



SAINTS CYRIL AND METHODIUS

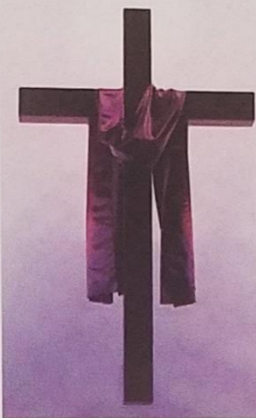
Roman Catholic Church

March 10, 2019

1st Sunday of Lent / 1 Niedziela Wielkiego Postu

KEEP IT SIMPLE SINNER

The best Lent is one in which we enter the season wholeheartedly. All too often people either take on too much or don't take on enough. The solution is to simplify our disciplines, focus our intentions, and concentrate more clearly on our spiritual goals.



SHUTTERSTOCK

The Big Three

(Matthew 6: 3-4, 6, 17-18)

We aren't just spiritual beings. We are also physical entities, and the way to the soul is through the body. That's why Lenten discipline has historically centered on the "Big Three" of Fasting, Almsgiving, and Prayer.



SHUTTERSTOCK

FASTING is not just a spiritual diet. By denying our bodies, our physical hunger reminds us of the hunger of our souls for God, our longing for a deeper relationship with Our Lord.

ALMSGIVING teaches us to separate ourselves from material possessions. By freely giving of our money and possessions, we learn to trust the Lord more deeply for our own daily needs.

Finally, an emphasis on **PRAYER** during Lent is a way to stir up our love and ardor by having a deepening conversation with the Almighty. Remember that the light of God's love shines more brightly in the darkness of the recognition of our own sinfulness.

To keep it simple this Lent, try the 1-1-1 Plan:

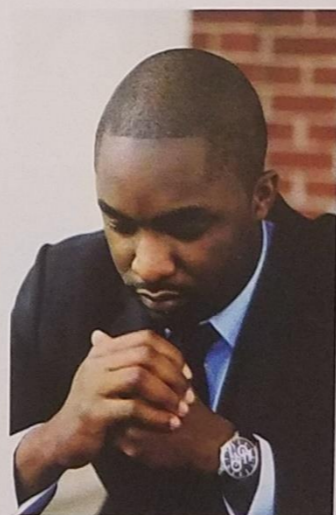
one sin, one add-in, one give-up.

1. Concentrate or focus on one sin or fault that is getting in the way of your relationship with God and with others.
2. Add one positive activity that will deepen your prayer and spiritual life (especially if you think you are too busy to put anything more into an impossibly busy schedule!).
3. Deny yourself something you really like or are attached to.

One Sin

Most of us, if we are honest, know at least one area of sin to focus on during Lent. If you aren't sure, or are having trouble narrowing it down, use the traditional Seven Deadly Sins as a guide. (Contrary to what one may gather from all the emphasis on sex these days, there are six deadly sins besides lust!) In fact, some of the other deadly sins are even deadlier, especially pride, or self-love, which Saint Thomas Aquinas called, "the cause of every sin."

If you need help in identifying which sin to concentrate on this year, ask God in prayer to reveal it to you. If you still aren't sure, ask your family or close friends. Just be sure you are willing to listen to them and accept their assessment.



SHUTTERSTOCK

MASS INTENTIONS

2nd Collectin - Project Faith

Sat., Mar. 9 - 1st Sunday of Lent/ 1 Niedziela WP

5pm Overcoming the Spirit of lack of Faith + Peter John Keane

Sun., Mar. 10 - 1st Sunday of Lent/ 1 Niedziela WP

9am Overcoming the Spirit of fear and torment
10:30am O Bł. Boże i łaskę zdrowia dla młodej mamy oraz o Bł. Boże potrzebne dary i łaski dla Bronislawy i Waleriana Kurdyla w 70 rocznicę ślubu intencja od Ziunia Kanarek

Mon., Mar. 11 - 7pm +Josephine Sullivan

Tues., Mar. 12 - 7am Bogu wiadomej intencji

Wed., Mar. 13 - 7pm +Jedrusiak i Mazur

Thur., Mar. 14 - 7am Bogu wiadomej intencji

Fri., Mar. 15 - 7pm +Jozef Serafin, + Felicja Wojtoń

Sat., Mar. 16 - 2nd Sunday of Lent/ 2 Niedziela WP

5pm +Bill Pyontek (4) req. by wife Helen Pyontek

Sun., Mar. 17 - 2nd Sunday of Lent/ 2 Niedziela WP

9am +Bill Pyontek(4) req. by daughter Janet Kalwa

10:30am +Roman i Michał Czurko

O Bł. Boże dla Krzysztofa w dniu urodzin

Mon., Mar. 18 - 7:00pm O zdrowie, Bł. Boże dla

Huberta w dniu jego 2 urodzin

Tues., Mar. 19 - Uroczystość Św. Józefa, ONMP

7am

7pm Józef Kurdyla

Wed., Mar. 20 - 7pm +Ks. Prał. Marian Balicki

Thur., Mar. 21 - 7am

Fri., Mar. 22 - 7pm +Ks. Prał. Marian Balicki

Sat., Mar. 23 - 3rd Sunday of Lent/ 3 Niedziela WP

5pm For spiritual healing in the Family

Sun., Mar. 24 - 3rd Sunday of Lent/ 3 Niedziela WP

9am +Howard Walsh (17th Ann.)

