GETTING STARTED ON LENT

Lent is back again – that annual six-week gift of God (yes, it is a gift), offering us an opportunity for tuning up the practice of our faith in anticipation of renewing our vows of baptism at Easter. As we will be reminded on Ash Wednesday, the typical practices of the Lenten season are prayer, fasting, and almsgiving/works of mercy and justice. These three interrelated practices help the whole Church, collectively and individually, to deepen our relationship with God and with one another.

To start us off on Lenten practices, let me say something about fasting (the minimum requirements are found on page 3). First, fasting cannot be sustained for six weeks without regular prayer and practical outreach to those in need. Second, we might define fasting as emptying ourselves of our own self-centeredness and individual preoccupations, and to be filled with Christ who satisfies all the hungers of our lives. Hence, the link with prayer and good works. Third, fasting is very practically about food, drink and all the things we “feed” ourselves with. So, for teens and adults, fasting should have matured beyond “giving up candy for Lent.” We should be asking how we can get our whole selves in shape as instruments of God’s work in the world – body, mind and spirit.

So, yes, we are looking at a healthy balance of food and drink: do we habitually eat overly-large potions, is there too much snacking or consumption of alcohol or drugs? Beyond food, what am I feeding my mind and spirit? Is this Lent the occasion for me to evaluate how much mindless participation in blogs, reflect and represent Christian values and Christian faith? Further, how do I spend my time; how do I spend my money? How is it wholesome or junk? Do my postings on Facebook or Twitter, or my iPad, television), and what I am taking in from social network platforms? Is it wholesome or junk? Do my postings on Facebook or Twitter, or my participation in blogs, reflect and represent Christian values and Christian faith? Further, how do I spend my time; how do I spend my money? How am I caring for our common home, the planet on which we live? What forms of fasting are required in these areas that will bring me closer to God and to my brothers and sisters?

Fasting is about restraint, a holding back, so that God, the other, and especially those in need and without a voice may be heard. So perhaps this passage from Saint Paul’s Letter to the Ephesians might give us a staring point for reflecting on how we will engage the practice of fasting this Lent:

“Never let evil talk pass your lips; say only the good things people need to hear, things that will really help them. Do nothing that will sadden the Holy Spirit with whom you were sealed against the day of redemption. Get rid of all bitterness, all passion and anger, harsh words, slander, and malice of every kind. In place of these, be kind to one another, compassionate, and mutually forgiving, just as God has forgiven you in Christ.” (Eph 4:29-32)

Christ’s peace to you, Father Bob Kennedy
**Mass Intentions for This Week**

**MONDAY - MARCH 4**
Sir 17:20-24/Mk 10:17-27  
11:00 am Funeral for John Burke  
5:15 pm Milagros Vida - Malik Family

**TUESDAY - MARCH 5**
Sir 35:1-12/Mk 10:28-31  
6:45 am Vincent State - Jeff Mason  
11:00 am Shawn Corcoran - Family

**ASH WEDNESDAY - MARCH 6**
Jl 2:12-18/2 Cor 5:20—6:2/Mt 6:1-6, 16-18  
6:45 am For the People of the Parish  
9:10 am St. Louis School Prayer Service  
11:00 am Jared Adams - Lanahan Family  
5:15 pm Helen Fultz - Betsy DeBloom  
7:00 pm For the Children of our Parish

**THURSDAY - MARCH 7**
Dt 30:15-20/Lk 9:22-25  
6:45 am For Vocations  
11:00 am With Special Intention for Doris Schmidt - Dallager Family

**FRIDAY - MARCH 8**
Is 58:1-9a/Mt 9:14-15  
11:00 am For those Struggling with Depression  
5:15 pm John Strayhall - Ruth Tracy  

**SATURDAY - MARCH 9**
Is 58:9b-14/Lk 5:27-32  
9:00 am Angela Tomczak - Tomczak & Catalanello Families  
4:30 pm Joe Marchese - O’Sullivan Family  
and Joan Graham-Fleichscher - Ellen Thiede

**SUNDAY – MARCH 10**
Dt 26:4-10/Rom 10:8-13/Lk 4:1-13  
7:30 am Susan Coyne - Lucille Newell  
9:00 am Alida Meyer - Eileen Ramos  
11:15 am Joe Clayton - Elaine Colombo  
5:00 pm Jared Adams - Molinari Family

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**Special Intentions This Week:**

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

To reserve a candle, please call or visit the Ministry Center.

