



MUSIC FOR THE LITURGY

Sunday, March 10, 2019
First Sunday of Lent

4:00 PM
8:00 AM

Gathering: Hold Us In Your Mercy

Responsorial Psalm (Psalm 91)

Be with me, Lord, when I am in trouble; be with me, Lord, I pray.

Preparation You Have Called Us BB 646

Mass Parts Mass For Christ The Savior

Communion Eat This Bread BB 336
I Received The Living God BB 326

Recessional: *We depart in silence during Lent*

10:00 AM

Gathering: Hold Us In Your Mercy

Dismissal: You Have Called Us BB 646

Responsorial Psalm (Psalm 91)

Be with me, Lord, when I am in trouble; be with me, Lord, I pray.

Preparation Ashes To Ashes BB 115
You Are Mine BB 456

Mass Parts Mass Of Christ The Savior

Communion On Eagle Wings BB 436
Remember Your Love BB 662

Recessional: *We depart in silence during Lent*



Find us on:
facebook.

St. Luke the Evangelist is now on Facebook! Go to www.facebook.com/stlukenh.org or **St. Luke the Evangelist Parish – Newton/Plaistow** and give us a Like! Please invite fellow parishioners and friends to do the same.

✠ PARISH TITHING ✠

Our Parish needs to take in \$7,000.00 each week in order to make ends meet. Thank you for your generosity to our parish! Your weekly contribution helps ensure that the parish remains a vibrant community. Please remember to submit your weekly gift even if you will be away. We depend upon your support!

**OFFERTORY AMOUNTS FOR
MARCH 3, 2019
WILL APPEAR IN NEXT WEEK'S BULLETIN**

PARISH GIVING

Saint Luke the Evangelist Parish has engaged *Parish Giving* to provide parishioners with an opportunity to make your offertory and other contributions through Electronic Funds Transfer (EFT). Parish Giving is a simple, secure, and convenient way to manage your stewardship without weekly envelopes and without worries. It allows you to select contribution amounts and special collections right from your own computer or smart phone. You can be a good steward for the Parish even when you are away from the area on a weekend. Parish Giving allows you to print out a report detailing your contributions for the year. This program is available to parishioners at no cost. Log on to the St. Luke the Evangelist Parish website at <http://stlukenh.org>, click on the Parish Giving logo, and follow the easy registration instructions.

UPCOMING SECOND & SPECIAL COLLECTIONS

March 10, 2019	Easter Flowers
March 17, 2019	Fuel
March 24, 2019	No Second Collection
March 31, 2019	Catholic Relief Services and Catholic Home Missions

Out of respect, please remember to
silence or turn off
your cell phones during Mass.
Thank you!



Suggested Weekly Contribution Based on Income

Annual Income	5% Commitment annually/weekly	3% Commitment annually/weekly
\$100,000	\$5,000/\$100	\$3,000/\$60
\$75,000	\$3,750/\$75	\$2,250/\$45
\$60,000	\$3,000/\$60	\$1,800/\$36
\$50,000	\$2,500/\$50	\$1,500/\$30
\$40,000	\$2,000/\$40	\$1,200/\$24
\$30,000	\$1,500/\$30	\$900/\$18
\$25,000	\$1,250/\$25	\$750/\$15
\$15,000	\$750/\$15	\$450/\$9

Suggested Weekly Contribution Based on a Percentage Increase

Your Current Offertory Contribution	25% Increase	30% Increase	40% Increase
\$75.00	\$93.75	\$97.50	\$105.00
\$50.00	\$62.50	\$65.00	\$70.00
\$40.00	\$50.00	\$52.00	\$56.00
\$35.00	\$43.75	\$45.50	\$49.00
\$30.00	\$37.50	\$39.00	\$42.00
\$25.00	\$31.25	\$32.50	\$35.00
\$20.00	\$25.00	\$26.00	\$28.00
\$15.00	\$18.75	\$19.50	\$21.00
\$10.00	\$12.50	\$13.00	\$14.00
\$5.00	\$6.25	\$6.50	\$7.00

✠ PARISH NEWS ✠

PAINT THE TOWN!

THE CAPITAL CAMPAIGN FOR SAINT LUKE THE EVANGELIST PARISH

Our Parish community continues with our Capital Campaign. Our next projects include exterior painting for the church and Parish house in Newton. We'd also like to paint the interior sanctuary of the church in Newton and complete some electrical upgrades to the church.

Other possible projects include work on our Plaistow and Newton parking lots, and ramp access to the church in Plaistow.

