February 23, 2020
Seventh Sunday in Ordinary Time

Saint Anthony Church
North Providence - 353-3120
Saintanthonychurch.org

Saint Edward Church
Providence-331-4035-Parroquiasaneduardo.org

Church of the Presentation of the Blessed Virgin Mary
North Providence-722-7140-Presentationchurchnp.org

Rev. Edward S. Cardente, Pastor
Rev. Nolasco Tamayo, Part Time Associate
Diocesan Director of Intercultural Ministries

Deacon Louis Vani
Deacon Jose Fajardo
WELCOME

If you are alienated or upset, we welcome you lovingly.
If you are in need of forgiveness, Jesus forgives you completely - with unconditional love.
If you have been hurt by the Church, we are truly sorry.
If you are angry, Jesus offers you peace.
If life has become burdensome, we are here to support you.
We are happy you are here and want you to stay.
We would like to share our lives with you.
Come join us each week so we can worship God together.

SAINT ANTHONY CHURCH
Angelo Minervino, Sacristan
Weekday Masses: Monday - Thursday
8:30am in Trinity Chapel
Novena Mass: Tuesday at 8:30am
Trinity Chapel
Saturday: 5:15pm
Sunday: 8:00am & 11:30am
Holy Days as Announced

CHURCH OF THE PRESENTATION
OF THE BLESSED VIRGIN MARY
Stephen Campbell, Sacristan
Saturday: 4:00pm
Sunday: 10:00am
Holy Days as Announced
Reconciliation
Saturday 3:15pm-3:45pm

SAINT EDWARD CHURCH
John Arena, Sacristan
Saturday: 6:00pm - Spanish
Sunday: 9:00am - English
11:30am - Spanish
Holy Days as Announced

MUSIC MINISTRY DIRECTOR
Toby Andrews - 401-353-3120

RESPECT LIFE COMMITTEE
Contact—Monica700@verizon.net

BUSINESS OFFICE
5 Gibbs Street, North Providence, Rhode Island 02904
Office Number 401-353-3120
Fax Number 401-353-5126
Office Hours Monday - Thursday 9am - 4pm
OFFICE IS CLOSED ON FRIDAY
Karleen Celona, Administrative Assistant
Information about the Sacrament of Marriage
Ministry to the Sick and Dying and Sacramental Records
Bulletin Submissions Email to pbvm1912@gmail.com by Tuesday 9am

MINISTRY TO THOSE IN NEED
Saint Anthony Kitchen – Michelle Dilorio 714-7253
Saint Anthony Mobile Lunch - Stephen and Louise Bello 556-5129
Saint Edward Food & Wellness Center - Lori Porcaro, Director, 1001 Branch Avenue, Providence, RI
Holy Family Home for Women and Children
Ernest Spaziano, Director 304-7744; hfhprov@gmail.com
Mary’s Meals to the Poor - Leslie Corneau 545-5698

CONVENT
Daughters of Mary, Mother of Mercy
2 Pope Street, North Providence, RI 02904

YOUTH MINISTRY OFFICE
Saint Anthony Parish Center 353-5216
Gian Perrotta - Coordinator
Tom Malloy - CYO Basketball

ABBA-AVE PRAYER MINISTRY
401 353-3059

SAINT EDWARD ADORATION MINISTRY
Priscilla Sayward 401-439-6152

RELIGIOUS EDUCATION MINISTRY OFFICE
Saint Anthony Parish Center 401 353-5215
Maryann Pallotta, Elementary Coordinator
Michelle Ficocelli - Jr. High Coordinator & Confirmation Coordinator
Mary Esther Watson - Rite of Christian Initiation - Adults
Sr. Carol Ann Murray, RSM - First Eucharist Coordinator
Information about Infant Baptism, Adult Sacraments, becoming Roman Catholic (RCIA)

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**THOUGHT FOR THE WEEK**
Our prayer must not be limited only to our needs, to our necessities:
a prayer is truly Christian if it has a universal dimension to it.  

