

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



1871

Celebrating 150 Years

2021

Go to www.olph150th.com to order great 150th Anniversary Memorabilia!



*Thus says the LORD:
Here is my servant whom I uphold,
my chosen one with whom I am pleased...*

Isaiah 42:1

THE BAPTISM OF THE LORD

January 10, 2021

PASTORAL STAFF

Pastor: Reverend Monsignor Joseph DeGrocco

Parochial Vicars: Reverend Fidelis Ezeani, Reverend Frank Zero, Reverend Emmanuel Okonkwo

Deacons: Deacon William Crosby, Deacon Douglas G. Smith, Deacon Robert A. Becker

Business Manager: Mr. Thomas Crennan

Director of Faith Formation: Mrs. April Kleinlaut

Music Director: Mr. Christopher Ferraro

Deacon Frank Odin, Retired

COME AND PRAY...

Our church is open

6:00 a.m. to 6:30 p.m. seven days a week,
except for Thursdays when it closes
after the 12:15 p.m. Mass for cleaning.

Come in and spend some time in prayer.

Face covering and social distancing required.

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. (live-streamed), 12:00 p.m.

LITURGY OF THE HOURS

We pray Evening Prayer each Saturday at 4:00 p.m.,
each Sunday at 7:00 p.m., and

Morning Prayer each Sunday at 9:15 a.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.

Confessions are being heard in classrooms
in the “new school annex” near High Street.

See inside bulletin for safety protocols.

*Also available by individual appointment
with one of the priests.*

OLPH NOVENA DEVOTIONS

Monday afternoons
at 12:45 p.m. in the church

ADORATION OF THE BLESSED SACRAMENT

Wednesday: 12:45 p.m. to 2:00 p.m.

Sunday: 7:00 p.m. to 8:00 p.m.

First Saturday: 6:30 p.m. to 9:30 p.m.

PARISH OFFICE HOURS

Monday-Thursday: 9:00 a.m. - 9:00 p.m.

Friday, Saturday and Sunday:
9:00 a.m. - 2:00 p.m.

DOWNLOAD THE OLPH APP

Catholic Life Every Day

with the Our Lady of Perpetual Help App

Step 1: Open App Store or Google Play

Step 2: Search "myParish app" & press download 

Step 3: Open up the myParish app and type in "Our Lady of Perpetual Help Roman Catholic Church"

Step 4: Set OLPH as your main parish

Step 5: Explore the great features in our parish app!



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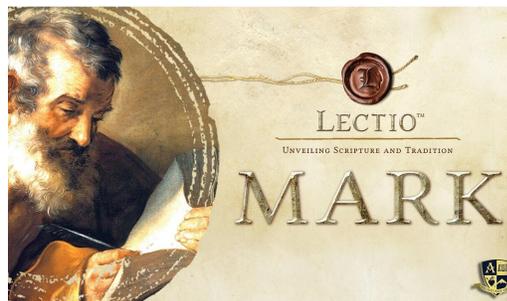
PICK OF THE WEEK

January 10, 2021

WATCH

LEARN

LISTEN



Our parish has a FORMED subscription.
To set up your free account visit formed.org/signup and select our parish.

SUPPORT OLPH THROUGH AMAZON.COM



AmazonSmile is a simple and automatic way for you to support OLPH every time you shop, at no cost to you. When you shop at smile.amazon.com, you'll find the exact same low prices, vast selection and convenient shopping experience as Amazon.com, with the added bonus that Amazon will donate a portion of the purchase price to OLPH.

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Support Our Lady of Perpetual Help Church.

When you shop at smile.amazon.com, Amazon donates.

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PASTOR'S PAGE

Feast of the Baptism of the Lord

The liturgical season of Christmas Time comes to a close with this Sunday's Feast of the Baptism of the Lord. This feast proclaims to us what is known as a "theophany," *i.e.*, a revelation or manifestation of God in our midst. In this particular case, what is revealed is the divine Sonship of Jesus as, after His baptism, according to St. Mark's Gospel, heaven is "torn open" and the Holy Spirit descends upon Him "like a dove." As the voice from heaven proclaims, "You are my beloved Son; with you I am well pleased," Jesus is anointed and appointed to His Messianic office, and His public ministry commences.

However, we as baptized Christians cannot help but remember that our own baptism elevates us to the status of sons and daughters of God and gives us a share in Christ's mission, that of bringing the good news to the poor.

On this feast, we should all take a few moments to ponder the richness and depth of what it means for us to be baptized. Reflect on these statements which come from the General Introduction concerning Christian Initiation:

- "Baptism incorporates us into Christ and forms us into God's people. This first sacrament pardons all our sins, rescues us from the power of darkness, and brings us to the dignity of adopted children, a new creation through water and the Holy Spirit. Hence we are called and are indeed the children of God." (2)

- "Baptism is the sacrament by which its recipients are incorporated into the Church and are built up together in the Spirit into a house where God lives, into a holy nation and a royal priesthood. Baptism is a sacramental bond of unity linking all who have been signed by it." (4)

- "Those who are baptized are united to Christ in a death like his; buried with him in death, they are given life again with him, and with him they rise again. For baptism recalls and makes present the paschal mystery itself, because in baptism we pass from the death of sin into life." (6)

Powerful words indeed! Pope Francis has encouraged all Catholics to know the date of

their baptism, and to celebrate that day. Do you know yours? Mine is September 24!

After today, the Church returns to the liturgical season of Ordinary Time, when the entire Paschal Mystery in general occupies our attention, instead of a particular lens or focus for that Mystery (see the next section of this column). This segment of Ordinary Time will continue until February 17, Ash Wednesday — the date for which was announced in the chanted Epiphany Proclamation last weekend.

The Liturgical Year: Return to Ordinary Time

So, as Christmas Time concludes and we return to the liturgical season of Ordinary Time, we must remember that when we use the term "Ordinary Time" it does not mean "ordinary" in the sense of "run-of-the-mill" or "banal;" instead, the term "ordinary" derives from the word "ordinal," which means "numbered," as the Sundays in Ordinary Time are numerically ordered.

