



# Saint Gabriel the Archangel Parish

**Rev. Laurence V. Brault / Pastor**  
**Rev. V. Sagar Gundiga/ Assoc. Pastor**

OFFICE HOURS:  
MONDAY – FRIDAY  
9:15 AM – 4:00PM  
508-603-1430  
Fax-1-508-529-1629

#### LITURGY SCHEDULE

**Lord's Day:** 5:00 and 6:30 PM (Vigil)  
7:30, 8:30, 10:30, 12:00 and 5:30 PM  
**Weekdays:** 7:30 AM (Rosary at 8:00 AM)  
**Saturday:** 7:30 AM  
**Holy Days:** 7:00 PM (Vigil)  
8:30 AM and 7:00 PM  
Adoration of the Blessed Sacrament  
Tuesdays 9:00 AM to 6:00 PM

#### SACRAMENT OF PENANCE

Saturdays at 4:00 PM or by appointment. Those wishing spiritual direction should phone the Parish Office for an appointment.

#### CHRISTIAN INITIATION

(For Infants) Baptisms can be celebrated during or apart from Sunday Mass. For information concerning our parent and god-parent preparation program, please contact the Parish Office. (For Adults) The R.C.I.A. is for Non-Catholic and Catholic Adults who wish full initiation into the Catholic Church through Baptism, Confirmation and Eucharist. The R.C.I.A. is an ongoing process designed to meet individual needs. The R.C.I.A. Faith Sharing Community meets regularly on Tuesday evenings at 7:00.

**SACRAMENT OF MARRIAGE :** contact Pastor for information at least 6 months prior to designated wedding date

#### WELCOME TO NEW PARISHIONERS

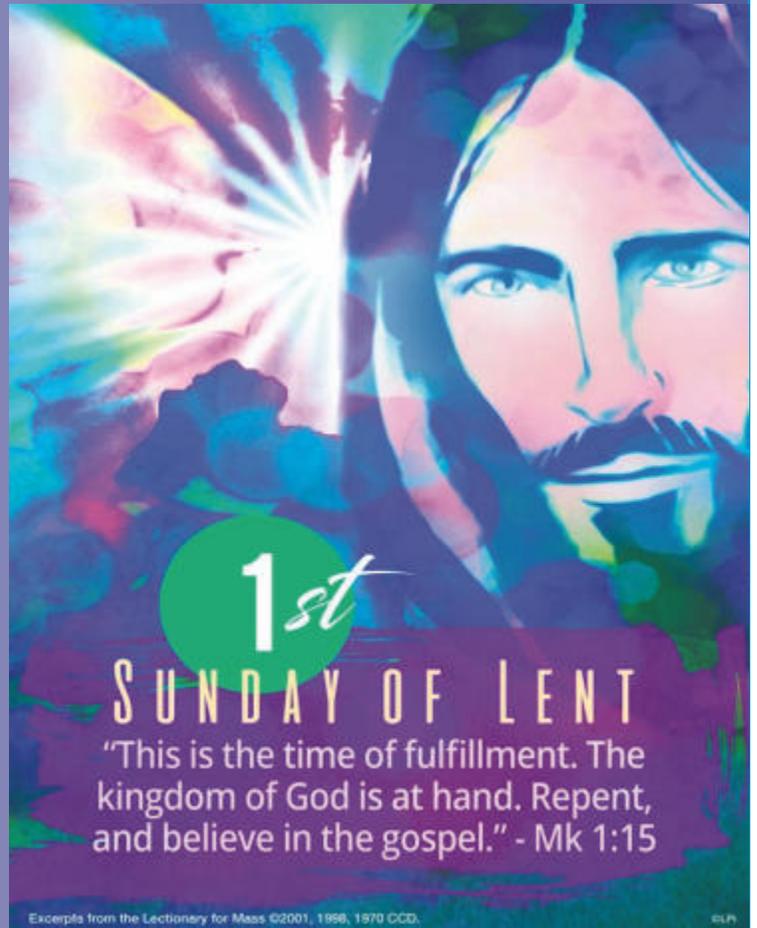
We are always happy to welcome new people into our parish family. If you have discovered our Church and like what you experience, why not become a member? Contact the Parish Office for more information.

