



February 5, 2023

We Make Disciples



40 Jackson Road, Medford, New Jersey 08055

Parish Website: www.smlparish.org

Parish Email Address: Frontdesk@smlparish.org



MASS SCHEDULE

Monday - Friday: 7:15 a.m. and

Monday - Saturday: 9:00 a.m. (*simulcasted*)

Saturday: 5:30 p.m.

Sunday: 7:30 a.m., 9:00 a.m. (*simulcasted*), 10:30 a.m., and noon

CLERGY AND STAFF

Very Reverend Daniel F. Swift, Pastor, father_dan@smlparish.org

Reverend Roy Ballacillo, Parochial Vicar, rballacillo@smlparish.org

Deacon Rich Lutomski

Susan B. Kraemer, Business Administrator

Christine Brandt, Pastoral Associate

Lenora Gange, Administrative Assistant

John Scott, Administrative/Marketing Assistant

Mary Thomas, Administrative Assistant

Maria Sobel, School Principal

Linda Xerri, Director of Religious Education

Lisa Helm, PREP Administrative Assistant

Frank Babinchock, Parish Youth Minister

Carolyn Cuperwich, Music Coordinator

Harry Meshirer, Parish Bookkeeper

Ralph Gallo and Kevin Loughlin, Parish Trustees

OFFICE HOURS

Monday - Friday: 9:00 a.m.- 4:00 p.m.

ST. MARY OF THE LAKES ONLINE

Website Address: www.smlparish.org

Email Address: Frontdesk@smlparish.org

Facebook: www.facebook.com/smlparish

Twitter: www.twitter.com/smlparish

School Website: www.smlschool.org

Knights of Columbus: www.medfordknights.org

LOCATION, TELEPHONE NUMBERS, FAX (609 Area Code)

Parish Office 40 Jackson Road 654-8208

Parish Office Fax 975-0137

St. Mary of the Lakes School 196 Route 70 654-2546

St. Mary of the Lakes School Fax 654-8125

Parish Religious Education 196 Route 70 654-2546

Parish Youth Minister 40 Jackson Road 654-2546

Bulletin Editor 40 Jackson Road 654-8208

St. Vincent de Paul Society 1 Jones Road 953-0021

PARISH REGISTRATION: ALL ARE WELCOME "God is rich in mercy, because of His boundless love for us." Ephesians 2:4 tells us God's love knows no boundaries and neither does St. Mary of the Lakes. New parishioners, regardless of where they live, are welcome and encouraged to register at our parish. Registration forms are available in the parish office and on our website at www.smlparish.org. Click on Contact us/registration.

SACRAMENT OF RECONCILIATION Confessions are heard on Saturdays after 9:00 a.m. Mass and at 4:30 p.m. You may also call the parish office to make an appointment for a different time.

SACRAMENT OF THE SICK Please call the parish office anytime or speak to one of the priests after Mass.

SACRAMENT OF BAPTISM The Sacrament of Baptism is celebrated on the second Sunday of the month at 1:30 p.m. Parents must attend a Baptism Preparation Session prior to their child's Baptism. Please call the parish office 609/654-8208, x110 as early as possible to make the necessary arrangements.

SACRAMENT OF MATRIMONY Congratulations to our engaged couples. Call 609/654-8208, x110 to make arrangements for your wedding. We suggest you call at least a year in advance.

BECOMING CATHOLIC (RCIA) If you or someone you know is considering becoming Catholic or is/are baptized Catholic but have yet to receive First Communion and/or Confirmation, please call Christine Brandt at 609/654-8208, x113.

EUCCHARISTIC ADORATION The Adoration Chapel off the Jackson Rd. Entrance is open 24/7.

MINISTERIAL VISITS The Sacraments are available to anyone confined to home or institution. Please contact the parish office if you know anyone who is unable to get to church.

x110

x210

x310

x111

x131

ST. VINCENT DE PAUL SOCIETY The St. Vincent de Paul Society is an all-volunteer ministry with services provided and supported by many of our parishioners. "Vincentians" provide outreach and assistance to anyone in need throughout our parish region. Contact Maureen Sokolowski, President. 609/953-0021.

