# **LENT AND EASTER CELEBRATION 2018**



### LENTEN SCHEDULE

**Ash Wednesday:** February 14<sup>th</sup> is Ash Wednesday. Ashes will be distributed during the 8am Mass, 9am School Mass, 12:00 Noon Service, 4:30pm Service and 7pm Mass.

### **Fasting and Abstinence**

The Church's official position concerning fasting and abstinence from meat during Lent: Catholics between the ages of 18 and 59 are obliged to fast on Ash Wednesday and Good Friday. In addition, all Catholics 14 years old and older must abstain from meat on Ash Wednesday, Good Friday and all the Fridays of Lent.

Fasting as explained by the U.S. bishops means partaking of only one full meal. Some food (not equaling another full meal) is permitted at breakfast and around midday or in the evening – depending on when a person chooses to eat the main or full meal.

Abstinence forbids the use of meat, but not of eggs, milk products or condiments made of animal fat.

#### <u>Ashes</u>

The use of ashes as a sign of penitence and remorse is rooted in Jewish tradition. This Jewish penitential practice carried over into Christianity. As far back as the fourth century church, those who had committed serious sin presented themselves to the bishop on Ash Wednesday, and he sprinkled ashes onto their hair shirts (sackcloth). The penitent would spend the rest of Lent wearing the hair shirt as a public display of sinfulness.

### **Fasting**

Jewish Law required fasting on only one day of the year - -Yom Kippur, the last of the 10 days of penitence introducing the New Year. However, special public fasts could be called in the face of disasters, e.g. a famine. There were also private fasts. For example, some Jewish people fasted every Tuesday and Thursday.

As Christians, we fast as a way of asking God for wheat we need, or of doing penance for our sins. But more deeply, fasting is a form of prayer---prayer in action. It helps us experience and express:

- Our hunger for God
- Our dependence on God
- Our weakness and frailty
- Our willingness to change some of the sinful patterns in our life
- Solidarity with the poor, the outcasts, the alienated, etc.

**Confessions:** Confessions are held every Saturday from 3:15 - 3:45 PM in the Church. Confessions will also be held on Monday of Holy Week (March 26) at 7 pm in the Church.



STATIONS OF THE CROSS: Fridays at 7 pm

**"FOLLOW ME":** Contemporary Presentation of the Stations of the Cross by the Youth of the Parish Wednesday, March 23<sup>rd</sup> at 8:00 pm in the Church

### HOLY WEEK

### **PASSION WEEKEND (Palms)**

	( /
March 24	Saturday Mass: 4:00 pm
March 25	Sunday Mass: 8:00, 9:30 &
	11:30 am
	Dress Rehearsal Follow Me
March 26	Confessions: 7:00 – 8:00 pm
	in the Church
March 27	Chrism Mass, Our Lady of Hope,
	Blackwood – 4:00 pm
March 28	"Follow Me" 8:00 pm
	Youth - Stations of the Cross

### <u>TRIDUUM</u>

March 29	Holy Thursday
	Mass of the Lord's Supper, 7:00 pm
	Adoration in Church until 10:30 pm
March 30	Good Friday -Veneration of the
	Cross - 3:00 pm in Church
March 31	Holy Saturday
	Blessing of the Easter Food
	12:00 noon in Church

### <u>EASTER</u>

March 31	Easte
April 1	Easte

Easter Vigil 8:00 pm Easter 8:00, 9:30 & 11:30 am



### PALM BRAIDING

Learn the old world technique of Palm Braiding! Come to the **Parish Meeting Center at 7:00 pm on Tuesday**, **March 20<sup>th</sup>.** Bring good scissors. Palm will be supplied. For more information call Cindy Johnson 856-767-0516 or Kitty Longo 856-767-5930.



### PASCHAL CANDLE

Every year we are required to purchase a new Easter Candle (Paschal Candle). As most of you know the candle is blessed and ignited at the Easter Vigil and is aflame every Sunday during the

Easter Season. Also, the candle burns for every Baptism and funeral mass. Paschal candles are beautiful but can be costly. If anyone would like to donate to the purchase of our candle, in memory of a loved one, please contact the office or speak to Fr. Jim or Fr. Goyette. Your loved one's name will appear in the parish bulletin and on the TV screens in Church throughout the Easter Season.

