



Lord,
let your
mercy be on us,
as we place our
trust in you.



ST. PAUL PARISH · MARCH 1, 2026

216 NASSAU STREET · PRINCETON, NJ · 08542 · 609-924-1743 · WWW.SPP.CHURCH

WELCOME HOME



PASTOR

FR. CHRIS DAYTON

pastor@stpaulsofprinceton.org



PAROCHIAL VICAR

FR. KERLY FRANÇOIS

kfrancois@stpaulsofprinceton.org



COORD. OF OCIA

DCN. FRANK CRIVELLO

fcrivello@stpaulsofprinceton.org



PARISH MINISTRY

DCN. JOHN ITALIA

jitalia@stpaulsofprinceton.org

CONNECT WITH US

OUR MISSION

We, the Catholic Community of Saint Paul in Princeton, honor our tradition of welcoming God's sons and daughters from different cultures and backgrounds to hear and live the Good News of Our Lord Jesus Christ.

Baptized and formed into the people of God, we continue to grow in the Apostolic tradition of worship, word, and service: Worship through our participation in the Eucharist and celebration of sacraments; Word, in our commitment to Catholic identity through Scripture and catechesis; and Service through living as disciples who share God's love with all by working together for peace and justice to advance the coming of the Kingdom of God.



WEBSITE/LIVE STREAM
stpaulsofprinceton.org



FACEBOOK
[@spp.church.princeton](https://www.facebook.com/spp.church.princeton)



INSTAGRAM
[@spp.church](https://www.instagram.com/spp.church)



FLOCKNOTE
sppchurch.flocknote.com/ThisWeekStPaul



609-924-1743
Office Phone



609-924-7510
Office Fax

RECEPTION HOURS

MON, WED-FRI: 9:00am-4:00pm*
TUE: 10:30am-4:00pm*

**Closed for lunch 12:00pm-12:45pm*

REGISTER AT
OUR PARISH



MASS TIMES

DAILY (MON-SAT) 8:15am*
(MON-FRI) 12:10pm

SATURDAY 5:30pm

SUNDAY 8:30am, 10:00am
11:30am, 5:00pm
1:00pm en español

**INDICATES A LIVE STREAMED MASS*

DAILY ROSARY

MON-SAT 9:00am

FOLLOWING 8:15AM MASS IN CHURCH
OR VIA ZOOM (SCAN TO JOIN)



RECONCILIATION

SATURDAY 4:00pm

AND BY PRIVATE APPOINTMENT

ANOINTING OF THE SICK

The Sacrament of Anointing of the Sick is available by scheduling an appointment.

Please contact Monica Heucke:
mheucke@stpaulsofprinceton.org

EUCCHARISTIC ADORATION

SATURDAYS 7:00am-8:00am

FIRST FRIDAYS 9:00am-12:00pm

Bulletin Section
of Website

Scan here to visit our Weekly Bulletin site which includes our Mass Intentions, sacrament celebrations, and more!



ADMINISTRATION

PARISH STAFF

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Yani Reyes RECEPTION
frontdesk@stpaulsofprinceton.org

Interested in getting involved in a parish ministry? Please be sure to check the website or browse the bulletin for the right ministry head or staff member to reach out to. Become a part of our parish's flourishing!

SUPPORT ST. PAUL PARISH

The fastest and most secure way to give online is through Parish Giving. Autopay options ensure you never need to remember your envelopes again! Not enrolled yet? Scan the QR code here to set up your account:



Are you visiting St. Paul Parish this weekend? We are so thrilled to worship with you! Interested in making a one-time gift? Scan the QR code here:



STEWARDSHIP REPORT

GIVING 2/14-2/18

\$24,000

Budget

\$12,150

Identifiable Gifts

\$5,992

Loose Cash

\$10,461

Online Giving

\$28,603

2025-2026 YTD

\$792,000

Budget

\$424,455

Envelopes/Loose Cash

\$389,190

Online Giving

\$813,645

102.7%

2024-2025 YTD

\$792,000

Budget

\$394,891

Envelopes/Loose Cash

\$358,648

Online Giving

\$753,539

95.1%



At St. Paul Parish, we are deeply committed to creating a safe, welcoming environment for all children and youth. In partnership with the Diocese of Trenton, we follow *the Charter for the Protection of Children and Young People* by requiring background checks and VIRTUS training for all clergy, staff, and volunteers.

If you are new to a parish ministry or feel called to serve, we would love to have you join us! Together, we can keep our parish a place where every child feels safe and supported. To get started with the VIRTUS process, please email Jaime at SafeSpace@stpaulsofprinceton.org.

