

SS. PHILIP
& JAMES

CATHOLIC PARISH

1 Carow Place, St. James, NY 11780

(631) 584-5454

March 9, 2025 First Sunday of Lent



The Agony in the Garden, Eugène Delacroix, 1851, Rijksmuseum, Amsterdam, Netherlands.

Philip said to him, "Master, show us the Father, and that will be enough for us." - John 14:8

MASS TIMES

Weekday 7:30 AM, 9:15 AM
Saturday 9:15 AM, 5 PM (Vigil)
Sunday 8 AM (Live-streaming via Facebook), 10 AM, 12 NOON

RECONCILIATION

Saturday 4 – 5 PM

EUCCHARISTIC ADORATION

Monday 1:30 – 7 PM

The Parish Directory

Parish Information



GENERAL INFORMATION

Phone Number (631) 584-5454
Parish Fax (631) 862-9675
Website www.sspj.org
Address 1 Carow Place,
St. James, NY
11780

Office Hours Mon. & Thu. 9:30 AM - 5 PM
Tue. & Wed. 9:30 AM - 8 PM
Fri. 9:30 AM - 1 PM

CLERGY

Pastor Rev. Sean Magaldi
Associate Pastor Rev. Joe Lobo
Associate Pastor Rev. Dennis Gannon
Deacon John Keenan

PASTORAL ASSOCIATE

Sr. Theresita Donach, CSFN

RELIGIOUS EDUCATION

Phone Number (631) 584-3204

GRADE LEVEL COORDINATORS

Grades 1-3 Charlotte Czujko
cczujko@sspj.org
Grades 4-6 Barbara Luna
bluna@sspj.org
Grades 7-8 Dominick Avento
davento@sspj.org

MUSIC DIRECTOR

Margaret Adams

COORDINATOR OF PARISH SOCIAL MINISTRY

Lynn Sisti

DIRECTOR OF YOUTH MINISTRY

Sandra Rago

DIRECTOR OF FACILITIES

John Cordes

SSPJ SCHOOL

Principal Diane M. Anderson
Phone Number (631) 584-7896
School Fax (631) 584-3258

TRUSTEES

Brendan McGovern
Jennine Cullen

PASTORAL COUNCIL

Michael Sharkey Lou Guerra
Cynthia Lombardi Paul Damato
Lisa Keane Maureen Burke
Nancy Sanders Matthew Carey
Sheila Cavooris

*Thanking you for your generosity
Financial Support Needed weekly to
meet Parish budget: \$16,700*

Weekly Collection: Sunday, March 2nd, 2025:
Collections from Weekend masses: \$12,694.00
Faith Direct
(126 Participants Weekly): \$ 3,374.00
Total Collection: \$16,068.00

FAITH DIRECT:
VISIT SSPJ.ORG CLICK ON FAITH DIRECT ICON
USING SSPJ PARISH CODE:
NY232

Sacraments and Sacramentals

SACRAMENTAL RECORDS

To request a copy of your certificate of Baptism, Marriage, First Holy Communion, or Confirmation please call the rectory.

OCIA

For adults looking to become Catholic or receive Confirmation, email Sister Theresita at srtheresita@sspj.org to ask about our OCIA program. Order of Christian Initiation of Adults (non-Catholic adults desiring to become Catholic) are asked to contact the rectory.



BAPTISM

Celebrated twice per month. Parents are asked to contact Sister Theresita at srtheresita@sspj.org for a Pre-Baptism Program.

RECONCILIATION

Available Saturdays from 4 - 5 pm in the Church or by contacting the rectory for an appointment.

ANOINTING OF THE SICK

In case of serious, unexpected illness, please contact the rectory to arrange for a Priest to pray with the person who is ill.



FIRST HOLY COMMUNION AND CONFIRMATION

For First Holy Communion, second grade students are prepared to celebrate through Religious Ed or SSPJ School.

For Confirmation, seventh and eighth grade students are prepared to celebrate through Religious Ed or SSPJ School. Adults prepare for both sacraments through OCIA.

