

# Holy Spirit Catholic Church

## PARISH MISSION

"To be the light of our World by: Praying and Celebrating as a Eucharistic Community, serving those in need with unconditional love & generosity."

## PARISH VISION

"To be welcoming, multi-cultural and multi-generational Roman Catholic Faith Community, rooted in Scripture and Tradition, nourished by the Sacraments and empowered by the Holy Spirit to be the light to our world by: Praying and celebrating as a Eucharistic Community, Instructing children and adults in the Catechism of the Catholic Church, Serving the less fortunate with unconditional love & generosity and protecting human life in all its stages."

# FIRST SUNDAY OF LENT

February 26, 2023



## MASS TIMES

Monday	8:30am
Tuesday	8:30am
Wednesday	7:00pm with Novena of the Miraculous Medal
Thursday	8:30am
Friday	8:30am
Saturday	5:00pm Vigil Mass
Sunday	8:30am & 11:00am

## CONFESSIONS

Wednesday	6:20pm-6:50pm
Saturday	4:00pm-4:50pm

## ADORATION

Mon, Tue, Thur, Fri	9:00am-3:00pm
Wed	9:00am-7:00pm

## CHURCH OFFICE HOURS

11665 Fort Caroline Rd Jacksonville, FL 32225  
 Monday-Friday 9:00am-4:30pm  
 P: (904) 641-7244  
 F: (904) 641-7266

## CONTACT US

[www.holyspiritchurchjax.org](http://www.holyspiritchurchjax.org)  
[info@holyspiritchurchjax.org](mailto:info@holyspiritchurchjax.org)



## SERVICE MINISTRY CONTACT

Adoration	Ben & Perlita Lipat	904-236-0439
Altar Servers	Alice De Leon	904-710-5640
Altar Society	Linda Davis	904-329-2714
Angels of Mercy	Kathie Garrett	904-565-1859
Annulments	Ann & Tim Hergenroether	904-591-8004
Bible Study	Ron Coleman	904-234-4743
Choir-Saturday 5pm	Phil Militante	904-620-8841
Choir-Sunday 8:30am	Bob Vigliano	904-476-4240
Choir-Sunday 11:00am	JoJo Munoz	904-422-1764
Coffee & Donuts Ministry	Dwayne Stanton	321-333-8237
Elizabeth Ministry	Jennifer Cabrey	904-993-9500
Grounds	Jerry Robichaud	904-899-3476
Healing Prayer Ministry	Jeff & Vickie Slade	904-449-1447
Hope & Consolation	Pam Andres	904-571-5998
Hospitality	Sandy Coleman	904-613-2993
Knights of Columbus	John Hartley	904-237-7154
Legion of Mary:		
Our Lady of Mystical Rose	Rose Buchanan	321-420-2997
Our Lady of Undoer of Knots	Ann Fabre	409-658-2229
Men's Club	Dave Garrett	904-565-1859
Mother's Ministry	Jasmine Dinh	904-524-0883
Offertory Counting Cmte.	Diane Davis	904-641-7244
Prayer Blanket Ministry	Kathy Lehane	904-477-0808
Quilts for Vets	Diane St. Laurent	904-220-9199
Religious Store	Kathie Garrett	904-565-1859
Respect Life Coordinator	Joey Sims	615-653-8965
Rosary Ministry	Marti Pounder	904-553-5205
Scouts-Boys & Cubs	Linda Byer	904-483-6113
Society of Divine Mercy	Fred Althoff	904-229-7604
St. Paul Street Evangelization	Susan Riker	904-610-0649
St. Vincent de Paul Society:	Hector Soto	904-962-0922
St. Vincent de Paul Society:	Help Center	904-312-3242
Website	Regin Varghese	regin@holyspiritchurchjax.org
Wine & Cheese	Maria Cartolano	904-610-5674

## SACRAMENTS

### SACRAMENT OF BAPTISM

**Baptism Class — Registration required:** Classes are held on the 2<sup>nd</sup> Thursday of every month at 7:00pm in the FLC. You **MUST** be registered parishioner for at least 6 months.  
Baptisms — 2<sup>nd</sup> & 4<sup>th</sup> Sunday after the 11:00am Mass.

