



Church of the Holy Spirit

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Dear Parishioner,

February 2010

It will soon be Easter again and the first anniversary of our New Entrance. Intended primarily as an easier access for the handicapped, its welcoming appearance has made it the choice of many for entering and exiting. I hope that you also were able to fulfill the theme of last Lent by opening a new door which has helped you grow spiritually in this past year.

The theme I propose this year is the same as the theme of the 4-Parish retreat "Be Still and Know that I Am God". While the formal retreat itself is only three days, March 1-3, the whole time of Lent is the Church's Annual Retreat or Time of Renewal. All of lent is a special time for prayer and reflection (be still); scripture study or other learning experiences (and know) and planning on how after Easter a better relationship with God will affect our lives (that I am God).

Have you drifted away from the Church and Sacramental Life? Are you going through the motions of religion without much fervor? Do you wish to live closer to Jesus alive in his spirit?

Accept the ashes as a sign that you will observe this Lent in a special way, that you will "Be still and know that God is God," that the Spirit will be more alive in you on Easter – all in preparation for a super-awesome Pentecost.

✠ **Ash Wednesday Masses:** 7:00 & 9:00 am and 5:30 & 7:45 pm

Ashes will be distributed during Masses and Mid-day Prayer (12:15) to those committed to Lenten renewal.

✠ **Prayer: ("Be still")**

Daily Mass 9:00 am & 5:30 pm is the best way to become immersed in Lent.

Friday Devotions Stations of the Cross and Benediction at 12:05 February 19-Mar 26

Stations of the Cross at 7:30 pm followed by Holy Hour 8:00-9:00 pm, which includes Rosary for Peace and Vocations and closes with Benediction.

Daily Solemn Adoration

Monday & Thursday 3:00pm to 10:00 pm

Tuesday 9:30 am to 10:00 pm

Wednesday 9:30 am – 5:00 pm

Friday 9:30 am to 9:00 pm

Saturday 8:30 am to 3:30 pm

Sunday 2:00 to 9:00 pm (Night Prayer & Benediction at 8:45 pm) Have you ever given Sunday Night prayer a try?

Give more attention to private prayer at home as well.

- ✝ **Spiritual Reading/Bible Study (“and Know”):** Have you checked out *Brian’s Book Rack* in the gathering area.
- Bible Study– Isaiah** (already in progress)
Thursday’s 9:40am with Deacon Brian
- Lenten Bible Study “The Psalms”** February 24 to March 31
Wednesday 9:40am with Deacon Brian
- Lectio Divina**
March 3 at 7pm.
- ✝ **Confessions:** Saturdays 3:30 to 4:30 pm every week EXCEPT Holy Saturday. Thursday March 4 from 3:30-4:30pm. Special times in Holy Week. (See enclosed schedule)
- ✝ **Easter Food Donations:** We are again collecting food for distribution to the poor. Bring your grocery bags, boxes or baskets filled with food to church gathering area. Donations are taken weekly to the HOPE House. Canned goods, pasta, cleaning products and paper products are especially needed at this time.
- ✝ **At St. Nicholas—Byzantine Services for Lent:** (1492 Spencerport Road, Gates, NY)
- Pre-sanctified Liturgy ~ Wednesdays at 7:00 pm with fasting meal to follow.
 - Acathist to the Mother of God ~ Fridays at 7:00 pm, Father Helfrich usually assists at these services.
- ✝ **Almsgiving:** An important part of Lent. The whole family should make daily or weekly sacrifices and put money saved in a jar or box. The total at the end of Lent can be put in a special LENTEN ENVELOPE.
- ✝ **Self Denial:** Fasting from favorite things is encouraged throughout Lent either on certain days or for the entire season. **Abstinence** (no meat) on Ash Wednesday and ALL Fridays of Lent for those 14 and over. **Fasting** (no eating between meals and only one full meatless meal) on Ash Wednesday and Good Friday for those 18-59.
- ✝ **Retreat Experiences: (“That I am God”)**
WPCC Retreat – Dr. Joseph Kelly. March 1-3 – see flyer for times and places.
- Lenten Fair** – Watch bulletin for details. Family Lenten Packets will be available.
- Visit of Bro. Stanley Villavicencio** – Testimony on Divine Mercy on Saturday March 20 at 2pm in church.
- ✝ **Other:** Take advantage of opportunities offered in other parishes or on EWTN. If you cannot attend Mass, watch it on EWTN or on the internet – if you have those.
- ✝ **Homebound** – If you cannot get out, do what you can at home adapting all this to your situation. Offer your suffering for the graces of salvation for someone in need.

Wishing you all a blessed fruitful Lent and glorious Easter,

Father Helfrich and Staff