

We are excited to announce that we are once again preparing the annual tradition of honoring those couples in our Archdiocese who will be celebrating five, twenty-five and fifty years of marriage for the Catholic Faithful in the year 2023! The anniversary liturgies will be held in the Cathedral Basilica of the Sacred Heart in Newark as follows below. The 50th Anniversary Mass will be celebrated by Cardinal Joseph Tobin. The 5th & 25th Anniversary Mass will be celebrated by Bishop Gregory Studerus.

**April 16, 2023 3:00pm 50 Years (All Counties)**  
**May 7, 2023 3:00pm 5 Years & 25 Years (All counties)**  
 To register Please call Denise Perry at the Church Rectory 973-375-8568



**Alter Bread in Memory of Luer Drews And Sacrificial Wine In Memory of Edward Beihl Janet & Leur Drews**  
**March 12, 2023**

*March 12, 2023*

# MASS intentions

- Sat, 03/11/2023 05:30 pm  
For The People of Good Shepherd Parish
- Sun, 03/12/2023 09:00 am  
Memory of Tristen Bevik
- 03/12/2023 11:00 am  
H&WB Jean Michelin
- Mon, 03/13/2023 07:00 am  
Dr. John L. Stasi
- Tue, 03/14/2023 07:00 am  
H&WB of Frederick Hamilton
- Wed, 03/15/2023 07:00 am  
Tom Scalea
- Thu, 03/16/2023 07:00 am  
Sebastian and Maeva
- Fri, 03/17/2023 07:00 am  
Thanksgiving For the Birthday of Kenyika Patgrave
- Sat, 03/18/2023 08:30 am  
Frank Pollok
- 03/18/2023 5:30PM  
Leonardo Parasin

**AVAILABLE DAYS FOR MASS INTENTIONS**  
**March 2023**  
 07:00am Tue 14, Wed 15, , Mon 20, Tue 21,

**WEEKLY COLLECTION**  
 Mar 4-5 2023 \$4,024.00



**Annual Appeal** the 2023

**Make your gift today.**

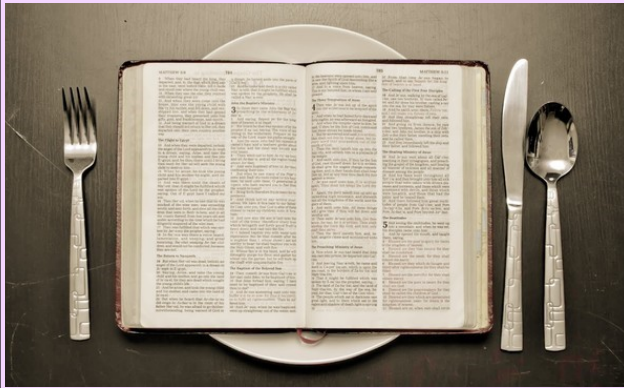









**THE POWER OF FASTING AND PRAYER**



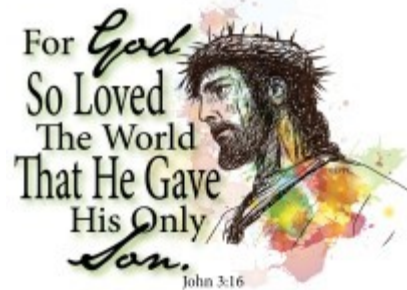
Prayer is a two-way communication between you and God. It is having a conversation and relationship with God. It is the spirit of humanity making contact with the Spirit of Divinity, and is a powerful force when activated and set in motion.

It is so important to practice a consistent, consecrated lifestyle of prayer unto God. Your personal relationship with God is first priority. Such a daily commitment greater positions you to have power with God in prayer. First Thessalonians 5:17 says "Pray without ceasing." Be in a continual attitude of prayer. Be sensitive to the voice of God at all times. Respond when He moves upon you to pray or intercede. God reveals Himself to us in prayer. We help to develop our relationship with God through prayer. We must be committed to God in prayer.

