

Sunday,

January 21,

2024

PARISH OF THE HOLY EUCHARIST



Holy Martyrs | St. Jude | St. Gregory the Great | Sacred Heart

*Catholicism
101*

**Winter Session in
Progress**

See p. 5 for details and
how to catch up.



On January 28, our
Knights of Columbus
begin their annual Baby
Bottle Drive. Proceeds
benefit the ABBA
Center in Portland.
More details in next
week's bulletin.



3RD SUNDAY IN ORDINARY TIME

"Jesus said to them, 'Come after me, and I will make you fishers of men.'
Then they abandoned their nets and followed him." - Mk 1:17-18



**Morning/Evening
of Recollection**

See p. 4 for details .

Parish Calendar ~ This Week and Upcoming

Saturday	Sunday	Monday	Tuesday	Wednesday
20 That Man is You! 7:00 am <i>Sacred Heart</i> Eucharistic Adoration & Confession 8:45 - 9:45 am <i>Sacred Heart</i> Catholicism 101 5:15 pm <i>St. Gregory the Great</i>	21 Choir Rehearsal 8:00 am <i>St. Jude</i> FLAME 9:30 am <i>Sacred Heart</i> Ava Michelle Netherland Baptism 11:30 am <i>Holy Martyrs</i> ACTS Prayer Service for Life 2:00 - 4:00 pm <i>Holy Martyrs</i> Calix 7:00 pm <i>Holy Martyrs</i>	22 AA Meeting 10:30 am <i>St. Gregory the Great</i> Eucharistic Adoration 12:00 - 8:00 pm <i>Holy Martyrs</i> Youth Schola 4:00 - 5:00 pm <i>Sacred Heart</i> Cub Scouts 5:30 - 6:30 pm <i>Sacred Heart</i> Boy Scouts 6:30 - 8:00 pm <i>Sacred Heart</i> RCIA 6:30 - 8:00 pm <i>Holy Martyrs</i>	23 Catholicism 101 9:00 am <i>Sacred Heart</i> 7:00 pm <i>Holy Martyrs</i> Centering Prayer Group 9:30 am <i>Holy Martyrs</i> Friends in Faith 10:30 am <i>Holy Martyrs</i> FLAME 5:15 PM <i>Sacred Heart</i> Pastoral Council Meeting 6:30 pm <i>Holy Martyrs</i>	24 Opus Dei Recollection Day <i>for Women</i> 9:00 am - 2:00 pm <i>For Men</i> 5:00 - 9:00 pm <i>Holy Martyrs</i> Choir Rehearsal 4:45 - 6:00 pm <i>Sacred Heart</i> 7:00 pm <i>St. Gregory the Great</i> Together with Alzheimer's 7:00 pm <i>Sacred Heart</i>
Thursday	Friday		Saturday	Sunday
25 Meals on Wheels 8:00 am - 12:30 pm <i>Holy Martyrs</i> Choir Rehearsal 6:30 pm <i>Holy Martyrs</i> AA Meeting 7:00 pm <i>St. Gregory the Great</i>	26 Eucharistic Adoration 8:30 - 9:30 am <i>St. Gregory the Great</i> 3:00 - 6:00 pm <i>St. Jude</i> Making Music, Praying Twice 10:00 am <i>Holy Martyrs</i>	Catholicism 101 6:05 pm <i>St. Jude</i> AA Meeting 7:00 pm <i>Sacred Heart</i>	27 That Man is You! 7:00 am <i>Sacred Heart</i> Eucharistic Adoration & Confession 8:45 - 9:45 am <i>Sacred Heart</i> Catholicism 101 5:15 pm <i>St. Gregory the Great</i>	28 Choir Rehearsal 8:00 am <i>St. Jude</i> FLAME 9:30 am <i>Sacred Heart</i> The Oratory 5:00 pm <i>Sacred Heart</i> Calix 7:00 pm <i>Holy Martyrs</i>

