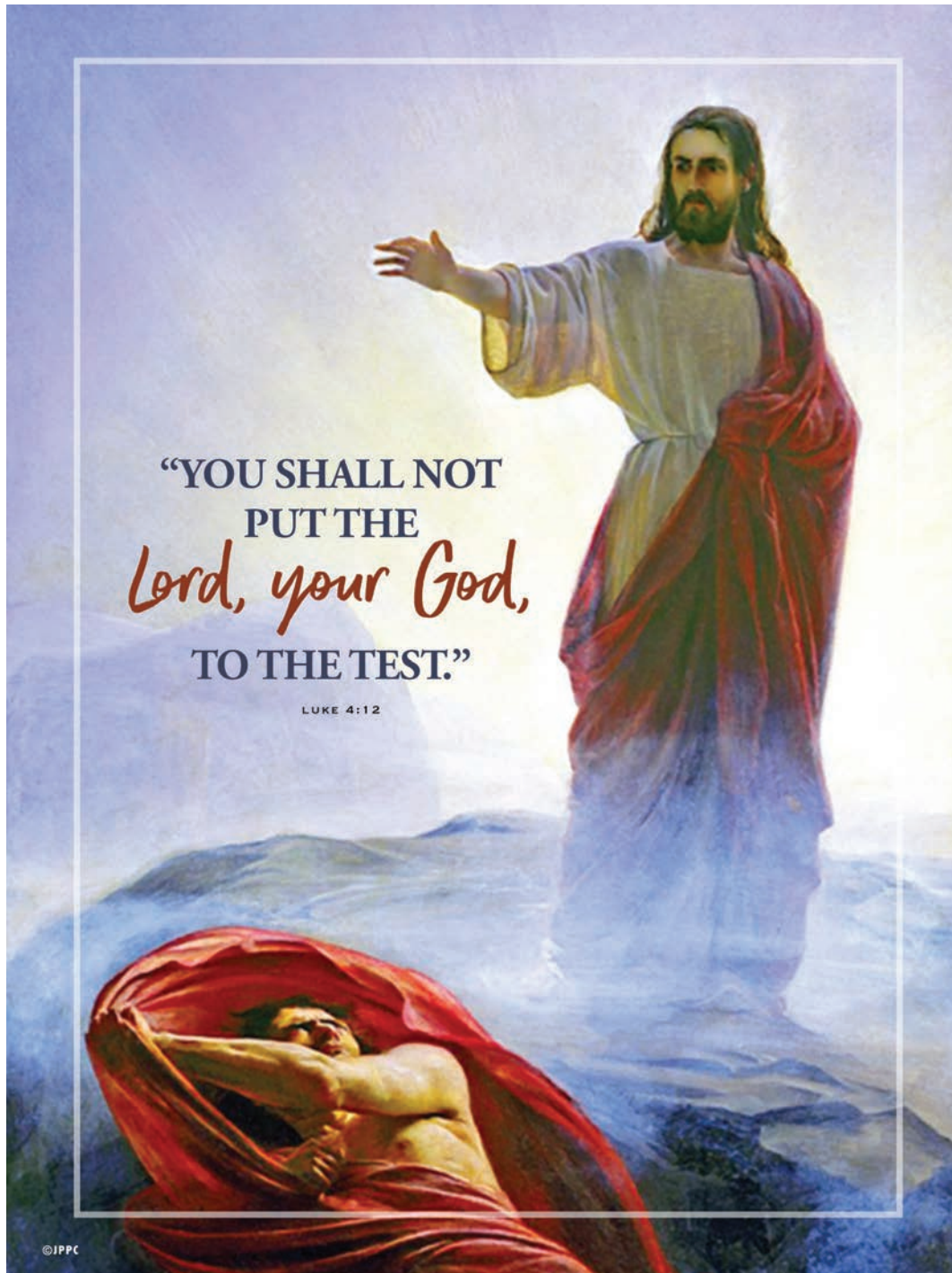


# Most Blessed Sacrament Roman Catholic Church

Franklin Lakes, New Jersey



The First Sunday of Lent  
March 6, 2022

## ABOUT OUR PARISH

**REVEREND JOHN R. JOB,**  
Pastor

**MOST REVEREND JOHN W. FLESEY,**  
Pastor Emeritus

**REVEREND JOSEPH O'BRIEN, O. CARM.,**  
Weekend Assistant

**SISTER ROSE MARIE KEAN, S.S.J.,**  
Pastoral Associate

**LEO CONWELL,**  
Principal

**KRISTA M. PASTOR,**  
Director of Religious Education, Grades 1-9  
Local Safe Environment Coordinator

**DIANE TRIOLO,**  
Religious Education Coordinator  
Grades 1 - 6 & Confirmation

**PAT WUENSCH,**  
Religious Education Coordinator  
Junior High Grades 7 & 8

**DOREEN ALLAGHI,**  
Business Administrator

**BARRY DONNELLY,**  
Director of Communications  
and Public Relations

**DAVID MAIULLO,**  
Music Director: Choirs and Organist

**VALERIE TORKELSON,**  
Music Director: Programming and Cantor

**LAUREN LONGO, Ph.D.,**  
Office of the Auxiliary Bishop Emeritus

### MOST BLESSED SACRAMENT CHURCH PARISH OFFICE

787 Franklin Lake Road  
Franklin Lakes, NJ 07417

Phone: 201-891-4200

Fax: 201-891-4243

Website:

[www.mostblessedsacrament.ws](http://www.mostblessedsacrament.ws)

Hours:

Monday through Friday: 9:00 am to 3:00 pm



***Most Blessed Sacrament Parish is a welcoming community which comes together to implement Christ's mission. We join to teach, to evangelize, to accept and to encourage ourselves and others in ongoing spiritual growth. Serving and supporting those within and beyond our parish remains a major focus as we recognize that each of us is called to be a witness to God's love in our world.***  
***Parish Mission Statement***

## STAY CONNECTED WITH MBS



Be sure to stay connected with us. For Mass broadcasts, prayerful resources and updates on our rebuilding process, log on to our **website**:

[www.mostblessedsacrament.ws](http://www.mostblessedsacrament.ws)

and our **Facebook** page:

<https://www.facebook.com/Most-Blessed-Sacrament-Church-969215356503252>

For Facebook, you can also connect using the link on our website. Remember, Jesus is the vine and we are the branches...let's stay connected!

