

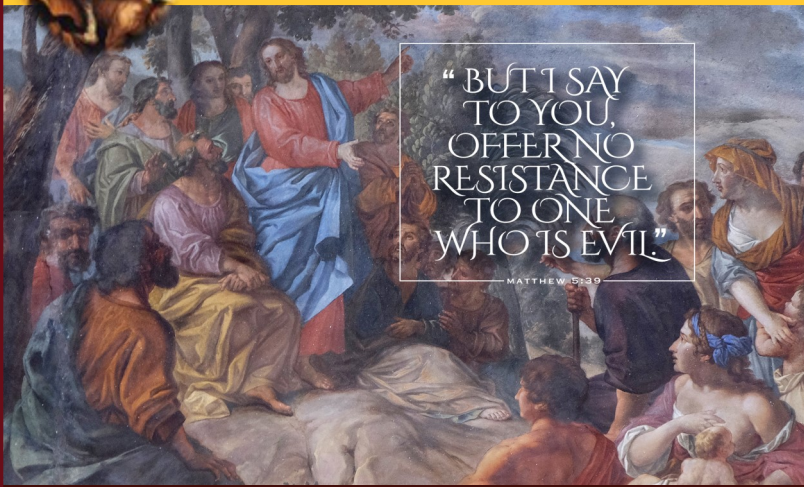


# ST MICHAEL'S PARISH

A DIVERSE SPIRITUAL COMMUNITY IN ACTION

**FEBRUARY 23, 2020**

**SEVENTH SUNDAY IN ORDINARY TIME**



## Pastoral Staff

**Rev. Msgr. Anselm I. Nwaorgu**, *Pastor*  
**Rev. Camilo Lopez**, *Parochial Vicar*  
**Rev. Charles B. McDermott**, *Pastor Emeritus*  
**Deacon Michael Cavallo**, *Permanent Deacon*  
**Mrs. Marilynn Dragone**, *Coordinator of Religious Education*  
**Mr. Philip Matrale**, *Pastoral Associate for Youth Ministry*  
**Mr. Peter Petrecca**, *Music Director*  
**Ms. Fran Engleman**, *9:00 am Choirmaster*  
**Mr. Patrick B. Phillips**, *12:00 Noon Choirmaster*  
**Mrs. Rebekah Scicolone**, *Principal*

**SACRAMENT OF PENANCE** Saturday 1:00 pm - 2:00 pm  
**PASTORAL CARE OF THE SICK**

Notify a priest of all who are hospitalized or home bound

### SACRAMENT OF BAPTISM

Baptisms: 2nd Sunday of the month at 1:30 pm  
 Baptism preparation: 2nd Friday evening at 7:30 pm  
 Call parish office to register (908-688-1232)

**SACRAMENT OF MARRIAGE** Contact a priest at the parish at least no less than eight months prior to booking your wedding date.

### ORDER OF CHRISTIAN INITIATION FOR ADULTS

Adults wishing to join the Catholic Church or who are baptized but have not made their First Communion/Confirmation should please contact the parish office for full information and guidance.

### PARISH RELIGIOUS EDUCATION PROGRAM (CCD)

Pre K-8 religious formation for First Penance and First Communion please call the Parish Religious Education office (908-964-0965).

### YOUTH MINISTRY

A comprehensive youth program for all teens from 9th to 12th grade. Our program prepares teens for Confirmation, promotes growth in Catholic values and morals, provides opportunities for Christian service and offers positive social activities. For further information call the Youth Ministry Office.

### PARISH MEMBERSHIP

All parishioners need to be registered.  
 Please call the Parish Office for registration or information.

## Mission Statement

St. Michael the Archangel Parish is dedicated to growing disciples, drawing people to Christ and making church and worship matter. We do this through our liturgical worship, the proclamation of the Good News, and living out our stewardship of time, talent, and treasure.

