

The Church of Saint Michael  
March 1, 2020  
First Sunday of Lent



Please remember in your prayers those who have died:  
**Mary K. Peer, Ronald Provost, Yvonne Farley**

Please remember in your prayers the sick of our parish:  
David Gowdy, Tim Paternostro, Marlene Kenia, Marthalia Paternostro, Diane Grzymko, Drew Taormina, Jeanne Rattner

Weekly Memorial  
Bread & Wine:  
For All Parishioners

All are Welcome... All are Invited...  
Come... PRAY the ROSARY  
Monday through Saturday  
7:30AM

Readings for the week

First Sunday of Lent

Sunday

Gn 2:7-9, 3:1-7; Rom 5:12-19 or 5:12, 17-19; Mt 4:1-11

Monday

Lv 19:1-2, 11-18; Mt 25:31-46

Tuesday

Is 55:10-11; Mt 6:7-15

Wednesday

Jon 3:1-10; Lk 11:29-32

Thursday

Est C:12, 14-16, 23-25; Mt 7:7-12

First Friday

Ez 18:21-28; Mt 5:20-26

First Saturday

Dt 26:16-19; Mt 5:43-48

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Next Healing Mass is Tuesday, March 31<sup>st</sup> at 7pm

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Please pray for our Diaconate Candidates –  
Russ Raffay and John Meyer

Mass Intentions for the Week

Saturday, February 29, 2020

8:00 a.m. Special Intention

5:00 p.m. Elwin & Mary Burd,  
Louis & Alice Esposito

Sunday, March 1, 2020

7:00 a.m. Mary Brodo

9:30 a.m. Filomena Emanuel, Anthony DiBiase

11:30 a.m. Andy Dedinsky, Joan Tongo

1:30 p.m. Special Intention

Monday, March 2, 2020

7:00 a.m. Joan Togno

Tuesday, March 3, 2020

8:00 a.m. Robert Colabella

Wednesday, March 4, 2020

7:00 a.m. Joyce Benvenuto

12:15 p.m. Lenten Mass

Thursday, March 5, 2020

8:00 a.m. Pat Buckley

Friday, March 6, 2020

7:00 a.m. Ronald Provost

Saturday, March 7, 2020

8:00 a.m. For All Parishioners

5:00 p.m. Robert Poth, John Grogan

Sunday, March 8, 2020

7:00 a.m. Yvonne Farley

9:30 a.m. Ronald E. Costanzo, Joan Hall

11:30 a.m. Joan Togno

1:30 p.m. Special Intention

TITHING – GOD'S PLAN FOR GIVING  
ST. MICHAEL'S HAS BEEN A TITHING PARISH  
SINCE 1988.

Sunday 2/23/20 \$6,362.00

WeShare \$946.00

Welcome Home Confessions on Mondays 7-8:30pm

Lenten Mass each Wednesday of Lent at 12:15pm

Stations of the Cross on Fridays 7pm English &  
8pm Spanish (most Fridays – unless special event)

Special Events will be announced at Mass and on  
our website.

## From Fr. Mike

Can you imagine it is Lent again? Many times in the past I have suggested other ways of celebrating the great season of Lent. Again, I would like to remind you that Lent is a time to look ahead and not behind. Because God is the God of second chances, this might be the time of year where you will be able to recommit yourselves to something and not many things. Saying that “I will be a good person” this year is just not enough. The problem with this resolution is that it is so generic that in time nothing will be done. It is like saying I am going to clean my entire house. Unless you take one room at a time, cleaning the entire house will not be possible. It is like saying I am going to lose 100 pounds is a great idea, but as anyone knows who has been on a diet, the weight comes off one pound at a time. And as our brothers and sisters who give themselves to any of the anonymous programs (AA, NA, GA, etc.) truly believe that sobriety is accomplished “one day at a time.”

Therefore, this year, I think we need to be very specific about how we are going to be better, more Christian, more welcoming, more charitable, whole or holy. We can think of Lent as a time to get rid of the sinful things in our lives and to improve our lives by specific and good examples of faith, hope and charity. Being positive, rather than being negative is always the Christian way of looking at things. A person is great not because we lack evil or sin in our lives but more importantly because of our love for God and others. Self-denial and intense prayer are not the ends of Christian living, they are only the means by how we get there. The end is always charity.