A COMMUNITY OF PRAYER

MASS INTENTIONS

5:30pm Helen Pennacchia | Giallella Family

Sunday / 2nd Sunday of Lent

8:30am Raymond John Rundle | Debra Rundle

10:00am The People of the Parish

11:30am Achille Nini | Maria Pirone & Family

1:00pm Spanish Intentions

5:00pm Maureen Gayle Connors | Monique and J Imbert

Monday

8:15am Mary Engelberger | Martin Brophy & Isabel McGuinnis-Brophy
John Michel | Susan Michel

12:10pm Leonara Maher | Bernie and Michelle Carr
Michele & Annunziata Santoro | Vanda Pirone

Tuesday

8:15am Kevin J. Moore | Carole Moore

12:10pm Virginia Seery | Gemma De Santis
Mary McGuinness | Marliiss McGuinness & Family

Wednesday

8:15am Marie Gentilella | Christopher J Dayton

12:10pm Marie Gentilella | Christopher J Dayton

Thursday

8:15am Kate Renowitzky | Scott & Jill Petrozzini
Assunta Santoro | Vanda Pirone

12:10pm Marie Gentilella | Christopher J. Dayton

Friday

8:15am For the intentions of Lynne Weshner | Laura De Cillis

12:10pm For the intentions of Bill Canatagallo | Laura De Cillis

Saturday

8:15am For the intentions of Manny Guketlov | Laura De Cillis

OUR SICK

Bob | Judith Akers | Molly Carter | Chrissy DeLuca |
Eileen Dormouth | Dick Graham | Rob Ingram |
Fidelis Machado | Colette McGregor | Ann Menendez |
Hanna Paczynska | Doris Paetow | Mary Agnes
Procaccini | Anna Marie Revilla | Dan Roach |
Annmarie Sabb | Christopher Joseph Stull

**If you would like your loved one
added to the sick list, please email bulletin@stpaulsofprinceton.org*

INTENTIONS OF POPE LEO

For disarmament and peace

Let us pray that nations move toward effective disarmament, particularly nuclear disarmament, and that world leaders choose the path of dialogue and diplomacy instead of violence.

PILGRIMAGE MASSES

at the Station Churches of Mercer County

This Lent, many Catholic churches throughout Mercer County will participate in a program inspired by the Station Churches of Rome. You are invited to make a pilgrimage across our county by attending special Lenten Masses at participating parishes, gathering in prayer while experiencing the beauty and history of our local Church.

St. Paul Parish will be a pilgrimage stop on Tues., Mar. 10 at 7:00pm and will host the pilgrimage Mass on Tues., Mar. 31 at 7:00pm. We encourage you to take part in this Lenten journey of faith.

Wed., Mar. 4 | 6:00pm | St. Anthony of Padua, Hightstown
Thurs., Mar. 5 | 7:00pm | Our Lady of Sorrows, Hamilton
Fri., Mar. 6 | 8:00pm (Korean) | St. Michael, Trenton

Mon., Mar. 9 | 7:00pm | St. Gregory the Great, Hamilton Square
Tues., Mar. 10 | 7:00pm | St. Paul Parish, Princeton
Thurs., Mar. 12 | 7:00pm | Sacred Heart, Trenton
Fri., Mar. 13 | 6:00pm | Our Lady of Good Counsel, West Trenton

Wed., Mar. 18 | 7:00pm (Creole) | St. Anthony, Trenton
Thurs., Mar. 19 | 6:30pm | St. Raphael, Hamilton
Fri., Mar. 20 | 7:00pm | St. Joseph, Trenton

Mon., Mar. 23 | 7:00pm | St. David the King, Princeton Junction
Tues., Mar. 24 | 7:00pm | Incarnation, Ewing
Wed., Mar. 25 | 7:00pm | St. Ann, Lawrenceville
Thurs., Mar. 26 | 6:00pm Holy Hour; 7:00pm Mass | St. Joachim, Trenton

Mon., Mar. 30 | 7:30pm | Chrism Mass at St. Robert Bellarmine Co-Cathedral, Freehold



WEEKLY WORSHIP

THIS WEEK'S READINGS

Sunday March 1, 2026

Today's readings can be found on page 607 of the hymnal. Please visit the livestream section of our website for more resources about this week's Mass.



FOCUS ON THE READINGS

Second Sunday of Lent

In the first reading, God calls Abram from his homeland and promises to make of him a great nation. The reading from the Second Letter of Timothy explains that God calls us to holiness through the grace of Christ. In the Gospel Peter, James, and John see Jesus transfigured and speaking with Moses and Elijah. As they descended from the mountain, Jesus tells them not to tell anyone of the vision.