Spiritually, the liturgical time of these winter weeks should be anything but empty or unproductive; it should be a time in which our faith flourishes and grows, "greening," as it were, to echo the liturgical color green which is worn. During Ordinary Time, the entire Paschal Mystery in general occupies our attention, instead of celebrating that mystery through a particular lens or focus as we do during Advent, Christmas, Lent and Easter Time. One of the Prefaces (*i.e.*, one of the beginning parts of the Eucharistic Prayer) that the priest might use during Ordinary Time summarizes well our focus during these five-and-a-half weeks before Lent begins; that prayer says, "*For in you we live and move and have our being, and while in this body we not only experience the daily effects of your care, but even now possess the pledge of life eternal.*" During this segment of Ordinary Time, our focus is the beginning of Jesus' public ministry and our call to "live and move and have our being" in Him, to follow His example, and to make Him known in our life. The Collect (Opening Prayer) we will pray on January 24, the Third Sunday in Ordinary Time, expresses this call: "*Direct our actions according to your good pleasure,*

that in the name of our beloved Son we may abound in good works.”

Pleasing God and abounding in good works: the weeks ahead can be a great opportunity to make our discipleship visible not only through our words, but also through our deeds. Let's make the most of these winter months of Ordinary Time by truly putting into practice the concrete acts of love and charity the Lord Jesus calls us to do!

First Penance

This coming Saturday, January 16, will be the first of two Saturdays that will be special days for many of the children in our parish: it will be their day (or the following Saturday, January 23) to celebrate the Sacrament of Reconciliation (Confession) for the first time. The Church's usual practice is that children make their First Confession in Level 2 of religious formation, the same year they also celebrate First Holy Communion.

This year, due to Covid, we have to celebrate it differently. It's not possible to gather all the children in a big group for a Penance Service, and then have them go to individual Confession as part of that service, as we usually do. So, we have posted a Prayer Service online for the children and their families to watch and to pray together at home, together as a family, at some point before they come to Confession. Then, the children will come to celebrate the sacrament for the first time in the special set-ups we have been using in classrooms in the school building on one of the two Saturdays. It's not ideal, but it's a necessary adaptation that we think will work well, and at least their First Confession will not have to be delayed.

For many weeks now the children have been working hard learning about the sacrament, and the catechists have been doing a great job of teaching them about it. We are very proud of the children!

Allow me to encourage the parents of the children celebrating First Penance to make a fairly big deal out of this significant occasion in their child's life; it's the first time they are celebrating a sacrament that, we hope, will be a regular part of their life for the rest of their life. It's a great thing for the child to dress up for the

occasion, and the family should celebrate in some festive way at home, as much as is possible these days.

It's also a significant moment in the liturgical life of the entire parish, so I invite all of us to take a little time this week and next to pray for the children who will be celebrating First Penance on the next two Saturdays.

Journal Ads for the 150th Anniversary Journal

Don't forget to take out an ad in the special Commemorative Journal for the parish's 150th Anniversary; the order form is elsewhere in this bulletin. This is a great way to offer your congratulations to our parish on our 150th Anniversary, and at the same time to advertise your business, or honor someone you love, living or deceased. The Commemorative Journal is an important fund raiser and a big part of our Anniversary Year celebration, so we're looking for many, many people and many, many businesses to take out ads. Please be sure to participate, and spread the word to your family and friends.

Anniversary Year Commemorative Items for sale

Many beautiful items celebrating our 150th Anniversary continue to be on sale; see the order form in this bulletin, or use the special link on the homepage of our website www.olphlindhurst.com to order online. Your purchase of these items is a great support to the parish. Supplies are running out, so get them while they last! Tell your family and friends about this, too!

Ministry Directory 2021

Our new Ministry Directory, for 2021, is now available. It's online at our parish website, under the "Get Involved" tab, and we keep some hard copies at the Rectory Reception Desk if you would like to take one. This Directory gives a great view of all of the ministries, organizations and groups that are active at OLPH; it's easy to see why we are "the place to be!" Of course, right now, some of those ministries are taking a pause due to Covid, but anything that's in the Directory is still considered "active" and will resume once things return to normal. You should not hesitate to step forward to become involved in

one of the ministries; feel free to contact the Ministry Head for more information.

I wish to take this opportunity to thank all the Ministry Heads and Leaders for their wonderful and generous service to the parish, especially as they have persevered through all the difficulties we have seen and adaptations we have had to make because of the pandemic. All of these great parishioners have been so patient, either with necessary changes or with keeping things temporarily on hold until the virus is past. You are all terrific! I also thank Chris Ferraro who each year takes charge of compiling, updating and editing the Directory.

New Rectory Office Hours on Fridays

Keep in mind that we have had a change in our Rectory Office Hours — we now close at 2:00 p.m. on Fridays. Please be sure that any business you might have to conduct at the Rectory on a Friday is concluded before then.

Livestreaming only the 10:00 a.m. Mass Sundays

As you may have noticed, the 10:00 a.m. Mass on Sundays is now the only Mass we can livestream each week; we can no longer continue to livestream the 5:00 p.m. Mass on Saturdays. We have a wonderful “Livestream Team” of parishioners who have made the commitment to be present at Mass to run the equipment and handle any issues that come up, and even though each week only one member of the team is assigned, on a rotating basis, it is still a commitment to be present when each person’s turn comes up. The simple fact is that we do not have enough people who can be available for the 5:00 p.m. Saturday Mass on a regular basis in order to adequately cover that Mass.

However, we’re happy to be able to continue the 10:00 a.m. Mass each Sunday. Many people have given us positive feedback on this service we are providing, and I appreciate everyone’s kind words. As Pastor, I am thrilled that we are able to provide this vehicle for people to stay connected to the liturgical life of the parish, especially in these days when we are still dealing with the pandemic. We envision continuing with this livestreaming even after the pandemic is over, so that our homebound parishioners, or other parishioners who cannot come to Mass for one or more weeks due to illness, can still at least be part of the celebration of the Eucharist virtually.

“Living the Eucharist” coming soon!