Doing penance allows us an opportunity for God to pour out His goodness and grace into our lives. It is by emptying our lives of selfishness that God is able to fill us with His love and grace. If we are to draw closer to Christ in our lives, we have to die to ourselves daily. This does not mean we give up who we are or the gifts that God has shared with us. It means that we put others first; whether it is their physical, emotional or financial needs.

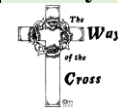
We have been marked with the sign of ashes our foreheads this past week, let them not be an empty symbol of our faith but be a true sign that as we remember the words “You are dust and unto dust you shall return” or “Repent and believe in the Good News” that our lives will focus on how short they are and make immediate plans to assure that we change for the good. I cannot tell you what is the best thing for you to “do” this Lent. But I can tell you that the Lord calls each of us to “be” better, closer to Him, closer to one another, to respect the dignity of others and ourselves.

God calls us to not give up candy but to be the sweet balm of kindness to those in need. God does not call us to refrain from chocolate, but maybe something more difficult like gossip. God does not want us to fast from food as much as He wants us to fast from that which keeps us from Him. There are many ways in which you can specifically and concretely show your willingness to be a better person, whether it is by making the sacrifice of coming to church more often, maybe the Stations each week, Confession (it’s in the little room in the back left of the church), making a sacrifice of giving more to the poor by bringing extra food to church, making a weekly donation to the Food Pantry, giving more in your budget envelope to the church or just maybe praying more, being positive more, being whole, being holy! As we begin our journey of Lent, know that you are in my prayers for a successful and fruitful forty days in the desert. God bless you.

### Faith Formation News

**Religious Education Calendars** for all programs are available on the website. Go to Faith Formation tab then choose Religious Education.

#### **Family Faith session for Gr. K-6 and Jr. High:**



All families are invited/encouraged to participate in the Stations of the Cross on March 6, 7 pm in the church. This will be a version of the Way of the Cross especially for families. Please plan to attend!

#### **Confirmation I and II Sessions:**

- Confirmation II: March 1, regular time and place
- Super Group Session for Conf. I and II: March 15, 3-7:30pm, church hall; dinner is included. Attendance is expected of **all** candidates. Please see email for requested dinner contribution
- Confirmation I: March 22, regular time and place
- All candidates should be working on accomplishing 4 hours of service for the months of Jan. 1-March 31.

**First Communion Parent meetings:** for parents of children in Mrs. DeLuca’s, Mrs. Lopez’s and Mrs. Pintos’s classes

**PARENTS ATTEND BOTH OF THESE MEETINGS:**

- March 1, 6:30 pm, church hall
- March 8, during regular class time, school

Only one parent needs to attend.

Important details about First Communion, Jesus Day and other important material that you need to prepare your child will be discussed at these sessions. Questions? Contact Mrs. Rogalo (973-347-0032, ext. 2330)

## YOUTH MINISTRY

March 2: No YM meeting

**Sweet Success Fundraiser:** Take a tube of M & M's - return the tube filled with quarters and drop it into the container in the church vestibule. Thank you!

Mar 20: Stations of the Cross & Unplanned Movie Night

Mar 28: **Midnight Run** – we are in need of men's underwear, and t-shirts, Zip up hoodie sweatshirts and sweat pants sizes L, XL, XXL, socks and gently used sneakers. Ladies socks and underwear sizes M & L, disposable razors, sleeping bags & blankets, hats, gloves, scarves.

### Youth Ministry Meetings

Mondays at 7:00pm in Youth Ministry mtg. room  
All permission slips/registration forms can be found online.  
Calendar for other events can be found on the parish website at [stmichaelnetcong.org/youth-ministry](http://stmichaelnetcong.org/youth-ministry). If you have questions, please email Nicole at [youth.ministry@stmichaelnetcong.org](mailto:youth.ministry@stmichaelnetcong.org)

## St. Patrick's Day Dinner

Hosted by St. Michael Knights of Columbus  
140 Ledgewood Ave.  
Saturday, March 14<sup>th</sup>

doors open at 6pm, dinner served at 7pm  
\$25 each pre-sale, \$30 at the door

Corned beef & cabbage dinner, includes beer,  
wine & soda – NO BYOB

Irish Dance performances at 6:30pm & 8:30pm

For Reservations: call, text or email Billy O'Mahoney at  
862-324-4241 [Billy\\_O@Optimum.net](mailto:Billy_O@Optimum.net)

