

Your words, Lord, are Spirit and life.

January 23, 2022 – Third Sunday in Ordinary Time.

MASS INTENTIONS OF THE WEEK

Saturday, January 22

5:30 pm For Special Intention by Skoczylas Family

Sunday, January 23

9:00 am For Daria C. Tsiames by Stokes Family

10:30 am For Babies in the Womb and their Families

Saturday, January 29

5:30 pm For Jan & Amelia Krzywosz by Skoczylas Family

Sunday, January 30

9:00 am For Marilyn Uccardi by Hughes Family
DeDe Dolan by family

10:30 am For Walter & Anna Skoczylas by Skoczylas Family



MASS CARDS...

Mass cards are available in the parish office. Remember that giving a mass intention is not only for a deceased person. A mass intention can be for a special occasion such as an anniversary or birthday. Donation is \$15

LECTOR SCHEDULE FOR JANUARY

Saturday, January 29

5:30 pm Lector: Jeanine Caruso, Violet Caruso
Eucharistic Minister: Joanne Lee

Sunday, January 30

9:00 am Lector: Marianne Hobbie
Eucharistic Minister: Diane Herzog

10:30 am Lector: Jeremy Timog
Eucharistic Minister: Ed Michonski



For the Month of January

Sanctuary Lamp: In loving memory of Vito and Marie Benardone and Aeneas and Genevieve Corry by Corry/Benardone family

Altar Breads & Wine:

Mass Candles:

WEEKLY COLLECTION

January 16, 2022\$ Figures not available	St. Mark's Faith Direct Church Code is NJ484
Supermarket Gift Cards Sales.....\$2,700 Profit..... \$135.00 YTD..... \$276.25 # of families: 10	SHOPRITE and WEIS Gift Cards are sold after all weekend masses and in the parish office during the week.



Please remember that you can drop off your donation as you enter or leave mass each weekend. On the 1st and 3rd weekend of the month we have a second collection. A separate basket will be available for these appeals. Thank you for support

If you attend Mass at either Our Lady of the Mountain or St. Luke's you can drop your St. Mark's envelope in the collection basket and it will be credited as your donation to St. Mark's. If you do not have a St. Mark's parish envelope you can put your donation in a plain envelope with your name and "For St. Mark's"

You can now text your gift to St. Mark's. We've made it easier than ever to make a gift with our new text-to-give option. To securely make a gift to St. Mark's, text a dollar amount to 908-857-4699 and click the link that pops up seconds later. Enter your credit card information, email, name and address and complete the process. St. Mark's has now been blessed with your gift.

FAITH DIRECT...Even as the pandemic continues to bring uncertainty, the new year is filled with hope and promise- we always seek to grow our vital ministries, explore new ways to share the good news of Christ's love, and reflect His care and mercy to those in need throughout the community. To continue to make a difference in 2022, St. Marks is reaching out to our parishioners. We prayerfully request you consider signing up for eGiving. Go to faith.direct/NJ484. God Bless You.



Al powerful and ever living God the lasting health of all who believe in you, hear us as we ask your loving help for the sick. Restore their health, that they may again offer joyful thanks in your church.

Richard Alvarez, Tony Atkins, James Barone, John Benardone, Chrissy Carty, Bob & Jeff Cheripka, Louise Chiusano, Brittany Cicchino, Hugh Divine, Trisha Drechsel, Ann Geary, Sue Geary, Heidi L., Dorothy Hogan, Daniel Huntz, Sarah Jones, Vincent Lai, Mary McArdle, Denise Niessing, Bob & Nancy Noll, Girard Nolte, Jr., Joyce Schmitt, Ann Senftinger, Fredrick Senftinger, Georgette Petromelis, Rosemarie Picarelli, Christopher Popp, Tim Popp, John, Special Intention, Josh Winneker, Ervin Winters, Christopher Zeliff



destruction of both body and soul. God's power alone can save us from hopelessness, fear, and despair. The gospel of salvation is good news for us today.