Like us on Facebook! www.facebook.com/smlparish
Follow us on Twitter @SmlParish

Get our parish phone app at the App Store or Google Play by
downloading myParish app
Please subscribe to SML Parish on YouTube

Fifth Sunday in Ordinary Time Mass Intentions

Saturday, February 4th

5:30 p.m. **Anthony Chiusano / Louise Kesty**

Sunday, February 5th

7:30 a.m. **James P. Denning, Sr. /**
The Wagner Family

9:00 a.m. **Roseanne V. Marcus / Janet and**
Rich Reichart

10:30 a.m. **Mary Thomann / St. Mary of the Lakes**
Clergy, Staff, and Parishioners

12:00 p.m. **Our Parishioners**

Monday, February 6th

7:15 a.m. **Purgatorial Society**
Bill Stout / Society of St. Vincent de Paul

9:00 a.m. **Don D'Amato / Trudy Hajduk**

Tuesday, February 7th

7:15 a.m. **Margaret "Peggy" DiSilvestro /**
Joe Sambucci

9:00 a.m. **Don D'Amato / Ellen and Jim Mackle**
Richard Palazzo / His Wife

Wednesday, February 8th

7:15 a.m. **Ted Nash / His Friends**

9:00 a.m. **Domenico DiFilippo / Management,**
Staff, and Residents

Thursday, February 9th

7:15 a.m. **Francesca Russo / The DiStasi Family**

9:00 a.m. **Daniel Akouka / His Parents, David and**
Rosalie

Charles Arnold / His Wife and Family

Friday, February 10th

7:15 a.m. **Robert Maskulyak / David Karbasian**

9:00 a.m. **John Meikle / Pat and Hank Hess**

Saturday, February 11th

9:00 a.m. **John O'Donnell / St. Mary of the**
Lakes Clergy, Staff, and Parishioners
James Moseley / Mary K. Henrichsen

5:30 p.m. **John O'Donnell / Ellen Gillon Kelly**

Sunday, February 12th

7:30 a.m. **Our Parishioners**

9:00 a.m. **Deceased Members of the Knights of**
Columbus

10:30 a.m. **Samuel Trunzo / Helen Renna**

12:00 p.m. **Robert Richter / His Family**



Long-term prayer requests (*those over a year old*) will not be published individually, but will be prayed for at each Mass, as will the following:

Andrea Orland, Mark McFadden, Bill DeVuono, Zak Reynolds, Elizabeth Lutowski, Crane Hertz, Mia Daly, Meghan D., Robert McCormick, Ryan Jastrzemski, Bill Anderson, Laura Palacio, Peggy Luciani, Jesse Verrecchia, Tommy Willis, Edward Mooney, Charles Baker, Joe Halloran, Niki Kruse, Joe White, Joseph Lambarski, Garrett Pitman, Laura Kucklinca, Tom Murray, Kevin Rynn, Emelia DiCarlo, Andrew Klamo, Georgie Pollis, Allison Turner, Anna Mae Wade, Diane Wolf, John V. Conte, Sally Bush, Linda Nowak, Joan Irwin, Michelle Sprenger, Eileen McFadden, Denise McFadden, Rose Piontkowski, Jimmy Gleason, Phillip Greunder, Kathleen Chwastek, Tim Denihan, Amanda Bader, Itai Rosen, Alexandra Peoples, Cynthia Lewandowski, Donna Skalski, Barbara Skalski, Elizabeth Price, Kristin Oyola, Phil Gallagher, Shannon Adamucci, Michael Gill, Betty West, Elizabeth Hansen