It is imperative to visualize the desired results in prayer. The Scripture declares, "Building up your most Holy Faith, praying in the Holy Ghost." When one prays in the Spirit by speaking with tongues they are edifying their faith towards God to answer their prayers. Respond to God when His Spirit moves upon you to pray. Make your request, activate your faith, and believe God for the answer. "Therefore I say unto you, What things soever ye desire, when ye pray, believe that ye receive them, and ye shall have them" (Mark 11:24).

Fasting, coupled with prayer, is a powerful weapon (Daniel 9:3, Mark 9:29; Acts 2:42). It brings humility to the human nature and propagates greater sensitivity to the spiritual realm. It is an act of surrender and self-denial of the flesh in exchange for a greater revelation of Jesus Christ.

The Word of God is the sword of the Spirit, and fasting sharpens that sword, making it more effective. Fasting complements prayer. It brings powerful transformation. It ushers personal and global revival and transcends to those around us. Consecration brings revelation, and revelation brings demonstration! Isaiah 58:6-14 relays the purpose for fasting: looses the bands of wickedness; unties heavy burdens; frees the oppressed; breaks every yoke; produces compassion for the needy; provides an entrance to the presence of God; hastens an answer from God; brightens one's path; repairs breaches and gaps; grants spiritual understanding; brings deliverance and victory; activates godly authority; and more. The power of prayer and fasting has no limits...so adopt it as a lifestyle, and practice it consistently. In doing so, expect unlimited results!



**LENTEN PRAYER**



**To See With  
The Eyes of Christ**

Grant, all mighty God,  
through the yearly  
observation of holy Lent, that  
we may grow in  
understanding of the riches  
hidden in Christ and by  
worthy conduct pursue their  
effects. Through our Lord  
Jesus Christ, your Son, who  
lives and reigns with you in  
the unity of the Holy Spirit,  
one God, for ever and ever.  
Amen.







*Reflection by Rev. Leonard N. Peterson*

Like the petals of a springtime tulip or a summer rose, this story that St. John presents opens up from a simple beginning to a wonderful end. In its long form we are given so many details to unpack that analysis of them would not fit the confines of this space. Allow me to cite just two, and offer what I trust will be helpful reflections.

Both details involve the reactions of people to Jesus: first the disciples and then, of course the unnamed woman who comes to the well. The disciples play a minor role in the story, but they provide some matter for meditation. They have just returned to the spot where they left Jesus, because they had gone to buy lunch food. (Note that Jesus in His human nature could get hungry at times just like us.) Meanwhile, He had also gotten thirsty, so He asked the Samaritan woman for a drink from the well.

Meanwhile, the disciples arrive and they are “amazed.” Perhaps shocked. The Master is talking with a woman!! At midday in broad daylight! And with a Samaritan woman no less! All of this strictly forbidden by their laws. We might say “They couldn’t handle it!”

But notice how, despite the obvious disregard for law, none of them dare ask Jesus: “Why are you talking with her?” I propose that somewhere in their time with Jesus, they learned that He didn’t mind ignoring their laws, but always for a good reason,

## READINGS

### Third Sunday of Lent

Reading I: Exodus 17:3-7

Psalm: 95:1-2, 6-7, 8-9

Reading II: Romans 5:1-2, 5-8

Gospel: John 4:5-42

which He would explain. So they had gotten used to it. Their initial shock would dissipate.

Does Jesus sometimes shock you? Upset your complacency with a comfortable Christianity you’ve gotten used to, rather than the actual one? Lent asks you to think about that. The anti-Christian world of 2023 in present day America can seep into our thinking so easily.

Now we come to the unnamed woman and her dialogue interplay with Jesus. She tries to deflect Jesus from further pursuing her situation as a woman with six men posing as husbands at various times with a little flattery: “Sir, I can see that you are a prophet.” From there, Jesus gives her the whole truth about worshiping God as being Spirit unconfined by any locale. And then His “bombshell”: “I am he (the Messiah), the one speaking with you.”

