

HOLY NAME OF JESUS
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NEWSLETTER

MARCH

2020

AND HE FASTED FORTY DAYS AND FORTY NIGHTS

It seems most of Lent is spent singing about the forty days and nights Jesus fasted and prayed in the desert. "Forty Days and Forty Nights," "Lord, Who Throughout These Forty Days," and "The Glory of These Forty Days." There's probably others too, buried deep in hymn books. Forty days and nights, two hundred and forty hours. 14,400 minutes.

If you surf the web (not many people do that anymore, especially the young), a visit to a website of two to three minutes is considered a huge victory for the site operator/owner. That two to three minutes of attention time is like gold.

An average person who uses social media like Facebook spends 2 hours and 23 minutes per day doing so. Thirty-seven percent of users say they do it to fill up their spare time.

Let's do some math. There are 7.8 billion people in the world. 45 percent of them use social media, that's 3.5 billion people. Of those, 37% say they spend 2 hours and 23 minutes per day filling up spare

time. That's a little under 1.3 billion people spending 3.2 billion hours per day for kicks.

Let's say we, the approximately 200 people who get this newsletter, spend about two and a half hours per day for forty days just doing something sacrificial. That is a contribution of 20,000 hours for good. That is 83 times the number of hours Jesus fasted and prayed. Consider the impact!

The impact of this time is first and foremost for us, that we may be fortified in our faith, that we be made strong to reject sin, strong to say no to the seemingly easy way which only leads to death. It is then for those near to us, that our prayer may fortify them to withstand the challenges they face.

We can have fun with math, but the more important answer is beyond math. It is found in our seeking the Lord's way. There is not a moment of these forty days to loose. There is not a fraction of a billionth of a second to waste, for with You Lord we long to fast and pray.

Our Lenten Journey Toward Holy Week



We began our Lenten journey on February 26th, Ash Wednesday, with Holy Mass at 7pm. Each Friday we gather to observe the

sacred tradition of Stations of the Cross at 7pm. This helps us better understand the loving devotion Jesus had for us, to the point where He gives up His life for us. Walk with Him today so that we may rejoice with Him on the last day.

Lent is time devoted to repentance, a turning away from the ways, events, and situations that are harmful to us. This Lent we will focus on the seven deadly sins and their antidote, the seven contrary virtues.

Let us enter Lent mindfully with prayer (Holy Mass, Stations, private prayer, bible reading, and our Lenten retreat), sacrifice (fasting), penance

(recollection of and turning away from sinful behaviors), and charity (Lenten directed giving).

We ask you to participate in our annual directed giving campaign as an act of charity and almsgiving to offer up food and other things needful for those in our local community.

Passiontide does not begin until March 29th and Holy Week begins with Palm Sunday on April 5th.

Please be attentive to our schedule and join us. There is truly no greater experience than deep contemplation and sacrifice leading to the ultimate joy of Easter.

Lenten Retreat



Our Seniorate's Annual Lenten Retreat will be held Saturday, March 7th at Holy Cross Parish, 3690 Armstrong Rd., Syracuse (Lakeland), NY Lenten Retreat day. The retreat will start 10am with the reflective conference and penitential service. Holy Mass will be at 11am. The parish is providing food so

please let Fr. Jim know by March 1st if you are going so adequate provision may be made. There will be a very brief Seniorate Meeting following lunch.

Join us for everything Easter

We so look forward to seeing you for Passiontide (the remainder of Lent starting on March 29th) as we join together in fellowship to pray, sacrifice, fast, increase our charity, and forgive.

April 5th is Palm Sunday marking the start of Holy Week. See our Holy Week schedule in this Newsletter. We reach the high point of the year's joy on Easter Sunday, April 12th with our Solemn Resurrection Holy Mass at 8am.

Walk with Jesus in the days and weeks leading up to Easter so as to rejoice with Him in His resurrection.

Please Help - Basket Social - Date TBD



It is time to get ready for our annual basket social. The date is currently under discussion due to renovations

at the Rotterdam Senior Center. We really need your help to make this year's Social a success. Can you donate a basket, or two, or three?