10:30am O Bł. Boże dla młodej mamy

Mon., Mar. 25 - 7pm

Tues., Mar. 26 - 7am

Wed., Mar. 27 - 7pm

Thur., Mar. 28 - 7am

Fri., Mar. 29 - 7pm

Sat., Mar. 30 - 4th Sunday of Lent/ Niedziela WP

5pm +Ambrose, Marie, William & Bette

Kuretich, req. by Barbara Bonsiewich Quinby

Sun., Mar. 31 - 4th Sunday of Lent/ 4 Niedziela WP

9am +Peter John Keane

10:30am o Łaskę zdrowia i Bł. Boże dla chorej mamy

O zdrowie, Boże Bł. I potrzebne łaski dla Józefa

Postuszny w 70 rocznicę urodzin - intencja od rodziny

PARISH INCOME - March 3rd, 2019

Collection	TOTAL
Regular Collection	\$2,035.00
Diocesan Ass.	\$11.00
Candles	\$69.00
TOTAL	\$2,115.00

THANK YOU FOR YOUR GENEROSITY!

Pastoral Visit/ Wizyta Kapłana w domu

Please know you can contact me if you are in need of Anointing of the Sick or Sacrament of Reconciliation.

Domowa wizyta kapłana w celu otrzymania

Sakramentu Pokuty i Namazszenia.

Tel. 973-334-0139

Calendar / Kalendarz

Sun., Mar. 10	11.30 am - Polski	Gorzkie Żale
Mon., Mar. 11	7pm-8.30pm	Confession
Wed., Mar. 13	7.30 - Polski	Droga Krzyżowa
Fri., Mar. 15	7.30pm - Polski	Droga Krzyżowa
Sun., Mar. 17	11.30 am - Polski	Gorzkie Żale
Mon., Mar. 18	7pm-8.30pm	Confession
Tue., Mar. 19	7am - English Mass 7pm - Polska Msza	Solemnity of St. Joseph, Spouse of BVM Uroczystość Św. Józefa, Oblubienca NMP
Wed., Mar. 20	7.30 - Polski	Droga Krzyżowa
Fri., Mar. 22	7.30pm - Polski	Droga Krzyżowa
Sun., Mar. 24	11.30 am - Polski	Gorzkie Żale
Mon., Mar. 25	7pm-8.30pm	Confession
Wed., Mar. 27	7.30 - Polski	Droga Krzyżowa
Fri., Mar. 29	7.30pm - Polski	Droga Krzyżowa
Sun., Mar. 30	11.30 am - Polski	Gorzkie Żale

Confession / Spowiedź Wielkopostna

Każdy
Poniedziałek

Every
Monday

03.11 - 04.08 7.00pm- 8.30pm

The way of the Cross
Droga Krzyżowa

Every
Wednesdays
& Fridays
@ 7.20pm

Każda Środa
& Piątek o
godz. 7.20

Niedziela
Gorzkie Żale
11.30 am

LET US PRAY FOR THOSE WHO ARE ILL
Mrs. Rosa Higa, Mr. Patrick Glennon, Mrs.
Czesława Tararuj, Mr. Donald Kostka

PLEASE PRAY FOR THOSE IN THE
MILITARY
Kevin Lukaszek

RICE BOWL ALMSGIVING

Please take home RICE BOWL. It is a cardboard box, that through your donation you can change someone's life. We will collect them on Good Friday (more information inside the RICE BOWL).

Proszę wziąć tekturowe skarbonki RICE BOWL, która są częścią programu CRS wspierająca biednych ludzi szczególnie w Afryce. Zmień czyjeś życie na lepsze. Skarbonki będą zbierane w Wielki Piątek (więcej informacji znajduje się w instrukcji dołączonej do skarbonki).

MASS INTENTIONS / INTENCJE MSZALNE

To request Mass Intentions, please contact our parish office, Fr Artur or before or after the Mass in the sacristy.

Intencje mszalne można zamawiać przed, lub po Mszy św. w zakrystii, w biurze parafialnym oraz kontaktując się z ks. Arturem.

Please return forms before March 30th, 2018.
Proszę o zwrot form nie później niż 30 Marzec, 2018.