



St. Mary's Parish Lenten Calendar

Lent 2010

Pray, Fast, Give Alms

Our preparation for Easter is both baptismal and penitential. Lent is a forty-day retreat for our spiritual lives. Every Lent we come back to our baptism. We struggle with the hard questions we were asked: Do you reject Satan? Do you believe in God? Do you believe in the Church? We emphasize once again the three lifelong disciplines that are a part of every Christian life: prayer, fasting and almsgiving. We prepare individually and as a community for the great paschal celebration, the Triduum. We gather to be shaped by the Gospel, to be drawn into the great stories of our heritage, to celebrate the rites of penitence, and experience our own conversion.

Burning of Palm – Sunday, February 14th following the 12 noon mass by the Rectory Garage. Please join us for a brief prayer service and burning of palm which provides the ashes we will use on Ash Wednesday.

Ash Wednesday – February 17, 2010

Ashes will be distributed at the 7 am, 8:45 am and 7:30 pm Masses. There will also be a prayer service with distribution of ashes at 3:30 pm.

Ash Wednesday Simple Supper

All parishioners are invited to begin our Lenten Season by joining together for a simple meal at 6 pm in the school cafeteria. A freewill offering will be taken to share with St. John's Food Kitchen in Newark. Call the parish office to make a reservation

Weekday Mass Schedule for Lent

Monday through Friday at 7 and 8:45 am

Wednesday at 7:30 pm

Saturday at 8:30 am

Lenten Penance Services

- *Individual Confessions* will be available Saturdays from 1-2 pm (except March 20th and April 3rd).
- A *Communal Reconciliation Service* will be held at St. John's in Bergenfield (with Ascension and ourselves participating) on Saturday, March 20th, at 1 pm. *Note this means there will be no confessions at St. Mary's on that day.*
- *Penance services* will be offered for our weekday PACT/Religious Education Program children, Confirmation candidates, and Transfiguration School children during Lent.

Stations of the Cross

- We will celebrate the *Stations of the Cross* in the lower church all Fridays of Lent at 7:30 pm using different meditations.
- There will also be baskets in the upper and lower churches that will contain various *Ways of the Cross*. We encourage you to make a visit at any time during the week, do the Stations and return the book to the basket so that others may also take advantage of this opportunity
- On Good Friday Evening, April 2nd our youth group will present the Way of the Cross incorporating scripts used at prior World Youth Days. This prayerful celebration will only be an hour and a half in length.

Personal Lenten Reflections

Materials are available at the doors of the church and in the vestibule for adults and children to aid us in our Lenten prayer and reflections. Take them for yourself and your family. Please feel free to spend time in the lower church on weekdays or the upper church on weekends for personal prayer and reflection.

Novenas & Prayer

Our Lady of Perpetual Help – every Wednesday at 7:30 pm. in the lower church

Rosary for Peace – every Friday at 7 pm in the lower church.

Miraculous Medal --Every Saturday after the 8:30 am Mass.

Morning Prayer – Every Monday at 6:30 am in the lower church. Join us as we pray the universal prayer of the Church.

Disciples On the Journey

Small Group Sharing: Experience your Lenten journey more fully by joining in a small Sharing Group that meets once a week during Lent. Our groups consist of 8 to 12 people who come together to reflect upon the scriptures, share faith stories, pray together and offer mutual support in deepening our faith. For more information and to sign up, please contact Maryanne Miloscia, our Family Life Coordinator at (201) 384-0557 or e-mail her at familyministry@stmarysdumont.org.

Family Sharing: PACT families will be given the *Disciples on the Journey Family Sharing handouts* for sharing at home with their families. Additional family handouts are available in our Religious Ed. Office.

Parents and Caregivers of Infants and Toddlers Group will meet every Tuesday morning in Lent to reflect on the family booklet for Disciples on the Journey. New families are always welcome.

Young Adult Ministry: All young adults of our parish are invited to join in our week reflections using Disciples on the journey all the Fridays of Lent. We will meet in the Young Adult Ministry center in the basement of the school at 8 pm.

Feast Days

Our annual **St. Patrick's celebration** will be held on Sunday, March 14th at the 10 am. Mass. Following Mass all are invited to join us for a social featuring tea, soda bread, Irish dancing and bagpipes.



