

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 said, "You are the light of the world.
Your light must shine before others,
that they may see your good deeds
and glorify your heavenly Father."*

Matthew 5:14a, 16

THE FIFTH SUNDAY IN ORDINARY TIME February 5, 2023

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

Business Manager: Ms. Jill Marie Delano

Director of Faith Formation: Mrs. April Kleinlaut

Music Director: Mr. Christopher Reilly

Deacon Frank Odin, Retired

COME AND PRAY...

Our church is open **each day until 6:30 p.m.**,
except on Thursdays (closed after the
12:15 p.m. Mass, for cleaning)
and on holidays (closed after the 12:15 p.m. Mass).

Come in and spend some time in prayer!

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.

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

LITURGY OF THE HOURS

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.*

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.

DEVOTIONS

OLPH Novena: Mondays following 12:15 p.m. Mass

Rosary: Weekdays following 6:30 a.m. Mass
Saturdays and Sundays following 8:00 a.m. Mass

The Holy Face of Jesus: Tuesdays following
12:15 p.m. Mass

First Fridays and First Saturdays:

As announced in bulletin

PARISH OFFICE HOURS

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

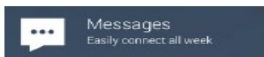
Friday: 9:00 a.m.-1:00 p.m.

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

DOWNLOAD THE OLPH APP

Catholic Life Every Day

with the Our Lady of Perpetual Help App



Text **App** to **55321**
to download
our parish app

- 1) Download **myParish App**
- 2) Select our Parish after opening



myparishapp.com/appstore

Made with ❤️ by Diocesan

...ore or Google Play
... parish app" & press download

New number to download the Parish App!

Text to **55321**

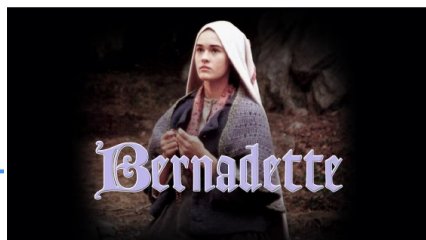
The old number 88202 is no longer in effect!



THIS WEEK ON FORMED

Week of February 05, 2023

WATCH



Bernadette

Millions of people each year go on pilgrimage to Lourdes, a place where miracles frequently occur. Explore the origins of this miraculous place of encounter with the Lord in this movie which depicts Mary's apparitions to St. Bernadette.

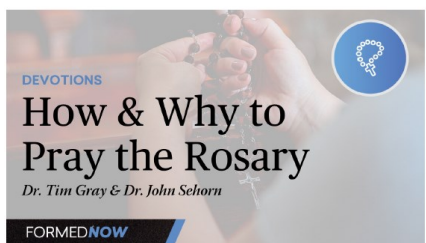
LEARN



Bakhita: From Slave to Saint

Bakhita: 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.

LISTEN



How and Why to Pray the Rosary

As we celebrate Our Lady of Lourdes this week, we invite you to learn more about the Rosary! Join Dr. Tim Gray and Dr. John Sehorn as they discuss how they pray the Rosary and how it has changed their lives!

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

PASTOR'S PAGE

Ministry of Consolation

We're continuing our push for more people to join the Ministry of Consolation, and you heard the very beautiful witness talk at Mass this weekend. The Ministry of Consolation is one of the most beautiful and important ministries we offer here at OLPH, and I ask you to take the time to read the bulletin ad, reflect on what you heard at Mass, and then to seriously consider joining the ministry. We are very much in need of new offerers to work in this ministry.

As you heard, this ministry impacts peoples' lives at a very important time and, because of the wonderful work that is done, it is often a vehicle for bringing people back to Mass after they have been away for a long time. As I always say, the liturgy of the Church, when done well, is the best form of evangelization there is, and that's especially true of the funeral rites when they are celebrated in all their fullness. Even though the Ministry of Consolation ministers to people at the time of the Funeral Mass, it is far from a depressing ministry; in fact, it is life-giving and life-affirming in the way it touches people on a deep level.

Also, it's not as intense as you might think; serving as a greeter or an altar server at Funeral Masses, and/or coordinating behind-the-scenes details and making assignments of ministers, and/or baking a cake for a family — all very necessary jobs — don't involve a tremendous amount of time.

So, please give serious and prayerful consideration to coming on board. If you are recently retired or suddenly find yourself with some extra time on your hands, you're a perfect fit for this! Feel free to contact me, or Ken Hale, the Overall Administrator of the ministry, if you have any questions.

Living the Eucharist

THIS IS IT!!! Today is your last chance to sign up for our LIVING THE EUCHARIST Program, which will once again function as our Parish Lenten Mission.

