

# Living Lent to the Fullest

by Lisa Klewicki Ph.D.  
www.catholicdigest.com

**Lent is the time for trimming the soul and scrapping the sludge off a life turned slipshod. Lent is about taking stock of time, even religious time. Lent is about exercising the control that enables us to say no to ourselves so that when life turns hard of its own accord, we have the stamina to yes to its twists and turns with faith and hope. Lent is the time to make new efforts to be what we say we want to be.**

~Joan D. Chittister

Lent this year comes at the end of a long winter. The gray skies and lack of sunshine can be taxing on our spiritual and psychological health, and we may not feel motivated to enter into this holy season. But Lent can be forty days of opportunity for growth and renewal, a time to focus on God and his Son's sacrifice. Your spiritual and psychological states can blossom back to health during Lent to usher in the spring with your heart and mind prepared for God.

Winter can seem so disheartening that I often pray for an early spring in order to enjoy my favorite flowers, tulips, before Lent begins. In my family it has become a tradition during Lent to practice a "tulip fast" and not display fresh flowers in order to contrast the Easter season that we fill with fresh bouquets. When I get to enjoy early blooming tulips before I clear my Lenten table, I feel that summer and a lightness of heart is right around the corner. When the winter lasts a little longer or Lent arrives earlier in the year and I don't get to enjoy the early blooms, I can still feel the winter begin to recede because the "tulip fast" reminds me of what is important in my life. The tulips are beautiful and missed during Lent, and that absence reminds me to appreciate the presence of God's beautiful love, which isn't affected by the coming and going of the seasons. I am reminded to use Lent as an opportunity to grow in my love for God.

## How can we grow in our love of God?

Jesus' human form on the cross is a powerful image, and it's a perfect point of focus for the Lenten season. As we prepare to witness and appreciate Jesus' sacrifice for us, we can visualize the beams that comprise the cross. The vertical beam of the cross reminds us of our relationship with God. This beam is necessary to uphold the cross. It is embedded in the earth while reaching for heaven. God supports us throughout our time on the earth and gives us the grace to reach heaven.

Our relationship with God affects every other relationship in our lives. How we treat others can demonstrate our level of focus on and love for God. "Truly, I say to you, as you did it to one of the least of these my brethren, you did it to me" (Matthew 25:40). The horizontal beam of the cross reminds us of our relationships with others. This beam stabilizes the cross and reaches out into the world, just as our human relationships can stabilize us on earth and encourage us to spread God's love throughout the world. Our relationships with others can give us an understanding of God that we might not experience otherwise. Relationships present Christ to our world in a special way that allows us to see Christ in others and have others see Christ in us.

## How to celebrate Lent

For some, the Lenten season can become filled with overly scrupulous goals. We don't need to change everything about our relationship with God in forty days. Focusing on prayer and fasting to such an extent that you forget the purpose of the act can become a roadblock to your spiritual goals. Lent is a time to focus on Christ and his sacrifice, to focus on his phenomenal love for us, and to focus on uniting ourselves with Christ more deeply. "Grace be with all who love our Lord Jesus Christ with love undying" (Ephesians 6:24).

Finding a balanced way of strengthening your relationship with Christ this Lent is important. What one prayer would you like to add, renew, or deepen this Lent? What one fasting practice would you like to engage in for the forty days of Lent? Your relationship with Christ can deepen greatly with a stronger spiritual focus on one prayer practice and one fasting practice throughout Lent, rather than several prayers and fasts that contain no spiritual depth. Remember that quality is more important and more effective than quantity when developing and deepening relationships.

## Improve your relationship with others

Lent is a time to work on personal spiritual growth, but it's also a time to ensure that your spiritual growth is bearing fruit. "What does it profit, my brethren, if a man says he has faith but has not works? Can his faith save him? If a brother or sister is ill-clad and in lack of daily food, and one of you says to them, "Go in peace, be warmed and filled," without giving them the things needed for the body, what does it profit? So faith by itself, if it has no works, is dead" (James 2:14-17).

Some people fall into the trap of thinking, "I don't need to get involved because someone else will do it," but this kind of thinking takes away our opportunity to grow in relationships with others. Love and charity stabilize our relationship with God and manifest God's love on earth in ways that bring the hope of Christ to the hopeless. What one way can you reach out to others this Lent? Your relationship with others can be strengthened by really focusing on your family when they ask for your attention or by collecting food from the neighborhood for the nearest food bank. Even the simplest acts of love and charity will strengthen our worldly and heavenly relationships, reflect Christ's love, and bring him glory.

The more deeply you are able to live your Lenten commitments, the more quickly your winter doldrums will lift to expose a renewal and strengthening of spirit, love, and relationships. With a focus on a deepened relationship with God and a deepened relationship with others, the Easter season ushers in our hearts a beauty that is reflected in the spring around us. Every year at the end of Lent, my husband goes on a quest for the last tulips of the season to decorate our Easter table. The arrival of these beautiful flowers reminds me that what is truly beautiful is the God who provided them.

## NIGHT at the RACES 2019 We're down to the WIRE!

Our Annual NIGHT at the RACES is swiftly approaching. While March 2nd sounded so far away when we began discussing this year's event—the truth is..... IT'S THIS SATURDAY!

**As we prepare for this year's NIGHT at the RACES...**

- **HORSE FORMS must be in THIS WEEKEND**
- **SPONSOR FORMS must be in THIS WEEKEND**
- **ADMISSION tickets** are available in the vestibule.
- **RAFFLE tickets** are available in the vestibule.
- **VOLUNTEERS** are still needed in a variety of areas. Stop at the table in the vestibule and sign up today
- **Set up** will be on **FRIDAY, March 1st** at **6 pm** at St. Mary's Hall.

**WE NEED THE COOPERATION of ALL PARISHIONERS to assure the SUCCESS of this year's NIGHT at the RACES!**

**Thank You to all who have already contributed, volunteered or helped prepare for this year's event!**



**NIGHT AT THE RACES  
Saturday, March 2, 2019**

**Doors Open 6 pm  
First Race 7 pm**

**Admission \$5.00  
Must be 21 to participate  
BYOB**



**TO buy horses,** see our representatives at the Ticket table, fill out a horse form, or contact the parish office (570-823-4988).