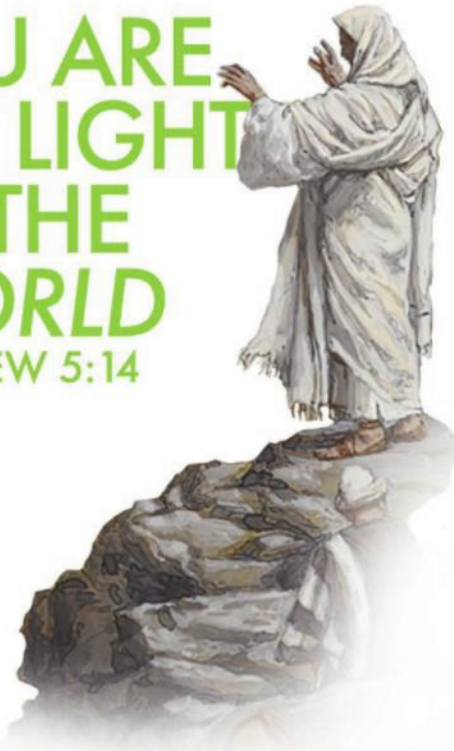
1st LT Christian Aguilar, USA; Capt. Kyle Brandt, USAF; 1st LT Erin Corcoran, USA; CAPT Kevin Emmons, USA; BG Steve Gilland, USA; MAJ Suzanne Gillern; PVT CM Sean Grannan, USA; LTJG Jeremy Griffin, USN; Chief Warrant Officer Kevin James Haddon, USA; LT Sean Hickey, USN; 2nd LT Waverly Hock, USAF; MAJ William Hock, USAF; William Jordan, USN; 2nd LT Rachel Kelly, USAF; LT Commander Matthew Knepper, USN; Capt. Patrick Kneram, USA; SGT Brett Koerner, USMC; PVT Morgan Lawrence, USA; GM3 David Lewis, USN; MIDN Abigail Lutz, USNA; Christopher Macready, USMC; 2nd LT Doug MacDonald, USMC; 1st LT Michelle Mathews, USMC; MIDN 4/D Patrick McKernan, USA; PO3 Allston Megill, USN; Airman 1st Class Anthony J. Pinto; 1st LT Victor Prato, USA; CM Jonathan Ross, USN; ENS Nolan Smith, USN; TSGT Adrian Tomkus, USAF; LTJG Bruce Lemyre; Staff Sergeant Brady Guthrie; SPC Eric White, USA; PFC Aaron Bill, USMC

Come Join Us in Prayer

- **Rosary:** after all morning Masses - Monday through Saturday
- **Miraculous Medal Novena:** after 9:00 a.m. Mass on Monday (approximately 9:30 a.m.)
- **Our Lady of Perpetual Help Novena Prayer:** after 9:00 a.m. Mass on Tuesday and Saturday
- **Chaplet of the Most Precious Blood of our Lord Jesus Christ:** after 9:00 a.m. Mass on Friday

FIFTH SUNDAY IN ORDINARY TIME

**YOU ARE
THE LIGHT
OF THE
WORLD**
MATTHEW 5:14



First Reading

Isaiah 58:7-10 | *Your light shall break forth like the dawn.*

Responsorial

Psalm 112: 4-5, 6-7, 8-9 | *The just man is a light in darkness to the upright.*

Second Reading

1 Corinthians 2:1-5 | *I have announced to you the mystery of Christ crucified.*

Gospel

Matthew 5:13-16 | *You are the light of the world.*

ANNUAL CATHOLIC Appeal 2023 DIOCESE of TRENTON

Pledge Sunday for the Annual Catholic Appeal is February 18th and 19th throughout the Diocese of Trenton. Each year the Bishop seeks the support of all the members of the diocese to further the work of our ministries. Each of us has a vital part in all we do in Christ's name, and each of us can share in all we do with a gift to the Annual Catholic Appeal. Our single Act of Faith propels the works of love that build up our Church. You make that happen with a generous gift to the ACA.

This year St. Mary of the Lakes' share of the goal is \$140,000.

As the people of the Diocese of Trenton, you have an opportunity to help others see Christ working in our midst. I ask you to take a moment and truly reflect on any help you can give. We truly need everyone to participate. This year we again are striving to reach our goal of \$6.5 million.

I am always grateful and moved by the level of support you give to our parish. I thank you for this support, and may God continue to bless you and your family.

Job Opportunity

Part-Time Administrative Assistant for Parish Office

The Parish Office is seeking a part-time Administrative Assistant; work days Wednesday, Thursday, and Friday, averaging 21–24 hours per week. The qualified candidate must be proficient in Microsoft Office, have good collaboration and interpersonal skills, be able to problem solve, and possess good time management and organizational skills. Knowledge of database systems is a plus.

Responsibilities include preparing sacramental certificates and recording sacraments, liaison with the offertory envelope company, and preparing and managing all mail correspondences. Other administrative tasks, e.g., answering phones, managing web-based office calendar, maintaining Mass intention book, etc.

No telephone calls will be accepted. Qualified candidates should submit their letter of interest and resume to frontdesk@smlparish.org by February 20th. Please include SML#8208 on the email subject line for your resume to be considered.



