

Parish News

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

In Fridays @ 6pm-Station of the Cross

Friday March 15th @ 6:30pm

Living Stations of the Cross performed by the Norte Dame Students

Holy Thursday March 28th-Mass 6pm

Good Friday March 28th @3pm

Passion and Veneration of the Cross

Holy Saturday March 30th

Blessing of the Food in the Church at noon

NO Blessing of the in homes

Vigil Mass @ 8pm with procession

Easter Sunday -March 31

Masses @ 9am and 11AM

Stewardship-

Operating expenses for the Parish on a weekly basis are \$6,200.00 Collection

Ordinary \$5411.00

Ash Wednesday \$2297.00

Hope Appeal

2nd Collection at weekend Masses is for the Hope Appeal and will continue in order for the Parish to reach the 2024 Goal

Goal \$38,468.00 Received to date \$20,753.02

Pierogi for Sales



We will be selling the pierogi after the Mass March 2 & 3rd

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.

Events at other Parishes in our area

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

Family Lenten Faith Event

Let us prepare ourselves for the Season of Lent and the Joyful coming of Easter

Sunday March 3rd

2:00pm to 4:00pm

Our Lady of the Rosary Campus Burrstone Rd

Preschool to Grade 6

Fun Activities for your Lenten Journey

Prayer and Adoration

Cookies and Drinks

A collaboration of the Churches of our Pastoral Care Area

Holy Trinity, Mary Mother of Our Savior, Sacred Heart/St. Mary's and St Paul's

IGNITE 24

Catholic Men's Conference

Saturday March 21, 2004

This year's theme is "Lord Guard Us"

To be held @ Bishop Ludden High School in Syracuse

Contact: Ed Kri @ 315 560 9170 or lekirk3@gmail.com

LENTEN FISH FRY

St. Anthony/St. Agnes Church
1500 Bleecker St

Every Friday/February 16-March 29th

Fried or Baked Haddock \$16 (10-12 oz fillet)

12 piece Fried Shrimp \$18

St Anthony Combo \$20 (baked or fried haddock plus 7 fried shrimp)

All meals include choice of baked potato or French fries, cole slaw, dinner roll coffee & dessert. Extra sides
\$1

Call 315 418 5219 after 3pm

St Paul's Whitesboro

Deacons Speakin

Supernatural/Existentialism

March 5th @ 5pm

Holy Trinity Utica

Years of Eucharistic Revival

Sunday Lent 40 Hour Devotions

Sunday March 17th,

11am-4pm Adoration

4Pm Polish vespers and & Benediction

Homilist: Rev. Thomas Kobuszewski

Monday March 18th

9am-7pm-Adoration

7PM Concelebrated Mass

Homilist Bishop Douglas J Lucia

Tuesday March 19th

9am-7pm-Adoration

7PM Concelebrated Mass

Homilist: Rev. Jason Hage

Youth Ministry Nights

March 4th 2024

The Senton Center/Mary Mother Savior Parish

6:30pm-8:00pm



As always, I like to share the deep traditions and meaning of our Church. As we continue the season of Lenten. What does it mean for us as Catholics and what are we to follow? Are your families preparing for Lenten?

Here is more information regarding what is so important for us as Catholics to contemplate and follow.

As we continue this Lenten journey, why is it that we fast during this season?
Per the USCCB

Ash Wednesday and Good Friday are obligatory days of fasting and abstinence for Catholics. In addition, Fridays during Lent are obligatory days of abstinence.

For members of the Latin Catholic Church, the norms on fasting are obligatory from age 18 until age 59. When fasting, a person is permitted to eat one full meal, as well as two smaller meals that together are not equal to a full meal. The norms concerning abstinence from meat are binding upon members of the Latin Catholic Church from age 14 onwards.