**Thank You to** all who expressed concern and offered prayers during my recent illness. Thank God it wasn't as bad as was thought when I got to the ER! Originally I was diagnosed with a bowel obstruction and there was talk of surgery. Happily, a few days in the hospital on a restricted diet relieved the blockage .

In the end, it was the stomach flu that I had to begin with. It inflamed the small intestine, and everything backed up from there.

Now I am on the mends and will be back to regular duties beginning this week.

Your prayers and thoughts were a great comfort. Thank You one and all.

Fr. Ken

### PALM COLLECTION



We are collecting last year's blessed palm to provide the ashes for Ash Wednesday. Dried palms may be deposited in the container provided in the vestibule anytime before March 3rd.

Our Parish Social Justice Council will be hold their annual **ASH WEDNESDAY FISH DINNER** on **Wednesday, March 6th** (only 24 days away!)

The dinner includes breaded haddock, baked potato, cole slaw or applesauce, roll and butter, beverage and dessert.

The price for this feast is \$10.00. Tickets are available in the vestibule.

We suggest you get your tickets early as they are limited in number and tend to sell out quickly.

We thank FCSLA Branch 350 for making this a matching fund activity.

### Helpful Information

#### Join the Parish

Anyone wishing to register for membership in the parish is asked to fill out a registration form and drop it in the collection basket.

#### Request Prayers

**Our INTERCESSORY PRAYER MINISTRY** provides prayer for anyone in need throughout the parish. Contact MARY ANN MAGDA at 570-820-0525 or make your intention known on our parish website at [www.standrebessettewb.com](http://www.standrebessettewb.com)

#### Remember your Parish

Your parish serves you faithfully throughout your life. Please remember your parish with a memorial gift or a Bequest in your will. Make a return to the Lord for all the good He has done for you.

### SACRAMENTAL PREPARATIONS

#### Anointing of the Sick

The Sacrament of the Anointing of the Sick may take place at any time, but, sadly, too many families wait until the last minute to call the priest to anoint their loved ones. If someone in your family is seriously ill, preparing for surgery, or suffering a prolonged illness, please contact the parish office to arrange a time for Fr. Ken to visit.

#### IN THE CASE OF AN

**EMERGENCY**—or if Fr. Ken is unavailable to visit immediately, we will contact the first available priest to celebrate the Sacrament of Anointing with your loved one.

#### Funeral Preparations

We collaborate with the local funeral directors in arranging the times of the funerals. Please be aware that there is an additional fee for funerals on Saturdays imposed by most cemeteries in the area.

#### Baptismal Preparations

Parents of newly born infants may call the parish office to arrange a time for the Baptism of their child. Baptisms are celebrated, for the most part, on any Sunday, with the exception of the season of Lent.

#### Wedding Preparations

Couples contemplating Marriage are asked to contact the parish office at least one year prior to the contemplated date of marriage, before making other plans.



## 5 Ways to Prepare for Lent: It's Closer than You Think!

www.Aleteia.com

I'm full of ideas for how to improve my spiritual life, but my mantra has been "I'll do it in Lent." What better time to pull myself together? But every year, when Lent does arrive, it comes like a thief in the night, which is ridiculous, since I had plenty of warning, after all. Year after year, I'm unprepared, and find myself scrambling to make resolutions that I think I can keep.

In this regard, I recently got an unexpected bit of help from the Orthodox tradition. I discovered a gem from them about how they approach the time before Lent begins. They see the Sundays leading up to Lent, called "Pre-Lent," as a time of special preparation, so that when Lent finally comes, they are prepared to give it their all. It just goes to show how important Lent is, and how vital the work of repentance is, that there is a time set aside to *prepare* for a time of *preparation*.

A form of this tradition is kept in parishes and communities using the Extraordinary Form, as well as the parishes of the Ordinariate and Byzantine Catholics, among others. Septuagesimatide (the name, from the Greek for "70 days," is in reference to 70 days before Easter) begins three Sundays before Ash Wednesday. Since March 1 is Ash Wednesday this year, in those parishes that observe Septuagesimatide there will be a certain focus on Lent starting with Septuagesima Sunday on Feb. 17.

For those of us not getting a reminder at Sunday Mass or Divine Liturgy, I suspect the time between now and March 6 is going to fly by even faster.

Here are a few simple ways that I'm going to try to get my soul in order this year, so that I'm ready for Lent when it comes.

### 1. Get moving physically

Being made of both body and soul, I'm still inclined to forget how much the body tends to influence the state of my soul. The days when I sit around on the couch for hours, I'm much, much less likely to have the energy to do the right thing. I give less time to my family, I'm less attentive to my husband, and I'm generally depressed about my own state of affairs, which leads to a subtle sense of hopelessness. But on the days when I've taken a walk, or

exercised a bit, it couldn't be more different. I'm more cheerful, more hopeful, and have more energy to give to my family. It's the perfect state of mind to try to begin to make changes in my life.

### 2. Get moving mentally

Feed your mind. Even if you aren't doing spiritual reading, any reading at all might help more than you think. Just reading a whole article, instead of just the headline and then a quick skim, has a way of fostering the habit of following through on what you've started. It helps me learn not to give up easily. And the mind, like any muscle, needs to be used, to stay strong. Using your mind more often can help deepen your understanding of your faith, which is rich beyond measure, and has so much to offer.

### 3. Start noticing your problem areas

You don't have to pick your resolutions yet, but now is the time to start thinking about what areas of your life need to be revived. Has your temper been especially short lately? (Mine has. I blame cabin fever. And original sin.) A good examination of conscience will direct you to resolutions that are personally right for you, and help you see your Lenten goals more clearly. There's also that old gimmick: try to name the seven deadly sins. The one you have the most trouble remembering is the one you may be struggling with.

### 4. Get yourself to the sacraments

If you've already made a good examination of conscience, don't waste it. Go to confession! If you have time for daily Mass, or Adoration, even if it's just once, you won't regret it. It's always the best possible decision to try to get closer to Jesus. That's the whole point of our whole life, after all.

### 5. Pray, pray, pray

You don't have to be in the mood, you don't have to have energy, and you don't have to have anything to say for your prayer to be a good one. What matters is perseverance. Never underestimate the power of forming a habit. It's so hard at first, but once it's part of your routine, it becomes second nature. And wouldn't you love it if daily prayer was second nature to you?