Scheduling an Event / Meeting

Contact the front desk via e-mail at frontdesk@smlparish.org
Please include the following with request:

- Name of Event / Meeting
- Point of contact information (e-mail and phone)
- Date(s)
 - 1.Note if recurring/frequency
 - 2.Number of approximate attendees
 - 3.Preferred location
 - 4.Include any special requests and room layout (i.e. Number of tables, chairs)

Allow for approximately one week notification of addition or change of Event to update Calendar.

Thank You!

Congratulations to all those who were baptized at St. Mary of the Lakes 10 years ago in February 2013

Emily Lechner
Rebecca Selander
Reese Cattani
Ryan Chrzanowski
Jack Sallade
Colin Smith
Evelyn Smith
Hanna Billick
Brady Cravens
Kellen O'Reilly
Garrett Smith

Congratulations to all those who were married at St. Mary of the Lakes 10 years ago in February 2013

Mr. and Mrs. Robert Koengetter

Friendly in February

At each weekend Mass in February, parishioners are asked to make a name tag and wear it to Mass.

In keeping with our strategic plan to be a more welcoming parish, developed based on St. Mary of the Lakes' Disciple Maker Index (DMI) survey results, we will now use name tags at Masses four times a year: February, May, August, and November.

Friendly in February provides another opportunity to put names to familiar faces in our parish and welcome newcomers and guests alike by name. Your participation is appreciated! Name tags will be provided at all entrances.

**Eternal rest grant unto them, O Lord, and
let Your perpetual light shine
upon them.**

Please pray for the soul of Pamela LaMonica



A Prayer for our Parish Volunteers

The Marthas and Marys, the Good Samaritans and the Simons of Cyrene, who serve our parish.

They are the heads, the hearts, the hands, the helpers, who give our faith community life and love.

They are God's faith-filled parishioners. They hear, understand, and live the Gospel Message, sacrifice their time, serve our needs, spread the good news, strengthen our faith.

Zachary had to light the lamps. Anna had to say the prayers. Martha had to serve the food. Peter had to run the meetings. For those who do not see Christ clearly, They are His hands, His feet, His voice, His heart.

Blessed are they whose minds lead us, whose tongues teach us, whose hands serve us, whose lips pray for us, whose shoulders carry us, whose spirit lifts us to joy, peace and love.

They are the heart of our parish!

Amen.

Congratulations to Tina Orio for being awarded Volunteer of the Year!



2023 St. Mary of the Lakes Volunteer Appreciation Dinner / Dance



**Knights of
Columbus®**

Put Your Faith into Action: Become a Knight of Columbus

If you want to help those in need, serve your parish, and grow in your faith, then join the Knights of Columbus Council 6520.

Medford's Knights of Columbus are involved in many charitable activities—from children's events to collecting food for the hungry. All the good works of the Knights are informed by our four core principles: charity, unity, fraternity, and patriotism.

You can focus on one event, such as our annual Christmas Dedication Trees, or get involved in several programs. Your volunteer time is up to you. Members attend meetings as their schedules allow.

Membership is open to men age 18 or older who accept the teaching authority of the Catholic Church on matters of faith and morals, aspire to live in accord with the precepts of the Church, and are in good standing with the Church. As a member of the Knights, you'll be part of the largest Catholic fraternal organization in the world.

For more information, contact Scott Lattimer at slattimer@aol.com or visit www.medfordknights.org.

American Red Cross

Give blood. Help save lives.



Blood Drive
Knights of Columbus 6520
St. Mary of the Lakes

Emmaus Center
40 Jackson Road
Medford, NJ 08055

Saturday, February 18th
9:00 a.m. to 2:00 p.m.

Please call 1-800-RED CROSS (1-800-733-2767)
or visit RedCrossBlood.org and enter: 6520 to
schedule an appointment

"Chip in for Charity" to Benefit the Homeless, Less Fortunate, Women in Crisis, and Children

Medford Knights Charity Fund, a New Jersey nonprofit corporation, is hosting its 16th annual charity golf tournament on Monday, June 26th, at Medford Lakes Country Club. Net proceeds benefit Medford's Society of St. Vincent de Paul, Family Promise of Burlington County, and 1st Way of Burlington County.

