

## SIXTH SUNDAY IN ORDINARY TIME

I turn to you, Lord, in time of trouble, and  
you fill me with the joy of salvation.

February 11, 2018



A leper came to Jesus and kneeling down begged him and said, "If you wish, you can make me clean." Moved with pity, he stretched out his hand, touched him, and said to him, "I do will it. Be made clean." *Mark 1:40-41*

### ANNOUNCED MASSES

If you wish to bring up the gifts for a Mass being said for your loved one(s), please see the Usher before Mass.

#### Vigil (Sunday) Mass – February 10

5:00 PM Joan Lahey

#### Sunday, February 11 – Sixth Sunday in Ordinary Time

8:30 AM Richard Mazzuca

10:15 AM *St. Joseph's* – The D'Arco Family and the Pecorelli Family

12:00 PM Betty Hynes

#### Monday, February 12 – Weekday

8:15 AM Charlie Speight – 7th Anniversary

#### Tuesday, February 13 – Weekday

8:15 AM Barbara Ann Murphy and all the People of the Parish

#### Wednesday, February 14 – Ash Wednesday

##### Day of Fast and Abstinence

8:15 AM Edward J. Cretelli

3:45 PM Prayer Service

7:00 PM All the People of the Parish

#### Thursday, February 15 – Thursday after Ash

##### Wednesday

8:15 AM Deborah Phillips

#### Friday, February 16 – Friday after Ash Wednesday

##### Day of Abstinence

8:15 AM Betty Hynes

7:30 PM Stations of the Cross

#### Saturday, February 17 – The Seven Holy Founders of the Servite Order

8:15 AM Jacqueline Davoren

#### Vigil (Sunday) Mass – February 17

5:00 PM Patricia Hinch

#### Sunday, February 18 – First Sunday of Lent

8:30 AM Peter and Gladys Junjulas

10:15 AM *St. Joseph's* – All the People of the Parish

12:00 PM Deborah Bozsik

## MEMORIALS

The **Sanctuary Candle** this week is burning in loving memory of Theresa and Anthony A. Immorlica, Sr. donated by Peter and Teresa Hardin. The candle will burn from February 11th through February 17th.

## CHOIR REHEARSALS

Adult Choir rehearsals are held on Wednesday evenings at 7:30 pm in the choir loft. New members are welcome at all weekend Masses. If you would like to sing, please come to a rehearsal or call Jeffrey V. Lutz at 228-5612.

## PLEASE PRAY

For the sick and suffering, especially

Lucy Abbatine	Todd Morris
Kelsey Berger	Joseph Nowakowski
Lucas Boesch	Brian O'Keeffe
Electra Bokanoski	Inelda O'Keeffe
Nicole Bokanoski	Luis Padilla
Robert Broughal	Rosario Padilla
The Brusco Family	Neilan Pierce
Kathleen Clements	Vivian Pisanelli
Christopher Hartly	Joan Rosado
Joseph Hoda	Phillip Rossignol
Parker Jane Holloway	Melissa Castro-Santos
Joey Hyatt, Jr.	Miguel Santos
Kaitlyn Jandrucko	Warren Schiele
Dennis Klubnick	Sally Singh
Geoff Lyons	Ralph Torres
Kathleen Manganello	Connie Tuomey
Mary Marion	Chris Ventura
Paula Martino	Frank Volkmann
Merna Mendelson	Lidia Watrud

and for all our dearly departed, especially

Nicholas Budney	Michelle Kempter
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that the fighting among nations cease, that vengeance end and lasting peace begin, and for all of our prayers in our book of petitions.

## MONTH'S MIND

Deborah M. Bozsik – January 12th

Robert S. Galligan – January 15th

Frances M. Walsh – January 11th

*We remember our loved ones who have died one month following their passing on to eternal life.*

## READINGS FOR THIS WEEK

Monday:	Jas 1:1-11; Ps 119:67-68, 71-72, 75-76; Mk 8:11-13
Tuesday:	Jas 1:12-18; Ps 94:12-13a, 14-15, 18-19; Mk 8:14-21
Wednesday:	Jl 2:12-18; Ps 51:3-6ab, 12-14, 17; 2 Cor 5:20 – 6:2; Mt 6:1-6, 16-18
Thursday:	Dt 30:15-20; Ps 1:1-4, 6; Lk 9:22-25
Friday:	Is 58:1-9a; Ps 51:3-6ab, 18-19; Mt 9:14-15
Saturday:	Is 58:9b-14; Ps 86:1-6; Lk 5:27-32
Sunday:	Gn 9:8-15; Ps 25:4-9; 1 Pt 3:18-22; Mk 1:12-15