Members of the Eastern Catholic Churches are to observe the particular law of their own *sui iuris* Church.[A](#)
[Reflection on Lenten Fasting](#)

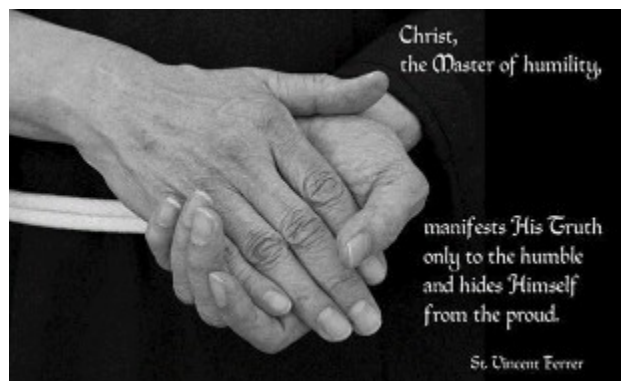
If possible, the fast on Good Friday is continued until the Easter Vigil (on Holy Saturday night) as the "paschal fast" to honor the suffering and death of the Lord Jesus and to prepare ourselves to share more fully and to celebrate his Resurrection more readily.

During **Lent**, which is the **40 days** leading up to **Easter**, Catholics engage in practices such as **fasting** and **abstinence**. Here's why:

1. **Spiritual Preparation:** Lent is a time of **prayer**, **contemplation**, and **spiritual self-discipline**. It serves as a preparation for **Easter**, which celebrates the **Resurrection of Christ**, the greatest holy day in the Christian calendar.
2. **Imitating Christ:** Lent lasts 40 days to mirror the **40 days** that **Jesus** spent fasting in the desert before beginning His public ministry. By imitating this period of spiritual discipline, Catholics prepare for the celebration of Christ's triumph over sin and death
- 3.
4. **Biblical Basis:**
 - **Fasting:** Christ expected His disciples to fast (Matthew 9:14-15) and provided instructions on how to do so (Matthew 6:16-18). Catholics follow this pattern by holding a **partial fast** on **Ash Wednesday** and **Good Friday**.
 - **Abstinence:** In Daniel 10:2-3, Daniel abstained from delicacies, meat, and wine for three weeks. Catholics similarly abstain from eating meat on Fridays during Lent, with fish being an exception (symbolic of Christ).
5. **Ash Wednesday:** The practice of having ashes applied to the forehead has biblical parallels. Putting ashes on one's head was a common expression of mourning (1 Samuel 13:19, Esther 4:1, Isaiah 61:3). Catholics receive the sign of the cross made with ashes to mourn Christ's suffering on the cross and their own sins.

Remember, Lent is not just about giving up something; it's a time for **spiritual growth**, **reflection**, and drawing closer to God

Catholic Food for thought





The Faith Formation Program has a number of reflection books available for both Parents and the Children. They may be picked up this Sunday before and after class. What a great way to start the Lenten Season with daily Prayer.

Any child who will be making First Holy Communion or Confirmation a copy of the Baptismal Certificate is required.

Important Dates for children making Sacraments.

First Reconciliation/First Communion

First Reconciliation will be on March 3rd after the 9am Mass.
It is recommended families attend the 9am Mass so First Reconciliation can start promptly

Blessing Cup on April 13th from 12pm-2pm
First Communion May 5th @ 11am Mass

Confirmation Students

March 9th @ 10:30 am -Confirmation Retreat @ St. Paul's Whitesboro

March 3rd -Sponsor information and Confirmation Name due

In lieu of the last formation class Confirmation students will have lunch with Fr. Mark after the 11am Mass

The Faith Formation Program has obtained the program **AWAKEN** for Pflaum Publishing -a weekly publication.
This will be available in the weekly newsletter as well as a paper copy for those who wish to have one.

Awaken and become disciples of the Word.

Church Masses



Sacrament of Reconciliation: Will be offered the first Wednesday of every month after the 12:15 Mass

Saturday 4pm

Sunday's

7:30am 9AM and 11AM

Weekdays 12:15 Monday, Tuesday, Wednesday Friday.

There will 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.

3rd Sunday of Lent

1st Reading: EX 17:3-7

Psalms: 95:1-2, 6-7, 8-9

2nd Reading: Rom5: 1-2, 5-8

Gospel : Jn 4:5-42

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.