### SACRAMENT OF RECONCILIATION

Wednesday — 6:20pm & Saturday — 4:00pm or by appointment

### SACRAMENT OF ANOINTING OF THE SICK

If you or your loved one is in need of the Sacrament of Anointing, please call the Parish Office at any time. We also have dedicated Extraordinary Ministers of Holy Communion to bring Holy Communion to the sick and the homebound.

### SACRAMENT OF HOLY MATRIMONY

Couples must contact Father Amar & Cheryl Bergman at least six months in advance.

## PARISH STAFF

### Pastor

Fr. Amar Nagothu, MSFS amamsfs@holyspiritchurchjax.org

### Deacon

Patrick Goin pgoin@holyspiritchurchjax.org

### Deacon

Ed Prisby ed.prisby@holyspiritchurchjax.org

### Deacon

Ray Stiles rstiles@holyspiritchurchjax.org

### Business Manager

Jim Davis jedd1803@aol.com

### Office Manager

Vickie Slade vslade@holyspiritchurchjax.org

### Office Receptionist

Dionna Bellizzi dbellizzi@holyspiritchurchjax.org

### Director of Religious Education

Maribel Hernandez mhernandez@holyspiritchurchjax.org

### Youth Ministry

Virginia Kell vkell@holyspiritchurchjax.org

### Communications Director

Armon Antolin jaantolin@holyspiritchurchjax.org

## PARISH COUNCIL

### Parish Finance Council

Nick Winiewicz 904-220-3650

### Parish Pastoral Council

Gwen Scott 904-626-5961

### Parish Stewardship Council

Ron Coleman ron-coleman@comcast.net

## LITURGICAL MINISTRIES

### Extraordinary Ministers of Holy Communion

Todd & Kathy Nennich todd.nennich@gmail.com

### Lectors

Kammy Cenicerros kcenicerros.hsjax@gmail.com

### Sacristan

Joyce Dyess 904-641-7244

### Ushers

John DeLeon jag\_02109\_1999@yahoo.com

### Wedding Coordinator

Cheryl Bergman clbergman@comcast.net



## HOLY SPIRIT CATHOLIC SCHOOL

Pre-K - 8th grade

P: 904.642.9165 | F: 904.642.1047

### Principal

Dr. John Luciano Dr.Luciano@hscatholicsschool.com

### Office Manager/Assistant to the Principal

Kim Klapkowski kklapkowski@hscatholicsschool.com

### School Secretary office assistant

Ronda Lagow rlagow@hscatholicsschool.com

### Bookkeeper

Noreen Bennett nbennett@hscatholicsschool.com

### BULLETIN SUBMISSIONS

For any possible submissions to the bulletin, please email them to [bulletin@holyspiritchurchjax.org](mailto:bulletin@holyspiritchurchjax.org) by the preceding Monday.

When sending photos, please send the highest quality possible. For other media such as flyers, please send editable files, if possible. When sending multiple files, please send in a zip folder. Thank you.

# THIS WEEK AT Holy Spirit



## **Sun February 26**

Mass—8:30am, 11:00am  
 RCIA—8:30am (FLC)  
 CCD—9:30am  
 CCD Confessions for 2nd-4th grades—9:30am (church)  
 Bible Study—9:30am (FLC)  
 Coffee and Donuts—9:30am (FLC)  
 Youth Group—12:00pm (Heslin Hall)

## **Mon February 27**

Mass—8:30am  
 Adoration—9:00am (chapel)  
 Legion of Mary, Mystical Rose Praesidium—5:00pm (FLC)  
 Pastoral Council Meeting—6:30pm (FLC)

## **Tue February 28**

Mass—8:30am  
 Adoration—9:00am (chapel)  
 St. Vincent de Paul Meeting—6:00pm (FLC)

## **Wed March 1**

School Christian Meditation Club—7:30am (church office)  
 School Rosary Club—8:00am (church)  
 Adoration—9:00am (chapel)  
 Legion of Mary, Our Lady of Undoer of Knots—1:00pm (FLC)  
 Confessions—6:20pm  
 Mass—7:00pm

## **Thu March 2**

Mass—8:30am  
 Adoration—9:00am (chapel)  
 Knights of Columbus meeting—6:30pm (FLC)

## **Fri March 3 (Lenten Friday: Day of Abstinence)**

Mass—8:30am  
 Adoration—9:00am (chapel)  
 Children's Choir Practice—4:00pm  
 Adult's Choir Practice—5:00pm

