A Healthy Lent

A few weeks ago, I wrote on being nourished at Sunday Eucharist; ways our experience of Mass can feed our spirit. Did you have any faith-building conversations with others on how you experience being nourished at Mass? Looking at Lent through the same lens is a great spiritual exercise. It may seem strange at first. After all, don’t we feast on fat Tuesday, in preparation for fasting during Lent? Then feasting gets put aside, until we feast on Easter, and through the Easter season? That may be true, but let’s look, not so much at physical food, but spiritual nourishment. Lent should feed our spirit, certainly not deprive us of spiritual nourishment! At the very least, Lent is a time to move away from spiritual fast food, or junk food, to being careful and thoughtful about feeding our spirit. Think about it! What is your plan?

We have many options here at St. Louis. Some are specific to Lent, while others go on throughout the year. Bible study, spending time with God’s Word, isn’t a seasonal thing, but a regular part of the Christian journey. We are nourished when we hear God’s Word and reflect on it during Mass. Many of us use At Home with the Word or Give Us This Day to supplement our diet. Coming to a Bible study, meanwhile, is like sharing a meal with friends. As my grandmother used to say about meals, ‘it always tastes better with company’. So too with chewing on God’s Word! Put another way, Bible study is chewing our food (God’s Word) carefully, not wolfing it down. Read the bulletin today, see the Bible study options, and consider what spiritual nourishment one of them might provide for your Lent. Pray-er also nourishes the spirit. We have opportunities to gather in prayer all year. In Lent, we have extra nourishment available – the Annual Tri-Parish Retreat, and our Friday evening prayer offerings. Check these out inside!

Just as good health depends on diet and exercise, so too with spiritual health. There are many ways to add exercise to our spiritual life. Stepping forward to volunteer at Saint’s Place, becoming involved in one of the liturgical ministries at Mass – it’s like going to the gym. Lent is a great time to take home a Stewardship booklet, pray about, and listen to where the Lord might be leading us to get more involved (healthy). Exercising our gifts develops them, prevents them from losing vigor. Lent is a great time for assessment. What are we doing for spiritual strength training? How about spiritual cardiovascular health?

What about good old fasting during Lent? That too has an important role in our spiritual life. But suffering for the sake of suffering? Hmm. Your physician is unlikely to suggest giving up wholesome, nutritious food because we enjoy it too much! But are there things we enjoy that we would be better without? No doubt. Voila – a fasting plan. Please pray to the divine physician for a healthy Lenten plan! Peace, Fr. Bob
Mass Intentions for This Week

MONDAY - March 3
Katherine Drexel, virgin
1 Pt 1:3-9/Mk 10:17-27
11:00 am Special Intention for Sarah Stuhlmueller’s Family - Lada family
5:15 pm Stephen Hanna - Sharon & Bob Napier

TUESDAY - March 4
Casimir
1 Pt 1:10-16/Mk 10:28-31
6:45 am John Donovan - Dr. & Mrs. Raymond Salamone
11:00 am Maria DiGiacomo - Adams Family

ASH WEDNESDAY - March 5
Day of Fast & Abstinence
JL 2:12-18/2 Cor 5:20–6:2/
Mt 6:1-6, 16-18
6:45 am Walter Meyer - William Conklin
9:10 am St. Louis School Liturgy Service with Ashes
11:00 am George S. & Rosemary Heisel - Dick Fabian
11:00 am Mass at the Highlands Living Center for the People of the Parish
5:15 pm Stephen Hanna - Sharon & Bob Napier
7:00 pm Saverio Sasso - Irene DeSantis & Family

THURSDAY - March 6
Dt 30:15-20/Lk 9:22-25
6:45 am John Cafaro - Bob & Kelly Young
11:00 am Joan McCorran - Family

FIRST FRIDAY - March 7
Day of Abstinence
Perpetua & Felicity, martyrs
Is 58:1-9a/Mt 9:14-15
10:30 am Mass at the Highlands
11:00 am Edward Lada - Sally LaShomb
5:15 pm Deceased members of Foley Family - Family

SATURDAY - March 8
John of God, religious
Is 58:9b-14/Lk 5:27-32
9:00 am Augustine & Marie Nolan - Loyola & John Connolly
4:30 pm Prudence & Alfred Damia - Family

SUNDAY - March 9
First Sunday of Lent
Gn 2:7-9; 3:1-7/Rom 5:12-19 or 5:12, 17-19/Mt 4:1-11
7:30 am Perry Stolz - Bernadette Skobjak
9:00 am James Murray - Members of Pittsford Volunteer Fire Dept.
11:00 am For People Facing Serious Illness
5:00 pm Judene Baglieri - Family

SPECIAL INTENTIONS
We invite you to have a Sanctuary Lamp lit at the Blessed Sacrament to have your very special intentions remembered for a week.

