

## Septuagesima Sunday

### Niedziela Siedemdziesiątnica

February 12, 2017

Rite: Pew Missal, page 63, Canon, page 82.

First reading: Sirach 15:15-20

Psalm: Ps 119:1-2,4-5,17-18,33-34

**R. Blessed are they who follow the law of the Lord!**

Epistle: 1 Corinthians 2:6-10

Gospel: Matthew 5:17-37

Intention: 9:30am for śp. Louise James and 11:30am for śp. Reginald Harrell

Celebrant: 9:30am and 11:30am Rev. James Konicki.

Lector: 9:30am Derek Westcott, 11:30am Claudia Bertasso

- Matins at 9:20am. Holy Mass at 9:30am (Contemporary Rite).
- Coffee Hours, SOCL/Confirmation/First Communion Classes
- Holy Mass at 11:30am (Contemporary Rite).

## Sexagesima Sunday

### Niedziela Sześćdziesiątnicy

February 19, 2017

Rite: Pew Missal, page 63, Canon, page 82.

First reading: Leviticus 19:1-2,17-18

Psalm: Ps 103:1-4,8,10,12-13

**R. The Lord is kind and merciful.**

Epistle: 1 Corinthians 3:16-23

Gospel: Matthew 5:38-48

Intention: 9:30am for all parishioners.

Celebrant: 9:30am and 11:30am Rev. James Konicki.

Lector: 9:30am Larry Panfil, 11:30am Claudia Bertasso

- Matins at 9:20am. Holy Mass at 9:30am (Contemporary Rite).
- Coffee Hours, SOCL/Confirmation/First Communion Classes
- Holy Mass at 11:30am (Contemporary Rite).

*Stand in the footsteps of a conquering Christ, that we may not again be incautiously turned back into the nets of death, but, foreseeing our danger, may possess the immortality that we have received. But how can we possess immortality, unless we keep those commands of Christ whereby death is driven out and overcome, when He Himself warns us, and says, 'If you will enter into life, keep the commandments?' And again: 'If you do the things that I command you, henceforth I call you not servants, but friends.'*

*Finally, these persons He calls strong and steadfast; these He declares to be founded in robust security upon the rock, established with immovable and unshaken firmness, in opposition to all the tempests and hurricanes of the world. – St. Cyprian of Carthage*

**Sick Calls and Hospital Visits** – Please know that hospitals will not advise parishes when an individual is admitted. Confidentiality regulations prevent them from doing so. If someone is admitted please let Father Jim know so he might visit, pray with, anoint, and bring Jesus' healing presence to them. Call Fr. Jim at 518-522-0944. You may also call Fr. Mark Gnidzinski at 518-453-2258

## Contact

Holy Name of Jesus

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Schenectady, New York 12303-1846

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In an emergency: Fr. James Konicki at 518-522-0944 or 518-765-2134

On the Web: [www.holynamencc.org](http://www.holynamencc.org)



## Upcoming...

- **February 12: Septuagesima Sunday.** Holy Mass at 9:30 and 11:30am.
- **February 14: Commemoration of St. Valentine.**
- **February 16: 64<sup>th</sup> Anniversary of the Death of śp. Bishop Francis Hodur.**
- **February 19: Sexagesima Sunday.** Holy Mass at 9:30 and 11:30am.
- **February 20: President's Day, Holy Mass for Healing at 6:15pm.**
- **February 24: Feast – St. Matthias, Apostle.**
- **February 26: Quinquagesima Sunday.** Holy Mass at 9:30 and 11:30am.
- **February 28: Last day for Epiphany Home Blessings.**
- **March 1: Ash Wednesday.** Holy Mass with Blessing and Distribution of Ashes at 7pm.
- **March 3: Stations of the Cross, 7pm.**
- **March 5: First Sunday of Lent, Holy Mass at 11:30am ONLY.**

We invite all who believe in the true presence of Christ in the Holy Eucharist to partake. It is our practice to distribute the Holy Eucharist by intinction. The Body and Blood of Christ are placed on the tongue, never in the hand.