# Lenten Schedule

March 6–April 12, 2019

## ASH WEDNESDAY

March 6, 2019

- |         |  |
|---------|--|
| 8 am    | Mass with Distribution of Ashes                |
| 10 am   | Distribution of Ashes at WBGH                  |
| Noon    | Liturgy of the Word with Distribution of Ashes |
| 4 –6 pm | Social Justice Fish Dinner                     |
| 6:30 pm | Mass with Distribution of Ashes                |

## MONDAYS of LENT

March 11–April 8

- |        |                             |
|--------|-----------------------------|
| 4-6 pm | Sacrament of Reconciliation |
|--------|-----------------------------|

## WEDNESDAYS of LENT

March 20– April 10

- |      |                       |
|------|-----------------------|
| 6 pm | <b>SOUP and STUDY</b> |
|------|-----------------------|

## THURSDAYS of LENT

March 7–April 11

- |      |                                      |
|------|--------------------------------------|
| NOON | Adoration of the Blessed Sacrament   |
| 6 pm | Vespers (Evening Prayer) Benediction |

## FRIDAYS of LENT

March 8 -- April 12

- |      |                        |
|------|------------------------|
| NOON | Stations of the Cross  |
| 3 pm | DIVINE MERCY DEVOTIONS |

## NOVENA TO ST. JOSEPH

Sunday, March 10 -- Tuesday, March 19

- |                               |  |
|-------------------------------|--|
| 7 pm<br>March 10,<br>16 & 17  | Vespers, Novena Prayers and Benediction  |
| 7 pm<br>March 11–15,<br>18-19 | Mass with Novena Prayers<br><i>(There will be no 8 am Morning Mass during the Novena. Intentions scheduled for the morning will be transferred to the evening Mass.)</i> |

<b>Winter Ordinary Time</b>			
<b>Weekend of February 23-24</b> <b>Seventh Sunday in Ordinary Time</b> <b>(Sexagesima)</b> 4 pm Vigil Mass 5:30 pm Vigil Mass 8:00 am Mass 9:30 am <b>FAITH FORMATION</b> 11:00 am Mass Race Admission & Raffle Tickets Horse Race Returns <b>(LAST DAY)</b> Fish Dinner Tickets	<b>Weekend of March 2-3</b> <b>Eighth Sunday in Ordinary Time</b> <b>(Quinquagesima)</b> <b>(ALLELUIA! Sunday)</b> 4 pm Vigil Mass 5:30 pm Vigil Mass 8:00 am Mass 9:30 am <b>FAITH FORMATION</b> 11:00 am Mass CLERGY COLLECTION DUES Envelope Fish Dinner Tickets	<b>Monday, February 25</b> No Morning Mass	<b>Monday, March 4</b> No Morning Mass <b>6 pm St. Andre Faith Sharers</b> <b>6:30 pm Development</b>
<b>Tuesday, February 26</b> 8 am Morning Mass 5:30 pm Choir	<b>Tuesday, March 5</b> <b>MARDI GRAS</b> 8 am Morning Mass 5:30 pm Choir	<b>Wednesday, February 27</b> 8 am Morning Mass 6 pm Catechetical Council	<b>Wednesday, MARCH 6</b> <b>ASH WEDNESDAY</b> 8 am Mass 10 am Distribution at WBGH 12 pm Liturgy of the Word 4-6 pm Fish Dinner 6:30 pm Mass
<b>Thursday, February 28</b> 8 am Mass Noon Exposition <b>6 pm Vespers</b>	<b>Thursday, MARCH 7</b> 8 am Mass Noon Exposition 1 pm Admin. Staff <b>6 pm Vespers/Liturgy Council</b>	<b>Friday, March 1</b> <b>FIRST FRIDAY</b> 8 am Morning Mass 6 pm Confessions 6:30 Sacred Heart Devotions 7:00 pm Mass	<b>Friday, March 8</b> FIRST FRIDAY 8 am Morning Mass Noon - Stations 3 pm - Divine Mercy Devotions
<b>Saturday, March 2</b> 3 pm Confessions <b>6 pm NIGHT AT THE RACES</b> <b>VIGIL: Eighth Sunday in Ordinary Time (Quinquagesima)</b>	<b>Saturday, March 9</b> 3 pm Confessions <b>VIGIL: First Sunday in Lent (Quadragesima)</b>		

**DISCIPLES of the SPIRIT**  
**10:30 am**

**Saturday, March 16**  
**Saturday, May 18**  
**Saturday, June 15**

**ST. ANDRE FAITH SHARERS**  
**6:00 pm**  
**Monday, March 6**  
**Monday, May 6**  
**Monday, June 3**

**COMPANIONS ON THE JOURNEY**  
**2:00 pm**  
**Sunday, March 17**  
**Sunday, May 19**  
**Sunday, June 16**

For More Information, please contact Sr. Madonna at 570-823-4988.

**ADMINISTRATIVE COUNCILS**

**ADMINISTRATIVE STAFF**  
 Thursday, March 7  
 Thursday, April 4  
 Thursday, May 5  
 Thursday, June 6  
 1 pm

**CATECHETICAL COUNCIL**  
 TBA  
 6:00 p.m.

**FINANCE COUNCIL**  
 Thursday, March 21  
 Thursday June 20  
 6:00 p.m.

**LITURGICAL COUNCIL**  
 Thursday, March 7  
 Thursday, April 4  
 Thursday, May 2  
 6:00 p.m.

**PARISH LIFE COUNCIL**  
 Thursday, March 28  
 Thursday, May 30  
 6:00 pm

**PASTORAL COUNCIL**  
 Thursday May 16  
 6:00 p.m.

**SOCIAL JUSTICE COUNCIL**  
 Thursday, March 14  
 Thursday, April 11  
 Thursday, May 9  
 6:00 p.m.

**THE ANNUAL NOVENA to ST. JOSEPH** will take place beginning on Sunday, March 10 and ending on the Feast of St. Joseph, Tuesday, March 19th. St. Andre Bessette was greatly devoted to St. Joseph. He used to tell pilgrims: If you want something, go to St. Joseph. Say to Him: **St. Joseph, If you were in my position now, what would you do? Then pray for this on my behalf.**

**ALL PARISHIONERS** are encouraged to take part in the Novena to St. Joseph. Fr. Leo McKernan will be the guest homilist for the novena. Services will be held each evening at 7 pm.

