



The Parish of Good Shepherd & St. Joseph

March 14th, 2021

Fourth Sunday of Lent

Church of the Good Shepherd - Rhinebeck

Weekend Mass: Saturday: 5:00 p.m. and Sunday: 8:00 am, 9:30am. & 11:15am

Daily Mass: Monday through Saturday (Except Tuesday): 9:00 a.m.

Good Shepherd Church is fully accessible for the disabled.

St. Joseph Church - Rhinecliff

Sunday: Temporarily transferred to Good Shepherd

CONFESIONS

Monday through Friday: 8:30a.m.—8:55a.m. (except Tuesday)

Saturday: 4:00p.m.- 4:55p.m.

SPECIAL DEVOTIONS

Eucharistic Adoration every Friday from 9:30 a.m. until 12:00 p.m.

(September through June)

Miraculous Medal Novena immediately following 9:00 a.m. Mass on Monday

St. Joseph Litany and Prayer immediately following 9:00a.m. Mass on Wednesday

Daily Rosary at 8:30 a.m. (except Tuesday)

BAPTISMS

Baptisms are conducted on weekends. Parents who have not previously attended instruction in the sacrament must do so prior to the child's Baptism.

MARRIAGES

Those seeking to marry must meet with the Pastor at least 6 months prior to the proposed wedding date to allow time for pre-marriage program attendance, gathering of appropriate documents, and securing any dispensation from ecclesial authorities.

RECTORY OFFICE

3 Mulberry Street, Rhinebeck, NY 12572

Phone: 845.876.4583 Fax: 845.876.7884

Email: goodshep1@frontiernet.net Website: www.gsrhinebeck.com

PASTOR

Rev. Douglas Crawford

ASSISTANT TO THE PASTOR

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gsmanger@frontiernet.net

PARISH SECRETARY

Ms. Pat Durham
goodshep1@frontiernet.net

OPERATIONS MANAGER

Mr. Timothy Williams

MUSIC DIRECTOR

Mr. Erik Cardwell, erikscht@hotmail.com

CATECHETICAL PROGRAM

Mrs. Ellen Farina
Coordinator of Religious Education
Education@stchrisredhook.org 845-758-5506

PARISH LAY TRUSTEES

Mr. Daniel Higgins, Mr. Sean Kemp

PARISH FINANCE COUNCIL

Mr. Thomas Hanna, Mr. Christopher Leggett,
Mr. Christopher Pociask, Mr. Thomas Visentin

COLLECTION REPORT

THIRD SUNDAY OF LENT WE SHARE—ONLINE GIVING	\$5319.00 \$2311.65
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**Thank you for your continued support
during these troubling times.**

THIS WEEKEND THERE WILL BE A
2ND COLLECTION FOR
CATHOLIC RELIEF SERVICES



It's simple. It's safe. It's convenient.

Online Giving is now available. Please make your contribution today by visiting:

<https://gsrhinebeck.churchgiving.com/>
(under "Regular" click on "Make a Donation")

Thank you for your support!

Daytop for a Drug Free World

If a loved one has a serious substance abuse issue, please call 845.876.3789.

Birthright

Provides love, support, and hope to women facing unplanned pregnancies. Located on Main Street in Poughkeepsie near Holy Trinity Church. For information, please call 845.473.1300.

EnCourage

EnCourage is a Catholic Apostolate for those who have family members with same-sex attraction. EnCourage provides the faithful with information about the Church's teachings as well as spiritual support. Visit: www.encourageny.com

PARISHIONER UPDATE

Name _____

Address _____

Phone _____

Email _____

Change of Address Moving out of Parish

Home Visit Requested Need Envelopes

Please fill out and cut form. Return it through the Collection Basket or by mail to the Rectory Office. New registrants are invited to visit the Rectory during office hours to receive the registration form and information on parish activities.

