

Saint Cecilia Parish

90 Church Street
Rockaway, New Jersey 07866

Parish Office: 973-627-0313 Website: st-cecilia.org — Office: stcec@optonline.net
To Contact: Fr. Zig: Ext. 12 or speplowski@optonline.net
Fr. Matt: Ext 15 or frmateuszdarlak@gmail.com

Fax: 973-627-4811

School: 973-627-6003

CCD Office: 973-627-0313 Ext. 17

Rev. Sigmund Peplowski
PASTOR

Rev. Mateusz Darlak
PAROCHIAL VICAR

Mrs. Janet Maulbeck
BUSINESS ADMINISTRATOR
YOUTH PROTECTION &
SAFE ENVIRONMENT
COORDINATOR

Mr. James Clancy
DIRECTOR OF FAITH FORMATION

Mr. Nikolaos Brown
MUSIC DIRECTOR

Mrs. Diane Boykow
CEMETERY ADMINISTRATOR
STAFF ASSISTANT

Mrs. Kelly Cacella
PRINCIPAL



CERTIFICATE OF ELIGIBILITY

All Catholic Churches in the United States require from Catholics serving as a Godparent for Baptism or a sponsor for Confirmation a certificate of eligibility. This document certifies that the Godparent/sponsor is a registered member of the parish, attends Holy Mass, approaches the sacraments regularly and contributes to the support of the Church via the Sunday offering envelope program or "WeShare". It is the responsibility of the individual to meet these requirements as listed in the Code of Canon Law, #874.

SACRAMENT OF BAPTISM

Arrangements for the Sacrament of Baptism can be made by calling Fr. Matt at extension 15.

SACRAMENT OF MATRIMONY

Arrangements are to be made at least ONE YEAR in advance. The date should not be set until the priest has been consulted.

SACRAMENT OF THE SICK

Urgent calls will be attended to at any time of the day or night. If there is anyone at home or in the hospital who cannot get to Mass and the Sacraments because of illness or old age, please inform one of the priests or call the Parish Office @ 973-627-0313.

EMERGENCY PHONE:
862-251-3914

MASSES

Saturday: 4:30 pm, 7:00 pm
Sunday: 8:00 am, 9:15 am
10:45 am and 12:15 pm
5:00 pm (Vietnamese)

Holydays

Vigil 4:30 pm
6:30 am, 8:00 am & 7:00 pm

Weekday Schedule:

Monday - Friday
6:30 am & 8:00 am
Saturday
8:00 am followed by Novena

Confessions

Saturday @ 3:00—4:00 pm &
6:15-6:45 pm
Monday during Holy Hour
7:00—8:00 pm

Ms. Susan Brennan
TRUSTEE

Mr. James Gallagher
TRUSTEE

NOVENA: OUR LADY OF THE MIRACULOUS MEDAL AND OUR LADY OF FATIMA

Saturday morning after the 8:00 am Mass

HOLY HOUR : Monday @ 7:00 pm (Sept. to June)

OCIA—ORDER OF CHRISTIAN INITIATION— FOR

ADULTS:

Please contact Sr. Diane — sdmoughan@gmail.com

ROSARY PRAYER GROUP: Monday through Sat. @ 7:30 am

FEMININE GENIUS PROJECT: 1st & 3rd Saturday of the month at 8:00 pm in the parish office.

ST. JOSEPH MEN'S GROUP: 2nd & 4th Saturday of the month at 6:00 am in the parish office.

PADRE PIO PRAYER GROUP: 1st Wednesday of the month; 10:00 am in the church (Sept. to June)

ST. MONICA NOVENA: Last Saturday after 8:00 am Mass.