## **Sat March 4**

Mass for First Saturday—8:30am  
 Confessions—4:00pm  
 Mass—5:00pm  
 Luau Party—6:30pm (Heslin Hall)

## **Sun March 5**

Mass—8:30am, 11:00am  
 RCIA—8:30am (FLC)  
 CCD—9:30am  
 Family Catechesis—9:30am (FLC)  
 Bible Study—9:30am (FLC)  
 Coffee and Donuts—9:30am (FLC)  
 Youth Group—12:00pm (Heslin Hall)

<b>Sat</b>	Feb 25	5:00pm	+ Deceased members of Romero Family By: Doris Herrera
<b>Sun</b>	Feb 26	8:30am	+ Ruth Trocchia By: Janice Mitchell
		11:00am	For Holy Spirit Parishioners
<b>Mon</b>	Feb 27	8:30am	+ Samuel Peter Kekich By: Banda Family
<b>Tue</b>	Feb 28	8:30am	+ James & Geraldine Kallas By: Penemarie Murphy
<b>Wed</b>	Mar 1	7:00pm	+ Robert & Claire Wright By: Deacon David & Kathie Belanger
<b>Thu</b>	Mar 2	8:30am	+ Grace Halstead By: Wosneski & Parnaby Families
<b>Fri</b>	Mar 3	8:30am	+ George W. Jackson By: Nora Jackson
<b>Sat</b>	Mar 4	8:30am	For Holy Spirit Parishioners
		5:00pm	+ June Olson By: Aggie Kaye
<b>Sun</b>	Mar 5	8:30am	For Holy Spirit Parishioners
		11:00am	For Chris Dalit Birthday By: Brian Chambers

## **READINGS FOR THE WEEK**

<b>Monday: 2/27</b>	Lv 19:1-2, 11-18
	Mt 25:31-46
<b>Tuesday: 2/28</b>	Is 55:10-11
	Mt 6:7-15
<b>Wednesday: 3/1</b>	Jon 3:1-10
	Lk 11:29-32
<b>Thursday: 3/2</b>	Est C:12, 14-16, 23-25
	Mt 7:7-12
<b>Friday: 3/3</b>	Ez 18:21-28
	Mt 5:20-26
<b>Saturday/Sunday: 3/4-3/5</b>	Gn 12:1-4a
	2 Tm 1:8b-10
	Mt 17:1-9

# STEWARDSHIP



## Sacrificial Offering For Feb. 26, 2023

Offertory	\$12,734.00
FLC Pledge	\$580.00
Emergency Fund	\$460.00
School	\$1,144.00
Online Giving	\$3,592.50

### Thank you for your constant generosity in taking care of our Holy Spirit Parish!

Being a steward means that one:

- ⇒ Receives God's gifts gratefully
- ⇒ Cherishes and tends God's gifts responsibly
- ⇒ Shares God's gifts in love and justice
- ⇒ Returns God's gifts with increase.

Please consider making a one-time gift or sign up for recurring e-giving to help support our Parish.

#### Donate online:

Text the word "GIVE" to 501-273-3327 Or follow the QR code:



# ADORATION

## Daily Adoration



"I worry that some of you still have not really met Jesus. One to one. You and Him alone. Jesus wants me to tell you again, how much is the love He has for each of you - beyond all that you can imagine ... We may spend time in the chapel- but have you seen with the eyes of your soul how He looks at you with love? Do you really know the living Jesus - not from books, but from being with Him in your heart? Have you heard the loving words He speaks to you?"

-St. Mother Teresa

#### Daily Adoration

**Monday Through Friday**

9 AM to 3PM

**Except on Wednesday's**

9AM to 6:45PM

#### 40 Hours Devotion

Every Second Wednesday Of The Month beginning at 11PM Through Friday closing at 3PM

## SECOND COLLECTIONS:

**Mar. 2-Apr.14:** Operation Rice Bowl

**Apr. 7:** Holy Land-Good Friday Collection

# PRAYERS FOR THE DEAD

Let's pray for those in our Holy Spirit community that have passed away recently:

Freddie Cooper  
Trish Avigliano

Ammini George

If you have a loved one that has recently passed away during this month, please call the church office to let us know so that we may include them in our list of prayer.



