

Parish News

Here is your weekly update. There are also attachments for this week.

Lenten Schedule

Stations of the Cross-Friday 6pm
Living Stations by Norte Dames Students -March 21st

Holy Thursday April 17th -Mass @ 6pm

Good Friday April 17th @ 3pm
Passion and Veneration of the Cross

Holy Saturday April 19th
Blessing of Food in Church @noon
Vigil Mass @ 8am with procession

Easter Sunday April 20th
Masses: 9am & 11AM

Conversation Series

We are happy to announce a brand-new Conversation Series. We will meet once a month on the first Monday of the month in the Cow Palace

April 7th @pm

Hope you can join us for this new and exciting spiritual, education opportunity open to all

Parish Giving-

The Parish is pleased to introduce "Enhancing Stewardship through Electronic Funds Transfer. It is convenient no more searching for a checkbook or Sunday morning stops at the ATM. To excess simply Log on the parish website www.sacredheart-saintmary.org and click on the Parish Giving Log and follow the easy registration instructions. It is Secure.

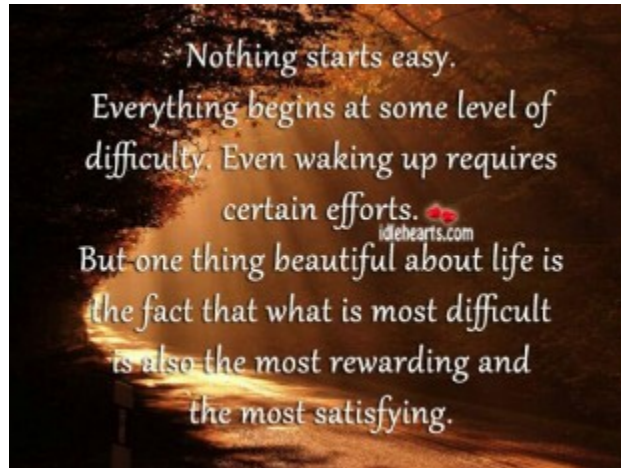
Stewardship-

Operating expenses for the Parish on a weekly basis are \$6,900.00 Collection.

Stewardship for 3/2/25

Ordinary \$6379.00
Fuel \$1376.00

Catholic Food for thought



Hope Appeal 2025

The Assessment for the Parish is \$32,143.
Currently received as of 2/26/25 we have collected \$28,915.02

NORTE DAME SCHOOLS

14TH Annual Raffle \$100,000.00

Additional cash prizes and more-Tickets are \$100
On sale at Norte Dame Jr/Sr. High School and Chantry's Market in Utica
www.NorteDameUtica.org 315 724-5118 ext 26
Drawing Sunday May 4, 2025 @ 12PM



As always, I like to share the deep traditions and meaning of our Church. What a great way to learn as a family and learn more about this great Faith of ours.

What is Lent. According to the USCCB

“Lent is a 40 day season of prayer, fasting, and almsgiving that begins on Ash Wednesday and ends at sundown on Holy Thursday. It's a period of preparation to celebrate the Lord's Resurrection at Easter. During Lent, we seek the Lord in prayer by reading Sacred Scripture; we serve by [giving alms](#); and we practice self-control through [fasting](#). We are called not only to abstain from luxuries during Lent, but to a true inner conversion of heart as we seek to follow Christ's will more faithfully. We recall the waters of baptism in which we were also baptized into Christ's death, died to sin and evil, and began new life in Christ.

Many know of the tradition of abstaining from meat on Fridays during Lent, but we are also called to practice self-discipline and fast in other ways throughout the season. Contemplate the meaning and origins of the Lenten fasting tradition in this [reflection](#). In addition, the giving of alms is one way to share God's gifts—not only through the distribution of money, but through the sharing of our time and talents. As St. John Chrysostom reminds us: "Not to enable the poor to share in our goods is to steal from them and deprive them of life. The goods we possess are not ours, but theirs." (Catechism of the Catholic Church, no. 2446).

In Lent, the baptized are called to renew their baptismal commitment as others prepare to be baptized through the [Order of Christian Initiation of Adults](#), a period of learning and discernment for individuals who have declared their desire to become Catholics.

This week what is almsgiving?

Almsgiving during Lent holds profound spiritual significance for Christians. It is not merely a charitable act, but a deeply spiritual practice that is rooted in the teachings of Jesus Christ and the principles of Christian faith. The act of giving to those in need during Lent is seen as a way to embody the love, compassion, and selflessness that Christ exemplified. It is a tangible expression of one's faith and a demonstration of solidarity with the less fortunate.