## PARISH CENTER

**Most Blessed Sacrament Parish Center is open to the public Monday to Friday from 9 am to 3 pm. We encourage you to call to make an appointment (201-891-4200, x150 or x180).**

If you are fully vaccinated, you are no longer required to wear a mask. It is not required for visitors to show proof of vaccination. Anyone not fully vaccinated should wear a mask. Any vaccinated person preferring to wear a mask should feel free to do so.

## MASSES

|             |                             |
|-------------|-----------------------------|
| Saturdays:  | 5:30 pm                     |
| Sundays:    | 8:00 am, 10:00 am & 12 Noon |
| Holy Days:  | Consult Bulletin for Times  |
| Week Days : | 6:45 & 9:15 am              |
| Saturdays:  | 9:00 am                     |

### SACRAMENT OF BAPTISM

Contact Father John at x. 280 to make arrangements for the date of the baptism and instructions for parents.

### SACRAMENT OF RECONCILIATION

4:30pm to 5:00pm on Saturday in the Gymnasium, Other times by appointment. Contact Father John at x. 280.

### SACRAMENT OF MATRIMONY

Couples contemplating marriage should contact Father John at x.280 one year before the desired date.

### PASTORAL CARE FOR THE SICK

Please notify the Parish Center when a family member is ill, whether in the hospital or at home. Holy Communion will be brought regularly by appointment to those confined to the home. The sick or chronically ill should receive the Sacrament of Anointing. In an emergency, call the Parish Center at any time.

## PRAYER LIST

**"To everything there is a season, and a time for every purpose under heaven." Ecclesiastes 3:11**

### "A Time to be Healed"

**Parish Sick:** George Scalone, Midori Farrell, Vincent Benati, Steve Ohle, Eleanor Hartung, Leon Djecki, Marcelo Gualda, Scott Brezinski, Miguel Gonzalez, Gene Velarde, Debbie Innocenti, Chris Dilenno, Theresa Hanes (sister of Stella Fellingner), Bill Schafer, Marion Goudy, Ivan Castellanos, Patricia Pohns, James Gruber (brother of Judy Medeiros), Rylan Davidson, Anya Fagien, Baby Leah Cicchino, Margherita Chiciulla, Sara Culkun, Christine Wyllie, Mary Dilenno, Michael Maher, Rose McConway, Mimoo Khodadi, Linda Brown Gearity, Florence Gorsky, Marian Jakubik, Alice Peisch, Jeff Cotugno, Robert Cotugno, & Those Dealing with Mental Illness and Addiction.