## Mass Schedule

### SUNDAY

5:30 pm (Saturday Evening)  
 7:30 am, 9:00 am, 10:30 am, 12:00 Noon

### DAILY

**Monday ► Friday:**

7:00 am, 8:30 am, 12:00 Noon

**Saturday:** 8:30 am

**Holy Days:** Announced in the bulletin

## Address

**1212 Kelly Street, Union, New Jersey 07083**

## Telephones

**Rectory/Parish Center:** 908-688-1232  
**Rectory/Parish Center Fax:** 908-810-1076  
**School:** 908-688-1063  
**Religious Education Office:** 908-964-0965  
**Youth Ministry Office:** 908-686-3762  
**Email:** stmichaelunion@comcast.net  
**Stay Connected:**

[www.stmichaelunion.org](http://www.stmichaelunion.org)

[stmichaelparishunion](https://www.facebook.com/stmichaelparishunion)

[stmichaelunion](https://twitter.com/stmichaelunion)

[stmichaelchurch](https://www.instagram.com/stmichaelchurch)

## Devotions

### EUCCHARISTIC ADORATIONS

Every 1st Sunday and 1st Friday 6:30 pm

### DEVOTION TO OUR BLESSED MOTHER

**UP CLOSE AND PERSONAL**

Wednesdays 7:00 pm - 8:00 pm

### BIBLE STUDY

Tuesdays, 1st, 2nd and 4th 7:00 pm

### BOLD AND CATHOLIC REFLECTION

3rd Saturdays 9:00 am

### ADVENT REFLECTION

Every Saturday of Advent 9:00 am

### LENTEN REFLECTION

Every Friday of Lent 7:00 pm

Every Saturday of Lent 9:00 am

## Wellness Ministry

### Dance & Wellness Classes

Saturdays 9:30 am, Mondays 7:00 pm

## Masses Intentions and Readings

|                  |  |
|------------------|--|
| <b>Saturday</b>  | <b>February 22</b>                                       |
| 5:30 pm          | Emma Melecia (3rd Ann.)                                  |
| <b>Sunday</b>    | <b>February 23</b>                                       |
| 7:30 am          | For the Parishioners                                     |
| 9:00 am          | Frieda Stinson (40th Ann.)                               |
| 10:30 am         | Kathleen McCarrick                                       |
| 12:00 Noon       | Michael DePre  |
| <b>Monday</b>    | <b>February 24</b>                                       |
| 7:00 am          | Novena of Masses   |
| 8:30 am          | Maria Ribero   |
| 12:00 Noon       | Mannelia Caram   |
| <b>Tuesday</b>   | <b>February 25</b>                                       |
| 7:00 am          | Paula Palisi   |
| 8:30 am          | Novena of Masses   |
| 12:00 Noon       | Jose Matthews (16th Ann.)                                |
| <b>Wednesday</b> | <b>February 26 ASH WEDNESDAY</b>                         |
| 7:00 am          | Edward Burnham   |
| 8:30 am          | Fernando & Alicia Arnaldo                                |
| 12:00 Noon       | George Gaydos  |
| 4:00 pm Service  |  |
| 7:00 pm          | Nahil & Jun Villuga (Living)<br>36th Wedding Anniversary |
| <b>Thursday</b>  | <b>February 27</b>                                       |
| 7:00 am          | James Sipe (Living)                                      |
| 8:30 am          | Maria Tavares  |
| 12:00 Noon       | Maria Amador   |
| <b>Friday</b>    | <b>February 28</b>                                       |
| 7:00 am          | Roberto Cadag  |
| 8:30 am          | Roger Boetsch  |
| 12:00 Noon       | Marjorie Joseph (Living) - Birthday                      |
| <b>Saturday</b>  | <b>February 29</b>                                       |
| 8:30 am          | Manuel Fazendeiro  |
| 5:30 pm          | Lydia Jover  |
| <b>Sunday</b>    | <b>March 1</b>   |
| 7:30 am          | For the Parishioners                                     |
| 9:00 am          | Jose Isirio Torres                                       |
| 10:30 am         | Kristen Espeleta (Living) -Thanksgiving                  |
| 12:00 Noon       | Craig Calix (Living)                                     |

### ALTAR OFFERINGS

**The Altar Bread, Altar Wine & Sanctuary Lamp offered for St. Michael's Parishioners.**

## Seventh Sunday in Ordinary Time

### Hymnal # 1110

#### First Reading

Leviticus 19:1-2, 17-18

Be holy, for I, the Lord, your God, am holy.

#### Responsorial Psalm

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

Merciful and gracious is the Lord, slow to anger and abounding in kindness.

#### Second Reading

1 Corinthians 3:16-23

Are you not aware that you are the temple of God, and that the Spirit of God dwells in you?

#### Gospel Reading

Matthew 5:38-48

My command to you is: love your enemies, pray for your persecutors.