Mass Intentions for January 20 - January 28

Saturday, January 20 8:15 am SH Fr. M †Peter Cheney by Ellen Honan & Dick Curry 4:00 pm HM Fr. C †Blanche & Jerry Azarewicz by Maryann Anderson 4:00 pm SGTG Fr. K *Special Intention for Rosemary & Alfonse Ferrara & family by Roxanne & Bruce Murphy 4:00 pm SH Fr. M †Tom Mardas by Mary Mardas & Lisa Melville	Thursday, January 25 8:00 am SH Fr. K †Lucien & Juliette Guay & Nicholas Douglas by Joanne Poulin
Sunday, January 21 8:00 am SH Fr. M †Maurice Stickney by Mark Stickney 8:30 am HM Fr. C †Philip & Adeline Hatch by the Hatch family 8:30 am SGTG Fr. K †Wade Trudel by Suzanne Trudel 9:30 am SJ Fr. M †Joan Coll by Mary Johnson 10:30 am HM Fr. C †Agnes Leskanic by Teresa McGrath 11:00 am SH Fr. K †Josh Holzer by his mother Judith Pollock 5:30 pm HM Fr. C *All POTHE Parishioners	Friday, January 26 7:30 am HM Fr. K †Daniel Grondin Cardillo by his family 8:00 am SGTG Fr. C †Francis & Barbara "Joan" Brochu by Michael & Debra Zboray
Monday, January 22 7:30 am HM Fr. K †Joann McFarland by Charlotte O'Donovan 8:00 am SH Fr. M †Robert & Cynthia Hoehl by the Kostin family 12:15 pm SJ Fr. C *Margaret Vincent by her niece	Saturday, January 27 8:15 am SH Fr. M †Olivier Kouom by Caroline Nguemba Tagne 4:00 pm HM Fr. M †Bertha & George Lee by Mary Desimone 4:00 pm SGTG Fr. C †Jose Oseguera by the Boulos family 4:00 pm SH Fr. K †Emmy Hogue by a friend from Sacred Heart
Tuesday, January 23 7:30 am HM Fr. C †Bruce Peaslee by the Bouchard family	Sunday, January 28 8:00 am SH Fr. K †Gabriel & Leopold Tchata & Emmanuel Mba by Solange Tchata 8:30 am HM Fr. M †Deceased members of the Hahn & Rimkunas families by Dolores Rimkunas 8:30 am SGTG Fr. C †Jeannine Gaillard by Mr & Mrs. Raymond Fogg 9:30 am SJ Fr. K †The Lynch family by Brenda Howard 10:30 am HM Fr. M †Robert & Marcia Hayes by Stephen Hayes 11:00 am SH Fr. C *All POTHE Parishioners 5:30 pm HM Fr. M †Frank Natale by Chris Madden
Wednesday, January 24 7:30 am HM Fr. K †Binish Philip by Savio Tony & Tessy Philip	NH—Nursing Home VP—Visiting Priest *Special Intention †Deceased

Called to Discipleship ~ Through Stewardship and Service

DAILY MASS SCHEDULE DURING LENT

Monday

7:30 am Holy Martyrs
12:15 pm St. Jude
5:30 pm Sacred Heart

Tuesday

7:30 am Holy Martyrs
5:30 pm Sacred Heart

Wednesday

7:30 am Holy Martyrs

Thursday

8:00 am Sacred Heart

Friday

8:00 am St. Gregory the Great
5:30 pm Holy Martyrs

POTHE FRIDAYS DURING LENT

Holy Martyrs

5:30 pm Mass
6:00 pm Simple Supper
6:30 pm Stations of the Cross

St. Jude

3-5:30 pm Eucharist Adoration
5:30 pm Stations of the Cross
6:00 pm Simple Supper

St. Gregory the Great

8:00 am Mass
5:30 pm Stations of the Cross
6:00 pm Simple Supper

ST. VALENTINE'S BALL: Tickets are available now! Celebrate love with dinner and dancing on Saturday, February 10 from 5-8 pm at Holy Martyrs. All ages are welcome. Suggested donation is \$5/person or \$20/family. For more information and to purchase tickets visit www.pothe.org/stvball. This event will sell out!



ST. MONICA CLUB MEETING: The next meeting of the St. Monica Club will be held on Thursday, February 1 from 6:30 pm – 7:30 pm at Holy Martyrs Church. The St. Monica Club is a prayer group for women who gather each month to pray for the conversion of their families. Meetings will begin in the Holy Martyrs chapel with prayers and reflections and conclude with social time in the hall. Meetings will be the first Thursday of the month. To sign up, visit our website or email us at pothe@portlanddiocese.org.