MASS INTENTIONS

Saturday 9:00 A.M. 5:00 P.M.	March 13 Lenten Weekday Sawyer Wright † req by Michael & Kitty Ghee Veronica Kenny † req by Kathleen Kennedy
Fourth Sunday of Lent	
Sunday 8:00 A.M. 11:15 A.M. 9:30 A.M..	March 14 Fourth Sunday of Lent John P. Crawford † req by Father Crawford Henry Frischknecht Jr. † req by Michael & Kitty Ghee Dominick Di Lecce † req by Father Crawford
Monday 9:00 A.M.	March 15 Lenten Weekday Robert K. Cahill † req by Frank & Eileen Weber
Tuesday	March 16 Lenten Weekday No Mass
Wednesday 9:00 A.M.	March 17 Saint Patrick, Bishop Eva Rose Hackett † req by Ann LeHane
Thursday 9:00 A.M.	March 18 Saint Cyril of Jerusalem, Bishop Pete Williams † req by Trudy Halbert
Friday 9:00 A.M.	March 19 Saint Joseph, Spouse of the Blessed Virgin Mary John Grady † req by Joan Grady
Saturday 9:00 A.M. 5:00 P.M.	March 20 Lenten Weekday Pro Populo Father Douglas Crawford req by the Good Shepherd Parishioners
Sunday 8:00 A.M. 11:15 A.M. 9:30 A.M.	March 21 Fifth Sunday of Lent Reverend Lawrence Xavier † req by Dan & Doreen Campbell Raymond, Gary & Barry Lutz † req by Betty Lutz Dux Family † req by Barbara Ruger



THE SANCTUARY LAMP

CHURCH OF THE GOOD SHEPHERD

**In Memory of
Patty Roth**

req by Mary Anne & Eileen

7 Ways to Overcome Self-Doubt from the Life of St. Patrick

by Rev. Michael Rennier

Every year on March 17, St. Patrick is celebrated by massive crowds of people wearing green and drinking too many pints of Guinness. But St. Patrick was a more serious saint than modern revelry suggests: He changed the course of history in Ireland. Patrick has so much cache that even though March 17 often falls in the middle of Lent, everyone pretty much takes a day off in his honor.

Given how universally beloved Patrick is, the first sentence of his autobiography is very surprising: “I am Patrick, a sinner, most unlearned, the least of all the faithful, and utterly despised by many.”

Despite his many accomplishments and his storied place in history, Patrick was notoriously self-doubtful.

As a young man living in Britain in the 4th century, Patrick was kidnapped and sold into slavery in Ireland, an event that he, rightly or wrongly, seems to think he deserved as punishment for his flaws. Perhaps living as a slave for so many years colored his opinion of himself — it’s hard to know — but in his autobiography, called *Confessions*, he repeatedly refers to himself as “stupid,” “unlearned,” and “unworthy.” Patrick struggled with self-doubt his whole life, and yet *Confessions* refers to moments of triumph, gratitude for life, and achievements beyond what anyone could imagine is possible.

How did Patrick accomplish so much even as he struggled with self-doubt? A deeper look at this life allows us a window into the ways he did this and how we can, too:

Be rigorously honest

Patrick writes, “Although I am imperfect in many things, I nevertheless wish that my brethren and kinsmen should know what sort of person I am.” People who struggle with self-doubt tend to not be honest with themselves. They have a distorted view of their own value and abilities. Patrick may share this tendency, however, he fearlessly inventories his life and actions as honestly as possible. This means not only revealing his imperfections but also his successes.

Maintain an inner monologue

When doubt creeps in, it’s important to not allow it to take control of your thoughts. By switching to a positive, encouraging inner monologue, you can disrupt the unwanted thought pattern. Patrick does this when, even as he admits that he isn’t as smart as the people who will probably be

reading his words, he’ll write his thoughts down anyway in the hopes that it will be helpful to at least some readers.

Remember that setbacks are temporary

Patrick was enslaved twice (!) in his life. After escaping the first time and returning to Britain, he felt that it was his duty to return to Ireland as a Catholic missionary. When he returned, he was again made a slave. This time it was only 60 days until he managed to obtain freedom, but what a torturous 60 days that must have been. Even after this second misadventure, he didn’t allow the setback to paralyze him and eventually accomplished his goal.

Recall past success

The way in which he was able to move on from his setbacks was that Patrick recalled his successes. His life was not as bad as perhaps his doubts would have led him to believe, and by considering how even though he was “wretched,” he was also an “ambassador” for his cause. By remembering how he had managed to overcome obstacles in the past, he overcame doubt and built courage for the next challenge.

