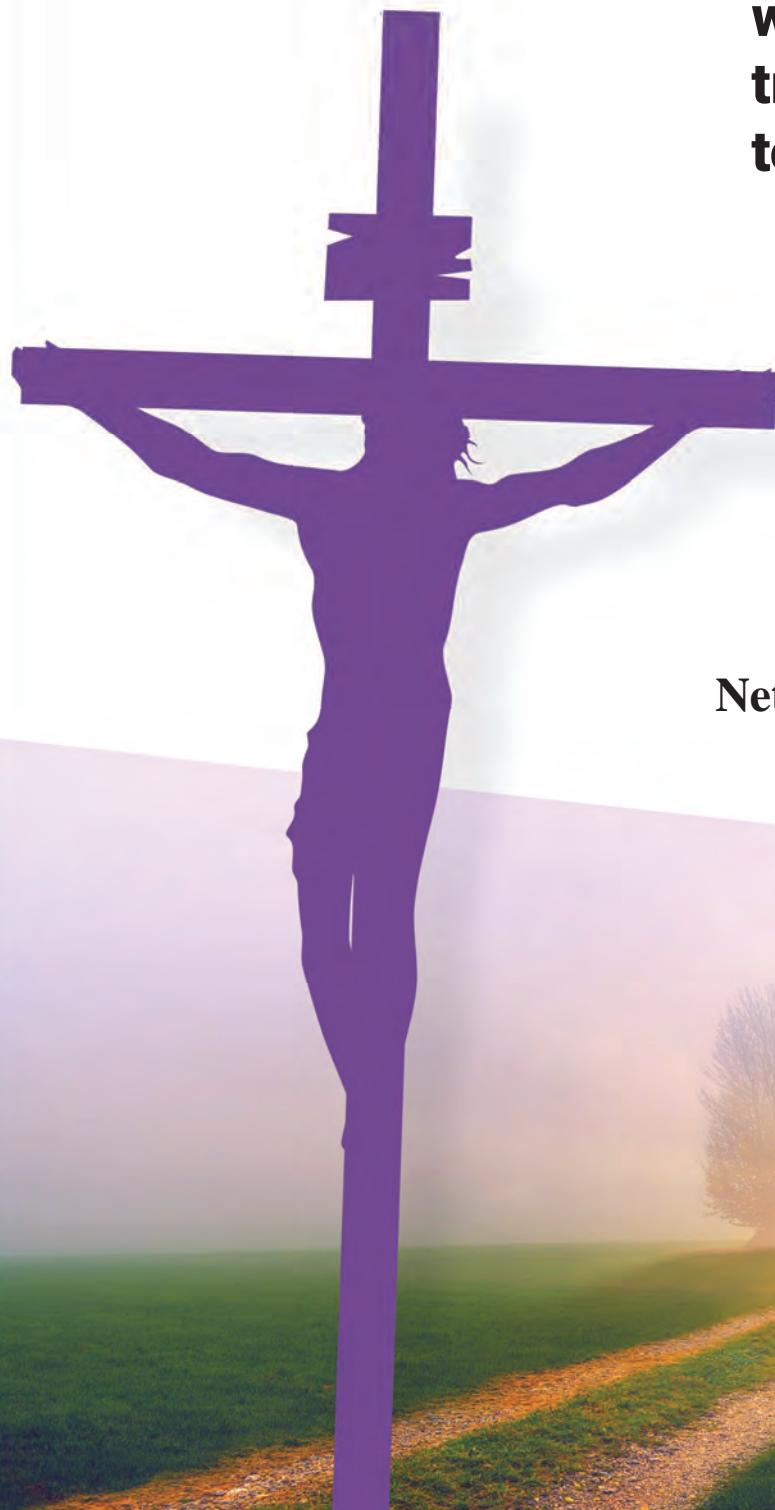


# *Fourth* SUNDAY OF **LENT**



**But everyone  
who lives by the  
truth will come  
to the light.**

JOHN 3:21

**St. Michael  
Netcong, New Jersey**

# Saint Michael Catholic Church

March 10, 2024  
Fourth Sunday of Lent



We pray for all those in need of the Lord's healing presence: Karlene Yaple, Kathy Conklin, Margie Kern, John Matis, Karen Hogan, Roseann Lehmann

## Readings for the Week

2 Chronicle 36: 14-16, 19-23  
Psalm 137: 1-2, 3, 4-5, 6  
Ephesians 2: 4-10  
John 3: 14-21



## Special Remembrance

The Sanctuary Lamp, which burns near the Tabernacle as a reminder of our Lord's presence in the Holy Eucharist, burns this week in loving memory of:

*Kay DeVito*



The hosts and wine, which will become the Holy Body and Precious Blood of our Lord, were given in loving memory of:

*Donald LaBell*



## Weekly Mass Intentions

Saturday, March 9  
5pm Eugene & Regina Trapp

Sunday, March 10  
7am Kay DeVito  
9:30am Ronald E. Costanzo, Donald LaBell  
11:30am Anthony Arbolino  
1:30pm Prop Populo

Monday, March 11  
10am Anna Vrbovska

Tuesday, March 12  
10am Ligia Kawalec

Wednesday March 13  
10am Helen Newstead



Thursday, March 14  
10am Rich Fletcher

Friday, March 15  
10am Sherry Lopez

Saturday, March 16  
10am Jeanette DeFelice  
5pm Michael Drinka

Sunday, March 17  
7am Terry Castaldi, Richie DiRenzo  
9:30am Martin, Bridget & Paul Grogan  
Alice & William Keenan  
11:30am Robert Suralik  
1:30pm Pro Populo

**Lent**  
PRAY. FAST. SERVE.

## Weekly Donations

Sunday, February 11 \$6,177  
WeShare N/A



*With your ongoing generosity, we are able to continue the many ministries that we have here at Saint Michael Church in your name and in the name of Christ!*

First reading from Exodus, Old Testament, the Ten Commandments! Did you hear them? Do you know all 10 of them? We can't live what we don't know. They are the Law given by God to Moses on Mt. Sinai, for us. God giving us the basic and fundamental rules to live by, a way to live our lives in peace. His way for us to keep close to Him, God our Creator. The author and authority of our lives.

Then we hear about and from Jesus in the Gospel, who is the fulfillment of this Law. Jesus fulfills these laws and gives us the Beatitudes in the Gospels of Matt 5 and Luke 6, sermon on the mount and sermon on the plain. Jesus tells us in the Beatitudes how to live our lives, so we end up with Him in heaven, forever! The beatitudes remind us to keep Jesus first, Others next and Yourself last. JOY...

We also hear about an interesting event in the Gospel today that is a little bit unnerving. Jesus, He got pretty angry in the Gospel today, didn't He?? He made a whip out of cords, spilled the money changers coins, He overturned tables and He chased people out of His house, God's house.

Jesus was angry and He acted on it. Isn't acting on anger a sin? For us, most always, yes. For Jesus, obviously no. He is perfect and without sin and His anger was justifiable. So why can't we act on our anger? We can but it usually, or most always doesn't go so well.

A few things about anger. It is a secondary emotion, meaning, there is always something, or several things that cause our anger; hurt, disrespect, grief, expectation, anxiety, loss, worry. Acting on our anger is a defense mechanism. It helps us cope with the situation, at the moment. If I am acting on my anger, yelling and fighting, then I don't have to deal with what is causing the anger at the moment. And it keeps the person or people I am angry with, at a distance.

This is NOT what Jesus was doing though. Jesus is perfect and without sin. He wasn't acting on His anger for His sake! It was for God's sake and the sake of the people defiling the temple. His action helped His Father and the people. That is why it wasn't a sin.

There are genuine reasons for being angry. But acting on our anger almost always hurts others and actually, never helps us. Hurting others is a sin. Acting on anger causes strife and division. How do we stop acting on our anger and hurting others and ourselves? With the help of God. We pray and reflect to figure out why we are angry. Remember, anger is a secondary emotion. If we figure out why we are angry, then we can address that cause, and stop the acting out.

Easier said than done but with prayer and God's help, it is possible. A lot has to do with how much we can actually control. We can't control other people or make them do anything. We can only control ourselves and what we do in

each moment. Moment by moment.

We can act on our anger and it not be a sin but, it has to be with the grace and peace of Jesus and it has to be out of complete charity and love. It is hard to do but with God, it is possible!! How you ask? With Gods help and Grace and Jesus' reflected mercy and charity, which is Love. If we feel ourselves getting angry, our heart speeds up, we can't breathe, if we get defensive... Stop. Say a prayer to Jesus, figure out what is making us angry and then figure out what to do about it. Then, think and pray about that instead of getting angry. It takes a lot of time, prayer, and work but it can be done with Jesus.

And when you are on the receiving end of anger, God helps us there too! Phil 4:13. "I have the strength for everything through Him who empowers me". Have you ever seen a person overcome someone's anger with the Love of Jesus Christ? It is absolutely beautiful! Better yet, have you ever overcome someone's anger with the love and mercy of Jesus. It is the most amazing thing. It is heaven here on earth! I remember a time when I was able to do this, doesn't happen too often but...