As you have heard and read for several weeks now, through LIVING THE EUCHARIST you will have the opportunity to

prepare for the upcoming Sunday's readings at Mass, and to reflect on the meaning of the celebration of the Eucharist and how Eucharist connects with our everyday life. Don't miss out! If you have not already returned your response form, do so NOW!

Mardi Gras on Sunday, February 19

I want to call your attention to our upcoming Mardi Gras celebration and invite you to plan on being part of the fun and festivity. In keeping with what we tried last year for the first time — which was a great success and met with much positive feedback — the celebration will be on a Sunday afternoon, the last Sunday before Lent begins, February 19, immediately following the 12:00 Noon Mass. 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. Be prepared to go a little crazy before we settle down to the seriousness of Lent!

Bring back old palm

Speaking of burning palms, we are once again inviting you to bring back old palm for us to burn at the beginning of our Mardi Gras. Baskets for you to deposit the palm can be found in the church. If you have forgotten to do this in past years...this is the year to remember!

Ash Wednesday

Ash Wednesday will be here before you know it — February 22! Take note of the schedule of Masses and Word Services during which you can receive ashes. It's not too early to begin thinking about your Lenten penance and Lenten discipline 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!

By the way...after two years of a COVID-adaptation of administering ashes by sprinkling

them on the top of the head, we're returning this year to the more familiar practice of smearing them on the forehead. Get ready for the big and bold smudge!

Silence within the rhythm of the Mass

I hope you have been reading and enjoying the weekly excerpts we have been running of Pope Francis' Apostolic Letter *Desiderio Desideravi*, "On the Liturgical Formation of the People of God." A couple of weeks ago the excerpt included Article 52, in which the Pope highlights the importance of silence as one of the actions within the rhythm of celebrating Mass. Participating in the moments of ritual silence that are supposed to take place during Mass is something that we should all take seriously, and it is beneficial to know the purpose and meaning of the various moments of silence during the celebration of the Eucharist. Pope Francis instructs us:

Among the ritual acts that belong to the whole assembly, silence occupies a place of absolute importance. Many times it is expressly prescribed in the rubrics...Such silence is not an inner haven in which to hide oneself in some sort of intimate isolation, as if leaving the ritual form behind as a distraction. That kind of silence would contradict the essence itself of the celebration. Liturgical silence is something much more grand: it is a symbol of the presence and action of the Holy Spirit who animates the entire action of the celebration. For this reason it constitutes a point of arrival within a liturgical sequence. Precisely because it is a symbol of the Spirit, it has the power to express the Spirit's multifaceted action...For all these reasons we are called to enact with extreme care the symbolic gesture of silence. Through it the Spirit gives us shape, gives us form.

Allow me to take this opportunity to review the moments of silence that make up the celebration of Mass:

- **Before Mass begins**: We should all take the time to silently recollect ourselves, and leave behind the distractions we have brought in with us, so that we might be able to focus on the sacred actions in which we will engage, and be attentive to the Lord's presence in Word and in Sacrament;

- **In the Penitential Act**: After the priest invites us to acknowledge our sins in order to prepare ourselves to celebrate the sacred

mysteries, we should silently make that acknowledgement of our sins, being moved to sorrow and to a desire for conversion;

- **After the invitation "Let us pray"**: We should gather our prayers which we want to unite to the Collect (opening prayer) of the Mass which the priest will pray in the name of everyone present;

- **After each reading and after the homily**: This silence helps us to be immersed in God's Word and hear in our hearts what God is saying to us through the readings and the homily, as we discern in what particular way God wants us to offer ourselves with Jesus in this offering of the Sacrifice of the Mass;

- **After the Communion Hymn ends**: During Communion, we are to pray by singing as we join in the communal prayer of the Communion Song, but then, once everyone has received Communion and that song has ended, we should pray in silence, reflecting on the intimacy of Communion and asking the Spirit to bring about in our life conformation to the Eucharistic mystery which we have all just shared.

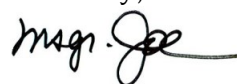
Outside of these moments, we should be sure we are joining in the vocalized spoken responses and singing, in order to ensure that we are fully, consciously and actively participating. When it is time for silence, however, we should understand the different nature and purpose of each time for silence, according to when it takes place as described above, and we must be sure to join in the communal silence. Ironically, such communal silence speaks loudly about the sacredness of what we are doing, and of our encounter with the holy.

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,

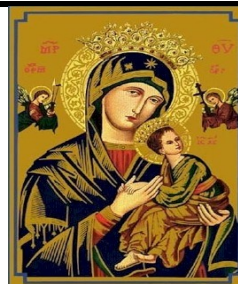


PRAYER AND WORSHIP

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.