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

*May their souls and the souls of all the  
faithful departed, through the mercy  
of God, rest in peace.*

*Amen.*

# Lenten Liturgy and Events Schedule

**Stations of the Cross:** Fridays during Lent at 2:00pm & 7:00pm

**40 Hour Devotion:** March 8 @ 11:00pm through  
March 10 @ 3:00pm

**Fish Fry:** March 10 & 24 at 5:00pm - 7:00pm in FLC  
*Fish Meals will be \$10*

**Lenten Penance Service:** March 26 at 5:00pm

## Fasting\*

Ash Wednesday & Good Friday

Ages 18-59

## Abstinence\*

Every Friday during Lent

Ages 14+



### How do we fast?

When fasting, a person is permitted to eat **one full meal**, as well as **two smaller meals** that together are **NOT** equal to a full meal.

### What is Abstinence?

Abstinence is **refraining from eating meat** that comes from animals such as chickens, cows, sheep or pigs – all of which live on land. Birds are also considered meat. On the other hand, **fish** are a different category of animal. Salt and freshwater species of fish, amphibians, reptiles, (cold-blooded animals) and shellfish **are permitted**.

### \*Am I excused from fasting and abstinence?

Those that are excused from fast and abstinence outside the age limits include the **physically** or **mentally ill** including individuals suffering from **chronic illnesses** such as diabetes. Also excluded are **pregnant** or **nursing women**.