---Pope Francis

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**SAINT ANTHONY CHURCH**

**MONDAY**  **FEBRUARY 24**
8:30 AM  Anniv - Sue & Angelo Pari by Family

**TUESDAY**  **FEBRUARY 25**
8:30 AM  Mem - Vincent Iacone by Wife & Family

**WEDNESDAY**  **FEBRUARY 26 - ASH WEDNESDAY**
8:30 AM  Mass with Distribution of Ashes
3:30 PM  Prayer Service with Distribution of Ashes

**THURSDAY**  **FEBRUARY 27**
8:30 AM  Rem - Steven Soares by Parents

**SATURDAY**  **FEBRUARY 29**
5:15 PM  1st Anniv - Howard Issler by Sons

**SUNDAY**  **MARCH 1**
8:00 AM  For the Parishioners
11:30 AM  22nd Anniv - Al Gemma by Wife & Family
Mem - Rose & Pat Cortellesso by Family

**SAINT EDWARD CHURCH**

**WEDNESDAY**  **FEBRUARY 26**
6:00 PM  Exposicion del Santisimo
7:00 PM  Spanish Liturgy

**SATURDAY**  **FEBRUARY 29**
6:00 PM  Spanish Liturgy

**SUNDAY**  **MARCH 1**
8:30 AM  Weekly Rosary
9:00 AM  For the Parishioners
11:30 AM  Spanish Liturgy

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**MEN’S PRAYER GROUP**
The next prayer group with Brother Ralph will take place on
Monday February 24th at 6:30pm, in Trinity Chapel. All men,
18+, of our tri parish community are invited to attend.

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**UPCOMING PARISH MEETINGS**

<table>
<thead>
<tr>
<th>Event</th>
<th>Date/Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Choir Practice</td>
<td>Every Sunday @ 9a</td>
<td>Presentation</td>
</tr>
<tr>
<td>Knitting Ministry</td>
<td>Every Monday @ 1p</td>
<td>Presentation</td>
</tr>
<tr>
<td>Adoration</td>
<td>Every Thursday @ 9a</td>
<td>Trinity Chapel</td>
</tr>
<tr>
<td>Men’s Prayer</td>
<td>February 24 @ 6:30pm</td>
<td>Trinity Chapel</td>
</tr>
</tbody>
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**THE VIGIL LAMP**
The Vigil Candle will burn February 29th through
March 6th for all deceased parishioners.

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**REST IN PEACE**
Lord, let perpetual light shine upon
Patricia Stormes & Bernardino “Benny” Mancini
May their souls and the souls of all the faithfully departed
through Your mercy, rest in peace.

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**STEWARDSHIP**

**FEBRUARY 15th & FEBRUARY 16th**

**Church of the Presentation of the Blessed Virgin Mary**

Budgets $2,857.00 from 135 envelopes
Includes Mail in of $355.00
Donations for the Poor:  $302.00

**Saint Anthony Church**

Budgets  $6,622.00 from 242 envelopes
Mail in: $1,615.00
Donations for the Poor:  $190.00

**Saint Edward Church**

Budgets $2,427.00 from 93 envelopes
Donations for the Poor: $50.00
FLOWERS AS GOD’S GIFT TO THE LITURGY