How would you or I react if Jesus were to appear to us in a familiar location and remind us that He is God? More to the point: have we avoided paying attention to the teachings He gave us that are inconvenient? Like those on matters sexual? Or that gossip can be sinful? Or that racism is never justified?

The Samaritan woman is refreshingly honest and excitedly happy about her sudden discovery of who Jesus is. Perhaps we are not told her name because she represents everything we need to change if we are to be missionary disciples. We too can be her partners in reform. As you go about that task this Lent, remember that “inflation has affected everything except the wages of sin.”

God love you and give you is peace.

*March 12, 2023*

**ORATIO IMPERATA AGAINST THE COVID-19**

Merciful and compassionate Father, we come to you in our need to seek your protection against the Covid-19 virus that has disturbed and even claimed lives.

We ask you now to look upon us with love and by your healing hand, dispel the fear of sickness and death, restore our hope, and strengthen our faith.

We pray that you guide the people tasked to find cures for this disease and to stem its transmission.

We pray for our health workers that they may minister to the sick with competence and compassion.

Grant them health in mind and body, strength in their commitment, protection from the disease.

We pray for those afflicted. May they be restored to health.

Protect those who care for them.

Grant eternal rest to those who have died.

Give us the grace in these trying times to work for the good of all and to help those in need.

May our concern and compassion for each other see us through this crisis and lead us to conversion and holiness.

Grant all these through our Lord Jesus Christ your Son who lives and reigns with you, in the unity of the Holy Spirit, God forever and ever.

Amen.

*Mother Mary, help of all Christians, pray for us.*

*St. Raphael the Archangel, pray for us.*

*St. Roch, pray for us.*

**REPORT ABUSE  
Protecting God's Children**

The Archdiocese of Newark takes very seriously any and all credible complaints, and encourages anyone with knowledge of an act of sexual misconduct by the clergy, religious and lay staff to tell us immediately, so that we may take appropriate action to protect others and provide support to sexual abuse victims. To report an allegation call Child and Youth Protection. 201-407-3256, Fax: 973-497-4001. Or In person, 171 Clifton Avenue. Newark, NJ 07104

**Ministries:** If you're interested in ministries of service either as a Lector or Eucharistic Minister, please fill out the form below and give it to Fr Frank. An information & a training session will be held so you'll be prepared.

Name : \_\_\_\_\_

Telephone \_\_\_\_\_

I am interested in serving as a Lector

I would like to serve as an Eucharistic Minister

**We are Looking for more Altar Servers,** girls and boys, third grade or older, to participate as ALTAR Servers. This ministry is a wonderful privilege for either young Or older people. It allows you to participate actively in the weekend celebrations of the Eucharist. Please fill out the form below and return to the rectory or Fr Frank

Name: \_\_\_\_\_ Grade \_\_\_\_\_

Phone \_\_\_\_\_ School \_\_\_\_\_

**You can Sponsor the ALTAR BREAD, the SACRIFICIAL WINE, OR the SANCTUARY LAMP!**

The Sanctuary Lamp, Altar Bread and Sacrificial Wine are nice ways to remember someone in need of healing, those who are celebrating births, anniversaries, etc. or a deceased loved one. It reminds us the ever presence of Christ. We bring our intentions into HIS PRESENCE with our offering. If you wish to remember someone in this special way, the Sanctuary Lamp will burn for a week, and the Altar Bread OR the Sacrificial Wine of everyday Mass will be offered for your intention an entire week

(circle one) Please, consider offering the:

Sanctuary Lamp or Altar Bread or Sacrificial Wine

In Memory of:

\_\_\_\_\_

Or for a special Occasion starting on:

\_\_\_\_/\_\_\_\_/\_\_\_\_

For: \_\_\_\_\_

Requested by: \_\_\_\_\_

Telephone #: \_\_\_\_\_

Please fill out this form. Return it either to the rectory or to Fr. Frank with a check in the amount of \$25.