March 8, 2020
Second Sunday of Lent
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.

WEEKEND MASS CELEBRATIONS

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

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; Email:
director@hfhpov.org
Mary’s Meals to the Poor - Leslie Corneau 545-5698

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

RELGIOUS 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)

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

MUSIC MINISTRY DIRECTOR
Toby Andrews - 401-353-3120

RESPECT LIFE COMMITTEE
Contact—Monica700@verizon.net
Saint Anthony Church

Monday March 9
8:30 AM For the good health of Peter by Family

Tuesday March 10
8:30 AM Mem - Deceased Knights
   by Dillon Council Knights of Columbus

Wednesday March 11
8:30 AM Mem - Marcella Hart by Marcella & Placido Di Filippo

Thursday March 12
8:30 AM Mem - Ralph & Sadye Trotter by Family

Saturday March 14
5:15 PM Birth Rem - Jennie Ferri by Family
   Birth Rem - Jean Domenici by Theresa

Sunday March 15
8:00 AM For the Parishioners
11:30 AM Birth Rem - Peter Petteruti by Family
   17th Annv - Emilia Giordano &
   4th Annv - Giovanni Giordano
   by Daughter & Family

Saint Edward Church

Wednesday March 11
6:00 PM Exposicion del Santisimo
7:00 PM Spanish Liturgy

Saturday March 14
6:00 PM Spanish Liturgy

Sunday March 15
8:30 AM Weekly Rosary
9:00 AM Birth Rem - Timothy Sayward by Mom & Dad
11:30 AM Spanish Liturgy

Church of the Presentation of the Blessed Virgin Mary

Saturday March 14
4:00 PM For the Parishioners

Sunday March 15
10:00 AM 7th Anniv - Joseph Di Giovanni by Wife & Family

The Vigil Lamp
The Vigil Candle will burn March 14th through
March 20th for the 5th anniversary for
Anthony Detri by DeSante and Detri Families

Rest in Peace
Lord, let perpetual light shine upon
Mary Ricci & Elena Carlino
May their souls and the souls of all the faithfully departed
through Your mercy, rest in peace.

Stewardship
February 29th & March 1st
Church of the Presentation of the Blessed Virgin Mary
Budgets $5,224.00 from 152 envelopes
Includes Mail in of $2,635.00
Donations for the Poor: $279.00

Saint Anthony Church
Budgets $6,923.00 from 258 envelopes
Mail in: $1,852.00
Donations for the Poor: $276.00

Saint Edward Church
Budgets $2,842.00 from 113 envelopes
Donations for the Poor: $66.00

Thought for the Week
We pray, fast, and perform the works of mercy in this time of grace, so that the Lord might find our
hearts ready and fill them with the victory of His love. –Pope Francis

Upcoming Parish Meetings

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<tr>
<th>Activity</th>
<th>Date</th>
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<tr>
<td>Choir Practice</td>
<td>Every Sunday</td>
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<td>Presentation</td>
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<tr>
<td>Knitting Ministry</td>
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<tr>
<td>Adoration</td>
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<td>Holy Name</td>
<td>March 9</td>
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<tr>
<td>Men's Prayer</td>
<td>March 16</td>
<td>@ 6:30p</td>
<td>Trinity Chapel</td>
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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 by 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.

**LENTEN FRIDAY FISH FRY**
Where: Dillon Council Knights of Columbus
When: March 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

**HOLY NAME SOCIETY MONTHLY MEETING**
The next meeting will take place on Monday March 9th, at 7:30pm in the parish center dining room. All men of our tri parish community are invited to attend.

**A BENEFIT DINNER FOR RELIGIOUS EDUCATION AND YOUTH MINISTRY**
On Saturday, March 28th, from 5pm-7:30pm, an all you can eat buffet will be held in the Parish Center to benefit our religious education and youth ministries. The menus will consist of clam cakes and chowder, chicken fingers and french fries. Tickets are $12 per person and will be sold after Mass on March 21 and March 22. Tickets may be purchased at the door as well.