They don't have to be huge - anything will do. Through your love and charity we are able to touch the lives of others and maintain a vibrant faith community. Need ideas - check out Pinterest: <http://pinterest.com/cmk1953/basket-party-ideas/>

Outrageous Valentine's Raffle Winners!!!

As of this writing, all winning tickets have not been pulled. Congratulations to all who have won in our Outrageous Valentine's Raffle so far.

Thank you to those who re-donated their winnings as a special blessing. We have raised necessary funds for our youth programs. Winners will be published in full in next month's newsletter.

Our Annual Financial Meeting - March 1st

Our annual financial meeting will be held on Sunday, March 1st. There will be one Holy Mass that day at 10am. Breakfast will be served. Please attend and help decide on our financial future.

BLACK HISTORY MONTH RETROSPECTIVE OF BLACK GOSPEL MUSIC

On Leap Day, February 29th, we honored and celebrated Black History Month with a return of the Black Diamond Performance Group to Holy Name of Jesus. The evening was enjoyed by so many who took in the rich history of Black Gospel Music. We thank all the performers and all who joined in, donating canned goods for local charities. A potluck dinner was shared following the performance.

Decennial Census & Tax Season

The decennial census of the United States is coming up. Please be sure to be counted.

The IRS will begin accepting tax returns on January 27th. The IRS offers free online tax prep options for those who make less than \$69,000 per year. Details at www.IRS.gov/FreeFile.

Milestones to Celebrate:

Birthdays

9 Rebecca Kopec, Marianna Zemken
13 Christopher Maliszewski
14 Paul Zebrowski Sr., Deborah Kusek
16 Steven James
18 Justyne Rios
19 Justin Smith, Stanley Podkulski, Danielle DeMidio

21 Susie Spooner, Gary Podbielski, Matthew Zembrzusi
23 Erin Pross
24 Amber Houser
26 Elizabeth Battaglia, Nylyse Rios, Sarah Limmer
27 Skyler Dee
28 Frances Pawlowski, Lilianna Kalnaus
30 Susan Malinowski

Wishing you all many years!

Thank you, Merci, Dziękuję, Āčiū, Gracias, Mahalo, Grazie!

To all who attended our annual meeting. To Kelly Supinski and Kyle and Alyssa for a great breakfast. To all who ran for office and were elected. You honor the sacrifice of our ancestors who built this democratic model of Church and keep their hope alive by your participation.

Thank you for your Souper Bowl Sunday generosity. \$110 was collected and donated locally.

Thank you to our wonderful altar servers, our organist and choir director Liz Battaglia, and to all who assist in the ministry of hospitality.

To every parishioner, visitor, and member -- you are a blessing and a treasure. Thank you!!!

YMSofR Clothing Drive Wins!



This winter's clothing drive organized by the Young Men's Society of the Resurrection, Branch

56 collected over 1,200 items of clothing for those in need in our community. Clothes were distributed to Bridge Church, City Mission of Schenectady, Vet House for Women, Vet House for Men, Bethesda House, Booth House, and Van Curler Elementary School.

The drive was also a friendly competition between YMSofR Branches nationwide. Our team collected the most clothes and as such won \$200. The money will be used to hold a parish fellowship event. Feel free to share your ideas for this event.

THANK YOU to all who gave so generously and worked so hard!

Year of Discipleship - March Focus

Saint examples: Martha And Mary Of Bethany.

Themes: Prayerfulness, Service.

Scripture: Luke 10:38-42; John 11:1-45

Reflection Question: Martha and Mary together give us a balanced model of the aspects of our discipleship. Do we have this same balance of prayer and service in our daily life? What can we do to achieve it?

Epiphany Visitation

Blessed chalk and incense were made available and many

welcomed Fr. Jim to visit their homes and bless them. Thank you for your wonderful generosity and kindness.

Directed Giving for Lent:

1st Week of Lent, Mar. 1-7, FEELING FRUITY Canned Peaches, Pears, Fruit Cocktail, Pineapple or Applesauce, 100% Juice in Cans.

2nd Week of Lent, Mar. 8-14, VEGGIE MANIA Canned Corn, Canned Peas, Canned Beans, Canned Potatoes, Canned Sweet Potatoes.

