

HOLY REDEEMER CHURCH

"Living in faith, growing in faith, sharing in faith"



PASTOR

Father John M. Sullivan

DEACON

Joseph F. Mador

DIRECTOR OF MUSIC AND LITURGY

Ryan Peteraf

DIRECTOR OF RELIGIOUS EDUCATION and ADMINISTRATIVE ASSISTANT

Mrs. Beth Norcross

BUSINESS MANAGER

Howard F. Whelden

RECTORY

57 Highland Avenue
Chatham, MA 02633

PARISH OFFICE HOURS

Tuesday - Thursday 9:00 AM - 3:00 PM
(By appointment at other times)
(508) 945-0677 - FAX (508) 945-3186
www.holyredeemerchatham.org

ST. VINCENT DE PAUL SOCIETY

Help Line: 508-237-7983

MASS SCHEDULE

Saturday: 4:00 PM
Sunday: 8:00, 10:00 AM

WEEKDAY MASSES

Monday - Friday at 8:00 AM

OUR LADY OF PERPETUAL HELP NOVENA

Monday following Daily Mass

SACRAMENT OF CONFESSION

Saturday: 3:00 - 3:45 PM

SACRAMENT OF BAPTISM

On Sunday by appointment.

Please call the Rectory to obtain more information.

SACRAMENT OF MARRIAGE

Couples are asked to contact

Father Sullivan at least 12 months prior to the date of their wedding.
Couples should speak with Father Sullivan to make sure that the Church
is available before scheduling the date and place for the reception.

HOLY COMMUNION AT HOME

Please notify the Rectory of any parishioner who is unable to attend
Mass due to illness, handicap or age.

Eucharistic Ministers are available to bring Holy Communion.

NEW PARISHIONERS ARE ALWAYS WELCOME

Please see Father Sullivan after Mass
to Register with the Parish.



The Church is accessible to the Handicapped.
The **ELEVATOR** is to the left of the Main Entrance.

Mass Intentions**This Weekend**

Saturday 4:00PM Len Japowicz
Sunday 8:00AM Patricia Barry
 10:00AM Luke Kelly

This Week

Monday Lorraine Bolus
Tuesday Sheila Treacy
Wednesday For the People of the Parish
Thursday Angelia Tullio
Friday Dominic Gemella

Next Weekend

Saturday 4:00PM Adele Sweeney
 Stephanie DeMoranville
Sunday 8:00AM John & Theodora Koepper
 10:00AM John Gillis

Tabernacle Lamp: At Holy Redeemer in memory of Josette Goff.

Prayers: Please pray for those who are sick: Christina Boyle, James Nelson, Leila Porter, Marley Marie Smith, Fred Magnusson, Vera Russo, Sawyer Craig, Jack Gerard, Joyce Gallup, Joseph Filardi, Madeline Keogh, Oscar Sprague, William Harahan, Krissy Labbate, Clarence Silvia, Thomas Chestaw, Leonard Gratton, Pam Weiler, Heather Duarte, Donna Grant, Helen Duarte, Sidney Harvey, Agnes Chrysogelos, Jean Canavan, Martin Lieber, John & Mary Lynch, Rene Artaud, Heather Sammartano, Tom Grant, Bill Manley, Pauline DiRocco, Jessica Pollack, Conor Kent, Leona Olfano. Please pray for our beloved deceased: Dorothy Healy.

No Matter who you are
 No Matter what you do
 No Matter where you come from
 No matter where you are going
 No matter how good or how bad things may seem
 Please know that you are always welcome
 at Holy Redeemer

Living Stewardship Now

Join or donate to an organization that works for peace and justice. You can find a selection of such organizations listed on the United States Conference of Catholic Bishops Web site: www.usccb.org/sdwp/links.shtml.
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Our Parish Vision

Through a culture of excellence in worship, we are a Christ centered welcoming parish dedicated to life-long faith formation, evangelization, social works of justice and community outreach that strengthen the Catholic Church on the Lower Cape. Through gifts of time, talent and treasure we embrace all people as brothers and sisters.

From the Pastor: Keeping Faith in Days of Coronavirus continued:

While we might not be able to be in physical contact with others, try to call them more often. Do that with people who you know might feel especially isolated. We will, of course, bring up the virus but try not to dwell on it. Be prepared to talk about some other subjects, too. It is good if we try to stick to our routine as much as possible. Get up and go to bed at the same time you usually do. Make sure you get dressed and don't stay in your PJs. Eat at your usual times. Do as much of what you normally do, even if you are homebound.