## Message From Our Pastor

### THE NEED FOR THE ROSARY

I would like to continue to encourage our parishioners to become devoted to the rosary; to make the rosary part of their daily prayer routine, to become part of our communal Marian Devotion on Wednesdays, and to become beneficiaries of the promises that our Blessed Mother has made with regards to the rosary.

Here are the promises of our Blessed Mother about praying the rosary as revealed to St. Dominic and Blessed Alan de la Roche:

1. Whoever shall faithfully serve me by the recitation of the Rosary, shall receive powerful graces.
2. I promise my special protection and the greatest graces to all those who shall recite the Rosary.
3. The Rosary shall be a powerful armor against hell, it will destroy vice, decrease sin, and defeat heresies.
4. It will cause virtue and good works to flourish; it will obtain for souls the abundant mercy of God; it will withdraw the hearts of people from the love of the world and its vanities, and will lift them to the desire of eternal things. Oh, that souls would sanctify themselves by this means.
5. The soul which recommends itself to me by the recitation of the Rosary, shall not perish.
6. Whoever shall recite the Rosary devoutly, applying Himself to the consideration of its Sacred Mysteries shall never be conquered by misfortune. God will not chastise Him in His justice, he shall not perish by an unprovided death; if he be just, he shall remain in the grace of God, and become worthy of eternal life.
7. Whoever shall have a true devotion for the Rosary shall not die without the Sacraments of the Church.
8. Those who are faithful to recite the Rosary shall have during their life and at their death the light of God and the plentitude of His graces; at the moment of death they shall participate in the merits of the Saints in Paradise.
9. I shall deliver from purgatory those who have been devoted to the Rosary.
10. The faithful children of the Rosary shall merit a high degree of glory in Heaven.
11. You shall obtain all you ask of me by the recitation of the Rosary.
12. All those who propagate the Holy Rosary shall be aided by me in their necessities.
13. I have obtained from my Divine Son that all the advocates of the Rosary shall have for intercessors the entire celestial court during their life and at the hour of death.
14. All who recite the Rosary are my children, and brothers and sisters of my only Son, Jesus Christ.
15. Devotion of my Rosary is a great sign of predestination.

*Msr. Anselm*

## Weekly Calendar & Stewardship of Treasure

|   |   |
|---|---|
| <b>Sunday</b><br>9:00 - 10:00 am<br>10:15-11:00 am<br><b>Eucharistic Preparation Masses</b> | <b>February 23</b><br>RCIA Class, Murphy Room<br>Religious Education<br><b>Mass - Reception of Bible at all</b>               |
| <b>Monday</b><br>8:00 am<br>3:30-4:30 pm<br>7:00 pm   | <b>February 24</b><br>Rosary, Church<br>Religious Education<br>Dance & Wellness, LC   |
| <b>Tuesday</b><br>8:00 am<br>7:00 - 8:15 pm<br>7:30 pm<br>7:00 pm<br>7:00 - 8:30 pm         | <b>February 25</b><br>Rosary, Church<br>Religious Education<br>Contemporary Choir Practice<br>Bible Class, Rectory<br>CYO, LC |
| <b>Ash Wednesday</b><br>7:00 am, 8:30am, 12:00 Noon   | <b>February 26</b><br>Noon, 4:00pm Service, 7:00 pm   |
| <b>No Marian Devotion</b>   |   |
| <b>Thursday</b><br>8:00 am<br>7:30 pm   | <b>February 27</b><br>Rosary, Church<br>Choir Practice, Church  |
| <b>Friday</b><br>8:00 am  | <b>February 28</b><br>Rosary, Church  |
| <b>Saturday</b><br>9:30 am<br>1:00 pm   | <b>February 29</b><br>Dance & Wellness, LC<br>Confession, Church  |
| <b>Sunday</b><br>9:00 - 10:00 am<br>9:00 am<br>10:15-11:00 am                               | <b>March 1</b><br>RCIA Class, Murphy Room<br>Family Mass, Church<br>Religious Education                                       |

### "SOS COLLECTION"

On the first weekend of each month, the first collection is the "SOS" collection. This collection is dedicated specifically for our utility bills and emergency Church repairs.

The next SOS collection is the weekend of March 7 & 8, 2020.

Thank you for blessing our Church.