To arrange this, please call or visit the Ministry Center. The Thursday Holy Hour Ministry will offer special prayers for your intention.

All are welcome to spend an hour this March 7, for First Friday Exposition of the Blessed Sacrament between 11:30 am - 4:30 pm.

Requiem Aeternam
Jack Haggerty
Kathleen Dean

Saturday & Sunday, March 8 & 9
Thank you, faithful servants!

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Sunday Communion Service - March 9
The Highlands: Dick & Marcia Hilliard    Heather Heights: Pete & Gerry Shea
Eighth Sunday in Ordinary Time

1st Reading: Isaiah 49:14-15
I will never forget you

2nd Reading: 1 Corinthians 4:1-5
A steward of the mysteries of God

Gospel: Matthew 6:24-34
Beyond worry

Maternal Instinct
Our brief first reading today is a song of consolation. Initially, Isaiah gives voice to his people’s fear. Has God forgotten and forsaken us? Is that why we suffer so in Exile? God’s response is clear and passionate: NO! Think of the powerful attachment a mother has to her child. God’s attachment, God’s love is even greater, more lasting, more tender. Can God forget us? Read on to verse 16 for the next image: I have carved you in the palm of my hand. The Israelites in exile did not have the corner of the market in concern about suffering, or the sense of being abandoned by God. Great saints, even Jesus himself have given voice to similar sentiments: ‘My God, My God, why have you forsaken me?’ We too can feel abandoned at times. When feeling that abandonment, scripture can help. We read it. We meditate on it. We enter into the images. The goal is not simply to understand the words though. The goal is to meet the one who speaks them to us, who does love us even beyond maternal instinct, to place ourselves into that hand where we have been carved.

THE Gift
In our second reading today, one can sense Paul felt hurt by attacks that some of those in Corinth had been making behind his back. He, after all, established that community, and not without birth pangs. He had served them generously and faithfully; that he continued to feel deeply for them comes through in his letters. Yet in defending himself, he doesn’t point to his natural gifts and abilities, which, looking at his record, must have been remarkable. Rather, he focuses on the one gift he was called to share - not himself, but Christ. He is aware that the most important stewardship is not with the abilities we have been given, or the things we may have. The greatest measure of our stewardship is, what do we do with the faith we have been given? We’ve been baptized into the life of the church and the life of Christ. Are we stewards of the mysteries of God, of God’s grace, of the saving message and love of Christ? Stewardship usually begins with baby steps. What little steps can you take toward sharing the mysteries of God with others? One first step is to let folks know you pray for them.

Beyond Worrying
Today’s section from the Sermon on the Mount points to an essential conversion, a transformation to which we are all called. Every creature in the animal kingdom has a survival instinct, and that includes us. Our animal circuitry is geared to taking care of our selves – making sure we have food, water, shelter, and all the basic needs. For us humans, that instinct that can go haywire, with the thought ‘if enough is good, more is better’. Do we need 10 times more than enough to feel secure? Perhaps 100 times? A thousand? Rather than save for a rainy day, it might look like we are saving for the great flood. From excessive self reliance, it is only a short step to writing God out of the picture. Jesus’ corrective: look at the freedom the birds of the air and the lilies of the field enjoy. God takes care of them. God provides for us as well. Everything we gain ‘on our own’ can disappear in a heart beat. The deepest gifts we receive from God, mercy, peace and being loved beyond measure, cannot be wrestled away from us. Look at some simple beauty of nature today, and let it speak to you.

A GREAT Lenten Opportunity
Ok, you aren’t ready to take the plunge into one of our existing Bible studies. How about a quick overview in 8 sessions that puts the whole Bible in perspective? What better way to make this Lent fruitful? At 9:30 a.m. on the Saturdays in Lent, after the 9AM Mass, come to the Manse to find out just how the pieces fit together. We’ll be using a well tested program by Jeff Cavins. Check it out!