3rd Week of Lent, Mar. 15-21, DINNER IS SERVED Canned Beef Stew, Canned Pork and Beans, Instant Potatoes/Stuffing Mix, Macaroni and Cheese, Spaghetti or other Pasta, Canned Spaghetti Sauce.

4th Week of Lent, Mar. 22-Mar. 28, SCHOOL NEEDS Pencils and Pens, Folders and Notebooks, Crayons, Tape and Elmer's Glue.

Passion Week, Mar. 29-Apr. 4, BABY MAKES THREE Disposable Diapers, Baby Wipes, Liquid Formula, Jars of Baby Food.

Holy Week, Apr. 5-11, SPECIAL NEEDS DIET Low Sodium Soups, Canned Fruit in Juice (not in syrup), Canned Tuna in Water, Low Sodium Crackers, Organic Applesauce.

REMEMBERING OUR SISTERS IN CHRIST



During February we held a special Memorial Requiem Holy Mass on

Saturday, February 22nd for our sister *sp.* Marilyn Hietala. It was wonderfully attended and a true tribute to a generous and very kind friend and benefactor. Also during February, our dear sister in Christ, *sp.* Jeanmarie Vollmer went home to the Lord. Eternal rest grant unto them O lord and may the perpetual light shine upon them. May their memories be eternal!

How to Starve Your Fear and Feed Your Faith

By Chip Ingram

What is the greatest fear you're facing right now?

What gets your stomach in knots? When you're driving in your car and everything is quiet and your mind drifts, what makes your heart rate increase and you suddenly realize you're afraid?

For some of us, it's the fear of losing our health or losing our job. For others, it's the fear of never getting married, or the fear that our marriage won't get any better. Or maybe it's the fear that one of our kids or grandkids will get into a car accident.

It's significant to note that the most common command God gives to His people in the Old and New Testament is, "Fear not." and "Be not afraid." This command is usually followed by the declaration, "For I am with you."

God doesn't want us to be afraid, despite our circumstances.

So, how do we experience His power and calming presence in the midst of life's fear-inducing storms?

In order to discover this, we need to understand how God has made and wired our mind and our emotions, and how they work together.

What we allow in our minds either creates or feeds our fears.

Despite living in a world that was filled with such uncertainty, violence, and injustice, the Apostle Paul was able to experience the peace of God. Then He instructed the church in Philippi how they could have peace in the midst of their fears, too. He said,

"Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything is worthy of praise, let your mind dwell on these things. (Philippians 4:8)

In other words, what we put into our minds matters!

Some of us are feeding our fears instead of starving them. Instead, we need to be starving our fears and feeding our faith.

We are what we eat psychologically. Here's where science and Scripture are in alignment.

We are the product of our thought life.

Who we are today is the product of our past thinking of what we thought was true, our focus, and our decisions. Proverbs 23:7 says, "for as he thinks within himself, so he is..."

What we allow into our minds is the most important decision we make each and every day.

What we think about, what we watch, what we listen to – it all matters. Even the conversations we have with others. What we allow into our eyes and ears that seeps down into our soul is the most important decision we'll ever make each and every day.

Our emotions flow from our thoughts.

Most of us make lots of decisions based on our emotions. But our emotions follow our thoughts. In a book called "The 4:8 Principle" by Tommy Newberry, he lists some things that we tend to unconsciously tell ourselves that

produce negative emotions like anxiety, hopelessness, and fear.

We tell ourselves things like: "I'll never be happy again. This probably won't work... If I had more money it wouldn't matter, I would just probably worry about it... I don't have what it takes... This always happens to me... I'm not worthy... I'm just not very creative... I have to just accept my limitations... I never say the right thing." And on and on...

Instead, we need to declare what's true.

We should be telling ourselves things like: "I am the son/daughter of the Living God. I have an inheritance from Him. God has already reserved a place for me in heaven. He has deposited spiritual gifts in my life. I have His peace living in my heart. He has blessed me with this, this, and this..."

Want to overcome your fear? Then, let's focus on what is true.

Planning For:

Holy Mass each Sunday at 9:30am and 11:30am unless otherwise noted.