Tax-deductible sponsorship opportunities are available for businesses and individuals to help these three organizations continue to provide critical services like food, shelter, clothing, financial assistance, and counseling to the needy in the area. Medford Knights Charity Fund invites local business owners and men and women golfers to "chip in for charity" to support these vital organizations that treat every man, woman, and child with respect, dignity, and kindness. Nonprofits face a threefold challenge: costs have increased, needs are higher, and fundraising opportunities have been hampered.

Golf registration is \$195 per person (\$215 after April 28th) and includes greens fee, golf cart, lunch, gifts for all participants, beverages and snacks on the course, a cocktail hour with hors d'oeuvres, and dinner. The tournament is a scramble format for 144 golfers and begins with a shotgun start at 12:00 p.m. Dinner-only tickets are also available for \$65 each. Awards, gift baskets, and multiple raffles offer opportunities to win great prizes.

For questions about sponsorships or registering for golf, contact Bill Schmidt at billschmidt902@gmail.com.



Medford Knights Annual Charity Golf Tournament

Monday, June 26th

Medford Lakes Country Club – Medford Lakes, NJ

All Net Proceeds benefit

St. Vincent de Paul Society, Family Promise of Burlington County & First Way of Burlington County

Please select your desired sponsorship level

☐ Event Sponsor: \$5,000.00

Includes recognition on prominent signage displayed in the clubhouse and on the golf course, special recognition before, during and after the event. Recognition on the K of C council website and recognition in the golf event booklet.

(4) Complimentary golfers, to include golf, lunch and dinner.

☐ Platinum Sponsors: \$3,500.00 & up

Includes recognition signage displayed in the banquet room and on the golf course, recognition on the K of C council website, and recognition in the golf event booklet. (3) Complimentary golfers, to include golf, lunch and dinner.

☐ Gold Sponsors: \$2,000.00 & up

Includes recognition signage displayed in the banquet room and on the golf course, recognition on the K of C council website, and recognition in the golf event booklet. (2) Complimentary golfers, to include golf, lunch and dinner.

☐ Silver Sponsors: \$1,000.00 & up

Includes recognition signage on the golf course, recognition on the K of C council website, and recognition in the golf event booklet. (1) Complimentary golfer, to include golf, lunch and dinner.

☐ Bronze Sponsors: \$500.00 & up

Includes recognition signage on the golf course, recognition on the K of C council website, and recognition in the golf event booklet. (1) Complimentary event dinner

☐ Booster: \$100.00 & up

Includes recognition in the golf event booklet.

Total Amount Enclosed: \$ _____

<div>_____ Company/Org Name</div> <div>_____ Street Address</div> <div>_____ City</div> <div>_____ State</div> <div>_____ Zip</div>	<div>_____ Contact Name</div> <div>(_____) _____ Phone</div> <div>_____ Email</div> <div><input type="checkbox"/> Artwork included</div>
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Use tournament registration form (on back page) to list golfers.

Thank you for your support and God Bless You!

Make check payable to **Medford Knights Charity Fund**

Mail check and form to: Harry Meshirer 18 Indian Trail, Medford, NJ 08055

For questions regarding sponsorships please contact Bill Schmidt @ 609-667-5106 or billschmidt902@gmail.com

Email company logo/artwork to Joe McMullen @ McMullenJH@hotmail.com

DEADLINE IS MAY 28, 2023

School Happenings and Events



St. Mary of the Lakes
CATHOLIC SCHOOL

Catholic Schools Week Day of Service

Our students made breakfast blessing bags for the Franciscan Sisters to deliver to the homeless and decorated bags and cards for our First Responder Breakfast Parade.



St. Mary
of the Lakes
SCHOOL

JOIN OUR TEAM

Before and After Care

St. Mary of the Lakes School is seeking part-time staff to work at the before and after school programs. Responsibilities include supervising students as they play, complete crafts, have quiet time, etc. Candidates must be available in the morning from 6:45-8:00 a.m. for before care and during after school hours for aftercare. Interested applicants should send their letter of interest and resume to Jim Sterbenz, School Operations Coordinator, at jsterbenz@smlschool.org.

Maintenance Position

St. Mary of the Lakes Catholic School is seeking a part-time maintenance/custodial staff member. The work will include specific daily cleaning and sanitizing duties including bathrooms, classrooms, and offices. In addition, this position includes various jobs as they pertain to the maintenance of buildings and grounds, and set-up and breakdown of school functions.

Candidates must be able to work from 12:00-4:00 p.m. Monday through Friday. Over time hours may be required to complete tasks and assist with evening or weekend functions. This position reports to the facilities manager.