FROM THE PASTOR'S DESK

A message from Fr. Chris Dayton

As we arrive at the Second Sunday of Lent, the Church invites us to climb the mountain with Peter, James, and John to witness the Transfiguration of the Lord. In the Gospel, Jesus is revealed in glory, his face shining and his garments dazzling white. It is a moment of clarity and hope given to the disciples before they walk with Him toward the Cross.

This moment is important. Jesus does not wait until after the Resurrection to show His glory. He gives the disciples — and us — a glimpse of who He truly is before the hardship comes. Why? Because faith often requires us to remember the light when we find ourselves in the valley.

Lent can feel a bit like that valley. These forty days call us to prayer, fasting, and almsgiving. They invite us to look honestly at our lives, our habits, our sins, and our need for God's mercy. That is not always comfortable work. But the Transfiguration reminds us that the purpose of Lent is not gloom — it is glory. The destination is not the Cross alone, but the Resurrection.

Notice also what the Father says from the cloud: "This is my chosen Son; listen to him." Not admire him. Not study him from a distance. Listen to him.

Listening to Jesus in Lent means making space for His

voice:

- in daily prayer, even if only a few quiet minutes
- in the Scriptures, perhaps by reading the daily Gospel
- in acts of charity that tune our hearts to the needs of others
- in the silence we often avoid but deeply need

If Lent has not yet taken hold for you this year, it is not too late. The mountain is still there. The Lord is still speaking. Begin again today.

One more detail from the Gospel is worth noticing. Peter wants to build three tents and stay on the mountain. But Jesus leads them back down. Spiritual highs are not meant to be permanent hiding places. We are given moments of grace so that we can return to daily life strengthened and more faithful.

So this week, carry the light of the Transfiguration into ordinary moments — into your family life, your workplace, your conversations, and your quiet struggles. Let others see, even in small ways, the hope that comes from walking with Christ.

Be assured of my prayers for you and your families during this holy season.

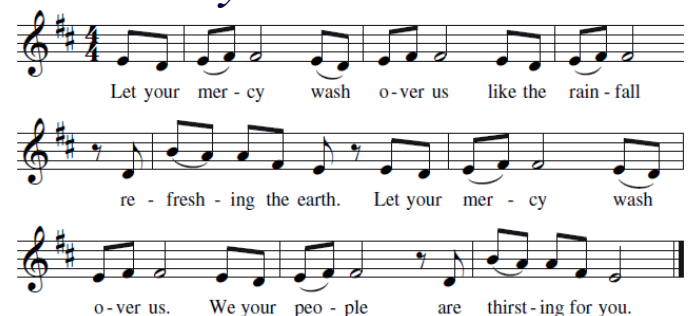
I hope everyone has a great week and always know of my prayers for each of you.

In His peace,

Fr. Chris Dayton
Pastor

COMMUNION HYMN

Let Your Mercy Wash Over Us



PARISH LIFE

LENTEN PARISH MISSION

with Luigi Manente

St. Paul Parish is hosting a Lenten Parish Mission this week as part of our partnership with Hallow, offering a meaningful opportunity for prayer, reflection, and renewal during the holy season of Lent. The mission will be led by Luigi Manente, Director of Guilds for the Diocese of Bridgeport, who brings many years of experience in parish and diocesan ministry, young adult outreach, and evangelization. A husband and father of five, Luigi is known for his engaging and approachable style, helping people connect faith with daily life and grow in a deeper relationship with Christ.

Luigi will offer a brief introduction at the end of all Sunday Masses on March 1, inviting parishioners into the mission. The evening schedule begins Sunday at 6:30pm with Talk 1: Prayer — The What & Why (*with light refreshments available for those remaining after the 5:00pm Mass*). On Monday, Talk 1 will also be offered following the 12:10pm Mass.

Talk 2: Prayer — The How will take place at 7:00pm on Monday. On Tuesday, Talk 2 will again follow the 12:10pm Mass.

Our concluding experience will be Tuesday evening at 7:00pm with a prayer experience in Eucharistic Adoration.

All are encouraged to participate as their schedules allow and to take part in this special Lenten invitation to deepen prayer and renew our walk with the Lord.



8 MINUTES @ 8:00PM

A simple guide during Lent

Not sure where to begin this Lent? Starting on Ash Wednesday, February 18, join Laura Sarubbi online for 8 minutes at 8:00pm for 8 weeks.

Each evening, Laura will offer a brief reflection designed to help you stay focused on what truly matters during this holy season. No pressure—no camera, no microphone, no stress. Simply log on, listen, and pray. When the 8 minutes conclude, you're welcome to log off or remain for a few

additional minutes of optional conversation about our Lenten journey.