## WEEKEND OF FEBRUARY 4, 2018

REGULAR WEEKLY COLLECTION – \$7,196

*Thank you for your generosity.*

### MASS ATTENDANCE

	Adults	Children	Total
Saturday, 5:00 pm	68	6	74
Sunday, 8:30 am	83	27	110
St. Joseph's Chapel Sunday, 10:15 am	42	4	46
Sunday, 12:00 pm	102	17	119
<b>Total</b>	<b>295</b>	<b>54</b>	<b>349</b>

### Our Lady of Loretto Parish

#### Mardi Gras Pancake Supper

Sponsored by the Knights of Columbus,  
Loretto Council No. 536

Tuesday, February 13th • 6:00 to 8:00 pm  
(Come anytime during these two hours for dinner.)  
In the Parish Hall

FREE

Pancakes, sausage, bacon, various beverages

Please use the sign up sheet at the back of the church  
so we can have an idea of how many will be attending.

*Come join the Knights as we kick off the Lenten Season!*



### KNIGHTS OF COLUMBUS

Loretto Council #536

#### MARDI GRAS PANCAKE SUPPER

Tuesday • February 13th • 6:00 to 8:00 pm  
See above for details

#### PHILIPSTOWN FOOD PANTRY DELIVERY

Sunday • February 25th

The Knights of Columbus will be collecting food and other items, including diapers, toothbrushes, toothpaste, soap, shampoo, cleaners and paper towels, for the Philipstown Food Pantry the weekend of February 24th and 25th.

Please leave donations in the cry room during that weekend. Thank you for your generosity!

*Grand Knight* – Bob Murphy

To join, email our Membership Director, John Hackney:  
johnhackney@hotmail.com.

Information can also be found at KofC536.com.

## OUR LADY OF LORETTO PARISH RELIGIOUS EDUCATION

"Handing on the Faith"

845-265-3718 ★ ollfaithformation@gmail.com

### CLASSES THIS WEEK

Wednesday, February 14th, 2018

Grade 1 – 3:30 to 4:30 pm

Grades 2 to 5 – 3:30 to 5:00 pm

Grades 6 to 8 – 6:30 to 8:00 pm

**Classes will not be held on Wednesday,  
February 21st.**

### DAY BY DAY AGAPE RETREAT

7:00 pm February 16th through

5:00 pm February 18th, 2018

TEENS: You know that longing in your heart?...You were created with it; that insatiable need to connect?...You were born with it. What exactly is it, and what can you do about it? Come on CYFM's Day By Day Agape Retreat and find out. Real teens giving real talks about real life and real love, supported and assisted by an adult team and Friars. Great music, food and fun social breaks: No matter where you are in your spiritual journey, satisfy your deepest longing. The cost is \$140 per person for materials, meals and lodging. All paperwork and non-refundable \$75 deposit must be received by the registration deadline, February 13th. For information and an application contact CYFM or visit our website: [www.cyfm.org](http://www.cyfm.org) and click on "events".

Capuchin Youth & Family Ministries • P.O. Box 192  
781 Route 9D • Garrison, NY 10524 • (845) 424-3609

Find us on Facebook, Twitter, Instagram and Flocknote:  
CYFMGarrison



### EUCCHARISTIC ADORATION

At Our Lady of Loretto • Every Monday • 7:00-8:00 pm  
Adoration of the Blessed Sacrament remains as it is with individual prayer time, but specific groups are being identified for certain Mondays so they can come together to focus in prayer for a specific intention...

Feb 12 – Married couples of the parish

Feb 19 – Those in single life

Feb 26 – The Respect Life Committee

Mar 5 – The unborn and persecuted Christians

*Lord Jesus Christ, Son of God, have mercy on  
me, a sinner.*

## THE SEASON OF LENT

**Begins this Wednesday, February 14th**

As the season of Lent draws near, it is helpful to recall the discipline of the Church in regard to fast, abstinence, and other forms of penance.

- Ash Wednesday and Good Friday are days of fast and abstinence.
- The Fridays of Lent are days of abstinence.
- The Obligation of Abstinence (refraining from eating meat) begins at the age of 14. Those who are not specifically obliged to abstain from eating meat, are encouraged to do so to the extent they are able.
- The Law of Fasting obliges all between the ages of 18 and 59. When fasting, a person is permitted to eat one full meal. If needed, two smaller meals may also be taken, but together they may not equal a full meal. Eating between meals is not permitted. No one should consider this obligation lightly. Those who are not specifically obliged to fast, are encouraged to do so to the extent they are able.