### "A Time to Grieve"

**Recently deceased:** Thomas Kean (brother of Sister Rose Marie Kean), Ruth Allen, and all who mourn them.

### "A Time for Peace"

**For national and world leaders and those in the armed services:** especially Ronald Anzalone, Greg Mucks, Liam Berrett Hall, Thomas Duffy,

## READINGS FOR THE WEEK



**Monday:** Lv 19:1-2, 11-18; Ps 19:8, 9, 10, 15; Mt 25:31-46

**Tuesday:** Is 55:10-11; Ps 34:4-5, 6-7, 16-17, 18-19; Mt 6:7-15

**Wednesday:** Jon 3:1-10; Ps 51:3-4, 12-13, 18-19; Lk 11:29-32

**Thursday:** Est C:12, 14-16, 23-25; Ps 138:1-2ab, 2cde-3, 7c-8; Mt 7:7-12

**Friday:** Ez 18:21-28; Ps 130:1-2, 3-4, 5-7a, 7bc-8; Mt 5:20-26

**Saturday:** Dt 26:16-19; Ps 119:1-2, 4-5, 7-8; Mt 5:43-48

**Sunday:** Gn 15:5-12, 17-18; Ps 27:1, 7-8, 8-9, 13-14; Phil 3:17—4:1 or 3:20—4:1; Lk 9:28b-36

## LECTORS

### Saturday, March 12

5:30 pm: Joe Redlitz

### Sunday, March 13

8:00 am: Pat Kerrigan

10:00 am: Cindy Caruso Aquila

12:00 pm: Mary Pat Kerrigan

### **Live Stream Technicians**

**March 13**—Barry Donnelly

**March 20**—Sean Benneh and Angelina D'Anna

### **Sacramental Linens**

**Wednesday, March 9**—Jo Delaney

**Wednesday, March 16**—Sharon Nall

## MASS INTENTIONS

### **Saturday, March 5**

5:30 pm William McCormick (Al W. Cinelli)

### **Sunday, March 6**

8:00 am Our Parish Family

10:00 am Margaret Schmidt (The Fondacaro Family)

12:00 pm Terence Cronin (Thomas and Debra Cronin)

Joseph Cuti (Sue and Brian Coyle)

Lillian Stefanic (Her Family)

Joseph Kelly (Pat and Maureen Sweeney)

Ilsy Dibsie and Sylvia Santiago (Michele and Dennis Dibsie)

### **Monday, March 7**

6:45 am Our Parish Family

9:15 am Speranza Valentino (Sandra Tafuri)

### **Tuesday, March 8**

6:45 am Our Parish Family

9:15 am Kathleen Donnelly (Barry Donnelly)

### **Wednesday, March 9**

6:45 am Our Parish Family

9:15 am All Souls in Purgatory

### **Thursday, March 10**

6:45 am Vincent G. Stanson (The Stanson Family)

9:15 am Joseph Quinn (Rory Quinn)

### **Friday, March 11**

6:45 am Our Parish Family

9:15 am Pietrias and Szeliga Families (Joe and Joan McAuliffe)

### **Saturday, March 12**

9:00 am Souls in Purgatory (The Arturo Family)

5:30 pm Dorothy Wuensch (The Wuensch Family)

### **Sunday, March 13**

8:00 am Laura Arturo (Her Family)

10:00 am Rose and Serafino Caporuscio (Joan and Jerry Caporuscio and Family)

12:00 pm Our Parish Family

Beatrice Fink (Sue and Brian Coyle)

Nayeli Guerrero (Nick Gentile)

Michael Yeraghey (Pat and Maureen Sweeney)

Virginia Massood (Vincent Marino)



## The First Sunday of Lent

### THE ENTRANCE ANTIPHON

When he calls on me, I will answer him; I will deliver him and give him glory, I will grant him length of days. (Cf. Ps 91 (90):15-16)

### THE PENITENTIAL ACT

I confess to almighty God  
and to you, my brothers and sisters,  
that I have greatly sinned,  
in my thoughts and in my words,  
in what I have done  
and in what I have failed to do,  
through my fault, through my fault,  
through my most grievous fault;  
therefore I ask blessed Mary ever-Virgin,  
all the Angels and Saints,  
and you, my brothers and sisters,  
to pray for me to the Lord our God.