- Sunday March 10th Vespers, Novena Prayers, Benediction
- Monday, March 11 to Friday March 15 Mass with Novena Prayers
- Saturday March 16 Vespers, Novena Prayers, Benediction
- Sunday March 17 Vespers, Novena Prayers, Benediction
- Monday March 18 Mass with Novena Prayers
- Tuesday March 19 Mass for the Solemnity of Joseph, Husband of Mary
- Wednesday, March 20 8 am Mass resumes



**Loaves and Fishes**  
**Food for February**  
**Coffee**

# “How Peace is Made”

A Meditation by His Holiness,  
Pope Francis  
in the Chapel of the Domus Sanctae Marthae  
10 September 2015  
[www.vatican.va](http://www.vatican.va)

“Words, words, words”, Mina sang in a well-known song. The Pope even repeated the chorus to evoke essential nature of the “Christian way”. It needs no lengthy description but rather, it revolves around the words “peace and mercy” and therefore, around forgiveness and the ability to forbear one another. In Thursday morning’s Mass at Santa Marta, Francis also recalled the great wars that are fought, the shameless weapons trade, and the smaller conflicts that tear apart families, workplaces and even Christian communities.

“Several days ago”, the Pope began, “the Liturgy spoke of the work that was done by Jesus Christ, the Lord: the work of making peace and reconciling”. And, he added, “the other day, on the Feast of the Nativity of Our Lady, we asked for this grace of peace and reconciliation”.

“Peace and reconciliation”, therefore, is what “Jesus did: he made peace”, and “this is why he is called the Prince of Peace”. The Prophet Micah says in this regard that “he shall be peace” and “that he brings peace, that he makes peace”. Even “in our hearts, in our souls”, Francis explained. So, he asked, “how did he make peace? By giving his life as an offering, a prayer for the forgiveness of all”.

“I wonder”, the Pope continued, “if we are really thankful for this gift of peace that we received in Jesus”. Because “peace was made, but it wasn’t accepted”. And thus, he noted, “still, every day on the news, in the papers, we see that there are wars, destruction, hatred, enmity, and that enmity that the Lord spoke of to the serpent after the sin, it’s there!”.

After all, he recalled, “there are also men and women who have worked so much — they work a lot! — to produce weapons to kill, arms that in the end become bathed in the blood of so many innocent people, so many people”. There are “wars and there is the wickedness of preparing for war, of making arms against the other, to kill”. The terms of the issue are clear: “Peace saves, peace lets you live, peace lets you grow; war destroys you, it brings you down”. People often say, “Father, it’s awful that this has happened there!”. But certain situations, Francis said, do not only happen in faraway places: “War even exists in our Christian communities, among ourselves”. And to address this, the Pope returned to “the advice that today’s Liturgy offers us: ‘Make peace among yourselves’”, referring to the passage from the Letter to the Colossians

(3:12-17).

So, he said, “there are two key words”. The first “is forgiveness: if we do not learn to forgive one another, we will always be at war”. Thus came the Pope’s exhortation: “As the Lord has forgiven you, so should you do”. But “if you do not know how to forgive, you are not a Christian”, he said, “because you do not do as the Lord did”. Moreover, “if you don’t forgive, you cannot receive the Lord’s peace, the Lord’s forgiveness”.

The Pontiff recalled that “each day, when we pray the *Our Father*, we say: ‘forgive us, as we forgive’”. And this, he explained, is in the “conditional”: we are trying to convince God to be good, as we are good in forgiving: in reverse”. In this regard the Pope commented: “Words, no? Like she sings in that beautiful song: ‘Words, words, words’, no? I think the singer is Mina.... Words!”.

This is the right path: “Forgive one another! As the Lord has forgiven you, so should you do! Forgive one another! And some good advice for forgiving each other: forbear one another at home, in your neighbourhood, at work.... Bear with each other”, without resorting to whispering: “He did that...”. It’s important “to forbear, because he too bears with me”. In short, it takes “Christian patience”.

Francis then commented: “How many heroic women there are among our people who, for the good of their family, of their children, forbear so much brutality, so much injustice: they forbear and go forward with their family”. And “how many heroic men there are among our Christian people who forbear getting up early in the morning and going to work — often unfair, poorly paid work — to return late in the evening, in order to provide for their wife and children”. These people “are the just ones”.

However, the Pope stated, “how many others there are who, instead of doing what they should, wag their tongue and create conflict”. Indeed, he said, “the same damage that a bomb creates in a town, the tongue creates in a family, in a neighbourhood, in a workplace”. Because “the tongue destroys, it creates war”. And “I’m not saying this”, the Pope said, “the Apostle James says it”. Here then is the practical advice of St Paul: “As the Lord has forgiven you, so should you do: forbear one another and forgive one another”.

Then, the Pontiff explained, “there is another

word that Jesus says in the Gospel, because it repeats the same topic: mercy”. In the passage of Luke (6:27-38), the Lord says: “Be merciful, even as your Father is merciful”. It is an invitation to “understand others, not to condemn them: the Lord, the Father, is so merciful, he always forgives, he always wants to make peace with us”. But, Francis asked, “if you are not merciful, how can the Lord be merciful with you, since we will be judged by the same standard by which we judge others?”.

For this reason, he said, “if you are a priest and don’t feel you are merciful, tell your bishop so you can be given administrative work, but don’t go down to the confessional, please!”. Because “a priest who isn’t merciful does so much harm in the confessional: he lambastes people!”. Perhaps one could justify it, saying: “No, father, I am merciful, but I’m a little upset...”. This is the Pope’s response: “Before entering the confessional, go to the doctor who can give a pill for your nerves! But be merciful!”.

One must be “merciful even among ourselves”. Instead of complaining — “he did this...” — we should ask ourselves: “what have I done?”. After all, who can say that “he is a worse sinner than I am? None of us can say this. Only the Lord can”. All of us, the Pope said, “can say, ‘I am a sinner and I need mercy and I need forgiveness. And this is why I forbear others, I forgive others and I am merciful with others’”. For “when the soul is like this, the Christian way is what Paul teaches to his own in the Letter to the Colossians: ‘Put on compassion, kindness, lowliness, meekness, and patience’”.