#### PARISH BULLETIN

All items must be e-mailed to [crooney@stgabrielma.org](mailto:crooney@stgabrielma.org) or proposed in writing and left at the Parish Office by 9:00 AM Monday or one week early for holidays.

#### PASTORAL CARE

Arrangements for the reception of the sacraments at home can be made by contacting the Parish Office. Please also notify the Parish Office when a parishioner is in the hospital or otherwise



Director of Religious Education  
Simone Caron [scaron@stgabrielma.org](mailto:scaron@stgabrielma.org)

Parish Administrative Assistant  
Colette Rooney [crooney@stgabrielma.org](mailto:crooney@stgabrielma.org)

# SAINT GABRIEL'S PARISH, UPTON



## MASS INTENTIONS

Sat., Feb 20	7:30	
	5:00	Terry and Ed Nealon, req by Ann Halsing
	6:30	
Sun., Feb 21	7:30	
	8:30	
	10:30	
	12:00	Frank Perrone, req by Gorman's
	5:30	Barbara Reis, req by Linda Russo
Mon., Feb 22	7:30	Thomas Muldoon
Tues Feb 23	7:30	William Quirk
Wed., Feb 24	7:30	Richard Brault, req by Sue and John Oldfield
Thurs, Feb 25	7:30	
Fri., Feb 26	7:30	For all the Holy Souls in Purgatory
Sat., Feb 27	7:30	
	5:00	
	6:30	
Sun., Feb 28	7:30	Dorothy Mulligan and Elizabeth Sadler
	8:30	Raymond Carignan, req by Maggie Summers and Family
	10:30	
	12:00	Kathy Tibbets, req by Gorman's
	5:30	

## Parish Calendar

**CHECK WITH OFFICE TO SEE IF EVENT CANCELLED OR HAS BEEN RESCHEDULED:** *(Make sure to have downloaded St Gabriel's APP and get instant cancellation/ updates)*

Mon., (all)	Bible Study	10:00am
Mon., (all)	Marian Rosary Group	4:00 pm
Thurs.,	3rd of each Month- Grief Group	
	Mtg. 7:00 pm in Parish Hall	
Sun.,	3rd of each Mth.—Peace & Social Justice Mtg. 7:00 pm –Virtually.	
Weds, Feb 24	Women's' Club MTG—7-10-	
	CANCELLED	
Sun. Mar 21	YNIA Meeting @ 6:30-8:00pm	
Sun, Mar 28	PALM Sunday	
Sun, Apr 4th	EASTER Sunday	

## February 21, 2021-1st Sunday of Lent

St. Oscar Romero said, "Aspire not to have more, but to be more." These powerful words provide the perfect framework for a conversion oriented Lenten experience. God is giving us this Lenten sign to stop being concerned about what you have and focus on who you are. This requires that we create a desert space and listen more attentively for God to reveal His presence. It is all so wonderfully simple on the one hand and so incredibly challenging on the other. The message is simple: love God, neighbor, and self. Those simple words make great sense, but we struggle translating them into reality. Our attachments, compulsions, obsessions, addictions, routines, and busyness all anchor us to the "idol of the self," keeping us mired in our compulsive need for self-aggrandizement. It's not about us!

God vowed, long ago, to nurture, sustain and protect the relationship He has with His people. He called us into being, nurtures us in being, and sustains us in being. Without the Loving Divine Presence, all life would cease. Once we slow down a bit and clear away some of the clutter, we can see how the journey of our life is unfolding. We can see what brings us in and out of tune with God's love and how we can better imitate God's loving fidelity in our relationship with Him. In short, we will see our myopic short sightedness and figure out how we can better share the Divine Fire within with others. Lent isn't just about giving stuff up for forty days and indulging again at Easter. We need to push things much farther and wrestle with the question of how we can be more. "Being more" means becoming more fully alive and in touch with the holiness of life and the divinity that lives in and empowers all beings and things. It is realizing that the "quality" of our presence is crucial to being an effective witness and herald of God's unconditional love.