Those individuals who have a medical condition in which fasting or abstaining may be considered harmful are not obliged to fast or abstain, but should perform some other act of penance or charity. Parents should encourage minors to do acts of penance suitable to their age.

All members of the Christian Faithful are encouraged to do acts of penance and charity beyond what is prescribed by law. And all are encouraged to avail themselves of the sacrament of Reconciliation, since it is a true encounter with the loving, forgiving Savior, who takes away the burden of our sin and is the source of true peace and joy.

### ASH WEDNESDAY

This Wednesday, February 14th is Ash Wednesday which marks the beginning of Lent. Our Ash Wednesday schedule is as follows:

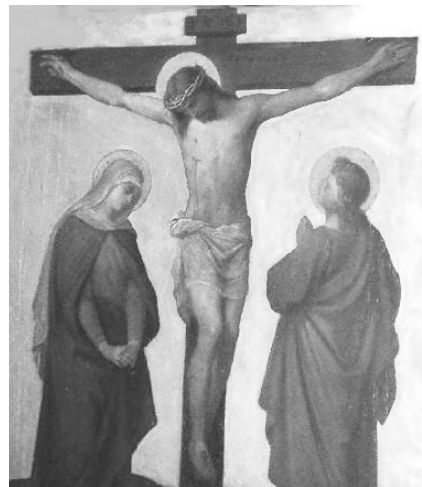
**8:15 am Mass**  
**3:45 pm Prayer Service**  
**7:00 pm Mass**

Ashes will be distributed at both Masses and at the prayer service, all to be held at Our Lady of Loretto Church.

*Why ashes?* On this day the Catholic Church invites us to receive a cross of ashes on our foreheads as a sign that during the coming season of Lent, we will make sincere efforts to cleanse our lives of sin and to discipline ourselves through fasting and prayer. Ashes are not distributed to those under the age of reason (which the Church recognizes as 7 years old), since they have no need of repentance.

*Ashes and the Word of God:* Through the scripture readings on Ash Wednesday, God calls us to turn to him with our whole heart and be faithful to the Gospel again. Received in the light of God's revealing Word, ashes become for us a sign of our desire to turn back to God, a God who is "gracious and merciful, rich in kindness and relenting in punishment." Ashes are reminders of mortality and the fleetingness of life. God's Word reminds us that it is not the death of the body, but rather the death of the soul that is to be feared.

### Stations of the Cross



Fridays during Lent

7:30 pm at Our Lady of Loretto Church

*"Behold Jesus Christ crucified, Who is the only foundation of our hope; He is our Mediator and Advocate; the victim and sacrifice for our sins. He is goodness and patience itself; His mercy is moved by the tears of sinners, and He never refuses pardon and grace to those who ask it with a truly contrite and humbled heart."* – St. Charles Borromeo



**Saint Peter's Basilica • Rome, Italy**

### PILGRIMAGE TO ROME, FATIMA AND LOURDES

Please stop by the Knights of Columbus Pilgrimage to Rome, Fatima and Lourdes Table at the Mardi Gras Fat Tuesday dinner February 13th for brochures on the 11-day trip departing October 7, 2018. A \$50 deposit by April 7th discounts the final cost of \$4,198 by \$50. All included: superior tourist class hotels, round-trip airfare, professional Regina Tours Guide, private air-conditioned motor coach and all breakfasts and dinners.

Contacts: Bob Murphy, Grand Knight (KofC Council #536): 914-588-1956, [acmilestone@gmail.com](mailto:acmilestone@gmail.com) and Ellen Egerter, Travel Consultant, Regina Tours: 914-382-9463, [egerter50@gmail.com](mailto:egerter50@gmail.com).

## 5 WAYS TO REJECT UNHEALTHY ANGER THIS LENT

Sr. Theresa Aletheia Noble – Anger is all around us these days. The emotion of anger in itself is not a bad thing. Thomas Aquinas went so far as to say that not responding to something with anger can be a vice because sometimes reason demands anger at injustice and sin. But anger is a very volatile and dangerous emotion; one that Christians must take great care to direct in a healthy way. Augustine warned that “anger habitually cherished against any one becomes hatred” and “we must watch lest hatred of any one gain a hold upon the heart.” Thomas Aquinas wrote that anger can become a mortal sin if “through the fierceness” of the anger a person “falls away from the love of God and his neighbor.”