This, then, “is the Christian way: it is not arrogance, it is not condemnation, it is not speaking ill of others”. The Christian way is “compassion, kindness, lowliness, meekness, and patience”. Ultimately, it is “the way of Jesus, the way by which Jesus made peace and reconciliation, until the end”. Indeed, “at the end, in the final yearnings of life, he managed to hear something that the thief said: ‘Yes, yes, yes, come with me, dear one, come to Paradise’”.

Francis concluded his meditation by praying “that the Lord give each of us the grace to forbear others, to forgive, to be merciful, as the Lord is merciful with us; and to have this Christian way of compassion, kindness, lowliness, meekness, and patience”.

(by *L'Osservatore Romano*, Weekly ed. in English, n. 38, 18 September 2015)

**Evening Recollection  
for Extraordinary Ministers  
of Communion**

**Wednesday, April 3, 2019**  
St. Leo Parish  
Ashley  
beginning at 6 pm

**The Body of Christ:  
Our Identity and Purpose**

Presenter: David Baloga  
Director for Worship

**To Register, contact St. Leo's Parish  
at 570-825-6669.**

**Wedding Anniversary  
Celebration**

The Office of Parish Life, along with Bishop Bambera, invites couples celebrating their silver (25th) or Golden (50th) Wedding anniversaries in 2019 to a special Liturgy in the Cathedral on June 30, 2019. The Anniversary Mass will be celebrated at 2:30 pm in the Cathedral followed by a reception in the Pastoral Center.

Requests for an invitation, with mailing address, should be made through the parish office **no later than April 2, 2019**

**ANNUAL APPEAL**

**Parish Goal: \$32,000.00**

**Pledges/Gifts: \$20,508.00**

**Still Needed: \$11,492.00**

*155 Donors out of 526 parishioner contributed to the Appeal this year (29.5% of the parish).*

Thank You to all who have donated.

If you have not yet made your pledge you may do so by contacting the **Development Office at 570-207-2250** or sending your pledge directly to

**Diocesan Annual Appeal  
Development Office  
Diocese of Scranton  
300 Wyoming Ave.  
Scranton, PA 18503**

**The SECRET  
of CHANGE**

**is to  
FOCUS all  
YOUR ENERGY,  
NOT on  
FIGHTING  
the OLD  
but on  
BUILDING  
the NEW.**

Socrates

**ASH WEDNESDAY RETREAT**

with Fr. Joe Sica  
**Wednesday, March 6th**  
9:30am—2:30 pm  
Diocesan Pastoral Life Center  
330 Wyoming Ave.  
Scranton PA

**UNHAPPY WITH LIFE?  
CHANGE IT!**

Fr. Sica will lead the retreat in 3 parts with time for reflection and personal prayer. The day will include the 12:30 pm Mass at the Cathedral with the imposition of Ashes. The Sacrament of Reconciliation will be available prior to Mass and lunch will be served after Mass. The fee is \$30.00 which includes Lunch.

To register, contact Mary Ann Malone at the Office for Parish Life (570-207-2213) or e mail: [Mary-Ann-Malone@dioceseofscranton.org](mailto:Mary-Ann-Malone@dioceseofscranton.org)

**Scranton NPM 2019 Events**

Mark your 2019 calendars now and plan on attending the upcoming spiritual and informative events of the Scranton Chapter of the National Association of Pastoral Musicians. Here is a listing of what's in store:

- **Evening of Reflection on Lent** —Tuesday, March 12 at 6:00PM at St. Elizabeth Ann Seton, Swoyersville
- **Cathedral Art, Music & Architecture Tour** — Monday, May 13 at 6:00PM at the Cathedral of St. Peter, Scranton
- **42nd Annual NPM Convention**—July 16-19 in Raleigh, NC
- **Resources for Selecting Liturgical Music**—Monday, September 16 at 6:00PM at St. John Neumann Parish (Holy Name site), Scranton
- **Creating Effective Worship Aids**—Tuesday, November 12 at 6:00PM at Holy Name of Jesus, West Hazleton

For more information about any of these events, visit [ScrantonNPM.com](http://ScrantonNPM.com).

**Notice Regarding the Sexual Abuse of A Minor**

It is the policy of the Diocese of Scranton to report any allegation of sexual abuse of a minor to law enforcement. If you are a victim of sexual abuse, you are encouraged to immediately report the matter to law enforcement. If any priest, deacon, religious, lay employee or volunteer of the Diocese of Scranton has cause or reason to suspect that a minor has been subjected to any form of abuse, including child sexual abuse, the matter will be reported to law enforcement. In accordance with the Commonwealth of Pennsylvania's Child Protective Services Law, reports of suspected child abuse should also be made immediately by phone to the 24 hour Child Abuse Hotline (ChildLine) at [1-800-932-0313](tel:1-800-932-0313) or electronically at [www.compass.state.pa.us/cwis](http://www.compass.state.pa.us/cwis). It is also the policy of the Diocese to adhere to all civil and state regulations. To this end, the Diocese is equally committed to adhering to the norms of the Code of Canon Law and to upholding the tenets of the USCCB Charter for the Protection of Children and Young People, which includes supporting victims of sexual abuse in their pursuit of emotional and spiritual well-being. As such, information regarding an allegation of sexual abuse of a minor should also be reported to the Victim Assistance Coordinator, Mary Beth Pacuska at 570-862-7551 or to Diocesan Officials, including the Vicar General, Msgr. Thomas M. Muldowney, V.G. at 570-207-2269.

## Signs You Are Financially Stable

[www.compasscatholic.org](http://www.compasscatholic.org)

Before we learned how to manage money according to the Bible, we were financially unstable. We had a ton of debt, no budget, the credit cards were maxed out and we had no long or short-term savings.

Over the years, we have changed our money habits and helped a lot of people do the same thing. We have seen people move from financial chaos to financial stability.

Listed below are the signs of financial stability to help you discern where you are on the journey. None of these items stands alone but looked at as a whole, they indicate a healthy financial future.

