



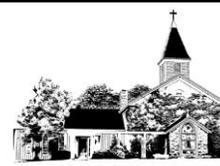
St. Cyril of Alexandria
28 Walton St.
Alexandria Bay, NY

Saturday 5:00 p.m.
Sunday 10:00 a.m.

The Catholic Community of Alexandria
17 Rock St.
Alexandria Bay, NY 13607
315-482-2670

pastor@stcyriils.org www.stcyriils.org

Rev. Douglas G. Comstock, Pastor
Bernard Slate, Deacon
Joel Walentuk, Deacon



St. Francis Xavier
43596 State Route 37
Redwood, NY

Sunday 8:30 a.m.

Notes from Father Comstock

- **During this period when public Masses are suspended in our Diocese, I will be celebrating Mass at 8:00 a.m., Monday – Friday and on Sunday at 10:00 a.m. in Our Lady’s Chapel of St. Cyril of Alexandria Church, praying for you and your families, your intentions, the needs of our Community of Alexandria and the eradication of the Corona virus.**
- **The Chapel door will be open each day from 7:30 a.m. until 5:00 p.m. for personal visits and prayer.**
- **Booklets for the Stations of the Cross are available on the gift table in the main church, if you wish to use them.**
- **You may find internet-streaming Masses as follows:**
- ***Daily Mass at the bottom of our parish web-site: www.stcyriils.org***
 - St. Mary’s Cathedral, Ogdensburg live at 8am Sunday,
<https://www.rcdony.org/livemass>
 - Syracuse: <https://www.youtube.com/watch?v=XYH428GOKiY>
Daily celebrations.
- **Also, check cable television for the EWTN channel.**
- **If you are in need of any assistance, please call the rectory.**

Sacrament of Reconciliation
Call Fr. Comstock for an appointment at 315-482-2670

Our Stewardship

March 14 – March 15, 2020

Envelopes	\$1,320.00	North Country Catholic	\$159.00
Plate	\$96.00		
Youth			
Electronic Giving	\$626.47	Fuel Collection	\$20.00
Total	\$2,042.47	Total Fuel Contrib.to Date	\$18,908.00
Last Year	\$1,854.41	Total Fuel Goal in '19-'20	\$20,298.00

Prayer Asking Mary's Intercession for Us at this Time

Mary Immaculate, our Mother and our Patroness,
we ask you to intercede for us with your Son,
as you did at the wedding in Cana.

Pray for us, loving Mother,
and gain for our diocese, our nation and our world,
for our families and loved ones,
the protection of your Maternal mantle from this dreaded virus.

In this time of trial and testing,
teach all of us to love one another and to be patient and kind.

Help us to bring the peace and healing Presence of Jesus to our land and to our hearts.

We come to you with confidence,
knowing that you are our compassionate mother,
health of the sick and cause of our joy.

Keep us in the embrace of your arms,

Help us always to know the love of your Son, Jesus our Lord AMEN.

10 Things To Remember for Lent (Part 1)

We are now beginning the 4th week of Lent. It may be a good time to recall the "why" of Lent...to remember what we need to accomplish. *Bishop David Ricken of Green Bay, Wis., who was serving as chairman of the Committee on Evangelization and Catechesis of the U.S. Conference of Catholic Bishops in February 2013, offers these "10 Things to Remember for Lent."* The first 5 appear here; the last 5 will be in next week's column.

1. Remember the formula.

The Church does a good job capturing certain truths with easy-to-remember lists and formulas: 10 Commandments, seven sacraments, three persons in the Trinity. For Lent, the Church gives us almost a slogan — prayer, fasting and almsgiving — as the three things we need to work on during the season.

2. It's a time of prayer.

Lent is essentially an act of prayer spread over 40 days. As we pray, we go on a journey, one that hopefully brings us closer to Christ and leaves us changed by the encounter with him.

3. It's a time to fast.

With the fasts of Ash Wednesday and Good Friday, meatless Fridays, and our personal disciplines interspersed, Lent is the only time many Catholics these days actually fast. And maybe that's why it gets all the attention. "What are you giving up for Lent? Hotdogs? Beer? Jelly beans?" It's almost a game for some of us, but fasting is actually a form of penance, which helps us turn away from sin and toward Christ.

4. It's a time to work on discipline.

The 40 days of Lent are also a good, set time to work on personal discipline in general. Instead of giving something up, it can be doing something positive. "I'm going to exercise more. I'm going to pray more. I'm going to be nicer to my family, friends and co-workers."

5. It's about dying to yourself.

The more serious side of Lenten discipline is that it's about more than self-control — it's about finding aspects of yourself that are less than Christ-like and letting them die. The suffering and death of Christ are foremost on our minds during Lent, and we join in these mysteries by suffering, dying with Christ and being resurrected in a purified form.

Judy Pearson