- One lamp will burn in loving memory of Margaret F. O’Neil by Peggy and Patty
- Two lamps will burn in loving memory of Richard John Provazza by Sandra Provazza

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**Requiem Aeternam**

Joseph Aini, Sr.  
Nikki Leonardo  
Shirley Ray  
Michael Solazzo

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**Saturday & Sunday, March 9 & 10**

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<tr>
<th>Time</th>
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<td>C. Rucci</td>
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Sunday Communion Service - March 10  
The Highlands - Fred & Marie Lapple  
Heather Heights - Pete & Gerry Shea
Our Weekend Scriptures:  
8th Sunday in Ordinary Time

**1st Reading:** Sirach 27:4-7
*The test of the just*

**2nd Reading:** 1 Corinthians 15:54-58
*Victory over death*

**Gospel:** Luke 6:39-45
*You will see clearly*

Looking Ahead:  
1st Sunday of Lent

**1st Reading:** Deuteronomy 26:4-10
*He brought us up from the land of slavery*

**2nd Reading:** Romans 10:8-13
*Believe with the heart, confess with the lips*

**Gospel:** Luke 4:1-13
*Led by the spirit for 40 days*

Daily Wisdom
Almost all of us have little sayings or mottos or quotes that we return to regularly that guide and support our daily living. It may be a magnet on our refrigerator door or an insert in our prayerbook or attached to the bathroom mirror. Something like the Golden Rule or “The Lord is my shepherd, I shall not want” or some inspiring quotation. The book of Sirach is part of a larger body of Old Testament material known as Wisdom Books (also Ecclesiastes, Proverbs, Job, Tobit, and Psalms, among others). They are chock-full of sayings, stories and bits of practical advice that are meant to guide our daily living. Each unit is worth a day’s meditation. For example, “The fruit of a tree shows the care it has had, so too does one’s speech disclose the bent of one’s mind.”

Eternal Wisdom
Paul’s First Letter to the Corinthians ends with the advice: “Be firm, steadfast, always devoted to the work of the Lord, knowing that in the Lord your labor is not in vain.” The basis for giving this advice is our faith in the power of Christ’s resurrection from the dead, which Paul has been “opening up” as we have read chapter 15 of the letter proclaimed over the last several weeks. For those who live in the risen Christ, the powers of sin, evil, death, and any form of diminishment have been defeated; Christ has won victory over them and handed on the victory to us in baptism. Hence, Paul’s words of encouragement to the Corinthians and to us as he signs off his letter.

Wisdom Put into Practice
Our words and actions reveal the truth of the wisdom that resides in our hearts and guides our living. As disciples we learn the wisdom of the Teacher, Jesus Christ, and then are sent as apostles to live that wisdom in the practicality of our daily lives. “For every tree is known by its own fruit.” What we say, how we say it, what our actions reveal of our values, the quality of our relationships with our loved ones and strangers alike, all come “from the fullness of the heart.” The season of Lent gives us six weeks to review the wisdom by which we live, to adjust our focus to the wisdom of the gospel of Christ, and put that wisdom into practice.

**St. Louis School Prayer Service**

9:10 A.M.  
March 6  
Church  
All Are Welcome!

You are being called to a life of forgiveness.  
Accept God’s invitation!  

This Lent, prepare yourself to embrace the gift of the Sacrament of Reconciliation at the Day of Penance and Mercy on March 13 from 12:30-7:30pm.  

Learn more at Forgiven.dor.org.

**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 age 14. Anyone with a chronic illness or in a weakened condition receives dispensation automatically.  
- Ash Wednesday (March 6) and Good Friday (April 19) 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.
WE GIVE

Supporting Our Parish

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<th>Month-to-Date</th>
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<tr>
<td>24</td>
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St. Michael’s Woodshop was founded in 1967 by Sister of Mercy Sr. Pat Flynn to teach the skill of woodworking while offering character building to Rochester urban students over the age of 14. Today under the direction of James Smith and several volunteer mentors, young people learn to be contributing members of their family and their community.