Feast of St. Joseph



On Friday, March 19th We will have a parish liturgy at 7:30 pm. followed by a social featuring St. Joseph's bread and pastries in the Spiritual Formation Center in the school.

DIFFERENT PRAYER OPPORTUNITIES

Prayer Labyrinth—March 12th

The *Prayer Labyrinth*, also known as a meditation labyrinth, is one of the oldest contemplative and transformational tools known, having been used for many hundreds of years for prayer, ritual, initiation, and spiritual growth. Numerous cathedrals in Europe have prayer labyrinths embedded into their floors. We are happy to have been able to obtain a Labyrinth which will be set up in Szelest Hall on Friday, March 12th. Please come and spend some time in prayer. It will be open from 7 –10 pm.

Taize Style Prayer

Thursdays March 4th and 25th from 7:30 to 8:30 pm in the upper church. This is an hour of quiet, meditative prayer, modeled on the style of prayer used by the community in Taize, France.

Women's Spirituality Group

All women of the parish are invited to share a few hours of prayer and reflection on Mary. Friday, March 12 at 7:30 pm in the Spiritual Formation Center.

Men's Spirituality Group

All men of the parish are invited to share a few hours of prayer and reflection on Friday, March 12 at 8 pm in the Library of the school.

SOCIAL OUTREACH OPPORTUNITIES

One of the disciplines of Lent involves "alms giving" or helping those in need. There are many opportunities for social outreach in our parish community. Here are some Lenten opportunities:

Lenten Giving Tree:

As we did last year, our parish will adopt a homeless shelter in our archdiocese for Lenten season. Please take a tag off the Lenten tree and return it with the item to church the following week. We will deliver donations at the end of Lent.

Feeding the Hungry:

Monthly Food Collections-

The weekends of **February 20th & 21st** and **March 13th & 14th** we will have our usual monthly food collection. Your generosity through gifts of food and money help to keep our food pantry stocked and will enable us to make baskets to distribute to local needy families for Easter.

Sundays, February 21st and March 21st – PALAD will feed the homeless at the shelter in Newark run by the Missionaries of Charity. Everyone is welcome to join this effort. For further information call Marichi Adel 201-385-8529

St. John's Parish in Newark – March 12th a group of our parishioners will go to feed the hungry. As always we also bring warm clothing with us as well. Call the parish office for further information or speak with Fr. Bob after Mass.

NJ Food Bank Work Morning-

Saturday, March 13th – join us for a few hours of work at the NJ Food bank in Hillside, NJ. We will leave St. Mary's parking lot at 8 am and return by Noon. Call John Sylvester at 201-387-6889 or email him at JohnS@stmarysdumont.org. for more information.

Habitat for Humanity Workday-

We are working to sponsor a work day at a habitat for humanity building site – watch the bulletin for details on the specific date and times. We are hoping for Saturday, February 20th.



Operation Rice Bowl

Rice bowls are available in the church and are being distributed to children of our PACT/Religious Education families. Not containers for our “spare change,” these

bowls are to help our children to understand that as they make sacrifices, they can help others. Participation in the Rice Bowl program is very important this year as *Catholic Relief Services* will be working over the next few years to rebuild in Haiti and is still working to aid those affected by other disasters around the world. 25% of what is collected stays right here in our archdiocese. To find out more visit <http://orb.crs.org>.



Adult Education Opportunity.....

One of the principles of Catholic Social Teachings calls us to be good stewards of all of God’s Creation . Kay Furlani, of the office.

of Social Concerns of the Archdiocese of Newark will offer a session entitled “Caring for God’s Creation” from 9:30 am – Noon at St.Johns in Bergenfield. This event is sponsored by St. Mary’s, St. John’s and Ascension as part of our New Energies Initiative. Watch the bulletin for more details

EcoPalms



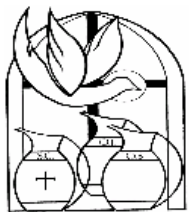
This year, we ordered one half of our usual palm order from Eco-Palms. In this way we will start our Holy Week off with justice and joy by celebrating economic justice for farmers and stewardship of God’s creation in Guatemala and Mexico Eco-palms are harvested in a way that rewards workers for the quality of the palms they harvest rather than the quantity, which helps to limit the amount of palms taken from a forest. The Eco-Palm Project is an effort of the North American Commission for Environmental Cooperation and the university of Minnesota Center for Integrated Natural Resources. Catholic Relief Services, Lutheran World Relief, and the Presbyterian Church USA endorse this project. By purchasing Eco-Palms for our Palm Sunday celebration we play a role in protecting forests, local jobs, and sustainable livelihoods in the harvesting communities.