MARRIAGE

Couples are asked to contact the Pastoral Center before visiting the reception hall. The Marriage Preparation process is nine months before your proposed wedding date.

Please Remember Those Who Serve For Us In Your Prayers

LCDR. MEGAN M. SHUTKA-VIK -USN, CAPT. WILSON MARKS -USN, CAPT. MICHAEL T. DOLAN JR. -D.O, US ARMY, SGT. CORY O'HARA -USMC, LT. COL. JOHN KAIRE, SPC. NICOLE A. CANNON, SGM. MICHAEL P. BORRELLI -US ARMY, CAPT. JOHN TULLY -USN, LT. COL. JAMES TULLY -US ARMY, JOSEPH SAGGIO -USNC, CAPTAIN PAUL WILLMS, STAFF SGT. MICHAEL LONGHENRY, LT. COL. PAUL T. JACKSON, STAFF SGT ALEXANDER PARRELLA -USAF, RICHARD SOTOMAYER -USAF, MARIO CATANIA -USMC, SGT. CONNOR F. SCOTT -USMC, PFC. CHARLES CHRISTOPHER HOWELL, STEVEN CAVA-USN, EMMETT MOLONEY -USN, CW2 CHRIS MUNZ, CW2 NATASHA WORTMAN, CORPORAL JAMES T. CASEY -USMC, SGT. JOSHUA MAHONEY -US ARMY, KEVIN JONES -USCG, PRIVATE JOSHUA OLSEN -USARNG, GLEN CRIMA -US ARMY, LARISSA DORRIAN -US MARINE CPL, RYAN ANTHONY NASCIMENTO -USMC, KYLE ANTHONY NASCIMENTO -US ARMY, ENS. RYAN M. SHOWS -USN, STAFF SGT. RYAN REXRODE -USMC, DR. KARA VANDEKIEFT, COL. -USAF, SGT. STEPHEN D. OUTCAULT -USMC, PAUL MUMOLO -USN, VICTORIA ZEMAN, USCG, KYLE J. GRUNER -US ARMY, MARK GIORDANO -US COASTGUARD, KELLI MCLAUGHLIN -LT. US ARMY NATL.GUARD, 1 LT MICHAEL J BANG -MILITARY INTELLIGENCE US ARMY, CHRISTOPHER A. HIONIDIS -USAF, MICHAEL HIONIDIS -USM, ELIZABETH C. OLIVER QM 2nd CLASS SW USN, HANK MOLONEY -USAF, CARL JOSEPHSON -USAF, DANIEL JOSEPHSON -USAF, ERIC SEELIN -USMC, MIDN ERIN NICASTRO -USNA, MLDN KATE NICASTRO -USNA, SAMANTHA JOSEPHSON -USAF, MATTHEW PATRICK GALLAGHER -US ARMY, LT. COMMANDER CHRISTOPHER SHANK MD, RICHARD WULFORST, III -USA ANG, JAMES A KOESTER -USA 2ND LT., MAJ. BRENDAN JOHNSTON -USAF, CONNOR TOOMEY -USM LT.,

The Pastoral Letter from Rev. Sean Magaldi

My Dear Friends in Jesus Christ and Our Blessed Mother,

Altar Memorials, Prayer Intentions, Mass Intentions and Schedule

THE BREAD AND WINE ARE OFFERED IN MEMORY OF

Tina Cafaro,

Humble and faithful servant of God, Virginia.

THE PRO-LIFE ROSE IS DEDICATED TO

Tina Cafaro,

Who honored and respected all life,

The Protanova Family.

WE PRAY FOR THOSE IN NEED OF PRAYER

Please contact the Office of Parish Social ministry , (631) 584-5454, to include the name of a brother or sister in need of prayer.