If interested, please submit letter, application and salary requirements to: Bill Scherf, Facilities Manager at wscherf@smlschool.org. Application can be found on the homepage at smlschool.org.

Please include SML#2546 on the email subject line for your application to be considered.



Married Couples: Rediscover the spark that was there on your wedding day! Rediscover the best friend you had when you were first married! Join the millions of couples worldwide who have learned how to keep their marriage vibrant and alive!

The emphasis of Worldwide Marriage Encounter is on communication between husband and wife, who spend a weekend together away from the distractions and tensions of everyday life to concentrate on each other. Every marriage deserves that kind of attention!

The next weekend date is March 3rd -5th. Call 609-741-8012 for information or email applications@wwme-southjersey.org.

Visit their website: wwme-southjersey.org.

Community Sunday is Back!

We missed you and are looking forward to gathering together again to share in some fellowship and light refreshments. Our Health Ministry will be joining us to offer free blood pressure screenings. We hope you will mark your calendars and join us after the morning masses.

Please stop in the Emmaus Center on Sunday, February 12th, after the 7:30 a.m., 9:00 a.m., and 10:30 a.m. Masses to visit with your fellow parishioners and enjoy a cup of coffee or tea with fruit, a doughnut, or a delicious Medford Bagel Shop bagel. In observance of World Marriage Day the Marriage Ministry will also be serving wedding cake to celebrate at Community Sunday.



World Marriage Day and National Marriage Week

In observance of the upcoming World Marriage Day (Sunday, February 12th) and National Marriage Week (February 7-14th), the Diocese of Trenton honors all Catholic married couples with a special web resource to enhance their marriage in three important ways:

- 1) Reconnect with your spouse
- 2) Make your marriage even better
- 3) Serve others in your marriage.

Find all this and more at dioceseoftrenton.org/world-marriage-day-for-couples, and for newly married couples, be sure to visit dioceseoftrenton.org/newly-married-resource-page

(Part of the buildingstrongmarriages.org initiative of the Diocese of Trenton)



MARRIAGE
one flesh, given and received

National Marriage Week USA • Every Feb 7-14

Y.E.S. Stations of the Cross

On March 10th, Y.E.S. will have a potluck dinner at 5:30 p.m. in the Emmaus Center, followed by a reenactment of the Stations of the Cross performed by our students in Y.E.S, SMLS, and PREP. Please see the parish website for the Sign Up Genius link, or contact Frank Babinchock at the parish office 609-654-8208 ext. 111.

Feed My Sheep Ministry

Casseroles are accepted year-round in the Parish Office Monday through Friday from 9:00 a.m. to 4:00 p.m. (unless the office is closed for a holiday).

Casseroles must be homemade and pre-frozen when delivered. They are stored until the delivery volunteers can take them to the organizations we support.

Students can record 3 service hours per month for a donation. Students must be involved in the shopping and preparation of the casserole to obtain service credit.

There are no food restrictions; we only ask that some protein be included in the meal you prepare. Students should record their time using the Mobile Serve app, which can be downloaded on a student's or parent's cell phone. Directions can be found by visiting www.smlparish.org under the Faith Formation/YES tab.

Please obtain a signature in the app from a parish office admin or the youth minister when you drop off your donation. For questions, please contact yes@smlparish.org.

Bake Sale Benefitting Big Heart Harvest

After all Masses on February 11th and 12th, our Confirmation candidates will be holding a bake sale to support their retreat leader, JP Kasperowicz, and his farming ministry to the hungry, Big Heart Harvest.

Big Heart Harvest is a nonprofit farming ministry that cultivates fresh produce and eggs that are in turn given freely to rescue missions, soup kitchens, and families in need. 100% of all proceeds and donations go directly to support this effort. Find out more at bigheartharvest.com.

All baked goods can be dropped off at the JRE by 4:30 p.m. on February 11th. For more information, contact the PREP office at 609-654-8208, ext. 310, or lxerri@smlparish.org.