The illusion we have bought into causes us to believe that the wrong things and systems matter. We tirelessly fight to keep things the way they are, to return to the former ways of doing things or restore some nostalgic fantasy memory of "life in the good old days." Lent isn't about maintaining what we have or returning to something that is gone. It's about becoming something new. It's about being more focused, centered, convicted, and grounded so that we can be a person who truly loves and treasures being made in the image of God. The secret to Gospel living is not found in accumulating anything for ourselves, even merit points for heaven. Gospel living means learning how to live with less so that others can live with more. The thought of permanently giving something up makes us feel uncomfortable. Truth often does.



## FIRST SUNDAY OF LENT

### RELIGIOUS EDUCATION CORNER:

#### Confirmation:

Class— Feb. 21, Mar 7,21,28 3:15-5:15 pm  
Rite of Welcoming 5:30 Mass (TBD)  
Rite of Calling 5:30 Mass (TBD)

#### Religious Ed schedule for Feb:

Grades 1, 3-6 Feb 28 , Mar. 21 9:05-10:20 am  
First Communion Mar 7 8:30-10:15 am  
Grades 7-11 Mar 1, 8, 29 6-8:00 pm

The Religious Education schedule for the 2021-2022 school year has been posted on St. Gabriel's web-site. If you have any questions please contact Simone.

CCD WINTER REMINDER.....WHEN SCHOOL IS CANCELLED THERE WILL BE NO C.C.D. CLASSES THAT DAY. CANCELLATIONS WILL BE ANNOUNCED ON CHANNEL 5 (WCVB).



CCD & CHILDREN'S CHOIR WINTER REMINDR.....WHEN SCHOOL IS CANCELLED THERE WILL BE NO C.C.D. CLASSES OR CHILDREN'S CHOIR THAT DAY. CANCELLATIONS WILL BE ANNOUNCED ON CHANNEL 5 (WCVB).

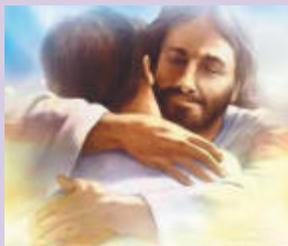
#### FIRST FRIDAY ADORATION

The Lord invites us personally to spend time with Him during adoration. Let's accept His invitation! Being still and setting aside an hour to adore Him may be a hard thing to do; but, it may be the most important. The times when you need God the most are when you don't think you do. Please join us next First Friday on, **March 5th from 8:30—11:30 am.**



### Grief Support Meeting

The next meeting of the grief support group ministry will be **March 18th** at 7:00pm. The primary mission of this ministry is to help bring healing to the wounds caused by grief. Meetings consist of listening to a reflective reading followed by optional sharing. All are



welcome to attend whether you are grieving the loss of a spouse, child, sibling or friend and regardless of whether the loss was recent or long ago. For more information please do not hesitate to contact Fr. Larry or Christine Baldiga at

Chrisdave12@gmail.com or call 508-320-6654 and feel free to leave a message.



### SCHOLARSHIP OPPURTUNITIES:

Attention High School Seniors who are **ACTIVELY** involved in St. Gabriel the Archangel Parish . You are invited to apply for the following Scholarship from Greater

Worcester Community Foundation:

· Cecilia & Ed Summers-Grynsel Family Education Scholarship – Apply at: [www.greaterworcester.org](http://www.greaterworcester.org)

· Application Deadline: March 1,2021

· Submit ONE application and you'll be considered

### The Unlikely Suspects

Have you ever taken a nature walk? Have you leisurely strolled through a forest or field, with no real destination in mind and your only objective being receptivity to and observation of all God's creation?