Louis Fabiano, Maria Lee, Margaret Remhild, Samya Salama, Barbara Hobbes, Michael Mattia, Michael Scorca, Grayson Danielski, Alan Piscak, Ann Marie, Amanda Rose Critella, Amanda Cacoperdo, Benito Fernandez, Brenden Toomey, Carmela Montesano, Donna Fabrizio, David Beleck, Brittany Lundberg, Ed Ceraso, Edward Luna, Jessie Lokai, John V Leone, Kathleen Martin, Kerry Larry, Mia Mednick, Patrice Henry, Rose Bruno, Rob Remhild, Ronnie Reichert, Raymond Grayson, Stephanie Seban, Tonia Perdue, Joan Cooper, Tim Tippet, Baby Luca, Madeline Kelley, Diane Toto, Phillip Giarrupeto, Judy Hanrahan, Mary Di Carlo, Patricia Schecher, Nora Danko

THE ALTAR CANDLES ARE BURNING IN MEMORY OF

Tina Cafaro,

Whose bright light of Christ was a beacon for SSPJ.

THE SANCTURARY LAMP IS LIT IN MEMORY OF

Tina Cafaro,

Who embodied the light of Christ to all she

encountered on her journey.

<i>Saturday, March 8th</i>	Reconciliation 4:00-5:00pm Cantor: Feeney Lector: Halluska/Student Lector EMs: Taurassi/Drechsler/Duffy/Toto/Ruggieri	9:15am 5:00pm	Marjorie Richter James Matthew Klouda
<i>Sunday, March 9th</i>	Lector: Czujko/Dervan EMs: Rizzo/Ramos/Sica/Tully/Tully Cantor: Hill Lector: Sehne/DeRosa EMs: Suski/Keane/Luna/Conti/Napolitano/Mulhall Cantor: Hill Lector: Suski/Franco EMs: Samson/Latino/Bleggi/Orlando	8:00am 10:00am 12:00pm	For the People of SSPJ Parish Maria Fazio <u>Collective Mass</u> Kenneth Maher Jr., Lillian Picano, Ruth Fortunato
<i>Monday, March 10th</i>	Adoration 1:30-7:00pm In the Church	7:30am	Antoinette Lambert
<i>Tuesday, March 11th</i>		9:15am 7:30am	Ann Shanahan For the Pope
<i>Wednesday, March 12th</i>	Please see the Ash Wednesday schedule	9:15am 7:30am	Steven Carr For the Bishop
<i>Thursday, March 13th</i>		9:15am 7:30am	Preziosa D. Sebastian Nora Danko
<i>Friday, March 14th</i>		9:15am 7:30am	For the Souls in Purgatory For the Church
<i>Saturday, March 15th</i>	Reconciliation 4:00-5:00pm Cantor: Murtha Lector: Drechsler/Healy EMs: Taurassi/Mantia/Anderson/Damato/La Serra	9:15am 5:00pm	Jental Marie + Christopher Michael Thomas Jack Duffy
<i>Sunday, March 16th</i>	Cantor: Meringolo Lector: Luna/Carey EMs: Dervan/Diaz/Licari/Sica/Tully Cantor: Meringolo Lector: Zahororny/Doran EMs: Amen/Parish/Clarke/Rizzo/Licari/Calderone Cantor: Hill Lector: Hoffman/Kieran EMs: Kaleita/Rubano/Rubano/Margaret	8:00am 10:00am 12:00pm	For the People of SSPJ Parish ... <u>Collective Mass</u> ...



A Weekly Reflection from
SR. THERESITA DONACH, CSFN

Dear Friends,

Happy Ash Wednesday and a Happy lent. Although it seems odd to use the word happy and lent in the same sentence, it matters on how you look at the next forty days. I urge you to remember that you are asked to use this time as a way to deepen your relationship with God.

I came across this quote from Margaret Thatcher, it is her “‘T.I.N.A.’ effect: There Is No Alternative.” Lent is a time where There Is No Alternative! It is a time that the church calls us to comeback to God and to be prepared to change some of our ways of being. Lent is a time to stop and listen, to rest in the Lord and to follow His call. It is challenging to be a disciple of Jesus, the cost is great, but the rewards are even greater. The time is now! How will I spend this Lent?



I recently unearthed some words of Pope Francis about Lent regarding Fasting and Feasting. He spoke of ways to transform the Fast of Lent into Feasting during Lent. Let me share with you a few of His suggestions.

