



Hope lives here!

The Cathedral Community
296 Flower City Park, Rochester, NY 14615
(585) 254-3221, Fax: (585) 254-8970

Our Mission Statement

The Cathedral Community is a Roman Catholic parish of the Diocese of Rochester that gathers and worships at Sacred Heart Cathedral. We are an ethnically, racially and economically diverse community with unique gifts and challenges within an urban neighborhood.

Our mission is to reach out with hope to all in our community, neighborhood and beyond, to proclaim the Gospel with joy and enthusiasm, and to prepare disciples who will go forth to serve God and others, especially the poor, with mercy and compassion.

MASS AND CONFESSION TIMES

All public masses in our Diocese have been suspended due to the ongoing Coronavirus.

Celebration of Penance

Friday 4:45 - 5:15 pm
Saturday 2:30 - 3:30 pm



Pastoral Perspectives

The traditional disciplines of Lent are prayer, fasting and almsgiving. Many of us fasted on Ash Wednesday, not eating solid food in-between meals. We will again be invited to participate in this Lenten discipline on Good Friday. But before this Lenten season has been completed, it might be good for us to reflect on different ways of fasting that we still have time to incorporate into our Lenten journey.

As a spiritual writer once commented, Lenten fasting does not require that there be no feasting in our Lenten wilderness, although fasting makes the feasting sweeter. There is a well-known piece, "A Lenten Fast" which offers some practical ways to fast and to feast:

“Fast from judging others; feast on Christ living in them.
Fast from words that pollute; feast on phrases that purify.

Fast from discontent; feast on gratitude;
Fast from anger; feast on patience.

Fast from pessimism; feast on gratitude;
Fast from worry; feast on appreciation.

Fast from complaining; feast on appreciation
Fast from unrelenting pressure; feast on unceasing prayer.

Fast from bitterness; feast on forgiveness;
Fast from self-concern; feast on compassion for others.

Fast from personal anxiety; feast on eternal hope through Jesus;
Fast from discouragement; feast on hope.

Continued on page 2

We warmly welcome you to the Cathedral! We are happy that you have joined us to worship the Lord this weekend.

**March 22, 2020
Fourth Sunday of Lent**

Prayer For A Pandemic

May we who are merely inconvenienced remember those whose lives are at stake.

May we who have no risk factors remember those most vulnerable.

May we who have the luxury of working from home remember those who must choose between preserving their health or making their rent.

May we who have the flexibility to care for our children when their schools close remember those who have no options.

May we who have to cancel our trips remember those that have no place to go.

May we who are losing our margin money in the tumult of the economic market remember those who have no margin at all.

May we who settle in for a quarantine at home remember those who have no home.

During this time when we cannot physically wrap our arms around each other, let us yet find ways to be the loving embrace of God to our neighbors.

Amen.

**Parish Offertory Support
For March 14 & 15, 2020**

Actual	Goal	Variance
\$7,144	\$10,470	\$-3,326
Year to Date	Year to Date Goal	Variance
\$367,435	\$369,355	\$-1,920
Penny Sunday — \$395		

Pastoral Perspectives Con't

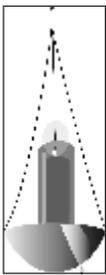
Fast from thoughts of weakness; feast on promises that inspire.

Fast from everything that separates you from the Lord; feast on Everything that draws you to the Lord.”

Faithful God, in the remaining days of Lent, may we quiet ourselves to explore the inner chambers of our hearts. May we seek and find you there. May we find you even in our pain and in whatever troubles our hearts. Keep us from all that separates us from you. Be with us and in us. Amen.

- *Thought for the Week:* Be thankful for today, because in one moment your entire life can change.
- *Smile for the Week:* How do you keep geese from speeding? Goose bumps.

God bless! Have a wonderful week!
Fr. Kevin McKenna



This Week's Sanctuary Candle

In Memory Of — Dolores Empey
Requested by — Angie Capone

In Memory Of — Dora DiSchino
Requested by — Nina & Joe Lombardo

Deceased members of the Spinosa & Tiebe Families



PRAY FOR OUR DECEASED

In your charity, please pray for John Appleby and all of our deceased.

*Eternal rest grant unto them O Lord,
and let your perpetual light shine upon them.*

Confessions will take place on the following days and time:

Friday — 4:45 pm — 5:15 pm
Saturday — 2:30 pm — 3:30 pm



Scripture Study for Next Sunday

Next Sunday, March 29, 2020, is the Fifth Sunday of Lent. The readings will be Ezekiel 37:12-14; Romans 8:8-11; and John 11:1-45.