Don’t compare

Patrick wasn’t as educated as others, which is why he writes, “I blush and fear exceedingly to reveal my lack of education; for I am unable to tell my story to those versed in the art of concise writing” Further, his experiences in life were unusual, but he couldn’t turn back the clock and be different. He realized that his past shouldn’t make him doubt himself. Instead it made him unique and this is not a weakness but a strength. More educated, successful people never would have risked what he did in order to become a success in Ireland. He even had enough self-awareness to write, “Poverty and misfortune becomes me better than riches and pleasures.”

Keep a journal

Writing is helpful as a cathartic release and also as an intentional habit to examine the day and bring to mind successes. Writing is a good exercise in exploring the shape of each day and, eventually, of what sort of person you have been over the course of years. It’s also a way of declaring the sort of person you want to become. For instance, Patrick wrote his *Confessions* partly to admit his weaknesses but also to describe his qualifications to become a bishop. He allowed his writing to reveal the true Patrick. Self-doubt

cont’d



would not be allowed to define him.

Cultivate gratitude

Patrick writes, “I would not be silent because of my desire of thanksgiving.” He wanted to tell his story out of a desire to thank God. His habit of gratitude helped him to see all the ways God had worked in his life and all he had overcome. Practicing gratitude helps to overcome doubt as you realize all of the ways you have succeeded in the past, been helped by others, or found solace in God’s love.

Did You Know St. Patrick’s Sister is Also a Saint?

by Philip Kosloski

While St. Patrick is often credited as single-handedly converting the entire nation of Ireland, he actually received some help from his own relatives. In addition to his nephew, Patrick was also accompanied by his sisters, who did what they could to help establish Christianity on the island.

Local traditions identify one of St. Patrick’s holy sisters as “Darerca,” who may have been among those kidnapped and taken into slavery earlier on in the siblings’ life. It is said that Darerca became the mother of many children (some traditions say 17 children total); most of them were boys.

These boys eventually became influential in establishing the Church in Ireland as they became bishops throughout the country. Furthermore, many of these bishops are regarded as saints, such as Saint Mel of Ardagh, Saint Rioc of Inisboffin, Saint Muinis of Forgney, and Saint Maelchu.

The *Catholic Encyclopedia* also states “St. Darerca had two daughters, St. Eiche of Kilglass and St. Lalloc of Senlis. Her first husband was Restitutus the Lombard, after whose death she married Chonas the Briton.”

According to these traditions, the evangelization of Ireland was a “family affair” and the great Apostle of Ireland received much help from his own relatives.

However, little is definitely known about his sisters (there is also a St. Lupita who is recorded as his sister), and many traditions diverge as to the exact details of who they were and what they did. Whatever the truth may be, the Irish people passed down to each generation stories of St. Patrick’s sisters and regarded them as holy women. They made a lasting impact on the island, one that endures to this day.

What Does it Mean to “Convert” if You’re Already Baptized?

by Edifa

A bishop formerly employed by the Roman curia met with

John Paul II shortly after his appointment as the head of a diocese. The pope asked him: “What is the biggest problem you face in your diocese?” The bishop replied, “There are several of them, Holy Father, but the biggest of them all is the conversion of the bishop!” To which the pope replied with a knowing smile: “So, it is in Rome!”

The process of conversion after baptism requires that we plunge ever deeper into divine love.

Our initial conversion is a consequence of baptism. It’s a gift of divine life, the gift of a loving communion with the Father through His Son, Jesus Christ, and the Holy Spirit. Our life as a “new being” begins with the salvation generously offered to us by God.

The second conversion consists in leading this new life of grace. Love must be at the heart of this process. But it’s not just any kind of love. It is an unyielding, tough love, the kind that demands we give our lives for God and others. The Bible refers to this love as *agape*: or the highest form of selfless love that God puts in our hearts through the Holy Spirit.