The spiritual significance of almsgiving during Lent can be understood through several key aspects:

1. **Emulating Christ's Love:** Almsgiving is a way for Christians to follow in the footsteps of Jesus Christ, who showed unwavering love and compassion for the marginalized and oppressed. By giving to those in need, individuals seek to emulate Christ's selfless love and demonstrate their commitment to living out his teachings.
2. **Fostering Empathy and Humility:** Engaging in almsgiving fosters a spirit of empathy and humility. It encourages individuals to recognize the struggles of others and to approach them with compassion and understanding. This practice helps to cultivate a humble and empathetic heart, aligning with the core values of the Lenten season.
3. **Detachment from Materialism:** Almsgiving encourages detachment from material possessions and a focus on spiritual wealth. By willingly parting with material resources to help others, individuals detach themselves from the allure of materialism and acknowledge the transient nature of worldly possessions.
4. **Renewal of Spiritual Commitment:** Almsgiving serves as a means of renewing one's spiritual commitment and devotion to God. It is a tangible way for individuals to express their faith and dedication to living a life of service and generosity, in line with the teachings of Christ.
5. **Building Community and Solidarity:** Through almsgiving, individuals contribute to the well-being of the community and foster a sense of solidarity with those in need. This practice strengthens the bonds of compassion and support within the Christian community, emphasizing the interconnectedness of all individuals as part of God's creation.

The spiritual significance of almsgiving during Lent extends beyond the act of giving itself. It encompasses a transformative journey of spiritual growth, selflessness, and a deepening connection to the core values of the Christian faith. As such, almsgiving is not only a charitable deed but a profound expression of one's faith and a vital aspect of the Lenten spiritual experience

How Almsgiving is Practiced During Lent

Financial Contributions:

Volunteer Service:

Donation of Goods:

Acts of Kindness:

Sacrificial Practices:

Educational Initiatives:

Prayer and Reflection

Family and Community Involvement

Events at other Parishes in our area

I have attached fliers for the events in Our Parishes

Please remember we are all a Catholic Community and need to support each other.

The Lights Are On for Your

Confession will be offered

April 14, 2025

4-7pm in Parishes

Diocesan Lenten Mission
Join us for a Diocesan Lenten Mission



A powerful 3-night journey of faith, prayer and renewal as we prepare our hearts for Easter and celebrate the Jubilee Year

March 31 @ 6:30-8:30pm
Mary Mother of Our Savior Parish
Tuesday April 1st
Holy Cross-Dewitt
April 2nd
St. Thomas Aquinas Binghamton

Each evening will feature an inspiring talk from a Keynote speaker, John Bealeu
With Adoration of the Blessed Sacrament with Bishop Lucia

Mary Mother of Our Savior Parish

Lent Adult Catechesis Series
For the life of the World
Invited to Eucharist Mission
By Bishop Andrew Cozzen & Tim Glemkowsli
Wednesday in Lent

Fr. Hage will be leading a co-ed 4-week series for Adults/Seniors
Following regular Wednesday Parish Holy Hours w/confession
Complementary soup dinner for participants from 6:30-7pm
Adult Faith Formation in the DePaul room @ 7apm

Youth Ministry Event

Mary, Mother of our Savior Parish invites all teens in the Greater Utica Area to join us for

Who: Teens in grades 7 thru 12 from the Greater Utica Area

Where: Mary Mother Of Our Savior Parish, Seton Center, 2 Barton Ave, Utica (look for the welcome flag)

When: Monday evenings 6:30PM-8:00PM-
(following the school calendar)-

www.motherofoursavior.org

For information, please reach out to Brittany Wilcox: bwilcox@syrдио.org

Utica Newman Catholic

Christian Fellowship

For registered College Students/Utica Area

For questions Contact Campus Minister, Pat Gillick @

Uticanewmandoutreach@syrдио.org

Free Pizza and Wing Dinner after every 4pm Sunday Evening Mass

Our Lady of the Rosary Campus

Catholic Youn Professionals

The Cyrenian Way

First Thursdays @ 6:30pm Monthly

Mary Mother of Our Savior Parish

Seton Center

Food Fellowship, Prayer and Discussion

Totus Tuus /Diocese of Syracuse

Mary, Mother of our Savior

July 20-25, 2025

This is a summer Catholic youth program. It is dedicated to share the Gospel and promote the Catholic faith thought evangelization, discipleship, Christian witness and Eucharistic worship

Teen Program -7th -12 grade Evenings Sunday July 20-Thru July 24 7pm-9pm \$25 per youth

Children Program Day Program 1st grade-6th grade Monday July 21- July 25th 9am-3pm
\$55 per child maximum of \$110 per family

Questions?