# **PASTORAL ANNOUNCEMENTS**

# A Letter from the Pastor

Dear Parishioners,

The Diocese of Camden has grown tremendously over the course of its 80 years in service to the people of South Jersey. As a diocese, we are continuing to adjust to the constant changes affecting the Catholic Church throughout the Northeastern United States, and we are working to create more dynamic parish communities.

Bishop Sullivan has actively engaged the lay faithful and clergy in promoting the wellbeing of our parishes and the diocese. By frequently visiting parishes, schools, and other institutions, he has made clear his vision of supporting his priests, increasing priestly vocations, encouraging youth and young adult formation, and providing a quality religious education, especially through our Catholic Schools.

Now, midway through the second decade of the 21<sup>st</sup> century, it is time for this generation of Catholics to make their mark on the history of the diocese. *Catholic Strong,* the Campaign for the Catholic Community of South Jersey will primarily benefit our local parishes. Seventy percent of the funds raised through this effort will be allocated for parish needs as determined locally and 30 percent will fund the diocese's coordination and support of various ministries.

This effort should not be mistaken for the House of Charity, which is expended to maintain the important outreach ministries and programs of the Diocese. The mission of this campaign is to provide funds to ensure that our parishes are financially stable and allow the Diocese the opportunity to address long-term and extraordinary needs so that our Church will have the strength and stability to serve future generations of Catholics.

The *Catholic Strong* Campaign will call upon all parishioners throughout our six counties to take an active and supportive role. It is my sincere hope that each of you will take part in this process by responding to this critical initiative. Your participation is vital to the future of Saint Simon Stock Parish.

Thank you.

Fr. Jim

### **Diocesan Wedding Anniversary Mass**

If in this calendar year (01/01/18 through 12/31/18), you are celebrating a milestone wedding anniversary of 25, 50, 60 or 70 years or more of marriage, please join us in celebrating on *SUNDAY, June 10, at 3:00 p.m. Mass* in Glassboro, at Mary, Mother of Mercy Parish. Bishop Sullivan will be the celebrant. A light reception will follow in the parish hall. Registration forms are available at all parish offices. Registration deadline is **May 18, 2018**. For more information please contact the parish office.

### BIBLE STUDY A Small Christian Community

Bible Study Meets on Wednesdays from 9am to 11am in the Parish Meeting Center. No previous Knowledge of the Bible in necessary. All are invited to attend.

# February Gatherings:

- February 14
- February 21





## LOW-GLUTEN COMMUNION HOSTS

If you are in need of a low-gluten host for our daily or weekend masses, please let the priest or deacon know before Mass. The host will be put in a separate pyx (the small, round gold container) and placed on the altar. You may purchase your own pyx if you'd like at any Religious Store, such as Abbott's at <u>www.churchsupplies.com</u>. If you have any questions, please contact SueAnn at <u>sajolmc@comcast.net</u>.

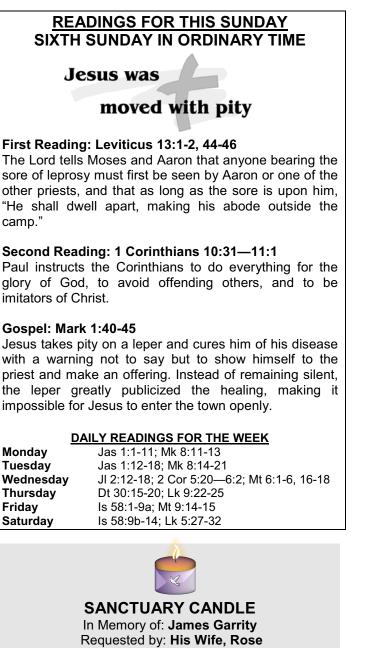
### Just Got Engaged? ...

St. Simon Stock Parish, 178 W. White Horse Pike in Berlin, NJ will offer PRE-CANA this spring for couples preparing for marriage. It is a one-day session which will be held on Saturday, April 14, 2018 from 8:30 am - 2:30 pm in the Parish Meeting Center. Both parties must attend! To register, call Titania at 856-767-2563.