Can you help?

Any contribution is welcome. Make checks payable to
Saint Luke the Evangelist – Capital Campaign.

LENTEN EVENING PRAYER

Evening Prayer is sung at Newton at 6:00 PM on all Sundays of Lent. Join us for a quiet time of prayer and reflection. The **Sacrament of Reconciliation** is available immediately after Evening Prayer each Sunday of the Lenten Season.



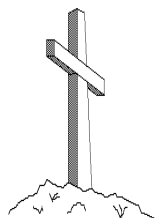
FINANCIAL CONTRIBUTION STATEMENT

If you would like an "end of year" financial statement of your contributions to the parish for 2018, please call the Parish Office at 382-8324. **Financial Statements are issued on a request only basis.**

ST. LUKE'S WEBSITE! <http://stlukenh.org>

STATIONS OF THE CROSS

Stations of the Cross will take place each Friday evening during Lent at 6:30 PM in Plaistow. A soup supper will follow Stations on Friday, April 5.



From the Pastor's Desk



HOLY ANGELS CEMETERY CLOSED

Holy Angels Cemetery in Plaistow is now closed until Spring 2019. This decision comes as result of the real dangers of snow and ice in the Cemetery and the costs to Parishioners to inter during the winter months. Please contact the Parish Office with any questions.

ST. LUKE THE EVANGELIST FOOD PANTRY

Food or care items are always needed – donations can be dropped off at Church or are welcome at the Parish Office during regular business hours. Cash donations for food are always welcome – make checks payable to **St. Luke the Evangelist Food Pantry**. All donations to the Food Pantry go toward helping the needy of our communities.



FOOD PANTRY HOURS

Wednesday from 10:00 AM to 12:00 Noon

Thursday from 6:00 PM to 7:00 PM

Friday from 10:00 AM to 12:00 Noon

For more information, call the St. Luke Food Pantry at **603-819-4949**.

WHILE AWAY THIS WINTER...

We appreciate all of you who remember to send in your Parish Offertory during the Winter even when on vacation or visiting other parishes. Thank you for remembering that our expenses also continue through the Winter months. We invite others to consider doing the same before or even after you return home.

FIRST SUNDAY OF LENT

✠ WEEKLY CALENDAR ✠

Sunday, March 10

10:00 AM	Religious Ed – PreK to 8	<i>Plaistow</i>
11:00 AM	Confirmation Session	<i>Plaistow</i>
6:00 PM	Vespers	<i>Newton</i>
6:30 PM	Sacrament of Reconciliation	<i>Newton</i>

Wednesday, March 13
HOLY ANGELS CHURCH OPEN
ALL DAY FOR PRAYER

7:00 PM	Disciples On The Journey	<i>Plaistow</i>
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Thursday, March 14

8:30 AM	Adoration Begins	<i>Newton</i>
9:00 AM	Intercessory Prayer	<i>Plaistow</i>
1:30 PM	Disciples On The Journey	<i>Plaistow</i>
8:30 PM	Adoration Ends	<i>Newton</i>

Friday, March 15

6:30 PM	Stations of the Cross	<i>Plaistow</i>
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Saturday, March 16

3:00 PM	Sacrament of Reconciliation	<i>Plaistow</i>
5:00 PM	St. Patrick's Day Dinner	<i>Plaistow</i>

Sunday, March 17

10:00 AM	Religious Ed – PreK to 8	<i>Plaistow</i>
11:00 AM	Confirmation Session	<i>Plaistow</i>
6:00 PM	Vespers	<i>Newton</i>
6:30 PM	Sacrament of Reconciliation	<i>Newton</i>

PROJECT RACHEL

If you or someone you know is suffering after abortion, confidential non-judgmental help is available. Call Project Rachel's national toll-free number at 1-888-456-HOPE (4673) or visit www.hopeafterabortion.org.

St. Vincent
de Paul
Society



The generosity of your contributions have allowed us to help out those in need with rent, medical, and heating oil assistance. The St. Vincent de Paul Society is so grateful and blessed.

Our next meeting on **Wednesday, March 20 at 7:00 PM**. We meet downstairs in the Church Hall in Plaistow. **New members are always welcome!**

If you seek assistance or need information about the St. Vincent de Paul Society, call 603-382-8324 x315.

