

Sunday Masses

8:00 AM (in Polish with English Homily)

9:30 AM

11:30 AM

Daily Masses

(Monday - Friday) **7:30 AM**

(Daily community prayer at 7:20 a.m. -
- before Mass).

Saturday Mass

4:00 PM (Vigil Mass)

Divine Mercy Devotion - Mondays, 6:30 p.m.

[Today's Readings for Mass](#)

New !

1. [Online Searchable Catechism](#)
2. [Online Searchable Catechism](#)
3. [Online Compendium of the Social Doctrine of the Church](#)

Upcoming Events / News -

Lent Begins

Please see the Lenten Resources below for the 2020 Lenten Guidelines and ideas for your own personal Lenten plan.

[A short video about Ash Wednesday. - 3 minutes](#)

Lenten Video Series

It's not too late ! Sign up with us here at St. Joseph's this year for ***BEST LENT EVER***, a free email program designed to help you have a life-changing Lent. Each day, you'll receive a short inspirational video to your Tablet or Phone, from Ash Wednesday to Easter.

It's easy, use this handy link - DynamicCatholic.com/Lent

The 2020 Lenten season begins on Ash Wednesday, February 26, for Latin-rite Catholics with Easter Sunday on April 12.

During Lent, we are asked to devote ourselves to seeking the Lord in prayer and reading Scripture, to service by giving alms, and to practice self-control through fasting.

Discipline is a familiar practice these days just for the fact that so many belong to gyms, have trainers. This is the way, we as a universal, world-wide Church, can all together participate and focus on our spiritual lives.

Many know of the tradition of abstaining from meat on Fridays during Lent, but we are also called to practice self-discipline and fast in other ways throughout the season. Contemplate the meaning and origins of the Lenten fasting tradition in this reflection. In addition, the giving of alms is one way to share God's gifts—not only through the distribution of money, but through the sharing of our time and talents. As St. John Chrysostom reminds us: "Not to enable the poor to share in our goods is to steal from them and deprive them of life. The goods we possess are not ours, but theirs." (Catechism of the Catholic Church, no. 2446).

Lent is a favorable season for opening the doors to all those in need and recognizing in them the face of Christ."-- Pope Francis

In Lent, the baptized are called to renew their baptismal commitment as others prepare to be baptized through the Rite of Christian Initiation of Adults, a period of learning and discernment for individuals who have declared their desire to become Catholics.

The key to fruitful observance of these practices is to recognize their link to baptismal renewal. We are called not just to abstain from sin during Lent, but to true conversion of our hearts and minds as followers of Christ. We recall those waters in which we were baptized into Christ's death, died to sin and evil, and began new life in Christ.

Fast & Abstinence

Ash Wednesday and Good Friday are obligatory days of fasting and abstinence for Catholics.

In addition, Fridays during Lent are obligatory days of abstinence.

For members of the Latin Catholic Church, the norms on fasting are obligatory from age **18 until age 59**.

When fasting, a person is permitted to eat one full meal, as well as two smaller meals that together are not equal to a full meal. The norms concerning abstinence from meat are binding upon members of the Latin Catholic Church **from age 14 onwards**.

A Reflection on Lenten Fasting

If possible, the fast on Good Friday is continued until the Easter Vigil (on Holy Saturday night) as the "paschal fast" to honor the suffering and death of the Lord Jesus, and to prepare ourselves to share more fully and to celebrate more readily his Resurrection.



Annual Parish Breakfast

Our popular annual ***Parish Breakfast***, sponsored by the St. Joseph Men's Society aka Men's Club, will be **Sunday March 15th, with two seatings, after the 8 a.m. & 9:30 a.m. Masses**

. Please watch for more information in the Bulletin and via Lector announcements.

All are welcome

, bring a friend, plan to join us for the delicious food and good company !

New - Seem Like You're Just Scratching the Surface of The Faith ? Looking to go Deeper ?

Resources [For Your Phone / Tablet - For February / March 2020](#)

New - [Bishop Robert Barron on the Mind-Pump Podcast](#)

Journey Through The Catechism

Please note - We will resume classes once again later in January 2020. Please listen for updates during the announcements, and in the bulletin, thank you !

The **Catechism** is a holistic spiritual guide to the Faith, exploring prayer, scripture, theology, history, and more. Open it up and deepen your Faith with our guide, Fr. Joseph.

When & Where - Every Wednesday at 6 p.m. in the parish Office (Convent building)

Copies of the Catechism are available in the **BookRack / Media Center**, or, on Amazon.

Everyone is welcome anytime, bring a friend. - *See you there !*

Adoration of the Blessed Sacrament

Join us **every Thursday** from 7pm to 8pm.

Take some time,from the busy hectic pace, ... 10 minutes, 30 minutes, or even an hour if you can, for a contemplative visit with Our Lord.

- Reconciliation / Confession is available during the Holy Hour

"Everyone of us needs half an hour of prayer each day," remarked St. Francis de Sales, "except when we are busy—then we need an hour." ☐ (- USCCB)

- *Which, despite our often hectic pace, will help get us to -*

"Never be in a hurry; do everything quietly and in a calm spirit. Do not lose your inner peace for anything whatsoever, even if your whole world seems upset. What is anything in life compared to peace of soul?"

☐ *St. Francis de Sales*

Resources -

1. [St. Francis De Sales \(book\)](#))

2. [St. Francis De Sales \(book\)](#)

3. [A Look at Contemplation & Meditation \(Video Clip\)](#)

4. [Chant - 4 minute video](#)

[New Resources for your Tablets & Devices](#)

[Bus Day Trip FaceBook Photos - St. Joseph's Abbey](#) [](#)

□

Difficulty Praying ? Renew, Refresh Your Prayer Time

[The Daily Examen - video, 5 minutes](#)

Mondays, 6:30 p.m. - Divine Mercy Novena ☐

(Every Monday except **Monday holidays** or inclement weather).

"One of my favorite shows [on EWTN], ... is the Chaplet of Divine Mercy, which I love, and when I've had a very stressful day, I'll come home -I've got it taped, and Kay and I will both listen, put it on and just sit back, relax, worship, and in that time of reflection, meditation, quietness I find myself renewed and restored."

- **Rick Warren**, Baptist / Evangelical pastor of Saddle-Back Church, author of "The Purpose-Driven Life" . ***Every Monday except Monday holidays or inclement weather)***

☐ **Bible Study**

All are welcome and invited to join us every Thursday at 6 p.m. for Bible Study in the former Convent building, - the new parish office. A great way to grow in faith and fellowship with others

in our parish community.

If you need a Bible, stop by our parish book rack / media center located in the main foyer of the church and pick one up. Mark your calendar, bring your Bible, and we'll see you there !

□ **Life In The Spirit Seminar** □

The ***Life In The Spirit*** meets every Wednesday, in the church Hall, - starts between 6 and 7 p.m.

For more information - 860-887-0702, - [Spiritual Renewal Center, Diocese of Norwich](#) .

[Traces online International Magazine](#)

TracesOnline.org offers a fresh perspective on culture, society, and civic life through the lens of the Catholic faith. Our aim is to be a window into the discovery of the full depth of our human experience, the Human Aventure

Daily Mass

7:30 a.m. daily Mass, with morning community prayer beginning at 7:20 a.m., - join us on your way to work or the gym !

Video Reflection - [Who Is Jesus, and What Makes Him Unique ?](#)