# READINGS



### **EUCHARISTIC ADORATION: WE NEED YOU!**



Why not sign up to spend 30 minutes or an hour per week in quiet prayer and contemplation with our Lord? Eucharistic Adoration is held every Wednesday in the rectory Chapel following the 8am Mass until 5pm with the Miraculous Medal Novena at 4:30pm. We are especially looking for someone who can attend Eucharistic Adoration from 10am to

11am on Wednesdays. Please call Mary McShane at 856-767-8273. A sign up board is available by the St. Edward statue in the back of Church.

Please Note: There will be **NO ADORATION ON ASH WEDNESDAY**.

**CONFESSIONS:** Confessions are held every Saturday from 3:15 – 3:45 pm in the Church.

# **MASSES INTENTIONS**

### MASS INTENTIONS

6 <sup>th</sup> SUNDAY IN ORDINARY TIME - FEB. 11, 2018		
	<b>AT 2/10</b> 00 PM	Irving Motluck Req. by Wife, Dolores Paul & Emily Blaum Req. by Porter Family Charles & Miriam Skinner Req. by Family Anna Marie & John Squillace Req. by Jack & Ann Erickson
	<b>JN 2/11</b> 00 AM	<b>Bea Raiker</b> Req. by Victor & Josie Lombardi <b>Phil Roche</b> Req. by Friend <b>Marie Peditto</b> Req. by Arleen & Dom DiCicco
9::	30 AM	Rose Kelly Req. by Madeline Kelly Margaret McNally Req. by Carl & Joan Auwarter Carmela Maniscalco Req. by John & Sandy Ogg
11	:30 AM	Michele Garrubbo Req. by Eric & Kim Riso M/M Thomas Reynolds Req. by Lenny & Mary Ward
		M/M Jude Reyes Req. by Lenny & Mary Ward
	<b>ON 2/12</b> 00 AM	Mildred Chan Req. by Marge Stan Nowak Req. by Anthony & Mary Saponaro
	<b>JES 2/13</b> 00 AM	For Abandoned Souls Albert Farina Sr. Req. by Daughter Maria
8:0 9:0 12 4:3	EDS 2/14 00 AM 00 AM 2:00 PM 30 PM 00 PM	ASH WEDNESDAY Phyllis Pisciotta Req. by Sue Markiewicz People of the Parish Service Service Bea Raiker Req. by Joanne & John Miosi
TH	IURS 2/15	
	00 AM	Mary Ann Deiter Req. by Mary McShane Eleanor Raake Req. by Bob & Marita Bodine
8:	<b>RI 2/16</b> 00 AM 00 PM	Pasqualina D'Agostino Req. by the Parish STATIONS OF THE CROSS
	<b>AT 2/17</b> 00 AM	Maude Andrews & Lecita & Michale Req. by Molly A. O'Brien
4:0	00 PM	James Porter Req. by Wife & Family Morris & Roslyn Freed Req. by Family Charlotte & Joseph Shore Req. by Jack & Ann Erickson Frank Kozielec Req. by Jean & Moira Poper
	<b>JN 2/18</b> 00 AM	Natalie Arnold Req. by Family Anna & Robert Petrongolo Req. by Amedeo
9::	30 AM	Petrongolo & Family John Olsen Req. by William & Barbara Fean Jim Giosa Req. by Camardo Family Lourdes Barnacha Solomon Req. by Bill & Karen O'Brien Phil Roche Req. by Ron & Rose Katkocin &
11	:30 AM	Familly M/M Harold Baxter Req. by Lenny & Mary Ward John Gorman Req. by Lenny & Mary Ward Janet Quinn Req. Michael & Roxanne Quinn

# **SPIRITUALITY & PRAYER**

### To Everything There is a Season, and a Time for Every Purpose Under Heaven". (Eccl 3) a time to bring forth new life...a time to be baptized...a time to be married...a time to welcome... a time to serve...a time to be healed... a time to die...

