

# SAINT CASSIAN PARISH

187 Bellevue Avenue Upper Montclair, NJ 07043 • (973) 744-2850 • stcassianchurch.org



## Third Sunday in Ordinary Time

January 21, 2024

### MASS SCHEDULE

#### Lord's Day

Saturday: 5:30PM

Sunday: 7:30AM; 9:30AM; 11:30AM

**Weekdays:** Tuesday through Saturday: 8:15AM

**Holydays:** 8:15AM and as announced

### Office Information:

#### Served by:

Rev. Steven D'Andrea, Parish Administrator  
Rev. Msgr. Anthony Kulig, Weekend Assistant  
Deacon Roberto Demetillo  
Stephen Powers, Director of Music  
Keri Misurell, Director of Faith Formation  
Maria Llanes, St. Cassian School Principal

### Parish Phone Numbers

Parish Office .....(973) 744-2850  
Fax..... (973) 744-6187  
Email.....parishoffice@stcassianchurch.org  
Website .....www.stcassianchurch.org  
Religious Education Office.....(973) 744-2850  
Music Office .....(973) 744-7864  
St. Cassian School.....(973) 746-1636  
Fax.....(973) 746-3271  
Email.....info@stcassianschool.org  
Website.....www.stcassianschool.org

Office Hours: Monday thru Friday 9:00am—3:30 pm

**OCIA** (Order of Christian Initiation, formerly RCIA) Are you or someone you know interested in becoming Catholic? Were you baptized Catholic but never received First Communion or Confirmation? Call the parish office for details.

The **Sacrament of Baptism** is celebrated one Sunday each month except during Advent, Lent and the summer months. In order to baptize your child at St. Cassian, the family must be registered parishioners. Parents, and godparents if available, must attend a preparation class (7:00 PM) prior to the date of baptism (1:00PM). Once registered, contact the Parish Office, (973) 744-2850, to make arrangements for the date of baptism. See schedule within Scan here to download Parish Registration Form



Arrangements to celebrate the **Sacrament of Marriage** must be made at least one year before the desired date. Do not make firm plans for the reception prior to speaking with a priest. Call the Parish Office, (973) 744-2850, to speak with a priest.

The **Sacrament of the Anointing of the Sick** brings the Holy Spirit's gifts of peace and courage. It is not necessary to wait until the point of death for anointing. Contact a priest through the Parish Office, (973) 744-2850.

The **Sacrament of Reconciliation** is celebrated every Saturday between 4:15PM-5:00PM in the church or at another time convenient to the priest and penitent.



## Why We should Reverently Prepare for Holy Communion

Do you have moments in your life when the reality of the Eucharist just blows you away? Recognizing the True Presence can overwhelm your senses and even bring you to tears. But then are there other times when you receive Communion without really giving it a second thought?

Too often there is a disconnect between what we know to be the reality of the Eucharist and the way that we participate and prepare for Mass. And if this is you, you're not alone. Father Richard Simon reflected on the Letter to Hebrews during a recent episode of Father Simon Says™, including this verse:

Therefore, we who are receiving the unshakable kingdom should have gratitude, with which we should offer worship pleasing to God in reverence and awe. For our God is a consuming fire. (Hebrews 12:28)

During his reflection, Fr. Simon confessed, "I don't prepare sufficiently for Mass. I don't. I mean, I try to, but there's always something going on. I'm always a little late."

"There are prayers that are recommended," he explained. "One should spend, Fulton Sheen said, at least 10 minutes preparing for Mass. So I confess that I don't prepare sufficiently. I intend to, but something always comes up between the rectory and the Church. It's a much longer commute than you think, because there's usually a whole string of people who want something."

Fr. Simon pointed out that as a child he actually took preparing for Mass more seriously because the customs and fasting laws were more strict. "When I received First Communion at the age of seven they had just reduced the fasting to three hours. Before that it was from midnight, and it was from food and any liquid from midnight. You could not eat or drink from midnight. That's huge. If you haven't eaten or drunk since midnight, you notice it."