**53rd ANNUAL DIOCESAN FAITH FORMATION CONVOCATION**
Saturday, March 14, 2020 Bryant University, Smithfield, RI
Deadline for all registrations is Saturday, March 7, 2020
EARLY BIRD: MONDAY, FEBRUARY 24, 2020
Registration Fee Per Person:
$40.00 - Early Bird registration (online or postmarked) by February 24, 2020
$35.00 - Early Bird with 10 or more per registration by February 24, 2020
$45.00 - After February 24, 2020 (no exceptions)
For Online Registration please visit: https://www.discovercatholicfaith.org/convocation
For more information, contact the Office of Faith Formation at 401-278-4646
Key Note Speaker
Mike Aquilina Executive Vice-President, St. Paul Center for Biblical Theology
SAINT ANTHONY RELIGIOUS EDUCATION
Religious Education Office: 353-5215

READINGS AND CELEBRATIONS FOR THE WEEK
Monday - Lenten Weekday
Dn 9: 4b-10; Lk 6: 36-38
Tuesday - Lenten Weekday
Is 1: 10, 16-20; Mt 23: 1-12
Wednesday - Lenten Weekday
Jer 18: 18-20; Mt 20: 17-28
Thursday - Lenten Weekday
Jer 17: 5-10; Lk 16: 19-31
Friday - Lenten Weekday
Gn 37: 3-4, 12-13a, 17b-28a; Mt 21: 33-43, 45-46
Saturday - Lenten Weekday
Ml 7: 14-15, 18-20; Lk 15: 1-3, 11-32
Sunday - Third Sunday of Lent
Ex 17: 3-7; Rom 5: 1-2, 5-8; Jn 4: 5-42

RESPECT FOR LIFE
Pregnant and parenting moms in need are in our parishes and our neighborhoods. As Pope Francis reminded us in his message for Lent 2015, our parishes need to be “islands of mercy in the midst of a sea of indifference.” Everyone in a parish community should know where to refer a pregnant woman in need. RI Right to Life’s Maternity Hope Chest assists expectant mothers and families with diapers, toiletries, clothing, bassinets, and many other needs, subject to availability. They also help mothers identify and sign-up for programs and benefits offered by other agencies, both public and private, including housing. You will find comprehensive assistance, confidential guidance, and caring support. They are located at 266 Smith St, Providence; 401-521-1860.

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.

PRAYER FOR THOSE RECEIVING SACRAMENTS
AT THE EASTERN VIGIL
Life-Giving Father,
you desire that we may be one in Christ, so that all creation may give you praise.
Look kindly upon the catechumens and confirmands you have called to the table of your Word.
We pray especially for Christina Arcuri, Frankie Arcuri, Anthony Sousa, and Matthew Young of our parish.
Through the power of your Word, our life of prayer, and the example of Christ’s love we share with those most in need, may they come in time to the table of the Eucharist where we shall stand as one body united in the Holy Spirit to offer you praise and thanksgiving through Jesus Christ, our Lord. Amen.

STUDENTS ENTERING GRADE 1 (PUBLIC SCHOOL)
RCIA for Children: If any parent has a child in grade 3 and up who has not received the Sacrament of First Eucharist and who has not previously been enrolled in our Rel. Ed. classes, please contact the Rel. Ed. Office to register his/her child’s name.
RCIA for Adults: If anyone 18 years and older has not received the Sacrament of Confirmation or First Eucharist and Baptism, kindly call the Rel. Ed. Office for more information regarding classes.

FALL SCHEDULE OF CLASSES
GRADES 7th & 8th: Classes will meet on Sunday’s from 10am-11:15 am followed by 11:30am Mass.
GRADE 2: First Communion Students will meet on Monday’s from 6pm to 7pm, except where the classes meet on the following Sunday’s at 8am: 10/20; 11/17; & 12/9.
CONFIRMATION CLASSES: Will meet on Sunday’s from 10am-11:15am followed by 11:30am Mass.
Grades 1, 3-6: Will meet on Monday’s from 6pm to 7pm or on Tuesday’s from 3:45pm-4:45pm.

MEN’S PRAYER GROUP
The next meeting of the Men’s Prayer Group with Brother Ralph Bucci, will take place on Monday, March 16th at 6:30pm, in Trinity Chapel. All men, 18+, are welcome to attend.

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.
COMING TO THE HOLY LAND 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. 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. Donors will be contacted early spring with details on the memorials. Your generosity is greatly appreciated.

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

Crafters Meeting - 2 Locations

The first gathering for our new Crafters’ Ministry will be in two locations:

Monday, March 2 at 6:30 p.m. - Presentation Church Hall
Thursday, March 5 at 6:30 p.m. - St. Anthony Parish Center (Downstairs)

We are excited to begin planning for our Annual Bazaar in November and to meet parishioners who can share some of their creative talents with us. We are also looking for parishioners who are not necessarily crafters but who are willing to help in other areas as we begin to plan our craft tables for the bazaar. For further information, please contact Bonnie Bline, 743-4195.
LENT MATTERS
A PARISH MISSION WITH THE DOMINICAN FRIARS
Monday March 23 at Presentation Church
Faith and Prayer
“What’s The Matter with My Prayer?”
Tuesday March 24 at Saint Anthony
Hope and Fasting
“Why Does it Matter What I Eat?”
Wednesday March 25 at Saint Anthony
Charity and Almsgiving
“Why Should Others Matter to Me?”
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!”