I was praying in front of Planned Parenthood holding a sign that says, "There is another choice that starts with an "A"... Adoption". I was standing there, praying the rosary with a few people and suddenly, this car stops, right in front of me, right on the road. This young guy and girl get out and start cursing me out, yelling and spitting in my face, about this close! Yelling at me, "you don't know me!" "You don't know what people are going through, you don't know why people need this"... He was ANGRY! I was scared, said a quick prayer and said as lovingly as I could as I looked him straight in the eye, "I am sorry". He suddenly just stopped. He looked at me for a moment, got back in his car with his girlfriend and drove on. All I said was, "I am sorry".

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Primera lectura del Éxodo, Antiguo Testamento, los Diez Mandamientos! ¿Los escuchaste? ¿Conoces los diez? No podemos vivir lo que no conocemos. Son la Ley dada por Dios a Moisés en el Monte Sinaí, para nosotros. Dios nos da las reglas básicas y fundamentales para vivir, una forma de vivir nuestras vidas en paz. Su camino para que estemos cerca de Él, Dios nuestro Creador. El autor y la autoridad de nuestras vidas.

Luego escuchamos acerca de Jesús en el Evangelio, quien es el cumplimiento de esta Ley. Jesús cumple estas leyes y nos da las Bienaventuranzas en los Evangelios de Mateo 5 y Lucas 6, el sermón de la

montaña y el sermón en la llanura. Jesús nos dice en las Bienaventuranzas cómo vivir nuestras vidas para acabar con Él en el cielo, ¡para siempre! Las bienaventuranzas nos recuerdan poner a Jesús primero, a los demás después y a nosotros mismos al final. GOZO...

También escuchamos acerca de un evento interesante en el Evangelio de hoy que es un poco inquietante. ¡Jesús, se enojó bastante en el Evangelio de hoy, ¿verdad? Hizo un látigo con cuerdas, derramó las monedas de los cambistas, volcó mesas y expulsó a las personas de Su casa, la casa de Dios.

Jesús estaba enojado y actuó en consecuencia. ¿No es pecado actuar por enojo? Para nosotros, la mayoría de las veces, sí. Para Jesús, obviamente no. Él es perfecto y sin pecado, y Su enojo era justificable. Entonces, ¿por qué no podemos actuar por nuestro enojo? Podemos, pero generalmente, o casi siempre, no va tan bien.

Algunas cosas sobre el enojo. Es una emoción secundaria, lo que significa que siempre hay algo, o varias cosas, que causan nuestro enojo: dolor, falta de respeto, aflicción, expectativas, ansiedad, pérdida, preocupación. Actuar en nuestro enojo es un mecanismo de defensa. Nos ayuda a lidiar con la situación, en ese momento. Si estoy actuando en mi enojo, gritando y peleando, entonces no tengo que lidiar con lo que está causando el enojo en ese momento. Y mantiene a la persona o personas con las que estoy enojado a una distancia.

Esto NO es lo que estaba haciendo Jesús. Jesús es perfecto y sin pecado. ¡No actuaba en su enojo por su propio bien! Fue por el bien de Dios y la gente que profanaba el templo. Su acción ayudó a Su Padre y a la gente. Por eso no fue un pecado.

Hay razones genuinas para estar enojado. Pero actuar en nuestro enojo casi siempre lastima a los demás y, de hecho, nunca nos ayuda. Lastimar a los demás es un pecado. Actuar en el enojo causa discordia y división. ¿Cómo dejamos de actuar en nuestro enojo y lastimar a los demás y a nosotros mismos? Con la ayuda de Dios. Oramos y reflexionamos para entender por qué estamos enojados. Recuerda, el enojo es una emoción secundaria. Si descubrimos por qué estamos enojados, podemos abordar esa causa y dejar de actuar.

Más fácil decirlo que hacerlo, pero con oración y la ayuda de Dios, es posible. Mucho tiene que ver con cuánto podemos controlar realmente. No podemos controlar a otras personas ni hacer que hagan algo. Solo podemos controlarnos a nosotros mismos y lo que hacemos en cada momento. Momento a momento.

Podemos actuar en nuestro enojo y que no sea un pecado, pero tiene que ser con la gracia y la paz de Jesús y tiene que ser por completo caridad y amor. Es difícil, pero con Dios, ¡es posible! ¿Cómo preguntas? Con la

ayuda de Dios y la Gracia y la misericordia reflejada de Jesús, que es Amor. Si sentimos que nos estamos enojando, que nuestro corazón se acelera, que no podemos respirar, si nos ponemos a la defensiva... Para. Reza una oración a Jesús, descubre por qué estamos enojados y luego averigua qué hacer al respecto. Luego, piensa y ora sobre eso en lugar de enojarte. Toma mucho tiempo, oración y trabajo, pero se puede hacer con Jesús.