LIVE-STREAM MASS

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

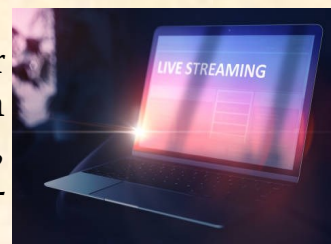
You can join us virtually using one of the following:

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



JOIN OUR LIVE-STREAM TEAM

We need new members to join our Live-Stream Team either for weekdays or weekends. If you are tech savvy, interested in broadcasting techniques and are willing to help record our liturgies, please contact Fr. Frank Zero at the rectory office at (631) 226-7725 or email fzero@oloph.org.



CHILDREN'S LITURGY OF THE WORD

CHILDREN'S LITURGY OF THE WORD

NEXT SUNDAY A CHILDREN'S HOMILY WILL BE ON OUR YOUTUBE CHANNEL - OLPH CHURCH LINDENHURST. LISTEN TO THE READINGS AND A REFLECTION ON THE GOSPEL!



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



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 22. 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 19, 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.

MINISTRY OF CONSOLATION

YOUR HELP IS NEEDED WITH THE MINISTRY OF CONSOLATION!

“So too when a member of Christ’s Body dies, the faithful are called to a ministry of consolation to those who have suffered the loss of one whom they love.”

—Order of Christian Funerals #8

As you know, OLPH is blessed with having the Ministry of Consolation, which ministers to families at the time of the Funeral Mass.

We are currently in need of more people to come forward to offer their time and their presence in this beautiful ministry.

It’s not hard, and it’s not depressing, and it means so much to families at the time of the Funeral Mass.

You’ll feel wonderful about doing this, and we need YOU!

There are many ways to become involved:

- being present at Funeral Masses to act as greeters, hand out booklets, and help get people seated;
- being a Coordinator, working behind-the-scenes with lists and making phone calls to assign ministers to Funeral Masses;
- being an altar server at Funeral Masses;
- baking a cake to give to the family.

Please consider stepping up to offer your time and your presence in one or more of these ministries.

Those who are recently retired, or others who have time free during the day, are especially appropriate for this ministry!

If you are interested, please contact Ken Hale at kennethhale53@gmail.com or Msgr. Joe at msgrio@oloph.org

LIVING THE EUCHARIST

PARISH LENTEN MISSION 2023

“THE EUCHARIST IS THE SOURCE AND
SUMMIT OF CHRISTIAN LIFE”

—*Lumen Gentium* (Light
to the Nations)

February 21 – March 28

Join a **Living the Eucharist**
small group during Lent.
Participation will enrich your life
in subtle and amazing ways.

During the six-week program you will:

Gain a better understanding of the mystery of the Eucharist

Participate more fully in Sunday Mass

Leave Mass in a renewed zeal to let the light of Christ shine

Nourish your spiritual life by enhancing your relationship with Jesus Christ.

For more information, contact Jim Totino at jtotino01@gmail.com

Deadline to join is February 5, 2023

Living the Eucharist 2023 LENTEN SIGN-UP FORM

To be completed by each participant.

NAME: _____

ADDRESS: _____

PHONE: HOME _____ CELL _____

EMAIL: _____

AGE (if under 21): _____

Six Weekly Small Group Gatherings:

Dates: Tuesdays - February 21, 28, March 7, 14, 21, and 28

Location: School building (classrooms to be assigned)

Time: 7:00–8:30 p.m.

Yes, I will attend the six sessions _____

No, I cannot attend but am interested in participating in the program _____

Please return this form to the Rectory. **The material will be distributed on the first day of Class.**

View the introductory video for *Living the Eucharist* at <https://www.pemdc.org/programs/living-the-eucharist/>

Thank you for your prayerful consideration and may the Lord bless you on this journey!

PRAYER AND WORSHIP

ASH WEDNESDAY



February 22

6:30 a.m.— Mass

12:15 p.m.—Mass

(Note: 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 24, March 3, 10, 17, 24 and 31

at 7:30 p.m. in the church

April 7 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 14—Stations of the Resurrection!



CONFESSIONS

Saturdays: February 25, March 4, 11, 18, 25
4:00—4:45 p.m.

Saturday April 1: 3:00—4:00 p.m.

Monday of Holy Week, April 3:
2:00—4:00 p.m. and 6:00—9:00 p.m.

POPE FRANCIS ON LITURGICAL FORMATION

APOSTOLIC LETTER OF POPE FRANCIS

On June 29, 2022, the Solemnity of Saints Peter and Paul, Pope Francis released his Apostolic Letter Desiderio Desideravi, On the Liturgical Formation of the People of God. It is an exquisite summary of liturgical theology and a call for serious and vital liturgical formation for all Catholics. In this letter, the Holy Father addresses the nature of sacramental encounter, of symbols and symbolic language, of the art of celebration, and the need to engage all the baptized in the fruitful celebration of the Paschal Mystery.