The short month of February can be dreary as the weeks unfold to everyone’s anticipation of spring. That’s why flower shows during this time of the year are so attractive to provide us a taste of what’s ahead as we eagerly await the transformation of nature that the spring season heralds. In many Catholic churches including our own, flowers are used to decorate the sanctuary. But they are not just an afterthought but a spiritually significant symbolic presence. Other than the seasons of Advent and Lent where there is moderation in sanctuary décor, throughout the rest of the year flowers are meant to express joy. They remind us of the beauty of God’s handiwork in creation. As the late artist Angelo Rosati, whose works adorn Saint Anthony Church, said so insightfully “Flowers are the smile of God.” The Capuchin friar Francis Borgia used to say “God has left us from Paradise three things: the stars, the flowers and the eyes of a child.” Flowers have in God’s creation a place entirely their own. They are on the globe of the earth what the stars are in the canopy of heaven. In the splendor of their colors, in their fragrance they are revelations of the beauty and goodness of God, emblems of His benevolence, images of His first, true designs (Isaiah 25,1). Flowers also remind us of the spiritual life and the virtues we should acquire within our hearts. By reason of their freshness and beauty which they receive from the sun and which they turn towards it, flowers are emblems of that innocence and holiness we derive from Christ, Sun of Justice. The flowers on the altar signify, moreover, that the blossoms of grace, prayer and virtue unfold in the supernatural light and in the heavenly warmth which radiates from the sun of the Eucharistic Sacrifice (Nikolaus Gihr, The Holy Sacrifice of the Mass).

When you come to church next time and you see flowers in front of the altar, think of their symbolism on many levels and rise your hearts to God in thanksgiving as you enter into the celebration of the Eucharist. We are most grateful for the generosity of the Imondi and Pascale families who provide the beautiful arrangements in our sanctuaries at Saint Anthony and Presentation Churches throughout the year!
**READINGS AND CELEBRATIONS FOR THE WEEK**

**Monday - Weekday**
Jas 3: 13-18; Mk 9: 14-29

**Tuesday - Weekday**
Jas 4: 1-10; Mk 9: 30-37

**Wednesday - Ash Wednesday**
Jl 2: 12-18; 2 Cor 5: 20—6: 2; Mt 6: 1-6, 16-18

**Thursday - Thursday After Ash Wednesday**
Dt 30: 15-20; Lk 9: 22-25

**Friday - Friday After Ash Wednesday**
Is 58: 1-9a; Mt 9: 14-15

**Saturday - Saturday After Ash Wednesday**
Is 58: 9b-14; Lk 5: 27-32

**Sunday - First Sunday of Lent**
Gn 2: 7-9, 3: 1-7; Rom 5: 12-19 or 5: 12, 17-19; Mt 4: 1-11

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**RESPECT FOR LIFE**

We pray for those nearing the end of life: May they be given the grace to persevere in faith and place their trust in God, as they prepare for eternity with Christ.

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**THE VEIL REMOVED**

Is a short film (7 minutes) that reveals the coming together of heaven and earth at Mass, as seen by saints and mystics, revealed by scripture and in the Catechism of the Catholic Church. Also recommended by your friends at Relevant Radio (WSJW 550 AM). Don’t hesitate to watch this film: [https://theveilremoved.com/](https://theveilremoved.com/)

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**RACHEL’S VINEYARD RETREAT WEEKEND**

There are four post-abortion retreats scheduled for 2020. The Spanish retreats will be held on March 20, 21, 22 & October 16, 17, 18 and the English retreats will be held on March 27, 28, 29 and October 23, 24, 25. To learn more about the retreat weekends and how you can participate, call Carol at 278-2518 for the English retreat and Loren at 742-1510 for the Spanish retreat. This is a ministry offered by the Office of Life and Family Ministry – all calls are confidential.

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**40 DAYS FOR LIFE LENTEN CAMPAIGN**

The Lenten Campaign will begin on Ash Wednesday, February 26 and conclude on Saturday, April 4. We are asking parishes to adopt a day (7am/7pm) or individuals to adopt an hour for a peaceful and prayerful vigil at Planned Parenthood, Providence during the 40 Days of Lent. Please do not stand alone! If you are interested in learning more about the campaign that calls for prayer, fasting and community outreach to pray to end abortion in our nation, contact: Carol Owens, Office of Life and Family Ministry at 278-2518. Contact Monica Leandre (401-480-1571) if interested in participating as a parish.