Looking Ahead:
First Sunday in Lent

1st Reading: Genesis 2:7-9; 3:1-7
Out of the garden of Eden

2nd Reading: Romans 5:12, 17-19
Jesus brings grace and life to all

Gospel: Matthew 4:1-11
We do not live on bread alone

Lenten Regulations
The following regulations for Lenten sacrifice are based on the 1983 Code of Canon Law.

• All Fridays of Lent are days of abstinence from meat for Catholics over 14. Anyone with a chronic illness or in a weakened condition receives dispensation automatically.

• Ash Wednesday (March 5) and Good Friday (April 18) are days of fasting and abstinence for Catholics between the ages of 18 and 59. Fasting means taking only one full meal and two smaller meals that, taken together, do not equal one full meal.

• Throughout Lent, Catholics are especially encouraged to perform voluntary acts of penance.
THIS WEEK’S TITHING WILL SUPPORT
COMPASS CARE

NEXT WEEK’S TITHING WILL SUPPORT
ISAIAH HOUSE

Isaiah House, established in 1987, is a 2 bed home for the dying located at 71 Prince Street in Rochester. It is a not-for-profit “no charge” residence for persons with irreversible illnesses who are in the last 3 months of earthly life. They offer a holistic approach to care that neither hastens nor postpones death; but rather offers residents and their families the opportunity to make the most of a loved one's last days.

In addition to our financial help and prayerful support, Isaiah House is always in need of volunteers. Volunteers, once trained, are asked for a commitment of 8 hours per month. Applications can found online or by calling 585-232-5221. To learn more about this uplifting experience, please visit their website at www.isaiahhouse.rochester.rr.com.

THANKS TO PARISHIONER GENEROSITY, THE HABITAT INTERFAITH PARTNERSHIP’S (HIP’S) HOLIDAY PIE SALE AT ST. LOUIS RAISED RECORD REVENUES — NEARLY $3,000 IN PROFITS — WHICH WILL HELP FUND OUR NEXT HOUSE PROJECT SCHEDULED FOR YEAR 2016. ST. LOUIS WAS AGAIN A LEADER AMONG COALITION CHURCHES WITH A SALE OF 151 PIES. CREDIT ALSO GOES TO THE FOLLOWING PARISHIONERS WHO HELPED CONDUCT THE PIE SALE: KATHLEEN ANDERSON, CURT AND MARY ELLEN ANDERSON, GARY, REBECCA AND OWEN FLISNIK, LOUISE VANNI, RICK CUSKER, ROSEMARY AND BOB SCHOLL.

WHAT YOU GIVE UP FOR LENT CHANGES LIVES.

Our parish will be participating in CRS Rice Bowl, Catholic Relief Services’ Lenten program, as a way to encounter Jesus through others, especially through the most vulnerable in our world. Rice Bowls will be available after all masses on March 8 & 9. Please be sure to take home a Rice Bowl and use this fun and easy resource to deepen your family’s Lenten experience and make a difference in the lives of the poor.

YOU’RE INVITED TO PARTICIPATE IN CRS RICE BOWL!

Last year St. Louis Parish was the diocesan leader in Rice Bowl collections, donating an incredible $7,342! We are such a generous group of people! Let’s join together again and make 2014 the best year yet!

Join us for a light breakfast in the Reddington Hall Gym after the 9am Mass on March 9 for the:

BREAD FOR ALL – OPERATION RICE BOWL KICK-OFF!

Pick up your Rice Bowl, participate in a special Rice Bowl Blessing with Fr. Bob, and enjoy prayerful Lenten reflections with friends and family! The event will serve homemade bread from St. Joseph’s House of Hospitality community supported bakery - Bread for All. Come and support this wonderful organization that features a bakers-in-training program allowing men and women in recovery learn skills to help them secure full-time employment. A perfect way to begin your Lenten journey!

Page Four  St. Louis Church, Pittsford, NY  March 2, 2014
TRUST IN GOD

Our Gospel reading today is pointing out that since human beings are not self-sufficient; we are dependent on something outside ourselves. It should be God, not the material goods we own. This is not to say that we don’t need material goods. But the reading goes on to remind us not to be anxious. Look at the beauty of nature. The birds do not sow or reap. The flowers do not work or spin cloth. Yet they are provided for by God. Human beings are worth much more than these. How could God not provide for us as well? If what we place first in our lives is God’s kingdom and his justice, we will have what we need.