## Adorations, Devotions & Reflections

### Adoration

**March 6, 2020**

1st **Friday** Eucharistic Adoration  
6:30 pm - 8:00 pm

**March 8, 2020**

1st **Sunday** Eucharistic Adoration  
6:30 pm - 8:00 pm

### Devotions

**March 4, 2020**

4th Wednesday Marian Devotion  
**Our Lady of Guadalupe 7:00 pm - 8:00 pm**

**March 11, 2020**

1st Wednesday Marian Devotion  
**Our Lady of Fatima 7:00 pm - 8:00 pm**

**March 25, 2020**

2nd Wednesday Marian Devotion  
**Our Lady of Perpetual Help 7:00 pm - 8:00 pm**

**April 1, 2020**

3rd Wednesday Marian Devotion  
**Immaculate Heart of Mary 7:00 pm - 8:00 pm**

### Bible Classes

All Bible Classes on Tuesday, February 4, 11, and 25 at the Rectory

### Lenten Reflection

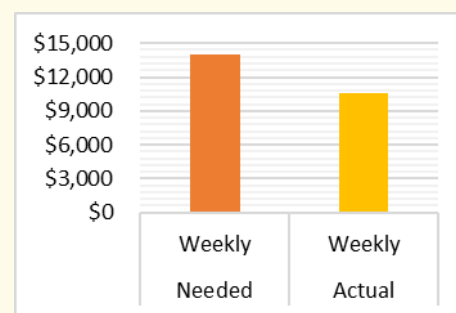
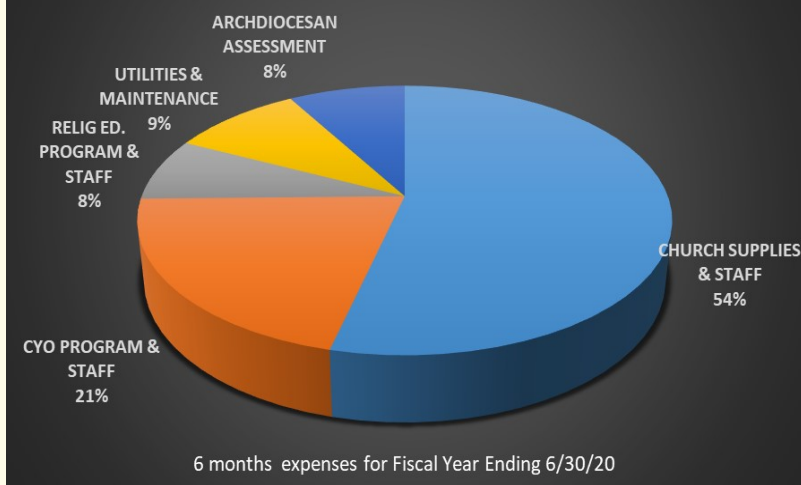
On Saturday during Lent, February 29, March 7, 14, 21, 28, April 4

## STEWARDSHIP OF TREASURE

*Give and gifts will be given to you...the measure with which you measure will in turn be measured out to you. Luke 6:38*

| 2/9/2020         | Needed Weekly | Actual Weekly | Deficit Weekly |
|------------------|---------------|---------------|----------------|
| Collection & SOS | \$13,842      | \$10,629      | (\$3,213)      |

### St. Michael's Church Operating Expenses July 1-December 31, 2019



The Stewardship of Treasure report has been revised to show the collections amount needed weekly to cover the operating expenses of the Church. Currently the Collection & SOS cover about 77% of the operating expenses. The deficit is the amount that the collections need to increase per week to cover the Church operating expenses. Do please in your generosity help us cover this deficit.