Each week we are presenting a small selection of the letter for your reading and reflection and this will continue until the entire text has been presented. The full text can be found on the Vatican website at

https://www.vatican.va/content/francesco/en/apost_letters/documents/20220629-lettera-ap-desiderio-desideravi.html

56. The priest lives his characteristic participation in the celebration in virtue of the gift received in the sacrament of Holy Orders, and this is expressed precisely in presiding. Like all the roles he is called to carry out, this is not primarily a duty assigned to him by the community but is rather a consequence of the outpouring of the Holy Spirit received in ordination which equips him for such a task. The priest also is formed by his presiding in the celebrating assembly.

57. For this service to be well done — indeed, with art! — it is of fundamental importance that the priest have a keen awareness of being, through God’s mercy, a particular presence of the risen Lord. The ordained minister is himself one of the types of presence of the Lord which render the Christian assembly unique, different from any other assembly. (cf. Sacrosanctum Concilium, n. 7) This fact gives “sacramental” weight (in the broad sense) to all the gestures and words of the one presiding. The assembly has the right to be able to feel in those gestures and words the desire that the Lord has, today as at the Last Supper, to eat the Passover with us. So, the risen Lord is in the leading role, and not our own immaturities, assuming roles and behaviors which are simply not appropriate. The priest himself should be overpowered by this desire for communion that the Lord has toward each person. It is as if he were placed in the middle between Jesus’ burning heart of love and the heart of each of the faithful, which is the object of the Lord’s love. To preside at Eucharist is to be plunged into the furnace of God’s love. When we are given to understand this reality, or even just to intuit something of it, we certainly would no longer need a Directory that would impose the proper behavior. If we have need of that, then it is because of the hardness of our hearts. The highest norm, and therefore the most demanding, is the reality itself of the Eucharistic celebration, which selects words, gestures, feelings that will make us understand whether or not our use of these are at the level of the reality they serve. It is obvious that this cannot be improvised. It is an art. It requires application on the part of the priest, an assiduous tending to the fire of the love of the Lord that he came to ignite on the earth. (Lk 12:49)

SUPPORT THE SISTERS OF ST. DOMINIC OF AMITYVILLE!



Next weekend, **February 11-12**, the **Sisters of St. Dominic of Amityville** will be here after all the Masses to sell chance books for the raffle to be held at their 48th annual Irish Night, which benefits their senior sisters. Please be prepared to buy tickets after Masses next weekend to support the Sisters, as OLPH has so generously done in the past.

Mens' Retreat Saturday' March 4th

Sponsored by Our Lady of Perpetual Help

Knights of Columbus Council #794

185 North Broadway, Lindenhurst

FEE: \$25

PROGRAM:

9:00 a.m.: Registration and Breakfast

10:00 a.m.: **SILVER ROSE PRAYER SERVICE**

includes story of Juan Diego and Our Lady of Guadalupe

recitation of the Glorious Mysteries of the Holy Rosary

Litany of the Blessed Virgin Mary

Scripture readings

11:00 a.m.: **SAINT JOSEPH PILGRIM ICON PROGRAM**

includes Catechesis of St. John Paul II, Pope Benedict XVI, Pope Francis

recitation of the Joyful Mysteries of the Holy Rosary

Litany of Saint Joseph

Scripture readings

Noon: **LUNCH**

1:00 p.m.: Presentation by **Monsignor Joseph DeGrocco**

“Getting More Out of Liturgy: What is Pope Francis Saying About the Liturgical Formation of Lay People”

(this session will include a 15 minute break)

4:00 p.m.: **Sacrament of Reconciliation in OLPH Church** *(optional)*

5:00 p.m.: **Mass** *(optional)*

OLPH/K of C Mens' Retreat March 4

Name: _____

Phone: _____

e-mail: _____

Send completed application and check payable “*OLPH KofC #794*” to:

STEPHEN STRIGARO, 131 North 7th Street, Lindenhurst, NY , 11757
call 631-747-4929

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**OFFICE 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 6

On Wednesday, February 8, you will have your Student/Parent Meeting on Human Dignity. Please meet in the auditorium with a parent or guardian during your regular class time, for attendance and the meeting.

Happy Saint of the Day!

St. Tarcisus died for Christ and is a martyr for the faith. He is believed to have been a deacon during the second century. He was on his way to deliver the Eucharist to the homebound who could not make it to Mass when he was attacked by a gang of people who did not like Christians. He died defending Christ and His Real Presence in the Eucharist.

**LEVEL 2**

On Saturday, January 14, you will meet in the auditorium, where we will have our very important First Holy Communion Video to watch with you! This will take place during your regular class time and will be a student session only.



Vacation Bible Camp Needs You! Planning Meeting *Saturday, February 18, at 11:30 a.m. in the school auditorium.* Please consider being a part of our Space Ranger Team. Contact April for more information.