"The Communion fast is now one hour before receiving Holy Communion. That means if you come to Mass and I give a long sermon, you'd almost have to bring coffee and donuts into the church to break the fast. And I'm not suggesting that you do." We don't have to offer just the bare minimum of preparation for Mass. In fact, we really shouldn't! As Fr. Simon reflected, Scripture illustrates the reality of Holy Communion, and we should prepare in whatever way is necessary to receive the Lord with reverence and awe.

"We've gone to the other extreme," he said, "but the letter to the Hebrews says we have come to something much more terrifying (terrifying!) than what happened on Mount Sinai with the thunder and the lightning and all that stuff."

"This spoke to me. I am doing it wrong. I am, in a sense, blaspheming the Eucharist. Yes. To blaspheme means to say that something is nothing. So that's gotta change in my life. And I wonder if it has to change in yours. How long do you spend preparing for Communion? Do you do more fasting than is required to prepare for Communion? Do you make sure that you're in a state of grace before you go to Holy Communion?"

You can hear the full podcast of Father Simon Says on [relevantradio.com](http://relevantradio.com) or the free [relevantradioapp](https://play.google.com/store/apps/details?id=com.relevantradio)

Source: Stephanie Foley [relevantradio.com](http://relevantradio.com) Feb. 11, 2019



**Blessed palms from the prior year may be returned to the rear of the Church by Feb 7th. They will be burned and used on Ash Wednesday.**



## National Eucharistic Congress



July 17– 21, 2024

At this historic gathering, Catholics from every corner and every parish in our nation will come together in Indianapolis to reconsecrate their hearts to the source and summit of our faith.

## Let Us Make Time for Adoration

Pope Francis, from his homily at the concluding Mass of the 52nd International Eucharistic Congress, September 12, 2021

How distant is the God who quietly reigns on the cross from the false god that we want to reign with power in order to silence our enemies! How different is Christ, who presents himself with love alone, from all the powerful and winning messiahs worshipped by the world!

Jesus unsettles us; he is not satisfied with declarations of faith, but asks us to purify our religiosity before his cross, before the Eucharist. We do well to spend time in adoration before the eucharist in order to contemplate God's weakness.

Let us make time for adoration, a way of praying too frequently forgotten. Let us allow the Living bread to heal us of our self-absorption, open our hearts to self-giving, liberate our rigidity and self-concern, free us from the paralyzing slavery of defending our image, and inspire us to follow him wherever he would lead us, not where I want".



### **The Very Purpose of a Monstrance is to Show the Eucharist to the World**

#### **What is Adoration?**

When Catholics say they are "going to Adoration," they are typically referring to Eucharistic Adoration. Which, in the most basic terms, is the worship of the Eucharist outside of the Mass. The Eucharistic Host is displayed in a monstrance on the altar so that all can see and pray in the presence of Christ.

The Catechism of the Catholic Church tells us that, "*Adoration* is the first attitude of man acknowledging that he is a creature before his Creator. It exalts the greatness of the Lord who made us and the almighty power of the Savior who sets us free from evil. Adoration is homage of the spirit to the "King of Glory," respectful silence in the presence of the "ever greater" God. Adoration of the thrice-holy and sovereign God of love blends with humility and gives assurance to our supplications." (CCC 2628)

We can show our adoration to God in many ways, but in Eucharistic Adoration, we spend time adoring the true presence of Christ in the Eucharist.

There are several adoration chapels in the area and churches that have specific times for adoration. Access this website to find a parish near you. [www.therealpresence.org/states/new\\_jrs3.htm](http://www.therealpresence.org/states/new_jrs3.htm)

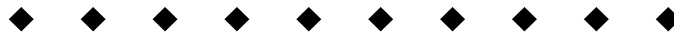
Holy Face Monastery in Clifton has Adoration from 2-5 pm Tuesday thru Saturday. St. John the Evangelist in Orange has Adoration on Tuesday. In all instances, call the church to verify the hours before you go.

# ANNUAL <sup>2024</sup> APPEAL

The 2024 Annual Appeal has begun! Each year we are invited to participate in the Annual Appeal, which is an opportunity to support essential ministries and programs of our Archdiocese. Your sacrificial support makes it possible for us to carry out the important work that we are called to do as missionary disciples of Jesus.

Please consider participating in this year's Appeal to help make a significant difference in many lives within our Archdiocese.