Located at 691 St. Paul St. in Rochester, the Woodshop refinishes furniture and makes picture frames for customers while filling orders from local businesses. It builds small free libraries to be placed around the city and bookshelves for the Rochester Area Literacy Program. Watch for sales of their craftsmanship held throughout our community.

St. Louis’ Haiti Team is grateful to the Woodshop for handcrafting this year’s beautiful trees for our Annual Ornament Sale to benefit St. Damien Pediatric Hospital in Haiti, the monumental effort of parish friend Fr. Rick Frechette, Passionist priest and physician. Presently, they are designing a Peace Dove for St. Louis' 38th Annual GIFTS OF LOVE fundraiser.

Learn more about the Woodshop at stmichaelswoodshop.org.

Beginning Experience of Rochester Weekend for Widowed, Separated, or Divorced, April 5-7

Beginning Experience (BE) is an international peer support ministry for widowed, separated and divorced adults. The weekend program helps participants deal with the natural grief process and offers an opportunity, through God, for dealing with the pain of loss and moving into the future with renewed hope. Our next weekend program will be held at the Notre Dame Retreat House overlooking Canandaigua Lake, April 5-7, 2019.

For more information, please contact BE at (585) 987-1750 or visit: www.beginningexperiencerochesterny.org.

PLEASE CONSIDER GIVING TO THIS EMERGENCY APPEAL FOR SAINT DAMIEN PEDIATRIC HOSPITAL. DONATION ENVELOPES ARE LOCATED BENEATH THE IMAGE OF OUR LADY OF GUADALOPE IN THE NARTHEX.

Message From Father Rick

Dear Family and Friends, Social and political tensions in Haiti have reached their flash point, and we are living, with what seems like the dangerous unraveling of a nation...a spiral of violence and destruction. The stated reason is that the cost of living has become impossible, in a country where it was already hard enough to stay alive.

As usual, far from sheltering in place, we are seeking out the wounded and bringing them to our hospitals, picking up the dead on the streets, and bringing water to other hospitals and orphanages who have run out, also to desperate neighborhoods.

Some of our staff have been attacked and wounded and, since most stores, banks, and businesses remain closed, we are hoarding cash where we can, and are obliged to pay black market prices for necessities. The motorcycle, and your two feet, have become the best way to get around town. But even motorcycles have become extremely expensive and dangerous.

Let's not give up on humanity... Let's not forget our prayers.
Fr. Rick Frechette CP
Save the Date!

St. Louis
Faith Formation
Family Event
“Walk with Jesus”

Saturday, March 30th
from 10:00-Noon

Location: St. Bernard’s
School of Theology and
Ministry, French Rd

This inspiring event follows Jesus through His last days on earth—and in our daily lives.
“Walk with Jesus” engages both young and old alike, and is perfect for families to experience to-gether. Each station includes powerful activities and you’ll take home special keepsakes that serve as reminders of Jesus’ tremendous sacrifice and love for you.

Watch your email and the bulletin for our Sign-up Genius information!!

7-12th Grade Girls:
Please join the
Dominican Sisters of
St. Cecilia for:

“Cupcakes & Conversation”

Friday, March 8th
3:45-5pm
St. Louis Church, Pittsford
Sponsored by the
Rochester Catholic Women’s Conference

Grade-based discussion groups
RSVP to: rsvp.cupcakes@gmail.com

Night of Worship

Steubenville Worship Team
and Eucharistic Adoration

Friday May 3rd - 7:00 pm
Guardian Angels Church

Pre-registration - Send All Names and $5 per Person to:
Night of Worship, PO Box 609 Henrietta, NY
Payable to CCR of Rochester

Admission At Door - $10 per Person if Not
Pre-Registered by APRIL 12

CCR-Rochester.org
ENCOUNTER LENT

Join our faith community—and nearly 14,000 Catholic communities across the United States—in a life-changing Lenten journey of encounter with CRS Rice Bowl. Pick up your family’s CRS Rice Bowl at church beginning Ash Wednesday. During the 40 days of Lent, as companions on the journey, we will encounter our neighbor.
COMING UP!