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FRIENDSHIP HOUSE: Been considering participating in this corporal work of mercy? Next month's meal will be delivered on Wednesday, February 7. Perhaps you have a favorite homecooked meal you'd like to offer? Any meal or pantry donations are gladly accepted. Items can be dropped off at Holy Martyrs Monday or Tuesday from 9 am—4 pm or on Wednesday until 3 pm. Refrigeration is available. Thank you!



CATHOLIC WOMEN'S CONFERENCE: The 11th Maine Catholic Women's Conference will be held on Saturday, March 16, at the Holiday Inn by the Bay, Portland, 9:15 am to 5 pm. Dynamic speaker, author, and podcast host, Danielle Bean, will explore the theme *Loved as I AM*, touching on God's gracious love that meets us where we are. The day will include keynotes by Bean, a witness talk, opportunities for the Sacrament of Reconciliation, a chance to shop our exhibit hall, Mass with Bishop Robert Deeley, and more. The cost is \$85/person. FMI: <https://portlanddiocese.org/mcwc>.



EUCCHARISTIC GUARDIANS: We are fortunate to be able to offer hours of Eucharistic Adoration at Holy Martyrs and we would like to continue offering this opportunity to our parishioners. We need your help! We need at least two Guardians per hour to commit to keeping watch with Our Lord in the Blessed Sacrament. Can you keep watch one hour a week at Holy Martyrs? Eucharistic Adoration is available from 12 pm – 8 pm each Monday except holidays. FMI: Tracy, tracywinkeler@gmail.com.



ST. VINCENT DE PAUL CLOTHING NEEDS: We are now in need of warm winter clothing especially for men but also for women. We are now accepting pants, tops, sweaters, and jackets. As always, we need undergarments, socks, shoes, boots, hats, scarves, mittens/gloves, and backpacks! All clothing must be clean and in good, usable condition! Donations can be dropped off in the blue bins in the hallway between the narthex and hall at Holy Martyrs or in the back of Sacred Heart. Thank you for your help! FMI, contact Evelyn at (207) 447-1086.



Sharing God's Word ~ Through Pastoral Life and Ministry

2024 SMALL GROUP FAITH-SHARING OPPORTUNITY:

Our OLH/POTHE ACTS Ministry is sponsoring a faith-sharing group that will meet once a month on Tuesday evenings from January through June. This series will meet at St. Pius X church hall on Ocean Avenue. Our group leader is Fr. Brian Conley, SJ. The first meeting is **Tuesday, January 30, from 6.30 pm to 8 pm**. FMI about joining the group: Mike (214) 422-8149.

PRAYER SERVICE FOR LIFE: Please join us to pray for the



sanctity of life at our **Prayer Service for Life** on **Sunday, January 21**, from 2 pm to 4 pm, at Holy Martyrs. We'll include the Rosary for Life and the Divine Mercy Chaplet; there will be time for silent Eucharistic Adoration and contemplation. This prayer service is sponsored by the OLH/POTHE ACTS Ministry. Bring your families and friends, and join us in praying for this important cause.

KNIGHTS OF COLUMBUS • COUNCIL #15791: Thank you for your continued support of our Council through your participation in the CLYNK recycling program, sponsored by Hannaford stores. Empty CLYNK bags are available at the rear of each church. Please return filled green recycling bags to any Hannaford. Proceeds from this program benefit needy and worthy causes of the Knights of Columbus Council 15791. For more information about the Knights of Columbus in our parish, call Steve, (207) 712-2347. We meet the first Tuesday of the month at Holy Martyrs, beginning with fellowship and fraternity at 6:30 pm followed by a business meeting at 7:00 pm. Our next meeting is February 6. FMI, visit www.kofc.org/joinus.

RECOLLECTION WITH OPUS DEI : Opus Dei is a personal Prelature of the Catholic Church, which endeavors to help people find God in their everyday lives. Groups are separated by men and women with each group meeting on the fourth Wednesday of each month. The groups will meet this **Wednesday, November 15 at Holy Martyrs**. For more information, go to opusdei.org.

Morning of Recollection for Women: The morning schedule runs from 10 am to 12:30 pm and includes a meditation by a priest, a talk given by a lay member on topics relating to the Christian life, and time for silent prayer. There will also be an opportunity for Confession/Spiritual Direction beginning at 9:30 am. Holy Mass begins at 11:30 am. Babysitting is available.