Please make a gift online today by visiting [rcan.org/sharing](http://rcan.org/sharing), scanning the QR code, or join us for In-Pew Weekend on February 3<sup>rd</sup>-4<sup>th</sup>.



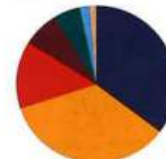
The call to speak with the heart radically challenges the times in which we are living.

—Pope Francis, World Communications Day, 2023

Reading and meditating on the Word of God is a devotion that opens our hearts to the promptings of the Holy Spirit and draws us closer into communion with the whole Church, especially when we meditate on the Scripture passages used in the Mass. For more than 15 years, thousands of people across the United States have viewed the daily reflection videos found on the website of the United States Conference of Catholic Bishops. Presented by a diverse group of clergy, consecrated religious, and lay volunteers, this popular feature helps viewers grow in faith each day by engaging with the texts of the daily Mass readings. These treasured, high-quality videos are among the faith-enriching programs made possible with your support of the Catholic Communication Campaign.

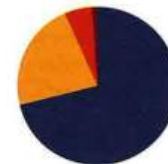
## 2022 DISTRIBUTION OF GRANTS: \$3,622,232

Category	Amount	Percentage
Media Evangelization*	\$ 1,282,282	35.40%
News & Information Services**	\$ 1,253,159	34.60%
Web-Based Communications Resources	\$507,400	14.01%
Developing Nations Grants	\$258,700	7.14%
Preserving Church History	\$202,094	5.58%
Media Training	\$75,000	2.07%
Building Media Capacity Grants	\$43,597	1.20%



## EXPENSES

Category	Percentage
Allocations-USCCB Communications Projects***	71.36%
Grants and Donations	22.20%
Promotion and Fundraising Expenses	5.40%
Program Costs	1.03%
<b>Total Expenses</b>	<b>\$3,892,764</b>



\* Includes funding to support resource production and distribution of print and electronic media from the USCCB.

\*\* Includes funding to support Catholic News Service's coverage of Pope Francis and his global ministry to share the mercy of God.

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## WHERE DO YOUR DONATIONS GO?

Half of the collected funds remain in your diocese to support local communications projects. The other half provide grants that support the collective communication work of the bishops of the United States as well as other national projects in the United States and around the world.

To learn more about the CCC and the projects it supports, visit [www.usccb.org/ccc](http://www.usccb.org/ccc).



CATHOLIC COMMUNICATION CAMPAIGN  
OFFICE OF NATIONAL COLLECTIONS  
3211 FOURTH STREET NE • WASHINGTON, DC 20017-1194  
202-541-3400 • FAX 202-541-3460 • [WWW.USCCB.ORG/CCC](http://WWW.USCCB.ORG/CCC)

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## Mass Intentions for the Week of January 21

### For those who are ill:

John Anderson	Leigh Major
Alesia Maria Andras	Sr. Idoia Martinez
Mary Blatz	John McCarthy
Leo Botwin	Patricia Melo
Frank Briamont	Mary McGuire
JoAnne Callahan	Frank Mongioi
Dominek Capela	Thomas Nelson
Marilyn Castellano	Dr. David Pallotta
Dennis Gannon	Mildred Pasino
Virgilio Geulen	Rosemary Raleigh
Dan Greiner	Ronald Rego
Steve Grube	Dr. Lorraine Reyes
Jennifer Gullace	Jaxson Rivera
Joyce Hakimian	Rhonda Sen
David Hogan	Elizabeth Smith
Noel Jordan	Olaf Stechow
Cassie Lopolus	Dennis Swanson
Marcia Mann	Lindsay Trembulak

**For those who have died:** Sandra Hall

<b>Sunday January 21st</b> Third Sunday in Ordinary Time	5:30PM 7:30AM 9:30AM 11:30 AM	Marilyn "Lynn" D'Alessandro Kenneth McCoach Jan Arnold People of the Parish
Tuesday - Saturday morning masses are celebrated at 8:15AM; Monday morning mass is private		
<b>Monday Jan 22nd</b> Day of Prayer for Legal Protection of Unborn Children		Eileen Despotkos
<b>Tuesday Jan. 23rd</b> St. Vincent St. Marianne Cope		Janice Arnold
<b>Wednesday Jan. 24th</b> St. Francis De Sales		Rachel Scocozza
<b>Thursday Jan. 25th</b> Conversion of Saint Paul		Violet Kostrzewa
<b>Friday Jan. 26th</b> Sts. Timothy and Titus		Alfred & Therese Mattner
<b>Saturday Jan. 27th</b> St. Angela Merici		Gabriel Caprio
<b>Sunday Jan. 21st</b> Fourth Sunday in Ordinary Time	5:30PM 7:30AM 9:30AM 11:30AM	Eileen Gelston Jim McHugh Janice Arnold People of the Parish

For national and world leaders and for those in the armed service.

