

Aquinas Newman Center



*THE CATHOLIC CAMPUS PARISH
OF THE UNIVERSITY OF NEW MEXICO*

PASTOR, FR. MICHAEL DEPALMA

1815 Las Lomas Road NE
Albuquerque, New Mexico 87106-3803
Phone 247-1094 FAX: 247-2933

WEEKEND

MASS SCHEDULE

Saturday Vigil Mass 4:30 pm
Sunday Masses 9:00 am, 10:00
am & 11:00 am

(Daily online Masses at
lobocatholic.org)



2ND SUNDAY OF LENT

Then a cloud came, casting a shadow over them; from the cloud came a voice, "This is my beloved Son. Listen to him." Suddenly, looking around, they no longer saw anyone but Jesus alone with them.

- Mk 9:7-8

A MESSAGE FROM FR. DEPALMA

Are you still looking for what to do or what to give up this Lent? Here are 10 different ways you can give something up that you may not have thought of.

1. Don't buy anything that you don't absolutely need. If you can live without it, you don't need it, so give it up and save the money that you would have spent.
2. Throw or give away things around your house. We tend to fill our lives with clutter or keep things that others could use which we really don't need anymore. Give away or throw away, either way you are opening up more physical space which should also help you open up spiritual space in your lives.
3. No gossiping. This one is going to be tough for some people. But completely give it up for Lent. You may have to start being more silent, but silence is a great way to listen better to God and not just to ourselves or to the world.
4. Either work out in some way daily, or at least get the blood moving daily. Take care of that temple of the Spirit that God has given to you!
5. Don't eat after dinner. Some of you are very good at fasting, others not so much. This is one discipline that all of us can do and it will pay off in more physical and spiritual discipline.
6. Say 3 nice or encouraging things to your spouse or children or friends daily. This will help you to focus more on the Holy Spirit moving within you.
7. Bring to mind or even jot down 5 things that you are thankful for each day of Lent. This will expand your spiritual eyes and make you more appreciative.
8. Replace 30 minutes of tv or screen time with 30 minutes of prayer. Fill up with the "good stuff" which is rarely what we are doing when we are watching those screens of ours. Unless you are wise and you are watching uplifting spiritual programs on your screens!
9. Stop complaining. Another hard one, but one that will have great benefits if you can pull this off.
10. Fast from watching any screens an hour before going to bed. This will not only help you sleep, but you will find that you do actually have time to pray and to do an examination of conscience before falling asleep!

ASH WEDNESDAY

LENT BEGINS

WHAT IS LENT?

The 40-day period from Ash Wednesday and before Easter Sunday. It is marked by praying, fasting, abstinence, and other acts of penance.

PRAYING | FASTING | ABSTINENCE





WHAT IS FASTING?



One meal a day, and two smaller meals which if added together would not exceed one full meal.

WHAT IS ABSTINENCE?



Abstinence is refraining from eating meat. Meat is considered to be the flesh and organs of mammals and fowl.

DAYS OF FAST?

Ash
Wednesday

Good Friday

DAYS OF ABSTINENCE?

Ash
Wednesday

All Fridays
of Lent

Good
Friday

WHO ARE REQUIRED?

Catholics from age < 18 to 59 >



The sick are excused from fasting

WHO ARE REQUIRED?

Mandatory for everyone older than 14 years old



FAST ON WEDNESDAYS OF LENT 2021 TO END ABORTION

You can make a difference to end abortion, and especially late-term abortion,

And He said to them, "This kind cannot be driven out by anything but prayer and fasting."

Mark 9:29



**Each Wednesday in Lent,
please join us in committing
to pray and fast,
with a special intention
to end abortion in our nation**

February 24 and March 3, 10, 17, 24, & 31, 2021

**For those unable to fast,
please offer another sacrifice on Wednesdays**

Note: As a suggestion, a fast might be one modest meal for the day, as well as two smaller snacks that together are not equal to a full meal.

www.OurLadyoftheRosary.org

**ADORATION
OF THE
BLESSED SACRAMENT**

**Every Monday
4:30 - 5:30 pm**



**READINGS FOR WEEK OF
FEBRUARY 28, 2021**

Sun. Gn 22:1-2, 9, 10-13, 15-18/Rom 8:31-34/Mk 9:2-10
 Mon. Dn 9:4-10/Lk 6:36-38
 Tues. Is 1:10, 16-20/Mt 23:1-12
 Wed. Jer 18:18-20/Mt 20:17-28
 Thurs. Jer 17:5-10/Lk 16:19-31
 Fri. Gn 37:3-4, 12-13, 17-28/Mt 21:33-45, 45-46
 Sat. Mi 7:14-15, 18-20/Lk 15:1-3, 11-32
 Next Ex 20:1-17/1 Cor 1:22-25/Jn 2:13-25



STATIONS OF THE CROSS



All Fridays of Lent beginning February 19th at 6 pm in the St. Thomas Aquinas University Parish Church.