Parish Office Hours

Monday thru Thursday: 8:30 am to 4:00 pm
Friday: 8:30 am to 2:00 pm
Closed for lunch: 12:00 to 1:00

Monday, March 3, Sint Katharine Drexel, Virgin

6:30 am — Joan Coyne req. by McDonnell Family

8:00 am — Bella Kakaian req. by her daughter, Nicole

Tuesday, March 4, Saint Casimir

6:30 am — Edward Barrett Leonard

8:00 am — Thomas Boykow req. by his Family

Wednesday, March 5, Ash Wednesday

6:30 am — Holy Mass & Imposition of Ashes

8:00 am — Holy Mass & Imposition of Ashes

4:30 pm — Liturgy of the Word

7:00 pm — Holy Mass & Imposition of Ashes

Thursday, March 6, Thursday after Ash Wednesday

6:30 am — Sr. Christina Marie Cables, SCC

8:00 am — Holy Souls in Purgatory req. by Agnes Maye

Friday, March 7, Saints Perpetua and Felicity, Martyrs

6:30 am — Sr. Jeanette Szyzputowski, SCC

8:00 am — Mary Jozwiak

Saturday, March 8, Saint John of God, Religious

8:00 am — Cecilia & Florentino Berdin req. by the Berdin-Baricuatro Family

Sunday, March 9, First Sunday of Lent

4:30 pm — John Janosik req. by Rich & Carol Takacs

Anna Lucia Zangari, 1 year Anv., req. by Sue Ellen Appleby

7:00 pm — For the Intention of the St. Cecilia Parishioners

8:00 am — James Glen req. by Hoffman & VanScoy Family

9:15 am — Wadih Abou Habib req. by the McDonnell Family

Deborah Schaffer req. by Tony (Ranger) Balzano

10:45 am — Mario Zambrano req. by Family

Joseph John Salah req. by Family

12:15 pm — Vincent Turco req. by Rosalee & Bob Marmara

Patricia Willis req. by Friday Morning Rosary Group

ST. CECILIA CHURCH COLLECTION GOALS**Week Ending : February 16, 2025**

Collection—Checks & Cash	\$ 6,643.00
WeShare Electronic Giving	\$ 5,802.25
Total Weekly Collection	\$ 12,445.25

Yearly Collection Goal (BUDGET)	\$ 785,000.00
Weekly Goal	\$ 14,313.73

Weekly Collection Surplus (Deficit)	\$ (1,868.48)
Year To Date Surplus (Deficit)	\$ 11,369.67

ST. CECILIA CHURCH COLLECTION GOALS**Week Ending : February 23, 2025**

Collection—Checks & Cash	\$ 9,982.00
WeShare Electronic Giving	\$ 5,802.25
Total Weekly Collection	\$ 15,784.25

Yearly Collection Goal (BUDGET)	\$ 785,000.00
Weekly Goal	\$ 14,313.73

Weekly Collection Surplus (Deficit)	\$ 1,470.52
Year To Date Surplus (Deficit)	\$ 12,840.19

Ash Wednesday Schedule—March 5th***6:30 am—Holy Mass & Imposition of Ashes******8:00 am—Holy Mass & Imposition of Ashes******4:30 pm—Liturgy of the Word & Imposition of Ashes******7:00 pm—Holy Mass & Imposition of Ashes*****PRAY FOR THE SICK AND THEIR CAREGIVERS**

Ethan Chandra, Dean Wayne Campbell, Doris Cusick, Jane Goricca, Sam Sessa, Karen Niles, Noel Wadleigh, David Cicchine, Teresa D'Atria, Derek Bascharow, Debbie Malc, Grace McDermott, Joe Horvath, Jr., Elvira Bugaoan, Owen Peter Byrne, Tia Maddaloni, Mason Walker Steussing, Susan Mejia, Derek Bascharow, Jim Rattay, Tom Hull, Kathleen Fazio, Kristin Wich, Kyle Johnson, Kate Darlington, Jake Michael Miraldi, Cheryl Anne Bornemann, Sean Nolan, Maryann Hughes, Peggy Eileen Miers, Ray Kennedy, Richard Corcoran, Madison Rose Leslie, Demetrius Barbee, Frances Finn, Dorothy Murray, Kimberly Dugan, Gale Sessa, Mike Murray, Michael Turner, Ruben Lorenzo, Michael Alvarez, Mina Simmons-Jones, Joe Maulbeck, Mary Merz, Patricia Smith Schulman, Vincent Fortunato, Joyce Turner, Tom Cumiskey, Dennis O'Brien, Steven Simmons, Ariel, James DiStaiso, Marty Mackin, Brian Bosworth, Dennis Dilger, Robyne LaGrotta, Christopher Darlak, Frieda Solow, Claudia Fontanella, Claire Wasacz, Emilio Viola, Martha Salvessen, Ramiro Hinojosa, Jimmy Buckley, Clare Desmond, Craig Huffman, George Stitik, Stephen Goordman, Cecilia Donofrio, Deidra Zink, Anthony Pane, Victoria Zuber, Keith Newman, Francis Sanchez, Raymond Fullam, John Sandelli, Alan Zenkert, Fran Gatzke, Bob Nielsen, Gert Taylor, Walter Zelinski, Clo Callahan, Michael McClain, David Saggioli, Michael Hafke, Tyler Bascharow, Kevin R. Bruno, II, Jeremiah O'Brien, Lanie Bruno, Joan Apgar, Richard Sala, Richard Cortese, Kira Woyce, Anthony D'Alessio, Colin Brown, Katherine Lynn, Sophie Boylan, Michael Gatzke, Philip Colombrito, Esperanza Vertucci, Molly Mack, Michele Murray, Jimmy Olgeluie, Mark Howarth, Logan Mattessich, Harry Lusardi, Carmela Cragan.