- Mar. 1: 1st Sunday of Lent. **Holy Mass at 10am ONLY. Annual Budget Meeting follows.**
- Mar. 4: Commemoration of St. Casimir.
- Mar. 6: Stations of the Cross at

7pm.

- Mar. 8: Solemnity, Institution of the PNCC. Daylight Savings Time Begins.
- Mar. 13: Stations of the Cross at 7pm.
- Mar. 15: 3rd Sunday of Lent.
- Mar. 16: Holy Mass for Healing, 6:15pm. Parish Committee Meeting follows.
- Mar. 19: Solemnity - St. Joseph, Spouse of the B.V.M.
- Mar. 20: Stations of the Cross at 7pm.
- Mar. 22: 4th Sunday of Lent.
- Mar. 25: Solemnity - Annunciation of the B.V.M.
- Mar. 27-29: Mission and Evangelism Conference, Temperance, MI.
- Mar27: Stations of the Cross at 7pm.

Passiontide Begins

- Mar. 29: Passion Sunday.
- Apr. 1: Anniversary - Birth of Bishop Francis Hodur (1866).
- Apr. 3: Stations of the Cross at 7pm.

Holy Week Begins

- Apr. 5: Palm Sunday.
- Apr. 7: Holy Tuesday. Clergy Conference. Holy Mass of Chrism (Cathedral in Scranton).

- Apr. 9: Maundy Thursday, Holy Mass, Procession, Stripping of the Altars, 7pm.
- Apr. 10: Good Friday, Cross Walk at 11:30am, Bitter Lamentations at 3pm, Liturgy of the Presanctified and Opening of the Tomb at 7pm.
- Apr. 11: Holy Saturday, Liturgy of New Fire, Renewal of Baptismal Promises, Blessing of Easter Baskets, 4pm.
- Apr. 21: **Easter**/Solemnity of the Resurrection/Easter, Holy Mass at 8am and 10am.

Summer Events - Start Planning

75th Annual YMS of R Bowling Tournament in Buffalo, NY- May 29th and 30th.

Bishop Stanley Bilinski Memorial Men's Spiritual Retreat – June 18th through 20th at Waymart, PA.









Kurs Encampment July 4th to-11th with Independence Day Holy Mass at 11am celebrated by Most Rev. Dr. Anthony Mikovsky. 4th of July Picnic follows Holy Mass, Waymart, PA.

Convo 2020 at Mercyhurst University, Erie, PA July 20th to 24th.

6th Annual YMS of R Golf Tournament -Saturday August 15th at Panorama Golf Course, Forest City, PA.

March

2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 1st Sunday of Lent. Holy Mass at 10am ONLY . Lector: Lector: Lauren DeBlois. Breakfast and Annual Budget Meeting.	2	3	4  Commemoration of St. Casimir.	5	6  Stations of the Cross at 7pm	7
8 Solemnity of the Institution. Holy Mass at 9:30 and 11:30am. Lectors: Larry Panfil and Claudia Bertasso. REMINDER: Day Light Savings Starts.	9	10	11 	12	13  Stations of the Cross at 7pm	14
15 3rd Sunday of Lent. Holy Mass at 9:30 and 11:30am. Lectors: Joe Kaczynski and Claudia Bertasso.	16 Holy Mass for Healing with Anointing at 6:15pm. Parish Committee Meets	17 Commemoration – St. Patrick of Ireland.	18 	19 Solemnity – St. Joseph, Spouse of the B.V.M.	20  Stations of the Cross at 7pm	21
22 4th Sunday of Lent. Holy Mass at 9:30 and 11:30am. Lectors: Lauren DeBlois and Claudia Bertasso	23	24 St. Gabriel, Archangel	25  Solemnity – Annunciation of the B.V.M.	26	27  Stations of the Cross at 7pm Mission and Evangelism Workshop, Temperance, MI	28 Mission and Evangelism Workshop, Temperance, MI
29 Passion Sunday. Holy Mass at 9:30 and 11:30am. Lectors: Larry Panfil and Claudia Bertasso	30	31				

Holy Name of Jesus
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