Save the Date: Vacation Bible Camp July 10th - July 14th

Preview Day: Sunday, March 19, after the 10:00 a.m. Mass in the auditorium.

Are you looking to save BIG?!

For one day only register at this event and get the early bird special!

FAMILY LIFE MARDI GRAS IS FEBRUARY 19



Mardi Gras Ice Cream Social



Sponsored by the Family Life Ministry

Come join us for a family afternoon of prayer and fun including the burning of palms as we begin our Lenten journey by strengthening our relationship with God!



When: Sunday, February 19
Where: O.L.P.H. Auditorium
Time: following the 12:00 p.m. 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: Eileen Corticchia (631) 682-4853
kencort36@gmail.com

Mardi Gras Reply Form

First and Last Name: _____

_____ # of adults _____ # of children

Telephone # _____ Email Address: _____

Please **RSVP** to Eileen Corticchia: kencort36@gmail.com
or (631) 682-4853

RSVP by Sunday, February 12, 2023

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
- † 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—louiseperrotta123@gmail.com
- † St. Vincent de Paul Society: Bill Stysiack—631-226-7725 x 234
- † Special Needs Ministry: Jessica Becker Paolo—631-226-6175—jbecker@oloph.org

NEW Food Pantry List!

- COFFEE (SMALL CANS)**
- TOMATO SAUCE**
- CEREAL**
- CANNED FRUIT**
- COOKIES**
- PORK AND BEANS**
- CANNED PASTA**
- RICE**
- TOILET PAPER**
- SHELF STABLE MILK**

Thank you
for your continued generosity.
Cut out this list and bring it with you
when you go shopping!

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

In the Gospel today, Jesus says, “You are the light of the world.” He is calling us to live our Christian vocation in words and deeds.

Be a “light” to those living in poverty and in a world of darkness by giving a donation to the Society of St. Vincent de Paul.

PARISHIONERS AT THE WASHINGTON MARCH FOR LIFE



Pater Bertran (LICL Vice-Chairman) with parishioners Kathy and Charlie Feldman (center and right) at the March for Life 2023 in Washington D.C.

YOUNG ADULT MINISTRY



South Shore Young Adult Ministry at OLPH Ages 21-39

For Info about Monthly Meetings Contact Director: Bridget Jordan

Phone: (631) 226-7725 x 253, email: bjordan@oloph.org

Survey: <https://forms.gle/UzpYPk8wGvkn8uYQ6>

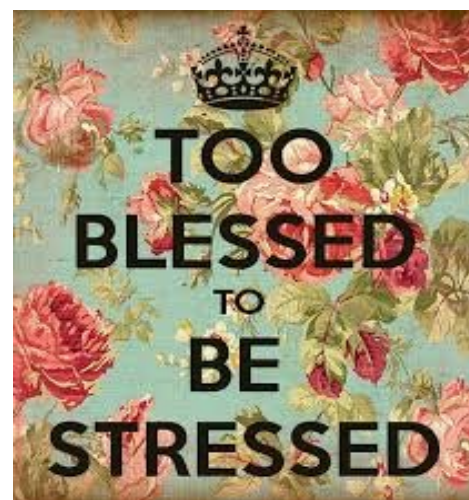
*Join us for our Blessed Is She Women's Study on Sisterhood!
Come chat with us on how we, as women of faith,
can build each other up.*

*We will be meeting on the third Thursday of every month
at 7:00 p.m.*

*Our next session will be on
Thursday, February 16, 2023.*

The theme of this week will be "Envy & Intimacy."

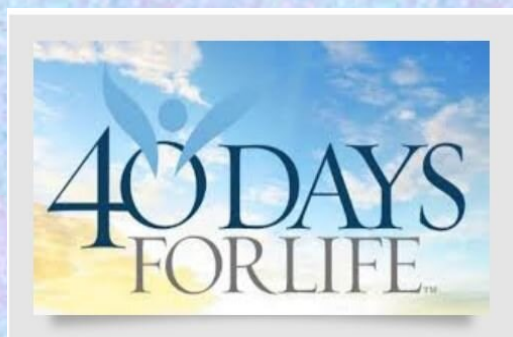
RSVP to Sandy for the address at (631) 965-3718



"FORTY DAYS FOR LIFE"

February 22 to April 2

We encourage you to join us in prayerfully picketing a local Planned Parenthood site to try to save some of those little ones. The local sites are: 540 Fulton Ave (Rte. 24), Hempstead and 70 Maple Ave, Smithtown (across the street from the new Life Ctr). Sign in and check who else will be picketing at <https://www.40daysforlife.com/en/smithtown>



OLPH KNIGHTS OF COLUMBUS COUNCIL 794



On Sunday morning, January 29, the OLPH Knights of Columbus held an Exemplification, whereby six men joined the Order and became Knights. Pictured, left to right: Terence McSweeney, John Lyons, Anthony Manetta, Joseph Lucisano, Richard Sorrentino, and Aaron Liebowitz. Congratulations to these new Knights!