This is a simple and accessible opportunity for parishioners of all ages to remain centered on what is most important this Lent.



SOUP + SALAD

Friday evenings during Lent

Join the Knights of Columbus for a complimentary dinner of simple, meatless soup and salad on Fridays during Lent at 6:00pm in the SPS Cafeteria. All are welcome to gather in fellowship before heading to Stations of the Cross at 7:00pm in the Church.

STATIONS OF THE CROSS

Friday evenings during Lent

All parishioners are invited to join us each Friday during Lent at 7:00pm in the Church for Stations of the Cross. Each week, a different parish ministry will host the evening by leading the prayers, readings, and reflections, offering a unique opportunity to pray together as one parish family. Come and meditate on the Way of the Cross as we journey toward Holy Week, drawing closer to Christ through prayer, reflection, and community.

FIRST FRIDAY CAFE

March 6 following 12:10pm Mass

First Friday Café continues to be a wonderful success. Join us in the Spiritual Center on the first Friday of each month from 12:45pm–2:00pm (after the 12:10pm Mass) for conversation and community.

Enjoy fellowship and a light lunch featuring Lenten fare. In honor of St. Patrick's Day, our special guest will be Fr. Dan! For further information or to join our email list, please email lsarubbi@stpaulsofprinceton.org.

Future dates: May 1 & June 5

COFFEE & DONUTS

Sunday, March 8

Following all Sunday morning Masses on March 8, parishioners are invited to the Spiritual Center for coffee and donuts. Join us for complimentary refreshments, an opportunity to welcome new parishioners, and time to reconnect with familiar faces as we enjoy fellowship together as a parish community.

WEDNESDAYS WITH

Msgr. Nolan

Join us once again this month with our Pastor Emeritus, Msgr. Nolan, for an afternoon of catechesis, reflection, and fellowship. Following the 12:10pm Mass on March 11, all are invited to gather in the Spiritual Center for lunch and a time of conversation, learning, and shared faith.

WALKING WITH PURPOSE

Friendship and Fellowship for Women

Meetings are held in the Spiritual Center, Rooms 1 and 2, on the second and fourth weeks of each month. Women are welcome to join at any time. For more information, please email Laura Sarubbi at lsarubbi@stpaulsofprinceton.org.

Wednesdays: 7:30pm–9:00pm; Keeping in Balance
Fridays: 10:30am–12:00pm: Grounded in Hope

All women are welcome to join in whenever you'd like to begin!

HEAR HIS VOICE

A retreat for young adults

All young adults (ages 18–39) from across the Diocese of Trenton and beyond are invited to the annual Young Adult Retreat on March 7, 2026, at St. David the King in Princeton Junction. The day will include inspiring talks, fellowship, breakout sessions, prayer, and more. For additional information and registration, please visit www.dioceseoftrenton.org/yaretreat

LENT PRAY₄₀

Hallow + St. Paul Parish Partnership

This Lent, St. Paul Parish invites you to take part in Hallow's Lent **Pray₄₀** prayer challenge, beginning on Ash Wednesday, February 18. Available on our parish page in the Hallow app (whether or not you have a subscription), Lent Pray₄₀ offers our entire parish community the opportunity to journey together in daily prayer and reflection throughout the season.

The Lent **Pray₄₀** waitlist is open now on our parish page in Hallow.

A **Kids' Lent Challenge** is also available and begins on Ash Wednesday, providing families with an engaging and meaningful way to experience Lent together. You can join that waitlist today as well.

As a parish partnered with Hallow, our parish page is a place to participate in prayer challenges, share intentions, and grow in faith alongside one another. We invite you to join Fr. Chris and the entire St. Paul Parish family as we walk together into Lent.

DO YOU LOVE HALLOW?

Become a Hallow Herald!

Have you enjoyed using the Hallow app? Would you like to help others grow in their prayer life?

We are looking for parishioners of all ages who are willing to serve as Hallow Heralds—sharing their enthusiasm for Hallow and helping fellow parishioners access the app after Mass and at parish events. No special experience is needed—just a love of Hallow and a desire to encourage others in prayer.

We began on Ash Wednesday!

If you are interested, please email Laura Sarubbi at lsarubbi@stpaulsofprinceton.org.

ST. PAUL SCHOOL

FROM THE PRINCIPAL'S DESK

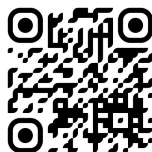
A message from Mrs. Kim Clauss

We are grateful for everyone's patience and flexibility as we navigated the recent winter weather together. Snow days and delayed schedules can be disruptive, but they also remind us of the strength of our school community — families, faculty, and staff working together with understanding and support to keep our students safe and our learning moving forward.

