If you can believe it, Lent begins in just a few short weeks. It’s a good time to start preparing. This is a period of the Church year when we need to step back, be more quiet, pray a little more, be kind, and forgive. We need to plan our Lent. As a parish, we are planning for a week in March to Be Still and Know that I Am God. We will let God be our Lenten speaker. We will work on how to listen to God and how to open our hearts to embrace His Word. More on that in future weeks.

As you prepare for your own Lenten renewal, I offer you these suggestions:

- Choose one morning during the week and come to 8:30 a.m. Mass.
- Choose one Saturday afternoon or Wednesday, April 1 – the Day of Penance and Mercy - to come to confession.
- Get rid of a long standing grudge against a family member.
- Spend 15 minutes after work to pray in silence.
- Turn off the television or the radio, turn off your phone, unplug for a half hour on Sunday afternoon.
- Eat a simple home cooked dinner once a week as a family at the table.
- Read two chapters of the Gospel of Mark each week during Lent.
- Go visit your loved ones’ graves and say a prayer for them.
- Skip one Tim Horton’s, Dunkin Doughnuts, or Starbucks each week and give that money to the Rice Bowl.
- Teach yourself and your children to memorize the Our Father, the Hail Mary, and the Glory Be
- Clear your schedule to attend Holy Thursday Mass, the Good Friday prayer service, and the Easter Vigil.
- Be Still and Know that I Am God
Parish Staff
Rectory Office  723-1350
Rev. Lee P. Chase, S.T.L.
Pastor, x 207
Frank Arvizzigno
School Principal, 225-3870
Marisa Steve
Finance Director, x.206

Pastoral Ministry
Deacon David Squilla
Pastoral Associate, x. 212
Rev. Scott Caton, Ph.D.
Assisting Priest, x. 201
Deacon Manny Asis
Parish Deacon, x. 201

Administrative Staff
Wendy Speciale
Office Manager, x. 201
Kerry Nolan
Office Assistant, x. 205
Bob Gray, Jim Grotke
Maintenance , x. 201

Faith Development Ministry
Jamie O’Mara
Faith Formation , 225-7320
Donna Gray
Youth Ministry/CYO, 225-1485
Debbie Cichelli
Office Manager, 225-7320

Music Ministry
M. Virginia Pierce
Music Director
4 p.m. Mass Choir, 227-7236
Susan Judkins
9:30 a.m. Mass Choir
Young People’s Choir, 797-3719
Mary Kay Huber
Young People’s Choir, 957-8947
Steve Amico
11:00 a.m. Mass Choir, 225-7338

Monday, February 10
Saint Scholastica, Virgin
8:30 a.m.  Sam Chirdo by Eileen Thomas

Tuesday, February 11
Weekday
8:30 a.m.  Barbara Koerner Vermeire by Keeping In Touch Ministry

Wednesday, February 12
Weekday
8:30 a.m.  Communion Service

Thursday, February 13
Weekday
8:30 a.m.  Peter & Margaret Pollet by Charles & Beverly Pollet

Friday, February 14
Saints Cyril, Monk, and Methodius, Bishop
8:30 a.m.  Deceased members of DeVaney & Englert families

Saturday, February 15
Weekday

Sunday, February 16
Sixth Sunday In Ordinary Time
4:00 p.m. (Sat. Vigil) For St. Lawrence Parishioners by Father Chase
8:00 a.m.  JoAnn Sadwick by The Palermos
9:30 a.m.  Edward Schultz by Elaine Schultz Luciano
11:00 a.m.  Guglielmo & Rosa Mammoliti by wife & family

The Sanctuary Lamp has many dates still available for 2020
Please call the rectory office if you are interested
585-723-1350