Evening of Recollection for Men: The evening schedule runs from 6 to 7:45 pm and includes opportunities for Confession, a talk by a layman on Christian virtue, Exposition of the Blessed Sacrament, a meditation guided by a priest of Opus Dei, time for silent prayer, Adoration, and Benediction. Confession is available from 5:15-6:00 pm. Snacks and refreshments will follow in the hall.

Opus Dei is part of the Catholic Church. The name is Latin for "Work of God." Opus Dei's mission is to spread the Christian message that every person is called to holiness and that every honest work can be sanctified.

PRAYER CORNER

APOSTOLATE OF PRAYER FOR PRIESTS

Saturday, January 20	Rev. Robert C. Vaillancourt Rev. Dae J. Philip J. Clement
Sunday, January 21	Rev. Algirdas Malakauskis, OFM Rev. Alexander Boucher
Monday, January 22	Rev. Apolinary Kavishe, AJ Rev. Thomas Lequin
Tuesday, January 23	Rev. Philip A. Tracy Rev. Cyprian Tatah Ferdzefer
Wednesday, January 24	Rev. Arockisamy Santhiyagu, HGN Rev. Patrick Machayi, SMA
Thursday, January 25	Rev. Kevin J.T. Martin Rev. Antonio A. Amato
Friday, January 26	V. Rev. Louis J. Phillips Rev. Thanh Van Nguyen
Saturday, January 27	Rev. Simon Assogba, SMA Rev. James R. Albert
Sunday, January 28	Rev. Edward R Clifford Rev. Paul G. Murray

WHY WE ASK FOR PRAYERS: We know God hears all our prayers. Many of us have known the power of His answers. As a faith community, we are called to pray for each other, which is why we publish a list of people in need of healing in the bulletin. Please call our parish office (207) 847-6890 to include yourself on the list. If you want to add someone else, please ask permission from that person first.

PLEASE PRAY FOR OUR SEMINARIANS: Andrew Bailey, Erin Donlon, Hoa Tien Nguyen, Vin Nguyen, Than Duc Pham, Matthew Valles, Ezekiel Banla, Yongyee Evans Bongwunyuy, Lam Thanh Vo, Joseph Beale, Nick Hershbine.

PLEASE KEEP IN HEALING PRAYER: Marianne McNally-Purda, Gretchen Sayward, Edward Hartnett, Joe Becker, Kalee Gwarjanski, Peter Allen Longley, Marie McCann, Bill Stanbro, Dolores Hartnett, Keith Stackpole, Charlie Pinette, Ann Marie Branigan, Ryan Holden, Denise Tibbetts, Bob Pigeon, Nancy Crouch, Doris Charest.

LET US KEEP THE KNIGHTS OF COLUMBUS AND FAMILY IN OUR PRAYERS: Brother Gary Potvin; Brother Chip Metevier; Father Ray Picard; Laurene, wife of Brother Dennis Dempsey; Anne Theriault, sister-in-law of Brother George Spino; Brother Mark Bastey; Nancy, wife of Brother John Walkenford; Brother Gerald Bose; Brother Joe Mathew and wife Doris; Brother Charles Thurston; Luke Roy, son of Brother Mark Roy; Art Crowley, brother of Brother Mike Crowley; Brother Manen Clements and wife Pat; David Shaw, brother of Brother Richard Shaw; Brother James King; Cindy Carrier, wife of Brother Steve Carrier; Yvonne, wife of Brother Chuck Devine; Holly Spino, sister-in-law of Brother George Spino; Brother Peter LaRochelle; Natalie Bonnell, widow of Brother John Bonnell; Samuel Winkeler, son of Brother Tim Winkeler; Brother Peter Rogers.

Sharing God's Word ~ Through Faith Formation and Pastoral Life

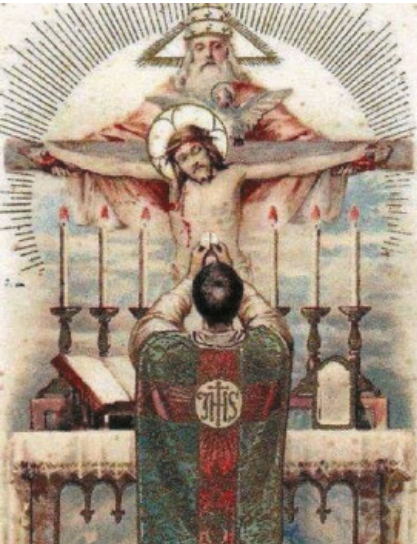
FROM OUR DIRECTOR OF FAITH FORMATION

THE HOLY EUCHARIST

We can talk about the Holy Eucharist under two main aspects: the sacrifice of the Mass and the Real Presence of Christ in the Eucharist. I know I've touched on the Real Presence in these bulletin columns before: at the words of the priest ("This is my Body,") what once was bread is so no longer and (despite all appearances) becomes Jesus Christ, Body and Soul.