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**REGISTERED NURSE WANTED**

Make a difference. Seeking compassionate, pro-life, female RN to perform pregnancy and STD tests and assist with limited OB ultrasounds on our mobile medical unit alongside our clinic sonographer. Based out of Providence, the mobile clinic travels to various locations throughout Rhode Island. RN required, prefer OB experience. The hours are part-time and flexible. Please submit a resume, cover letter, and salary requirements to bebracy@rirtl.org

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**Baby Abigail Grace Placido**

continues to improve but is not home yet. Please continue to keep her in your prayers. Her parents are grateful for your concern.
COME TO THE HOLYLAND IN 2021

Collette, an international tour company based in Rhode Island, hosts a special pilgrimage to the Holy Land next year from February 3-11 for Father Ed, parishioners and friends. The itinerary will include visits to the major areas in Israel where Jesus lived and conducted his public ministry culminating in His death and resurrection in Jerusalem. There will be Mass celebrated throughout the tour in special churches of historic significance. The itinerary is very comprehensive, including most meals, and allows for some time for optional activities such as a visit to the Dead Sea. But everyone will visit the Jordan River baptismal site, enjoy a boat ride on the Sea of Galilee, visit the Mount of Olives, and see the famous Western wall of the ancient temple of Jerusalem, along with other highlights. Many other significant places not included here but will be covered in a special travel presentation to be held on Tuesday, February 25, 2020 at 6pm in the Saint Anthony Parish Center. Color brochures are now available. Please RSVP to Gilda Delmonico at 232-2251, Camille Roberti at 353-1638 or Father Ed at 353-3120.

SAINT ANTHONY APPEAL

Letters were sent out to all registered parishioners requesting the customary annual donation to supplement church expenses. In particular the necessary funds that were expended for the major repairs on the church were higher than anticipated and substantially impacted our savings. Thus it is critical that funds are raised to complete the work. There is an ongoing request for contributions. Donations of $250 or more will be recognized by an engraved brick in a memorial walkway around the church. Larger donations of $500 or more will be acknowledged on a memorial wall of 12 inch square tiles mounted along the eastern wall of the church. Donors will be contacted early spring with details on the memorials. Your generosity is greatly appreciated.

SAINT ANTHONY APPEAL

2020 Catholic Charity Appeal

“We ourselves feel that what we are doing is just a drop in the ocean. But the ocean would be less because of that missing drop.”

Saint Teresa of Calcutta

The 2020 Catholic Charity Appeal has begun. Many parishioners have already received a letter from Bishop Thomas Tobin asking for their annual donation. If anyone has already responded and sent in a contribution to the Diocese of Providence please be assured that the amount will be applied to whichever of the three parishes you are officially registered. During the weekend of March 22 an in-pew appeal will take place for those who have not responded, with the hope that everyone be given an opportunity to support this annual fundraising effort. Your sacrifice will empower the multiple ministries of the Diocese of Providence to serve the many thousands of people throughout the state who are in need. Your generosity in the past has been very much appreciated, and the hope is that you will continue to help this year. Please keep the success of the Appeal in your prayers.

SAINT ANTHONY – NORTH PROVIDENCE - 2020 GOAL: $86,000
PRESENTATION BVM – NORTH PROVIDENCE - 2020 GOAL: $32,000
SAINT EDWARD – PROVIDENCE - 2020 GOAL: $22,000

WINTER HEATING ASSISTANCE GRANTS

Through a most generous donation of an anonymous benefactor, we are very happy to announce that any parishioner of our tri-parish community who is in need of help to keep their heat on may apply for a grant. Eligibility is determined by parish membership and Mass attendance. Requests should be submitted in writing with your contact information and sent to Father Ed at the Parish Offices at 5 Gibbs Street, North Providence.