Readings for the week of February 9, 2020
Sunday:Is 58:7-10/Ps 112:4-5, 6-7, 8-9 [4a]/1 Cor 2:1-5/Mt 5:13-16
Monday:1 Kgs 8:1-7, 9-13/Ps 132:6-7, 8-10 [8a]/Mk 6:53-56
Tuesday:1 Kgs 8:22-23, 27-30/Ps 84:3, 4, 5 and 10, 11 [2]/Mk 7:1-13
Wednesday:1 Kgs 10:1-10/Ps 37:5-6, 30-31, 39-40 [30a]/Mk 7:14-23
Thursday:1 Kgs 11:4-13/Ps 106:3-4, 35-36, 37 and 40 [4a]/Mk 7:24-30
Friday:1 Kgs 11:29-32; 12:19/Ps 81:10-11ab, 12-13, 14-15 [11a and 9a]/Mk 7:31-37
Saturday:1 Kgs 12:26-32; 13:33-34/Ps 106:6-7ab, 19-20, 21-22 [4a]/Mk 8:1-10
Next Sunday:Sir 15:15-20/Ps 119:1-2, 4-5, 17-18, 33-34 [1b]/1 Cor 2:6-10/Mt 5:17-37 or 5:20-22a, 27-28, 33-34a, 37
### February 1-2 2020 Collection

<table>
<thead>
<tr>
<th></th>
<th>Amount</th>
<th>Weekly Budget</th>
<th>Surplus (Shortfall)</th>
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</thead>
<tbody>
<tr>
<td>Sunday Collection</td>
<td>$18,114</td>
<td>$16,200</td>
<td>$1914</td>
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<tr>
<td>General Maintenance</td>
<td>$ 989</td>
<td>$1,040</td>
<td>($51)</td>
</tr>
<tr>
<td>School Support</td>
<td>$ 699</td>
<td>$360</td>
<td>$339</td>
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As of February 4, 2020

2019-2020 CMA goal is $157,563

So far we have received $107,060 from 503 donors

### Attendance for February 1-2 2020

<table>
<thead>
<tr>
<th>Time</th>
<th>Contributors</th>
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</thead>
<tbody>
<tr>
<td>4:00 p.m.</td>
<td>473</td>
</tr>
<tr>
<td>8:00 a.m.</td>
<td>308</td>
</tr>
<tr>
<td>9:30 a.m.</td>
<td>277</td>
</tr>
<tr>
<td>11:00 a.m.</td>
<td>327</td>
</tr>
</tbody>
</table>

Total Attendance – 1385

### “BE STILL AND KNOW THAT I AM GOD”

(Psalm 46:10)

An Introduction to Centering Prayer:

A method of contemplative prayer in the Catholic tradition.

Where: Sisters of Mercy Spirituality Center, 65 Highland Dr. Rochester

When: Tuesday, February 18th 9:00 am – 3:30 pm

Cost: $50 for 4 conferences, lunch included.

(3 follow-up sessions, Feb. 25, March 3 & March 10, 1:00 – 3:00 are available, $25 each session)

How: Call Mercy Spirituality Center at 585-473-6893 by Feb. 11

Or register online at [www.mercyprayercenter.org](http://www.mercyprayercenter.org)

Cheryl McElhatten and Tom Agness, Presenters, commissioned by Contemplative Outreach.
WHAT’S NOW

This Week At St. Lawrence Church

Monday, February 10
CYO —Gym 4:30pm
Girl Scouts—Deacon Hall 5:30pm

Tuesday, February 11
Centering Prayer Group—Church 3:30pm
CYO—Gym 5:00pm
Scouts—Deacon Hall 6:00pm
Faithful Voices—Church 7:00pm

Wednesday, February 12
School Cooking Club—Deacon Hall 2:00pm
CYO—Gym 5:30pm
Song Prayers—Church 7:15pm

Thursday, February 13
School Music Lessons—Deacon Hall 1:00pm
CYO —Gym 5:30pm
Scouts—Ed Building 7:00pm

Friday, February 14
CYO Basketball—Gym 5:00pm

Saturday, February 15
CYO—Gym 8:00am

Sunday, February 16
RCIA—Deacon Hall 10:30am
Rosary — Deacon Hall 10:30am

Save The Date

The Church of St. Lawrence celebrates St. Joseph’s Table on Saturday, March 14th, 2020 after 4p.m. mass in Deacon Hall. We ask each family to bring a meatless dish or dessert in a disposable pan to share. Please complete an RSVP slip in the narthex next to the poster when it’s on display. In the spirit of St. Joseph, a collection basket will be at the Feast of St. Joseph to help the poor. Previous donations have benefitted those at The Dimitri House.