Today we continue to do the work of the apostles of Jesus. We are tasked to spread the good news of Jesus. We still have to evangelize other people. We still have to encourage our fellow Catholics to be more faithful in going to church, to sacrament of penance, to pray for the salvation of many, and to be caring to those who are in need. We still need to remind the people that Jesus died on the cross because he loves us.

The Gospel reading today fits perfectly with the call for protection of children living in the womb. Such advocacy is at the heart of the Gospel and of Jesus' mission. "He has anointed me to bring glad tidings to the poor, to proclaim liberty to captive...to let the oppressed go free."

Ask the Lord Jesus to renew in you the joy of the Gospel and the freedom to live each day with trusting faith, joyful hope, and fervent love.



All Your Questions About Adoration Answered...What Is It? How Do I Go? What Do I Do? And More!

--WHAT IS ADORATION?

When Catholics say they are "going to Adoration," they are typically referring to Eucharistic Adoration. Which, in the most basic terms, is the worship of the Eucharist outside of the Mass. The Eucharistic Host is displayed in a monstrance on the altar so that all can see and pray in the presence of Christ.

The Catechism of the Catholic Church tells us that, "Adoration is the first attitude of man acknowledging that he is a creature before his Creator. It exalts the greatness of the Lord who made us and the almighty power of the Savior who sets us free from evil. Adoration is homage of the spirit to the "King of Glory," "respectful silence in the presence of the "ever greater" God. Adoration of the thrice-holy and sovereign God of love blends with humility and gives assurance to our supplications." (CCC 2628)

We can show our adoration to God in many ways, but in Eucharistic Adoration, we spend time adoring the true presence of Christ in the Eucharist.

--WHAT DO I DO DURING EUCHARISTIC ADORATION?

If you attend Adoration at your parish, it will most likely be in a small chapel or part of the Church. As a form of respect, you should always genuflect when you see the Lord in the Host. Maintain an attitude of respect, and if others are present, silence. On retreats or other special occasions, there may be music playing to help foster a spirit of prayer, worship, and Adoration. Always keep in mind that you are in the presence of God!

Kneeling, sitting, standing, and even laying on the floor before the Blessed Sacrament are all appropriate forms of prayer. Let your posture reflect your worship of the King and do what is comfortable for you.

You really don't have to "do" anything during Adoration. You can just sit there and look at Jesus. Take the time to be with Him. If you are the only person in the chapel, don't be afraid to pray or sing aloud. This is your personal time with Christ.

--THE SAINTS ENCOURAGE US TO GO TO ADORATION

"Whenever I go to the chapel, I put myself in the presence of our good Lord, and I say to him, 'Lord, I am here. Tell me what you would have me to do' . . . And then, I tell God everything that is in my heart. I tell him about my pains and my joys, and then I listen. If you listen, God will also speak to you, for with the good Lord, you have to both speak and listen. God always speaks to you when you approach him plainly and simply." – St. Catherine Labouré

The time you spend with Jesus in the Blessed Sacrament is the best time that you will spend on earth. Each moment that you spend with Jesus will deepen your union with Him and make your soul everlastingly more glorious and beautiful in heaven, and will help bring about an everlasting peace on earth." – St.Teresa of Calcutta

"Know also that you will probably gain more by praying fifteen minutes before the Blessed Sacrament than by all the other spiritual exercises of the day. True, Our Lord hears our prayers anywhere, for He has made the promise, 'Ask, and you shall receive,' but He has revealed to His servants that those who visit Him in the Blessed Sacrament will obtain a more abundant measure of grace." – St. Alphonsus Liguori

O Christ, let my greatest delight be to see You loved and Your praise and glory proclaimed, especially the honor of Your mercy. O Christ, let me glorify Your goodness and mercy to the last moment of my life, with every drop of my blood and every beat of my heart. Would that I be transformed into a hymn of adoration of You. When I find myself on my deathbed, may the last beat of my heart be a loving hymn glorifying Your unfathomable mercy. Amen. – St. Faustina