The people of St. Cecilia Parish are asked to pray for the following people serving our country in the armed services: **SmE3 Andrew Clifford,**

Joseph Giannetti US Navy, Lance Corporal Dennis Wuest, Capt. Kelley E. Robbins, Pvt USMC, Diego Usma, Major Glenn E. Martinez, Sgt. Brian Whalen, Capt. Anthony Odierno, Cpl. Kong V. Nguyen, Cpl. Jim Van Valen, LCPL Anthony Eresman, Sgt. Paul J. Willson, PFC Cano Janeth, Sgt. Bob Autrey, Col. William Paliwada, Sgt 1st Class (E7) Sam Colon, PFC Marylyn Rivera-Sachez, Cpl. Edward C. Thompson, Major Kevin M. Nash, Lt. Amy Cronin, Col. John L. Medeiros, Jr., Sgt. Daniel Healy, Marine Keith Leitner, Sgt. Spencer Lopez, PFC Taryn Kemp, Jeffrey Braunhausen, E7 Joseph Grimsey, Bill Maloney, Greg Bloete, Gian Carlo Bruzzese, Spc. Christopher Little, PFC Brittany Martindell, PO1 (E6) Matthew Fitzgerald, SA Justin C. White, Matthew & Daniel Rosica, Mark Leonard, Sr. Armn. Ashley Valetta, Sgt. John Wisnofsky, Cpl. T.J. Finn, Sgt. Kristopher Faber, Capt. Vincent Presto, Airman First Class William Kussler, Spc. Gregory Villaneuva. We ask God the Father of us all, through the intercession of St. Michael the Archangel, to protect all the men and women in our Armed Forces, to bless them in their efforts toward bringing peace and justice to our world. May they be brought back safely to those they love.

580-St. Cecilia

STATIONS OF THE CROSS – The Way of the Cross is prayed every Friday during the season of Lent in our parish. The service follows the 8 o'clock morning Mass and takes place again in the evening at 7 o'clock. Let us join together in prayer as we recall the suffering our Lord endured for our salvation.

LENTEN LUNCHES – The annual Lenten Lunches sponsored by the Rockaway Ecumenical Clergy Association will take place every Friday during Lent beginning on March 7th. The program takes place at the First Presbyterian Church Fellowship Hall beginning with lunch at 12 Noon followed by a presentation given by a different clergy person each week.

SAINT JOSEPH NOVENA – The Solemnity of Saint Joseph is celebrated on Wednesday, March 19th with Holy Mass at 8 o'clock in the morning followed by the Blessing of "Saint Joseph Pastries" and a presentation on the life of Saint Joseph by Dr. Anthony Pane in Hayes Hall. The novena begins on Monday, March 10th and will take place each day at the conclusion of the 8 o'clock morning Mass.