**Thank you for your continued generosity!**



**MINISTRY Information****ALTAR SERVERS SCHEDULE**

| Time       | February 22-23<br>7 <sup>th</sup> Sunday in<br>Ordinary Time  | Feb. 29 – March 1<br>1 <sup>st</sup> Sunday of Lent                             |
|------------|---|---|
| 5:30 pm    | Angel Rodriguez<br>Jonathan Rodriguez<br>Morgan Labranche<br>Jerome Fernandez<br>Jianna Fernandez   | Alyssa De la Cruz<br>Alexis Artiga<br>Blanca Salas<br>Mariana Salas<br>Ana Ruiz |
| 7:30 am    | Uguchi Adibemma<br>Uzonna Adibemma  | David Bernot<br>Cherry Vibar<br>Jarlene Estopia                                 |
| 9:00 am    | Jean Felix<br>Alisha James<br>Nathan De Guzman<br>Justin N. Gawel                                   | Megan Felix<br>Aidan Perez<br>Jewelz Massicot<br>Joshua Laube<br>Nicholas Laube |
| 10:30 am   | Johnnuel Magno<br>Nwando Melie<br>Joshua Omoruyi<br>Samuel Ilagan<br>Samuel Nnadi<br>Precious Nnadi | Joshua Estoque<br>Ryenne Ramah<br>Kamsi Emeh<br>Carmella Mendoza<br>Ian Galing  |
| 12:00 noon | Ginika Ozurumba<br>Gabriel Castano<br>David Punzalan  | Lance Fernandez<br>Aimee Cabatu-Panlilio<br>Reginald Mondesir                   |

**MAINTENANCE COMMITTEE**

**The Church is in need of people who can help out in the snow shoveling of the church property during major snow storms.**

**Snow shovelers will be paid an hourly rate.**

**For more information, please contact Tiago at [stmichaelproperty@yahoo.com](mailto:stmichaelproperty@yahoo.com)**

**CYO/YOUTH MINISTRY News**

[cyouunion@aol.com](mailto:cyouunion@aol.com)



We have an AWESOME night planned this Tuesday as our Speech-Giving Seniors step up to the plate and run our CYO meeting. They have a special topic and activity planned for you all so be sure not to miss it!

Soon we will be adding Freshman to our governing Core Team of CYO Officers. Any freshman interested should see Phil. Be sure to sign up for Service!

You can get information on our upcoming Nursing Home Bingo, Quadriplegic Center visit and our day with the disabled Children. ....and remember, every night is a great night to bring a friend to CYO!

**MINISTRY Information****RELIGIOUS EDUCATION OFFICE HOURS**

Hours for the Religious Education Office are Monday through Thursday from 9:00 a.m. until 4:00 p.m. Other hours are available by appointment.

Contact Coordinator: Marilynn Dragone at (908) 964-0965.

We can also be reached via e-mail at [smccd@comcast.net](mailto:smccd@comcast.net)

**FIRST COMMUNION STUDENTS REMINDER:**

Eucharist Preparation Mass #2 is the weekend of February 22<sup>nd</sup> and 23<sup>rd</sup> at all Masses with the exception of the 7:30 a.m. Mass.

**This is a required event.** Children preparing for First Reconciliation and First Eucharist will be called to the altar to receive a bible.

**RICE BOWLS**

Rice Bowls are available in the Church.

Please consider taking one and donating to the missions that help people throughout the world.

**SOCIAL MINISTRY****SR. ANN'S FOOD PANTRY**

Please consider donating some canned or non-perishable food items so we can help feed those in need. Food may be dropped off at the Church or at the Parish Center. Thank you!

**Our next food pantry day is Tuesday February 18,** at the Parish Center located on Orange Avenue from 9:30 am until 1:00 pm.



*"To Teach, To Guide, To Guard"*

St. Michael School is a community of faith within the vibrant and diverse Saint Michael Parish. Our ministry of the Word is the proclamation of the good news of Jesus Christ - a message of hope. Each child is seen as a whole person on a developmental progression with individual differences, but with basically similar learning needs: spiritual, intellectual, social, emotional and physical. Our goal is to educate every child who enters our doors.

St. Michael School registration for September is now open for grades Prek-3, Prek-4 and kindergarten - 8th grade. To schedule an individual tour please contact the principal at [rsicolone@smsunion.org](mailto:rsicolone@smsunion.org) or call (908) 688-1063. Come tour and explore our amazing school!

## MINISTRY Information

### HANDS OF GRACE (HUGS) MINISTRY

We are in need of clothing, sanitary and feeding items for children (**New born to Age 5**) and for mothers. Please call **Tania Massicot** at (973) 420-8659 for a comprehensive list of items needed. All items must be **NEW**.

Please note that donations can also be made online on a one-time or recurring basis, on our website at [www.stmichaelunion.org](http://www.stmichaelunion.org) (Click on the Parish Giving Icon).

**Our next Grace Bags Outreach day is Tuesday February 25th**, at the Parish Center located at 1211 Orange

### "Drop Box"

The **New** Drop Box for the Hands of Grace Ministry is located at the Back Entrance of the Parish Center (**Red Door**).