Please remember these names in your daily prayers.

### ROSARY INTENTIONS...

<i>Monday</i>	For safety and freedom for the people of Ukraine
<i>Tuesday</i>	All military and protective services especially in areas of violence; protect them, grant peace to their loved ones
<i>Wednesday</i>	Respect for sanctity of life from conception to natural death
<i>Thursday</i>	Unity among churches and nations
<i>Friday</i>	Vocations to the priesthood and religious life; all parishioners living and deceased

### Baptism Schedule

February 2024	Baptism	February 11 <sup>th</sup>
	Class	February 6 <sup>th</sup>
April 2024	Baptism	April 14 <sup>th</sup>
	Class	April 9 <sup>th</sup>

May 2024	Baptism	May 12 <sup>th</sup>
	Class	May 7 <sup>th</sup>
June 2024	Baptism	June 9 <sup>th</sup>
	Class	June 4 <sup>th</sup>

### READINGS FOR THE WEEK

<b>MON.</b>	Sm 5:1-7, 10	Ps 89:20, 21-22, 25-26	Mk 3:22-30
<b>TUES.</b>	2 Sm 6:12b-15, 17-19	Ps 24:7, 8, 9, 10	Mk 3:31-35
<b>WED.</b>	2 Sm 7:4-17	Ps 89:4-5, 27-28, 29-30	Mk 4:1-20
<b>THUR.</b>	Acts 22:3-16 or Acts 9:1-22	Ps 117:1bc, 2	Mk 16:15-18
<b>FRI.</b>	2 Tm 1:1-8 or Ti 1:1-5	Ps 96:1-2a, 2b-3, 7-8a, 10	Mk 4:26-34
<b>SAT.</b>	2 Sm 12:1-7a, 10-17	Ps 51:12-13, 14-15, 16-17	Mk 4:35-41
<b>SUN.</b>	Dt 18:15-20	Ps 95:1-2, 6-7, 7-9	1 Cor 7:32-35 Mk 1:21-28

*"The Samaritan woman had no idea when she went searching for water she would leave with **Living Water,** an encounter with Jesus Christ. This experience set her on a new spiritual path."*



The Cornerstone Team at Immaculate Conception Church is happy to bring you the first

# Women's Spiritual Spa Day 2024



with the support of  
Immaculate Conception Church  
& St. Cassian Church

**Come and walk to the well with other women for a day of renewal, a day to reflect on our spiritual journey.**

Wherever you are on the path, you are welcome!

**SATURDAY, JANUARY 27, 2024**  
**Immaculate Conception Church**  
Madonna Hall | 1 Munn St.

*A day that celebrates mind, body and spirit!*

The day will begin at 9:00am and end with 5:30pm Mass.

Breakfast and lunch will be offered.

Talks, activities and surprises.

Your family and friends are invited for snacks and refreshments in Madonna Hall after Mass.

FREEWILL offering at the door.

**REGISTRATION  
REQUIRED BY  
SAT, JAN 20.**



**SNOW DAY  
SAT, FEB 3, 2024**

Register at [www.iccmontclair.org](http://www.iccmontclair.org) under "EVENTS"



## **Celebrating World Marriage Day in the Parish**

*All married couples are invited to wear/bring your wedding rings for a blessing after each Mass the weekend of Feb. 10th—11th.*



After the 5:30 pm Mass on Saturday February 10th, you are invited to a special celebration of marriage featuring :

- ◆ Catered buffet dinner in Larkin Hall
- ◆ DJ, music and dancing
- ◆ Games and great company

\*Please Register on the parish website under Parish Events or call the parish office

**Important Note:** Due to limited space, all registrations must be received no later than February 6th.

Cost : \$40 per couple payable at the door or at the Parish Office.