### THE RESPONSORIAL PSALM

Psalm 25:4-5, 6-7, 8-9

*Be with me, Lord, when I am in trouble.*

### THE CREED

I believe in God,  
the Father almighty,  
Creator of heaven and earth;  
and in Jesus Christ, His only Son Our Lord,  
Who was conceived by the Holy Spirit,  
born of the Virgin Mary,  
suffered under Pontius Pilate,  
was crucified, died, and was buried.  
He descended into hell; on the third day  
He rose again from the dead;

He ascended into Heaven,  
and is seated at the right hand of God,  
the Father almighty;  
from there He will come to judge the living  
and the dead.

I believe in the Holy Spirit,  
the holy catholic Church,  
the communion of saints,  
the forgiveness of sins,  
the resurrection of the body  
and life everlasting.  
Amen.

### THE AGNUS DEI

Agnus Dei, qui tollis peccata mundi,  
miserere nobis.

Agnus Dei, qui tollis peccata mundi,  
miserere nobis.

Agnus Dei, qui tollis peccata mundi,  
dona nobis pacem.

### THE COMMUNION ANTIPHON

One does not live by bread alone, but by  
every word that comes forth from the  
mouth of God. (Mt 4: 4)

### THE ACT OF SPIRITUAL COMMUNION

My Jesus, I believe that You are present in  
the Most Holy Sacrament. I love You  
above all things, and I desire to receive You  
into my soul. Since I cannot, at this  
moment, receive You sacramentally, come  
at least spiritually into my heart. I embrace  
You as if You were already there and unite  
myself wholly to You. Never permit me to  
to be separated from You. Amen.

# The First Sunday of Lent

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## LED BY THE SPIRIT

KINGSFOLD

1. Led by the Spir - it of our God, we go to fast and  
 2. Led by the Spir - it, we con - front temp - ta - tion face to  
 3. Led by the Spir - it, now draw near the wa - ters of re -  
 4. Led by the Spir - it, now sing praise to God the Trin - i -

1. pray With Christ in - to the wil - der - ness; we join his  
 2. face, And know full well we must re - ly on God's re -  
 3. birth With hearts that long to wor - ship God in spir - it  
 4. ty: The Source of Life, the liv - ing Word made flesh to

1. pas - chal way. "Rend not your gar - ments, rend your hearts. Turn  
 2. deem - ing grace. On bread a - lone we can - not live, but  
 3. and in truth. "Who - ev - er drinks the drink I give shall  
 4. set us free, The Spir - it blow - ing where it will to

1. back your lives to me." Thus says our kind and  
 2. nour - ished by the Word We seek the will of  
 3. nev - er thirst a - gain." Thus says the Lord who  
 4. make us friends of God: This mys - t'ry far be -

1. gra - cious God, whose reign is lib - er - ty.  
 2. God to do: this is our drink and food.  
 3. died for us, our Sav - ior, kin and friend.  
 4. yond our reach, yet near in heal - ing love.

Text: CMD; based on Joel 2:12-13; Matthew 4:1-4; Mark 1:12-15; John 4:5-42; Bob Hurd, © 1996, Bob Hurd.  
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 adapt. by Ralph Vaughan Williams, 1872-1958.

## BEYOND THE DAYS

Ricky Manalo, CSP

Refrain  
 Be - yond the days of hope and mys - t'ry we  
 see a light of faith re - newed, and in our long - ing

1-4 to Verses  
 we thirst for guid - ance to walk with you day by day.

Final Verses  
 day, to walk with you day by day. 1. For - ty days and  
 2. Not on bread a -  
 3. In your hands, O  
 4. On our Lent - en

1. nights, you guide the steps of our jour - ney. May your  
 2. lone are we to walk on this jour - ney. Speak the  
 3. God, we feel the touch of your guid - ance. Keep us  
 4. path we see the dawn of a new day. Be our

3 to Refrain  
 1. pres - ence be felt in the whis - per of your voice.  
 2. words that give life to the yearn - ings of our hearts.  
 3. safe in your care: may your gen - tle - ness be there.  
 4. vi - sion of hope; be the prom - ise of our lives.