Stretch out.

*If you choose you can keep the commandments, they will save you; if you trust in God, you too shall live; He has set before you fire and water to whichever you choose, stretch forth your hand.*

Health and exercise experts advise us to stretch before exercising – in other words to prepare before doing.

The benefits of stretching include increased flexibility, range of motion and injury prevention. Websites and exercise books list myriad benefits derived from stretching including: Stretching encourages an optimistic outlook; Improves our posture; Enables flexibility; Increases stamina; Decreases the risk of injury; Gives us more energy; Promotes blood circulation; Improves performance; Reduced soreness; and Reduces cholesterol.

Today we enter the Pre-Lenten season of preparation – a time for stretching. The Church asks us to

prepare ourselves for the Lenten journey so that our Lenten workout will pay off.

Athletes would attest that failure to stretch before getting into the game will almost certainly result in injury. So it is with our Lenten journey. Will we go into Lent without having prepared? Will we wonder somewhere around the fourth Sunday in Lent – Am I getting anything out of this? Has my prayer life, charity, evangelization, sacrifice, repentance, or forgiveness increased or am I in the same place I was on January 1st? Have I improved?

Stretching for God results in the same good that athletes get. Our outlook becomes more optimistic because we get a better picture of God’s mercy. We see the beauty of what He has done for us, of His promise, much more clearly and we become joyful in that knowledge. Our spiritual posture improves – we begin to carry ourselves as people of faith in all that we do.

We become more flexible – not in terms of accepting sin or saying that it is ok, acceptable, allowable, or a choice – but in removing judgmentalism and replacing it with compassion. Our spiritual stamina increases – we can pray, read scripture, and do good works longer and without distraction. Best of all, our preparation, our stretching decreases the risk of self-injury. We learn to turn away from sin, to stop harming ourselves and others by our sinful action or inaction, by our words or by our failure to speak God’s truth.

Will our blood pressure and cholesterol improve this Lent? While scientific studies differ on the benefits of spiritual practice, we do know that if we sacrifice and avoid temptation then our spiritual and physical health will improve.

Sirach reminds us that by stretching out to God we will be saved. Now is the time to renew our stretching out to salvation.

“Strive to enter through the narrow door. For many, I tell you, will seek to enter and will not be able.”

Luke 13:24

Time to Study God’s Word

SUNDAY: Philippians 4:8  
MONDAY: Colossians 3:23-24  
TUESDAY: Romans 15:14  
WEDNESDAY: Philippians 3:8  
THURSDAY 2 Corinthians 7:1  
FRIDAY: 2 Corinthians 4:7  
SATURDAY: Romans 5:1-5

Pray

Lord, grant that I may ever strive for you and Your kingdom.

Annual Meeting Thank You

Thank you to all who attended our annual meeting and breakfast last week. Thank you to Stephanie, Bob, and Joanne for preparing the breakfast; to Alyssa and Kyle for guiding youth activities; and congratulations to our newly elected Parish Committee, delegates, and jurors.

SouperBowl Sunday Thank You

Our annual SuperBowl of caring raised \$91 which is being donated to Schenectady City Inner Ministries. Thank you for your generous gifts for those in need in our local community. Over 16 years our parish has raised \$1,900, 129 food items, and 334 lbs. of food.

Church Journeys Here Next Week

Donna Hanson Munafo had a vision several years ago to visit a different “church” each Sunday morning and then share her experiences. After each visit she will posts her impressions and thoughts to her website at [www.churchjourneyblog.com](http://www.churchjourneyblog.com). Donna’s passion and purpose is to edify and encourage area churches, help bring unity to the Body of Christ and also give insight to those who have never been to a particular “church”.

Donna will be visiting our parish on February 19th for 9:30am Holy Mass. Please be sure to be there to meet this wonderful woman of faith.

