

Second Sunday of
LENT



Annual Appeal the 2023

Make your gift today.



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

M A S S
intentions



- Sat, 03/04/2023 05:30 pm**
For the People of Good Shepherd parish
- Sun, 03/05/2023 09:00 am**
H&WB for the Birthday of Gary Ricardo
- 03/05/2023 11:00 am**
H&WB for Frederick Hamilton
- Mon, 03/06/2023 07:00 am**
H&WB for Jean Michelin
- Tue, 03/07/2023 07:00 am**
Birthday of Venus Matthews
- Wed, 03/08/2023 07:00 am**
In Memory of Marcel Agboton
- Thu, 03/09/2023 07:00 am**
Tom Scalea
- Fri, 03/10/2023 07:00 am**
Jim Vizza
- Sat, 03/11/2023 08:30 am**
Special Intentions
- 03/11/2023 05:30 pm**
For the people of Good Shepherd Parish

AVAILABLE DAYS FOR MASS INTENTIONS

March 2023

- 07:00am** Tue 14, Wed 15, Mon 20, Tue 21, Thurs, 23, Thurs 30, Fri 31
- 08:30am** Sat 18, Sat 25
- 05:30pm** Sat 25

WEEKLY COLLECTION

- Feb 26, 2023 \$ 4,078.0**
- Feb 27, 2022 \$ 4,324.0**

March 5, 2023

FASTING AND ABSTINENCE DURING LENT



Lent is the 40 days before Easter in which Catholics pray, fast, contemplate, and engage in acts of spiritual self-discipline. Catholics do these things because Easter, which celebrates the Resurrection of Christ, is the greatest holy day of the Christian year (even above Christmas) and Catholics have recognized that it is appropriate to prepare for such a holy day by engaging in such disciplines.

The reason Lent lasts 40 days is that 40 is the traditional number of judgment and spiritual testing in the Bible (Gn 7:4, Ex 24:18, 34:28, Nm 13:25, 14:33, Jon 3:4). Lent bears particular relationship to the 40 days Christ spent fasting in the desert before entering into his public ministry (Mt 4:1-11). Catholics imitate Christ by spending 40 days in spiritual discipline before the celebration of Christ's triumph over sin and death.

Fasting is a biblical discipline that can be defended from both the Old and the New Testament. Christ expected his disciples to fast (Mt 9:14-15) and issued instructions for how they should do so (Mt 6:16-18). Catholics follow this pattern by holding a partial fast on Ash Wednesday and Good Friday.

Abstinence from certain foods is also a biblical discipline. In Daniel 10:2-3 we read, "In those days I, Daniel, was mourning for three weeks. I ate no delicacies, no meat or wine entered my mouth, nor did I anoint myself at all, for the full three weeks."

Catholics use a practice similar to Daniel's

when, as a way of commemorating Christ's Crucifixion on a Friday, they abstain from eating meat on that day of the week during Lent. The only kind of flesh they eat on Friday is fish, which is a symbol of Christ.

Even the Ash Wednesday practice of having one's forehead signed with ashes has a biblical parallel. Putting ashes on one's head was a common biblical expression of mourning (1 Sm 13:19, Est 4:1, Is 61:3; see also Est 4:3, Jer 6:26, Ez 27:30, Dn 9:3, Mt 11:21, Lk 10:13). By having the sign of the cross made with ashes on their foreheads, Catholics mourn Christ's suffering on the cross and their own sins, which made that suffering necessary.



A Prayer for Lenten Grace

Loving God, during the sacred season of Lent, bring me closer to you. Prepare a place in my home and heart for silence and solitude, so that I may re-discover the grace of

a prayer-full life.

Help me to fast from those things that threaten the well-being of body and soul and remind me of the grace of simplicity.

Enlarge my heart so that I give to those in need and, in so doing, re-discover the grace of gratitude and generosity.

May this season be a grace-filled time to rekindle my love for and faith in you. Amen.



In the home, God was asking a lot of him. The world was not a global village then. Travel wasn't easy; there were no planes, taxis, or hotels. Furthermore, leaving home was a decisive break with all the good of home, because going back for a visit was difficult or just out of the question entirely. So leaving home then was a loss that we can't imagine well anymore, in our era of video calls and texting.

Still, when God told Abraham to leave, Abraham went.

Why did he go? Presumably because he wanted what God offered him. If Abraham left, God told him, then Abraham would become a great nation, and all the communities of the earth would find blessing in him. In the Gospel Reading, Jesus is



"Is not this the kind of fasting I have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke?"

Isaiah 58:6

READINGS

Second Sunday of Lent

Reading I: Genesis 12:1-4a

Psalm: 33:4-5, 18-19, 20, 22

Reading II: 2 Timothy 1:8b-10

Gospel: Matthew 17:1-9

in him. That is a fairly stunning reward.

So Abraham, who had a great desire for that reward, obeyed God, left what was familiar and beloved to him, and wandered off as a stranger in a strange land.

And then notice what happened.

Abraham lived a very long time after this promise of God's and he stayed faithful to God's commands his whole life. But by the time Abraham died, this is all Abraham had: one son to carry on his posterity under this promise and two grandchildren. By anybody's estimation, this is a very small family. Certainly, one son and two grandsons is not a great nation.

Furthermore, hardly any communities knew Abraham at all, let alone found a blessing in him. The idea that all the communities of the earth would find blessing in Abraham really would have been completely laughable at that time, wouldn't it?

Of course, as we now see it, all Jews, Christians, and Muslims are the Abrahamic peoples. Many great nations are included among the Abrahamic peoples. All of them know Abraham and think that they find blessing in Abraham.

And so God's stunning promise to Abraham has been completely fulfilled.

But Abraham did not live to see it. He had to take the fulfillment of God's promise to him on faith.

So maybe Abraham is the father of faith because he was willing to stake his life on a promise whose fulfillment did not come in his lifetime on earth.

In this, he is not only the patriarch of the family of faith but also a pattern to follow for all those in his family.

Eleonore Stump

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

Please, consider offering the: (circle one)

Sanctuary Lamp or Altar Bread or Sacrificial Wine

In Memory of:

Or for this special occasion: _____

Starting on: ____ / ____ / ____ (always starts on Sundays)

Requested by: _____

Telephone No.: _____

Please fill out this form and return it, either to the Rectory or to Fr. Frank, with a check in the amount of \$25.