As we continue our journey through Lent, these moments invite us to slow down, practice patience, and care for one another in small but meaningful ways. May this season help us grow in gratitude, kindness, and faith as we move toward Easter together.

God bless,
Mrs. Kim Clauss

Please scan here to visit the Gala website for ticketing information, event details, and sponsorship opportunities.



SCHOOL STAFF

Mrs. Kim O. Clauss PRINCIPAL
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Mrs. Shannon Rooney VICE PRINCIPAL
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Mrs. Michele Cano ADMISSIONS & ADVANCEMENT
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Mrs. Karen DelleFave ADMIN. ASSISTANT
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Mrs. Mary Beth Wells BOARD CHAIR
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Mrs. Megan Melnick & Mrs. Jackie Franciscus PTA CO-PRESIDENTS
ptapresident@spsprinceton.org

CONNECT WITH US

 **WEBSITE**
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@spsprinceton

PHONE NUMBERS

SCHOOL OFFICE 609-921-7587

SCHOOL FAX 609-921-0264



A DIOCESE OF TRENTON SCHOOL OF EXCELLENCE

OUR YOUNG CHURCH

FROM THE DRE'S DESK

A message from Mrs. Jaime Gostkowski

In this Sunday's Gospel, Jesus is transfigured before Peter, James, and John. In this mountaintop moment, they witness His glory and hear the Father say, "This is my beloved Son... listen to Him." That powerful experience would later strengthen them as they faced the hardship of Jesus' Passion.

As families, we also experience seasons of challenge - moments of struggle, uncertainty, or difficulty. Yet God blesses us with "mountaintop" moments too - times of joy, peace, and togetherness. The Transfiguration reminds us that God uses those moments of grace to sustain us when life feels heavy or hard.

In a special way, we saw this lived out last Saturday as our second-grade students celebrated their First Reconciliation. After learning to examine their hearts and trust in God's mercy, they encountered His love in a powerful and personal way. Moments like these become spiritual "mountaintop" experiences for our children - reminders that God's forgiveness and grace are always near.

Take time this week to reflect on your family's highs and lows. Thank God for the blessings you have shared, and ask Him to help you trust Him in every season. When we teach our children to recognize God's presence in both joy and difficulty, we help them build a faith that will carry them through life.

Many blessings,
Mrs. Jaime Gostkowski

ACTS OF FAITH

Passport Opportunities

Please remember that all students are expected to participate in our Acts of Faith Passport program. This applies to PREP students, Summer Academy students, and all students preparing for sacraments. For families' convenience, here are the upcoming opportunities for the coming weeks:

Sunday, Mar. 1 - Children's Mass (*Liturgical*) with Children's Choir & Children's Liturgy of the Word (*Service for 5-8 grade students*)
Friday, Mar. 6 - Stations of the Cross (*Liturgical*)

VACATION BIBLE CAMP

For children in PreK-2nd Grade

Each summer, we offer a morning program for children in PreK-Grade 2 designed to help our youngest parishioners grow in faith and friendship. By popular request, we will be offering two separate weeks of VBC this year, and families may register for one week or both. This program provides children with a joyful opportunity to grow in their relationship with Jesus while building community with their peers. Registration will open in mid March 2026.

Program Dates and Times:

June 22-June 26, 9:00am-12:00pm

July 6-July 10, 9:00am-12:00pm

SUMMER ACADEMY PREP

For students in 3rd-8th Grade

Our full-year Religious Education program is condensed into one intensive week and is open to students entering grades 3 through 8. It's a wonderful option for families who prefer to prioritize catechesis during the summer while remaining active in the parish throughout the year. Students will attend full-day catechesis during the week of July 6-10 from 9:00am-3:00pm. Attendance is mandatory each day due to the intensive nature of the curriculum.

Registration will open in mid March 2026.