**Reservations required.\***

**Space limited to 30 couples.**

Upon registering , please email 1 wedding photo and the name of your wedding song to Cecilia Streit— [cstreit@gmail.com](mailto:cstreit@gmail.com) so they can be included in the festivities.

## NEWS AROUND THE ARCHDIOCESE

### St. Joseph Regional High School presents "LES MISERABLES"

St. Joseph Regional High School's Nationally-Recognized and Award-Winning Performing Arts Program will present what many consider to be the "greatest musical of all time," **LES MISERABLES**.

The cast is made up of talented boys from St. Joe's and girls from a variety of high schools in Bergen, Rockland, Westchester Counties, as well as from NYC. Featured in the **Les Misérables** cast and crew are Saint Cassian Church parishioner(s): Jack Meyers.

Performances will take place at the Inserra Theater, on the campus of St. Joseph Regional HS in Montvale, NJ on January 26 (7pm), January 27 (2pm & 7pm), January 28 (3pm), February 1 (7pm – student-discounted show - \$15), February 2 (7pm), and February 3 (2pm & 7pm). There is a special Senior Citizen's Preview Performance on January 24 at 3pm, including a "special nosh and a pre-show discussion" at 2:15pm, all for \$10.

Discounted tickets are available for all shows for groups of 10 or more by contacting [asseltaj@sjrnj.org](mailto:asseltaj@sjrnj.org). Regular tickets are \$17 & \$23 and are ON SALE NOW purchased through [SJR.Booktix.com](https://www.sjrbooktix.com) or in-person one half-hour before each show. Questions should be sent to [SJRTheater@sjrnj.org](mailto:SJRTheater@sjrnj.org) or by calling 201-391-7422.

### Bereavement Facilitator Training Course

Registration for the Winter Session is now OPEN. Six sessions will begin Wednesday evenings from 7pm—9 pm on zoom starting January 24th—March 6th, 2024. We will NOT hold a session on February 14th.

This parish focused program is designed for those who wish to become facilitators for existing parish bereavement support groups or for those who wish to begin a bereavement support ministry at their parish or online. The course is not limited to those who wish to facilitate a support group, however it can also benefit those who minister to the bereaved. The program serves to increase enthusiasm and education for this ministry.

Upon successful completion of the program, participants can become parish bereavement Support Group Facilitators with their written pastor's approval. Preregistration and approval of your Pastor is required. All participants must be in compliance with Safe Environment Protocol including background check. Class size is limited.

Register at : <https://archdioceseofnewark.regox.com/loss-transition>. The fee is \$85 per participant. And is reimbursable by the parish by request. Payment can be made by check or credit card. If mailing a check, registration is not complete until the check is received. Any cancelled registrations will be subject to processing fees deducted from refunded payments.

If you have any questions, please contact the Office for Family Life Ministry at 973-4974327 or [bereavement@rcan.org](mailto:bereavement@rcan.org).

Holy Family Church  
28 Brookline Ave., Nutley  
973-667-0026

Join us for our 2024 Gala Dinner & Celebration Mardi Gras!

This year we are honoring our Pastor, Rev. Joseph A. Ferraro, K.H.S.

It will be held at Nanina's in the Park, Tuesday, February 13, 2024, 6:00-11:00 PM

Tickets are \$125.00, checks can be made payable, "Holy Family Church".

Details at our website: [holyfamilynutley.org](https://www.holyfamilynutley.org), click "Parish Support," then "Mardi Gras Celebration"

### Retreat for Lay Catholics

The Spirituality Center at St. Walburga Monastery will present a retreat for lay Catholics January 26 to 28 "Thomas Merton-Contemplative Activist". To learn more visit: <https://bensisnj.org>.

Our Contact Information Benedictine Sisters of Elizabeth 851 North Broad Street Elizabeth, NJ 07208 1-908-352-4278



# NEWS AROUND THE PARISH

## Hospitality

Volunteers are still needed  
 No need to commit to every Sunday.  
 Contact Mary Cavagnaro at (973) 744-2850 or [mary@stcassianchurch.org](mailto:mary@stcassianchurch.org) for more info and available dates.