We need to address each day’s problems as they come, confident that we are in God’s loving care. He is a loving father who holds the whole world in his hands. He will certainly care for us.

CATHOLICISM 101

How can I prepare myself and my family for the season of Lent?

During Lent, we take our cue from Jesus. We begin preparing for Easter and the Resurrection on Ash Wednesday. As Catholics we focus on three pillars of Lent: fasting, prayer and almsgiving. Where have we failed in the practice of our Catholic faith, where can we do better? These three pillars help us identify areas of our lives where it is difficult to live as a disciple of Jesus.

Fasting: fasting is a way to voluntarily forego something we really enjoy – especially something that is otherwise perfectly acceptable. The Church does not require that we “give something up” for Lent, though lots of people do pledge to stay away from chocolate, soda, alcohol or on-line shopping. That is entirely a matter of personal choice. Some find “giving up” or cutting back or cutting out can help us shift our reliance on, say, caffeine, to focus our reliance on Jesus. Here is a simple thing to do when we are struggling with “wanting” what we have “given up”…say a prayer.

Prayer: St. Paul encourages us to “pray always,” but Lent is time for special emphasis on our prayer life, a time to “kick it up a notch” with regards to the time we spend in prayer. If you rarely pray at all, take a prayer book or the Bible, off your bookshelf and open it up. Either choose something out of those books that you have always wanted to read, or open randomly and read what you find. Make this your practice of prayer during Lent. If you don’t usually attend daily Mass, stop in at church during the week and celebrate the Eucharist (daily Mass is about a half hour long). Check the bulletin for daily Mass times. Keep an eye on the bulletin too for several opportunities to pray during Lent. One of the simplest ways to pray during Lent and everyday is to sit quietly (at home, in the car, at your office) and have a conversation with God, 10 minutes is a good place to start and, add minutes each week. The hardest part is getting started!

Almsgiving: a fancy name for charity! We often think of giving money as almsgiving, however St. Peter tells us: “Above all, maintain constant charity among yourselves, for charity covers a multitude of sins. Be hospitable to one another without complaining. Like good stewards of the manifold grace of God, serve one another with whatever gift each of you has received.” These are acts of charity. What we should be cultivating during Lent is a spirit of gratitude for what we have. Our most precious commodities – health, friendship, love, the beauty of creation – are pure gifts from God. In this spirit of gratitude we are called to give of what we have financially as well. This year there are “rice bowls” available for everyone. We encourage you to take one home, put it in a prominent place in your home, and each time you add money to it, say a prayer for those whose life will be made better by your gift.

In our families we learn about caring. We learn to care for our own needs and the needs of others, and we learn to take responsibility for the needs of our household. Sometimes caring for these needs means that we are unable to do other things that we would enjoy more. At times, we can be tempted not to take responsibility for what we are given to care for.

What are the different ways your family cares for one another and the needs of your household? Remember times when you’ve been tempted to put your own needs ahead of others. What are the consequences of making that choice?

God cares for us every day and will never forget us. God looks after the birds in the sky and the flowers in the field. Jesus reminds his disciples that they are worth much more than these things. Share with each other the times in which you have experienced God’s care for yourself and your family.
WE PRAY THROUGH LENT

WARM SOUP AND NOURISHING PRAYER

Lent, which begins with Ash Wednesday, March 5 is this week, it is time to mark your calendars for our “Fridays in Lent” gatherings. The following are the prayer formats for each evening:

Friday, March 7** ~ Mary Van Houten
Musical prayer and reflection (7:00 pm)
In her great wisdom, the Church provides the Season of Lent, a unique opportunity to journey to a place of deeper reflection and action. There, we find the courage to ask, “How are we doing? Are we living as God intended us to live? Where have we fallen short or missed the mark?” “INTO THE DESERT” is a ONE HOUR liturgy through which your participation in prayer and song fosters an experience of the love of God and an awareness of brokenness, sinfulness, and the need for God’s mercy, forgiveness, and healing. Take some time for yourself and spend one hour on a spiritual retreat for the soul, with Mary Van Houten, pastoral musician.