Speaking of the Eucharist, let me plant a little seed in your mind right now. This year, in conjunction with our 150th Anniversary Year, in place of a traditional Parish Lenten Mission, we will all undertake together a special program of reflection and formation centered on LIVING THE EUCHARIST. You’ll be hearing more about this in the coming weeks, but get ready for it, and get ready to sign up to be a part of this exciting spiritual renewal that will coincide with the Holy Season of Lent!

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,



“KEEP CHRIST IN CHRISTMAS” POSTER CONTEST AWARDS



On Sunday, January 3, the “Keep Christ in Christmas” Poster Contest Awards Ceremony was held here at OLPH. The Contest is sponsored each year jointly by the Holy Name Society and the Knights of Columbus. Congratulations to all the winners, and thanks to all who participated!

Sunday of the Word of God

Third Sunday in Ordinary Time

January 24, 2021

On September 30, 2019, on the liturgical memorial of St. Jerome, Pope Francis announced that the Third Sunday in Ordinary Time would be celebrated as the Sunday of the Word of God. This was announced in his inspiring Apostolic Letter *Aperuit illis: Instituting the Sunday of the Word of God*, the full context of which can be found at http://w2.vatican.va/content/francesco/en/motu_proprio/documents/papa-francesco-motu-proprio-20190930_aperuit-illis.html. This year it will be on Sunday, January 24, 2021.

In the *Introduction to the Lectionary for Mass*, we are reminded of the role of the Word of God in the life of the Church:

In the hearing of God's word the Church is built up and grows, and in the signs of the liturgical celebration God's wonderful, past works in the history of salvation are presented anew as mysterious realities. God in turn makes use of the congregation of the faithful that celebrates the Liturgy in order that his word may speed on and be glorified and that his name be exalted among the nations.

Whenever, therefore, the Church, gathered by the Holy Spirit for liturgical celebration, announces and proclaims the word of God, she is aware of being a new people in whom the covenant made in the past is perfected and fulfilled. Baptism and Confirmation in the Spirit have made all Christ's faithful into messengers of God's word because of the grace of hearing they have received. They must therefore be the bearers of the same word in the Church and in the world, at least by the witness of their lives.

The word of God proclaimed in the celebration of God's mysteries does not only address present conditions but looks back to past events and forward to what is yet to come. Thus God's word shows us what we should hope for with such a longing that in this changing world our hearts will be set on the place where our true joys lie (Preamble, 7).

In his Apostolic Letter, Pope Francis explained that devoting a specific Sunday of the liturgical year to the Word of God can enable the Church to experience anew how the risen Lord opens up for us the treasury of His word and enables us to proclaim its unfathomable riches before the world. So, the Holy Father declared that the Third Sunday in Ordinary Time is to be devoted to the celebration, study and dissemination of the word of God. He urged local communities to find their own ways to mark the Sunday of the Word of God with certain solemnity.

Here at OLPH, we'll celebrate the Third Sunday in Ordinary Time as the Sunday of the Word of God by incorporating these elements into all the Sunday Masses the weekend of January 23-24.

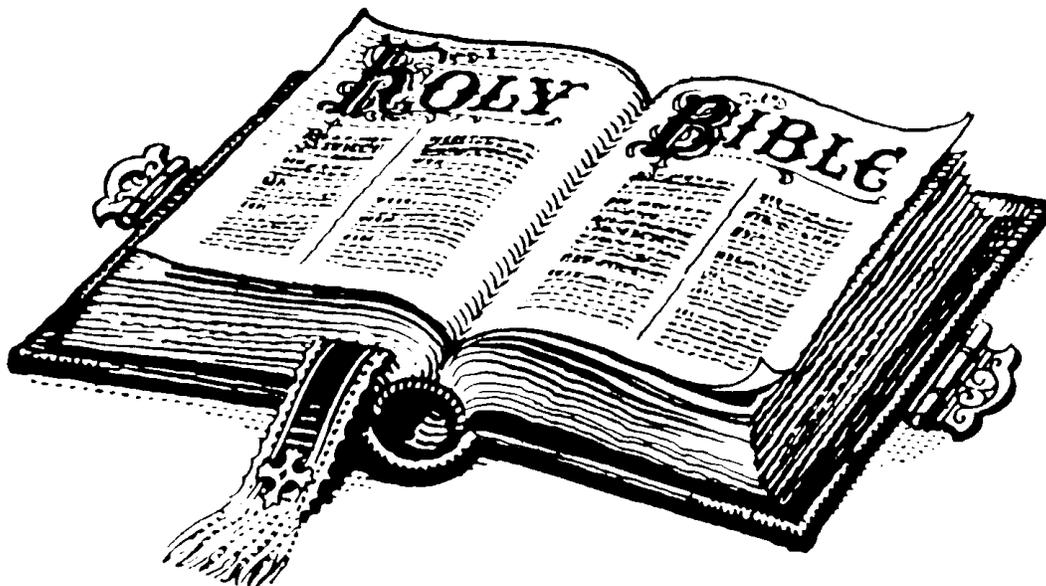
† The music selected for all the Masses will include reference to the Word of God.

† The Homily will include reference to the Word of God in the life of the Church and in living the Christian life.

† A shrine with a Book of Gospels will be set up in the Divine Mercy Chapel. You are invited to honor the Lord's presence in His Word by spending a few moments praying in front of the Word of God before or after Mass (keeping social distancing, please).

It is hoped that through our attention to the Word of God on this Sunday, we might all deepen our appreciation for and connection to the Sacred Scriptures found in the Bible. In this way, we hope that these words of Pope Francis might become a reality in lives of all OLPH Parishioners, and in the life of our parish as a whole:

The Bible cannot be just the heritage of some, much less a collection of books for the benefit of a privileged few. It belongs above all to those called to hear its message and to recognize themselves in its words. At times, there can be a tendency to monopolize the sacred text by restricting it to certain circles or to select groups. It cannot be that way. The Bible is the book of the Lord's people, who, in listening to it, move from dispersion and division towards unity. The word of God unites believers and makes them one people.