## ADORATION

"Loving God, during the sacred season of Lent, bring me closer to you. Prepare a place in my home and heart for silence and solitude, so that I may re-discover the grace of a prayer - full life. Help me to fast from those things that threaten the well-being of body and soul, and remind me of the grace of simplicity. Enlarge my heart so I can give to those in need and in so doing, rediscover the grace of gratitude and generosity. May this season be grace filled to rekindle my love for and faith in you - AMEN." **Open Hours-** Sunday 11pm, Monday 12am & 1am, Tuesday 10pm. Please prayerfully consider filling an open hour. If you cannot make your hour – please find coverage or call your division leader. Thank you! Marie Francisco 732-895-7972 Andrea Trapper 973-347-7031

## Forty Cans for Lent

Please join the Knights of Columbus in the Forty Cans for Lent project. Once again, the Knights will collect canned goods and other non perishable food items for our parish food pantry. It's a great corporal work of mercy to perform during Lent. The idea is to donate one item for each of the forty days of Lent as part of your Lenten sacrifice. Donations can be placed by the statue of St. Anthony in the back of the church. Thank you.

## 2020 Spring Tricky Tray Fundraiser

**We are excited to announce our**

**1<sup>st</sup> Annual Parish Gift Card Tricky Tray!**

**When: Sunday, May 17<sup>th</sup> Doors Open at 3pm**

**Where: Msgr. Trapasso Hall**

**Support Needed:** We are asking each St. Michael family to donate a \$25-\$50 gift card of their choice to be raffled off at the event. The gift cards should be placed in a sealed envelope with the family name along with "Tricky Tray" printed on the outside. They can be dropped off at the Parish office or placed in the Sunday collection baskets by March 31<sup>st</sup>, if possible. More information will follow regarding advance sale tickets. If you have any questions or would like to volunteer at the event please contact: Nancy Keller, Laura Sanville, Donna Pedersen, Mona DaCosta or Debbie Hartman.



## Holy Land Pilgrimage

### **Walk In Jesus' Footsteps**

Imagine standing on the site of the Transfiguration, visiting the place in Bethlehem where Jesus was born, praying the Stations of the Cross as we walk the Via Dolorosa, taking a boat ride in a "Jesus' ship" across the Sea of Galilee, kneeling in prayer in the Garden of Gethsemane, receiving a Baptismal Blessing at the place where Jesus was baptized, wading in the Dead Sea and much more. The Gospels and the Parables will come alive as we travel throughout Israel on our 10 day pilgrimage from November 8<sup>th</sup> to 18<sup>th</sup>, 2020. The price of \$2,950 per person double occupancy, includes a roundtrip nonstop flight on United from Newark Liberty, covers all meals, entrance fees, deluxe motor coach, 4 star hotels and an English speaking tour guide. Gratuities, beverages, church donations and travel insurance are extra. Contact Valerie Nichols, Parish Pilgrimage Coordinator, by email or phone for more information. Reserve your place to walk in Jesus' footsteps. There are some spots left so act soon before we are booked up. [valerie.n@stmichaelnetcong.org](mailto:valerie.n@stmichaelnetcong.org) or 973-347-9030.

## FOOD PANTRY

The Food Pantry is in need of personal care items/toiletries: shampoo, soap, body wash, toothpaste, toothbrushes, deodorant (men's and women's). Please leave **ONLY** your **NON-PERISHABLE** donations in the bin outside the rectory garage. **ANY FROZEN OR REFRIGERATED FOODS LEFT IN THE BIN WILL HAVE TO BE DISCARDED FOR HEALTH REASONS.** Thank you for your generosity!



## Schedule for Stations of the Cross

All Are Welcome!