“Fast from judging others; feast on the Christ dwelling in them. Fast from words that pollute; feast on words that purify. Fast from pessimism; feast on optimism. Fast on the darkness around us; feast on the light of Christ. Fast from discouragement; feast on seeing good. Fast from idle gossip; feast on spreading good news.”

These are just a few and I am sure you can come up with more on your own. They all leave us with much to think about. Being a disciple is not for the faint of heart, we must realize “T.I.N.A.” we are being called to growth!

Sometimes we can get stuck in a rut and do the same things year after year. Why not stop, step out of the box, and look at things that will challenge you to be that worthy disciple, “T.I.N.A.” Put a positive spin on what you decide to do because Lent does not have to be a sad time of deprivation, it can be rich and fulfilling!

Wishing you a prayerful Lent and I hope you can come to know There Is No Alternative if you want to grow and become the person God created you to be.

Happy Lent,

**Till next week,
Sister Theresita**

Music Ministry

WEEKLY REFLECTION FROM MUSIC DIRECTOR MARGARET ADAMS

Time for reflection.

Our first weekend of Lent. Notice the changes. Purple, no Gloria or Alleluia's and the Chant Mass is sung. A time for quiet and reflection.

As always, you can be a part of the season. The Music Ministry continues to accept new members. Join for Lent and Easter. We are learning new music. The music is not difficult. A love of God and music are the only requirements.

A challenge for you this Lent. Along with giving up something for Lent try singing more, Remember "he who sings prays twice!"

SSPJ Faith Sharing Group



Will be meeting the Wednesdays of Lent from 10-11 starting March 12th. All are welcome to join and there are books still available for this Lenten journey, Walking with Mary to Jerusalem.



CMSAA Girls Basketball

Way to go girls! Congratulations on your 6 game winning streak! Let's go Owls!



Religious Education

March 19th:

We will be holding our Conversation with Mentors for our Confirmation candidates. Time will be assigned via email.

March 24th:

We have our 8th grade Reconciliation from 5:30-6:30 pm and is mandatory for Confirmation.

Parish Social Ministry

WE REMEMBER, ALL THOSE WHO ARE SAFELY HOME IN THE ARMS OF JESUS

Tina Cafaro

Michael Rocco

Kathleen Newell

Richard Klouda



THE RESPECT LIFE COMMITTEE

The Respect Life Committee invites all to join us in praying the rosary at 8 AM, M-F, in the prayer room of the Church.

Do you remember the old song "You'll never walk alone"? That is how life is and especially this season of LENT. God is always walking with us. To help spend this holy season, check the kiosk of books and/or pamphlets in the Lobby. They are offered to inspire you to have a more intimate relationship with our Good Lord as you travel these 40 days. They are discounted and are offered to help you on this beautiful journey. There are offerings for young and old. Please consider praying the rosary once a week @ 8AM in the prayer room for all life, especially for mothers in crisis pregnancies.



Katie's Way

Collecting new and gently used baby items and delivering them to the Life Center of Long Island. These items benefit mothers, children, and expectant mothers in need. Your donations build a community that supports mothers who choose life for their unborn children under difficult circumstances. Suggested donation items: Diapers, wipes, bottles. Gently used baby and toddler items such as car seats, high chairs, strollers, clothing, toys, etc. New baby and toddler items, including diapers, wipes, formula, baby food, clothing, etc.

PLEASE DROP OFF AT:

56 TILLOTSON AVENUE, ST. JAMES, NY

OUR FOOD PANTRY NEEDS:

Black Beans

Tissues



LENT

Let Us Fast

While fasting with the body,
brothers and sisters,
let us also fast in spirit.

Let us lose every bond of iniquity;
let us undo the knots of every contact made by violence;
let us tear up all unjust agreements;
let us give bread to the hungry
and welcome to our house
the poor who have no roof to cover them,
that we may receive mercy from Christ our God.

LAUDATO SI

As we continue to strive toward ecological conversion, may we proclaim God's love for all creation in everything we do.