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## The Spirit Sends Us Forth

AZMON/Delores Dufner, OSB

1. The Spirit sends us forth to serve;  
 We go in Jesus' name  
 To bring glad tidings to the poor,  
 God's favor to proclaim.

2. We go to be the hands of Christ,  
 To scatter joy like seed  
 And, all our days, to cherish life,  
 To do the loving deed.

3. Then let us go to serve in peace,  
 The gospel to proclaim.  
 God's Spirit has empower'd us;  
 We go in Jesus' name.

Text: CM; Delores Dufner, OSB, © 1993, The Sisters of  
 St. Benedict, St. Joseph, MN. Published by OCP. All rights  
 reserved. Music: Carl Gotthilf Gläser, 1784-1829.



## WEEKLY STEWARDSHIP

*"I have now brought you the first fruits of the products of the soil which you, O Lord, have given to me." (Deuteronomy 26:10)*

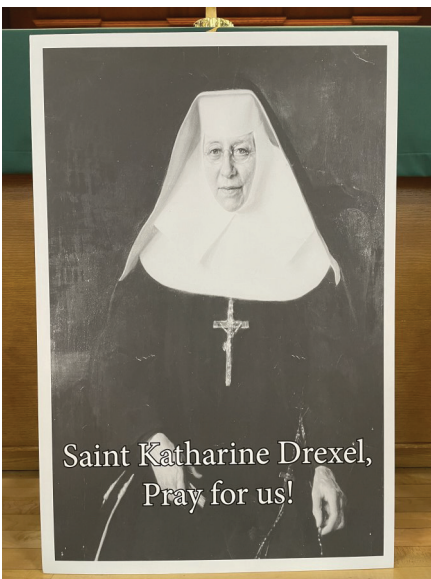
This line from the Old Testament offers two challenges. First, do you give to God from your "first fruits" - the first and best that you have to offer, or do you give from what you have leftover? Second, do you realize that everything you have and that everything you are has been given to you by God? Ask God for a grateful and generous heart, every day, in all circumstances. (David Baranowski)

Most Blessed Sacrament is always grateful for the weekly stewardship that our parishioners offer the parish. Your contributions fund the necessary day to day operations of the parish, its ministries and outreach programs, and the critical expenses associated with them.

**Weekly Stewardship February 26-27: \$18,083**

## CELEBRATING THE SAINTS: Saint Katharine Drexel (1858-1955)

Born in Philadelphia, Katharine Drexel was the second daughter of Francis Anthony Drexel and Hannah Langstroth. Her father was a well-known banker and philanthropist. Both parents instilled in their daughters the idea that their wealth was simply loaned to them and was to be shared with others.



When the family took a trip to the Western part of the United States, Katharine, as a young woman, saw the plight and destitution of the Native Americans. This experience aroused her desire to do something specific to help alleviate their condition. This was the beginning of her lifelong personal and financial support of numerous missions and missionaries in the United States. The first school she established was St. Catherine Indian School in Santa Fe, New Mexico (1887).

Later, when visiting Pope Leo XIII in Rome, and asking him for missionaries to staff some of the Indian missions that she as a lay person was financing, she was surprised to hear the Pope suggest that she become a missionary herself. After consultation with her spiritual director, Bishop James O'Connor, she made the decision to give herself totally to God, along with her inheritance, through service to Native Americans and African Americans.

Her wealth was now transformed into a poverty of spirit that became a daily constant in a life supported only by the bare necessities. On February 12, 1891, she professed her first vows as a religious, founding the Sisters of the Blessed Sacrament whose dedication would be to share the message of the Gospel and the life of the Eucharist among Native Americans and African Americans.

Always a woman of intense prayer, Katharine found in the Eucharist the source of her love for the poor and oppressed and of her concern to reach out to combat the effects of racism. Founding and staffing schools for both Native Americans and African Americans throughout the country became a priority for Katharine and her congregation. During her lifetime, she opened, staffed and directly supported nearly 60 schools and missions, especially in the West and Southwest United States. Her crowning educational focus was the establishment in 1925 of Xavier University of Louisiana, the only predominantly African American Catholic institution of higher learning in the United States.