Bwilcox@syrdio.org or mmoosfaithformation@syrdio.org

St Anthony/St Agnes -Utica

Every Friday March 7th -April 18, 2025

Eat In or take out

Fried or baked Haddock \$17

12 Piece Fried Shrimp \$18

St Anthony Combo \$21

(baked or fried Haddock plus 7 shrimp)

All meal include choice of baked potato or French fries cole slaw, dinner roll, coffee & dessert)

St. Anthony Church

St Anthony Novena- 13 Tuesdays

March 18-June 10th @ 5pm

Food for thought

St Joseph/St Patrick-Utica

April 6 @ 7:30am & 10Am

Fr. Jobe Abbass OFM

Will visit the parish and preach on the live of 3 contemporary Polish Saints
St Maximilian Mary Koble, St Marie Faustina Kowalska & Pope St John Paul II
During the visit first-class relics of the 3 saints will be displaced for veneration

St Paul's Whitesboro

Saturday March 22 @ 12 noon

In the Village Green

Pray of Rosary for the Sanctity of Traditional Marriage

Theology Uncorked

Hart Hill Inn Whitesboro

Thursday March 20 for 6:15-8pm

Guest Speakers Mark & Mina Ranieri

“The Challenges and Blessing of Raising a Catholic Family



Students making First Communion-it will be on May 4th @ the 11am Mass
First Reconciliation will be on a Sunday during class time-March 16th @ 10AM -please have
the children at the Church by 9:50.

The Blessing Cup meal has been scheduled for April 19th in the school cafeteria from 12-3pm
Palms Sunday -April 13th

The families are invited to make Palm Cross with the children @ 10:15am in the school.

Lenten PCA Event



Please join us for our annual Family PCA event with our Parishes in the PCA
(Mary Mother of Our Savior Parish, St Paul's, Holy Trinity and Sacred Heart/St Mary's
Open to all families with children Preschool to Grade 6th

March 30th @ Mary Mother of Our Savior Parish

2 to 4pm

Fun Lenten Projects

Pizza and drinks will be served.



Sacrament of Reconciliation: Saturday 3:15PM prior to Mass

Weekdays 12:15 Monday, Tuesday, Wednesday Friday.

There will be no Mass on Thursday

Let's remember that as Catholics, the importance of attending Sunday Mass. At Mass we stand mystically at the foot of the cross and witness for ourselves the same self-sacrifice of Jesus, in an unbloody manner. Mass is a celebration of this sacrifice. It is the active participation of all that come together in the place of worship.

2nd Sunday of Lent

1st Reading: Genesis 15:5-12, 17-18

Responsorial Psalms: 27:1, 7-8, 8-9, 13-14

:2nd Reading: Romans: Philippians 3:17-4:1

Gospel Luke: 9:28b-36

While these are wonderful reflections, please remember that they are not to be a substitute for the wonderful sermons of Father or Deacon Kirk at Mass.

As always, I try to find wonderful reflections for this week's Gospel reading. I let the Holy Spirit guide me.



“This is my Son, my Chosen; listen to him!”

[Luke 9:35](#)

Here is a thought experiment for you: If you had to choose just three stories from the gospels to tell someone about Jesus, and you couldn't use the stories of his death and resurrection, what would they be? And why?

I asked myself that question this week. It was hard for me to decide. There are so many to choose from, and they all have their merits!

I decided that I would include one miracle story, but which one? The Feeding of the Five Thousand? The calming of the storm at sea? One of the many healing stories? But the one I decided on is the Raising of Lazarus, because it teaches us so much about Jesus' love and compassion for us, but also about his power over death.

Okay, two more stories. There are some wonderful stories that take place in the Upper Room, like Jesus washing the disciples' feet, or his appearance to Thomas and the others after he has been raised from the dead. But that is also where he instituted the Lord's Supper, which would be the story I would have to choose. It offers us a central element of our worship life, and one of our two sacraments, but it also teaches us about one of the great gifts that Jesus has given to us and continues to give to us: The very gift of himself.

Okay. The Raising of Lazarus and the Institution of the Lord's Supper. What would be my third? There are still so many to choose from! What about his baptism by John? His temptation in the wilderness? His triumphal entry into Jerusalem? The cleansing of the Temple? Again, so many possibilities. But how about today's story of his transfiguration ([Luke 9:28-36](#))?