SPY (ST. PAUL YOUTH)

SPY 4:12 (7th grade Confirmation ONLY)

This month, SPY 4:12 for 7th grade will take the form of a pilgrimage on March 14 to the Shrine of St. Carlo Acutis at St. Dominic Church in Brick. Canonized in October 2025 as the Church's first millennial saint and named a patron for youth and Catholic schools in the Diocese of Trenton, Carlo is a powerful model of faith for young people today. The day will include prayer, a presentation, veneration of St. Carlo's relic, and an opportunity for Reconciliation. Any 8th grader who did not attend a Confirmation retreat experience (DYC or other) should plan to participate in this pilgrimage.

stpaulsofprinceton.org/pilgrimage-to-carlo-acutis-shrine

PASTORAL HISPANA

MENSAJE DEL P. CHRIS *Pastor de San Pablo*

Al llegar al Segundo Domingo de Cuaresma, la Iglesia nos invita a subir al monte con Pedro, Santiago y Juan para contemplar la Transfiguración del Señor. Allí, Jesús se revela en su gloria y ofrece a los discípulos —y también a nosotros— un anticipo de la luz antes del camino hacia la Cruz. La fe muchas veces consiste precisamente en recordar esa luz cuando atravesamos los valles de la vida.

La Cuaresma puede sentirse como ese valle. A través de la oración, el ayuno y la limosna, somos invitados a mirar con sinceridad nuestra vida y nuestra necesidad de la misericordia de Dios. Sin embargo, la meta de la Cuaresma no es la tristeza, sino la gloria de la Resurrección.

Desde la nube, el Padre nos dice: “Este es mi Hijo elegido; escúchenlo.” Escuchar a Jesús significa abrir espacio para su voz en la oración diaria, en la Palabra de Dios, en la caridad y en el silencio que tanto necesitamos. Si aún no has comenzado plenamente tu camino cuaresmal, nunca es tarde para empezar de nuevo.

Como los discípulos, también nosotros debemos bajar del monte y llevar la luz de Cristo a la vida cotidiana —a nuestras familias, nuestro trabajo y nuestros desafíos diarios— para que otros puedan encontrar esperanza al caminar con Él.

Cuenten con mis oraciones por ustedes y sus familias durante este tiempo santo.

Espero que todos tengan una excelente semana y que siempre sepan de mis oraciones por cada uno de ustedes.

En su paz,
P. Chris Dayton
Pastor

RETIRO DE CUARESMA

Jesús, Hijo de David, ten misericordia de mí

Le invitamos a participar en nuestro Retiro de Cuaresma, un tiempo especial de oración, reflexión y encuentro con el Señor mientras caminamos juntos hacia la Pascua. Este retiro será guiado por el Padre Andrés Serna y ofrecerá la oportunidad de renovar el corazón y profundizar en la misericordia de Dios durante este tiempo santo.

Fecha: 14 de marzo de 2026

Horario: 8:30am–2:00pm

Dirige: Padre Andrés Serna

ESFUERZOS DE PROTECCIÓN INFANTIL *Capacitación VIRTUS y de Ambientes Seguros*

En la Parroquia de San Pablo estamos profundamente comprometidos en crear un ambiente seguro y acogedor para todos los niños y jóvenes. En colaboración con la Diócesis de Trenton, seguimos la Carta para la Protección de Niños y Jóvenes, que requiere verificaciones de antecedentes y la capacitación VIRTUS para todo el clero, personal y voluntarios.

Si eres nuevo en un ministerio parroquial o sientes el llamado a servir, ¡nos encantaría que te unas a nosotros! Juntos podemos mantener nuestra parroquia como un lugar donde cada niño se sienta seguro y apoyado.

Para comenzar el proceso de VIRTUS, por favor envía un correo electrónico a Jaime a SafeSpace@stpaulsofprinceton.org.

PASTORAL HISPANA

Informaciones de contacto

Padre Kerly François
kfrancois@stpaulsofprinceton.org

BECOME A STEWARD

of St. Paul Parish through Charitable Giving

During this season of Advent, we are filled with gratitude for the many individuals and families who have supported our parish over the years, helping to make it the vibrant and welcoming community it is today. Your generosity has been a true blessing, sustaining our mission and enriching our shared faith journey.

As we reflect on all we've been given, this is also a time when many consider how to use their blessings wisely, exploring financial strategies that can benefit their community and church while leaving a lasting impact. With that in mind, we've summarized a few smart charitable giving options below for your consideration.

- **Required Minimum Distributions (RMDs):** Anyone over age 73 can use a Qualified Charitable Donation (QCD) to satisfy the required minimum distribution they must take from their IRA retirement account. Using this strategy, someone can give up to \$100,000 to the church tax-free (\$200,000 if married).

Example: Mary has a Required Minimum Distribution (RMD) of \$40,000 this year. At a 30% tax rate, Mary would owe \$12,000 in taxes. As a result, Mary decides to donate her RMD to the church and pays no taxes while still satisfying her RMD. Mary can also choose to only donate a portion of her RMD rather than the full amount to reduce her taxes proportionately.

- **Stock Donation:** Anyone can donate stock from an investment account to avoid paying capital gains tax.