# Lenten CALENDAR 2023

PARISH NAME \_\_\_\_\_

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>First Sunday of Lent</b> FEB 26</p> <p><b>Be Smarter than your Phone</b> FEB 27</p> <p>Try limiting the use of electronic devices. Actively communicate with your family. 'Face-time' with them in real time.</p>	<p><b>A Helping Hand</b> FEB 28</p> <p>Male time today to do chores for someone else in your house.</p>	<p><b>Love &amp; Listen</b> FEB 22</p> <p>Set aside 15 minutes where you sit in complete silence, waiting on His Word.</p>	<p><b>Give Compliments</b> MAR 01</p> <p>Avoid being judgemental and criticize. Genuinely encourage each person you speak to today.</p>	<p><b>Calling for Reconciliation</b> FEB 23</p> <p>Get in touch with that one person who hurt you. Make amends this Lent.</p>	<p><b>Give Freely</b> FEB 24</p> <p>Find Associations in your Parish that need your talent. Serve with humility and gratitude.</p>	<p><b>Family First</b> FEB 25</p> <p>This Lenten season, commit to going for Sunday Mass together as a family.</p>
<p><b>Second Sunday of Lent</b> MAR 05</p> <p><b>Listen with your Heart</b> MAR 06</p> <p>Speak to someone you know is going through a rough time. If you can't help them, at least let them know you care.</p>	<p><b>Save Fuel</b> MAR 07</p> <p>Reduce your carbon footprint today by sharing a ride, taking the stairs and walking short distances.</p>	<p><b>Care and Comfort</b> MAR 08</p> <p>As you whisper a prayer for all the women in your life, call those you care and let them know why you are grateful.</p>	<p><b>Right a Wrong</b> MAR 02</p> <p>Today, try and fix a mistake you once made. It could mean going back to work, going back for something you accidentally broke or saying that comes to mind.</p>	<p><b>Stop Sweeping</b> MAR 09</p> <p>Today, let's make it our mission not to use any abusive language or bad words.</p>	<p><b>Visit with Love</b> MAR 03</p> <p>Call a household relative or neighbour and set an appointment to meet them during the week. This task is only complete when you follow up and 'be there'.</p>	<p><b>Feed the Hungry</b> MAR 04</p> <p>Pack an extra sandwich or some leftovers and hand it to someone in need. You will find someone at a busy airport or a railway station.</p>
<p><b>Third Sunday of Lent</b> MAR 12</p> <p><b>Catch Up</b> MAR 13</p> <p>Pick a challenge you missed and give it a go today. If you've been faithful all along, we urge you to pick a random one and give that a shot again.</p>	<p><b>Pray It, Don't Say It</b> MAR 14</p> <p>Spend time carefully reflecting on each word of your daily prayers.</p>	<p><b>Care and Comfort</b> MAR 15</p> <p>Whether it's by giving them a listening ear or taking them out for a meal, reach out to someone who's trying to cope with the loss of a loved one and show them you care.</p>	<p><b>Family Ties</b> MAR 16</p> <p>Gather your family and read a chapter of the Bible together. Discuss it. If you already practice this, consider watching a faith-based movie together.</p>	<p><b>Power Saver On Channels</b> MAR 10</p> <p>Spend some time reflecting on a YouTube Video prepared by a Catholic priest or organisation. You just might find the answer you seek.</p>	<p><b>Tune in to Catholic Channels</b> MAR 11</p> <p>Treat with respect the one person your group always pokes fun at. Do not belittle anyone, instead build them up.</p>	<p><b>Eye Cleanse</b> MAR 18</p> <p>Do not download or react to any messages that are explicit in nature. Keep away from obscene jokes and videos.</p>
<p><b>Fourth Sunday of Lent</b> MAR 19</p> <p><b>Avoid Food Wasteage</b> MAR 20</p> <p>Eat leftovers. Buy or cook just as much as you need. Do not throw away food. Creatively recycle.</p>	<p><b>Gift Faith</b> MAR 21</p> <p>Gift a Catholic child something that teaches the faith. It could be a Biblical colouring book, a rosary or even a scapular.</p>	<p><b>Long Distance Connection</b> MAR 22</p> <p>Get in touch with someone who has moved away from their home for work or studies and let them know you are thinking about them.</p>	<p><b>Honest Introspection</b> MAR 23</p> <p>Let's take an honest look at ourselves and write down our faults as we humbly acknowledge our mistakes while asking for God's pardon.</p>	<p><b>Make your Best Confession yet</b> MAR 24</p> <p>Be true to yourself, be bold enough to humbly admit your word and open your heart to God's mercy and grace.</p>	<p><b>Secret Surprise</b> MAR 25</p> <p>Surprise a household person by paying them a visit or dropping off some goodies at their house.</p>	<p><b>Save Water</b> APR 01</p> <p>Don't leave the water running while shaving, brushing, bathing and scrubbing dishes. Find and implement other creative ways to save water.</p>
<p><b>Fifth Sunday of Lent</b> MAR 26</p> <p><b>Upcycle</b> MAR 27</p> <p>Give an old pair of clothes or container you have lying around a new life. Google ways to upcycle clothes, bottles, etc., and commit to working on at least one project.</p>	<p><b>Be like Simon of Cyrene</b> MAR 28</p> <p>Encourage your friends to grow in faith by inviting them to a prayerful event.</p>	<p><b>Respectfully Yours</b> MAR 29</p> <p>Put aside your criticism and thank your Airmen, Counsellors, Priests and all those who give their time to build the Church.</p>	<p><b>Clean Up</b> MAR 30</p> <p>Declutter, pick up after yourself and do something to clean up around you.</p>	<p><b>A Difficult Smile</b> MAR 31</p> <p>Know someone who finds it hard to laugh? Make it your mission to bring a smile to their face today.</p>	<p><b>Save Water</b> APR 01</p> <p>Don't leave the water running while shaving, brushing, bathing and scrubbing dishes. Find and implement other creative ways to save water.</p>	<p><b>Save Water</b> APR 01</p> <p>Don't leave the water running while shaving, brushing, bathing and scrubbing dishes. Find and implement other creative ways to save water.</p>
<p><b>PALM SUNDAY</b> APR 02</p> <p><b>Help the Housebound or Sick</b> APR 03</p> <p>Help a housebound person attend the Holy Week Services, or spend a while with them each day telling them about the services in Church.</p>	<p><b>Humble Yourself</b> APR 04</p> <p>Today take a moment to do something nice for your maid, the one who collects your garbage, bus driver or anyone who usually unnoticed.</p>	<p><b>Pray for the Deported</b> APR 05</p> <p>Pray for those who are no longer with us and entrust them to the loving arms of our Heavenly Father.</p>	<p><b>MAUNDY THURSDAY</b> APR 06</p>	<p><b>GOOD FRIDAY</b> APR 06</p>	<p><b>HOLY SATURDAY</b> APR 06</p>	<p><b>HOLY SATURDAY</b> APR 06</p>

APR 09 **EASTER SUNDAY**

✓ Tick off as you complete your daily task

*We invite you share your Lenten stories at*

[social@archdiocesebombay.org](mailto:social@archdiocesebombay.org)

📱📺📷📹@archbombay

# FROM THE PASTOR'S DESK

## LENTEN DISCIPLINE: SPIRITUALLY HEALTHY AND HAPPY LIFE

As we enter into the first Sunday of Lent, we hear of Jesus being led by the Spirit out into the wilderness when He fasted for 40 days.

