spend time in reflection after the Mass. For the liturgy to penetrate lives, it should be pondered after leaving the church. An individual might begin reflecting by considering what words in the readings, homily, or prayers affected him or her. Perhaps they were drawn particularly to the music or a ritual. Consider what affected you the most. Discuss questions that arose from the readings. Sing the psalm refrain.

Continue throughout the week to be attentive to the liturgy. This can be done in many ways. Pray Morning or Evening Prayer. Participate in the celebration of weekday Mass. Read the daily Scripture readings. Study the faith. Take an adult education class. Practice the Corporal and Spiritual Works of Mercy.

A good physical workout leaves people exhausted and exhilarated, with a sense of accomplishment. Participating in the liturgy and reflecting on it brings worshippers the sense that God has accomplished something in them.

SAFE ENVIRONMENT REQUIREMENTS

A person wishing to volunteer in any parish or organization in the Diocese of Rockville Centre must first complete three requirements:

- 1. Attend Protecting God's Children (Virtus)
- 2. Sign the Codes of Conduct
- 3. Complete a background screening application.

(Background screening is conducted on all volunteers and employees every 5 years.)

Directions to Complete the 3 Requirements:

1. Sign up to attend a Protecting God's Children class: <u>www.Virtus.org</u> When you log on to the Virtus website, you will create a Virtus account.

- a. If you have not attended a Virtus class, you are a first time registrant.
- b. The first screen will ask the name of your organization-from the drop down list select **Rockville Centre-Safe Environment**.
- c. Follow all directions on the next screens.
- d. One screen will have the **Codes of Conduct**. Please acknowledge the Codes of Conduct.
- e. Continue with the registration process and select the class you will attend.
- f. After selecting the class, you will be instructed to complete the background screening application.

2. Background Screening Application:

- a. Sterling Volunteers is the company providing the background screening.
- b. Follow all the directions to complete the background screening application. DO NOT STOP ONCE YOU BEGIN THE APPLICATION! If you stop-you are locked out of the process due to security procedures.
- c. You will need to provide your Social Security #; if you do not provide a Social Security # you will be charged a fee.
- d. After completing the application, hit the 'Submit Button'

Congratulations! You have now:

Registered to attend a Virtus class ~ signed the Codes of Conduct ~ Completed the Background Screening.



#225 FOR ADVERTISING: THE CHURCH BULLETIN INC., 200 DALE ST., W. BABYLON, NY 11704-1104 (631) 249-4994 • churchbtn@gmail.com



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