Celebrate St. Patrick’s Day
March 16, after the 4:30 pm Sat. Mass
BISTRO
BYOB
RSVP by Wednesday, March 13
$15/person to Suzanne or Shannon at 586-5675

Madrigalia presents “Music of Large Spaces,” a
concert with music inspired by grand environ-
ments, from cathedrals to the cosmos, and the
largeness of the human spirit.
Be bathed in choral music that slows time, music
by Maurice Duruflé, Ērik Ešenvalds, Ola Gjeilo,
Eric Whitacre, Joy Harjo, Cary Ratcliff, Gregorio
Allegri, H. Balfour Gardiner - and even Annie Len-
nox and Eric Idle.

Friday, March 8, 7:30pm
St. Louis Church
Tickets: $18 ($5 students) available at the door,
www.madrigalia.org, and at 585-230-2894.

The St. Louis Knights of Columbus Council will be holding their Easter Lily Sale
on the weekend of March 23 and 24. They will be at all church entrances, before
and after all Masses. Order an Easter Lily for $9.00 and pick it up after all Mass-
es on the weekend of April 13 and 14. You can also order an Easter Lily and
raise the spirits of a person in the Monroe County Meals on Wheels program, to
be delivered by a member of the St. Louis Knights of Columbus Council.
Proceeds from the sale are for the benefit of vocations in the Rochester area.

Lily Sale Order Form
Name ___________________________ Phone ___________________________
Address ______________________________________________________________________________
Email ________________________________________________________________________________

Order:                                             Quantity:                                             *Please make check payable to
Easter Lily - Pick Up _______                             St. Louis Knights of Columbus*
Easter Lily - Meals on Wheels _______ Return your completed order form and payment
to the parish office by Sunday, March 24.

Total: $ _______

Time to dust off the book we gave away at Christmas!!! It’s going to be
the book Matthew Kelly uses for the program “Best Lent Ever”!

What is BEST LENT EVER? It’s a free email program that will guide you on an incredible
journey toward the-best-version-of-yourself. From Ash Wednesday to Easter, you’ll dis-
cover ways to transform your life in forty days. Many parishioners have participated in
this program over the years and rave about it!

Visit our website for more information and to register: Stlouischurch.org/best-
lent-ever
For more information or suggestions contact Kathryn at 586-5675 x224, or Kathryn.mcalarney@dor.org.
Vespers
Join us for Evening Prayer

When: Saturdays during Lent
5:45-6:00 p.m.

Where: Church sanctuary

What do we do in evening prayer?
We remember our day before God and ask him to forgive our sins and our faults.

We give thanks that Christ has come into the world and now, as the sun sets, we pray for the redemption of the world.

We take up Mary’s song of praise, the Magnificat, and we say to God, “Let it be done to me according to your word.”

The Knights of Columbus from our parish sponsored a presentation by Fr. Bob Kennedy and now are working to bring us this part of the beautiful prayer of the Church called “Liturgy of the Hours”.

For more information, contact Kathryn at Kathryn.mcalarney@dor.org, 586-5675 ext. 224.

“Remember Man that Thou Art Dust…”

Is it a morbid practice to remember our mortality?

This was a question that was brought up at our Catholic Conversations discussion. “Memento mori” (Latin: “remember you will die”) is a means of reflecting on our passing lives and the transient nature of our earthly goods and pursuits. Instead of being depressing, it gives us a chance to think about how we will use the time we have here on earth. We decided that it would be like seeing an expiration date on groceries. Therese Lynch gave us the best description: “Best When Used By…” Yes! This perspective gives us the encouragement to live life to the fullest for the glory of God!

“During the time that God has granted you in this world, make up your mind in earnest to do something worthwhile; time is pressing and the mission of men and women on earth is most noble, heroic, and glorious when it enkindles shrunken and dried-up hearts with the fire of Christ.” –St. Josemaria Escriva

Join us at Catholic Conversations each Sunday from 10:00-11:00 a.m. in the Manse!

For more information, contact Kathryn at Kathryn.mcalarney@dor.org, 586-5675, ext. 224.