SIGNS OF STEWARDSHIP	Gift of Treasure 12/30—12/31
<i>Minimum weekly needed</i>	\$16,250
<i>Regular Weekly Collection</i>	\$4,339
<i>Faith Direct Average</i>	\$6,765
<i>Weekly Total</i>	\$11,104

### PLEASE HELP HOWEVER YOU CAN!

We will be collecting rice, pasta and pasta sauce and any of the usual items we collect on the weekend Jan. 27/28 and Feb. 3/4.

Thank you for your continued generosity.



## Ministers for the Weekends in January

If you have not replied with your availability for the coming round of assignments, January 6 through March 17, your consideration in an immediate reply would be most appreciated.



### Save these Dates on your Calendar

- January 22nd**      **Day of Prayer for the Legal Protection of Unborn Children**
- January 27th**      **Women’s Spiritual Spa Day**
- January 28th**      **Beginning of Catholic Schools Week**
- February 3rd & 4th**      **Blessing of the Throats**
- February 4th**      **Children’s Liturgy of the Word**
- February 10th & 11th**      **World Marriage Day**  
 An opportunity for all married couples to receive a special blessing at all masses. Following the 5:30 pm mass is an evening of food and fun.
- Super Bowl Bake Sale**
- February 10th -18th**      **Our Lady of Lourdes Novena**
- February 11th**      **Children’s Liturgy of the Word**
- February 14th**      **Ash Wednesday**



### **St. Vincent —Jan. 23 Patron Saint of vinegar makers, wine makers, brickmakers, and sailors**

Having trained under Bishop Valerius at Saragossa, Vincent was appointed deacon of the city but was arrested in Valencia during the persecutions of Diocletian in 304. He managed to convert his jailer, but when asked to throw the Scriptures into a fire, he refused, and was then roasted on a gridiron. Before Vincent was buried in Valencia, ravens apparently guarded his body. His cult developed while Iberia was under the Visigothic control from 589–715; a basilica named after him was built on the a river in Cordoba that was later replaced by a mosque, now converted to a cathedral. Portuguese navigators in the 16th century named an island for him in the Cape Verde group.



### **St. Marianne Cope– Jan.23**

Marianne Cope, TOSF, also known as Saint Marianne of Molokai (January 23, 1838 – August 9, 1918), was a German-born American religious sister who was a member of the Sisters of St Francis of Syracuse, New York, and founding leader of its St. Joseph's Hospital in the city, among the first of 50 general hospitals in the country. Known also for her charitable works, in 1883 she relocated with six other sisters to Hawaii to care for persons suffering leprosy on the island of Molokai and aid in developing the medical infrastructure in Hawaii. Despite direct contact with the patients over many years, Cope did not contract the disease. In 2005, Marianne was beatified by the decision of Pope Benedict XVI. She was canonized (declared a saint) by the same pope on October 21, 2012.

We have a picture of her in the church's stained glass windows. Can you find her?

### **St Francis de Sales—Jan. 24**



Having studied in Paris, de Sales became a Doctor of law at Padua, and was destined for a glittering diplomatic career. Instead, in 1593 he insisted on becoming ordained, despite his father's resistance. His first task was hazardous: to convert the Calvinists of his native Chablais country in Savoy. He largely succeeded, becoming Bishop of Geneva in 1602. He was famed for the skill, gentleness, and persuasiveness of his preaching. He was an excellent administrator and writer; his *Treatise on the Love of God* and the *Introduction to the Devout Life* (intended for lay readers) were widely translated and remain in print today. De Sales became friendly with Jane Frances de Chantal and helped her found the Order of Visitation in 1610. His insistence that the devout life should be integrated with everyday life, and should be accessible to all, led to several congregations being established under his patronage, notably the Oblates of St. Francis de Sales and the Salesians of John Bosco.

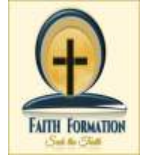
### **St. Angela Merici—Jan.27**



Angela and her sister were orphaned when young and moved to Brescia. After her sister's death, Angela entered the Tertiary Franciscan Order, and became devoted to educating poor girls in the Christian tradition. Legend tells of her journeying to the Holy Land around 1524, losing her sight in Crete on the way, but regaining it at the same place upon her return. In 1535, having selected 12 other nuns, she established a house in Brescia under the patronage of St. Ursula. The Ursulines wore lay clothing and continued Angela's work in educating girls and tending the poor. She was buried in the church of St. Afra, Brescia, which was destroyed by Allied bombing in WWII, but has now been restored at the Merician Centre.