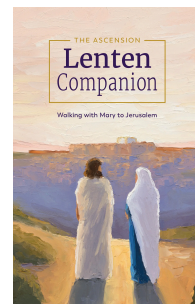
HELPFUL PHONE NUMBERS

You are never alone

AA 24 Hour Hotline	631-669-1124
Al-Anon	631-669-2827
Birthright	631-821-9727
Child Abuse	800-342-3720
Dept. of Social Services	631-854-2300
Domestic Violence	
-Brighter Tomorrow	631-395-1800
-Vibes	631-360-3607
-The Retreat	631-329-2200
LI Against Domestic Violence	631-666-8833
Elder Abuse	631-761-7470
Food Stamps	631-789-9546
Gamblers Anonymous	855-222-5542
Good Shepherd Hospice	631-376-3758
Mental Health Emergency	631-952-3333
Narcotics Anonymous	631-689-6262
Nassau/Suffolk Law	631-232-2400
Poison Control	516-542-2323
Hope House	631-473-6030
Office for the Aging	631-853-8200
Overeaters Anonymous	631-260-6615
Rachel's Hope-Post Abortion	888-456-4673
Suicide Hotline	631-751-7500

Join Us for a Lenten Book Reflection!

The Parish Council invites all parishioners to a special Lenten book reflection as we journey through Walking With Mary to Jerusalem (Ascension Press). This Lenten prayer journal by Fr. Mark Toups includes insightful reflections, prayers, and other resources to lead you through Lent day by day. Throughout Lent, you will draw closer to Jesus Christ and experience his journey to Jerusalem from the perspective of the person who knows him best: Mary, the Blessed Mother.



Our faith-filled discussions will take place in two sessions:

📖 First Half Discussion: Saturday, March 15, after the 5 PM Mass

📖 Second Half Discussion: Saturday, March 30, after the 12 PM Mass



Come deepen your faith this Lent as we reflect on Mary's journey and her role in our spiritual lives. All are welcome!

SSPJ Youth Group All 7th -9th Graders Are Welcome!

Email Sandy at srago@sspj.org
to learn more!



Our January Youth Group Meeting focused on celebration. We made 15 Birthday Boxes which were donated to the Gerald Ryan Outreach Center in Wyandanch.

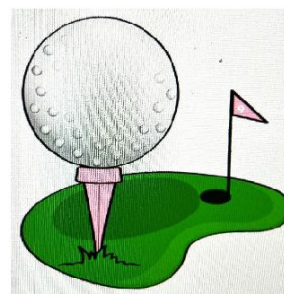




**KNIGHTS
OF COLUMBUS**
IN SERVICE TO ONE. IN SERVICE TO ALL.

Sts. Philip and James Council #12839

Save The Date July 9th, 2025



The Annual KofC Charity Golf Outing at Crab Meadow Golf Course in Northport.

Our Pastor, Father Sean Magaldi is this year's Honoree.

Father Sean, from Albertson, Nassau County, graduated from Chaminade HS and Adelphi University. He entered the Seminary in 2010 and was ordained in June 2015. He was first assigned to St Patrick's Parish in Smithtown. Fr Sean was later appointed Vocations Director for the Diocese of Rockville Center. In 2021, he was appointed Chaplain at Stony Brook University and Director of Campus Ministry, while continuing as Vocations Director. Fr Sean was appointed as the 12th pastor of Sts Philip and James Parish in 2024 and remains Chaplain at SBU and Director of SBU Campus Ministry. Our Council welcomes Fr Sean as this year's Golf Outing Honoree.



All proceeds support local charities: Food Pantries, Food For Families, Coats For Kids, The Light House Mission, SSPJ Parish Outreach, Veterans, and more.

1:30 PM Shot Gun Start - \$225 per golfer. Come out and play a round for charity.

Golf, Cart, Driving Range, Lunch, Dinner, Beer, Wine, Soda, Dessert, Great Prizes, Raffles

T Sign Sponsors - \$100, **Lunch Sponsors** - \$1000, **Dinner Sponsor** - \$2000,

Sponsors for Beverages on the Course - \$1000.