The process of conversion after baptism requires that we plunge ever deeper into this Divine love. It consists in harvesting its spiritual fruits, which are joy and peace. It’s the compassion embodied in our relationships with others. St. Thomas defined sin as an act of turning away (*aversio*) from God and breaking the moral standards He set for us. The act of true conversion (*conversio*) consists in constantly turning ourselves to God and in manifesting love for His creatures through Him.

Conversion first demands that we change our mindset.

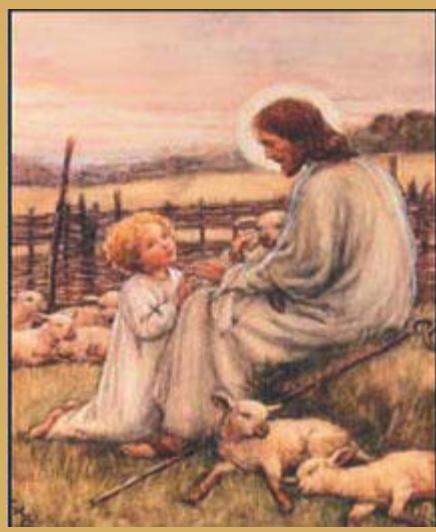
The Greek word that defines this kind of conversion is *metanoia*. For Pope Benedict XVI, it means “to rethink – to question one’s own and common way of living; to allow God to enter into the criteria of one’s life.”

The Desert Fathers have demonstrated **that those who can’t undergo the metanoia will be forced to live in a state of paranoia: a self-destructive fixation on oneself.** From the medical point of view, paranoia is defined by a disproportionate sense of self-importance, suspicion, cognitive rigidity, and unsociability.

But first, conversion demands that we change our mindset: “Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will” (Rom. 12:2).

We must want to lead this new life, to “have the same mindset as Christ Jesus” (Phil. 2:5); “until we all become mature, attaining to the whole measure of the fullness of Christ” (Eph.4:13).

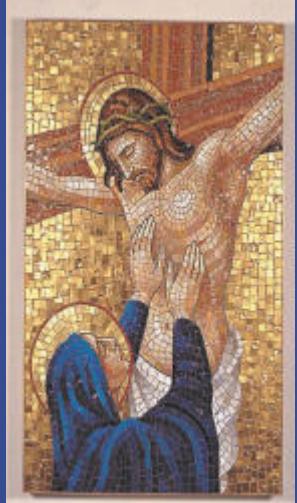
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Our 2nd Grade Religious Education Class received the sacrament of First Penance here on Saturday, March 14th. The youngsters will receive First Holy Communion on Saturday, May 8th, at a 10am Mass celebrated by Fr. Crawford, pastor.

Join us for
Stations
of
the Cross

Every Friday
at 7pm
during Lent



2021 Cardinal's Annual Stewardship Appeal: Charitable and Pastoral Outreach

\$6M of the Cardinal's Appeal funds ministries and apostolates across the Archdiocese of New York, including the Family Life, Respect Life, Catholic Charities, and the Young Adult Outreach offices. Throughout the pandemic, these ministries were hard at work serving our brothers and sisters across the Archdiocese.

WHATEVER YOU DID FOR THE LEAST
OF MY BROTHERS AND SISTERS,
YOU DID FOR ME.

MATTHEW 25:40

Visit www.cardinalsappeal.org/donate
to make your gift today!



Pray for the Sick



*John Bernitt
Edward Menti
Jan Murray
Herbert Owens
Kenneth C. Russell
Scott Schaffer*



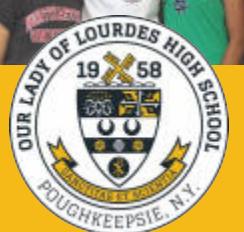
St. Christopher Lenten Fish Fry

The Holy Name Society is hosting take-out Fish Fry on Friday March 26th. From 5-7 pm at St. Christopher's School, 30 Benner Road, Red Hook. \$15 per person (\$18 for combos) and \$9 for children under 12. Menu: Choice of fried cod, fried clams, or fried shrimp. All dinners include fresh cut French fries, coleslaw, dinner roll and dessert. Call rectory to make reservation—758-3732

Rectory office will be closed
Tuesday and Thursday

OFFICE CLOSED

March 16th & 18th

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