For the last 18 years of her life, she was rendered almost completely immobile because of a serious illness. During these years she gave herself to a life of adoration and contemplation as she had desired from early childhood. She died on March 3, 1955.

Katharine Drexel was canonized by Pope John Paul II on October 1, 2000. Saint Katharine Drexel, pray for us!

## THE CELEBRATION OF BAPTISM

Last weekend, on a chilly but sunny Saturday afternoon, the Church of the Most Blessed Sacrament celebrated the baptism of **Alessio Joseph Varriano**.

Pictured with Alessio and Father John are Alessio's parents, John and Lisa Varriano, and his godparents, Joseph and Amanda Peragallo. Our prayer is that Alessio will continue

to grow in wisdom, age and grace. God bless him and his family! For information about scheduling a baptism at Most Blessed Sacrament, you are invited to contact Father John at 201-891-4200 x. 280.



# **MBS PARISH NEWS**

## **DONATIONS TO SUPPORT THE UKRANIAN PEOPLE**

Donations for relief in Ukraine are now being accepted by Catholic Relief Services. The link can be found at **Urgent Need in Ukraine/Catholic Relief Services** (crs.org). Thank you for your generosity.

## **LENTEN VIDEO SERIES**

A weekly Lenten video series, A Biblical Walk Through the Mass, will be presented on Tuesdays in Lent (March 8, 15, 22, 29 and April 5, 12) from 7:00-8:30pm in Connors Hall at Our Lady of Perpetual Help Church in Oakland. To register, please contact: Cindy Saracco 201-337-1536 or [cynthiasaracco@yahoo.com](mailto:cynthiasaracco@yahoo.com). Join us as often as you would like or as your schedule allows. The series is free of charge. Please register in advance so we can make the necessary preparations.

## **40 DAYS FOR LIFE**

During Lent there will be a prayer vigil held across from an abortion clinic in Hackensack. If interested in joining people from our parish and many others, please call or text Maggie Sori at 973-557-3963. Information can be found in this bulletin.

## **SAINT PATRICK'S DAY CORNED BEEF AND CABBAGE FUNDRAISER**

The Academy of the Most Blessed Sacrament is sponsoring a corned beef and cabbage fundraiser on Thursday, March 17th. In addition to the corned beef and cabbage, the dinner includes boiled potatoes, carrots, and Irish soda bread. The meal is being provided by *The Best of Everything* in Ridgewood. A dinner for four costs \$60. Please order by March 9th. Pick-up is from 3pm to 4pm on March 17th at the Academy. Order forms are in the vestibule. Questions? Email Tricia Gerdeman at [tricia.gerdeman@gmail.com](mailto:tricia.gerdeman@gmail.com).

## **SISTERS OF SAINT JOSEPH RETIREMENT FUND COLLECTION**

Next weekend, March 12-13, is the collection for the Sisters of Saint Joseph Retirement Fund. Please remember to bring your envelope. *Thank you for your generosity.*

## **SECOND SUNDAY FOOD COLLECTION**

The Second Sunday Food Collection takes place next weekend, March 12-13. Non-perishable food items can be brought to the school lobby when you attend the 5:30 pm Mass on Saturday, February 12 or on Sunday, February 13 at the 8am, 10 am or 12 noon Masses. The food collection benefits Mercy House in Hackensack.

## **EXTRAORDINARY MINISTERS OF HOLY COMMUNION**

Do you feel called to be an Extraordinary Minister of Holy Communion (EMOHC)? After proper training, the EMOHC is mandated by the Archbishop of the Archdiocese to assist the priest in administering the Most Precious Body and Blood of Christ to the faithful.

Please note that, according to Archdiocesan guidelines, an EMOHC must be 18 years of age or older; be a fully initiated member of the Catholic Church, that is, they must have received all of the Sacraments of Initiation (Baptism, Confirmation, and First Communion); and be a practicing Catholic in good standing with the Church.

If you have prayerfully discerned that you would like to be a part of this ministry, please contact Father John this week at 201-891-4200 x. 280.