# The Saints

## Did You Know?



### Conversion of St. Paul—Jan.25



Saint Paul's entire life can be explained in terms of one experience—his meeting with Jesus on the road to Damascus. In an instant, he saw that all the zeal of his dynamic personality was being wasted, like the strength of a boxer swinging wildly. Perhaps he had never seen Jesus, who was only a few years older. But he had acquired a zealot's hatred of all Jesus stood for, as he began to harass the Church: "...entering house after house and dragging out men and women, he handed them over for imprisonment" (Acts 8:3b). Now he himself was "entered," possessed, all his energy harnessed to one goal—being a slave of Christ in the ministry of reconciliation, an instrument to help others experience the

one Savior.

One sentence determined his theology: "I am Jesus, whom you are persecuting" (Acts 9:5b). Jesus was mysteriously identified with people—the loving group of people Saul had been running down like criminals. Jesus, he saw, was the mysterious fulfillment of all he had been blindly pursuing.

From then on, his only work was to "present everyone perfect in Christ. For this I labor and struggle, in accord with the exercise of his power working within me" (Colossians 1:28b-29). "For our gospel did not come to you in word alone, but also in power and in the Holy Spirit and [with] much conviction" (1 Thessalonians 1:5a).

Paul's life became a tireless proclaiming and living out of the message of the cross: Christians die baptismally to sin and are buried with Christ; they are dead to all that is sinful and unredeemed in the world. They are made into a new creation, already sharing Christ's victory and someday to rise from the dead like him. Through this risen Christ the Father pours out the Spirit on them, making them completely new.

So Paul's great message to the world was: You are saved entirely by God, not by anything you can do. Saving faith is the gift of total, free, personal and loving commitment to Christ, a commitment that then bears fruit in more "works" than the Law could ever contemplate.

FYI God did not change Saul's name. Saul had two names, one Hebrew and the other Latin (Roman). Saul wanted to reach the Gentiles and needed to use his Roman name in his many travels.



### Sts. Timothy and Titus—Jan. 26

Known as companions of St. Paul, very little is known about these two bishops. They emerge as recipients of letters from Paul in the New Testament. Timothy was born at Lystra in Asia Minor, and like Paul was of Greco-Jewish parentage. He met Paul on the latter's second missionary journey, and accompanied him to its conclusion.

Timothy also traveled with Paul on his third missionary journey. Thereafter Paul tasked him with encouraging Greek Christian communities in Thessalonica, Corinth, and Philippi; he is often referred to as the first bishop of Ephesus. One 4th-century account has him clubbed and stoned to death by worshippers of Artemis for objecting to one of their festivals.

Titus was a Greek, probably born at Antioch, and he traveled with Paul and Barnabas to Jerusalem to discuss with Peter whether Gentile converts to Christianity should be circumcised. He then accompanied Paul to Ephesus, and interceded in Paul's dispute with the Christians of Corinth. Paul instructed him to organize Christian communities in Crete; Titus is regarded as the first bishop of Gortyna in Crete.



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## Winter Family Fun Day Was Lots Fun!



Our **Winter Family Day** for grades first through third was a great success! After creating original winter-themed original art with mixed media, the families sang songs and enjoyed each other's company. We are so grateful that so many families were able to come together for a fun morning. Special thanks to Mrs. Rafferty, our arts facilitator, for leading the effort, as well as to Miss Stairiker, Miss Chakamian and Miss Caravello for helping to organize a beautiful arts-focused event!



We invite parishioners to join us for an Open House on January 28<sup>th</sup> after the 9:30 and the 11:30 AM Masses to Learn About our family-oriented, Blue Ribbon School.



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# Come, follow Me...



If God asked you to come and follow Him right now would you be ready to drop everything and follow? In today's Gospel reading that's exactly what happened to Simon and Andrew and James and John.

They had been working at their fishing nets when Jesus walked past and called them to follow Him.