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
Msgr. Joseph DeGrocco, Pastor	206	msgrjoe@oloph.org
Jill Marie Delano, Business Manager	204	jdelano@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, Associate Pastor	223	emmaokons@yahoo.com
Rectory Reception Desk	200	
Christopher Reilly, Director of Music	210	creilly@oloph.org
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
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
Gerry Chille

YOUR PARISH FINANCE COMMITTEE

David Barrett
Bill Bendernagel
Gerry Chille (Chair)
Meg Danaher, CFP®, CLU®
Msgr. Joe DeGrocco
Jill Marie Delano
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
Kenneth Hale
Jenine Jimenez-Spina
Denise Martinez
Barbara McPhail
Chris Reilly
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

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.

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.

WE REMEMBER

We remember those who have died in our parish.

Dolores O'Hanlon

"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."

WE BELIEVE

We pray for the sick of our parish...

<i>Diego Sarmiento</i>	<i>Donna Hosey</i>
<i>Thomas Grogan</i>	<i>Catherine Lang</i>
<i>Rolando Pulla</i>	<i>Baby Antonio James Kienle</i>
<i>Joan Hosey</i>	<i>James Santoli</i>
<i>Helene Calabrese</i>	<i>Henry Batz</i>
<i>Wolfgang Unterschuetz</i>	<i>Lewis Giarratano</i>
<i>Patty Santopadre</i>	<i>Ann-Marie Giarratano</i>
<i>Rolanda Pulla</i>	<i>"Little" Joanie Giarratano</i>
<i>Elvira Treanor</i>	<i>Janina Soroka</i>
<i>Mary Lou Klammer</i>	<i>John Williams</i>
<i>Donald Wright</i>	<i>Kathy Nardi</i>
<i>Christopher De Palma</i>	<i>Rae Laurice</i>
<i>Mary Elizabeth Setti</i>	

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 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.

The Bereavement Ministry assists anyone who has experienced a loss of a loved one and helps the person grow through their grief.

Joining a Support Group, with the help of trained facilitators, will help the person strengthening their faith in themselves and God.

Our next group starts **April 29 to July 1** from **11:30 a.m.-1:00 p.m.**

Please contact Linda Arpino 631-592-1062 or Forubabe77@aol.com for information.



MASSES FOR THE WEEK

MONDAY, February 6 —
Saint Paul Miki and Companions, Martyrs

6:30 Guisepe Rinauolo

12:15 Josephine Senatore

TUESDAY, February 7 —
Weekday

6:30 Anthony Cappello

12:15 Donald Gibbons

WEDNESDAY, February 8 —
Weekday
*(Saint Jerome Emiliani;
Saint Josephine Bakhita, Virgin)*

6:30 Ronald Tallman

12:15 Richard Kuchcicki

THURSDAY, February 9—
Weekday

6:30 John R. Pereira

12:15 Martin J. Kerrigan

FRIDAY, February 10 —
Saint Scholastica, Virgin

6:30 Robert J. Little

12:15 Zbigniew Sokulski

SATURDAY, February 11—
Weekday
(Our Lady of Lourdes)

8:00 Pat & Connie Perrotta

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

5:00 Fred Cassara

Sunday, February 12 —
SIXTH SUNDAY IN ORDINARY TIME

8:00 Edward F. Kienle

10:00 For the People of the Parish

12:00 Catherine Cutolo *(40 year memorial)*

PARISH CALENDAR

Monday, February 6, 2023

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. Devotions Church

Tuesday, February 7, 2023

6:00 p.m. Alcoholics Anonymous Cafeteria

7:00 p.m. Middle Ages Room 24

7:00 p.m. Holy Name Society Room 22

7:00 p.m. Pastoral Council Meeting St. Lucy Room

7:30 p.m. Adult Confirmation Class St. Mark's Room

Wednesday, February 8, 2023

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) Off Campus

5:30 p.m. Levels 6: Classes School
7:00 p.m. Levels 7 and 8: Classes

Thursday, February 9, 2023

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

7:00 p.m. Spanish Prayer Group Cafeteria

Friday, February 10, 2023

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

10:00 a.m. Blue Door Boutique Room 12

Saturday, February 11, 2023

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

12:30 p.m. CYO Auditorium

4:00 p.m. Confession Church

6:00 p.m. Evening Prayer Church

6:00 p.m. Alcoholics Anonymous Cafeteria

Sunday, February 12, 2023

10:00 a.m. OCIA Room 18

12:30 p.m. CYO Basketball 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 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 5 de Febrero del 2023

Que el Señor Jesús, luz del mundo, que nos reúne.