ATTENTION: CRAFTERS

The Bazaar committee is getting a head start in forming a craft group for the upcoming Holiday Bazaar in November. Bonnie Bline, who this past year joined St. Anthony Parish, has volunteered to chair the committee. She would like to meet with any interested crafters and begin to discuss ideas for craft items to make and sell at the bazaar. Ideally, Bonnie would like to have two groups—one on site at St. Anthony and/or Presentation and one group of crafters who may choose to do crafts at home. We know there are many talented individuals in our Parish that could assist us in getting this project underway. Kindly share your talents with us by calling Bonnie Bline at 401 743-4195 or Maryann Pallotta in the Religious Education Office, 353-5215, for more information.
ASH WEDNESDAY SCHEDULE
8:30 AM Saint Anthony Church (Mass)
3:30 PM Saint Anthony Church (Prayer Service)
7:00 PM Church of the Presentation of the Blessed Virgin Mary (Mass)

SAVE THESE DATES
TRI PARISH LENTEN MISSION
Monday March 23, Tuesday March 24, & Wednesday March 25 at 7:00 PM
Nightly preaching followed by time for individual Confession and Adoration before the Blessed Sacrament
Conducted by Dominican Fathers James Sullivan, OP & Patrick Brisco, OP From Saint Pius Church, Providence
They will extend the invitation at weekend Masses over March 21/22, 2020

READING RESOURCE FOR LENT 2020
This book can be very helpful for your Lenten journey and throughout the year. Written by Father Ronald Rolheiser, an internationally renowned speaker and spiritual writer, “PRAYER Our Deepest Longing” is available for you on the first Sunday of Lent at the church entrances. May it assist you in your desire for spiritual renewal. The following is on the back cover:
Whether you struggle to believe in God, are a beginner in prayer, or are more advanced in your spiritual practice, renowned spiritual master Ronald Rolheiser will gently lead you in this book to a deepening experience of God in prayer. Your own yearning and intuition mark the starting point.
Drawn from Scripture, ancient and modern writers, and experience, Rolheiser clears common misconceptions about prayer and offers both consolation and challenge. In thirty-three brief reflections, he will help you to understand how to overcome struggles in prayer, develop a mature prayer habit, and explore new prayer practices.
Trust yourself, trust God’s providence, and get ready to open your heart in such a way that you will hear God clearly say to you, “I love you!”

ROMAN CATHOLIC DIOCESE OF PROVIDENCE
2020 GUIDELINES FOR LENT
Abstinence from meat on Ash Wednesday and the Fridays of Lent (for those 14 and older) is required by Church law. Also, Ash Wednesday and Good Friday are days of fasting: those between the ages of 18 and 59 should eat less, meaning, take no solid food between meals and only one full meal that day. Serious health conditions excuse a person from these precepts.
Pastors and parents are encouraged by the law of the Church to ensure that minors who are not bound by the law of fast and abstinence are educated nonetheless in an authentic sense of penance.
The National Conference of Catholic Bishops in the United States determined that the rules of fast and abstinence which have existed for the last several years in this country be maintained. Namely, that the faithful observe suitable penitential practices on all Fridays throughout the year. These penitential practices need not include abstaining from meat. However, as indicated above, the faithful must not eat meat on all the Fridays of Lent as well as on Ash Wednesday. They must also observe faithfully the fast regulations as they have been stated above in accord with the universal law of the Church.

LENTEN FRIDAY FISH FRY
Where: Dillon Council Knights of Columbus
When: February 28; March 6,13,20,27; April 3, 10
Cost: $15 per person
Time: 6pm
Fish & Chips, Clam Cakes, Chowder, Dessert Du Jour
Menu will vary from week to week
Take out is available
For Tickets: Call Steve Bello 556-8745
All Proceeds will benefit the Special Olympics
SUNDAY REFLECTION BY REV. LEONARD N. PETERSON

My aunt and uncle once lived on a tiny street in the row-house world of South Philly. What fascinated me as a boy when my family and I visited their home was the vestibule, something lacking in our suburban home at the time. This was a very small space, hard-ly a “room,” formed by the main front door and another one, featuring frosted glass. This second door opened into the living area, the heart of the home, with the dining space further in, ending with the kitchen, from which came the enticing aromas promising a good meal ahead.

