

# Sacred Heart Cathedral

**The Cathedral Community**  
296 Flower City Park, Rochester, NY 14615  
(585) 254-3221, Fax: (585) 254-8970  
[www.sacredheartrochester.org](http://www.sacredheartrochester.org)

Cathedral Office Hours  
Monday—Thursday 9:00 am — 3:00 pm  
Friday 9:00 am — Noon

**We are CLOSED Mon—Thurs from 12:10 pm — 12:40 pm**

## MASS TIMES

### **Weekend Masses**

Saturday 4:00 pm  
Sunday 7:00 am, 9:15 am & 11:15 am

### **Daily Mass**

Monday, Wednesday, Thursday & Friday at 12:10 pm  
Tuesday at 7:30 am

## CELEBRATION OF PENANCE

Monday, Wednesday, Thursday 11:30 am — Noon  
Friday 11:30 am — Noon and 4:45 — 5:30 pm  
Saturday 2:30 — 3:30 pm

**February 18, 2024**  
**First Sunday Of Lent**

Praised be Jesus Christ!

Occasionally in a homily or some other teaching I will use the phrase: “Mental Prayer.” Lent is the perfect time to carve out space in your schedule for daily **mental prayer**...at least 15 minutes a day for beginners.

The textbook definition of mental prayer is something like this: “a silent elevation and application of our mind and heart to God in order to offer Him our homages and to promote His glory by our advancement in virtue” (Tanqueray, *The Spiritual Life*). More simply, mental prayer is just that free flowing prayer that comes from the heart and takes place in silence of our souls, as opposed to reciting vocally, memorized prayers like the Our Father or the Hail Mary.

When someone asks me to explain more specifically how to engage in mental prayer, I often print off a little handout that I made based on the instructions given by St. Alphonsus Liguori. I include this method on the inside of the bulletin. Feel free to cut out this section of the bulletin and keep this helpful guide in your Bible or prayer book!

In the heart of Jesus and Mary,

Fr. Peter Van Lieshout

## Lenten Calendar

### Stations of the Cross

**Stations of the Cross** featuring a variety of beloved versions with Stephanie & Frank Lauricella.. They will lead the Stations of the Cross every **Friday** during Lent immediately following the 12:10 pm daily mass.



### **Solemn Stations of the Cross**

One of the Cathedral Clergy will lead the Stations of the Cross every **Friday afternoon of Lent** after 5:45 pm featuring a variety of beloved versions — but especially the meditations written by St. Alphonsus Liguori.

### Fridays Lenten Holy Hour

On the **Friday's of Lent** there will be a Holy hour at 3 pm with Exposition of the Blessed Sacrament concluding with Benediction at 4:00 pm. Come adore Our Lord's Eucharistic and Sacred Heart, really present on our altar.

## Parish Offertory February 10 & 11, 2024

Actual	Goal	Variance
\$8,375	\$7,575	\$800

YTD Actual	YTD Goal	Variance
\$273,866	\$267,150	\$6,716



## Presidents Day Holiday

The Cathedral Office will be **CLOSED** on Monday, Feb. 19 for Presidents Day.

There will be confessions from 11:30—Noon and a 12:10 pm mass.

## This Weeks Sanctuary Candle

**In Memory Of — Bill Moroz**  
Requested by — Dcn Lynn & Peggy Kershner

**Intentions Of — Rachel Abbott**  
Requested by — Michele & Jim Kelly



## The Pillars Of Lent

As we begin our Lenten journey, reflect on how your prayers, fasting and almsgiving can guide you. As Pope Francis explains, these are

“elements, which when lived sincerely, can transform life and provide a sure foundation for dignity and fraternity”. How can practicing the Lenten pillars transform your life and the lives of our sisters and brothers around the world? Visit [crsricerbowl.org](http://crsricerbowl.org) to learn more.

## Stand Together For Life

Join us for prayer, speakers and a joyful, public witness for life.

Date: Saturday, February 24  
Time: 9:15 am Rosary  
Program starts at 9:45 am at Planned Parenthood at 114 University Avenue.

The featured speaker is Fr. Tony Mugavero, pastor at Holy Apostles Church. Coffee and donuts will be hosted by Quest for Life.

This month we are collecting all things baby for our pregnancy resource centers. Questions or comments, call Dorothy at 585-704-4568.