BREAD AND SOUP – Every Thursday evening during Lent the "Bread and Soup" program will take place in Hayes Hall beginning at 6:30 with the serving of a variety of soups (and bread) in the spirit of Lenten fasting. This is followed by the viewing of the series "Oremus" produced by Ascension Press on the topics of prayer, one of the disciplines of Lent. We conclude with a short time of sharing and Evening Prayer by 8 o'clock. Please join us for this adult faith formation opportunity.

Church Regulations Regarding Fast and Abstinence:

Abstinence from meat (beast or fowl) is to be observed by all Catholics fourteen years old and older on Ash Wednesday and on all the Fridays of Lent. This obligation prohibits the eating of meat, but not eggs, milk products, or condiments of any kind, even though made from animal fat. Fasting means limiting oneself to one full meal on a given fast day. Catholics who are eighteen years of age but not yet fifty-nine are obliged to fast on Ash Wednesday and Good Friday. On fast days, two additional smaller meals are permitted if necessary to maintain strength. However, the two smaller meals together may not equal one full meal. Moreover, eating solid foods between meals on fast days is not permitted.

BEWARE OF SCAMS – Be on the alert of scams which say they are from me. THEY ARE NOT!!! Please call me at the office (973.627.0313x12) if you have **doubt** about a text, email, etc, which is supposedly from me asking for money, gift cards, favors, etc. PLEASE DO NOT BE FOOLED!!! *Fr. Zig*

JUBILEE YEAR OF HOPE – His Excellency Bishop Sweeney has designated SAINT BERNARD CHURCH (22 St. Bernards Drive in Mount Hope) as a designated pilgrim site for the Diocese of Paterson. Pilgrims are welcome on Monday evenings for Holy Mass at 6:30, followed by Holy Hour and Confessions. A plenary indulgence is granted to pilgrims. Our Holy Father, Pope Francis, calls all Christians to become pilgrims of hope. This is a virtue which must be sourced above all in the grace of God and in the fullness of His mercy. A plenary indulgence is given to those who are: *truly repentant; free from any affection for sin; moved by a spirit of charity; receive the sacraments of Penance and Eucharist; and pray for the intentions of Pope Francis (1 Our Father, 1 Hail Mary and 1 Glory be...)*. A plenary indulgence is the full remission of the temporal punishment due to sins whose guilt has already been forgiven. This jubilee grace can be applied in suffrage to the souls in Purgatory through pilgrimage, whose works of mercy and penance, and visits to a Jubilee designated shrine or church, such as Saint Bernard's.

LIGHTS OUT CONCERT

Save the date: March 29, 2025, 8PM
St Pius Church School Gymnasium, Montville
Knights of Columbus Fundraising Concert
A former Las Vegas Headliner **LIGHTS OUT** (Frankie Valli Tribute & more)
Tickets \$25/pp now through 2/23/25
Tickets go up to \$35/pp starting 2/24/25
We look forward to your support!

Contact Mark Hanson for tickets.
319-270-9610

First Thursdays: 2024-2025

The Sacramental Life: Source of Grace and Hope

March 6th: Reconciliation: "Go in Peace"

Come and join as at the beginning of the Lenten Season!

Schedule:

9:00 am— Arrival—Coffee and
9:30 am— Opening Prayer
Short Talk on Monthly Theme
10:45 am—Eucharistic Adoration time for
personal prayer/reflection
Opportunity for Confession
11:50 am—End of Adoration—Preparation for Mass
12:00 pm—Eucharistic Celebration
Lunch—Departure

There is no need to register in advance. If you have any questions, kindly email us at shretreatcenter@gmail.com or call 973-715-2139

Monday, March 3

7:00 pm—Holy Hour (Church)

7:30 pm—Bible Study (Hayes Hall)

Tuesday, March 4

9:30 am—Bible Study (Hayes Hall)

12:00 pm—Seniors Meeting (Hayes Hall)

7:45 pm—Light of Christ Prayer Group (Hayes Hall)

Wednesday, March 5*Ash Wednesday***Thursday, March 6**

6:00 pm—Bread & Soup (Hayes Hall)

Friday, March 7

4:00 pm—Craft Fair Set-up (Hayes Hall)

7:00 pm—Stations of the Cross (Hayes Hall)

Saturday, March 8

8:30 am—Men's Society Meeting (Parish Office)

9:00 am—Rosary Society Craft (Hayes Hall)

Sunday, March 9

9:15 am—Liturgy of the Word

Divine Mercy Academy News

Registration for the 2025-2026 school year at Divine Mercy Academy in Rockaway is now open!