Friday, March 14 ~ Father Bob Ring
Taize Prayer (7:00 pm)

Friday, March 21 ~ St. Louis School 5th Grade
Stations of the Cross (7:00 pm)

Friday, March 28 ~ Musica Spei
Musical Stations of the Cross (7:00 pm)

Friday, April 4 ~ St. Louis Faith Formation
Living Stations of the Cross (7:00 pm)

Friday, April 11** ~ Father Bob Ring
Evening Prayer (7:00 pm)

Friday, April 18 ~ St. Louis Parish Family
Tenebrae (7:30 pm)

**On Friday, March 7 and Friday, April 11 a simple soup supper will be held beginning at 6:00 pm in the Parish Meeting Hall. The soup suppers will be a pot-luck style meal. Please RSVP on the Wednesdays of these two weeks; call Elizabeth (586-5675) at the Ministry Center. Let Elizabeth know if you will be bringing a crockpot of your favorite soup (remember meatless) to share and/or a loaf of bread. If you will be attending the prayer portion of the evening only you don’t need to RSVP.

The prayer portion of these evenings will begin at 7:00 pm in the Church with the exception of April 18, Tenebrae, which will begin at 7:30 pm. We know through Scripture that Jesus can be found in the breaking of the bread. Come and break bread and pray with other disciples who share our faith. Let’s get to know one another in these opportunities of a shared meal and prayer this Lent.

Little Rock Scripture Study
"The Women of the Old Testament"
Discover their Strength Courage Wisdom

Bold and decisive, also meek and faithful, they are always compelled to act in ways that bring about change. God’s saving deeds often came through the mind and will of amazing women using limited resources. Their stories are remarkable in that they arise from historical eras that cramped their options in influencing or changing the flow of history.

10-week Study Begins Tuesday, February 25
1:15 p.m. in Parish Meeting Hall
$10 Cost of materials includes study guide, scripture, and commentary. Please RSVP to Birdie (586-5675) by February 17
Peer-led, informal, faith-sharing, join us!
(Additional session days & times available if enough people are interested. Email Cris Wensel at cwensel@dar.org)

Saturday, April 26,
St. Louis Parish Gala
Mark your calendars now!

ASH WEDNESDAY AT ST. LOUIS
6:45 am Mass/ distribution of Ashes
9:10 am School Liturgy/ distribution of Ashes
(everyone welcome)
11:00 am Mass/ distribution of Ashes
5:15 pm Mass/ distribution of Ashes
7:00 pm Mass/ distribution of Ashes
TRI-PARISH LENTEN RETREAT

“Be Still & Know that I am God”

These Lenten Reflections (each morning OR evening) will attempt to help you to slow down and deepen your relationship with God. Give yourself a Lenten gift and set aside the time to be with us for this special presentation.

St. Louis
64 S. Main St., Pittsford

Be STILL…
How can we learn to **quiet our hearts** in this busy time and take time to listen to God?

Monday, March 10
11:30 – 12:15 noon
(following 11:00 a.m. Mass)
OR
7:00 – 8:30 p.m.

Church of the Transfiguration
50 W. Bloomfield Rd., Pittsford

… and KNOW…
How is it possible to really **experience God in a meaningful way**?

Tuesday, March 11
9:30 – 10:15 a.m.
(following 9:00 a.m. Mass)
OR
7:00 – 8:30 p.m.

St. Catherine of Siena
26 Mendon-Ionia Rd., Mendon

that I am GOD…
How can we benefit more deeply from the richness of believing in a Triune God?

Wednesday, March 12
9:30 – 10:15 a.m.
(following 9:00 a.m. Mass)
OR
7:00 – 8:30 p.m.

Presented by Dr. Joseph Kelly
After teaching Scripture at St. Bernard’s Seminary for 11 years, Dr. Joseph Kelly joined the faculty at Nazareth College where he taught in the Religious Studies Department for 27 years. He now devotes his time to teaching Adult Education courses in scripture and theology in parishes and congregations throughout the Diocese of Rochester. He is also very active in ecumenical and interfaith work in Monroe County. Look for his article regarding Pope Francis’ idea that the Church is a Field Hospital in America Magazine this Spring. He and his wife, Pat, will soon celebrate their 42nd wedding anniversary.

HOPING IN GOD

Material goods are necessary to humans, necessary for our survival, for our protection and development. They are a gift from God to man. Therefore it is lawful for us to find those goods and enjoy them. But what happens when that lawful and necessary search becomes an absolute concern? What happens when man strives above all for hoarding goods, even ends up being possessed and enslaved by them? How difficult it is not to make money an idol, seeking to find in it the source of our security, our happiness and our hope? This idolatry of money can lead to displacing God, even for one who claims to believe in him and love him. Against this claim, the Lord warns clearly and emphatically that it is impossible to simultaneously serve two masters, God and mammon god. No one can walk with their divided loyalties. Who gets the money in the center of his life inevitably end despising God, consciously or unconsciously.