We are all called to follow Jesus in some way. God wants some people to give up their lives for others like Jesus did, and some people He wants to look after the poor and sick. Some people are called to care for children and some to build things. Some people are called to be special followers of Our Lord as priests and religious.

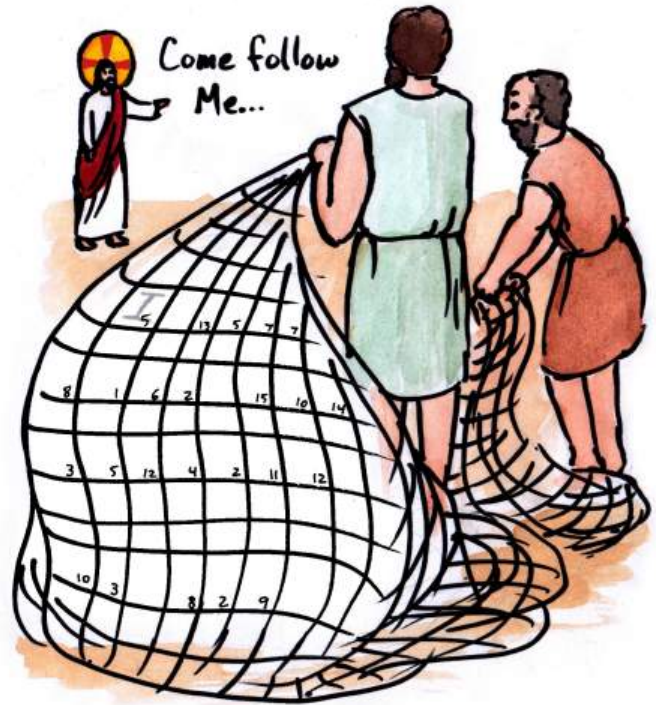


Do you know how you can best follow Jesus? When you're young the best way to be like Him is to be kind to everyone and honour and obey your parents like the Child Jesus did. Also, you can already start praying that when the time comes you will be know how to follow Our Lord in the way that you can serve Him best.



Answer to front page puzzle: I will make you fishers of men.  
 Answer to True or False puzzle: 1: True, 2: false, 3: false, 4: true, 5: false, 6: true, 7: true.

What else did Jesus say when He called the fishermen?  
 Find the letters that match the numbers in the net to fill in the spaces in the net and find out!



A E F H I K L M N O R S W U Y  
 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15

## Saint Francis de Sales January 24

FRANCIS WAS BORN TO AN IMPORTANT FAMILY IN 1567 IN WHAT IS NOW FRANCE. HE WAS EDUCATED SO THAT HE COULD BECOME A MAGISTRATE.



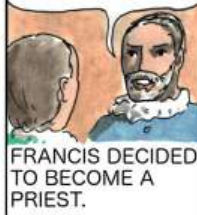
IN SCHOOL HE HEARD SO MUCH ABOUT PRE-DESTINATION THAT HE BECAME AFRAID.



BUT HIS FEAR LEFT WHEN HE PRAYED TO OUR LADY.



Don't be ridiculous!



AT LAST HIS FATHER AGREED. FR. FRANCIS PREACHED TO THE HERETICS.



SOON HE WAS MADE BISHOP. HE TRAVELLED TO TEACH THE FAITH AND WROTE BOOKS.



ST. FRANCIS HELPED ST. JANE FRANCES DE CHANTAL START A CONVENT FOR WOMEN WHO COULDN'T JOIN OTHERS.

## JONAH GOES TO NINEVEH: TRUE OR FALSE?

How well do you know the second part of Jonah's story?  
 Which of these are true and which are false?

1. After Jonah's incident with being inside a whale for three days, God asked him to go to Nineveh again. True or false?
2. Jonah refused to do what God asked this time too. True or false?
3. Nineveh was only a small city, so Jonah walked across it in a couple hours. True or false?
4. Jonah cried out that in forty days the city would be overthrown. True or false?
5. The people ignored Jonah and went on with their lives. True or false?
6. All the people believed in God, proclaimed a fast and put on sackcloth. True or false?
7. God saw what the people were doing and decided that the city would not be overthrown. True or false?



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Father Steve we wish you the best of luck and all of God's blessings as you begin your new ministry at St. Cassian's Parish  
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