1. You know that everything is a gift from God. This is not conventional financial wisdom and you would probably never hear this from a financial planner. But recognizing that everything comes from God—even your finances—gives you a sense of perspective that you just can't get any other way. This knowledge calls you to be a responsible steward and puts money in a perspective that you just can't get from any financial expert.
2. You and your spouse are on the same page financially. Finances can wreak serious havoc on a marriage. Financial stability, on the other hand, means you and your spouse working towards common goals. You are also totally open and honest about all your finances and this is important whether you are a newlywed or have been married for decades. There should not be any financial secrets in a healthy marriage
3. You are not worried about the future. Being financially stable means you have a good handle on your finances and you are comfortable knowing how much money is coming in and going out each month. You are not worried about those bills that are looming next week or how you are going to pay for retirement. A financially stable person pays their bills each month with no surprises and no worries
4. You can sleep at night. Not worrying about the future means you can sleep at night without the thought of how you are going to pay the bills. Peace is one of the biggest blessings of being financially stable. There is nothing worse than tossing and turning all night because financial worries are keeping you awake.
5. You can handle a \$400 financial emergency. A majority of Americans can't pay for an unexpected expense of \$400 without using their credit card. If you are able to handle an emergency expense, it's an indicator that your finances are in order. A financially stable person isn't afraid or worried about missing a paycheck because they have funds in place to cover emergencies and temporary budget blips. If you can't handle an emergency expense of \$400, start now to build that emergency fund. Even if you are only able to save a little bit each paycheck, you will be in much better financial shape than you are now.
6. Your credit cards are a convenience not a necessity. Nothing can ruin your financial stability faster than using credit cards to pay for necessities because you can't afford to pay cash. Nothing is wrong with using credit cards if you pay them in full every month. But if you are using credit cards to subsidize a lifestyle you can't afford, you are headed for big problems.

Think about it—using credit cards and not paying them off means you are paying even more than the cost of the item once the interest is calculated on your credit card balance.

7. You are saving for your future. It always seems like there is enough time to save for the future in the future. A financially stable person saves for the future NOW! People think that they have to have lots of money or reach a certain level of income in order to save and invest, but that's a mistake. Being financially stable means you save and invest on a regular basis. Whether it's a 401(k) plan or some other type of account, you're actively saving every month. Think about savings as a gift you are giving to your future self.

8. You have a low debt to income ratio. Your debt-to-income ratio measures your monthly debt obligations against your income. Lower is better. You can get a mortgage with a debt-to-income ratio as high as 43% percent though that would be incredibly foolish as that would mean almost half of your income is assigned to debt payments. The lower your debt-to-income ratio is, the closer you are to being financially stable.

9. You are not underwater on your car loan or your mortgage. According to Edmunds.com, more than 60 percent of car loans are over five years in length. Additionally, the average car payment is over \$500 per month! A financially stable person sees cars as a depreciating asset and avoids owing more than the car is worth. Same thing goes for your home. Owing more than your home is worth means you bought too much house or your down payment was too small. Your house may or may not appreciate in value, so you want to have as much equity in the house as possible.

10. Paying off debt is a priority. Financial stability means getting out of debt. Attacking debt should be a high priority. Debt enslaves you to the lender and restricts your freedom. A financially stable person either has no debt or is working to get rid of all debt.

11. You live below your means. Financial stability means living on less than you earn. It's easy to inflate your lifestyle each time your income increases. But a financially stable person has discerned a lifestyle level and learns how to be content at a level which is independent from income.

12. You track your spending in some fashion. Being financially stable means you know where your money is going and how it is working for you. There are lots of tools and apps from banks, credit card companies and financial planners to help you track your spending. Find one that works for you and use it!

13. You can handle large purchases and plan for them in your budget. A large purchase can be anything from buying a car to getting the roof on the house replaced. Regardless of what it is, financially stable people can make large purchases because they have planned for them. And they do not make large purchases on a whim.

14. A job loss or reduction in income isn't the end of the world. Losing a job can be traumatic, but if you are financially stable that job loss is less traumatic. Financial stability gives you more flexibility since you have an ample emergency

fund and other types of savings. This allows you to survive financially when you are looking for a job. It also provides a financial cushion so you don't have to jump blindly into any job because you desperately need the income.

15. Your financial net worth increases each year. A financially stable person seeks to grow their net worth year over year. While some of it is out of your control when you invest in the stock market, many other things are in your control. You're avoiding debt, you're saving more so your financial cushion is increasing each year.

16. You control your money—not the other way around. As Pope Francis has said, "Money must serve, not rule." Financial stability means you have control so you get to decide where your money goes. Your money does not control what you are able to do.

17. You can buy what you want. Financial stability provides the freedom to buy what you want because you have planned for it. When you have an important purchase to make, you can afford it because you planned ahead. You don't buy something on credit and then try to figure out how to pay for it. The other half of that statement is that you know what you can afford, but you don't buy stuff because you can afford it or spend money just because you have it.

18. You have financial plans and goals. A financially stable person plans for the future. They save for retirement, buy life insurance, save for their children's college education and have an emergency fund. Financial stability means you plan for the future and you have family goals such as taking a special trip or adding a room to the house.

19. You got rid of your bad habits. It's crazy how much money gets wasted on bad habits that really don't do anything to increase the value of your lifestyle. A financially stable person eliminates those money wasting habits and spends their hard-earned money on what is important.

20. Your credit score is a nice high number. A financially stable person has a good credit score so if and when they do need to borrow they get the best rates possible.

21. You are a generous giver. A financially stable person has a regular amount of money dedicated to planned giving—such as at Mass each Sunday—and they have a financial cushion which allows them to respond to special giving opportunities as needs arise. You're able to give with ease and not fear what being generous might do to your finances.

22. You never incur bank fees. A financially stable person doesn't bounce checks because they track their spending and know what is in their account. Plus, they don't want to waste money paying overdraft fees and bounced check charges.

It's important to remember that none of us are perfect and we all make mistakes and have hurdles to overcome. It's also important to remember that financial stability is an ongoing journey, not a destination. Being financially stable means you are a faithful steward. You are making good choices that honor God in the way you spend, save and give the money he has entrusted to you.