ADORATION OF THE BLESSED SACRAMENT

Wednesdays

12:45 p.m. to 2:00 p.m.
in the church after the 12:15 p.m. Mass

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.

Monday, January 11—12:45 p.m.

Monday, January 18—12:45 p.m.

Monday, January 25—12:45 p.m.

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.

GLUTEN-FREE HOSTS

Gluten-free hosts are available for those with Celiac Disease who cannot receive Holy Communion using the usual bread. If you need to receive Holy Communion using a gluten-free host, please stop in the sacristy before Mass to discuss this with the priest. We will be happy to accommodate you.



CHILDREN'S LITURGY OF THE WORD

EVERY SUNDAY ON YOUTUBE - [OLPH CHURCH LINDENHURST](https://www.youtube.com/channel/UC...)



LOOKING FOR ANOTHER WAY TO ENGAGE YOUR CHILD IN THEIR FAITH FROM HOME?

JOIN US WEEKLY TO BREAK OPEN THE GOSPEL AND LISTEN TO A REFLECTION ON THE OLPH YOUTUBE CHANNEL.

Participating in the Children's Liturgy of the Word continues to teach children how to participate in Mass, since they do the same things as are being done in the main body of the church.



SAFETY PROTOCOLS FOR BEING IN CHURCH

FOR THE SAFETY OF EVERYONE, ALL WHO ENTER MUST:

- ▶ **WEAR A FACE MASK OR FACE COVERING – NO EXCEPTIONS**
- ▶ **REMAIN AT LEAST SIX (6) FEET APART, SIDE-TO-SIDE AND IN FRONT OF AND BEHIND YOU**
- ▶ **SIT IN DESIGNATED SEATS ONLY**
- ▶ **ENTER ONLY THROUGH WELLWOOD AVENUE DOORS**
- ▶ **EXIT ONLY THROUGH SIDE DOORS ON NORTH AND SOUTH SIDE**

THE SACRAMENT OF RECONCILIATION

Confessions are being celebrated in the school building, in classrooms in the “new school” annex along High Street every Saturday, 4:00 p.m. to 4:45 p.m. until further notice.

Each priest will be in his own classroom.

These are the protocols that must be followed for going to Confession:

- ▶ **Entry is only via the blue doors at the north end of the hallway (off of the small parking lot)**
- ▶ **Exit is only via the doors at the south end of the hallway (into the large parking lot)**
- ▶ **Everyone – priests and penitents – is required to wear face masks or face coverings**
- ▶ **Lines on the floor will indicate a 6-foot social distance between those waiting on line outside each classroom**
- ▶ **Signs on easels outside the classroom will indicate the name of the priest who is in the classroom**
- ▶ **Social distancing and plexiglass dividers will keep a safe distance between priest and penitent, whether the penitent celebrates anonymously or face-to-face (both options are available)**

IF YOU CANNOT YET COME BACK TO MASS...

LIVE-STREAM MASS

We live-stream the 10:00 a.m. Sunday Mass each week.

You can join us virtually using one of the following:

- The link at the top of the OLPH website:
www.olphlindenhurst.com
- OLPH Facebook page: @olphlindenhurst
- OLPH YouTube Channel:
OLPH Church Lindenhurst





2020/2021 ANNIVERSARY JOURNAL PRICING

**BE AN IMPORTANT PART OF THE ANNIVERSARY YEAR AND SUPPORT OLPH!
PLACE AN AD IN OUR COMMEMORATIVE JOURNAL!**

One of the highlights of the Anniversary Year will be a **Commemorative Journal**, available in conjunction with our Anniversary Year Dinner Dance on April 23, 2021.

Support the parish by placing an ad in our journal! Ads can be taken in the name of your family, or your business, and can include congratulatory wishes to the parish, or it can be a memorialization of deceased loved ones, or an expression of gratitude to God. Honor that special priest, family members living or deceased, or just say thanks for the memories. If you're creative, prepare your own ad; if you're not that creative, just send us your message and our team will create the ad for you! There are many possibilities!

Note the deadline date of March 15, 2021!

Don't miss out! Send in your ad copy and payment TODAY!

If you need additional information, or have questions, contact Bob Dobres 631-592-8697 or Mike Hearney 631-560-0451.

PLEASE INDICATE AD SIZE AND TYPE

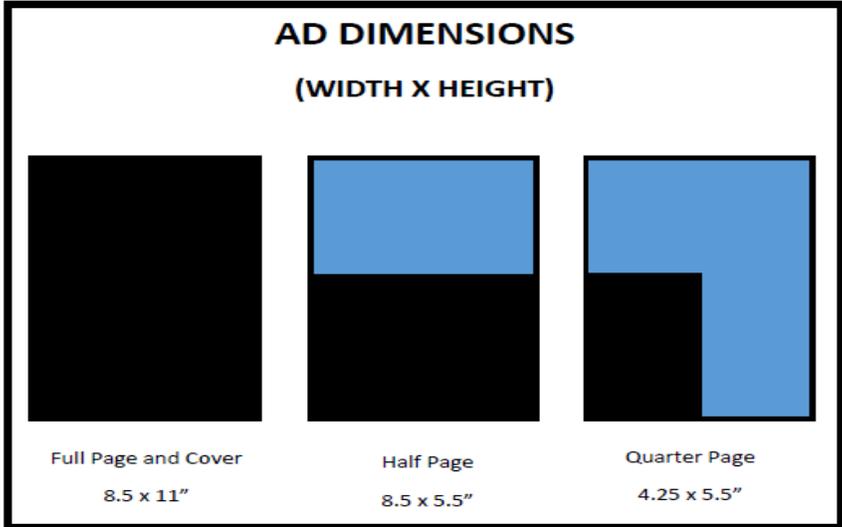
GOLD FULL PAGE \$350

B/W FULL PAGE \$150

B/W HALF PAGE \$100

B/W 1/4 PAGE \$75

For more information call Bob Dobres at 631-592-8697 or Mike Hearney at 631-560-0451



Please submit payment along with ad materials no later than March 15, 2021.

Mail hard copy to rectory address above and attach copy of ad or materials (ad text, photos, images) to this form or write copy on back.