## **MEMORIAL OPPORTUNITIES**

The parish recently purchased two rose-colored vestments to be worn by the priest on the Third Sunday of Advent (Gaudete Sunday) and the Fourth Sunday of Lent (Laetare Sunday). If you would like to memorialize either one in honor of a loved one, please contact Father John. An embroidered label will be sewn in the vestment. The offering for the chasuble and stole is \$375; the offering for the concelebrant's stole is \$180. Thank you!

## **WOMEN'S SPIRITUALITY**

The Women's Spirituality Group will gather on Zoom this Wednesday, March 9th at 7:00PM. If you would like to join us please contact Sister Rose Marie at 201 248 7550 or by email at [rosemariekean@gmail.com](mailto:rosemariekean@gmail.com) and the link will be emailed to you. Please feel free to invite friends or family members who may like to be part of our group.

## **BEREAVEMENT**

If you have suffered the loss of a loved one during the last several years, you might like to join the Bereavement Group which meets on the second Thursday of the month. Our next gathering will be this Thursday, March 10th at 7:00PM on Zoom. For more information please contact Sister Rose Marie at 201 248 7550 or by email at [rosemariekean@gmail.com](mailto:rosemariekean@gmail.com).



# Annual Appeal <sup>the 2022</sup>

## Catholic Stewardship *in Action*

Dear Sisters and Brothers in Christ,

All of us should have received in the mail an invitation from Cardinal Tobin to participate in the 2022 Appeal. Pledge envelopes may also be found in the vestibule of the school. And, of course, you can make your pledge online at [www.rcan.org/sharing](http://www.rcan.org/sharing).

I know that, together as the family that is Most Blessed Sacrament, we will achieve our goal once again for the Annual Appeal, and for that, I am deeply grateful. For your reference and consideration, here are some specifics about the Appeal:

Our goal this year is \$97,095 – the same as last year.

As the donation envelope indicates, you can restrict your gift towards four areas of support: *Proclaiming the Gospel; Passing on the Faith; Caring for the Poor and Vulnerable; Forming Future Priests and Supporting Retired Clergy*. Within these categories, there also are subdivisions as to where you might want to direct your gift. For example, in *Caring for the Poor and Vulnerable*, you might select Catholic Charities.

**June 30<sup>th</sup> of this year is a critical date** as it pertains to two financial incentives for the parish.

**If we achieve the \$97,095 in donor funds collected (paid) by June 30<sup>th</sup>**, the parish will receive a 2% reduction in our Archdiocesan assessment. Therefore, our support would be saving us over \$18,000! "Funds collected" means that the payments were actually received by the Archdiocese by June 30<sup>th</sup>.

**If we exceed the \$97,095 in pledges by June 30<sup>th</sup>**, the excess will be eligible for a 100% rebate back to MBS. Donors have until December 31<sup>st</sup> to fulfill these pledges. Any new pledges that come in after June 30<sup>th</sup> would not be eligible for the parish rebate, but they will help us achieve our base goal.

**Through your generosity to last year's appeal, MBS received an assessment reduction of over \$18,000 and a rebate close to \$60,000.** Consequently, we were able to accomplish several improvements during the spring and summer months, including: re-doing the gymnasium and stage floors; repairing the stage lighting, updating the landscaping around the front of the school and on both sides of the parish center; power washing and painting of the parish center; cleaning the slate roof; replacing the HVAC system and water tank and pump at the convent; and supplementing the generosity of benefactors so that we could cover the cost of celebrating Mass outdoors (tent, chairs, sound system) for the entire month of July. Thank you to all who supported last year's campaign with such great generosity!

As members of this community, Bishop Flesey and I have made our own personal gifts to the Appeal.

Please be sure to indicate that you are a member of **Most Blessed Sacrament in Franklin Lakes** when you are submitting your donation online or by mail.

If you have already made your donation to the 2022 Appeal, thank you! If not, please consider making a gift. Your generosity will assist our sisters and brothers who truly depend on and benefit from Archdiocesan programs. In addition, your sacrifice will be of great financial assistance to MBS. Together, let us fulfill our call to be of service to the Gospel and to one another. God bless you.

With gratitude,  
**Father John Job**



# ACADEMY OF THE MOST BLESSED SACRAMENT

PRE K2 - 8TH GRADE—A NATIONAL BLUE RIBBON SCHOOL.