Please call the Parish Center at (908) 688-1232 or the Ministry Chair, **Bisi Longe** at (908) 247-4461 if you have any questions.



### ST. MICHAEL'S SENIOR NEWS

St Michael's Senior Club will meet on Monday, March 2<sup>nd</sup>. Doors will open at 11:30 for coffee and social time. Our general meeting will begin at 12 Noon in the lower church.

**Guest Speaker**-Vincent Smith, Health Educator, Horizon BCBS. Topic Senior Jeopardy.

#### Upcoming Events:

**March 18<sup>th</sup>** Luncheon at The Brownstone featuring the Feast of St. Joseph. Reservation and payment can still be made at the March 2<sup>nd</sup> meeting.

Remember the '**Penny Jar**' to support parish initiatives.

Membership extended to those 55 and over.

### ST. MICHAEL'S CHURCH MUSIC MINISTRY

St. Michael's Church offers a variety of musical styles at the following masses:

**Saturday, 5:30 pm and Sunday, 10:30 am**

Traditional and Contemporary Music

**Sunday, 9:00 am and 12 noon**

Gospel/Contemporary Worship Music

The 12:00 Noon Contemporary Band and Choir is looking for volunteers who can play the bass, guitar or sing.

**Rehearsals: 7:30 pm on Tuesdays** in the Church. Contact: Patrick B. Phillips at [patrickphillips96@gmail.com](mailto:patrickphillips96@gmail.com)



## NOVENA of Masses

### FEBRUARY 2020

|  |                        |
|--|------------------------|
| Ann L. Corrigan  | Jose J. Arnaldo        |
| Jurusik & Arner Families   | Alejandro T. Cruz      |
| Mary & Idolo Russomano   | John & Augusta Mahon   |
| Leopold Enwonwu  | James Ford Sr.         |
| Deonilo & Vilma Baring   | Roger Boetsch          |
| Micheline & Joseph Kmetz   | Craig Calix (Living)   |
| Donna Hornig   | Maryann Hutchinson     |
| Pierre & Rubinetti Families  | Frank Rubinetti, Sr.   |
| Gregory Ward (Living)  | Adele & Bud Lynn       |
| Avi & Endel Stafanau   | Linda & Oscar Horn     |
| Helen & Stanley Skora  | Rosalie & Helmut Kikas |
| Special Intentions   | George Rinehart        |
| Living & Deceased Members of the Santoriello Family                              |                        |
| In thanks for God's blessings on the USA   |                        |
| Living & Deceased Members of the Pruszkowski, Endler, Hornig & Macecsko Families |                        |
| Living & Deceased Members of the Czapla, Leniart & McMahon Families              |                        |
| Patsy Scalgione & Deceased Family Members  |                        |
| Living Members of the Nwosuh & Odoemene Families                                 |                        |
| Living & Deceased Members of the Torres & Araujo Families                        |                        |
| Lucilia Susa Araujo and Manuel Pereira Araujo                                    |                        |

### PRAYERS OF HEALING FOR,

Please remember in your prayers all those who are sick especially Fr. Lawrence Murphy, Joanne Kalkus, Terry & Tony Russo, Joanne Milana Doman & Joseph Doman, Rakoczy Family, Mary Ann Flynn, Joyce Toth, Brian Phillips, Lucille Arnaldo, Barbara Lombardi, Manuel Crudo, Josephine Steinberg, Julia Astsalk, Frances Machado, Flossie Abrigo, Roselle Roux, Amanda D'Amato, Richard Abrigo, Jean Claude, Claubette Kallabeen, Carol Czapla, Stephen Czapla, Clarence Roberts, Thomasina Rodriguez, Harry Vendemia, Iluminda Duyan, Ruth Guido, Henry Cababe, Joseph Guid, Salve Ching, Maria Santiago, Dr. Vic Tan, Sam Vincent Milana, Beth Barto, Linda Atwell, Targelia Penafiel, Herlinda Castillo Anthony Reo, Gregory Ward, Marie Mate, David Randolph & Fr. Roy Regazpi.

### DECEASED RELATIVES AND FRIENDS

Please remember in your prayers our parish, friends and family members who have passed on to the Lord, that they may inherit the promise of everlasting life in heaven.