SGT Adam Cutaiar; USMC CTI 2 Russell Hagner US Army Sgt. Jason E. Healey Michael Angelow, PO2 US Navy Nadeem Sarwar, US Army SPC Justin Scheuren

Marge Acheson Marguerite Alward John Andreotti Barbara Angelucci Rocco Arcaini Patricia Bailey Kathryn Banks Salvatore Baretta Alberta Barody Scott Beckett Richard Beppel Jr. Theresa Beppel Besong Family Makenzie Bogart Peyton Bravo Dennis Brown Margaret Brown Perry John Buford Pat Byerly Margaret Byne Tom Byrne Bob Cagle Danielle, Dan & Danny Capra Jodi Cardenas Marie Carr Maverick John Casev Bob Chambers **Dorothea Cheslock** Tammy Citrone John J. Clancy Frank Conicello Joann, Jerry Conley Carole Conner Lorraine Contardo Lori Craig JoAnn Crossetta Phil Curreri Herb Dalbow Francis DeLorenzo Dawn Dentzau Mary DeSpirito Annie DiGerolamo Thomas DiMattia Joe Donahue Sr. John DiRiego Carmella, Barbara Dooley Catherine Douress Deborah Dowd Msgr. Francis X. Dreger Dennis Druding III MaryAnn Edgerton

#### Please pray for those who have continued on their journey to the Kingdom of God:



Nancy Garstkiewicz Michael Molnar Frances H. Garrity

### MILITARY

Staff Sgt. David Sigwart 1<sup>st</sup> PV2 Amanda Sylvester Sean P. Gillespie Pvt. 1<sup>st</sup> Class Sherri Mercier Sr. Airman Maverick Marchesani Tyler Fisher, US Army

### HOMEBOUND AND SICK

Rachele, Kevin Edwards Thomas & Vera Ellison Jack Erickson George Esposito Baby Easton Michael Evans **Dolores Fahringer** Anthony, Anthony Faiella Jr. Nora Feger Dorothy Ferrara Stephanie Frago Rose Fraioli William Friedrich John Garrity Zack Geisenhimer Antoinette Glass Helene Reed-Gollon Richard & Gail Grabowski Daniel Guetherman Grant Guidry Debbie Gutjahr John Haley Barbara Handy Caitlin Harkin (baby) Douglas Hatch Diane Helmetage John J. Henderson Patrick Hennessy Denise Henry Judy Herlihy Cy Hill Christine Hirsch Jan & Drew Hohenstein Honrvchs Family Bob Horn Margaret Iuliucci Marianne Jacobs **Robert Jacobs** Neil Johnson Baby Juliana Barbara Keeley Katherine Kennedy Vera Ann Kirk Don Klingler Julie Kramer Gladys LaLena George LaMarra Carol Lee Kate Lee Sophia Marie Lewis Audrey Liebler

Lillian Lovenduski Morgan Lowe Stephen Malloy, Marie Malloy John Manes Jr. Loretta Martinelli Rosa McDermott Michael McDonald Paul McElroy Patricia McGinty Elizabeth McHenry Mary McKay Mary McShane Savannah McSorlev Brooklyn McQuoid Adele Miller Kaitlvn Miller Lorraine Moore Joan Morris Karyn Mumma Arlene Murphy Laylani Narvaez Joel Nicoletto Florence Niemann Clyde O'Brien Maria O'Brien Grant O'Neill & Anna Chris O'Rourke Catherine Oswald Edward, John Ottenthal **Baby Paisley** Edward Pearce J'lani Pena **Catherine Perkins** Denise Petti Roseanne Pirollo Glenn, Shannon Pliszczak Frank Power Diana Prichard Matthew Prichard Quinn Rathjen Margaret Renzi Frankie Rooney John Ross Kelli Rotundo Brandon Rulon Peggy Sachs Sammy and Sophia Amelia Sabol Frank Santilli Arlene Scutte John Sesko

Cpt. Lewis Nicoletto Joseph J. Morris, III, US Army SSgt. Taylor Purvis, US Army Scott Maulo Jr., US Army



**Dominic Settembrine Rose Shaves** Krista Sheehan Liam Alexander Sherwood Alec Silovitz Barbara Smith Peg Skorup Dawn & Harry Smith & Family Maryann Sorensen Karen Stanga Logan, Wayne Stepler **Christina Sturgis** Helen Swanson Jason, Robyn Talucci Brielle, Diane & Devan Taylor Michelle Taylor Elizabeth Tees Patricia Tighe Michael Tomeo J'lani Torres Victor Torres **Charles Trimmel** Frances Turner Heidi Valerv Donna Vancanti Wildamina Vilmont Joseph VanDyke Wagy Family Lorraine Walser Joyce Walsh Sr. Patricia Mary Walsh. O.P. **Baby Lucas Watkins** Kathy Watkins Minnie Wheeler John White Thelma Wichrowski **Catherine Welser** David Wenck Joanne Wescott **Thomas Woodward** Barry & Robin Wright Colleen Yaniak Baby April Yost Lissy Zulueta