Email electronic version to 150thjournal@oloph.org. Please email a .pdf or .jpg file format.

NAME: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

PHONE: _____ EMAIL: _____

1871

Celebrating 150 Years

2021

Use this form to order great 150th Anniversary Memorabilia!

150th Anniversary Memorabilia of
Our Lady of Perpetual Help



Name: _____ Date: _____

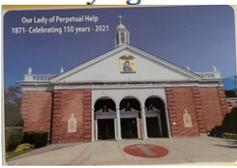
Phone (cell/home) _____

E-mail: _____

Thank you for celebrating with us! Bring this form & hand it in to the rectory with precise payment of either cash (in a ziplock bag) or check. You will be notified when your order is ready for a pickup date.

You may also check the website for a closer look at these products!

<http://olph150th.com>

Item	Price	Quantity	Item	Price	Quantity
 Keychain	\$10.00		 Tote bag	\$10.00	
 T-Shirt	\$15.00	S ___ M ___ L ___	 Pen with Stylus	\$3.00	
 Sweatshirt	\$40.00	M ___ L ___ XL ___	 Playing cards	\$12.00	
 Tumbler	\$15.00		 Magnet	\$ 3 2 for \$5	

For Office Use Only

Total Price: _____ Number of items: _____

Received by: _____

Date: _____

Order Placed: _____ Order Received: _____

Pickup date: _____ Notified Date(s): _____

Picked up by: _____

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)

OFFICE OF FAITH FORMATION HOURS:

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

LEVEL 7

On Wednesday, January 13, meet in the church during your regular class time for your Student Only Meeting on Chastity. Temperatures will be taken at the door. Once you are inside the church, find your Catechist: attendance will be taken and you will be told where to sit.

LEVEL 2

Day One of First Penance is on Saturday, January 16, 2021 from 12:00 p.m.-1:00 p.m. in the new building of the school. Please arrive early to wait on line for your appointed time. All students must be accompanied by a parent or guardian. Masks are required to enter the building and temperatures will be taken. Once you have celebrated the Sacrament, do not leave without your certificate. For those of you who have yet to sign up for a time slot, please do so **AS SOON AS POSSIBLE!**

**Happy Saint of the Day!****St. Kateri Tekakwitha**

St. Kateri is the first Native American to be declared a saint! Her mother was an Algonquin and taught her how to pray the Hail Mary at a very young age. When she was four years old

she and her family got smallpox. Her parents died, but she lived. As a result she was left with scars on her face. She was very embarrassed by these marks and would wear a blanket to hide them. Her uncle was the chief of the Mohawks and took her in after her parents died. He wanted her to marry but she refused.

At the age of nineteen she became Catholic and declared herself married to Christ and Christ alone.

LEVELS 3-5

Midterm Reviews are on Saturday, January 16, during your regularly scheduled class time. Make sure you're there so you are prepared for your test!

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—cdfeldman@optonline.net
- † Community Meal: Mary Leon—mleon719@yahoo.com
- † Homeless Ministry: Regina Muir—631.226.2709—rmuir11@aol.com—Peggy Pannullo—631. 921.5994—justin97@aol.com
- † Hospital Visitors: Peter O’Neill—631-226-6340—oneillp@optonline.net
- † Middle Ages: Gail Tonnessen—631.957.1449—gtonness@optonline.net
- † Nursing Ministry: Regina Muir—631.226.2709—rmuir11@aol.com
- † Respect Life Committee: Louise Perrotta—631.412.3831—louiseperrotta@optonline.net
- † St. Vincent de Paul Society: Bill Stysiack—631.226.7725, x. 234
- † Senior Moments/Spirituality: Virginia Beyrer—631-226-6635
- † Special Needs Ministry: Jessica Becker Paolo—631.226.6175—jbecker@oloph.org

NEW Food Pantry List!

COFFEE
PEANUT BUTTER
JELLY OR JAM
CANNED FRUIT
SHELF STABLE MILK
BAKED BEANS
HOT CEREALS
HOT CHOCOLATE
CAKE MIXES
PAPER PRODUCTS

Please bring items to the SVdP office:

*Wednesday and Friday 9:00 a.m.– 12:00 p.m.
and on 1st and 3rd Saturdays 1:30 – 3:00 p.m.*

Thank you for your continued generosity.

Society of St. Vincent de Paul

Located in the School Building
 Use Parking Lot located on corner of
 Gates & High Streets

631.226.7725 x. 234

Our regular office hours:

Monday, Wednesday and Friday

9:00 a.m.– 12:00 p.m. and

1st and 3rd Saturdays 1:30 – 3:00 p.m.

After Jesus was baptized, he saw the Spirit of God descending like a dove and a voice was heard, “This is my beloved Son, with whom I am well pleased.” As we give to the poor, we also can hear these same words.

As you place your gift in the Society of St. Vincent de Paul Poor Box, know that you are a sign of God’s love to those who are suffering, and you give them reason to believe and to trust.

THE SOCIETY OF SAINT VINCENT DE PAUL

AN IMPORTANT MESSAGE FROM THE SOCIETY OF SAINT VINCENT DE PAUL AT OLPH

During these very difficult times many of us find ourselves in financial difficulty, often for the first time. The Society of St. Vincent de Paul is here to help. Please don’t feel embarrassed—you are not alone. We want to assure you that all matters relating to SVDP are completely confidential. All volunteer workers in the Food Pantry are Vincentians who are pledged to follow the “Rule” in dealing with our friends and neighbors. We reach out to those who come to us with kindness, sincerity and total confidentiality. You may come to the pantry for food every two weeks. The money that would have been spent on this food can then be used to pay other bills. Please reach out to us by calling our Food Pantry office at 631-226-7725 x. 234. Our regular office hours: Monday, Wednesday and Friday 9:00 a.m.– 12:00 p.m. and 1st and 3rd Saturdays 1:30 – 3:00 p.m. We’re here for you.