Sponsor the Welcome Bags - promote your business with a donation to purchase or provide a bag, sleeve of golf balls, hat, towel, tees, etc., with your name/logo on them, given to each golfer.

Sponsor Golfing Prizes - closest to the pin, etc.; **Sponsor Prizes for the Silent Raffle.**

All Sponsors will be recognized by a sign on the Course, listed in the SSPJ Bulletin after the outing, and on our web site. *Sponsor donations are tax-deductible as advertising.*

Members and participants are strongly encouraged to patronize our business sponsors.

Amount of donation: _____ Business Name: _____

Name of Contact: _____

Address: _____

Telephone number / Email _____

Type of sponsorship _____

Content on sign: _____

For us to use your logo or business card, please enclose or send it to me as a pdf.

If you plan to play golf, please provide: Name – Phone – Email

Contact: Stephen Yazulla to discuss Outing and Sponsorship details.
631-806-5534; syazulla@gmail.com.

Please copy Stephen by email, send Checks and the completed Form to:

SSPJ KofC #12839 [Golf Outing]

P.O. Box 201,

St James, NY 11780





DIOCESE OF ROCKVILLE CENTRE

Return to Me.

40 DAYS OF EUCHARISTIC ADORATION

Starting on March 7th, visit 40 different parishes across Long Island for the 40 days of Lent.

MARCH

March 7: Our Lady of Ostrabrama
Cutchogue | 7:00-8:00 p.m.

March 8: St. Gertrude
Bayville | 3:00-4:45 p.m.

March 9: Mary Immaculate
Bellport | 1:30-2:30 p.m.

March 10: St. Raymond
East Rockaway | 7:00-8:00 p.m.

March 11: St. Luke
Brentwood | 5:00-6:00 p.m.

March 12: Our Lady of Lourdes
Malverne | 3:00-4:00 p.m.

March 13: Our Lady of the Assumption
Copiague | 7:00-8:00 p.m.

March 14: St. Catherine of Sienna
Franklin Square | 3:00-4:00 p.m.

March 15: St. Francis Cabrini
Coram | 3:30-4:30 p.m.

March 16: Holy Cross
Nesconset | 1:00-2:00 p.m.

March 17: St. Patrick
Huntington | 12:00-8:00 p.m.

March 18: St. Joseph
Hewlett | 7:00-8:00 p.m.

March 19: Most Holy Trinity
East Hampton | 8:30-9:30 a.m.

March 20: Our Lady of Mercy
Hicksville | 9:30-10:30 a.m.

March 21: St. Aloysius
Great Neck | 5:30-6:30 p.m.

March 22: Sacred Heart
Island Park | 3:30-4:30 p.m.

March 23: St. Anthony of Padua
East Northport | 7:00-8:00 p.m.

March 24: St. Mary
East Islip | 7:00-8:00 p.m.

March 25: Resurrection
Farmingville | 11:00 a.m.-12:00 p.m.

March 26: St. Boniface
Elmont | 8:30 a.m.-12:00 p.m.

March 27: St. Agnes
Greenport | 5:00-9:00 p.m.

March 28: Our Lady of Lourdes
Massapequa Park | 10:00 a.m.-12:00 p.m.

March 29: Good Shepherd
Holbrook | 7:00-8:00 p.m.

March 30: Sacred Heart
North Merrick | 1:00-2:00 p.m.

March 31: St. Joseph
Kings Park | 6:00-7:00 p.m.

APRIL

April 1: St. Bernard
Levittown | 12:30-1:30 p.m.

April 2: St. Jude
Mastic Beach | 1:00-3:00 p.m.

April 3: St. Gerard Majella
Port Jefferson Station | 7:00-8:00 p.m.

April 4: St. Aidan
Williston Park | 1:00-3:00 p.m.

April 5: Queen of the Most Holy Rosary
Roosevelt | 6:30-7:30 p.m.

April 6: St. John the Evangelist
Riverhead | 1:00-2:00 p.m.

April 7: St. Martin of Tours
Bethpage | 7:30-9:00 p.m.