Lenten Prayer

*May Lent be for us
A time of learning to see
Where Christ is crucified today,
A time of learning
To recognize the complex roots of injustice,
To recognize the Gethsemanes
In our global community.
May we witness the suffering
Of God’s children
As Mary witnessed*

*Her beloved son’s suffering.
An Easter people,
A time of learning
To recognize the deep roots of compassion,
To recognize we too are called
To witness the empty tomb and
To announce
To a world in despair
the Hope of the Resurrection.
by Jane Deren, Education for Justice,
www.educationforjustice.org*

HOLY WEEK 2010



Monday, March 29th: Masses at 7 am and 8:45 am.

Chrism Mass at 8 pm in the Cathedral Basilica of the Sacred Heart. At this liturgy the Sacred Oils used in our Sacramental life will be blessed and distributed to all parishes. Anyone who would like to attend is asked to call the Parish Office and we will carpool.

Tuesday, March 30th: Masses at 7 am and 8:45 am.

Wednesday, March 31st: Masses at 7 am, 8:45 am and 7:30 pm. We will decorate the Church for Holy Thursday, immediately following the 7:30 pm. Mass.

THE TRIDUUM 2010



Holy Thursday, April 1st

According to the Church's ancient tradition, there is one liturgy in each community on this day. That liturgy is celebrated in the evening. The whole parish assembles, its various groups gathered as one church, to enter as one community into the first movement of the Easter Triduum.

- **Evening Mass of the Lord's Supper** at 7:30 pm in the upper church. Immediately following Mass everyone is invited to spend some time in prayer before the Blessed Sacrament
- **Visitation of Churches:** In keeping with an old tradition, following the Evening Mass of the Lord's Supper we will visit three churches in the area. Anyone wishing to join this group is asked to meet by the Shrine of Our Lady in the schoolyard immediately following Mass. Three churches will be visited. We will return to St. Mary's for Night Prayer.
- **Night Prayer at 11 pm** in the upper church.

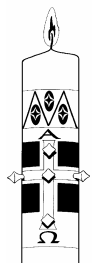


Good Friday, April 2nd *On this day when Christ became our paschal sacrifice, the Church reflects on the Passion of our Lord Jesus, adores his cross, and intercedes for the salvation of the whole world. In accordance with ancient tradition the Church does not celebrate Mass on this day, but celebrates the Lord's Passion.*

- **Morning Prayer** at 9 am in the upper church.
- **Celebration of the Lord's Passion at 3 pm**
This liturgy is a continuation of the one begun Holy Thursday. During this celebration we commemorate our Lord's Passion, we pray for the needs of the world, we venerate the cross and we receive Holy Communion.
- **The Way of the Cross** At 7:30 pm our Youth Group will present the Way of the Cross using Stations presented at prior World Youth Days. This prayer experience will only be an hour and a half in length.

Holy Saturday, April 3rd

- **Morning prayer at 9 am**
- **Decoration of the church immediately following morning prayer.**
- **8:00 pm Easter Vigil** – *We gather this night to continue our celebration from Thursday and Friday. Just as our faith, thanks to Christ's resurrection, is made strong enough to keep us awake and watchful, so by our Easter Vigil, let us make this night blaze with light.*



~*~*~*~*~*~*~*~* Easter Sunday, April 4, 2010 *~*~*~*~*~*~*~*~

Masses 7:45 am, 10 am, 12 Noon.



Blessing of Easter Food to take place at all the Masses. Families wishing to have food blessed are asked to bring a basket of food to church and place it on the table in the sanctuary. Food will be blessed as part of our General Intercessions.

Salubong (*The beautiful encounter of the Sorrowful Mother with her Resurrected Son*) will be held after the 10 am Mass. We will gather at the Blessed Mother Shrine by Szelest Hall and process to the front steps of the church for the "Encounter."