NOVENA FOR LIFE



9 Days for Life 2021

OLPH Knights of Columbus Council #794

will have available on the pew ledges the weekend of **January 16/17**
prayer cards for the "**Novena for Life.**" Please take one and recite this prayer
for nine days, beginning Sunday, January 17.

RIGHT TO LIFE



2021 MARCH FOR LIFE

Due to the pandemic, OLPH will not be participating in the physical March for Life in Washington, D.C. this year. However, we will still participate in the March for Life—spiritually, through prayer! Please join us for the 12:15 p.m. Mass on **Friday, January 29**. Mass will be followed by Exposition of the Blessed Sacrament until 3:00 p.m., which will include the Rosary and prayers for life. The babies, mothers, and those physically marching in Washington, D.C. need our support! You can also participate in the Virtual Rose Dinner with Tim Tebow and others who are speaking, for \$25. To participate and for updates, go to <https://marchforlife.org/annual-rose-dinner> and the DRVC's 'microwebsite': drvc-marchforlife.com & respectlife@drvc.org

CATHOLICS FOR FREEDOM OF RELIGION



Focus on Religious Freedom

www.cffor.org

Supreme Court Rules for "Free Exercise" of Religious Freedom

The U.S. Supreme Court ruled on Nov. 25, 2020 that New York Governor Andrew Cuomo's executive order to enforce strict attendance limits on places of worship designated as coronavirus hot spots violated the First Amendment's "free exercise" clause and actively discriminated against religious institutions. The majority decision ruled in favor of the Roman Catholic Diocese of Brooklyn and the Jewish congregations of Agudath Israel of America because the regulations treated the houses of worship more harshly than comparable secular facilities. "The restrictions at issue here, by effectively barring many from attending religious services, strike at the very heart of the First Amendment's guarantee of religious liberty," wrote the majority decision.⁽¹⁾

New York's rules, which the justices found to be "severe" and "inflexible," don't apply to retail stores in the same neighborhoods and in some places there are no attendance caps at all. "Not only is there no evidence that the applicants have contributed to the spread of COVID-19 but there are many other less restrictive rules that could be adopted to minimize the risk to those attending religious services," the Court held.⁽²⁾

"This is an historic victory," said Rabbi Chaim Zwiebel. "This landmark decision will ensure that religious practices and religious institutions will be protected from government edicts that do not treat religion with the respect demanded by the Constitution."⁽³⁾

In August, the pastors of two Colorado churches filed a "Lawsuit [that] calls both the federal government and Colorado leaders into account for their violations of the right to free exercise of religion among other abuses of power, primarily resulting from Governor Jared Polis' COVID-19 related Executive Orders," said Thomas More Society attorneys.⁽⁴⁾

U.S. District Court Judge Daniel Domenico ruled, "The Constitution does not allow the State to tell a congregation how large it can be when comparable secular gatherings are not so limited, or to tell a congregation that its reason for wishing to remove facial coverings is less important than a restaurant's or spa's."⁽⁵⁾

(boisestatepublicradio.org, 11/26/20(1); msn.com, 11/26/20(2)(3); denver.cbslocal.com, 10/20/20(4); pjmedia.com, 10/21/20(5); npr.org, 11/26/20; nypost.com, 11/26/20)

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
Carmel Becker, Bulletin	246	cbecker@oloph.org
Carole Carrano, Parish Secretary	212	ccarrano@oloph.org
Linda Coppola, Business Office Assistant	214	lcoppola@oloph.org
Thomas Crennan, Business Manager	204	tcrennan@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
Christopher Ferraro, Director of Music	210	cferraro@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 Rite 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

Vincent Boccanfuso
Eileen Corticchia (Chair)
Msgr. Joe DeGrocco
Jeffrey Gaab
Joselyn Kalt
Mary Leon
Rachelle Louis-Jacques
Carlton Mitchell
Kevin Sabella, Jr.
Kevin Sabella, Sr.
Adele Venezia

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

YOUR PARISH TRUSTEES

Gerry Chille
John Reynolds

YOUR PARISH FINANCE COMMITTEE

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

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

YOUR PARISH LITURGY COMMITTEE

Fauvette Auguste
Deacon Robert Becker
Mark Costantino
Msgr. Joe DeGrocco
Chris Ferraro
MaryAnn Haas
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 REMEMBER

We remember those who have died in our parish community this week.

Michael Torchiano

"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."

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.

RIGHT TO LIFE

Save the date...

January 16 - National Religious Freedom Day. Conscience rights of individuals and Institutions, in the Healthcare and Education fields, must be protected. Call **Catholics For Freedom of Religion**, 631-896-8331 or 516-383-0980, for more info.

Face the Truth, at Nassau Univ. Medical Center, peaceful protest, **January 17, 1:30 - 3:00 p.m.**

March for Life NY, rally at H. Lee Dennison Building, Hauppauge, **January 23, 11:00 a.m.**

For further information and updates, check the DRVC's 'microwebsite':
drvcmarchforlife.com
 & respectlife@drvc.org

WE BELIEVE

We pray for the sick of our parish...

Michelle Fallmann & Family

James Byrne Sr.

Woodrow Kayaian

Stan Ryniewicz

John Figurski

Gordon Hinds

Janet Novotny

Heather Ventimiglia

Laura Fischer

Dorothy Fitzgerald

Catherine Leavy

Lindsey Quinn

Catherine Michalewicz

Kinsley Apfelbaum

Lynn Bodenschatz

Danielle and Baby Leach

Aurora and Reynold Ruiz

Mark Kuller

Christopher Rivola

Deacon Bill Crosby

Anne Therese Walters

Diane Mahlstadt

Lisa Hulsen

Ann Fisher

If a family member or close friend is ill, please let us know so our community can pray for them. To have your name or the name of a loved one listed in our parish bulletin, please call the Parish Office. **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 about four weeks.

"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.

If you have suffered the loss of a loved one and would like to know more about the **OLPH Support Group Program**, please contact Linda Arpino at 631-592-1062 or Marige Reyes at 631-608-3658. You may also leave your name and contact information with the receptionist in the rectory.