April 8: Our Lady of the Mirac. Medal
Wyandanch | 8:00-9:00 p.m.

April 9: Holy Name of Mary
Valley Stream | 7:00-8:00 p.m.

April 10: St. Louis de Montfort
Sound Beach | 7:00-8:30 p.m.

April 11: St. Thomas the Apostle
West Hempstead | 9:30 a.m.-6:00 p.m.

April 12: Our Lady of Grace
West Babylon | 8:30-9:30 a.m.

April 14: St. Rose of Lima
Massapequa | 8:00-9:00 p.m.

April 15: Our Lady of Lourdes
West Islip | 12:30-7:30 p.m.

April 16: St. Kilian
Farmingdale | 12:45-7:30 p.m.



To learn more, visit:
drvc.org/return25



COFFEE with JESUS

Lenten Reflections on the Meaning of Season in Christian Life

Join Bishop Andrzej

All Fridays of Lent

March 7, 14, 21, 28, April 4, 11 at 3 pm

for Webinar Lenten Reflections



Registration Required

Call Suzanne at 516.744.6850

or email - westernvicariate@drvc.org

to receive Zoom Webinar Link





Living the Faith

JOURNEY TO THE FOOT OF THE CROSS: BISHOP RICKEN OFFERS 10 THINGS TO REMEMBER FOR LENT

Bishop David L. Ricken of Green Bay, Wisconsin, former chairman of the Committee on Evangelization and Catechesis of the United States Conference of Catholic Bishops (USCCB), offers "10 Things to Remember for Lent":

1. Remember the formula. The Church does a good job capturing certain truths with easy-to-remember lists and formulas: 10 Commandments, 7 sacraments, 3 persons in the Trinity. For Lent, the Church gives us almost a slogan—Prayer, Fasting, and Almsgiving—as the three things we need to work on during the season.

2. It's a time of prayer. Lent is essentially an act of prayer spread out over 40 days. As we pray, we go on a journey, one that hopefully brings us closer to Christ and leaves us changed by the encounter with him.

3. It's a time to fast. With the fasts of Ash Wednesday and Good Friday, meatless Fridays, and our personal disciplines interspersed, Lent is the only time many Catholics these days actually fast. And maybe that's why it gets all the attention. "What are you giving up for Lent? Hot dogs? Beer? Jelly beans?" It's almost a game for some of us, but fasting is actually a form of penance, which helps us turn away from sin and toward Christ.

4. It's a time to work on discipline. The 40 days of Lent are also a good, set time to work on personal discipline in general. Instead of giving something up, it can be doing something positive. "I'm going to exercise more. I'm going to pray more. I'm going to be nicer to my family, friends, and coworkers."

5. It's about dying to yourself. The more serious side of Lenten discipline is that it's about more than self-control—it's about finding aspects of yourself that are less than Christ-like and letting them die. The suffering and death of Christ are foremost on our minds during Lent, and we join in these mysteries by suffering, dying with Christ and being resurrected in a purified form.

6. Don't do too much. It's tempting to make Lent some ambitious period of personal reinvention, but

it's best to keep it simple and focused. There's a reason the Church works on these mysteries year after year. We spend our entire lives growing closer to God. Don't try to cram it all in one Lent. That's a recipe for failure.

7. Lent reminds us of our weakness. Of course, even when we set simple goals for ourselves during Lent, we still have trouble keeping them. When we fast, we realize we're all just one meal away from hunger. In both cases, Lent shows us our weakness. This can be painful, but recognizing how helpless we are makes us seek God's help with renewed urgency and sincerity.

8. Be patient with yourself. When we're confronted with our own weakness during Lent, the temptation is to get angry and frustrated. "What a bad person I am!" But that's the wrong lesson. God is calling us to be patient and to see ourselves as he does, with unconditional love.

9. Reach out in charity. As we experience weakness and suffering during Lent, we should be renewed in our compassion for those who are hungry, suffering, or otherwise in need. The third part of the Lenten formula is almsgiving. It's about more than throwing a few extra dollars in the collection plate; it's about reaching out to others and helping them without question as a way of sharing the experience of God's unconditional love.