Make the Stations of the Cross and Benediction part of your Lenten Journey

PLEASE PRAY FOR THE RCIA CANDIDATES AS THEY WILL BE RECEIVING THE SACRAMENTS AT THE EASTER VIGIL MASS

NAME

Kathi Briones
 Derrick Brown
 Aero Caldwood
 Eric Gomez
 Rachel Mares
 Aeron Martinez
 Callen Ramirez
 Jaime Ramirez
 Sidney Rawdon

SAINT NAME

St. Theresa of Calcutta
 St. Daniel
 St. Homobonus
 St. Albert the Great
 St. Therese of Lisieux
 St. Martin de Porres
 St. Luke
 St. Anthony of Padua
 St. John Chrysostom

PARKING PERMITS

Permits are \$100 for the Spring semester. Email to margiedelgado64@gmail.com or call 228-9086 if you are still in need of a parking permit.

30-DAY CONSECRATION TO ST. JOSEPH



Join us in consecrating our families and parish to St. Joseph beginning February 17th using School of Nazareth on formed.org
 Click: I belong to a parish or organization (second box)
 Parish Name: Thomas Aquinas Newman Center 1815 Las Lomas Blvd NE
 Fill out information to open an account.
 It will send you a confirmation to your email

Year of
ST. JOSEPH



MASS AND SACRAMENTS

WEEKEND MASS SCHEDULE

Saturday Vigil Mass 4:30 pm
Sunday Mass Times 9 am, 10 am & 11 am

WEEKDAY MASS SCHEDULE

Daily Mass 7:00am Mon., Wed., Fri.
5:15pm Mon., Tues., Thurs., 8:30am Saturday

CONFESSION – Offered on Saturdays from 3:00–4:00pm or by appointment. EVERYDAY, Mon Wed, Fri, *after* the 7:00 am Mass until 8:00am AND from 4:00 pm–5:00 pm Mondays, Tuesdays, and Thursdays.

BAPTISM OF CHILDREN – Celebrated any Sunday of the month after the 9 am or 11 am Mass. Attendance at a preparation session is required and held the last Saturday of the month from 10:00am - 1:00 pm

RELIGIOUS ED – TBA 8:45-12:00pm Grades K-8

CONFIRMATION – High School Every Sunday beginning TBA 3:15 - 4:45pm. (Adults will attend the RCIA program (see below))

ADULT INITIATION/RCIA – Process of initiation into the Catholic Church for non-baptized persons and Christians of other faiths and opened to anyone both inside and outside of our parish. RCIA classes TBA every Thursday 6:00–7:15pm. Contact the parish office at 247-1094 for more information.

THIS WEEK AT NEWMAN

Mon., March 01

7:00 am Mass
7:30 am Confessions
Online Mass 7:00 am at lobocatholic.org

Fri., March 05

7:00am Mass
Online Mass 7:00 am at lobocatholic.org

Tues., March 02

5:15 pm Mass
4:00-5:00 Confessions
Online Mass 5:15 pm at lobocatholic.org

Sat., March 06

8:30 am Mass
2:30-4:00 Confessions
4:30 pm Mass (Sunday Obligation)
Online Mass 4:30 pm at lobocatholic.org

Wed., March 03

7:00 pm Mass
7:30 am Confessions
Online Mass 7:00 am at lobocatholic.org

Sun., March 07

9:00 am, 10:00 am & 11:00 am Masses
Online Mass 9:00 am at lobocatholic.org

Thurs., March 04

7:00 am Mass
7:30 am Confessions
Online Mass 7:00 am at lobocatholic.org

Saturday February 27 4:30 pm	† Lou Ella Naranjo By the Otero Family † Carmen Jesus Pennington By Marlo Maxson Michael and Veronica Chavez Birthday Blessings By Joe and Joyce Lucero
Sunday February 28 9:00 am	† Mary Bertram Bujnowski By the Bertram Family † Stephen Santaniello By the Dominguez Family Berenice Vasquez Birthday Blessings By Dora Montoya
10:00 am	Lauren White Birthday Blessings By the Langsfeld Family In Honor of the Holy Family By the Romero Family Eloy Martinez Birthday Blessings By the Romero Family
11:00 am	Andrea Riboni, Birthday Blessings By Joe and Joyce Lucero Jan Nichols—Health By Family and Friends
Monday March 01 7:00 am	David Tedford Special Intention Priests still in Purgatory By Thomas J. Mescall, II The LaLonde Family Special Intention
Tuesday March 02 5:15 pm	Dora Montoya, Birthday Blessings By Chris LaLonde † Edmund and Andrew Ortega By the Ortega Family Naita - Health
Wednesday March 03 6:30 am	End Abortion in New Mexico By Mark and Carol Langsfeld Archbishop Wester Special Intention By 7 Sisters Apostolate † Sara Sanchez By Michaëlle Gonzales
Thursday March 04 5:15 pm	Stephen Gonzales, Special Intention By Michaëlle Gonzales Dawn Nava Birthday Blessings By Chris LaLonde
Friday March 05 7:00 am	Holy Souls in Purgatory By Thomas J. Mescall, II JD Gonzales, Special Intention By Michaëlle Gonzales Marie Myszkier Special Intention
Saturday March 06 8:30 am	Ylaine Hetes, Birthday Blessings By Cissy Casaus † Blessed Fr. Marie Joseph Cassant By Ylaine

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