On the other hand, what about insecurity, uncertainty that makes us lose control of situations? Who does not want to have everything under control? Given these anxieties money appears a source of power and secure: having money, have everything at hand. No need to go hungry, cold; you can access to a good education, give it to your kids, have a good roof over your head, safety, security, the best doctors, abundant amenities, etc. With money it seems one does not have to worry or fret about tomorrow: what to eat, how you dress, etc. To avoid any unexpected accidents, there is insurance. Those who have insurance; can be assured that everything will be perfect in the future for any unexpected eventuality: everything is secured, everything is under control. You no longer have to live burdened by tomorrow.

Furthermore, the momentary lack of a job, food, adequate clothing, should not be reason for believing despair or distress. Surely there must be a healthy concern that drives one to not give up in the search, but while we strive to find a decent job and get the means for our livelihood, for ourselves and for those who depend on us, we should not stop trusting God with the clear awareness that, even when we have cause to wonder, God keeps watch over us. Indeed, it is not surprising that the Lord allows us to go through times of need, sometimes long, with a pedagogical, educational purpose. Many goods often come from similar situations, if we are united to the Lord and united in the Lord.

Finally, amid concerns of everyday life, the Lord invites us to always look toward “the kingdom of God and his righteousness,” that is, to not stop seeking our continued conversion to God, to put Him in the center of our lives, not stop putting all our efforts to live according to His laws and commandments, and so from a life converted to the Lord, do not stop contributing to building a more just, fraternal and reconciled society, where you do not miss the bread and clothing to the weakest of the same members: we believers, we are called to watch in the name of God for all those who are relegated by the powerful, for those who have made money into their god. These are my thoughts on the Gospel.

Victor Sanchez, Seminarian, victor13_64@hotmail.com
Life! in Focus

"Peace is something that must be on the inside of a heart before it can be projected outside. A man who is at war with himself will be at war with others."

~ Bishop Fulton Sheen

Suggested Action: Spend some quiet time in prayer asking God to show you what is troubling you and disturbing your peace. Then ask for His help in resolving the problem.

Little Black Books – It isn't just the content, it is also the method. Little Black books in Lent are an invitation to make prayer and reflecting on Scripture a part of every day; an invitation to ponder a spiritual question and 'spend some time with the Lord', at home, at work, or whenever you have 6 minutes to spare. Pick one up in church this weekend!

Stewardship Directory

Do you have your copy yet? Our Stewardship Directory is a great place to look for what ministries are available in our parish, who to contact, ways you can get involved. Even if you aren't looking to sign up, it is inspiring to know more of the parish story, and to see just what discipleship can include. Prefer to do things on line? Check out our parish website at stlouischurch.org.

Would you like to learn more about the Sacrament of Penance? Go to http://Forgiven.dor.org to find an examination of conscience (for adults, for children and for teens) and information about how to go to Confession.

Looking Good!

Have you checked out our new website (stlouischurch.org)? Or, our school’s website (SLSpittsford.org)? Like any great website, we want to keep them fresh and interesting. There is a photo gallery that is crying for additional great photos, and we would also like to have a variety of pictures to change in and out periodically to keep the site engaging. Photos of Mass, weddings, baptisms, parish events, anything of that nature would be great (especially helpful if you can get permission of those in the photo). Please e-mail to our webmaster, Elizabeth Finn, efinn@dor.org. (High resolution photos preferred for possible use in other St. Louis publications.)

Give Us This Day is a daily prayer book for each month with psalms, scripture readings, morning and evening prayers, including reflections about the spiritual wisdom of the Gospel and stories about Saints and saintly people whose courage and values can be inspirational in our own lives and faith journey. Liturgical Press has provided several free samples for March 2014.

If you decide to subscribe:
Follow the instructions in the book to subscribe with home mail delivery.
OR
To join the St. Louis group subscription at a substantial discount with books brought to church for you to pick-up, call the Ministry Center (586-5675) or email Barbara Thomas at bthomas@dor.org for more information.

Stewardship Prayer

Loving God, you are the source of every good gift: gifts of creation that surround us, the mysteries and gifts of human life within. We praise you and thank you for all these treasures, and for your tender, faithful love.