Friday, Feb. 28

7pm English

8pm Spanish

Friday, March 6

7pm English – Lead by Faith Formation

8pm Spanish

Friday, March 13

7pm Bilingual Stations

Soup Supper

Friday, March 20

7pm English – Lead by Youth Ministry

8pm Spanish

Fish Fry

Friday, March 27

8pm - Franciscan Mystery Players

Friday, April 3

7pm English

8pm Spanish

Good Friday, April 10

2:30pm English

## 101 maneras para vivir una buena

**Cuaresma** Mientras compartía la cena con mi familia, una de mis hijas me preguntó en qué proyecto estaba trabajando. Le contesté que estaba escribiendo un artículo sobre cómo obtener un mejor provecho de la Cuaresma. Esto generó una conversación muy interesante. Mi esposa e hijas comenzaron a expresar algunas cosas que les han funcionado en su propia vida y otras que desearían intentar. Comencé a escribir lo más rápido que pude, deseoso de captar cada una de sus ideas en los papeles que tenía a la mano. Las ideas fluían continuamente. Mi esposa y yo nos alegramos de ver la tranquilidad y la creatividad con la que hablaron nuestras hijas respecto a la forma en que la Cuaresma puede nutrir nuestra vida espiritual. Muchas de las ideas que a continuación les presento, son ideas de mis propias hijas.

La Cuaresma es un tiempo litúrgico importante en nuestra vida como Iglesia. La tomamos muy en serio. Hacemos de ella un momento especial para acercarnos más a Dios. Es un tiempo

especial para evitar las distracciones y concentrarnos aun más de tal manera que conozcamos mejor el proceder divino y nos convirtamos en personas más amorosas en medio de nuestro mundo, el trabajo y en nuestro propio hogar, no sólo durante estos cuarenta días sino toda nuestra vida. Además de esto, hay tres maneras tradicionales que nos ayudan a vivir la Cuaresma: oración, ayuno y obras de caridad.

Creo que la mayoría de las personas buscan obtener el máximo provecho de la Cuaresma, pero no saben exactamente cómo lograrlo. Así pues, les ofrezco estas 101 maneras para que las reflexionen en un ambiente de oración y cercanía con Dios. Léalas tranquilamente y vea cuáles llaman su atención, positiva o negativamente.

Independientemente de cuál sea su reacción, es probable que en ellas encuentren una lección espiritual. Seleccionen unas cuantas ideas de las maneras tradicionales de vivir la Cuaresma e incorpórenlas en su vida diaria. Más de alguna está pensada para que dure sólo un día; otras, por el contrario, se espera que duren toda la estación e incluso, todo el año. No se sobrecargue (ver # 48). ¡Que tenga una buena Cuaresma!

### Oración

San Pablo nos motiva a que “oremos sin cesar”. Toda nuestra vida puede ser una oración si elevamos nuestra mente y corazón a Dios en cada momento y acción de nuestra vida. Lo central de la Cuaresma es que oremos lo más frecuente y profundamente que podamos. He aquí algunas maneras en que podrá incorporar la oración a lo largo de su día. Por favor, elija las que le ayuden a alcanzar esa meta.

1. Repita una pequeña oración a lo largo del día. Puede ser: “Señor, ten misericordia de mí”, o “Jesús, ayúdame a conocerte y a hacer tu voluntad”. También puede usar sus propias palabras.
2. Haga una lista de las cosas por las cuales está agradecido(a). Escriba diariamente diez cosas por las que está agradecido(a): familia, talentos, amigos, éxitos, etcétera.
3. Ore por la gente que le hace pasar un mal rato. Hay días en los que estas personas sobreabundan.
4. Repita continuamente las palabras de San Ignacio de Loyola: “Toma Señor y recibe toda mi libertad”.
5. Utilice su imaginación al hacer oración. Imagínese usted mismo(a) como una de las personas que están frente a Jesús en una escena de los Evangelios. Imagine su respuesta y reacción al mensaje que ha escuchado de Jesús.
6. Haga una lectura pausada de alguno de los cuatro relatos de la pasión, muerte y resurrección de Jesús. Por ejemplo, puede leer Lucas 22:39 a 24:12.
7. Convierta en oración alguna actividad amorosa que haga por los demás. Por ejemplo, cuando saca la basura de la casa, cambia el rollo de papel higiénico o le ayuda a su hijo a hacer la tarea. Hágalo de todo corazón y esa acción será una oración.
8. Haga oración mientras realiza una caminata.
9. Concédase tiempo para la meditación, para estar en calma por un momento, para vaciarse de las distracciones y para abrir su corazón a Dios.
10. Participe en uno de los servicios litúrgicos que su parroquia ha organizado.

continuó la semana que viene.....