Which is why it is disturbing that so many Christians so easily excuse uncharitable displays of wrathful anger by pointing to the example of Jesus overturning tables in the Temple and Nicholas punching Arius at the Council of Nicaea (which may never even happened). In fact, of all the deadly sins, wrath seems to be the sin considered least serious by most Christians (at least judging from social media!).

If you have a tendency to get angry easily, it is necessary to take great care to discern what we allow into our eyes, minds, and hearts. And Lent is a great time to implement practices that lead us away from wrathful anger and toward the peace and charity of Christ. Here are some ways you can leave unhealthy anger behind this Lent:

**1. Don't bathe in other people's rage.** Certain people gravitate to the controversial, and this is okay if it does not lead to sin. But constant divisive attacks on other people or groups are not helpful and do not lead us to sanctity. It's good to keep up with the world, but not through rage-filled people or news sources that purposefully goad us to unhealthy anger. Better to get news from reputable sources, hear about it at the dinner table, or just miss it altogether. We really don't need to know every piece of bad news.

**2. Redirect your anger to reform yourself.** Clement of Rome wrote that righteous anger is when “one is indignant with himself, and accuses himself for those things in which he has erred.” In other words, better to be angry at your own sins! Let your anger at the events in the world be a motivation for you to control what you can control with God's grace, your own behavior.

As Blessed James Alberione, the founder of the Pauline Family once said, “Avoid those who want change to begin from others. True reform begins by saying *mea culpa* (to *acknowledge one's fault*).” Find the people in your life and online who have the humility to say, “*Mea culpa*” instead of pointing fingers.

**3. Fast from social media.** Social media and online activity in general is probably the biggest occasion for unhealthy anger in most of our lives. Take time away from social media this Lent to give yourself more time with God. Fasts from social media are like any fast; they help us to become more moderate in our use. When we return from fasting from social media, we will likely have a clearer mind and do not get as easily sucked into arguments, scandals, and whirlwinds of gossip, nastiness, and negativity.

**4. Do not respond right away.** According to the Book of Proverbs, “Fools immediately show their anger” (12:16). So, when you are angry but feel that you should respond to someone right away online or in person, DON'T. Stop, drop, and pray. According to Ephrem the Syrian, “Virtues are formed by prayer” and “prayer suppresses anger.” In other words, prayer helps us become more patient and work through our anger before it becomes sinful. Better to not say anything at all than to say something you may need to mention in the confessional.

**5. Get to the bottom of your anger.** Perpetually angry people often have unresolved issues that spill out into their everyday lives. For all of us, whether we are naturally gentle or irascible, anger is a response to the immediate but it is often related to something deeper.

Say to Jesus, “I am feeling angry, why?” It is amazing how quickly he responds. Ask Jesus to help you unearth the roots of your anger. Often, when we completely lose our peace over something, there is something else there that God is inviting us to bring to him so he can heal us of our wounds.

This Lent, if we all worked on expressing our anger in healthier ways, our families, our Church, and our world would be a much better place.

## 4 THINGS WE CAN DO TO GIVE UP COMPLAINING THIS LENT

Aleteia.org, Patty Knap

**1. Instead of hyper-focusing on our own problems, we can make ourselves aware of so many around us with bigger issues.** Maybe we can even find some ways to lessen their load, thereby further taking our attention off ourselves.

**2. Ask God's help as we try to master self-control over this area of our life.** God wants us to come to Him with our needs and wants to assist us in seeking Him and becoming more like Him.

**3. Offer up a small sacrifice each time we're about to complain, and choose to keep our mouths shut (or our brains focused elsewhere).** Our little offering can somehow, mysteriously, be used as a prayer for a certain intention, a soul in purgatory, our friend's suffering, a man with cancer, those with addictions, etc.

**4. Replace our petty grievances with gratitude.** We can all find something to be grateful for, right here, right now in the midst of whatever turmoil we find ourselves in. We have so much to be thankful for... whether it be great friends, good health, a beautiful day, a gesture of kindness, our Catholic faith or God's assurance of rewarding us for every effort.

### PHILIPSTOWN COMMUNITY BLOOD DRIVE THANK YOU!

Thank you to all who participated in our blood drive – especially the Haldane student donors. Well Done!

Next blood drive:

Thursday, May 3rd  
at Loretto Parish Hall, Fair St, Cold Spring  
2:00 to 8:00 pm