These challenging days call us to live the Christian life more faithfully. They remind us to live the virtues as faithfully as possible. Remember to be prudent. In all your actions, consider what is best for all and not just ourselves. Pray to discern the best course of action. Act justly. Seek what is fair for all and consider those most in need. Be temperate. Try not to be selfish and not co-dependent. Things might get tougher before they get better, so try to be perseverant.

Finally, I've been using a new mass email service called Flocknotes to stay in touch with those parishioners whose email addresses we have in our parish database. If you aren't on our email list and would like to be, you can join by texting the keyword "hrchatham" to 84576, and you will automatically be signed up. Remember, trust God and wash your hands.

Our Lenten Program

While our Lenten worship program is now on hold, parishioners can practice the Lenten discipline of almsgiving by filling the Lenten Folder sent to each household before Lent began. Each day of Lent, donate a quarter in the folder. That will be a total of \$10 by the end of the season. Proceeds from the folder will be sent to Cross Catholic Outreach to build a house for a homeless family in a Third World Country. The cost of a modest home is \$5,060. We'll start collecting the folders when Masses are celebrated again.

LENTEN LAWS OF ABSTINENCE

During this Lenten Season, remember those 14 years and older must abstain from meat on Ash Wednesday, Good Friday, and ALL the Fridays of Lent. As Catholics, we should feel a strong obligation to be faithful to the Lenten Laws of sacrifice.

From the Pastor

Keeping Faith in Days of Coronavirus

Governor Baker has decreed a state of emergency in Massachusetts because of the coronavirus. One of the stipulations in his decree is there are to be no gatherings of more than 25 people. That will be in effect at least until April 5, 2020. That essentially cancels all Masses, both weekday and weekend, for the next couple of weeks. As it now stands, the decree is to be lifted in time for Palm Sunday, Holy Week, and Easter. Hopefully, we'll be able to celebrate these most sacred of days as a parish community.

However, we will be keeping the church open during the day for the convenience of anyone who would like to come to church to pray before the Blessed Sacrament. Also, I'll continue to be available to go to individual homes for the Sacrament of Sick, Reconciliation, or the Eucharist if you desire. Just call the Parish Office (508)-945-0677 if you would like a visit.

The question arises how should I spend Sunday if I'm not able to attend Mass and receive communion. Over the last few days I've read some good suggestions on ways to keep Sunday holy if we aren't able to go to church. I suggest gathering with those you usually attend Mass with to watch one of the television Masses offered by EWTN, Catholic Television, or our diocese on WLNE Providence. If the crowd limit remains in effect for long, I'd like to Livestream our own Mass. I'll have to see how to work that out. If you have expertise with livestreaming, let me know.

Plan to read over the day's scripture readings before you view the Mass. When Mass is over, reflect on it. Has the Mass helped you deal with the effects of the coronavirus or anything else that is weighing on your mind? Discuss it with your family or with whoever you are watching the Mass.

While watching a TV Mass will allow us to take the time to pray, we still miss the opportunity to receive the Eucharist. At times like this, the Church has a tradition of making what is called a "spiritual communion." Spiritual communion is the belief that Jesus will come to bring us grace even if it isn't possible to receive the Eucharist physically. We celebrate spiritual communion by saying a prayer asking for Jesus' body, blood, soul, and divinity to come to us at the time of communion at the television Mass.

St. Alphonse Liguori wrote a popular prayer for these circumstances:

**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 separate from You.
Amen.**

Not being able to attend Mass as we usually do can help us to appreciate it more. One article I read pointed out that for a big part of Church history, most Catholics didn't have access to the sacraments as often and as conveniently as we do. It recalled that during Lent, many of the saints would celebrate a spiritual communion during this season so they would cherish the Eucharist more when they received it on Easter. It is also good to appreciate that celebrating the Mass is a rarity for many in the Church. That was a topic of discussion at the recent Bishop's Synod on the Amazon. Some places in that part of the world only have Mass once or twice a year. Now is the time to redouble our prayers for vocations to the priesthood. Hopefully, we'll be back together as a parish for Easter. It will be a special moment to receive communion on Easter after not being able to for a few weeks!

Sundays will be unusually quiet for the next few weeks. For many of us, it will bring back memories of when Sunday was a much more special day. Stores closed, and families got together for a special meal and time together. Maybe a good outcome of this situation will be a return to that kind of atmosphere.

Social distancing doesn't need to become social isolation. One suggestion I heard is that now is the time to smile more. While we might be discouraged from sharing physical contact, give a bigger, brighter smile to those with whom you come in contact. I've begun to give a wave to every car or truck coming down the street as I'm walking the dog. You'll be surprised how many waves back you'll get.

(Continued on previous page)