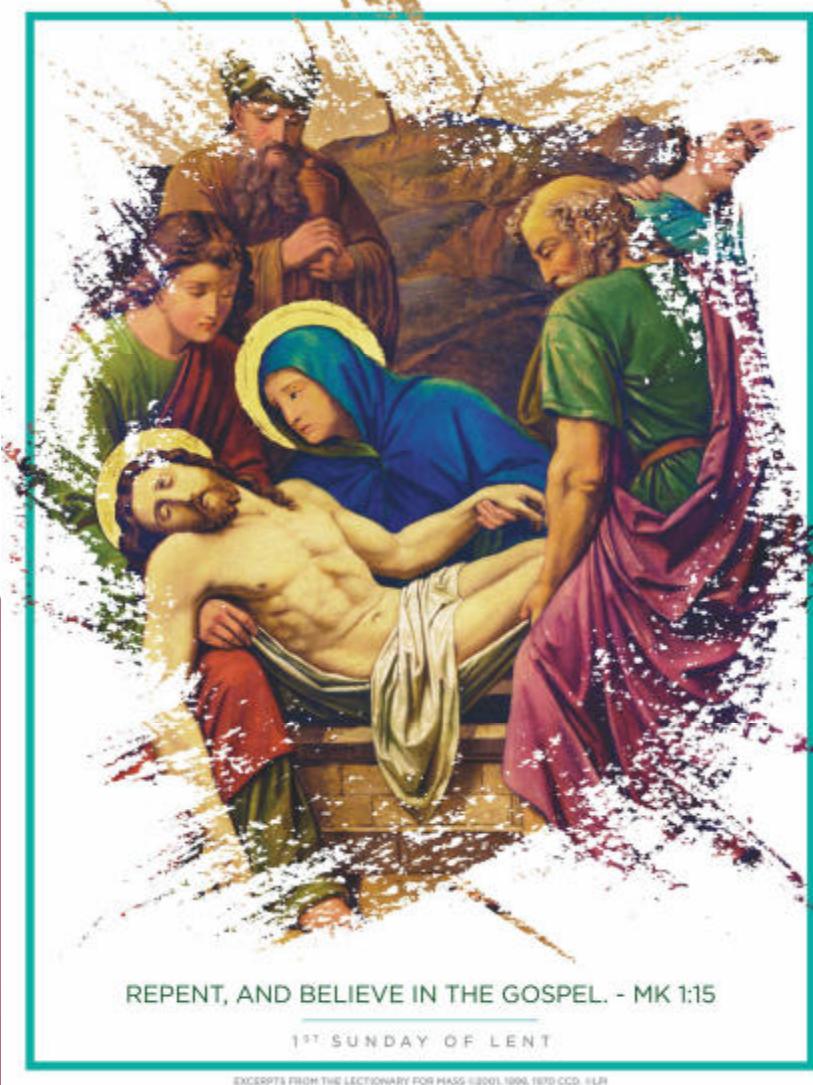


# SAINT MARY

February 21, 2021

CHURCH



## OUR MISSION:

St. Mary Church in Newmarket, NH  
on the shores of Great Bay,  
is a Roman Catholic community  
inviting all people to a personal encounter  
with Jesus Christ and His Church.

### CONTACT US

182 Main Street, PO Box 337  
Newmarket, NH 03857

Telephone: 603-659-3643

E-mail: [stmarynh@gmail.com](mailto:stmarynh@gmail.com)

Web: [www.stmarynh.org](http://www.stmarynh.org)

Office Hours: by appointment

Facebook: St. Mary Church Newmarket, NH OR  
St. Mary and St. Michael Parish Community  
@stmarystmichaelnh

### LITURGY OF THE EUCHARIST

Welcome back to Mass! COVID-safe mask wearing and social distancing is required.

Sunday ..... 9:30am

Saturday Vigil..... 4:00pm

Daily (Mon., Tues., & Thurs.)..... 7:00am

### SACRAMENT OF RECONCILIATION

Saturdays, 3:00-3:30pm in the Sacristy.  
COVID safety guidelines apply.