BAPTISMS We welcome into the Catholic Christian Community: Caleb Robert Squires



Joseph Signore & Daniella Giuletti

# LIFELONG FAITH FORMATION

Children's Faith Formation, Youth and Young Adult Ministry Sr. Barbara O'Neill, IHM~ 856-767-1537

### YOUTH FAITH FORMATION 2017-2018

Sundays: 10:30 – 11:30 am Mondays: 4:30- 5:30 pm

### CONFIRMATION

Bishop Dennis Sullivan will celebrate the Sacrament of Confirmation on **Tuesday, April 17<sup>th</sup> at 5 pm**.



### FIRST COMMUNION

The Sacrament of First Eucharist will be celebrated on **Saturday, May 5<sup>th</sup> at 10am and 12 pm**.

### YOUTH OF THE PARISH

Calling all young people grades 6-12<sup>th</sup> St. Simon Stock Youth Group

6, 7 & 8 grade meet in the gym; 9-12 grade meet in the PMC Sunday nights 6:30 – 8:00 pm



A fun and energetic group of young people who have the opportunity to hang out and have a good time. Prayer, trips, fundraising, service projects, game nights, gym time are just a few of the ways we get to know each other and make friendships based in God's love within a supportive and loving environment. For more information contact Christian McGlinchey at 856-506-2775 or email Christian at mcglinchc5@students.rowan.edu. St. Simon Stock offers opportunities for 6<sup>th</sup> through 12<sup>th</sup> grades to become more involved in the parish. We encourage you to take advantage of all our parish has to offer you. You have the opportunity to learn, to live and to love your faith. All are welcome: bring your friends.

### YOUTH SCHEDULE

Feb. 18, 25	"Follow Me" Rehearsal
	6:30 -8:00 pm in Church
March 4, 11, 18	"Follow Me" Rehearsal
	6:30 -8:00 pm in Church
March 25	"Follow Me" Dress Rehearsal
April 15	Celebration for all who participated in "Follow
•	Me"



### Youth Stations of the Cross Please come and join us: March 28 at 8:00 PM



"Follow Me" is a contemporary, prayerful presentation of the Stations of the Cross. The youth of the parish present this reenactment as a gift to the Parish at the start of Holy Week. This presentation is directed by the Young Adult Ministry.

### Diocese of Camden

Office of Youth, Young Adult and Campus Ministry Live the Truth! Teens in grades 8 – 12 are invited to the Diocesan Youth Congress for teens on Sunday, March 11, 2018, at Assumption Regional Catholic School in Galloway, NJ. This day-long event provides teens with a chance to make new friends, explore their faith through service and connect more deeply with God. The schedule includes dynamic service events, inspiring prayer, and national speaker. Visit Youth Ministries at www.camdendiocese.org/diocesan-youth-congress-2018 for more information.

### FR. GOYETTE'S HOMILY GROUP

Fr. Goyette's Homily Group will meet at 1:00 PM on Mondays in the Basement of the Parish Office. Come discuss the readings for the next Sunday. **Please note:** There will be **NO HOMILY GROUP on Monday, February 12<sup>th</sup>.** 



### **PRAYER & YOGA**

Wednesdays ~ 6:30 am ~Parish Meeting Center

red side door (former preschool) entrance Start your day feeling centered, refreshed, and more closely connected to God. <u>No cost to attend.</u> No prior experience necessary. Simply bring a yoga mat and join us! For info: call Sue at 856-685-3638.

### PICKLEBALL

Pickleball has arrived at St Simon Stock. We are playing mostly on weekends. If you are interested in learning more about the game contact John Watkins at 856-905-4523 or email johnpb16@comcast.net. You can also visit our website at delvalpickleball.com. Hope to see you on the courts.