The sacrifice part is probably less familiar and less talked about. We live in a culture where ritual sacrifice is an unfamiliar concept. By and large this is a good thing, since pagan sacrifice is a grave violation of the first commandment. However, it becomes a problem when Catholics themselves don't understand what it means to say that the Mass is the one true and proper sacrifice offered to God.

First, it's important to understand what a sacrifice is. The dictionary definition is, "An offering of something precious to a deity." That covers the kind of stuff you find in the *Iliad* and the *Odyssey*. The Catechism definition is a bit more narrow. "An offering by a priest to God alone in which a whole or part of the victim is destroyed to acknowledge



God's dominion over all things." That covers the Old Testament sacrifices pretty well. Sheep, goats, bulls, were offered to God in the Temple, slaughtered and then burnt or eaten.

It's worth noting that God commanded that sacrifice be offered. Cain and Abel were the first to do it (Genesis 4:4), God later asked it of Abraham (Genesis 22:2), commanded it in the Passover sacrifice (Exodus 12:6), and

enshrined it in the law of Moses (Leviticus 16). Why would God ask for sacrifice? Because He is worthy of it. He has given us everything we have and asks for some part of it given back to Him in return. We offer God sacrifice to say thank you, to say sorry, and to ask His favor.

The problem with the sacrifices of the Old Testament is they were never enough (Hebrews 10:1). What kind of offering would be sufficient to thank God for all the good He has given you? What kind of offering would be sufficient to atone for the way your sins have offended the all-good God? Only something infinitely good is worthy of an infinitely good God, and nothing of this world is like that. Hence the Mass. Jesus Christ gave us a gift that really was worthy of

offering to God. He gave us Himself. In the Mass. The priest offers Jesus Christ to the Father on our behalf. He does so because God is worthy of it (adoration.) He does so to say sorry on our behalf (atonement.) He does so to seek God's favor and ask for the things we need (petition.) And he does so to thank God for all the good He has given us (thanksgiving.) The Mass is Jesus Christ (God) offering gifts (Himself) to God. It is the only offering we have that is truly worthy of the one true God.

—Joe Moreshead

REV RETREAT: REVITALIZATION OF THE EUCHARIST AND VOCATIONS—All Catholic high school youth are



invited to participate in a REV Retreat, a day of vocational exploration and an opportunity to grow in love of the Eucharist.

The retreat, centered around revitalization of the Eucharist and

vocations, will be held at St. Joseph Church, 531 North Main Street in Brewer, on Saturday, January 27, 10 am to 6 pm. It will feature several workshops aimed at helping teens explore where God might be leading them, whether it is married life, single life, religious life, or the priesthood.

Featured presenters will include members of the Franciscan Sisters of the Eucharist, the Sisters of St. Cecilia, the Capuchin Franciscans, and the Salesians of Don Bosco, as well as diocesan priests and deacons, and married couples. The day will also feature Mass celebrated by Bishop Robert Deeley at 4 pm, as well as a eucharistic Holy Hour and Benediction.

FMI or to sign up: Joe Moreshead at pothe.faithformation@portlanddiocese.org

CATHOLICISM 101 – WINTER SESSION: After a break for Advent, Catholicism 101 will resume for the winter session, beginning January 5 and ending February 6. Joe Moreshead will be offering



five classes on the Sacraments. Classes will meet weekly on Fridays at 6:05 pm at St. Jude, Saturdays at 5:15 pm at St. Gregory the Great, Tuesdays at 9 am at Sacred Heart, and Tuesdays at 7 pm at Holy Martyrs. The classes at Holy Martyrs will also be livestreamed and available to watch on demand. The topics are as follows:

- Week of January 19: The Holy Eucharist
- Week of January 26: Confirmation and Anointing of the Sick
- Week of February 2: Matrimony and Holy Orders

For updates or to register go to <https://pothe.org/catholicism101>. Visit the same link to watch the fall session.