10. Learn to love like Christ. Giving of ourselves in the midst of our suffering and self-denial brings us closer to loving like Christ, who suffered and poured himself out unconditionally on the Cross for all of us. Lent is a journey through the desert to the foot of the Cross on Good Friday, as we seek him out, ask his help, join in his suffering, and learn to love like him.



Catholic
Current

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Pray for Pope Francis

PRAYER FOR THE HEALING OF POPE FRANCIS

Loving and merciful God, we implore You
to look kindly upon Your servant, Pope Francis,
Touch him with your compassion and consolation.
Restore his health and renew his strength
in mind, body, and spirit.

Surround him with your peace
and the support of the prayers of your holy people.

We place Pope Francis in your healing love
through the doctors, nurses,
and medical professionals who take care of him.

We ask this through Christ our Lord. Amen.

Mary, Health of the Sick, pray for us.

(By Jose F. Cardinal Advincula, Archbishop of Manila)

My Weekly Gospel Reflection for Grades 1-3

MY NAME IS _____ MY GRADE IS _____ SSPJ SCHOOL _____

Please bring this to mass with you next weekend.



My Weekly Gospel Reflection for Grades 4-6

MY NAME IS _____ MY GRADE IS _____ SSPJ SCHOOL _____

Please bring this to mass with you next weekend.

What stood out most to you in the First or Second Reading? (ie: Did you learn something new? What surprised you, shocked you, made you happy, or brought you peace?)

What are you doing this lent to prepare for Easter? (ie: What are the specific actions you are taking to have a more meaningful Lenten Season that leads to a deeper relationship with God.)

Empowered with the love of God in the Eucharist, what can you do this week to put the message of the readings into action? (ie: How will you bring Christ to the world today? What will you do to show God's love to others?)

My Weekly Gospel Reflection for Grades 7-8

MY NAME IS _____ MY GRADE IS _____ SSPJ SCHOOL _____

Please bring this to mass with you next weekend.

What stood out most to you in the Gospel? (ie: Did you learn something new? What surprised you, shocked you, made you happy, or brought you peace?)

What are you doing this lent to prepare for Easter? (ie: What are the specific actions you are taking to have a more meaningful Lenten Season that leads to a deeper relationship with God.)

Empowered with the love of God in the Eucharist, what can you do this week to put the message of the readings into action? (ie: How will you bring Christ to the world today? What will you do to show God's love to others?)

Gospel Reflection

Second Sunday of Lent - Year C

March 16, 2025

Gospel - Luke 9: 28b-36

A reading from the holy Gospel according to Luke

Jesus took Peter, John, and James and went up the mountain to pray.
While he was praying his face changed in appearance
and his clothing became dazzling white.
And behold, two men were conversing with him, Moses and Elijah,
who appeared in glory and spoke of his exodus
that he was going to accomplish in Jerusalem.
Peter and his companions had been overcome by sleep,
but becoming fully awake,
they saw his glory and the two men standing with him.
As they were about to part from him, Peter said to Jesus,
"Master, it is good that we are here;
let us make three tents,
one for you, one for Moses, and one for Elijah."
But he did not know what he was saying.
While he was still speaking,
a cloud came and cast a shadow over them,
and they became frightened when they entered the cloud.
Then from the cloud came a voice that said,
"This is my chosen Son; listen to him."
After the voice had spoken, Jesus was found alone.
They fell silent and did not at that time tell anyone what they had seen.

The Gospel of the Lord.

Gospel Reflection Process

- ♦ **Pray** a simple prayer to the Holy Spirit: "Speak, Lord, your servant is listening."
- ♦ **Read** the passage slowly. As you listen, ask in silence, "Lord, what are you saying to me in this passage?"
- ♦ **Listen** for a word or phrase that calls your attention or touches your heart.
- ♦ **Think** of a brief story or experience of how the word or phrase connects to your life.
- ♦ **Ask** in silence, "Lord, what do you want me to do?" Share what Jesus is inviting you to do.