**EVERY MONDAY NIGHT JESUS IN THE BLESSED SACRAMENT IS
WAITING FOR YOU. WILL YOU COME??
OLM CHURCH**

-MONDAY 7PM-8PM

-FRIDAY – EXPOSTTION OF THE BLESSED SACRAMENT AND DIVINE MERCY DEVOTION AFTER MORNING MASS

-FIRST SATURDAY – 9AM-10AM

Diocesan Ministries Appeal "Let Your Light Shine" If you have received a final request from Bishop Sweeney asking for your support of the 2021 Diocesan Ministries Appeal, please respond as your means permit. There is still time to do so since the 2021 Appeal funds are used to support ministries and programs through the end of the diocesan fiscal year on June 30, 2022. Every gift is important so whatever you can do is a blessing. Please respond today. **For your convenience, you can make an online gift at www.2021appeal.org. May God bless you for your support.**



Keep in touch with us
VIA EMAIL AND TEXT MESSAGE

This is all totally free for you to use, you don't even have to download anything or create a password in order to participate. Your info is kept totally private. If you would like to receive emails or text messages from our church please sign up! **To register simply text SM1988 to 84576. Or you may go to our website and there you will find other ways to register for this important communication tool.**

FROM FR. MICHAL...

Altar

The oldest name for the altar as a table is the Latin *mensa* and we find it in St. Paul's First Letter to the Corinthians (1 Cor 10:21). Later, this table was moved from private houses (*Domus Ecclesiae*) to the first churches and came to be called *altare*, which means "the raised pile."

During the liturgy of the first Christians, the presider never faced the other participants, but all sat or lay on the same side of the altar.

The first regulations regarding the material for the construction of altars come from Gaul from 517 and say that only stone altars were allowed to be consecrated with chrism.

The steps were also considered an integral part of the altar, reminding that the altar rises on Golgotha. Saint Ambrose said that the altar "should ascend in the church as Jesus Christ, our leader, out of among his members." From the 6th century onwards, the number of steps increased and was interpreted symbolically, e.g. three degrees are three virtues: faith, hope, and love.

Baltimore Catechism

59. Q. Which are the chief sources of sin?

A. The chief sources of sin are seven: Pride, Covetousness, Lust, Anger, Gluttony, Envy, and Sloth; and they are commonly called capital sins.

LESSON SEVENTH: ON THE INCARNATION AND REDEMPTION

60. Q. Did God abandon man after he fell into sin?

A. God did not abandon man after he fell into sin, but promised him a Redeemer, who was to satisfy for man's sin and reopen to him the gates of heaven.

61. Q. Who is the Redeemer?

A. Our Blessed Lord and Savior Jesus Christ is the Redeemer of mankind.

62. Q. What do you believe of Jesus Christ?

A. I believe that Jesus Christ is the Son of God, the second Person of the Blessed Trinity, true God and true man.

63. Q. Why is Jesus Christ true God?

A. Jesus Christ is true God because He is the true and only Son of God the Father.

64. Q. Why is Jesus Christ true man?

A. Jesus Christ is true man because He is the Son of the Blessed Virgin Mary and has a body and soul like ours.

65. Q. How many natures are there in Jesus Christ?

A. In Jesus Christ there are two natures, the nature of God and the nature of man.

66. Q. Is Jesus Christ more than one person?

A. No, Jesus Christ is but one Divine Person.

67. Q. Was Jesus Christ always God?

A. Jesus Christ was always God, as He is the second Person of the Blessed Trinity, equal to His Father from all eternity.

68. Q. Was Jesus Christ always man?

A. Jesus Christ was not always man, but became man at the time of His Incarnation.



We are looking for a few Good Knights! You don't have to attend every meeting and participate in every charitable or Church event. Considered the "right arm of the Catholic Church", the Knights of Columbus is the largest, Catholic, fraternal, family service organization in the world! Help those in need and grow in your faith.

Reflection for the Week.

While the law as given through Moses, grace and truth came through Jesus Christ.

JN 1:17

The Knights of Columbus, Long Valley Council 10419
welcomes all Catholic Men age 18 and older.
We are an active council and have a lot to offer.

Become a Knight!

www.lvkofc.org