I thought of that long ago scene, featuring that vestibule, when I considered the Readings for today and the upcoming season of Lent. With Ash Wednesday a scant three days away, we may consider ourselves “in the vestibule” of Lent. So said, we note that these bible excerpts make for a perfect combination of commandments and practical ways to respond. “A pair of doors” if you will, into the heart of the matter.

The first commands come from the book of Leviticus, where we read that Moses was ordered to give the people the Lord’s word that they be holy. How? By not hating anyone, and not hesitating to correct anybody who needs it. Of course, they are to love their neighbor as themselves.

St. Paul weighs in with a reminder that each of us is like a temple in which God dwells. Then we read of how Our Lord spells out two of the hardest choices all Christians have to make, namely: avoiding revenge and actually loving our enemies.

We then exit this “vestibule” and step into Lent and its six weeks that follow for a kind of retreat. The self-imposed prayer and fasting time to drive out any “sludge” from the “piping” of our souls. All of this to prepare for our 2020 celebration of Easter. That celebration, as we know, balances out the calendar with seven weeks of “Alleluias” and rejoicing, with Spring as a bonus.

It seems to me this cyclical rhythm of liturgical observance helps to bring order and purpose to our spiritual life. There may be all kinds of chaos around us, with the pace of modern life never slowing down. So we need to resist that pressure lest we feel like a hamster trapped in a whirling metal circle. We are more than our schedules. More than our obligations and earthly duties. We live for a loving Lord. We trust in His way forward to a future of peace and happiness unending.

Getting back to family memories like that vestibule in my aunt and uncle’s home with that vestibule, I think from time to time of an old, now forgotten slogan once used by my Dad’s longtime employer, the Prudential Insurance Company. I know he believed in the future belongs to those who prepare for it. Not a bad watchword for all of us, here in the “vestibule” of Lent.

AROUND THE DIOCESE

NARRAGANSETT BAY SYMPHONY COMMUNITY ORCHESTRA IN CONCERT
SUNDAY MARCH 8, 2020 AT 3:00 PM
BISHOP MCVINNEY AUDITORIUM
NABSCO strives to share live classical music with RI communities at little or no cost, to promote music education, enrich the cultural life of our region, and to provide the opportunity for participants to continue a life long study of music. Call 278-4588 for tickets and more information.

BANFF CENTRE MOUNTAIN FILM FESTIVAL WORLD TOUR
MONDAY MARCH 9, 2020 AT 7:00 PM
BISHOP MCVINNEY AUDITORIUM
Banff Centre Mountain Film and Book Festival is the largest, and one of the most prestigious, mountain festivals in the world. This year’s tour features a collection of the most inspiring action, environmental, and adventure films from the festival. Traveling to exotic landscapes and remote cultures, and bringing audiences up-close and personal with adrenaline-packed action sports, the 2019/2020 World Tour is an exhilarating and provocative exploration of the mountain world.

Bishop Tobin recently kicked off this year’s ‘Keep the Heat On’ Challenge, a program that helps struggling families with heating assistance who have exhausted all other public and private means to keep their families warm during the Rhode Island winter. Since 2005, your generous support has provided more than $2.95 million in assistance to more than 13,000 Rhode Island households. If you would like to help local families this winter, please send tax-deductible donations to: Keep the Heat On, One Cathedral Square, Providence, RI 02903 or log onto www.heatRI.com to make a secure credit card donation. You can also make a $10 donation by texting the word HEAT to 27722 or a $25 donation be texting the word HEATRI to 27722. If you, or someone you know, is in need of assistance, please visit the web site, www.heatRI.com, or call 401/421-7833 for additional information.
Comenzamos la cuaresma este miércoles 26 de Febrero. Estamos invitados a comenzar nuestro caminar hacia la pascua con entusiasmo y un renovado corazón. La misa de imposición de la ceniza será a las 7.00 p.m. En el templo. Tratemos de salir un poco más temprano del trabajo para llegar a tiempo a la celebración. Recordemos que es día de ARYUNO Y ABSTINENCIA.