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Tim Winkeler (Parishioner)



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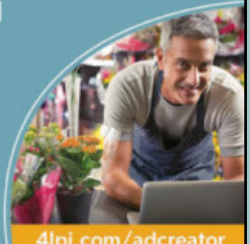
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04-0669

Parish Information ~ Celebrating the Sacraments

OUR PRIESTS AND DEACON



Pastor:
Fr. Steven Cartwright



Parochial Vicar:
Fr. Peter Kaseta, O.F.M. Cap.



Parochial Vicar:
Fr. Paul Marquis



Senior Deacon:
Dennis Popadak

OUR FAITH FORMATION AND ADMINISTRATIVE STAFF



Business
Coordinator:
Nicole Clavette



Bookkeeper:
Terrie Casavant



Facilities
Maintenance
Technician:
Chip Metevier



Facilities
Maintenance
Manager:
Steve Tuttle



Director of
Communications
& Technology:
Joyce Hale



Handyman:
Dave Therrien



Director of
Faith Formation:
Joe Moreshead



Coordinator of
Sacraments:
Kim Lovett



Coordinator of
Family Life:
Kalee Gwarjanski



Faith Formation
Assistant:
Kate McGrath Holmquist



Director of
Sacred Music:
Jen Runge

Our Mission

We are the Parish of the Holy Eucharist, a Catholic community called to discipleship, seeking deeper communion with God, each other, and our neighbors by celebrating the Sacraments, sharing God's Word, and serving all in need.

Our Churches

Holy Martyrs: 266 Foreside Road, Falmouth

Sacred Heart: 326 Main Street, Yarmouth

St. Gregory the Great: 24 N. Raymond Road, Gray

St. Jude: 134 Main Street, Freeport

Our Parish Office

Address:

Parish of the Holy Eucharist
266 Foreside Road
Falmouth, ME 04105

Phone: (207) 847-6890

E-mail: pothe@portlanddiocese.org

Website: pothe.org

Our Cemetery

Holy Cross Cemetery

75 Smith Street, Yarmouth
Contact Michele at (207) 773-5796

Our Eucharistic Adoration Schedule

Monday:

12:00 pm - 8:00 pm Holy Martyrs (except holidays)

Friday:

8:30 am - 9:30 am St. Gregory the Great

3:00 pm - 6:00 pm St. Jude

Saturday:

8:45 am - 9:45 am Sacred Heart

Our Confession Schedule

Saturday:

8:00 am Holy Martyrs, 1st Saturday of the month

8:45-9:45 am Sacred Heart

2:30-3:30 pm Sacred Heart, St. Gregory the Great,
and Holy Martyrs

Or by appointment

Our Mass Schedule

Sunday Masses

Saturday (Anticipatory):

4:00 pm Holy Martyrs

4:00 pm St. Gregory the Great

4:00 pm Sacred Heart

Sunday:

8:00 am Sacred Heart

8:30 am Holy Martyrs

8:30 am St. Gregory the Great

9:30 am St. Jude

10:30 am Holy Martyrs

11:00 am Sacred Heart

5:30 pm Holy Martyrs (quiet Mass)

BULLETIN SUBMISSIONS:

Items are due 10 days prior to
publication. Submit to
pothe@portlanddiocese.org.

Daily Masses

Monday:

7:30 am Holy Martyrs

8:00 am Sacred Heart

12:15 pm Saint Jude

Tuesday:

7:30 am Holy Martyrs

Wednesday:

7:30 am Holy Martyrs

Thursday:

8:00 am Sacred Heart

Friday:

7:30 am Holy Martyrs

8:00 am St. Gregory the Great

Saturday:

8:15 am Sacred Heart

9:00 am Holy Martyrs 1st Sat.
of the month

Sacramental and Pastoral Care

Becoming Catholic: Please contact

pothe.faithformation@portlanddiocese.org

Sacrament of the Anointing of the Sick: Please call the parish office with the name, condition, address, and phone number of the person who is in need.

Communion to the Homebound: Please email Kim Lovett,
kim.lovett@portlanddiocese.org.

Sacrament of Baptism for Infants: Please contact our parish office as soon as your child is born.

Sacrament of Matrimony: Please contact the parish office at least 6 months in advance of the desired date of your wedding.

Making Funeral Arrangements: Please contact the funeral home, and they will assist you in making arrangements for the church.