FEBRUARY 16, 2020

SHARE SUNDAY

HILTON-PARMA EMERGENCY FOOD SHELF

The Hilton-Parma Emergency Food Shelf offers assistance to people in the Hilton Central School District who are in an emergency situation, are in need of food and are not covered by other services. They are grateful we will be making them our “special valentine” this month! At this time, your generous donation of the following items will be especially appreciated:

- tuna
- canned pasta
- pasta sauce
- peanut butter and jelly
- cold and hot cereals
- hash, stew or chili
- coffee, tea and hot cocoa
- soap and body wash
- shampoo, conditioner
- deodorant
- paper towels
- tissue
- toilet paper

Please bring your donations to church by 12:00 noon on Sunday, February 16th. Thank you for your kindness and your prayers on behalf of those in need.

--Your Human Development Committee
January 02, 2020  
To Whom It May Concern:  
St. Lawrence School is organizing its 2nd Annual Run for the Young 5K Race and 1-Mile Fun Run/Walk on Saturday, April 25th. All funds raised from this event will be used to support the educational programs at St. Lawrence School for all classrooms PreK-5. We are expecting an abundance of runners and walkers to take part in this fun, family and community event.  
We invite you to join us as a sponsor this year. There are several sponsorship opportunities. No matter which sponsorship you choose, your company name and logo will be on promotional and registration materials.

**DREAM TEAM Sponsor**  
*Contributes $1,000  
*Company Logo on Race T-shirts  
*Company Name displayed at the awards ceremony  
*Signs displayed along the race course  
*Company Name listed on race day sign in and race webpage

**HURDLE Sponsor**  
*Contributes $500  
*Company Logo on Race T-shirts  
*Company Name on race day advertisement and race webpage  
*Sign displayed along the race course

**STRIDE Sponsor**  
*Contributes $250  
*Company Name on race day advertisement and race webpage  
*Company Logo on Race T-shirts  
*Sign displayed along the race course

**SWIFT Sponsor**  
*Contributes $100  
*Sign displayed on the race course

Thank you in advance for considering donating to our 2nd Annual St. Lawrence School Run for the Young. If you have any questions, please do not hesitate to contact me via email @ Donna.gray@dor.org or via phone @ 585-225-1485.  
Sincerely,  
Donna Gray, Run for the Young Chairperson  
St. Lawrence School | 585-225-1485 | Donna.gray@dor.org
No Greater Love a five-part Bible study program

Beginning for 5 weeks

Monday March 2nd 6:30pm and Tuesday March 3rd 9:15am

St. Lawrence Deacon Hall

We often hear about Jesus’ Passion and death in the Gospels, the Rosary, the Mass, the Stations of the Cross, and many other devotions. Because we hear about Christ’s Passion so often, it’s easy for us to lose sight of its profound significance. But imagine if you had never heard these stories before. Imagine experiencing them for the very first time, and realizing that Jesus is a real person who really suffered and died for you and for me so that we can have eternal life. We will be offering a Bible Study at our St. Lawrence that will help you to experience Christ’s Passion and Death as you never have before.

In No Greater Love: A Biblical Walk Through Christ’s Passion, we are going to walk step-by-step with Jesus on his journey from his Agony in the Garden to his Crucifixion on Calvary. Along the way, we will unpack the biblical background to these events, the prophecies, and most especially, the ways Jesus is inviting us to walk more closely with him today.

No Greater Love Bible Study Registration

Name:______________________               Circle one:
Phone:______________________             Monday, March 2   6:30pm
Email:_______________________            Tuesday, March 3   9:15am

Optional Study Guide $15. Ck. payable to: St. Lawrence Church
(please place in weekend collection).