### PASTORAL STAFF

Rev. Matthew Mason

Pastor | [pastor@stmichaelparish.org](mailto:pastor@stmichaelparish.org)

Rev. Bartholomew Okonkwo

Associate Pastor | [bokonkwo@rcbm.org](mailto:bokonkwo@rcbm.org)

Deacon Eric Lambert

[deacon@stmichaelparish.org](mailto:deacon@stmichaelparish.org)

Erin Bajger

Business Manager | [stmarynh@gmail.com](mailto:stmarynh@gmail.com)

Stacey Cooper-Jennings

Religious Ed | [ff.stmarynh@gmail.com](mailto:ff.stmarynh@gmail.com)

Sammie Moore

Youth Minister | [youth.stmarynh@gmail.com](mailto:youth.stmarynh@gmail.com)

Karen Schalitz

Parish Nurse | [nurse@stmichaelparish.org](mailto:nurse@stmichaelparish.org)

Chris Rosaferra

Communications | [stmmcomms@gmail.com](mailto:stmmcomms@gmail.com)

### ADVISORY COUNCIL

Bob Elliott Finance Council Chairman

Mike Hall Pastoral Council Chairman

# 1ST SUNDAY OF LENT

## WEEKLY READINGS

**Sunday:** Gn 9:8-15/Ps 25:4-5, 6-7, 8-9 [cf. 10]/  
1 Pt 3:18-22/Mk 1:12-15

**Monday:** 1 Pt 5:1-4/Ps 23:1-3a, 4, 5, 6 [1]/Mt 16:13-19

**Tuesday:** Is 55:10-11/Ps 34:4-5, 6-7, 16-17, 18-19 [18b]/  
Mt 6:7-15

**Wednesday:** Jon 3:1-10/Ps 51:3-4, 12-13, 18-19 [19b]/  
Lk 11:29-32

**Thursday:** Est C:12, 14-16, 23-25/Ps 138:1-3, 7c-8 [3a]/  
Mt 7:7-12

**Friday:** Ez 18:21-28/Ps 130:1-2, 3-4, 5-7a, 7bc-8 [3]/  
Mt 5:20-26

**Saturday:** Dt 26:16-19/Ps 119:1-2, 4-5, 7-8 [1b]/  
Mt 5:43-48

**Next Sunday:** Gn 22:1-2, 9a, 10-13, 15-18/Ps 116:10,  
15, 16-17, 18-19 [9]/Rom 8:31b-34/Mk 9:2-10

JESUS RESISTS THE DEVIL'S  
TEMPTATIONS, LIVES AMONG  
WILD BEASTS, AND FINDS  
MINISTRY FROM THE ANGELS  
He returns after 40 days with a  
message for us all:



*"This is the time of fulfillment. The kingdom of God  
is at hand. Repent, and believe in the gospel."*

## Welcome Back!

We are happy to have you with us! Thank you for loving our fellow parishioners by wearing masks & social distancing.

Our diocese is now allowing public masses with a limited capacity. Due to the fact that we are not open at 100% capacity, this decision from our bishop has not changed the dispensation from the Sunday obligation to actually be at Mass. If you are unable to attend mass, you can still keep the Sabbath holy by:

- ◆ Avoiding unnecessary work
- ◆ Access weekly/daily readings at [bible.usccb.org](http://bible.usccb.org)
- ◆ Watching Livestream Mass at any of the following sites:  
[stmarynh.org](http://stmarynh.org) | [stmichaelparish.org](http://stmichaelparish.org) (Recordings available.)  
EWTN, Word On Fire, CatholicTV, St. Patrick's Cathedral
- ◆ Make an **Act of Spiritual Communion**

*My Jesus, I believe that You are present in the Most Holy Sacrament. I love You above all things, and I desire to receive You into my soul. Since I cannot at this moment receive You sacramentally, come at least spiritually into my heart. I embrace You as if You were already there and unite myself wholly to You. Never permit me to be separated from You. Amen.*