Haga nuestros rostros reflejen su luz

y que siempre este con vosotros.

Que tu luz ilumine a todas las gentes. Isaías 58: 7-10

El profeta nos dice hoy: Dios estará cerca de tí y tu iluminarás con su luz si estás cerca de los necesitados. Cuaresma: tiempo privilegiado de penitencia, de ayuno y Oración, pero que esto vaya acompañado nuestras buenas acciones compartiendo con los más necesitados todas la bendiciones que recibimos de nuestro Padre que esta en los Cielos, para que la luz de Cristo nos alcance.

Segunda Lectura: 1 Corintios 2:1-5

Doy testimonio de Cristo Crucificado

San Pablo reflexiona sobre su misión: no es filosofando o haciendo discursos como predico a Cristo sino dando testimonio del Señor crucificado.

Introducción al Evangelio: Mateo 5:13-16

La sal y la luz del mundo

De acuerdo con Jesús nuestra tarea en el mundo es vivir en coherencia con el Evangelio de manera que la luz de Dios ilumine al mundo.

Reflexión del Evangelio según san Mateo 5:13-16



En el marco del Sermón de la Montaña, el Evangelio (Mt 5:13-16) expone Jesús a la muchedumbre: “Vosotros sois la sal de la tierra. Más si la sal se desvirtúa, ¿con qué se la salará? Ya

no sirve para nada más que para ser tirada afuera y pisoteada por los hombres. Vosotros sois la luz del mundo. No puede ocultarse una ciudad situada en la cima de un monte. Ni tampoco se enciende una lámpara y la ponen debajo del celemin, sino sobre el candelero, para que alumbré a todos los que están en la casa. Brille así vuestra luz delante de los hombres, para que vean vuestras buenas obras y glorifiquen a vuestro Padre que está en los cielos.”

Usa imágenes de la vida cotidiana y con palabras sencillas y directas, Jesús hace saber cuál es la misión y la razón de ser de la Iglesia, de los Bienaventurados: ¡Ser sal de la tierra y luz del mundo! Sal porque tiene la doble virtud de estar en toda comida y ser discreta, nadie habla de ella, a menos que haga falta o esté en exceso; además la sal es un buen conservante de los alimentos y se puede utilizar como abono de la tierra para darle más vigor o hacerla más fecunda. Así debe ser la vida de las comunidades cristianas y obvias de todo cristiano: Ser instrumento por los cuales se transmite la vida de Dios en todos los ámbitos de la tierra. Y luz del mundo pues está fue hecha para iluminar, no admite ser escondida, aunque puede ser la situación de algunas personas o comunidades, lo cual es absurdo. La comunidad y el cristiano deben ser luz, deben iluminar, no debe tener miedo de mostrar el bien que hacen. No lo hacen para ser vistos pero lo que hacen puede y debe ser visto. La sal y la luz no existen para sí. Así mismo debe ser una comunidad o un discípulo de Jesús: no pueden encerrarse en sí mismos. En síntesis, estas imágenes traducen: Dejar ver las buenas obras. La comunidad o el cristiano no se proyecta en el mundo por vanidad sino que su misión o finalidad última es dar gloria a Dios pero al mismo tiempo esa es su identidad, pues esa es su elección, imitar a Aquel que es Sal de la tierra y Luz del mundo y así dar testimonio en la vida, en las palabras y las acciones para ser reflejo del Amor y la Misericordia del Dios, Uno y Trino. ¡Jesús, en Ti confío!

**OFFERING UPDATE
January 28/29**

Mass Time	Attendance	# of Envelopes	Weekly Collection
5:00 p.m.	231	82	\$2,351.00
8:00 a.m.	197	84	3,499.00
10:00 a.m.	290	88	2,703.00
12:00 a.m.	318	82	2,041.00
Total coin:			7.26
Faith Direct			3,132.60
Children's Env.		12	44.00
Mail-ins:			1,117.00
TOTAL	1,036	348	\$14,894.86
2022	352	106	\$8,572.73
Candles			\$814.61
Poor Box			\$170.56

**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 12—deadline passed
February 19—February 10 deadline
February 26—February 17 deadline

**Important Diocese of Rockville Centre
Information**

Information regarding a new deadline to file proofs of claim for victims of sexual abuse who were over 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: <https://dm.epiq11.com/drvc>

OLPH LEGACY GIVING

"FOR WHERE YOUR TREASURE IS, THERE YOUR HEART WILL ALSO BE"



Wills and Bequests



IRA's and Retirement Plans

AN OPPORTUNITY OF WHAT A LEGACY MEANS TO YOUR CHURCH!