For this week, we especially remember members of

**Elizabeth Scanlon and Mathilde Ordonez.**



## Announcements

### 2020 HOLY WEEK SCHEDULE

#### ASH WEDNESDAY

**Wednesday, February 26**

7:00 am, 8:30 am, 12:00 Noon, 4:00 pm Service,  
7:00 pm

**Friday, March 6, 13, 20, 27, April 3**

7:00 pm – Stations of the Cross

#### SACRAMENT OF RECONCILIATION

**Saturday, April 4**

1:00-2:00 pm – Individual Confessions

**Wednesday of the Week, April 8**

7:00-8:30 pm – Penance Service

With Individual Confession

**No confessions on Holy Thursday, Good Friday  
and Holy Saturday**

#### HOLY WEEK

**Palm Sunday of the Passion of the Lord**

**Saturday, April 4 at 5:30 pm**

**Sunday, April 5 at 7:30 am, 9:00 am, 10:30 am and  
12:00 noon**

Distribution of Palms at all Masses

**Wednesday of the Week, April 8**

Penance Service with Individual Confession

7:00-8:30 pm

**Holy Thursday, April 9**

8:30 am – Morning Prayer

7:00 pm – Mass of the Lord's Supper followed by  
Adoration

**Good Friday, April 10**

8:30 am – Morning Prayer

2:00 pm – Church Procession around neighborhood  
(Stations of the Cross)

3:30 pm – Celebration of the Passion

7:30 pm – CYO Living Stations of the Cross

**Holy Saturday, April 11**

8:30 am – Morning Prayer/Reflections

12:00 Noon – Blessing of Food

8:00 pm – Easter Vigil

**No Confession/No 5:30 pm Mass**

**Easter Sunday, April 12**

Masses at 7:30 am, 9:00 am, 10:30 am and 12:00 pm

### Prayer to St. Michael

**St. Michael the Archangel, defend us in battle.  
Be our defense against the wickedness and  
snares of the devil. May God rebuke him, we  
humbly pray; and do thou, O Prince of the  
heavenly hosts, by the power of God, cast into  
hell Satan, and all the evil spirits, who prowl  
about the world seeking the ruin of souls.  
Amen.**

## Announcements

### LENTEN SERIES SPEAKERS

Our **LENTEN SERIES** will begin on **Friday, February 28<sup>th</sup>**. We will have guest speakers on Friday nights following Stations of the Cross. Our first speaker will be **Sr. Marion Scanlon**. Her topic will be **"And So It Is Lent Once Again"...making the most of these 40 days"**.

**March 6th—Msgr. John Radano—TBA**

**March 13th - Fr. John Cryan—"Breaking Open the Signs and Symbols of Holy Week"**

**March 20th—Msgr. Robert Wister: Changes in the ethnic composition of the Catholic population in the Archdiocese of Newark over the last 50 years.**

**March 27th—Fr. Colin Kay—"Breaking Open the Signs and Symbols of the Holy Week"**

**April 3rd—Fr. Brian Muza: "Who are We, Anyway? Knowing and Loving Jesus More Through Better Understanding the Church"**

### ARCHDIOCESE OF NEWARK 2020 LENTEN REGULATIONS

1. The days of both Fast and Abstinence during Lent are Ash Wednesday and Good Friday. If possible the fast on Good Friday is continued until the Easter Vigil (on Holy Saturday night) as the "paschal fast" to honor the suffering and death of the Lord Jesus, and to prepare ourselves to share more fully and to celebrate more readily His Resurrection. The other Fridays of Lent are days of Abstinence.

On a day of Fast, only one (1) full meal is permitted **and two (2) smaller meals, which, if added together, would not exceed the main meal in quantity.**

Those between the ages of **18 and 59** are obliged to fast.

On the day of Abstinence, no meat may be eaten. Those who have reached the age of 14 are obligated by the law of abstinence.

2. The obligation to observe the law of Fast and Abstinence "substantially", or as a whole, is a serious obligation.
3. The Fridays of the year, outside of Lent, are designated as days of penance, but each individual may substitute for traditional abstinence from meat some other practice of voluntary self-denial as penance.
4. The time for fulfilling the Pascal Precept (Easter Duty\*) extends from the **First Sunday of Lent, March 1, 2020 to The Solemnity of the Most Holy Trinity, June 7, 2020**

\*Canon 920, 1. All faithful, after they have been initiated into the Most Holy Eucharist, are bound by the obligation of receiving Communion at least once a year.