### **Daily Rosary/ Chaplet of Divine Mercy**

Please join us as we pray the Rosary and/or Chaplet of Divine Mercy after the 8 am Mass (Mon-Sat.).All are welcomed to join us as we pray meditatively in peace and joy.

### POCKET ROSARY MAKERS NEEDED FOR POLICE BLUE MASSES

Do you have a special devotion to our Lady? Do you enjoy arts and crafts, knit or crochet or don't enjoy them? Do you want to show your support for the police who protect us? Then come and join the pocket rosary makers' ministry. Our ministry is starting up again. There are many jobs and all that is needed is a willing spirit and an eager heart. If want to be a part of this ministry, call Rosemarie Manes 856-753-8812 or 215-332-2162. Must be 18 years or older.



# 2018 LENTEN CHATTERBOX

Here we go again! It's LENT—a time where we focus on giving stuff up. But you're invited to make these next 6 weeks.....well.....a bit more exciting by giving up the *worst-version-of-yourself*!

Come join us for our *Lenten Chatterbox* book discussion as we take a peek at Matthew Kelly's inspiring book.....

# **RESISTING HAPPINESS**

Matthew tackles **fantastic questions** for us: Are you happy? Are you overwhelmed? Do you procrastinate? Do you sometimes feel like you are your own worst enemy? Have you lost the courage to truly be yourself? Do you fiel that your life lacks meaning and purpose? Do you find yourself avoiding the real issues in your life and focusing on the superficial? And where is **GOD** in all of this?

Soooo....*Resisting Happiness* is an inspiring, transparent look at why we sabotage our own happiness and what to do about it in order to become *the-best-version-of-ourselves*, living with passion and purpose!

Our book, *RESISTING HAPPINESS*, is **FREE** for you! Books can be picked up in our Parish Office at 178 W. White Horse Pike: Any **Monday-Friday from 9:00am-4:00pm.** Call the SueAnn at 856-767-1537 if this is not a convenient time frame. We can set up an alternate time to meet with you.

**Gathering Dates:** Mondays from 1:00pm-2:30pm **OR** Mondays from 7:00pm-8:30pm – (Parish Meeting Center)

Chapters are <u>brief</u>—just 3 or 4 pages!

February 19—chapters 1-6 February 26—chapters 7-12 March 5—chapters 13-18 March 12—chapters 19-24 March 19—chapters 25-30 March 26—chapters 31-37

# **STEWARDSHIP**

# **UPCOMING EVENTS**

#### STEWARDSHIP Stewardship Begins With Praver

"Rising very early before dawn, he left and went off to a deserted place, where he prayed...He told them, 'Let us go on to the nearby villages that I may preach there also. For this purpose have I come." – MARK 1:35, 38

In today's Gospel reading we see a perfect example of *Stewardship*. Jesus gives His time to do all that God wishes - healing the sick and preaching. But before He begins, Jesus makes time to be alone with God in prayer. It is through prayer, spending time with God, that we find the strength to do what He wishes us to do. Be sure to find time every day to be with God.

### OFFERTORY COLLECTION

<u>January 28, 2018</u> Sunday Collection: \$ 9,671.00 Capital Needs/Debt Reduction: \$ 709.00 Catholic Schools: \$1,673.00 Poor Box: \$ 184.30 Candles: \$ 173.00

### HOUSE OF CHARITY BISHOP'S ANNUAL APPEAL

If you have not yet made your sacrificial gift to the 2018 House of Charity Bishop's Annual Appeal, please consider doing so. Pledge cards can be found in the back of Church. So far we have raised \$41,325 from 79 families on our parish goal of \$117,969.93 (or 35%) for an average gift of \$181.32.

### **CHURCH IN EASTERN EUROPE COLLECTION**

On Ash Wednesday, the Diocese of Camden will take up the collection for the Church in Central and Eastern Europe. Please be as generous as your means allow.

### TAX STATEMENTS

If you would like to receive a statement of your contributions for the 2017 Tax Year, please call the parish office at 856-767-2563 (ext. 300) and leave your name address and telephone number. Thank you.

#### Knights of Columbus

**MEMORIAL SERVICE**: Archangel Knights of Columbus 7429 would like to pay honor to our recent fallen Brother Roger Schwartz with a brief memorial service on Sunday, February 18<sup>th</sup> after the 11:30 Mass.