Let Our Website be Your Lenten Resource!

Go to: stlouischurch.org/lent for links to videos, retreats, daily Lenten devotions.

Check out our adult formation webpage!
Have you checked out the St. Louis website lately? We have a lively selection of adult faith formation resources all gathered here to help make it easier to grow spiritually. Go to stlouischurch.org/resources.

Need help? Contact Kathryn at kathryn.mcalarney@dor.org.
**LAST BUT NOT LEAST**

**Lenten Day of Reflection at Notre Dame Retreat House** (5151 Foster Rd., Canandaigua, NY)
Join us on March 5, 2019 from 9am to 3pm for morning coffee, conference, lunch, Reconciliation, and Mass.

Theme: “Our Lenten Journey” Presented by: Fr. Frank Jones, C.Ss.R. & Nancy Lynch (ND Retreat Team Member)
There is a $25.00 fee. Please call 585-394-5700 or email: ndretreat@rochester.rr.com to REGISTER!

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**Saint’s Place**

*Behind the scenes - The Shakers and Movers*

Every day, 365 days a year, Saint’s Place at 46 South Main Street receives numerous donated items that need to be sorted, cleaned, stored and distributed to refugees and the needy in Rochester. With two other locations, our warehouse on Exchange Street and our Clothing Closet at Saint John of Rochester, and our two tutoring programs, the logistics of accomplishing all we do, is because of our volunteers. Volunteers are the heart and soul, the BACKBONE of Saint’s Place. Without their dedication and countless hours of work both at their homes and at our various locations, there would be no Saint’s Place.

Saint’s Place has about 70 active volunteers and about 30-40 volunteers who will help when needed or do special projects for us. During the 2-3 weeks of Annual Super Sale in July the number of volunteers is well over 200! Volunteers of all ages, from all walks of life, with different talents and time commitments enable Saint’s Place to serve over 300 people every month with clothing, household items, tutoring and furniture. We presently have three college interns.

Our pickup and delivery crew work four days a week, in all kinds of weather. On the freezing cold mornings to the over 95-degree days, if there are needs to be met, they are there and willing to help. Jim Connorton, Bill Ditoro, Joe Haeffer, Tom Kress, Fr. Juan, and Richard Huber are just a few of the dedicated men who with a smile bring hope and a new start to so many people. Their work is not high-profile or glamorous, but someone must do the heavy lift. Someone must be willing to pick up furniture, repair it, clean it and then deliver it to a family who has nothing. These men are truly doing the Lord’s work and our gratitude for them is overwhelming. Most are “retired” from lifelong careers and have chosen to use their hands and back to benefit those most in need.

At Saint’s Place, there are so many selfless and kind people coming together to contribute to the goal of welcoming our less fortunate brothers and sisters. Every day, you can easily witness the Holy Spirit in action as you observe the countless, selfless acts of kindness.
Parish Staff Directory

Parish Offices - Ministry Center
64 S. Main Street, 14534
(585) 586-5675; Fax 387-9888

Ministry Center Hours are:
Monday - Friday, 8:30 AM - 4:30 PM

Pastoral Staff:
Rev. Robert Kennedy,
Parochial Administrator
ext. 225, Fr.Robert.Kennedy@dor.org

Rev. Juan Benitez, Parochial Vicar
Fr.Juan.Benitez@dor.org

Deacon David Snyder
1deacondave@gmail.com

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Michelle.Andrews-Smith@dor.org

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Sally Schrecker, Operations Manager
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Pat Spinelli, Parish Visitor
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Stewardship Team, 734-9705
debbie53hoeft@yahoo.com

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Phone: 385-6860
saintlady@saintsplace.org

In Residence at the Rectory:
Msgr. Gerard Krieg

Fran Barr, Principal,
St. Louis School, 11 Rand Place
Phone: 586-5200 Fran.Barr@dor.org
www.slspittsford.org

Michael DeCocq, Grand Knight,
St. Louis Knights of Columbus
Phone: 585-314-8835
depepsi@twc.com

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www.facebook.com/stlouischurchpittsford

St. Louis Church, Pittsford, NY
March 3, 2019