Sometimes, Scripture readings can feel like a nature walk. All of salvation history plays out against the backdrop of the natural world, with all elements of God's creation — plants and animals and the dust of the earth itself — turning in a supporting performance. How about Jesus in the hot and dusty desert, tempted, living "among the wild beasts?" Noah departed from his ark with the animals he rescued, observing God's sign in the very clouds of the sky. Even God Himself, offering us salvation from original sin through the waters of baptism.

How often do we remember that God speaks to us through all of His creation, even in the unlikeliest suspects?

Let's go back to the nature walk. It sounds like a lovely way to pass an afternoon, amongst wildflowers and butterflies, but don't forget the beating hot sun, mosquitos, and threat of rain on the horizon. Remember, we're not in heaven yet. Here on earth, God may be present in His creation, but that doesn't mean it's always easy to endure.

Lent is, essentially, a time to listen for the voice of God in places we may not expect: the mild irritations you experience when you're craving the chocolate you gave up, or the dull pangs of hunger during the Ash Wednesday fast. It's a golden opportunity to see the divine hand in all of creation, even those unlikely suspects.

*Happy* Winter

### Peace & Social Justice Ministry

Join us in praying, learning and acting on issues that address the needs of the poor and vulnerable in our community and world. Topics we have discussed include: gun violence, immigration, abortion, living wage, caring for our environment, human trafficking and the death penalty. The ministry meets monthly on the third Sunday of each month after the 5:30pm Mass (approximately 6:30pm) in the Saint Paul room in lower level of the church. **Our next meeting will be March 21st . Meetings will be Virtual going forward until further change.** If you have questions, please speak with Fr. Larry, or Sarah baldiga: sbaldiga@gmail.com or 508-320-8676.



### Knights of Columbus

If interested in learning more about the Knights of Columbus or becoming a member, please contact Don Cook at 1-508-634-8548.

On the way home from the Ash Wednesday service, a young boy asked his mother, “Is it true that we are made of dust?”

“Yes, darling.”

“And do we go back to dust again when we die?”

“Yes, dear.”

“Wow!” said the boy. “When I said my prayers last night and looked under the bed, I found someone who is either coming or going!”



### March Second Collections

- March 07 Haiti
  - March 14 Catholic Relief Services
  - March 21 Church in Latin America
- Anytime during March**  
Easter flower envelope / or Debt Reduction

**BE SURE TO VISIT OUR WEBSITE AT [www.stgabrielma.org](http://www.stgabrielma.org)** for lots of information on our parish including our event calendar, religious education information & scheduled meetings. It is updated weekly.

If you wish to obtain a prayer shawl for someone who needs a “hug from God” ( for loss, comfort, illness, surgery, military, etc.) please fill out a request form found in the entrance of the church. Occasionally the forms will be inserted into the weekly church bulletin. Please send it or take it to the parish office. We will call you when it is ready to be picked up. The shawls are FREE! Donations of yarn and/or money for supplies are very much appreciated. Meetings for the Prayer Shawl Ministry are on the first Thursday of the month at 7 pm in the Chapel at St. Gabriel’s. (We will announce when we resume) All are welcome!



### Great News - Worldwide Marriage Encounter has gone "Virtual"!



To support married couples during this time of social distancing, Worldwide Marriage Encounter is sponsoring virtual marriage experiences. Some are on weekends and some span multiple weeks on a given weekday. Couples will explore their individual personality styles, improve listening and communication skills, understand God’s plan for their marriage, and learn how to keep their relationship a priority. Registration is limited and a \$100 application fee is required. For more information or to apply, call at or visit them at <https://wwmema.org/>. As we journey during this Lenten Season, let us take time to reflect on our marriage. What can we do to make our marriage even better? Learn how on an upcoming virtual Worldwide Marriage Encounter Weekend on Apr 8-29, 2021 in VIRTUAL, MA and Jun 3-24, 2021 in VIRTUAL, MA

### Marian Prayer

We encourage any parishioner who so desires to join us for our Marian prayer on Monday’s at 4:00 p.m. This prayer, seeking the intercession of Mother Mary is offered for the continued strength and vibrancy of the faith community here at St. Gabriel’s.