## PRAY FOR OUR DECEASED

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

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



## “10 Old Testament Scripture Passages That You Just Need To Know”

Fr. Van Lieshout will lead a Scripture Study on Four consecutive Sunday's, the first four Sunday's of Lent from 6:30—8:00 pm in the Cathedral Hall, no sign ups required.

**February 18**  
**February 25**  
**March 3**  
**March 10**

Bring your bible and make a Lenten commitment to be present all four weeks of the study. I hope this will be a great addition to your Lenten observances and penance.



**Mass Recognition of the  
Sacrament of Matrimony  
With The Most Reverend Salvatore R. Matano**

On

Sunday, April 28, 2024 at 11:15 am mass  
at Sacred Heart Cathedral

All married couples and their quests are welcome to attend and renew their vows with Bishop Matano. Those celebrating milestone jubilees will be given special recognition.

Please help up plan by letting us know you are coming by registering at <https://shorturl.at/rEGL3>

The June issue of the Catholic Courier will feature a wedding jubilee section. If you would like your name and anniversary (25, 50 and above) to be included, please send an email or a letter with the following information:

Names, Church, Town where you were married, wedding date/year and a wedding photo (optional).

Email: [weddings@CatholicCourier.com](mailto:weddings@CatholicCourier.com) or  
Mail to: Wedding Anniversaries  
Catholic Courier  
PO Box 24379  
Rochester, NY 14624-0379

Submissions are due by April 30, 2024

Photographs must still be submitted by US Mail or by email.



**Saturday, February 17, 2024**

*Is 58:9b-14; Lk 5:27-32*

2:30—3:30 pm	Confession
3:00 pm	Rosary
4:00 pm	Gregory Knittel — Patty & Frank Cost Nina Grugnale—Mike & Patty Fredericks Intentions of Fr. Gabrielle Walz—Schwalm Family

**Sunday, February 18, 2024—First Sunday Of Lent**

*Gn 9:8-15, 1 P 3:18-22; Mk 1:12-15*

7:00 am	Kathleen Ripton—Judith & Parick Ripton
9:15 am	For the people of the Cathedral Community
11:15 am	Living & Deceased members of the DeMartino Family—Richard, Muriel & Isaac DeMartino
8:00 pm	Solemn Compline w/Fr. Van Lieshout

**Monday, February 19, 2024—Presidents Day—Office Closed**

*Lv 19:1-2, 11-18; Mt 25:31-46*

11:30—Noon	Confession
12:10 pm	Katherine Harris—Genevieve Rotoli & Family

**Tuesday, February 20, 2024**

*Is 55:10-11; Mt 6:7-15*

7:30 am	Don Kolupski—Mike & Patty Fredericks
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**Wednesday, February 21, 2024**

*Jon 3:1-10; Lk 11:29-32*

11:30—Noon	Confession
12:10 pm	Wayne Wing—Family

**Thursday, February 22, 2024—The Chair of Saint Peter The Apostle  
Day Of Penance**

*1 Pt 5:1-4; Mt 16:13-19*

7:00—8:00 am	Confession
11:00—Noon	Confession
12:10 pm	Intentions of Audrey Bodson—Zimmerman Family
6:30—8:00 pm	Confession

**Friday, February 23, 2024**

*Ez 18:21-28; Mt 5:20-26*

11:30—Noon	Confession
12:10 pm	Jack Risewick—Tom & Brenda Maguire
12:45 pm	Stations of the Cross
3:00 pm	Holy Hour w/Exposition of the Blessed Sacrament
4:00 pm	Benediction
4:45—5:30 pm	Confession
5:45 pm	Stations of the Cross

**Saturday, February 24, 2024**

*Dt 26:16—19; Mt 5:43-48*

2:30—3:30 pm	Confession
3:00 pm	Rosary
4:00 pm	Patricia & Frederick Henry—Mark & Laura Henry

**Sunday, February 25 2024—Second Sunday Of Lent**

*Gn 22:1-2, 9a, 10-13, 15-18, Rom 8:31b-34; Mt 9:2-10*

7:00 am	John Mendell—Margaret Whalen
9:15 am	Intentions of the Pamell Family—Colette Klingler Intentions of the Women's Group Hugh Higgins—Paul & Kelly Gotham
11:15 am	For the people of the Cathedral Community
8:00 pm	Solemn Compline w/Fr. Van Lieshout

**PRAY FOR OUR SICK**



Rachel Abbott, Heather Beisheim, Deborah  
De Leon Campbell, Dawn DeManincor,  
Robert DiFulio, Dcn. John Giugno,  
Dan Gentile, Mavis Groves, Sharon  
Herring, Sr. Joan Hilbert, Nina Lombardo,  
Louise Lorette, Law Meh, Irene Morgan,  
Janice Moroz, Shirley Shannon,  
Dan Stella, Patti Stets, Michael Scozzafava,  
Donald Stiner, Paul Tuttle

## Mental Prayer According to the Method of St. Alphonsus

### Mental Prayer According to the Method of St. Alphonsus

Mental prayer consists of three parts; the preparation, the meditation, and the conclusion.