This week's Gospel is the Woman the Well and is one of my favorite Gospel readings. Here Jesus tells the woman " Everyone who drinks this water will be thirsty again but whoever drinks the water I shall give will never thirst: the water I shall give will become in him a spring of water welling up in eternal life." The woman said to him, "sir, give me this water so that I may not be thirsty or have to keep coming her to draw water." Are you ready to drink His water?

As always, I try to find wonderful reflections for this week's Gospel reading. I let the Holy Spirit guide me. This week what we can learn from the Gospel reading of the Woman of the well. To learn more please use the hyperlinks for additional information

The story of the nameless Samaritan woman at the well, recorded only in the Gospel of John, is a revealing one, full of many truths and powerful lessons for us today. The story of the woman at the well follows on the heels of the account of Jesus' interaction with Nicodemus, a Pharisee and prominent member of the Jewish Sanhedrin ([John 3:1-21](#)). In [John 4:4-42](#) we read about Jesus' conversation with a lone Samaritan woman who had come to get water from a well (known as Jacob's well) located about a half mile from the city of Sychar in Samaria.

This was an extraordinary woman. She was a [Samaritan](#), a race of people that the Jews utterly despised as having no claim on their God, and she was an outcast and looked down upon by her own people. This is evidenced by the fact that she came alone to draw water from the community well when, during biblical times, drawing water and chatting at the well was the social highpoint of a woman's day. However, this woman was ostracized and marked as immoral, an unmarried woman living openly with the sixth in a series of men.

The story of the woman at the well teaches us that God loves us in spite of our bankrupt lives. God values us enough to actively seek us, to welcome us to intimacy, and to rejoice in our worship. As a result of Jesus' conversation, only a person like the Samaritan woman, an outcast from her own people, could understand what this means. To be wanted, to be cared for when no one, not even herself, could see anything of value in her—this is grace indeed.

But there are many other valuable truths we glean from this story. We learn that:

- 1) Only through Jesus can we obtain and receive eternal life: "Jesus answered, 'Everyone who drinks this water

will be thirsty again, but whoever drinks the water I give him will never thirst. Indeed, the water I give him will become in him a spring of water welling up to eternal life” ([John 4:13–14](#); cf. [John 14:6](#)).

2) Jesus’ ministering to those outcasts of the Jewish society (the Samaritans) reveals that all people are valuable to God and that Jesus desires that we demonstrate love to everyone . . . including even our enemies ([John 4:7–9](#); [Matthew 5:44](#)).

3) Jesus is the Messiah ([John 4:25–26](#); [1:41](#); [Matthew 27:22](#); [Luke 2:11](#)).

4) Those who worship God, worship Him in spirit and truth ([John 4:23–24](#); [Psalm 145:18](#)).

5) Our testimony about Jesus is a powerful tool in leading others to believe in Him: “Many of the Samaritans from that town believed in him because of the woman’s testimony, ‘He told me everything I ever did.’ So when the Samaritans came to him, they urged him to stay with them, and he stayed two days. And because of his words many more became believers. They said to the woman, ‘We no longer believe just because of what you said; now we have heard for ourselves, and we know that this man really is the Savior of the world’” ([John 4:39–42](#)).

Additionally, we learn from Jesus’ dialogue with the woman at the well three absolute truths about salvation:

- 1) Salvation comes only to those who recognize their desperate need for the spiritual life they do not have. [Living water](#) can be obtained only by those who recognize that they are spiritually thirsty.
- 2) Salvation comes only to those who confess and repent of their sin and desire forgiveness. Before this immoral woman could embrace the Savior, she had to concede the full burden of her sins.
- 3) Salvation comes only to those who take hold of Jesus as their Messiah. For the absolute truth is that salvation is found in no one else ([John 14:6](#); [Acts 4:12](#)).



Each week I include this week's Scripture to be shared for children who may be too young to attend the program.

Theme Jesus satisfies our thirst.

Object A bottled sports drink; A cup or small bottle of water for each child

Scripture John 4:5-34

Most of you probably play some kind of sports. Raise your hand if you play sports. (Pause.) What kind of sports do you play? (Allow responses.)

Whether you play sports or just play hard, you know that when you're exercising, it's very important to take in plenty of liquids. (Give each child a cup or bottle of water. Tell children that when they hear the word "water," they are to take a sip of their water.)