## JOIN US FOR WEEKLY PRAYER

### FRIDAYS THRU LENT

**Reconciliation,  
Mass, & Stations  
of the Cross**

**RECONCILIATION: 6pm in the Sacristy**

**MASS: 6:30pm**

**STATIONS: 7pm**

The Church's beautiful season of Lent has begun. This is a time of reflection and repentance. We're continuing the St. Mary weekly tradition of **Friday Night Reconciliation, Holy Mass, & Stations of the Cross** so you and your family may grow closer to the Lord as we prepare for Easter. We hope you'll join us!



## Sanctuary Candle

The sanctuary candle may be lit in honor of your loved one. Please call 772.2494 to reserve. A donation of \$25 is suggested.

# Love is Still in the Air!



## In Lent we are called to PRAYER, FASTING, & ALMSGIVING

What will you give up, give away, give to God, do for others, do to grow in holiness, or pray for?

### LEARNING ABOUT LENT

#### FAST AND ABSTINENCE

According to Canon Law regarding Lenten Fast and Abstinence, the following is a definition of our Lenten obligation:

##### LAW OF FAST

**A:** All adults (18 years of age & older) are bound to the law of fast up to the beginning of their 60<sup>th</sup> year.

**B:** On fast days, those bound by law are limited to a single full meal. This meal is to be meatless. Two other meatless meals, sufficient to maintain strength, may be taken according to one's needs; however, together these two meals should not equal another full meal.

**C:** There are two prescribed days of fast: Ash Wednesday (Feb. 17) and Good Friday (April 2).

##### LAW OF ABSTINENCE

**A:** Those who are 14 years of age & older are obliged to observe the law of abstinence.

**B:** On days of abstinence, those bound by the law abstain from meat.

**C:** On all Fridays of Lent, abstinence is prescribed. This, of course, includes Good Friday. Abstinence is also prescribed for Ash Wednesday. On Friday March 19, no abstinence is required (Solemnity of St. Joseph).

## TWO STORIES OF COMMUNITY YOUTH REACHING OUT TO THE HOMEBOUND

### AROUND NH:

Thank you to Boy Scout Troop 323 and Cub Scout Troops 322 + 323 for sharing the love this St. Valentine's Day! Once again, they partnered with our St. Mary + St. Michael Parish Nurse, Karen Schalitz, to deliver joy to 5 local nursing homes and care centers. (The Pines in Newmarket, Rockingham County, Exeter Center, Langdon Place, Oceanside Center of Hampton) They've shared their creativity and compassion by crafting, writing, & packaging over 1700 Valentines for our senior neighbors. Wow!

### IN EXETER:

Under the leadership of our St. Michael Pastoral Minister, Leah Grant, an ongoing outreach program has been set up with seniors and isolated clients of St. Vincent dePaul. Special Valentines have been handcrafted by the children in our Sacramental Prep programs, their siblings, and Girl Scout Troops 51315 and 59197.

We're grateful to the kids and families who have offered their time, talent, and treasure. You are living Valentines sent from God to our community!



### Winter & Spring Events

Thanks to everyone who joined us for our outdoor hangouts throughout the month of January! Unless noted, the following events are currently scheduled to take place in **Cotter Hall** at St. Michael through the Spring. To continue keeping everyone safe, **social distancing and mask wearing are required**.