As the season of Lent moves closer to Holy Week and its focus on Jesus' passion, death and resurrection, the readings for the Fifth Sunday of Lent focus on the theme of "life and death." As always, the readings are taken from different books of the Bible and reflect the different historical eras in which they were written. They also reflect different phases of God's relationship with his people. The prophet Ezekiel lived almost 600 years before the birth of Jesus and his message was addressed to the people of Israel, both those exiled in Babylon and those in Jerusalem. During that era there was little belief in life after death. Paul, on the other hand, was a contemporary of Jesus and his letter to the Romans is one of the oldest *Christian* scriptures. Paul wrote to the early church community that had experienced the resurrection of Jesus and now placed its faith in him. John's Gospel recorded the life of Jesus through his death and resurrection, as well as the reactions of those around him.

Through the prophet, Ezekiel, God spoke to the people of Israel who felt that they had experienced the death of their nation. God promised faithfulness to the covenant he made with Israel. He promised to restore life to their nation, saying "*I will open your graves and have you rise from them...I will put my spirit in you that you may live.*" His words foreshadowed the different kind of 'new life' that would be possible in Jesus Christ. St. Paul referred to that new life in Christ when he said that "*if the Spirit of the one who raised Jesus from the dead dwells in you [God] ... will give life to your mortal bodies also... .*"

In the reading from John's Gospel we hear the account of Jesus bringing Lazarus back to life. This miracle will lead to Jesus' arrest and then to his suffering and death. With compassion for those affected by death, and with great personal emotion, Jesus confronts the death of his own dear friend Lazarus. The scripture says that Jesus wept. Some scholars suggest that the reason Jesus waited two days to travel to his dying friend was so that he would encounter the full weight of death in the sealed tomb and in the body already in decay. Jesus wanted to "*look death in the eye*" as he approached Calvary and prepared to defeat death, once and for all, making the power of God visible and making new, "resurrection life" possible for all of us.

Rose Davis



Mass
Intentions

Saturday, March 21, 2020

Hos 6:1-6; Lk 18:9-14

4:00 pm Salvatore Chirido—Family
Ann Fritsch—Sister
Joseph Budz—Family

Sunday, March 22, 2020—Fourth Sunday Of Lent

1 Sm 16; 1b, 6-7, 10-13a; Eph 5:8-14; Jn 9:1-41 or 9:1, 6-9, 13-17, 34-38

7:00 am Carol Culligan—Robert & Mary Dolan
9:15 am Dolores Empey—Koc Council 15118
Intentions of Fr. Salmon—Friend
Deceased members of the Spinoso & Tiebe Families
Susan Prevost—William Madder
11:15 am Donald Luke Jr.—Phil Dwyer
5:00 pm For the people of the Cathedral Community

Monday, March 23, 2020

Is 65:17-21; Jn 4:43-54

12:10 pm Deceased members of the Otolani Family—Mike & Patty
Fredericks

Tuesday, March 24, 2020

Ez 47:1-9, 12; Jn 5:1-6

6:30 am For those who are hungry

Wednesday, March 25, 2020—The Annunciation Of The Lord

Is 7:10-14, 8:10; Heb 10:4-10; Lk 1:26-38

12:10 pm Jim Barry—Judith Kiehl

Thursday, March 26, 2020

Ex 32:7-14; Jn 5:31-47

6:30 am For the victims of natural disasters

Friday, March 27, 2020

Wis 2:1a, 12:22; Jn 7:1-2, 10, 25-30

12:10 pm Elizabeth Smith—Tom & Brenda Maguire

Saturday, March 28, 2020

Jer 11:18-20; Jn 7:40-53

4:00 pm Ann Fritsch—Sister
Michelle Marie Trombley—Joe & Laura Foley &
Family & Dave & Mary Reisinger
Christopher Dominick Tuttle—John & Audrey
Dattalo

Sunday, March 29, 2020—Fifth Sunday Of Lent

Ez 37:12-14, Rom 8:8-11; Jn 11:1-45 or 11:3-7, 17 20-27, 33b-45

7:00 am Mary Jo Whalen—7:00 am Ushers
9:15 am Michael & Carmel Adams—Tim & Mary Ellen
Coleman
Helena & Adolf Flach—Family
11:15 am For the people of the Cathedral Community
5:00 pm For World Peace

Most Rev. Salvatore R. Matano, Bishop of Rochester
Most Rev. Matthew H. Clark, Bishop Emeritus of Rochester
In residence: Rev. Daniel White, Secretary to the Bishop

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Finance Council Chair John Spinoso

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