Pre-Lent Begins Today

today we begin the brief transitional season of Pre-Lent. This three-Sunday season allows us to move from the joys of the Christmas/Epiphany Season to the solemn tones of Great Lent. The season serves as our remote preparations for Holy Week and Easter. During Pre-Lent, the church begins to take on a more reserved appearance. Accordingly, we can no longer have flowers adorning the Sanctuary.

Hospice Volunteers

Community Hospice is looking for compassionate and friendly people who have positive attitudes and are good listeners to be volunteers. A multi-day training session begins in March and pre-registration is required. If you are interested, please contact Robin Carlson at 518-470-1458 or by E-mail at [rcarlson@communityhospice.org](mailto:rcarlson@communityhospice.org) to request an application.

Remembering Bishop Hodur

On February 16, 1953 our first Prime Bishop, the Most Rev. Francis Hodur died in Scranton, Pennsylvania at the age of 86. He served our church as our first priest and first bishop for nearly 56 of those years. On the anniversary of his death let us offer up prayers – That the Holy Church he helped to organize witness strongly before the world and draw many to Jesus; That the Church be blessed with many vocations to the priesthood and diaconate; That it be protected from every evil; and That we honor his memory and witness, not by making him the answer to every question, but by living his charism of welcome and confidence in Christ.

Of note...

--- Invite friends and family to greet the Lord with you. ---

Praying for...

Jasmine Russo, Laura Covari, Alice and George Houser, Angela Kaminski, Ed Jakubiak, Rick Kaminski, Mariea Chase, Nickole Mook, Joseph Peplowski, Kelly Noble, Stefan Węgliński, Robert Dominy, Claudia Bertasso, John Clas, Bishop Stanley, Brian Soos, Frances Myslinski, Virginia Lamb, Virginia Rogers, Curtis Szczepkowski, Derek Westcott, Dolores Konicki, Pastor Tom Kendall, Joshua Moraski, Sue & Roger White, Chris Tatlock, Ceil & Eddie Gibbons, Helen Pasiak, Jessie Feathers-Ostrowski, Lucas Taylor, Joanne Bauer, Shirley Greene, Madison Sheridan, Eddie Stover, Karen & Jacob, Sean and Jessie Wilcox, Snyder Family, Amber Tatlock, Kathleen Hietala, Vicky Stover, Joe Barratiere, Tom Abbot, Dennis, Donnie Wright, Fr. Ray Drada, Karen Kisch, Joe Emmanuel, Gregory Henderson, Muse En Lystrala, Vince Cacamo, Theresa Ordon, Robert Baia, Michelle Zawistowski, Faith, Adam, Allyson Keyser, Richard and Suzette Place, Amanda Carr, Tyler Hoffman, the Hoffman Family, Daniel Diianne, Warren Tatlock, Susan Jones, Vincenzo Diianne, Cassandra Wade, All in need of God’s healing grace.

- All those who serve in the Armed Forces of the United States esp. Michael Angehr, Mark Collins, Pattric Jones.
- All those in Public Service, Police Officers and Fire Fighters.
- All Active and Retired Clergy of the Holy Polish National Catholic Church.
- All Students and Teachers at Mont Pleasant Middle School
- The residents and staff of City Mission of Schenectady
- All who have asked for our prayers.

We continue in prayer and intercession for one of the parishes or ministries in the Polish National Catholic Church. This week we remember and pray for the clergy and people of St. Joseph’s Mission, Libau, Manitoba. Rev. Tadeusz Czelen.

Bless them, O Lord! Pobłogosław im, O Boże!

Coffee Hour: Thank you to all who assist with this ministry of hospitality. Please volunteer to help.

Parish Organizations: Did you know that our Parish has many organizations that need you? The YMSofR - Men’s Society of the Resurrection Branch 56, ANS – Women’s Adoration Society, Choir, Parish Committee, and a hopefully reconstituted branch of the PNU (Spójnia) all need your help. Help is always needed for SOCL especially in instructing and encouraging our youth. Please see Fr. Jim.