#### HIGH SCHOOL

**Catholic HS Youth Group** - Select Sundays, 7-8:30pm  
Feb. 21; March 7 & 21 (21 is Worship Night!);  
April 18; May 23 (Worship Night!); June 13

**Young Life Club** - Select Sundays, 7-8:30pm  
Feb. 28; March 14 & 28; April 11 & 25;  
May 2 & 16; June 6

**Bible Study** - Select Mondays, 7-8:45pm  
March 1, 15, 22, & 29; April 5, 12, & 19;  
May 3, 10, 17, & 24; June 7 & 14

#### MIDDLE SCHOOL

**Wyldlife Club** - Select Thursdays, 7-8:30pm  
March 4 & 18; April 8 & 22; May 6 & 20; June 3 & 17

#### MIDDLE + HIGH SCHOOL

**Donut Fridays** - 9:30 am, hosted at St. Mary Weekly,  
except school breaks & Good Friday.

**Worship Nights** - hosted at St. Michael  
After 6pm Mass, March 21 & May 23  
Come with your family & friends :)

@youth.marymichaelnh

**Contact Sammie or Becca to  
register or learn more!**

@stmichaelstmaryyouth

*Outdoor events may be arranged in appropriate weather.*

*Be sure to check our social pages for updates or special news.*

**What can we pray for?!**

stmarynhprays@gmail.com

Your Ways, O Lord are

**Love + Truth**

Guide me and teach me, for  
you are God my savior.



# Thank You!

We're grateful that you're part of our faith family and appreciate your time, talent, and generosity.

## PARISH GIVING

January 31, 2021

Envelopes	\$778.00
Loose	\$137.00
On-Line Giving	<b>\$1,007.00</b>
Total	<b>\$1,922.00</b>

Thank you for your continued contribution to our church during this difficult time. Your support will keep our ministries vibrant in 2021 and beyond! See below for our online giving option.

It's easy to



1

Visit [stmarynh.org](http://stmarynh.org)  
click "Donate"  
(2nd menu at the top of  
the home page)

2

Set up your  
online giving  
account with  
**WeShare**

3

Choose a preferred  
payment option &  
**customize your  
donation**

Questions about the program or setting up your account? Don't hesitate to contact Erin at 772-2494 or [stmarynh@gmail.com](mailto:stmarynh@gmail.com)

## Bereavement Group

### UPCOMING MEETING: FEBRUARY 22ND, 10AM

Are you grieving the loss of a loved one? Join us in solidarity and prayer in Drouin Hall in Gabriel House at St. Michael, 10am - 11:30am on 1/25. Our Bereavement Group regularly meets on the 3rd or 4th Monday of each month. Our next meeting is 3/15. Select evening sessions will be available through the year, resuming in April. So we can plan for attendance, please register for those nights at [stmichaelparish.org/bereavement-group](http://stmichaelparish.org/bereavement-group). All are welcome!

## SUPPORT LOCAL CATHOLIC EDUCATION:



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GOD  
LOVE  
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SERVE  
OTHERS



[WWW.SAINTMARYACADEMY.ORG](http://WWW.SAINTMARYACADEMY.ORG)

## Respect Life Ministry Shares...

### Diary of a Little Soul: Week 21



I weigh about one whole pound now. I am not growing quite as fast as I was before, since certain parts of me are becoming more refined. Take my eyes for instance; they are fully formed except for their color, which has yet to be revealed. I wonder... will they be the color of Mom's or Dad's or one of my ancestors? Only God knows right now!

*But as it is written:*

*"What eye has not seen, and ear has not heard,  
and what has not entered the human heart,  
what God has prepared for those who love him..."*

- 1 Corinthians 2:9

Sampled from Fr. Wilfred Deschamps, copyright 2017. Look for more next week!

To join the St. Mary/St. Michael Respect Life Ministry, email Corinne & Kevin Kaneb via [cwinter121@gmail.com](mailto:cwinter121@gmail.com). God bless!

PREGNANT?  
NEED HELP?

Seacoast Birthright: 603-436-5558  
Birthright of Derry: 603-434-3000  
Options for Women: 603-749-4441  
New Generation, Inc: 603-436-4989

February 17 - March 28

## 40 DAYS FOR LIFE®

Through prayer, fasting, peaceful vigils, & outreach, 40 Days for Life has inspired 1,000,000+ volunteers!