We want to bring to your attention different ways that parishioners can financially support OLPH. The parish can be named as a beneficiary to different types of financial products such as life insurance policies, IRAs, and gift annuities, to name a few. There are also ways to give to the parish in the form of appreciated stock, where you can avoid or reduce your own income tax bill while also providing for the parish. These types of approaches are generally referred to as "Planned Giving" or "Legacy Giving." You have worked hard during your working years, and you saved and invested wisely so that your loved ones can have a secure financial future via your will and estate planning. We'd like to ask you to consider having your estate planning include OLPH, so that all of the great work that has been ongoing here for over 150 years can continue long into the future. Planned Giving can make that happen. You can assist the parish in a significant way by including OLPH as a beneficiary in your planning. If you are interested in learning more about Planned Giving, your tax accountant, your lawyer, or your financial advisor will be familiar with this topic. You may also call the rectory and ask to speak to the Parish Business Manager, Jill Delano. Thank you for supporting OLPH in this way!

PREPARING FOR SUNDAY, FEBRUARY 12, 2023 THE SIXTH SUNDAY IN ORDINARY TIME

“If you trust in God, you too shall live.”

Sirach 15:16b

Sirach 15:15-20

The Book of Sirach was originally written in Hebrew about 200 B.C. by a sage living in Jerusalem named Yeshua Ben Eleazar Ben Sira and was translated into Greek about a century later by his grandson. It is mainly concerned with presenting moral teaching from the perspective that all wisdom, and hence the foundation of right living, comes from God and endures forever. This reading focuses on human choice in following the commands of God's Law. The author presents the reality of free will in various ways, repeating the importance and the consequences of each choice. Trustful following of divine commands brings life, while disobedience earns death; whatever one chooses “shall be given.”

1 Corinthians 2:6-10

In last Sunday's passage from this letter, Paul acknowledged that the wisdom of the Gospel he proclaims certainly does not appear wise to his hearers. He says it again today: what he speaks is “not a wisdom of this age, nor of the rulers of this age.” But that is because his message originates not from human reason but from the “mysterious, hidden” plan of God that only can be known by divine revelation. What God intended was a plan of salvation for all people that is revealed through the crucified Jesus, the “Lord of glory,” not through human reason or effort. This glory is “revealed to us through the Spirit.” Such is the wisdom that “God has prepared for those who love him.”

Matthew 5:17-37

In this reading, Matthew shows us Jesus as a true son of Abraham, one who has come to fulfill the Law of Moses rather than abolish it. This is an important point since the members of Matthew's first-century community were mainly Jewish converts to Christianity and so Jesus' relationship to the Law was of great importance to them. This is a continuation of the Sermon on the Mount begun two weeks ago which again shows Jesus emphasizing the importance of action rather than words. In the full length version of this reading, Jesus gives four antithetical statements (“You have heard...but I say to you. . .”) whereby he brings the Law to its fullest development by stressing not just the action but the inward attitudes behind the action. While we may not kill, who among us has never been angry with another and thereby cause damage to our relationship with members of the community? True righteousness and love of God comes when we live not by the letter of the law but by its spirit.

Gospel Reflection Questions....

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

1. Jesus is critical of the Pharisees' type of righteousness, which focuses on externals. They make sure everyone sees when they fast, pray on street corners, wash hands, etc. How do these things relate to the inner Spirit of the law? How do they relate to loving God and neighbor?
2. In his homily, Pope Francis warned against an excessive rigidity. How does “going beyond the law” in order to love God and neighbor surpass the “righteousness” of the scribes and Pharisees?

Taking his cue from Jesus' warning to his disciples that unless their righteousness surpasses that of the scribes and Pharisees they will not enter into the Kingdom of Heaven, Pope Francis stressed the importance of Christian realism. Jesus, he said, asks us to go beyond the laws and love God and neighbor, stressing that whoever is angry with their brother will be liable to judgment.

Pope Francis urged his listeners to recall how Jesus's request for generosity and holiness is all about going forward and always looking out beyond ourselves. This, he explained, frees us from the rigidity of the laws and from an idealism that harms us.

Mass at Santa Marta, June 9, 2016

Readings for the Week

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

Monday, February 6, 2023:

Genesis 1:1-19 + Mark 6:53-56

Tuesday, February 7, 2023:

Genesis 1:20—2:4a + Mark 7:1-13

Wednesday, February 8, 2023:

Genesis 2:4b-9, 15-17 + Mark 7:14-23

Thursday, February 9, 2023:

Genesis 2:18-25 + Mark 7:24-30

Friday, February 10, 2023:

Genesis 3:1-8 + Mark 7:31-37

Saturday, February 11, 2023:

Genesis 3:9-24 + Mark 8:1-10

Sunday, February 12, 2023:

Sirach 15:15-20
+ 1 Corinthians 2:6-10
+ Matthew 5:17-37

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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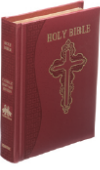


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