Would this make my top three? To be honest, I am not sure. But it might, and this is how I want to approach the story today: As a story that is incredibly important because it teaches us so much about Jesus.

The transfiguration is not just a miraculous moment for Jesus, and not just a mountaintop experience for his three closest disciples. It is also a story that teaches us a great deal about who Jesus is.

And what does it teach us about Jesus, you might ask? Well, let me tell you. And since this is a sermon, let me narrow it down to three critical things. Here they are.

The Transfiguration Connects Jesus to the Old Testament

First, this story connects Jesus to the Old Testament, to Moses and Elijah and to Mount Sinai, and to the Exodus. This is a critical story for that reason, because it shows us so clearly that Jesus is the fulfillment of the Old Testament promise.

Jesus goes up this mountain not just to be transfigured, but also to meet with Moses and Elijah. Why? Well, let me read to you the last three verses in the Old Testament, from the prophet Malachi:

Remember the teaching of my servant Moses, the statutes and ordinances that I commanded him at Horeb for all Israel.

Lo, I will send you the prophet Elijah before the great and terrible day of the Lord comes. He will turn the hearts of parents to their children and the hearts of children to their parents, so that I will not come and strike the land with a curse. ([Malachi 4:4-6](#))

The entire Old Testament ends by reminding us of Moses and Elijah. First, we are reminded to obey the teaching of Moses, the teaching that he received on a mountain – The Ten Commandments. And then, we are told that the Lord will send the prophet Elijah before the great and terrible day of the Lord.

Elijah, remember, is a great prophet and miracle-worker who never died. He was famously taken directly to heaven on a chariot of fire. And so there was always the belief that he would return before the long-awaited Messiah. Oh, and here's an interesting fact: Elijah is the only person in the Old Testament to return to Mount Horeb, after Moses and his generation had left that same mountain several centuries before.

Moses and Elijah are back on a mountain, this time meeting with Jesus, and speaking to him about his departure. But the Greek word used here for "departure" is a familiar one – it is "exodus." Moses and Elijah are literally speaking to Jesus about his exodus, which he was

about to accomplish at Jerusalem. It is a new exodus. And just like Moses led God's people out of slavery to the promised land, Jesus will lead God's people out of slavery to sin and to the promised land of heaven. That is what he will accomplish at Jerusalem, on the cross and in the resurrection.

So, you see? The story of the Transfiguration connects all sorts of dots between the Old and New Testaments and becomes a key story to teach us about Jesus. This is the first reason why it would be a good one to use to teach about Jesus.

The Transfiguration Shows us that There Is Life After Death

The second reason this is such an important story about Jesus that I want to highlight today is that this story shows us, even before Jesus' death and resurrection, that there is life after death.

Moses and Elijah appearing to Jesus is not an accident. Their appearance teaches us something about the afterlife.

Moses and Elijah have both been gone for centuries, but the way they left this earth was significant.

Elijah, as I mentioned, had a very interesting death. He didn't actually die, but was taken in a chariot of fire straight to heaven.

As Elijah and his disciple, Elisha, were walking along, "a chariot of fire and horses of fire separated the two of them, and Elijah ascended in a whirlwind into heaven. Elisha kept watching and crying out, 'Father, father! The chariots of Israel and its horsemen!'" ([2 Kings 2:2](#))

But what about Moses? Well, Deuteronomy tells us that Moses did die, unlike Elijah. Moses died after speaking with God on the top of a mountain, and after being shown the Promised Land. He would not be able to lead them there, because of the sin he committed in the wilderness, but the Lord shows it to him. And then, when he dies, the Lord himself buries this great man, but no one knows where. But he clearly dies, with the Lord at his side.

So Elijah's story tells us of heaven. But if only Elijah appeared to Jesus, we could say it was because he never died. Since Moses also appeared to Jesus, we can see that there is life even after we die.

So Heaven, in other words, is real. And death does not end our relationship with God, even before Jesus. Life-after-death is for real, and Moses and Elijah appearing in this story is proof of it.

Of course, our exodus to heaven still needs a new Moses: someone to lead us there. And that someone is Jesus, the new Moses. He will lead us through death to eternal life by dying himself, and then being raised. But before he does that, he himself is reminded of where all of this suffering is headed – to eternal glory. His transfiguration teaches us that.