## Aquinas Middle School is “STREAMing”

Mrs. Candice Ramdath, Science & STREAM teacher for the Aquinas Middle School, has had some interesting projects so far this year.

The 6<sup>th</sup> graders were tasked with building paper columns in 3 different shapes -square, triangle, and circle. Then, they had to test each column by carefully stacking books on top, one by one, and observing what happens. They recorded the results in their Chromebooks and compared notes with other teams. How many books can be stacked?

The 7<sup>th</sup> graders built Geodesic domes to test their strength. Students realized that using a triangle structure was more stable and sturdier than a box square shape.



The 8<sup>th</sup> graders made their own DNA extraction kit from household chemicals and used it

to extract DNA from strawberries. Students learned that during a DNA extraction, a detergent will cause the cell to pop open, so that the DNA is released into the liquid solution. Salt can also be added to make the tiny strands of DNA clump together. Then the DNA can be precipitated, or come out of the solution, by adding alcohol. The 8<sup>th</sup> graders then created a model of DNA from what they learned.



## 2022 LENTEN REGULATIONS

1. The days of both Fast and Abstinence during Lent are Ash Wednesday and Good Friday. If possible, the fast on Good Friday is continued until the Easter Vigil (on Holy Saturday night) as the “paschal fast” to honor the suffering and death of the Lord, Jesus, and to prepare ourselves to share more fully and to celebrate more readily His Resurrection. The other Fridays of Lent are days of Abstinence.

On a day of Fast, only one (1) full meal is permitted, and two (2) smaller meals, which, if added together, would not exceed the main meal in quantity.

Those between the ages of 18 and 59 are obliged to fast.

On a day of Abstinence, no meat may be eaten. Those who have reached the age of 14 are obliged by law of abstinence.

2. The obligation to observe the laws of Fast and Abstinence “substantially”, or as a whole, is a serious obligation.

3. The Fridays of the year, outside of Lent, are designated as days of penance, but each individual may substitute for the traditional abstinence from meat some other practice of voluntary self-denial as penance.

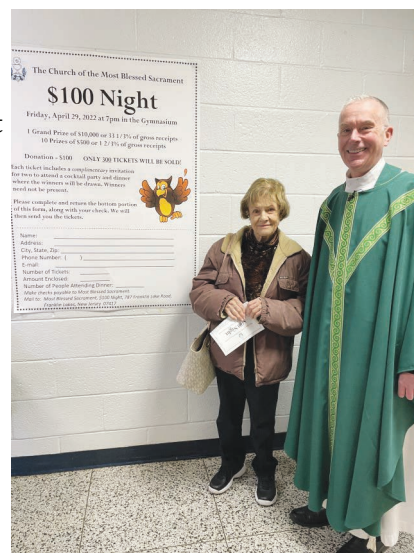
4. The time for fulfilling the Paschal Precept (Easter Duty\*) extends from the **First Sunday of Lent, March 6, 2022** to **The Solemnity of the Most Holy Trinity, June 12, 2022.**

\*Canon 920-1—*All the faithful, after they have been initiated into the Most Holy Eucharist, are bound by the obligation of receiving Communio: n at least once a year.*

February 18, 2022 – Vicar General Office

## 200th RAFFLE TICKET SOLD

Though eight weeks remain until the first ever Most Blessed Sacrament \$100 Night Raffle, fewer than 100 tickets remain available for the event. MBS parishioner, Mrs LaVerne Cerfolio, purchased the 200th ticket this past weekend. Only 300 tickets will be sold. An order form for tickets may be found on page 10 of this bulletin.





The Church of the Most Blessed Sacrament

# \$100 Night

Friday, April 29, 2022 at 7pm in the Gymnasium

1 Grand Prize of \$10,000 or 33 1/3% of gross receipts

10 Prizes of \$500 or 1 2/3% of gross receipts

Donation - \$100      **ONLY 300 TICKETS WILL BE SOLD!**

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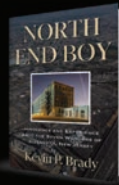
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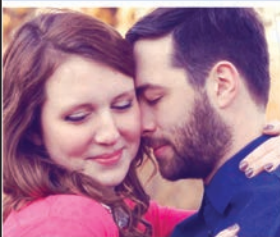
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