**ROSES FOR LIFE THANK YOU:** Archangel Knights of Columbus would like to thank all Parishioners that supported our annual Roses for Life campaign. With the donations received and donation of Archangel Council 7429, we were able to gift \$500 for this Pro-Life campaign. Good Counsel Home of Riverside, New Jersey, a leader in residential care for pregnant mothers in need, was the recipient of your generosity.

### **Diocesan Black History Month Mass**

Join Msgr. Leonard G. Scott, homilist Rev. Manuel B. Williams, and the Diocesan Gospel Choir on Sun., Feb.18, 2018, at 2:30 p.m. at St. Charles Borromeo Church, 176 Stagecoach Road, Sicklerville, NJ 08081. A light reception will follow.





# St. Simon Stock Conference of St. Vincent de Paul Society

Parishioners, please remember to bring in **nonperishable food items** for our third Sunday of the month food collection next weekend before Masses. This food is given directly to our neighbors in need within our own parish towns. Parishioner donations are supplemented with food purchased from the South Jersey Food Bank, food donations picked up from ShopRite, WaWa and Panera Breads who are our partners in fighting hunger.

SVdP appreciates the support of all the parishioners who assist those in need by your prayers, time commitments, food and financial donations. We thank you on their behalf of those we serve.

We Vincentians invite you to join us in assisting those in need in Christ's name by volunteering your time and talent. Be a part of a dynamic and friendly group who put their faith into action. Contact us at 856-767-7391 on Tuesdays, Wednesdays, and Thursdays between 11 AM and 3 PM. You are also welcome to come into our Food Pantry and Thrift Store at 157 W. WHP, Berlin during those same hours. SVdP Thrift Store and Donation Door are open an hour earlier on the Food Pantry days listed above and on Saturdays 10 AM to 1PM.

### CHURCH OF THE HOLY FAMILY Religious Education Present: The # 1 interactive hit comedy "Late Night Catechism"

Date:	Saturday - March 10, 2018
Place:	Aquin Center
Time:	6:30pm – 9:30pm
Cost:	\$35.00

### Church of the Holy Family 226 Hurffville Road, Sewell NJ 08080 856-228-1616

## ST. SIMON STOCK HEALTH MINISTRY Presents:

# 7 Simple Ways to get Heart Healthy!

### MANAGE BLOOD PRESSURE

High Blood pressure is a major risk factor for heart disease and stroke. Lowering your blood pressure reduces the strain on your heart, arteries and kidneys, which keeps you healthier longer.

### **CONTROL CHOLESTEROL**

High cholesteral contributes to plaque, which can clog arteries and contribute to heart disease and stroke. Opt for sauteed or baked over fried.

### **REDUCE BLOOD SUGAR**

Most of the food we eat is turned into glucose (or blood sugar) that our bodies use for energy. Prolonged high levels of blood sugar can damage your heart, kidneys, eyes & heart.

### **GET ACTIVE**

Living an active life is one of the most rewarding gifts that you can ever give yourself and those you love. Try 10 minutes 3 times a day.

### EAT BETTER

A healthy diet is one of your best weapons for fighting cardiovascular disease. Eating a heart healthy diet improves your chances of staying healthy – for life!

### LOSE WEIGHT

When you shed extra fat, you reduce the burden on your heart, lungs, blood vessels and skeleton.

### **STOP SMOKING**

Cigarette smokers have a higher risk of developing cardiovascular disease.

# FEBRUARY... NATIONAL HEART HEALTH MONTH

### LITURGICAL MINISTRY SCHEDULE FOR FEBRUARY (Revised 1/24)

<u>2/10-11</u>	<u>4:00 PM</u>
EMs	(1) L. Sabato, A. Cullin
Lectors Altar Servers Music	<ul> <li>(2) M. Sabato, B. Tresca</li> <li>J. McKay, P. Tresca</li> <li>M. Lewellan (MC), A. Lewellan</li> <li>A. &amp; D. Crow</li> <li>Cindy, Theresa</li> </ul>

7-18	<u>4:00 PM</u>
ls	(1) G. Grabowski, A. Martini (2) C. Reilly, B. Bansch

2/1 EM

Lectors B. Piontkowski, K. Talucci Altar B. Johnson (MC), N. Wojski Servers Z. Holland, J. Rivera Music Linda, Terry

2/24-25	4:00 PM
EMs	(1) G. Grabowski, B. Bansch
	(2) B. Piontkowski, A. Martini,
Lectors	K. Talucci, D. Adams
Altar	M. Lewellan (MC), V. Longo
Servers	A. Lewellan, A. DiOrio
Music	Tony D.