Example: Mary owns \$100,000 in Nvidia stock in her portfolio. The stock has done very well since she bought it over a year ago, resulting in an unrealized gain of \$80,000. If she sells the stock, she will pay capital gains tax (for example, up to \$16,000). If Mary instead decides to donate the stock to St. Paul Parish, the parish will never need to pay taxes on the gains. Mary can also choose to donate only a portion of her Nvidia stock rather than all of it, thereby reducing her taxes proportionately.

- **Planned Estate Bequest:** Anyone can designate St. Paul Parish as a beneficiary in their will by specifying a specific dollar amount or percentage of their estate that goes to the church after they pass away.

Please feel free to contact Steve Loughran, our Parish Financial Advisor, Merrill Lynch, Pierce, Fenner and Smith, Inc., (609) 243-6813.

FAMILY LIFE

A HOME FOR FAMILIES

A Message from Laura Sarubbi

We held our second week of **8 at 8 for 8** last week: a weekly 8 minute Lenten reflection at 8pm for 8 weeks on Wednesday. Week 1 was about finding time to develop a friendship with God. It could be a 5 minute conversation, a traditional prayer, or some moments of silence. But you can't be friends if you don't spend some time together every day.

This past week we looked for God in our everyday lives. Using the Examen prayer for just a few minutes at some point during our day, we start to "see" God in the ordinary. Here is one example, found in "To Walk with Christ", by Laurence L. Gooley, S.J.

- **Thank you, God:** Begin your time with an attitude of gratitude.
- **Help me, God:** I'm struggling and can't do (*fill in the blank*) without you.
- **I do love you, God:** and recognize that I can see you when I look for you.
- **I am sorry, God:** because there were areas of my day where I wasn't the best version of myself.
- **Be with me, God:** in whatever plans you have for me, and for your gift of the Holy Spirit who is always by my side.

We have 6 more weeks and you are always welcome. You can find more details about 8 Minutes at 8:00pm on the Parish Life page of the bulletin.

EARLY CHILDHOOD

Little Hearts Playgroup and More!

Families with young children are invited to gather in the Spiritual Center for connection, shared experiences, and support in the joys and challenges of raising little ones. For more information, please contact Sara Fremin at saracweill@gmail.com, Emily Rossino at emilyc8@gmail.com, or lsarubbi@stpaulsofprinceton.org.

- Sundays 9:30-10:30am
- Tuesdays 10:00-11:00am

Catechesis of the Good Shepherd

Catechesis of the Good Shepherd for children ages 3-6 meets in the Atrium of the Spiritual Center on Sundays from 9:45-11:00am. Upcoming dates include February 15, and 22.

FRIENDS OF ST. PAUL

THE AQUINAS INSTITUTE *Princeton University Catholic Campus Ministry*

We provide Princeton University students with Mass & confession on campus, small group bible studies, formation in Catholic life and thought, and vibrant student community! Check out princetoncatholic.org for more details and for upcoming events.

FRANCIS HOUSE OF PRAYER

Diocesan Spiritual Center & Retreat House

Forgiveness: A Gift of Loving as God Loves

Monday, Mar 9 • 9:30am–1:00pm

To be loved by God and to love as God loves is our path to union with God and others. We will pray with the father of the prodigal son and reflect on the words of Henri Nouwen in *The Return of the Prodigal Son* as we absorb the beauty and promise portrayed in Rembrandt's painting of the same name. Please come and experience the freedom found in choosing to forgive. Donation: \$25, includes lunch. Zoom: \$20

Examen: A Simple Life-Changing Prayer

Tuesday, Mar 10 • 9:30am–1:00pm

The Examen is a daily prayer practice designed to help you notice and enjoy God's presence in everyday life. As you grow in this practice, you will become more aware of God's presence everywhere. If you would like to end each day with gratitude and hope, please join us for this one-day presentation on the Ignatian Examen. It may change things for you, too. Donation: \$35, includes lunch and book. Zoom: \$20

The Screwtape Letters

Thursday, Mar 12 • 9:30am–1:00pm

C.S. Lewis offers a cleverly written reflection on the discernment of spirits, filled with remarkable insight and wit. We will use *The Screwtape Letters* to guide our discussion and deepen our understanding of spiritual awareness. Come and enjoy this enduring classic. Donation: \$25, includes lunch. Zoom: \$20

Lenten Retreat for Married Couples

Saturday, Mar 14 • 1:00pm–5:00pm

Step away from the busyness of daily life and give yourselves the gift of time to breathe, reconnect, and be renewed together. Throughout the afternoon, couples will be gently guided through reflections and

conversations focused on the sacred bond of marriage. Dedicated time for private prayer and sharing will help deepen your connection with one another and with God. Donation: \$50 per couple. Mass included.