MASSES FOR THE WEEK

MONDAY, January 11—
Weekday
(First Week in Ordinary Time)

6:30 Camille Kennedy

12:15 Deena Parsolano

TUESDAY, January 12—
Weekday

6:30 Rocco Versace

12:15 Rev. Msgr. Daniel S. Hamilton

WEDNESDAY, January 13—
Weekday
(Saint Hilary, Bishop and Doctor of the Church)

6:30 Sandra Sullo

12:15 Joan Airoidi

THURSDAY, January 14—
Weekday

6:30 Stephen Damm

12:15 Richard & Eileen Fister

FRIDAY, January 15—
Weekday

6:30 RosaMarie Elliott

12:15 Anthony Catapano

SATURDAY, January 16—
Weekday

8:00 William Biscardi, Sr. & Mollie Cordiello

Saturday Afternoon (Sunday Anticipated):
SECOND SUNDAY IN ORDINARY TIME

5:00 For the People of the Parish

Sunday, January 17
SECOND SUNDAY IN ORDINARY TIME

8:00 Celso Aguilar

10:00 Living & Deceased Members of the
 Christian Mothers and Guild

12:00 Margaret Aniello

PARISH CALENDAR

Monday, January 11, 2021

9:00 a.m. St. Vincent de Paul Food Pantry Room 24

12:45 p.m. Devotions Church

2:30 p.m. St. Vincent de Paul Business Meeting Room 24

Wednesday, January 13, 2021

9:00 a.m. St. Vincent de Paul Food Pantry Room 24

12:45 p.m. Exposition Church

5:30 p.m. Level 6 Classes School

7:00 p.m. Level 7 and 8 Classes School

Thursday, January 14, 2021

1:00 p.m.-on Church closed for cleaning Church

Friday, January 15, 2021

9:00 a.m. St. Vincent de Paul Food Pantry Room 24

Saturday, January 16, 2021

8:30 & 10:00 a.m. Levels 1-5 and Special Ed. Classes School

12:00 p.m. First Penance School

4:00 p.m. Confessions School

6:00 p.m. Alcoholics Anonymous Cafeteria

Sunday, January 17, 2021

7:00 p.m. Holy Hour Church



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 al PADRE, al HIJO, y al ESPIRITU SANTO, todos los jueves de 7:00 p.m. en adelante en un ambiente familiar. Comenzando con el Santo Rosario. Le ofrecemos el cuidado de los niños, también les enseñamos la doctrina de la iglesia.

Todos los martes llevamos el Santo Rosario a los hogares para orar en familia. Familias interesadas favor llamar a Virginia Constantino al (631) 957-1149.

Para información sobre los sacramentos de El bautizo, Matrimonio y servicios pastorales, tales como llevarle la Eucaristía los enfermos, la última unción de los enfermos.

Las charlas de bautizo se llevan a cabo cada segundo y cuarto domingo del mes, los padres interesados en bautizar a sus hijos deben atender a una serie de charlas. Estas charlas son cada primer y tercer lunes del mes

Para más información llamar a la rectoría (631) 226-7725. En español a Alejandro Campos teléfono (631) 671-9257 correo electrónico saitjoseph98@gmail.com.

Lecturas del domingo 10 de enero del 2021— Ciclo B del tiempo ordinario

El bautismo de nuestro señor Jesús

Dios nos ha revelado su amabilidad y su amor en Jesucristo nuestro Salvador, salvándonos con un nuevo nacimiento por medio del agua purificadora del bautismo, y renovándonos con el Espíritu Santo. Que el Señor, Jesús, esté siempre con vosotros

Primera Lectura (Isaías 42,1-4.6-7): He Aquí mi Siervo Amado. Mi Espíritu habita en Él

El profeta Isaías anuncia que el Espíritu de Dios va a guiar a su siervo fiel para traer al mundo justicia y amor compasivo y respetuoso. Ésta profecía se cumplirá en Jesús. Su misión es también nuestra.

Segunda Lectura (Hechos 10,34-38): La Buena Noticia de Salvación es para todos

Pedro nos dice que el Espíritu de Dios habitó en el Señor, Jesús, y que su Buena Noticia de Salvación es para todos.

Evangelio (Marcos 1; 7-11): Tú eres mi Hijo Amado

En esta descripción del bautismo de Jesús Lucas le reconoce como Hijo de Dios. El Padre le da a Jesús la investidura para su misión como Salvador, y el Espíritu Santo le guiará.

Para todos los Evangelistas una **MANIFESTACION** (gr. **EPIFANIA**) divina acontece en el momento del Bautismo.

Dios presenta al que será su mediador de salvación entre los hombres. Para eso se evocan una serie de escenas bíblicas en las que Dios envía a sus mensajeros para anunciar o iniciar la redención de su pueblo.

La primera evocación es la de los cielos abiertos:

«Ellos se acordaron de los días del pasado, de Moisés, su servidor: ¿Dónde está el que hizo subir de las aguas al pastor de su rebaño? ¿Dónde está el que puso dentro de él su Santo Espíritu, el que hizo marchar su brazo glorioso a la derecha de Moisés, el que separó las aguas delante de ellos, para ganarse un renombre eterno?... ¡Si rasgaras el cielo y descendieras las montañas se disolverían delante de ti!» (Is 63,11-12.19).

En el Jordán se manifiesta que Dios nuevamente desciende hasta un pueblo necesitado de redención (Ex 3,8), para proveer de su Espíritu al que los guiará a la salvación. Como Moisés (Ex 2,10), también Jesús surge de las aguas...

«Sobre él reposará el Espíritu del Señor» (Is 11,2). «El Espíritu del Señor está sobre mí, porque el Señor me ha ungido. El me ha enviado a llevar la buena noticia a los pobres, a vendar los corazones heridos, a proclamar la liberación a los cautivos y la libertad a los prisioneros, a proclamar un año de gracia del Señor» (Is 61,1-2).

El Espíritu será el que mueva en adelante a Jesús y el que hace comenzar el Reinado de Dios entre los hombres, como reconoce Jesús:

«Yo los he bautizado a ustedes con agua, pero él los bautizará con el Espíritu Santo» (Mc 1,8).