Come see the difference an academically excellent Catholic education makes! Divine Mercy Academy is a Catholic elementary school offering a comprehensive Pre-K through 8th grade faith-based education. We offer a safe, secure & compassionate environment with a high level of individualized attention; certified teachers; weekly liturgies & daily Religion class; academic curriculum with all core subjects; STEM; physical education; music, art, Spanish & library, with technology integrated throughout the curriculum. Aftercare and extracurricular activities available.

Transfer Grants and Scholarships are available to eligible students.

Full day & Half Day Pre-K3 & Pre-K4 programs available. Full Day Kindergarten. We are located at 87 Halsey Avenue in Rockaway. Visit our website at www.dmarockaway.org or call 973-627-6003 for more information.

NO MORE PRINT EDITION – His Excellency, Bishop Kevin Sweeney has announced that the printed version of the diocesan newspaper, The Beacon, has come to a conclusion. Mounting costs and a change in readership options has contributed to this decision by diocesan leadership. The Bishop is inviting us to read the on-line version of The Beacon at <https://beaconnj.org/>. Information is also at the site for a subscription to the “Beacon and Beyond” Newsletter.

ITALY PILGRIMAGE MEETING – I would like to meet with those who will be accompanying me on our parish pilgrimage to Rome in April to a gathering on Tuesday evening, March 18th at 7 o'clock in Hayes Hall. Our departure date is coming soon and I would like to share some information with you. It will be exciting to be in Rome during this ***Jubilee Year of Hope*** and to walk through the HOLY DOOR of Saint Peter Basilica! I can't wait!! Fr. Zig

PARISH ANNIVERSARY PILGRIMAGE – In conjunction with our parish's 150th anniversary celebration next year I will be leading a pilgrimage to Italy. We leave from Newark International Airport on Monday, April 21 (2025) for our 11 day visit to Rome, Assisi, San Giovanni Rotondo (St. Padre Pio), Bari (Shrine of St. Nicholas) and many more stops. This 11 day pilgrimage coincides with the Holy Year Jubilee in which we will also visit and celebrate Mass in the Basilica of Saint Cecilia. The cost per person is \$5,384. Please visit the 206 TOURS website and enter tour #sp042125 for the itinerary, registration and other information. I hope you will join me on this faith-filled tour! We return on Thursday, May 1st thanking God for this wonderful experience. – Father Zig

Divine Mercy Academy's Grandfriends in Faith Program

We are delighted to announce the revival of our Grandfriends in Faith Program. We would like to extend a warm invitation to senior parishioners of St. Cecilia and Sacred Heart of Jesus to join this wonderful intergenerational program. The goal of this program is to promote love, unity, and warm fellowship between youth and senior adults. The 8th grade class and their Grandfriends will meet throughout the school year in DMA's all purpose room to form a lasting friendship, join creative forces in a craft or activity, and grow in faith. Of course the meeting is never complete without delicious treats. Please note that all Grandfriends will be required to complete the Diocesan “Protecting God's Children” process prior to participation. If you are interested in joining Grandfriends in Faith, please contact Mrs. Cruz at acruz@dmrockaway.org

RAFFLE SALE – The Rosygló Foundation will sell tickets for their annual raffle on Saturday and Sunday, March 8 and 9 following all Masses. The Rosygló Foundation is very generous to our school and has given us thousands of dollars over the past few years. This is well worth our support since it also assists the Sisters of Christian Charity in their good works. Father Zig

Please visit the kiosk in the vestibule of the church to see our nice selection of CD's and books that are for sale.
\$4.00 each

FISH FRY – Please join us !! - The Knights of Columbus (Council 3359) is hosting a Fish Fry on the first Friday during Lent - March 7th. This will take place at St. Mary's School/Riverview Annex in Denville, NJ. Dine in or Carry-out from 5-7 PM.