Y cuando estás en el extremo receptor del enojo, ¡Dios también nos ayuda allí! Fil 4:13. "Todo lo puedo en aquel que me fortalece". ¿Alguna vez has visto a una persona superar el enojo de alguien con el amor de Jesucristo? ¡Es absolutamente hermoso! Mejor aún, ¿alguna vez has superado el enojo de alguien con el amor y la misericordia de Jesús? Es lo más asombroso. ¡Es el cielo aquí en la tierra! Recuerdo una vez que pude hacer esto, no sucede con mucha frecuencia pero... Estaba rezando frente a Planned Parenthood sosteniendo un letrero que decía: "Hay otra opción que comienza con una 'A'... Adopción". Estaba de pie allí, rezando el rosario con algunas personas y de repente, este automóvil se detiene justo frente a mí, en la carretera. Este joven y su novia salen y comienzan a maldecirme, gritar y escupirme en la cara, ¡cerca! Gritándome: "¡No me conoces!" "No sabes lo que la gente está pasando, no sabes por qué la gente necesita esto" ... ¡Estaba ENOJADO! Tenía miedo, recé rápidamente y dije tan amorosamente como pude mientras lo miraba directamente a los ojos: "Lo siento". De repente, simplemente se detuvo. Me miró por un momento, volvió a su auto con su novia y se fue. Todo lo que dije fue: "Lo siento".

### Lenten Activities

#### Stations of the Cross

Each Friday evening during Lent at 7:00pm (English) & 8:00pm (Spanish) from February 16th - March 29th



#### Sacrament of Reconciliation (Confession)

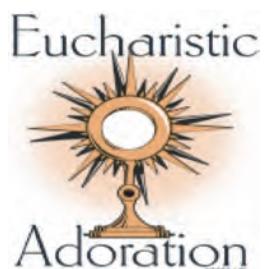
Each Monday evening during Lent from 7:00-8:30pm and every Saturday from 4:00-4:30pm

### Adoration Chapel

If you are looking for an hour of peace and silence, come spend it with Jesus.

Contact:

**Andrea (201) 874-8769 or Marie (732) 885-7972**



## Faith Formation

### First Communion Retreat:

For children and parent in Level 2 and OSPRE groups  
Saturday, 3/23, 9:30 am-12 pm in the Church hall. If a parent cannot attend, please contact Mrs. Rogalo  
[faith.formation@stmichaelnetcong.org](mailto:faith.formation@stmichaelnetcong.org)



### Confirmation I, II and NEF:

Service forms due:

- Forms for service completed in Jan, Feb, March due 3/31  
Signed Mass sheets through February are due



### Confirmation II and second year

#### NEF Candidates:

Important Sponsor and Candidate meeting 3/17 after 11:30 am Mass (about 12:20). All candidates are to attend. If a sponsor cannot be present, a parent is asked to attend in their place. There is no make up for this meeting!

## Knights of Columbus

### Forty Cans for Lent

Please join the Knights of Columbus in our annual Forty Cans for Lent campaign. Once again, the Knights will collect canned goods and other nonperishable food items for our parish food pantry. It is 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. Beginning on Ash Wednesday donations can be placed by the St. Anthony statue in the back of the church. Your help is needed now more than ever. Thank you.



## Lenten Thoughts

If you are still thinking about something to do for Lent, why not consider sponsoring our Food Pantry with a donation to help those who are less fortunate than we. You can put a white envelop in the basket on the weekend and mark it **"My Lenten Pledge"** with your name.

Thank you for your continued generosity to your parish family and those we serve in your name.



## Our Lenten Journey

**Days of Abstinence:** No meat may be eaten on Ash Wednesday, all Fridays in Lent and Good Friday (for all those who are 14 years or older).

**Days of Fast:** A limit of one full meatless meal on Ash Wednesday and Good Friday (for all who are 18-60 years old).

**Weekdays of Lent:** There is no obligation to fast, however, voluntary acts of self-denial are always a great way to be more involved during Lent.

**Easter Duty Obligation:** Every Catholic must receive Holy Communion and go to confession between the First Sunday in Lent and Trinity Sunday.

**Acts of Devotion:** are encouraged on a voluntary basis. These may include spiritual study, Lenten Devotions, the Rosary, Stations of the Cross and deeds of mercy and kindness. Of course, the greatest prayer and to receive the greatest fruits of the Lenten season is by our participating in daily and Sunday Masses.

**Eucharistic Fast:** You should fast one hour from foods and liquids. (Water and medicine are exceptions to this fast).



## Food Pantry

*"It is easy to love people far away. It is not always easy to love those close to us. Bring love into your home, for this is where our love for each other must start." - Mother Theresa*

We continue to give thanks for the many generous people who give each and every week to this important ministry. When you are shopping, please keep the following items in mind:

- **Canned:** potato, corn, green beans, carrots, beans, tuna
- **Mix:** mashed potato, pancake
- **Peanut butter & jelly**
- **rice**





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