Second Visit to the Most Holy Sacrament

The devout Father Nieremberg says, that bread being a food which is consumed by eating, and which keeps when preserved for use, Jesus was pleased to dwell on earth under its species, that He might thus not only be consumed by uniting Himself to the souls of His lovers by means of the Holy Communion, but also that He might be preserved in the tabernacle, and be present with us, and thus remind us of the love which He bears us. St. Paul says: He emptied Himself, taking the form of a servant. [Phil. ii. 7] But what must we say when we see Him "taking the form of bread"? "No tongue would suffice," says St. Peter of Alcantara, "to proclaim the greatness of the love which Jesus bears to every soul that is in a state of grace. In order, therefore, that His absence might not be to them an occasion of forgetting Him, this most sweet Spouse, when He was pleased to quit this life, left as a memorial this Most Blessed Sacrament, in which He Himself remained. He did not wish that between these souls and Himself any other pledge but Himself should remain, whereby to keep alive their remembrance of Him."

Since, then, my Jesus, Thou art enclosed in this tabernacle to receive the supplications of miserable creatures who come to seek an audience of Thee, listen this day to the petition addressed to Thee by the most ungrateful sinner living on earth. I come repentant to Thy feet; for I now know the evil which I have committed in giving Thee displeasure. My first prayer and desire, then, is, that Thou wilt be pleased to pardon me all the sins that I have committed against Thee. Ah, my God, would that I had never offended Thee! After this I must tell Thee my next desire. Now that I have found out Thy sovereign goodness, I have become enamoured of Thee; I feel an ardent desire to love Thee and to please Thee; but I have not the strength to do this unless Thou helpst me. Manifest, O great Lord, Thy supreme power, and Thy immense goodness to the whole court of Heaven; change me from a great rebel, such as I have hitherto been to Thee, into a great lover of Thee. Thou canst do so, and I know that such is Thy will; supply all that is wanting in me, that thus I may be enabled to love Thee much -----at least that I may love Thee as much as I have offended Thee. I love Thee, my Jesus; I love Thee above all things; I love Thee more than my life, my God, my love, my all!

Ejaculatory prayer. My God and my all.

February Health Tips from Your Parish Health Ministry

1. Implementing small changes to your routine can improve your overall mood and protect your mental health. This will make you better at your job and a more balanced person. After all, you can't take care of others if you don't take care of yourself first.
2. Remind yourself that you are making a difference despite all the long days and many challenges. Get in the habit of positive affirmations to remind yourself how important you are. Some steps you can take to get yourself comfortable with positive affirmations include: Every morning you should wake up and say to yourself one thing you like about yourself. Write something motivational on a sticky note and put it on your mirror. Get a friend or family member to repeat these affirmations to you.
3. Research shows that the more we practice being kind and compassionate with ourselves, the more we'll increase the habit of self-compassion. Take your situation day by day or hour by hour and take physical and mental breaks from work when you can.
4. One of the biggest self-care moves we can make is to nourish our bodies with all the good things that it deserves. Your body is essential, so don't fuel it with that discounted Valentine's Day candy. Consume nutrient-rich foods to give your immune system a boost, take your vitamins, and drink plenty of water. Taking care of your body and ensuring that you are consuming the right foods will provide you with clean-burning fuel to get you through the day all while keeping a positive mindset. In addition, be sure to try and fit in some activity and time outside in the fresh air.
5. While you are working to treat your body well, don't forget to feed your mind with a little self-care as well! Find a good book about positive thoughts and self-love, read it, and grasp more knowledge. Whether it's a book or hobby when your shift is over it's time to leave your work, at work, and focus on you!
6. Instead of turning on the news in the evening, find a movie that makes you happy. You can look for a comedy that will make you laugh or a feel-good story that will give you hope. Having a moment to feel good about something will make you feel better, will increase your mental health, and help you relax.
7. Sometimes, these things are too hard to do, and that's okay. Seek out support from family or friends and find other simple self-care tactics that help you. You can reach out to a trusted friend or family member. However, you might have better success speaking to a therapist; they can relate to what you are experiencing and offer advice to you that pertains to your situation. Give yourself time and room to grow and change that mindset. These steps aren't easy, and it's something that you don't develop overnight. But once you apply it and make it a part of your daily routine, it can dramatically change your mood – and your life.

Heart to Heart Parent and Caregiver Support Group

This is a support group for parents and caregivers who desire an opportunity to share, support, encourage, and pray for one another as they face the challenges and rewards of parenting children with special needs.

The next meeting will be held Tuesday, February 7th, 7:00 – 8:30 p.m. via Zoom.