INCOME		
February 16-17, 2019		
PARISH COLLECTION		
	In Church	Mailed In
Loose	336.60	-0-
Offering	3,695.00	748.00
Holy Days	-0-	-0-
Initial	-0-	-0-
Dues	149.00	40.00
Debt Reduction	5.00	-0-
Holiday Flowers	-0-	-0-
<b>TOTAL PARISH COLLECTION</b>	<b>\$4,185.60</b>	<b>\$788.00</b>
DIOCESAN COLLECTIONS		
Diocesan Collection	421.00	17.00
<b>TOTAL DIOCESAN</b>	<b>421.00</b>	<b>17.00</b>
OTHER INCOME		
Candles		66.00
Rental of Properties		-0-
Perquisites		700.00
Miscellaneous		-0-
Transfers		-0-
<b>TOTAL OTHER INCOME</b>		<b>\$766.00</b>
<b>TOTAL INCOME</b>		<b>\$6,177.60</b>

EXPENSES	
February 14-20 2019	
Administration	2,149.08
Clergy Residence	20.11
Liturgy	1,354.19
Religious Education	-0-
Social Justice	-0-
Maintenance	4,756.17
Parish Assessment	-0-
Insurance	-0-
Taxes	-0-
Transfer	-0-
Diocesan Collections	-0-
Debt Service (Principal + Interest)	2,818.39
School Subsidy	181.61
<b>TOTAL EXPENSES</b>	<b>\$11,279.55</b>
Previous Balance	<b>\$5,776.43</b>
+ Income this week	+6,177.60
-Expenses this week	-11,279.55
<b>Balance Forward</b>	<b>\$674.48</b>

DIOCESAN ASSESSMENTS			
(July 1, 2018-June 30, 2019)			
	Diocesan Assessment	School Assessment	BALANCE
Prior Balance	0.00	93,788.02	93,788.02
Current Assessment	71,471.00	56,659.62	128,130.62
Amount Paid	37,605.00	1,099.95	38,704.95
<b>BALANCE DUE</b>	<b>33,866.00</b>	<b>149,347.69</b>	<b>183,213.69</b>

The Monthly Assessment Installment for the Diocese is \$5,956.00. (that is a little over 1 Weekend's collection per month)

The Monthly School Assessment Installment is \$4,724.40 (another weekend's collection per month)

To pay off the total current and past Schools Assessment, the monthly installment would be \$12,537.30 (3 weekend collections per month.)

PARISH DEBT SERVICE			
	Parish Loan	Amount Paid	BALANCE Due
<b>BALANCE</b>	<b>412,000.00</b>	<b>78,089.44</b>	<b>333,910.56</b>

Please Note: The Parish Debt service has been paid to date. This Account is current.

Mass Attendance			
February 16-17, 2019			
	People	In-Church Collection	Average Offering per person
4:00 p.m.	133	1,654.25	12.44
5:30 p.m.	53	661.00	12.48
8:00 a.m.	69	908.00	13.16
11:00a.m.	76	962.35	12.67
<b>Total</b>	<b>331</b>	<b>4,185.60</b>	<b>12.65</b>

**REMINDER: In order for our parish to remain solvent, the average weekly offering per person MUST equal or be greater than \$15.00 consistently.**

Votive Offerings	
<b>Bread and Wine</b>	
Intention	Alfred Lupien
Offered by	Mary Therese McCabe
<b>Sanctuary Candle</b>	
Intention	
Offered by	

Your Gift to God			
February 16-17, 2019			
Over \$100.00	2	\$20	39
\$100.00	4	\$16-19	0
\$76-99	2	\$15	21
\$75	0	\$11-14	8
\$51-74	1	\$10	60
\$50	6	\$6-9	3
\$26-49	22	\$5	40
\$25	13	under \$5	25
\$21-24	0	Total Envelopes used	245

Is your gift to the parish each week an honest reflection of God's goodness to you?

## Introduction to Mindfulness Meditation

Four Week Series to learn the benefits, methods, and techniques of daily meditation practices and supportive strategies to keep you motivated and curious. Each week will build upon the last and will include time for lecture, practice and discussion as well as breathing and journaling exercises. Please come with comfortable clothing and a journal for note taking

**Dates:** SATURDAYS: 4/6, 4/13, 4/27 & 5/4  
**Time:** 10:30 am—12:00 pm

**Location:** ELITE Spine & Sports, 182 Butler St. Wilkes-Barre, PA

**Cost:** \$100 for members, \$150 for non members (includes all 4 classes, must be paid in full prior to the class, and is non-refundable).

**TO REGISTER:** Contact ELITE Spine & Sport at 570-970-0402

*"MINDFULNESS is the AWARENESS that emerges through PAYING ATTENTION ON PURPOSE and NONJUDGMENTALLY to the unfolding of the moment to moment experience."* - Tara Brach

**THE GREAT POTATO PANCAKE SALE**  
 at  
**ST. LEO'S/HOLY ROSARY**  
 33 Manhattan St.  
 Ashley, PA  
 570-825-6669

**Potato Pancake Batter Sale**  
 Wednesday, March 6  
 \$6 per container

**LENTEN FOOD SALE**  
 Fridays of Lent  
 March 8, 15, 22, 29  
 April 5, 12  
 Beginning at NOON

Clam Chowder,  
 Cream of Mushroom Soup  
 haluski  
 potato pierogi  
 tuna hoagies  
 a weekly special  
 soda, water or coffee.  
 Potato Pancakes beginning  
 3/15!