El Espíritu de Dios es el que capacita a Jesús para su misión profética y liberadora. Es el que lo unge como iniciador del gran cambio mesiánico:

«Si expulso a los demonios con el poder del Espíritu de Dios, quiere decir que el Reino de Dios ha llegado a ustedes» (Mt 12,28).



OFFERING UPDATE January 2/3, 2021

Mass Time	Attendance	# of Envelopes	Weekly Collection
5:00 p.m.	125	53	\$1,372.50
8:00 a.m.	132	63	2,120.00
10:00 a.m.	205	60	2,691.00
12:00 p.m.	195		3,929.00
Coin			10.30
Mail-ins:			2,197.00
Children's Env.		11	74.00
Faith Direct			2,905.00
TOTAL	657	187	\$15,298.80
2020 total	1,639	554	\$19,045.44
Candles			\$944.81
Poor Box			\$333.65
1st Saturday			\$96.00
Solemnity of Mary			\$4,444.00

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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,
Msgr. Joe

2021 OLPH CONTRIBUTION TAX LETTERS

Tax letters for the 2020 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.

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* no later than the dates listed below and *as a Word document* to Carmel Becker at cbecker@oloph.org. *Editing and sizes are at the discretion of the editor.*

January 17—passed

January 24—January 15

January 31—January 22

DIOCESAN AND COMMUNITY NEWS

Good Shepherd Hospice, 110 Bi-County Blvd., Suite 114, Farmingdale, NY 11735, (631) 828-7628.
Spousal/Partner Bereavement Support Group January 12—February 16, 2021, 12:00 p.m.-1:30 p.m. Registration Required. Please email/call: Carolyn Lisi-Haas, LCSW-R (631) 828-7629 Carolyn.Lisi-Haas@CHSLI.org.

Adult Loss of Parent or Sibling Bereavement Support Group January 12—February 16, 2021, 5:00 p.m.-6:30 p.m. Registration Required. Please email/call: Carolyn Lisi-Haas, LCSW-R, (631) 828-7629 Carolyn.Lisi-Haas@CHSLI.org

PREPARING FOR
Sunday, January 17, 2021
SECOND SUNDAY IN ORDINARY TIME

*The next day John was there again with two of his disciples,
and as he watched Jesus walk by, he said,
“Behold, the Lamb of God.”*

John 1:35-36

1 Samuel 3:3b-10, 19

We hear today how Samuel as a young man was called by God. At first, Samuel does not recognize the call as coming from God, something that we may have trouble with ourselves in our own lives. But the repetitiveness of God's calling to Samuel assures us that he does not easily quit on us. He keeps calling. He can call at any time or place, as he did while Samuel slept in the temple sacristy. We should always be ready to respond to God's call since active cooperation with God can yield astounding results.

1 Corinthians 6:13c-15a, 17-20

Paul addresses the question of how to live as faithful disciples in a world that has other values. Sexual promiscuity is one of the problems Paul encounters in the port town of Corinth. Some Corinthian Christians believe that their bodies, like all mortal things, will pass away and they can therefore do anything they want. Paul thinks otherwise. He reminds them that in baptism, our body (and spirit) is given to Christ; hence, it belongs to Christ and is the temple of the Holy Spirit for that reason. We are reminded then of just how close we are to Christ and how much he loves his church.

John 1:35-42

Just as Eli introduced Samuel to the Lord, John the Baptist, in this Gospel, introduces two of his disciples to Jesus. John's ministry is (as is ours) to introduce others to Christ. When the two disciples begin to follow Jesus their eyes were opened to his true identity. Just so with us: when our eyes are opened to who Jesus truly is, we are invited to come and stay with Jesus and share his relationship with the Father. Having had their eyes opened, one of the two disciples, Andrew, seeks out his brother, Simon, and introduces him to Jesus. Jesus immediately changes Simon's name to Cephas, meaning "rock." Henceforth, Peter will have a key and central role in the new community of believers. Who knows what will happen when we introduce others to Christ?

Gospel Reflection

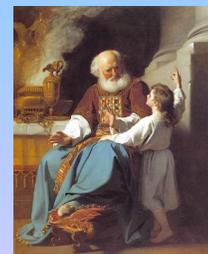
After reading next Sunday's readings take some time to pray on them before you come to Mass. Use the questions below to aid your reflection.

1. Jesus asked the disciples, "What are you looking for?" How would you answer that question? Then there was a second loaded question: "Where are you staying?" This could be restated, "Where can we spend time with you?" When the disciples took time with Jesus, did they find what they were looking for, even if just by instinct? Will this work for you?

2. In the light of what Pope Francis says below, discuss what the disciples might have experienced when they answered Jesus' call to "Come and See."

"That is why we tell everyone: *"Come and see!"* In every human situation, marked by frailty, sin and death, the Good News is no mere matter of words, but a *testimony to unconditional and faithful love*: it is about leaving ourselves behind and encountering others, being close to those crushed by life's troubles, sharing with the needy, standing at the side of the sick, elderly and the outcast. ... *"Come and see."* Love is more powerful, love gives life, love makes hope blossom in the wilderness."

*Urbi et Orbi Message of Pope Francis,
Easter 2014,
Paragraph 4*



Readings for the Week

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

Monday, January 11, 2021:

Hebrews 1:1-6 + Mark 1:14-20

Tuesday, January 12, 2021:

Hebrews 2:5-12 + Mark 1:21-28

Wednesday, January 13, 2021:

Hebrews 2:14-18 + Mark 1:29-39

Thursday, January 14, 2020:

Hebrews 3:7-14 + Mark 1:40-45

Friday, January 15, 2021:

Hebrews 4:1-5, 11 + Mark 2:1-12

Saturday, January 16, 2021:

Hebrews 4:12-16 + Mark 2:13-17

Sunday, January 17, 2021:

1 Samuel 3:3b-10, 19
+ 1 Corinthians 6:13c-15a, 17-20
+ John 1:35-42

Liturgy Strengthens the Spiritual Life

Every 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.

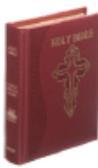
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