The question is: What kind of liquids should you drink?

Ordinary water, (pause) of course, is a good choice, but when you go to the store, (Hold up the sports drink) the shelves are full of all kinds of sports drinks, energy drinks, and flavored water (pause). It's hard to know what's best.

The advertisement for one popular brand of sports drink says, "It's better than water (pause), juice, or any other drink. It gives your body what it is thirsty for! It gets you going and keeps you going."

Wow! They have me convinced, but one thing I've noticed: In all the claims made by sports drinks, not once have they ever claimed that if you would drink their product, you would *NEVER* be thirsty again. If somebody had

something that would do that, they would really have something, wouldn't they? Well, Jesus claimed to have that
very thing!

One day Jesus was walking through a town in Samaria. He was hot and tired so he sat down beside a well to rest. A woman came to the well to get some water (pause) and Jesus asked her if she would give him a drink. The woman was surprised that Jesus spoke to her because Jews would not usually speak to Samaritans.

Jesus told her that He could give her living water! (pause)

She didn't understand what He was talking about so she said, "You don't even have anything to get water in,
(pause) how can you give me living water?" (pause)

Then Jesus said, "Whoever drinks from the water (pause) from this well will be thirsty again, but whoever drinks
the water (pause) I give him will never thirst again."

Wow! Water (pause) that would satisfy your thirst so you would never be thirsty again! Jesus wasn't talking about our thirst for water from a well. (pause) He was talking about our thirst for God. The Bible teaches us that we have a thirst in our heart for the living God. And that is a thirst that only Jesus can satisfy. So when we have Jesus in our heart, He satisfies our thirst for God and we will never thirst again! Jesus is life! Drink it up!

Dear Lord, You have given us Jesus, the Living Water. (pause) May we drink of Your Living Water (pause) so we will never thirst again. In Jesus' name, amen.



Weekly Prayers

As we continue the season of Lent, let one open the hearts to the Lord and prepare ourselves for his sacrifice for us.

3rd Sunday of Lent

*God at the well,
teach us to come to you
when we are thirsty
and to welcome all who come to drink
Show us how we judge others
and uproot it from our hearts
so we, with Jesus,
might offer water to all who are thirsty,
life to all who fear death.
Amen.*

www.4christians.org
Image from www.4christians.org

Diocese of Syracuse



From Notre Dame Schools:

Notre Dame Schools 12th Annual Raffle is underway. This year's Grand Prize is \$100,000. With a Second Prize of \$10,000, Third Prize of \$10,000, and an additional \$10,000 in smaller prizes! Tickets cost \$100 each and includes admission for 2 adults to the Drawing Party on April 23, 2023, featuring free food, door prizes, and 50/50 raffles. Doors open at 12 Noon and the main drawing will be at 3pm. Call 315-724-5118 to purchase your tickets today!

From the Catholic Schools Office:

Save the Date: On Monday, June 17, 2024 we will hold our **3rd Annual Light A Child's Future Charity Golf Tournament at [Turning Stone Resort](#)**. This exciting event benefits Catholic Schools scholarships. We strive to raise much needed funds for our Light a Child's Future Scholarship program, which enables economically disadvantaged students to attend Catholic Schools in our diocese. Did you know that 65% of our students rely on financial aid or scholarship support to attend our schools? Your support will directly aid underprivileged students, ensuring their participation in a faith-centered community focused on promoting academic excellence.

Please join us:

- [Serve as a Sponsor](#) or [Register as an individual or foursome team\(s\)](#)

Sponsorships begin at \$500 - Click [here](#) for a complete list

- **Promote the Golf Tournament in your Parish**

See attached flyer for bulletin boards and Parish website

Event Details:

Light A Child's Future Charity Golf Tournament.

Monday, June 17 2024

Shenandoah Golf Club, Verona NY

18 holes of golf, rain or shine

11:00-1:00 Registration and grab-and-go lunch

1:00 Shotgun start

5:30 Cocktail hour

6:30-9:00 Celebration Dinner

Lynn M. Springer
Director of Faith Formation
Sacred Heart/St Mary's
315 527 8399