Center us in gratitude. Open our eyes to how blessed we are, and what a blessing we can be. Teach us the joys of generosity. Give us the courage to give as freely as we have received. Help us to believe, to belong and to make this parish all that it can be. Together we can accomplish amazing things in your name. Help us open our hands and hearts, becoming a blessing to others, to your honor and glory, Amen.

BACK ISSUES

Not everyone is fond of going on-line to check out the bulletin if they have been out of town or couldn't get to Mass. Some folks prefer a hard copy in hand. In the entrance near the sacristy, adjacent to the bulletin board, you can find bulletins from the previous two weeks, as well as parish registration forms, if you have not yet formally registered at St. Louis.
The Last Word

Bike Donations Needed
R Community Bikes Inc. (www.rcommunitybikes.net) is an all volunteer organization which collects, repairs and distributes used bikes, free of charge to people in need, both children and adults. Since 2001, nearly 20,000 bikes have been redistributed and, last year alone, more than 2400!! We work at our warehouse at 226 Hudson Ave. Monday through Saturday from 9:00 a.m. -1:00 p.m. and are open for donations of anything bike related during those times. The bikes we supply through the generosity of the community benefit those unable to afford cars or even public transportation and enable them to more easily travel to work, school, appointments and shopping.

We can also pick up bikes if necessary. We can also pick up bikes if necessary. Call Dan Lill at 585-234-2008.

Wedding Jubilee Mass
Sacred Heart Cathedral
The Most Reverend Salvatore Matano will preside at a Wedding Jubilee Mass to honor couples who have been married 25 years or more on Sunday, April 27 at 2:00 PM at Sacred Heart Cathedral in Rochester. A reception will follow the Mass to honor the attendees. To register, please send your name and complete mailing address to Sylvia Mancuso at smancuso@dor.org or call her at 1-800-388-7177 x1295, or 585-328-3228 x1295. Many married couples spend the winter in warmer climates – so their families are encouraged to register them!

Missed the Plane?
Did you want to take part in the virtual trip to the Holy Land last month, but it didn't work out? On Monday, March 24th after the 11:00 AM Mass, bring a brown bag lunch, pretend the weather is warm, the sun bright, and travel from the Bethlehem to Jerusalem, with stops in Capernaum, Mt. Tabor, the Jordan River, and a little sail on the Sea of Galilee. Mark your calendar now!

Women of St. Louis
Have you ever wondered if you have a problem with alcohol? Has anyone ever told you that you should seek help? There is a Women’s group at St. Louis who meet once a month to deal with this issue and offer support. Call Fr. Bob (586-5675) for a meeting time and place.

Roman Catholic Theology and Ritual Practices: Death, Funeral Liturgy, Burial & Remembrance
St. Bernard's School of Theology and Ministry, in conjunction with Holy Sepulchre Cemetery and Ascension Garden, presents a year-long seminar series conducted by local and national experts in hospice caregiving, spirituality, funeral practices, veterans care, pastoral ministry and liturgy. Kicking off the seminar series is nationally acclaimed author, speaker, and consultant, Dr. Kenneth Doka, professor of Gerontology at the Graduate School of the College of New Rochelle and the Senior Consultant to the Hospice Foundation of America.

Dr. Doka will be conducting three sessions on Saturday, March 8, 2014. They are free and open to the public. Although registration is required either online or by calling (585) 271-3657 x 289.

Session 1: Care of Veterans & Their Families - 9:30 am
Ascension Garden Cemetery, 1900 Pinnacle Rd., Henrietta, NY 14467

Session 2: Ethics and End-of-Life - 1:30 pm
Ascension Garden Cemetery, 1900 Pinnacle Rd., Henrietta, NY 14467

Session 3: Spirituality and End-of-Life - 6:30 pm
St. Bernard's School of Theology and Ministry, 120 French Rd., Rochester, NY 14618

Visitation and Pastoral Care
Jesus said, “Come to me, all you who are weary and burdened, and I will give you rest” (Matthew 11:28). This four session certificate course analyzes the theology of Pastoral care and provides the basic skills needed to extend this care to members of our faith communities who are shut-ins either at home or in institutions. Video conferencing available to Apalachin, Auburn, Hornell and Watkins Glen. Cost is $100. Mondays, March 10, 17, 24, 31 from 6-8:30 pm. Register at www.stbernards.edu, or by calling (585) 271-3657 ext. 289.
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