### ST GABRIELS APP:

<https://www.paritysolutionsco.com/gabrielupton.html>  
We are excited to announce the release of a new Mobile App for our parish. This app is available for download in the Android and Apple Stores. The App is a new and effective way for the parish to communicate with you and for you to stay connected with the parish. The App is PACKED with prayer resources including Liturgy of the Hours, Daily Mass Readings, the Order of the Mass, Sunday Reading Reflections, the Bible, the Catechism, a digital rosary and on and on. It is also packed with educational resources, parish events, event sign up forms, mass schedules, photo capture tools, discussion boards and more. Best of all, we can alert you of extra special happenings and cancellations via the app’s push notifications system. Go in your APP Store and look for : **St Gabriel Upton** - Download and make sure to allow **PUSH NOTIFICATIONS** for all new information

# THE SEVENTH SUNDAY IN ORDINARY TIME

## Tuesday Adoration

My friend, an appeal from My Sacred Heart to your loving heart. Could you please take an hour or a half hour of your precious time to come and visit me in the Blessed Sacrament on **Tuesdays from 8:30-6:00pm**. So many are trying to deal with problems alone without me and my help. They seem to have no time for me. I am here for you and want you to come to me. Your friend, Jesus.



## FOOD PANTRY NEEDS:

Two or three people visit our small food pantry most days. Some individuals and families need to visit the food pantry twice a month and a few visit weekly. Your generosity helps to supplement their needs and to provide for their families. At this time we need tuna (light chunk and solid white), canned spaghetti, corn, mac & cheese, coffee and bath tissue. Thank you for your concern and thoughtfulness.



## Catholic Free Press

Each year the Parish is Assessed \$4763.00 for the Catholic Free Press. This assessment is called the **Communication Ministry Assessment.**



We average only \$800 from those who choose to subscribe to the Catholic Free Press- This year during the month of February we will have a basket designated just for a collection to off set this assessment. You can use your Catholic Free Press envelope if you desire.

**We thank you in advance for your generosity!!**

**BE AN INFORMED CATHOLIC**

Do you know what is happening in our Church?  
What the

Holy Father is saying? What our Bishops are saying on the Diocesan level? You can know these things, and other interesting events that are happening in our Diocese and in the Church throughout the world by being a subscriber to The Catholic Free Press. February is the time to renew or become a new subscriber to our Diocesan weekly newspaper. It contains interesting and informative articles on the church. If you wish to subscribe or renew your subscription just place your special envelope in the basket at any Mass during February. If you do not receive envelopes, you may call the office. Also, by your purchasing the Catholic Free Press for \$39.00 per year you help us meet the assessment that is charged to the parish.

1<sup>ST</sup> SUNDAY OF LENT



## LENTEN GUIDELINES + MASS SCHEDULE:

Lenten fast and abstinence regulations for the Diocese of Worcester are as follows.

### Guideline for Fast and Abstinence

**ABSTINENCE** from meat is to be observed by all Catholics (14) years of age and older on Ash Wednesday, Good Friday and all the Fridays of Lent.

**FASTING** is to be observed by all Catholics who are (18) years of age but not yet (59) years of age on Ash Wednesday and Good Friday. Those who are bound to fast may take only one full meal. Two smaller meals are permitted if necessary to maintain strength according to one's needs, but eating solid foods between meals is not permitted. Catholics should not lightly excuse themselves from these prescribed Lenten penitential practices.

### MASS SCHEDULE and Lenten Events :

7:30 am (Live Streamed) and 7:00pm each day

Stations of the Cross—Every Friday at 6:15pm

St. Joseph's Mission 3/15-3/19

Confessions- Please call office for appointment



Keeping  
a Holy Lent

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