REGULACIONES DE LA IGLESIA SOBRE ABSTINENCIA
La ley de abstinencia: Se exige a un católico de 14 años de edad y hasta su muerte, a abstenerse de comer carne los viernes, en honor a la Pasión de Jesús del Viernes Santo. Como carne se considera a la carne de res, cerdo y pollo. También se encuentran prohibidas las sopas, caldos, cremas y salsas que se hacen a partir de ellos. Los peces de mar y de agua dulce, anfibios, reptiles y mariscos están permitidos.

Es aconsejable que se enseñe a los niños mayores de 7 años el sentido y valor del ayuno y abstinencia para que crezcan en su compromiso.

REGULACIONES DE LA IGLESIA SOBRE EL AYUNO
El Ayuno consiste en una sola comida completa al día las otras siendo algo ligero (como pan y agua) estando obligados todos los mayores de edad (18 años), hasta cumplir los 59 años con excepción de los enfermos. (Canon 1251). Se recomienda que los padres motiven a sus hijos mayores de 7 años a partici- par en el ayuno para que aprendan a asumir su compromiso de renuncia y auto-sacrificio.

**MISIÓN DE NUESTRA PARROQUIA**
La Comunidad de San Eduardo es... Una comunidad Católica que acoge y da la bienvenida, orgullosa de su diversidad cultural, Corresponsable de su Tiempo, sus Talentos y Bienes, que Ora y forma Discípulos intencionales para la Evangelización, testimoniando el Evangelio de Cristo en el servicio a los necesitados.

* VII DOMINGO TIEMPO ORDINARIO *

**MINISTERIO EN ESPAÑOL**:
Coordinadora de Evangelización: Francis Guevara 401-301-5063
Programa de Confirmación: Katherine Jiménez 401-659-7575
Catequesis de Adultos: Guillermina Arias 401-499-8837
Bautismos: Rosa Taboada 401-440-6615
Grupo de Lectores: Nubia Zapata 401-744-3069
Ministerio de Adoración: Josefina Acosta 401-226-6301
Bodas: Hablar con Fr. Nolasco un año antes de la Celebración.

**MINISTERIO EN ENGLISH**:
Catequesis Infantil: Marizta Flores 401-215-8837
Director de Intercesión: Perla Benítez 401-419-9881
Grupo de Jóvenes: Francis Guevara 401-301-5063
Ministerio de Bienvenida & Ulleres: Antonio Corión 401-516-9090
Confesiones: Antes de las misas o por cita
Comunión a los enfermos: Víctor Ortega 401-212-9145
Grupo de Oración: Ilbeth de Alénzar 401-868-8004

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**COMO VIVIR LA CUARESMA**

1. **Elige un sacrificio cuaresmal.** La cuaresma es una época de solemnidad y sacrificio que conmemora el éxodo de Jesús hacia el desierto y el sacrificio que Jesús hizo para salvarnos de nuestros pecados. Pienso entonces en todas aquellas cosas que pueden distraer tu mente de Dios; por ejemplo: la tecnología (Textos, Facebook, etc) o consumes mucha comida chatarra?

2. **Añade algo especial a tu rutina Cuaresmal.** Renunciar al chocolate o al Facebook está muy bien, pero, Porqué solo dejar de hacer lo negativo y no hacer algo positivo en su lugar? Por ej: Pasar más tiempo con tu familia, o haciendo trabajo voluntario, reza más. Algunas familias guardan algo de dinero durante los 40 días y luego lo donan a una Iglesia o a una organización benéfica local, o compran productos para los necesitados en fin, lo importante es hacer el bien.

3. **Asiste a misa tanto como puedas.** Además del servicio semanal de los domingos, es bueno ir a misa con frecuencia, sobre todo durante La Cuaresma, comienza el Miércoles de Cenizas, cuando recordamos que del polvo venimos y en polvo nos convertiremos.