Fish or chicken with French Fries & Coleslaw (dinner includes water or can of soda). Adults \$20 - Seniors \$19 - Children (under 12) \$15

Contact Harry Fahrer at (973) 615-8465 or David Gallagher at (973) 908-0281 for purchases or questions.

ST. CECILIA'S CRAFT & VENDOR FAIR—Saturday, March 8th, from 9:00 am to 2:00 pm in Hayes Hall. Free Admission! Jewelry, Baked Goods, and plenty of other Handmade items! Come out and support small businesses. For more information, please contact:

SaintCeciliaRosarySociety@gmail.com

CHURCH TOUR – Do you know the meaning and reason for everything you see in our church? You are invited to a tour of our church with Father Zig on Saturday, March 22nd beginning at 8:45 a.m. (right after the 8 o'clock Mass). Father Zig will take us from the vestibule to the sanctuary, from the ceiling to the floor, from the windows to the walls. The tour will take a little over one hour and is one of the 150th Parish Anniversary Events which have been scheduled for this year!

PIANO DONATION – I am happy to report that an anonymous donor has purchased the electronic piano which was recently purchased to enhance the music during divine worship. The instrument is located in the choir loft and was recently blessed by Father Matt to be used for the greater glory of God. May Christ our Savior, through the intercession of Saint Cecilia, richly bestow blessing upon the donor for the generosity shown to the Church. – Father Zig

**It's Safe, It's Simple & It's Convenient
Give online with WeShare**

Support St. Cecilia Parish today using your debit or credit card or checking or savings account: Visit www.st-cecilia.org and click Donate Online. Select the collection or event of your choice. Set up your donation or payment. That's it! **OR SCAN HERE:**



OUR CHILDREN – Children should be accompanied by a parent or adult when using the restrooms in the parish hall. We want to make sure that our children return to Mass promptly and safely. Your cooperation is appreciated.

The Compassionate Friends-Parsippany Chapter; A Self-Help group for bereaved PARENTS, SIBLINGS, and GRANDPARENTS, **ALL** meetings are held every **2nd Thursday** of each month, our next in-person scheduled meeting will be held on **Thursday, March 13, 2025 at 7:30pm; NEW LOCATION: 427 Franklin Road, Denville, NJ, Union Hill Presbyterian Church/School- Recreation Room (Back Entrance of Pre-School Building)**. Please join our **private** facebook page "The Compassionate Friends Parsippany Chapter" for more information regarding in-person meetings. Program for March 13, 2025: "Dealing With Emotions-Anger, Guilt, and Regret"

MARK THE DATE – Saturday, March 29th is the date of our annual parish Lenten retreat. The event begins with Holy Mass at 8 o'clock in the morning followed by a hot breakfast in Hayes Hall. The program will begin at 9:30 with two conferences and a coffee break in between. The retreat concludes at 11:30 a.m. The cost is \$25 per person. This year's speaker is newly ordained Father Kris Tyszko, parochial vicar at Assumption of the Blessed Virgin Mary Church in Morristown. Additional information will be forthcoming.

RICE BOWL – Our Lenten alms project is the RICE BOWL sponsored by Catholic Relief Services. Rice bowls will be available in the church vestibule for you to take home and place on our kitchen-dining room table as a reminder of the fasting and abstinence which is part of our Lenten observance. Money which you would normally spend on snacks and other non essential food should be placed in the rice bowl and at the conclusion of Lent (East Sunday) brought to the church. The alms collected from the rice bowls is used to feed people throughout the world, especially in parts of Asia, Africa and Central America, where food insecurity is a serious issue. Alms giving is one of the major disciplines of the holy season of Lent.

'THE CHOSEN' AT AMC – The 5th season of the widely acclaimed series, "The Chosen" will be shown in countries throughout the world in local theaters. The AMC Theater at the Rockaway Mall will serve as our local opportunity to view Season 5 which will be shown in segments, March 28th-April 17th. Please check with the theater for additional information or go on line to Fathom Entertainment. This will be a great reflection as we enter into the sacred time we call HOLY WEEK.