LENTEN STATIONS OF THE CROSS AT PRESENTATION
The Way of the Cross will be held every Friday evenings at the Church of the Presentation at 6:30pm. This is a community led devotion and all are invited to attend. Due to his illness and treatments, Deacon Vani will be unable to attend, but he asks that this devotion continue.

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.

FOR YOUR LENTEN ALMSGIVING:
HEALTH AND BEAUTY AIDS
Saint Edward Food & Wellness Center is in serious need of supplies such as shampoo, soap, toothpaste, etc. which are staple items our clients seek but are not always available unless we purchase them on sale at the Dollar Store on occasion. If you are thinking of an idea for an extra Lenten sacrifice maybe you could buy them on sale and bring them to Mass. These items are far more needed than non-perishable food, so you can donate them rather than purchasing food. Your support is greatly appreciated.
Motivational speakers make a fortune on our misfortune. We have this annoyingly lazy but sly habit of “letting the other guy or gal do it.” Far easier to be uninvolved. So, on a given issue, we often prefer to stay comfortable on our designated couch. It just feels so natural to take the easy way out, just like the way water does. After all, our bodies are about 60% water anyway. Yet, our better angels prevail when we get spurred on to change by people who are energetic purveyors of an alternative idea. We marvel at how they know just the right way to solve many of the problems we may have. Often enough that is no more than providing a novel way to do an old familiar thing.

As we ponder the spectacular event of the transfiguration of Our Lord Jesus, when the veil blocking our view of His divinity draws back temporarily, it is also good to think about the attractive qualities of His human nature that we saw more often on display in the gospels. Otherwise we might stay dazzled and frozen looking at His shining face and garments.

One of those qualities was His magnetic motivational skills. Just imagine yourself a fisherman in those bygone days, made weary by a night on the water with nothing to show for it in your nets. How would you and I respond to Jesus when He smilingly says to us: “Come after Me, and I’ll make you fishers of men.” (Mt. 4:19)

Or, take that time when He announces that He “has come to light a fire on the earth and how I wish it was already ablaze!” (Luke 12:49) You and I would want to know more and what we could do to help get His project launched.

To be truly transparent about Jesus’ sayings, you and I might have been stripped of our enthusiasm when we heard Him say: “If you really want to be My disciple, you must give up your own way, take up your cross daily and follow Me.” That would challenge His magnetism and our commitment. Still, we would have His “works”, those many miracles St. John preferred to call “signs”, like changing water into wine; blindness into sight; lame legs into dancing ones. Those would likely keep us walking with Him as it did the original Twelve.

This weekend, in the “Transfiguration” account, we face a spectacle beyond our imagination. You could call it Jesus’ most powerful persuasion that He was more than what we see. I think St. Peter spoke for all of us when he said “Lord, it is good for us to be here!”, equivalent of “Let’s stay here!”

Now are we, some twenty plus centuries later, to ask Jesus for more credentials than these? As a matter of fact, we and all other Christians since were given still more by way of what happened “on the morning of the first day of the week.” Because of the Resurrection, our faith is solidly based. That faith persuades us to believe in Him. Here in early Lent comes our motivation for following through on our 2020 Lenten resolutions for another four weeks.

Much as St. Peter wanted to stay wrapped in bliss on that mountain top, along with James and John, he and they soon learned the same lesson we need to remember: as long as we’re alive on this earth, the complete joys of heaven are postponed. So we have to snap out of our daydreams and face the reality of this temporary life. However, we still get a taste of heaven. In the Holy Eucharist celebrated with each other, we do find ourselves sitting down at a table with Jesus for precious moments not to be missed. That motivates us on how to behave when we leave the table, as we must for now.

Of course, there are lesser motivational stories abounding, that have a way of transfiguring us. Here is one of them.

Once upon a time a wise woman who was traveling in the mountains found a precious stone in a stream. The next day she met another traveler who was hungry, and the wise woman opened her bag to share her food. The hungry traveler noticed the precious stone and asked the woman to give it to him. She did so without hesitation. The traveler left, rejoicing in his good fortune. He knew the stone was worth more than enough to give him security for a lifetime.

But a few days later he came back to return the stone to the wise woman. “I’ve been thinking,” he told her. “I know how valuable this stone is, but I give it back to you in the hope that you can give me something even more precious. Please give me what you have within you that enabled you to give me that stone in the first place.”