The wilderness is a harsh place where life is stripped down to almost nothing. There is no security or guarantee, no protection or assurance. The wilderness, or the desert, and the number 40 has this biblical meaning of trial and testing. But it also has the meaning of cleansing, purification, and enlightenment.

In the book of Exodus, the Israelites wandered in the wilderness for 40 years for them to learn that God is their Provider and Savior, even though they failed in their faith in God, time and again.

Jesus spent 40 days in the wilderness where God was His only security and protection and after

which he had to face the devil's temptations. But Jesus overcame the devil. Physically drained but spiritually strengthened, He rebuffed and rebuked the devil.

As we wonder what the next 40 days hold for us, let us follow Jesus into the wilderness and let us also embark on the three spiritual disciplines of Lent, that is, prayer, fasting and almsgiving.

Let these 40 days be a time of cleansing, purification, and enlightenment, so that we can be spiritually healthy and strengthened in faith to meet the challenges and the temptations in life.

Let us be spiritually disciplined in these forty days and God will send His angels to look after us.



"O SUBLIME HUMILITY! O HUMBLE SUBLIMITY! THAT THE LORD OF THE WHOLE UNIVERSE, GOD AND THE SON OF GOD, SHOULD HUMBLE HIMSELF LIKE THIS AND HIDE UNDER THE FORM OF A LITTLE BREAD, FOR OUR SALVATION."

## ST. FRANCIS OF ASSISI

Patron saint of animals, archaeologists, merchants & ecology

# AROUND OUR PARISH & SCHOOL

## Congratulations!

Twelve of our talented artists at Holy Spirit Catholic School had their artwork selected and exhibited in the annual Grade School Art Show hosted at Bishop Kenny High School February 1, 2023.

Congratulations Artists!



Students from left to right: Nadia McDaniel, Samantha Villas, Aliyah Guerrero (placed 2nd), Caden Jaspe, Jaylee Favor (placed 3rd), and Matthew Nichols.



Students from left to right: Joshua Militante, George Joudi, Viviana Timlin, Alleana Hao, Callan McDaniel, Isabella Caudillo, and Noah Tran.

## Fatima Statue Available Weeks

There are plenty of weeks open to have our Fatima Statue at your home for prayer:



March 4, 11, 18  
April 8, 29  
May 20, 27  
June 17, 24  
July 1, 15, 29  
September 9, 30  
October 7, 14, 21  
November 4  
December 23

The rosary is prayed every night intentionally while the statue is at your home; there is also a prayer booklet to guide your prayer. To schedule a week or for more information, please contact

*Chris Freeman at (904) 716-7743*



# AROUND THE PARISH & SCHOOL

## School Opening



Holy Spirit Catholic School is now accepting applicants for a part-time Art teacher and Pre-K teacher for August.

If you are interested in joining our Blue Ribbon school, please email letters of interest and resumes to [dr.luciano@hscatholicschool.com](mailto:dr.luciano@hscatholicschool.com)

## Rice Bowl Weekly Lenten Reflection

### A SEASON FOR SLOWING DOWN

During this sacred season, we will intentionally slow down so that we can pay closer attention to our relationship with God, our neighbors and our planet. Reflect on how the pillars of prayer, fasting and almsgiving can guide your journey for a more enriching Lenten experience. How can practicing these pillars help you to live in solidarity with our sisters and brothers around the world?



Visit [crsricebowl.org](http://crsricebowl.org) to learn more.

## Stewardship Food for Thought

*February 26, 2023 First Sunday of Lent*

What temptations lure us from the path of discipleship? Possessions? Pride? Power? Oh Lord, create for us a clean heart and renew a steadfast spirit within us!