The Transfiguration Reveals Jesus to Be the Son of God

So the Transfiguration teaches us that life after death is very real. And this story connects Jesus to the Old Testament and to the promises made there. And then, there is one more thing that this story teaches us about Jesus:

This story shows us that Jesus is no ordinary person. He is more than a great prophet. He is more than the promised Messiah. As great as Moses and Elijah are, Jesus is greater. Because Jesus is God's Son, the Chosen One. And the Transfiguration gives Peter, James, and John – and all of us – a glimpse of what that means. They see Jesus, even if for just a moment, with his glory unveiled. And they share this experience with us.

Jesus is God, in other words. They are one and the same. He became flesh and dwelled among us, it is true. He was arrested and tortured and crucified, to be sure. He emptied himself of his divinity, as scripture reminds us, and became obedient, obedient to death, even death on a cross. And all for our sake. But we must never forget his divinity, that he is the Son of God, or the whole story crumbles.

Plenty of people have died for what they believe in. Plenty have even died for others. They are called heroes, and rightly so. But their deaths did not take away the sting of death for us. They did not have that in their power. Only the Son of God has that power. The ability to take away the sting of death forever. If Jesus is not God, then there is no good news that still matters. There is no gospel. No one else could do what needed to be done, except for the very Son of God.

The Transfiguration takes place at an important time in the gospels. It is right after Jesus has taught his disciples that he must suffer and die, before being raised from the dead. Eight days after that, our gospel teaches us, Jesus took with him Peter and John and James, and went up the mountain to pray. And to be transfigured. And to speak with Moses and Elijah about his exodus. And to have a voice from heaven say: "This is my Son, my Chosen; listen to him!" Jesus is God's Son. The story of Jesus hangs on his divinity, and the story of the Transfiguration shows us that divinity.

Closing

So those are some reasons why I might choose this story to tell someone about Jesus, if I could only choose three stories. And if I couldn't choose the story of his death and resurrection.

Thankfully, of course, I don't have to do that. I don't have to choose just three stories of Jesus. And I certainly don't have to exclude his death and his resurrection from the potential stories to teach us about him!

And neither do you. We can choose them all – we can read them all, and think about them all, and learn from them all. We can do what our heavenly father commands, in this very reading. We can *listen* to Jesus. Listen to his story, and listen to his teachings. And who is more important to listen to in all this world than the very Son of God?

So let us stay close to Jesus, in thought, word, and deed. And let us follow him through the mountains and valleys of our lives. Until that blessed day when we, too, will see the Son of God in his resurrected, transfigured glory. When every knee will bend and every tongue confess that Jesus is Lord, to the glory of the Father. Amen.



Here is this week's Gospel for children who are unable to attend our program. What a great way to share this Gospel with them.

Theme

Meeting Jesus on the mountaintop is not a stopping place, it is a starting point.

Object; A flashlight

Scripture: Luke 9:28-36, (37-43a)

Have you ever had a day that was so wonderful that you wanted it to last forever? (Pause for response. Invite kids to share about a special day.) Did you know that Jesus' disciples had days like that, too? Our Bible lesson today is about one of those days.

One day, Jesus took Peter, James, and John with Him up onto a mountain to pray. As Jesus was praying, something very strange happened. (Hold the flashlight under your chin.) The Bible says that the appearance of His face began to change and that His clothing became as bright as a flash of lightning. Then Moses and Elijah, two men who had gone to heaven a long, long time ago, appeared with Jesus. They were talking with Jesus about how He was going to die.

When Peter saw this, he could not believe his eyes. How could Moses and Elijah be here, standing and talking with Jesus. The whole thing was so incredible, Peter told Jesus that he thought that they should stay up there on the mountain and build three tents -- one for Jesus, one for Moses, and one for Elijah.

Peter didn't understand that this wonderful experience on the mountain was not meant to last. It was not a place to stop and set up camp, but a starting place for God's greatest gift -- the gift of salvation. Following this moment on the mountain, Jesus died on a cross, was buried, and rose from the grave so that you and I could have eternal life in heaven. If they had stayed on that mountain, they would have missed out on everything that was still to come.

You and I will have many wonderful experiences as we follow Jesus. There is a song that says, "Every day with Jesus is sweeter than the day before." How true that is! When we have a great "mountaintop experience" like Peter did in today's lesson, we may wish that it would never end. But remember, when we follow Jesus and accept Him as our Lord and Savior, the best is yet to come!

Heavenly Father, we thank You for all of the wonderful experiences You allow us to enjoy as we walk each day with Jesus. Help us to follow Him wherever He leads us. In Jesus' name, amen.

Weekly Prayer

Prayer is a large part of our Faith. As we continue our Lenten journey, here is this week
Lenten prayer



Lynn M. Springer
Director of Faith Formation
Sacred Heart/St Mary's
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