The Imitation of Christ: The Beatitudes Edition

Tuesday, Mar 17 • 9:30am–1:00pm

Enjoy the wisdom of this timeless classic by Thomas à Kempis, presented in *The Imitation of Christ – The Beatitudes Edition*. Listen as Jesus speaks to you as a friend offering loving guidance. Time will also be provided for contemplative prayer. Donation: \$25, includes lunch. Zoom: \$20

Please check www.FHOP.org for dates, registration, directions, and for our other offerings!

All programs will be offered online and in person unless otherwise indicated.

PARENT PARTNERSHIP

Supporting Families Impacted by Addiction

When parents and caregivers recognize that a loved one is struggling with substance use or addiction, it is vital to find support and understanding from those who have “been in our shoes.” Parent Partnership meetings are led by volunteers with lived experience and provide a safe, confidential, and welcoming space. You are invited to join once, occasionally, or as often as you'd like—meetings are always friendly and supportive. Parent Partnership meets on Mondays from 7:00–8:15pm in the St. Paul Parish Spiritual Center. For more information: Michelle King at mokingnj@gmail.com or 609-468-8708.

ST. VINCENT DE PAUL SOCIETY

Serving the Princeton Community

The Society of St. Vincent de Paul serves members of the St. Paul community and our Princeton neighbors who are experiencing need. Volunteers meet personally with those seeking assistance, offering support with confidentiality, dignity, and respect. Assistance may include help with rent, utilities, food, clothing, medical care, or counseling. Donations may be placed in the church poor boxes or mailed to: Society of St. Vincent de Paul, 216 Nassau Street, Princeton, NJ 08542. If you or someone you know needs assistance, please call (609) 924-1743 ext. 250.

LENT 2026



WHAT'S WITH THE FISH?

Why abstain from meat?

Scholars, theologians, and historians offer a number of explanations for why the Church embraces the discipline of abstinence.

On Fridays — especially during Lent — Catholics abstain from eating meat, a practice that stretches back hundreds of years.

Over time, people have suggested different reasons. Some say the Church was helping support the fishing industry during difficult economic periods — keeping fishermen afloat (pun fully intended). There's actually some historical evidence for that, dating back as far as the second century. Still, that's probably not the whole story.

Others note that fish was often safer to eat than meat. People generally knew when fish was still good, while beef and other meats were a bit more of a gamble. There's historical support for that idea too, particularly around the seventh century — but again, it doesn't quite get to the heart of things.

Another explanation is social. For much of history, meat was a luxury reserved for the wealthy, while fish was humble, everyday food. Abstaining from meat became a small way of embracing simplicity and solidarity with the poor. Even if that distinction doesn't always hold today, the spiritual instinct behind it still matters.

Some also point out that avoiding meat helps us remember the humility of Christ, who lived simply and likely shared many ordinary meals of fish with His followers.

But here's the real point: if our focus stops at what we're allowed to eat — whether it's meatless pizza or grilled cheese — then we've probably missed what Lent is trying to do in us.

On that Friday so many years ago, Jesus Christ gave up His own body — His own flesh — out of love for us. His sacrifice was intentional, complete, and offered in perfect obedience to the Father.

When we abstain from meat — the flesh of animals — it's a very small act of self-denial meant to turn our attention back to that first Good Friday. It's not about menu restrictions; it's about remembering love poured out in sacrifice.

So when you pass on the burger this Friday, try to keep the bigger picture in mind.

Wondering whether something actually "counts" as meat? Scan the code below to read a helpful explainer from The Pillar (Lent 2022) that clears up the details.



Sat
28

Individual Confessions

every Saturday at 4:00pm

Sun
1

Parish Mission

Intro at Masses
Talk #1 at 6:30pm

Mon
2

Parish Mission

Talk #1 "replay" following 12:10 Mass
Talk #2 at 7:00pm

Tue
3

Parish Mission

Talk #2 "replay" following 12:10 Mass
Final Event with Adoration at 7:00pm

Wed
4

Pilgrimage Mass

with Mercer Co. Station Churches
6:00pm at St. Anthony, Hightstown

Wed
4

8 Minutes at 8:00pm

Quick online reflection opportunity
8:00pm via Zoom with Laura Sarubbi

Thur
5

Pilgrimage Mass

with Mercer Co. Station Churches
7:00pm at Sacred Heart, Trenton

Fri
6

Soup & Salad Dinner

6:00pm in the SPS Cafeteria

Fri
6

Stations of the Cross

English 7:00pm | Espanol 8:00pm