For more information or the link to attend via Zoom, please contact caritas@stjoans.org

"Be strong and of good courage, do not fear nor be afraid of them; for the Lord your God, He is the One who goes with you. He will not leave you nor forsake you."
– Deuteronomy 31:6



Adult Faith Enrichment

Join our neighbors at St. Joan of Arc on Thursday, February 9th, at 7:30 p.m. in Pedata Hall for an evening with Lu Ann Cahn.

Lu Ann Cahn is the author of the inspirational memoir *I Dare Me*, an entertaining look back on a year that changed everything for her. The book grew out of a blog, "Year of Firsts," which chronicled this veteran journalist, mother, and survivor's daily adventures as she pushed herself to try something new every single day to get her life "unstuck." She was inspired by her daughter, Alexa, to go on this year-long adventure while working her full-time "day job" as an eight-time Emmy award-winning journalist with NBC10 News in Philadelphia.

Light refreshments will be served.





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Light a Virtual Prayer Candle

We invite you to light a prayer candle for any intention. The large Easter Candle is lit during Mass offered inside St. Mary of the Lakes Church to symbolize and commemorate all the virtual candles requested via the internet. To light your candle, please go to the www.smlparish.org homepage. *You may include an offering with your Sunday gift.*



The Legion of Mary meets every Wednesday at 9:30 a.m. in the Emmaus Center.

If you are interested in joining, please call Teresa McHenry at 609-388-4528 and leave a voicemail.

Bulletin Announcement Submissions

Please submit bulletin announcements at least ten days prior to publication to: bulletin@smlparish.org

Kid's Corner



St. Mary of the Lakes This Week

Sunday, February 5th

- RCIA / 8:30 a.m. / Parish Meeting Room
- Children's Church / 10:20 a.m. / Emmaus Center
- AA Meeting / 7:00 p.m. / Parish Meeting Room

Monday, February 6th

- Men's Gospel Group / 7:45 a.m. / Emmaus Center
- Children's Choir / 5:30 p.m. / Church Choir Loft
- VIRTUS Re-Certification / 6:30 p.m. / Emmaus Center

Tuesday, February 7th

- Second Grade PARENT Meeting for First Eucharist / 7:00 p.m. / Church
- "Glory to God" Prayer Group / 7:30 p.m. / Emmaus Center

Wednesday, February 8th

- Legion of Mary / 9:30 a.m. / Emmaus Center
- Faith Seekers Book Club / 10:00 a.m. / Emmaus Center
- Adult Choir Rehearsal / 7:00 p.m. / Church Choir Loft
- "No Greater Love" Bible Study / 7:00 p.m. / Emmaus Center

Thursday, February 9th

Friday, February 10th

Saturday, February 11th

- Confirmation Bake Sale / After 5:30 p.m. Masses / Church Vestibules

Sunday, February 12th

- Confirmation Bake Sale / After 5:30 Masses / Church Vestibules
- Community Sunday / Following 7:30, 9:00, and 10:30 Masses / Emmaus Center
- RCIA / 8:30 a.m. / Parish Meeting Room
- AA Meeting / 7:00 p.m. / Parish Meeting Room

Fr. Dan's Homilies on Video

Fr. Dan's homilies are posted weekly on YouTube as well as the parish website. Please visit the St. Mary of the Lakes parish YouTube site or click www.smlparish.org and click on the ABOUT tab on the home page, click PASTOR, and then scroll down to *Fr. Dan's Video Homilies*.

We rely on your generosity to provide our ministries to parishioners in a safe, clean and pleasing environment. Please take a moment to make a prayerful recurring online gift to St. Mary of the Lakes.



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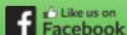
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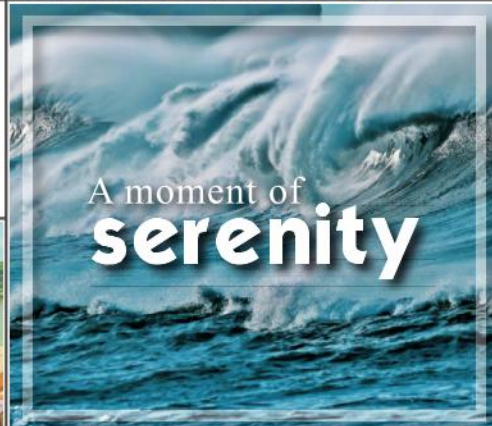
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