To order  
 or for more information  
 contact St. Leo/Holy Rosary  
 570-825-6669

**UPCOMING EVENTS AT ST. MARIA GORETTI PARISH**  
 42 Redwood Drive  
 Laflin, PA  
 570-655-8956

**PASTA and SAUSAGE DINNER**  
 Sunday, March 10  
 Eat in—NOON—5 pm  
 Take out—NOON—4 pm

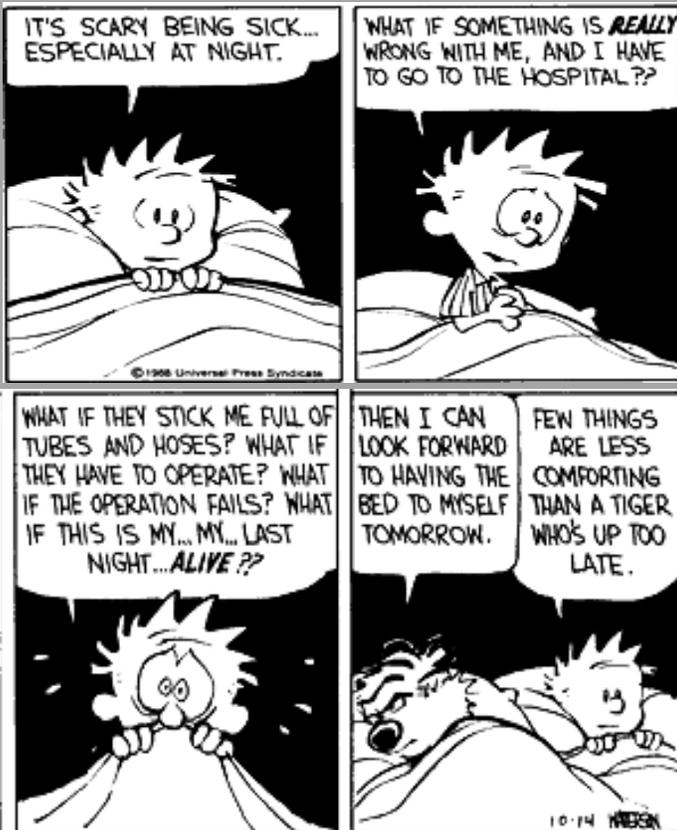
\$12.00 per person  
 Children under 12 eat free  
 (Eat in only)

**DESIGNER PURSE BINGO**  
 Saturday, April 6  
 Doors open at 11:00 am  
 Bingo from 1—4 pm  
 \$20 prepaid; \$25 at the door

Includes 20 games of Bingo  
 Food and Beverages will be available for purchase

Contact St. Maria Goretti Parish for More information on either event:  
 570-655-8956

## Calvin and Hobbes by Bill Waterson



## CHOMAN'S MOBILE CARE

### Cemetery Care

His services include steam cleaning of headstone, manicuring the lawn around the stone, mulching, flowering and more! He offers one time, seasonal and monthly packages. He also offers military and veteran discounts.

### Automobile Detailing

We love our cars and rely heavily on them. But giving them the care they deserve is no easy task! Even dropping it at the detailing shop can be an obstacle. That's why we bring the detailing shop to you! We supply the water, power, tools and come right to your home or office! We'll have your vehicle looking like new with no worry or hassle to you!.

### Power Washing

Buildings lose their pristine look due to dirt, grime and motor exhaust. These can build up and severely damage your property and destroy its value. We'll restore your investment and help prevent the mess for coming back as well as increase the curb value of your property overnight. We build our service based on your desire and your budget. We remove mold, graffiti, tar, gum, oil and more. We clean buildings, houses, sidewalks, balconies, porches, rain gutters, decks and patios, windows, parking lots, garages and much more. Commercial and Residential services available.

You can contact Chris at  
**(570) 262-3109,**  
 or Book your appointment online at **ChomanCares.com**  
 or by e-mail at **ChomanCares@gmail.com.**

**ECO-FRIENDLY CARE FOR YOU  
 AND YOUR INVESTMENTS**

Fifth Week in Ordinary Time			February 18-24, 2019		
Day and Date	Time	Intention	Offered by	Events	
<b>Monday, February 25</b> Weekday		NO Morning Mass Scheduled			
<b>Tuesday, February 26</b> Weekday	<b>8 am</b>	Irene Mangan	David Alusick	5:30 pm Choir	
<b>Wednesday, February 27</b> Weekday	<b>8 am</b>	Julia Miller	Jean Koval & Family	6 pm Catechetical Council	
<b>Thursday, February 28</b> Weekday	<b>8 am</b>	James Pietrowski	Fr. Ken	<b>Noon: Exposition</b> <b>6 pm Vespers</b>	
<b>Friday, March 1</b> St. David FIRST FRIDAY	<b>8 am</b>	Leo Magri	Parish of SAB	8 am Mass 6 pm Confessions	
	<b>7 pm</b>	Men of the Sacred Heart	MOTSH	6:30 pm Sacred Heart Devotions 7:00 pm Mass	
<b>Saturday, March 2</b> Weekday		NO Morning Mass Scheduled		10 am FIRST RECONCILIATION 3:00 pm Confessions <b>6:00 pm NIGHT at the RACES</b>	
Eighth Sunday in Ordinary Time					
<b>VIGIL</b>	<b>4 pm</b>	Helen Owca	Owca Family	9:30 am Faith Formation	
<b>VIGIL</b>	<b>5:30 pm</b>	Parishioners	Pastor	CLERGY COLLECTION DUES envelope	
<b>SUNDAY</b>	<b>8 am</b>	Bernadine Price	Thersa & Mary Chupka	ASH WEDNESDAY Fish Dinner Tickets for sale	
<b>SUNDAY</b>	<b>11 am</b>	Dorothy Cirko	David Alusick		

## LITURGICAL MINISTRY SCHEDULE

March 2-3, 2019 Eighth Sunday in Ordinary Time					Wednesday, March 6 ASH WEDNESDAY		
	4:00 pm	5:30 pm	8:00 am	11:00 am	8:00 am	Noon Liturgy of the Word	6:30 pm
<b>Servers</b>	Manuel Baez	Mimi Tosh Brian Flannery	John Benz	Patrice Rembish Ann Bozinski	Ted Harowicz	—	Sr. Tina Hanrahan
<b>Lector</b>	Joe Boris	Diane Gregor	Andy Katsock	Jackie Barkus	Jackie Barkus	Pat Baran	Diane Gregor
<b>EMOC</b>	Ted Harowicz	Mimi Tosh Brian Flannery	John Benz	Robert Dunsmuir Sr.	AJ Kondracki	Mimi Tosh	Sr. Tina Hanrahan
<b>Cantor</b>	Carol Zukoski	Matt Kurtz	Brian Clarke	Sr. Madonna	—	Carol Zukoski	Sr. Madonna
<b>Hospitality</b>	Mary Ann Amesbury Jean Koval	Pat Baran Marge Dreier	Dolores Yesuvida	Patrice Rembish David Alusick	Dolores Yesuvida	—	David Alusick Patrice