4. **Asiste a la Reconciliación.** La Reconciliación o Confesión es una manera muy Buena de alejarte del pecado y reunirte con Cristo. Si aún no tienes la costumbre de ir a confesarte, intenta hacerlo de forma regular. La Iglesia Católica establece que es obligatorio que todos los fieles reciban el sacramento de la Penitencia por lo menos una vez al año y una vez durante la época de Cuaresma, aunque es recomendable que asistes a confesarte por lo menos una vez al mes de ser posible.

5. **Dedica tiempo a las devociones.** Aunque no son obligatorias, las devociones son una gran manera de prepararte mentalmente para la Cuaresma. La Iglesia estimula mucho la adoración a Dios o la veneración a la Santísima Virgen María y a los santos.

6. **Tomate un tiempo para la introspección y la reflexión.** La Navidad y la Pascua son épocas de felicidad y, si bien estos son tiempos alegres y positivos, no mismo no puede decirse de la Cuaresma. Es un tiempo de simplicidad y solemnidad. Es un tiempo para reflexionar sobre cómo dependes de la misericordia.

*Ver página siguiente...*
7. Practica el ayuno y la abstención. A partir de los catorce años todos los católicos están llamados a abstenerse de comer carne los viernes de Cuaresma, aunque sí se permite comer pescado. Además los católicos de 18 a 59 años deben ayunar el Miércoles de Cenizas y el Viernes Santo y todos los Viernes de Cuaresma, que decide que deben hacer solo una comida fuerte ese día.

8. Establece nuevos hábitos. Si bien muchos eligen renunciar a cosas dañinas durante la Cuaresma, puedes usar esta época para ayudarte a establecer nuevos buenos hábitos. Puedes prometer ser más paciente con tu prójimo, o ayudar a los necesitados. Además de mejorar tu propia vida, utiliza este tiempo para establecer hábitos que mejoren las vidas de otros.

9. Promueve un proyecto comunal de caridad. Muchas comunidades eligen participar en algo como el Plato de Arroz durante esta época, ofreciendo ayuda a las comunidades necesitadas.


11. Haz un calendario de Cuaresma. Esto te ayudará a concentrarte en la progresión de la época de Cuaresma y es un buen recordatorio de los días que van pasando, acercándonos más a la Pascua. La Cuaresma dura 40 días y no incluye los domingos. Cúmula el viernes anterior a la Pascua (siendo el último día el Jueves Santo); cuenta hacia atrás desde ahí. Cuelga el calendario en un área común de tu hogar. Cada día, tacha un recuadro. Conforme te vayas acercando a la Pascua, ¿cómo te vas sintiendo? Tus sacrificios se vuelven más o menos difíciles de mantener?


13. Haz una comida de sacrificio semanal. Además de ayunar el Miércoles de Ceniza y Viernes Santo, haz una “comida de sacrificio” una vez por semana, como un simple plato de arroz y un vaso de leche en lugar del banquete tradicional de tu familia. Limitarte a esto te recordará lo que es normal para ti, recalculando que no es normal para otros.

7. De la página anterior

NUESTRA CO-RRESPONSABILIDAD!!

“Cuando me das a Dios, descubres que Dios te da a ti”

Tiempo y Talento: Gracias a todos los que hicieron posible nuestra celebración de San Valentín. A todos los organizadores y a la comunidad en general por su apoyo y colaboración... Dios les recompense!

Tesor: Ofrenda Febrero 15 y 16 $2,427.00 en 93 sobres y $203.00 en ofrenda suelta. Bendiciones!!!

USEMOS CADA DOMINGO LOS SOBRES

Como una forma de demostrarte a Dios tu compromiso y agrado por aquellos que recibes de El. Cuando das un regalo a alguien siempre lo envuelves bien para presentarlo a su dueño. Lo mismo con Dios!!! Dispón con tiempo tu sobre y ofrenda como fruto de tu generosidad y esfuerzo. Esto es parte de nuestra preparación previa al encuentro con Dios en el templo. La Parroquia invierte dinero en personalizar cada semana tus sobres, por favor no los olvides en casa. Úsemos los sobres amarillos solo para quienes nos visitan o no están registrados!