## MARRIAGE ENCOUNTER

MARRIED COUPLES Prepare for Easter in a special way this year. A Worldwide Marriage Encounter Weekend will help you enjoy life with a new closeness to each other and God. You don't need it - you DESERVE a Marriage Encounter

Weekend! Sign up today to attend an upcoming Worldwide Marriage Encounter Weekend on 21-23 July 2023 in Jacksonville, FL, or 3-5 November 2023 in Titusville, FL.

For more information visit our website at [wwme.org](http://wwme.org) or e-mail: [Applications@FLCN-wwme.org](mailto:Applications@FLCN-wwme.org) or contact Walt & Viv Paskowski at [waltviv.wwme@gmail.com](mailto:waltviv.wwme@gmail.com) if you have any questions.

# AROUND THE PARISH



## DIOCESE OF **St. Augustine** BISHOP'S ANNUAL STEWARDSHIP APPEAL

Last week, we shared a video message from Bishop Pohlmeier at all Masses. This week, we are participating in Follow-Up Weekend for any parishioner who may not have been with us last week. We hope you will make a prayerful decision to pledge a gift to the 2023 Bishop's Annual Stewardship Appeal. If you have not made a pledge to the Appeal, we

invite you to participate in this worthy mission by making a gift by using the in-pew envelope provided at Mass or online at [www.dosafl.com/bishopsappeal](http://www.dosafl.com/bishopsappeal). Your participation truly makes a significant difference in the lives of so many in need within our diocese.



### WINE & CHEESE SOCIAL: CANCELLED

Our Wine & Cheese social for the month of March is cancelled. Please join us for our next one.

Thank you for your understanding!

<b>The 3 Pillars of Lent</b>	<b>PRAYER</b> 	<b>FASTING</b> 	<b>ALMSGIVING</b> 
	What is it?	What is it?	What is it?
	Prayer is the raising of one's mind and heart to God or the requesting of good things from God.	Fasting is the restriction of consumption so as to grow in gratitude for what God has provided and to further focus on God.	Almsgiving is the act of donating money, service or goods to the poor or performing other acts of charity.
	How can we live it?	How can we live it?	How can we live it?
<ul style="list-style-type: none"> <li>• Meditation of Holy Scripture, writings of the saints, fathers of the Church, spiritual authors, etc.</li> <li>• Receiving the sacraments</li> <li>• Daily acts of consecration or personal devotion</li> <li>• Attending retreats, spiritual exercises, etc.</li> </ul>	<ul style="list-style-type: none"> <li>• Moderation in eating and drinking</li> <li>• Reducing expenses on material things or luxurious things or events</li> <li>• Abstaining from the internet, TV and other forms of entertainment for certain periods of time</li> <li>• Fasting from slothfulness, gluttony, lust, gossip or other vices</li> </ul>	<ul style="list-style-type: none"> <li>• Dedicate time to your family, studies, or work</li> <li>• Helping others through service or material goods</li> <li>• Doing an act of charity</li> <li>• Be generous with your virtues and gifts that God has given you</li> </ul>	
Examples for Lent:	Examples for Lent:	Examples for Lent:	
<ul style="list-style-type: none"> <li>• Praying the Stations of the Cross</li> <li>• Daily reflection on Passion of Christ readings</li> <li>• Attend Mass during the week other than Sunday</li> <li>• Go to confession</li> <li>• Increase personal prayer</li> </ul>	<ul style="list-style-type: none"> <li>• Offer some food or drink that you like for Lent</li> <li>• Fast from phone use</li> <li>• Give up one of your social media apps for Lent</li> <li>• Avoid cursing, gossiping or unnecessary speech</li> </ul>	<ul style="list-style-type: none"> <li>• Donating food or clothing to St. Vincent de Paul</li> <li>• Offer your time in a ministry or event at the parish like the Fish Fry</li> <li>• Dedicate your time at home to help another family member with a chore</li> <li>• Listen to someone's story with love</li> </ul>	



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Annual Filipino Community Charity Event

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# Spring 2023

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We are NOT having evaluations. Please register online or call Beth at 904-616-9596 or email [bgrant@neptunebaptist.org](mailto:bgrant@neptunebaptist.org). Cost of the program is \$105 (scholarships available).

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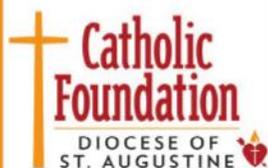
  
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