Our Condolences to the Family of
Edward Barrett Leonard
Eternal Rest Grant to them Lord



My dear parishioners,

Today we commemorate the Eighth Sunday in Ordinary Time, which is the final Sunday before the start of Lent which begins on Wednesday. In the Gospel text for this Sunday we hear the Lord Jesus speak about hypocrisy and the need to conduct ourselves in an honorable fashion. This message is a wonderful introduction to the holy season of Lent when we are all invited to examine our lives and to bring about reform where needed. As we engage in this exercise we do so in a spirit of repentance as we recall the suffering and death Our Lord endured for our salvation.

On Wednesday we begin to embrace the rigors of the Lenten season with the incorporation of the three disciplines which characterize this season: PRAYER, FASTING, and ALMSGIVING. Be prepared to fast and abstain on this first day of Lent. Start now to talk about Lent with your family. Make sure your spouse in “on board” with our Lenten life-style. Parents have a special duty to introduce their children to the spirit of the Lenten season and encourage them to perform the disciplines of Lent. Remember that Ash Wednesday is a strict day of fast and abstinence (NO MEAT, 1 regular meal and 2 small meals). EVERY FRIDAY of Lent is a day of fasting and abstinence as we recall that it was on Friday that the Lord Jesus suffered greatly for our sins.

Attendance at Friday Stations of the Cross is a prayerful way to accompany the Lord and ask for His strength during this time of spiritual renewal. Daily Mass is encouraged before going to work or school either at 6:30 or 8 o'clock in the morning. Availing oneself to one of the spiritual programs we have in the parish, such as Bible study, Bread and Soup, Lenten retreat, are great opportunities for spiritual growth.

This is a special year when the Feast of Our Lord's Holy Resurrection, April 20th, will be observed by the entire Church, East and West. While we begin the Holy Season of Lent on Wednesday, members of the Orthodox Churches and Eastern Rite Catholic Churches begin Lent on Monday.

Lastly, I am looking forward to everyone participating in our alms project, OPERATION RICE BOWL. This annual alms project of Catholic Relief Services supports the programs which feed countless numbers of people living in hard pressed areas of our world who do not have enough to eat. Our fasting becomes a blessing for them! Please take a rice bowl and place it on your table at home as a reminder of those who are hungry and in need of our generosity. Place the money you would spend on snacks in the rice bowl and bring it to church on Easter Sunday.

GLORY TO JESUS CHRIST-GLORY FOREVER!

Father Zig

**STS. PERPETUA AND FELICITY,
Martyrs – March 7**

STS. PERPETUA and FELICITY and the friends who died with them at Carthage are in a special class among the primitive martyrs since we possess authentic detailed records which give us a vivid picture of their experiences and personalities. There is a diary of St. Perpetua herself, a page by another martyr, and a concluding account by a first-hand witness who is thought to have been Tertullian.

St. Perpetua was a twenty-two-year-old noble lady of Carthage with a baby son and St. Felicity was a married slave who was pregnant. They were arrested under the anti-Christian edict of 202 along with three fellow Christians, Saturninus, Secundulus, and Revocatus. All had been converted by a layman, Satorus, who joined them voluntarily in the dungeon in which they were imprisoned for refusing to sacrifice to the gods.

St. Perpetua yielded her nursing child to her pagan father but remained firm in her Faith in spite of his pleas. St. Felicity gave birth to a child in spite of his pleas and also remained steadfast in the Faith when the child was taken from her.

The martyrs were condemned to death and mauled by beasts in the amphitheater before finally being beheaded in the year 203. So shaken was the executioner by St. Perpetua's commanding aristocratic appearance that she herself had to guide his blade to her neck.

Their martyrdom became known throughout the Church—St. Augustine preached in their honor at least three times. St. Perpetua is mentioned in the Roman Canon of Eucharistic Prayer 1, but the Felicity mentioned with her is probably the Roman Martyr of 162.

PRAYER God, inspired by Your love, Sts. Perpetua and Felicity were able to disregard persecution and overcome the torment of death. Aided by their prayers, may we make constant progress in our love for You. Amen



Taken from, Lives of the Saints; Catholic Bookings Publishing Company, 1999, New Jersey

580-St. Cecilia

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