You can become a part of this movement in our community:

Vigil location: Lovering Health Center's public sidewalk at 559 Portsmouth Ave Greenland, NH

Vigil hours: 7 am to 7 pm daily

Learn more and sign up for hours at the campaign site:

[40daysforlife.com/Greenland](http://40daysforlife.com/Greenland)



*"Christ suffered for sins once for all, the righteous for the unrighteous, in order to bring you to God."*



Is He prompting you to bring others to God as a priest or in the consecrated life? For guidance in discerning your vocation, reach out to Fr. Matt: 603-663-0132, or [mmason@rcbm.org](mailto:mmason@rcbm.org)

Also - let our community continue to pray for vocations! If you'd like to support our newest seminarians, visit [catholicnh.org/seminarianfund](http://catholicnh.org/seminarianfund)



In Service To One,  
In Service To All.

*Interested in joining the Knights of Columbus?*

Contact Dick Manix at (603) 772 - 3056 or [richardomanix@gmail.com](mailto:richardomanix@gmail.com)

## CHANGING WITH THE SEASON: WHO ARE YOU THIS LENT?

*“Aspire not to have more, but to BE more.” - St. Oscar Romero*

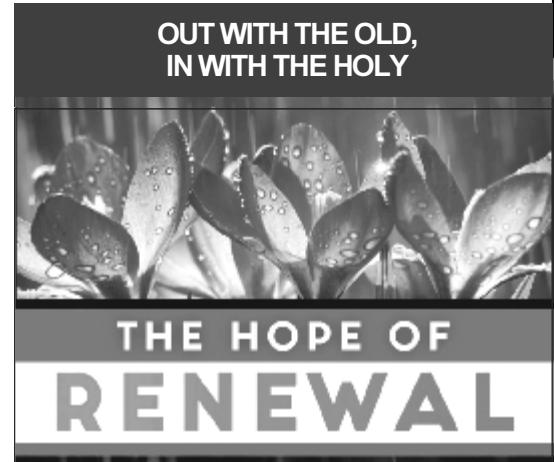
These powerful words provide the perfect framework for a conversion oriented Lenten experience. God is giving us this Lenten sign to stop being concerned about what you have and focus on who you are. This requires that we create a desert space and listen more attentively for God to reveal His presence. 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 alone, but our covenant with the Lord...

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. We then bring God’s bounty to this world.

*Through sacrifice & generosity, participating in acts of PRAYER, FASTING, & ALMSGIVING, let us strive to be more like Christ during this season of Lent and beyond.*

Reflection sampleed from: LPi, Vibrant Church



## PARISH INFORMATION

### St. Mary Church is open daily for personal prayer.

**BAPTISMS:** Please contact Deacon Eric at Deacon@stmichaelparish.org or 772-2494 X211.

**MARRIAGES:** Please register your intentions with the parish at least six months in advance.

**CALVARY CEMETERY:** Michael Pelczar @ 659-3344

**MERCY MEALS:** Please contact Karen Polzinetti at 397-7685 or kdd42409@yahoo.com

**SOCIAL MEDIA:** [facebook.com/stmarystmichaelnh](http://facebook.com/stmarystmichaelnh)  
stmmcomms@gmail.com

**PRAYER LINE:** StMaryNHPrays@gmail.com / 770-8904

**NATURAL FAMILY PLANNING:** Hannah Parent 339-309-9187 or [hannahrose.parent@gmail.com](mailto:hannahrose.parent@gmail.com)

**HEALING PRAYER:** For an individual healing prayer appointment by a trained prayer team please contact us at [Healing.StMaryNH@gmail.com](mailto:Healing.StMaryNH@gmail.com) or at the parish office.

**ROSARY:** The rosary is prayed Mon, Tue, Thurs at 6:30am before the 7am mass and Sat at 3:30pm before the 4pm mass. First Saturday Devotional Rosary is prayed at 3pm before the 4pm Vigil each first Saturday of the month.

**FORMED:** Parish Code: KYJ3M2



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[www.kentandpelczarfh.com](http://www.kentandpelczarfh.com)  
[info@kentandpelczarfh.com](mailto:info@kentandpelczarfh.com)

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