#### 8:00 AM

(1) J. Kohler, M. Werner (2) C. Kohler, Jen. Smith J. Hill, J. Rigolizzo A. Mathew (**MC**), T. Mathew B. Smith, N. Brestle Stephanie, Lynne

#### 8:00 AM

(1) B. Davis, R. Perocho
(2) J. Martin, D. Quinn
Jas. Smith
L. Bunoza, S. Villa
E. Pallante (**MC**), B. Smith
S. & A. Millenbach
Steven, Rich

#### 8:00 AM

L. Bunoza, M. Werner
 D. Quinn, W. Piatek
 J. Robinson, J. Hill
 E. Pallante (**MC**), J. Boyd
 C. Erickson, J. Zulueta
 Stephanie, Lynne

#### <u>9:30 AM</u> (1) P. Miller, D. Bilella (2) B. Hansen, J. Eddis G. Covone, No. Covone Ja. Bilella (**MC**), B. Ferrick Jos & Jon. Bilella

### <u>9:30 AM</u>

Contemporary

(1) F. Mitchell, F. Andringa (2) C. Mitchell, C. Rainey

P. Fleming, F. Eddis No. Covone (MC), H. Eddis Na. & S. Covone Choir

#### <u>9:30 AM</u>

(1) L. Gillespie, B. Hansen (2) J. Gillespie, D. Sorensen C. Katkocin, B. Wright E. Hess **(MC)**, J. McPeak R. Kurtz, S. Gillespie Rich, Theresa

#### 11:30 AM

Sa. Leyden, S. Rosenbaum
 J. Ralston, L. Tartaglia
 M. Leyden, B. Hoag
 A. McKeon (MC), N. Marino
 T. & B. Morovich
 Liz, Mike

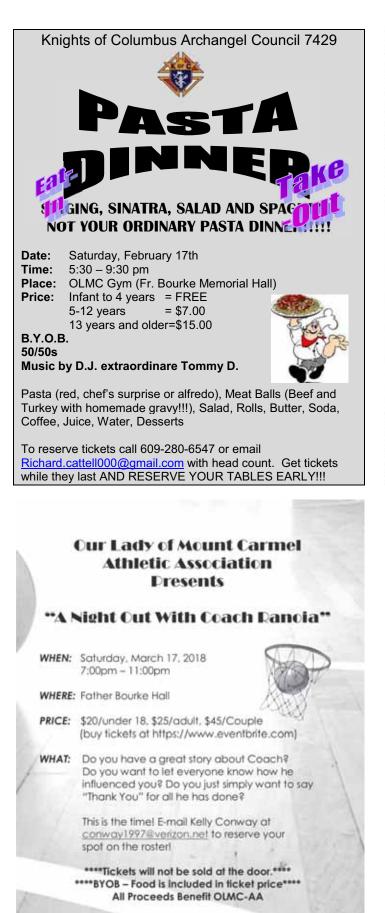
#### 11:30 AM

(1) T. Powers, C. Codario(2) S. Rosenbaum, J. Ralston

R. Voltaire, A. Marchesani C. Sweeney **(MC)**, J. Salvatore J. & C. Taylor Cindy, Vicky

#### <u>11:30 AM</u>

(1) L. Tartaglia, W. Bradley (2) T. Brisbin, C. Warrington A. Marchesani, B. Hoag S. Bradley **(MC)**, C. Bindig S. Algeri, N. Marino Liz,Mike





"A Night with Van Gogh" Wine and Paint Night Thursday, February 22nd Only 24 seats are available! Cost: *\$30 per person* Location: OLMC School Art Room Time: 6:30 - 8PM RSVP to Jodi Wilhelm 856-767-1751 ext. 312 or jwilhelm@olmc-school.org All art supplies, canvas and light appetizers included!

BYOB

10