#### **Part I: The Preparation**

The preparation consists of three acts:

- an act of faith in the presence of God;
- an act of humility, with a short act of contrition; and
- an act of prayer to be enlightened.

These three acts can be made as follows:

For the first: *My God; I believe that you art present with me, and I adore you with all the affection of my soul.*

For the second: *O Lord by my sins I deserve to be now in hell. I repent, O Infinite Goodness! with my whole heart, of having offended you.*

For the third: *My God for the love of Jesus and Mary, give me light in this prayer, that I may profit by it.*  
(Then say a Hail Mary to the Most Blessed Virgin, that she may obtain light for us; and a Glory be to the Father, to St. Joseph, to your guardian angel, and to your patron saint, for the same end.)

These acts should be made with attention, but briefly; and then you go on directly to the meditation.

#### **Part II: The Meditation (The Main Part)**

In the meditation you can always make use of some book, at least at the beginning, and stop where you find yourself most touched. St. Francis de Sales says that in this we should do as the bees, which settle on a flower as long as they find any honey in it, and then pass on to another.

It should be observed that the goal of the meditation is three-fold:

- to make affections,
- to make petitions, and
- to make resolutions;

In these three consists the profit to be derived from mental prayer.

**Affections.** After you have meditated on some eternal truth, and God has spoken to your heart, you must also speak to God; and first, by forming affections, be they acts of faith, of thanksgiving, of humility, or of hope; but above all, repeat the acts of love and contrition. St. Thomas says, that every act of love merits for us the grace of God and paradise:

Every act of love merits eternal life. Each act of contrition obtains the same thing. Acts of love are such as these: *'My God; I love you above all things!'* *'I love you with all my heart!'* *'I desire to do your will in all things.'* *'I rejoice that you are infinitely happy!'*—and the like. For an act of contrition it is enough to say: *O Infinite Goodness, I repent of having offended you!*

(Continued on Page 5)

## Mental Prayer According to the Method of St. Alphonsus (cont.)

***Petitions.*** In the second place, you must pray; ask God to enlighten you, to give you humility or other virtues, to grant you a good death and eternal salvation; but above all, his love and holy perseverance. And when the soul is in great aridity, it is sufficient to repeat: *'My God, help me!'* *'Lord, have mercy on me!'* *'My Jesus, have mercy!'*

If you do nothing but this, your prayer will succeed exceedingly well.

***Resolution.*** In the third place, before finishing your prayer, you must form a particular resolution; as, for instance, to avoid some occasion of sin, to bear with an annoyance from some person, to correct some fault, and the like.

### **Part III: The Conclusion**

Finally, in the conclusion, three acts are to be made:

1. We must thank God for the inspirations we have received;
2. We must make a determination to observe the resolutions we have made;
3. We must ask God, for the love of Jesus and Mary, to help us to keep our resolution.

The prayer concludes by the recommendation of the souls in purgatory, the prelates of the Church, sinners, and all our relatives and friends, for which we may say an Our Father and a Hail Mary. St. Francis of Sales exhorts us to choose some thought which may have struck us more especially in our prayer, that we may remember it during the rest of the day.



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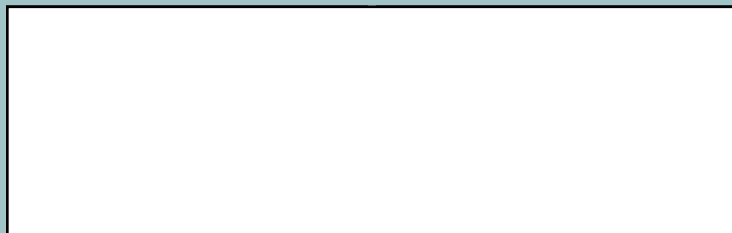
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