AROUND THE DIOCESE

**FREE INCOME TAX PREPARATION (VITA)**
Amos House, a fully handicap-accessible agency at 460 Pine Street in Providence, prepares free income tax returns for those who earned $56,000 or less in 2019. Wednesday, Thursday and Friday evening appointments from 4:00 on may be made through April 15th by calling 401-272-0220. Amos House will also host Saturday walk-in-only sessions from 10am-2pm on March 14th and April 11th. Other free tax sites in RI and MA may be found by calling the number 211.

**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.
**II DOMINGO DE CUARESMA**

**COMO VIVIR LA CUARESMA**

1. **Elije 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. Piensa 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, ¿Por qué solo dejar de hacer lo negativo y no hacer algo positivo en su lugar? Por ej: Pasar más tiempo con tu familia, o hacía 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. Lo importante es hacer el bien.

3. **Asiste a misa tanto como puedas.** Además del servicio semanal, 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 regularmente. La Iglesia Católica establece que es obligatorio que todos los fiel reciban el sacramento de la Penitencia por lo menos una vez al año.

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, lo 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.

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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 quiere decir 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 próximo, 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 a la Pascua. La Cuaresma dura 40 días y no incluye los domingos. Culmina el viernes anterior a la Pascua (siendo el último día el Jueves Santo); cuenta hacia atrás desde ahí. Cuelgas el calendario en un área común de tu hogar. Cada día, tacha un recuadro. Conforme te vayas acercando a la Pascua, Como te vas sintiendo? Tus sacrificios se vuelven más o menos difíciles de mantener?


13. Haz una comida de sacrificio semanal. Además de ayudar 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 se recordará lo que es normal para ti, recalcando que no es normal para otros.

**NUESTRA CO-RRESPONSABILIDAD!!**

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

Tiempo y Talent: Gracias a los MINISTROS EXTRAORDINARIOS por preparar y servir el almuerzo del domingo pasado. Días le bendiga!

Tesoro: Ofrenda Febrero 29 $2,842.00 en 13 sobres y $850.00 en 58 sobres de la ofrenda mensual. Bendiciones!!!

**COLETA DE CARIDADES CATÓLICAS 2020**

**“APoyando la Misión de la Iglesia”**

Con este lema el Obispo diocesano nos invita a compartir con los más pobres y poder continuar todas las obras sociales diocesanas (que ayudan a más de 200.000 habitantes de Rhode Island), se convoca a toda la comunidad a participar, con sus dones y bienes al sostenimiento de esta obra. El domingo 22 de Marzo se comenzará la colecta desde las bancas del templo. Esperamos una contribución del 100% de los asistentes, dependiendo de su capacidad. Considera la opción de una “PROMESA” para que sea más fácil poder contribuir. El Obispo ha enviado cartas para este fin.

Recuerda… ninguna donación es grande o pequeña… lo que importa es tu generosidad y deseo de ayudar a los necesitados durante esta cuaresma !!! Contamos con tu aporte! Nuestra meta para este año es de $22,000 dólares.

**RETIRO CUARESMAL “PARA GENTE OCUPADA”**

Texto base: MAGNIFICAT

Diariamente en tu tiempo libre o en los descansos del trabajo te invito a dedicarte tiempo a la lectura de este libro que te fortalecerá en tu “lucha contra los enemigos espirituales” durante esta cuaresma.

Nota: No olvidemos cada viernes reunirnos por grupos apostólicos, o grupos espontáneos, para compartir las reflexiones personales que hemos meditado durante la semana, y celebrar la Para-liturgia de la Cuaresma con los panes ázimos. Lleva allí todos tus comentarios, preguntas y mociones del Espíritu Santo. Participemos!!! Costo $5.00 y puedes conseguirlo después de mi sa.

**VIACRUCIS TODOS LOS MIÉRCOLES**

Recuerda la cita de cada miércoles a las 6.00 p.m. con Jesús Eucarístico, la Santa Misa y después el Viacrucis durante esta cuaresma. Haz el compromiso de asistir durante toda la cuaresma a la iglesia como una manera de acercarte más a Dios y a Jesús Eucarístico. Te esperamos!!!

**BAUTISMOS PARA LA VIGILIA PASCUAL**

El miércoles 11 de Marzo comienzan las pláticas para padres y padrinos que quieren bautizar. Recuerden que los padrinos deben estar casados por la Iglesia, no solo matrimonio civil, o solteros sin estar conviviendo con alguien en el mismo techo. A su vez los padres deben estar registrados en la parroquia y asistiendo al menos 6 meses continuos a la celebración dominical. Las pláticas serán a las 7.00 p.m. Los bautismos serán el sábado 11 de Abril en la Vigilia Pascual. Mayor información con Rosa Taboada al (401)440-6615.

**No olvides la Caja de los Robres... Comparto!**