**Hear, OH LORD, and answer me
for I am poor and needy.**

✠ MASS INTENTIONS ✠

Saturday, March 9 ~ Vigil / First Sunday of Lent
Dt 26:4-10; Rom 10:8-13; Lk 4:1-13

4:00 PM	Roland and Mary Guilmette by their family <i>Plaistow</i>
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Sunday, March 10~ First Sunday of Lent
Dt 26:4-10; Rom 10:8-13; Lk 4:1-13

8:00 AM	Marietta Pelletier by Janice Bettencourt <i>Newton</i>
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10:00 AM	Irene Lee (12 th Anniversary) by Jerry and Nancy Lee <i>Plaistow</i>
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Monday, March 11 ~ Lenten Weekday
Lv 19:1-2, 11-18; Mt 25:31-46

8:00 AM	For Michael and his recovery <i>Newton</i>
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Tuesday, March 12 ~ Lenten Weekday
Is 55:10-11; Mt 6:7-15

8:00 AM	Barbara Tremblay by Roy and Bonnie Lajoie and family <i>Plaistow</i>
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Wednesday, March 13 ~ Lenten Weekday
Jon 3:1-10; Lk 11:29-32

6:30 PM	Frank Richard ("Dick") Keefe by his wife, Sandra Keefe <i>Plaistow</i>
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Thursday, March 14 ~ Lenten Weekday
Est C:12, 14-16, 23-25; Mt 7:7-12

8:00 AM	Intentions of Paul Fournier by Dan & Jean Lloyd <i>Newton</i>
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Friday, March 15 ~ Lenten Weekday
Ez 18:21-28; Mt 5:20-26
No Mass

Saturday, March 16 ~ Lenten Weekday
Dt 26:16-19; Mt 5:43-48 (Day)

<i>Gn 15:5-12, 17-18; Phil 3:17—4:1; Lk 9:28b-36 (Vigil)</i>	
4:00 PM	Clara, Leo, and Edward McCusker by Elaine Kelcourse <i>Plaistow</i>

Sunday, March 17 ~ Second Sunday of Lent
Gn 15:5-12, 17-18; Phil 3:17—4:1; Lk 9:28b-36

8:00 AM	Mary Douglas by Mr. & Mrs. Richard Murphy <i>Newton</i>
10:00 AM	In Thanksgiving to St. Michael the Archangel <i>Plaistow</i>

PRAYER LINE

St. Luke's offers a prayer line as a resource for those seeking prayer assistance. To submit your prayer request please call Cathy Smith at 603-382-8324, ext. 314 or email her at csmith@stluketheevangelist.net.

MARCH 10, 2019

✠ FAITH FORMATION & PARISH INFORMATION ✠



We welcome in our faith community

Leah Madelyn Lamoureux

who recently received the Sacrament of Baptism

RCIA

The **Rite of Christian Initiation of Adults** is the process by which people become members of the Roman Catholic Church. If you or someone you know is interested in inquiring about becoming a member of the Roman Catholic Church, call Cathy Smith at 603-382-8324, ext. 305 or email her at csmith@stluketheevangelist.net.

ADULT CONFIRMATION

Are you an adult who has been Baptized and received Eucharist, but has not celebrated the sacrament of Confirmation? The adult Confirmation process is an opportunity to complete the Sacraments of Initiation. If you would like to prepare for Confirmation, or if you have questions, call Cathy Smith at 603-382-8324, ext. 305 or email her at csmith@stluketheevangelist.net.

PARENTS BAPTISM PREPARATION SESSION

The monthly preparation session for infant Baptism will be held after the 10:00 AM Liturgy on **Sunday, April 7, 2019** in the Parish Office living room. All parents planning to celebrate the Sacrament of Baptism are welcome.

Families wishing to celebrate Baptism in the Church must be registered (according to Church Canon Law) and practicing (attending Sunday Mass) for 3 full months before a Baptism can be scheduled. The use of the envelope system is always optional; however, it does guarantee a manner of accountability. For most families, the Pastor or staff can easily verify attendance during these three months. Church Canon Law also regulates baptismal sponsors (godparents). Sponsors must be at least 16, fully initiated (having received Baptism, Eucharist, and Confirmation), and be practicing Catholics living Christian lives consistent with the Church's teaching.

Please see Fr. Albert with questions.

ROSARY / FAMILY PRAYER HOUR LED BY KNIGHTS OF COLUMBUS

The St Jude Council of the Knights of Columbus leads a rosary on the 1st, 2nd and 4th Thursday of each month at 7:00 PM at Mary, Mother of the Church in Newton. The Knights also lead a Family Prayer Hour which includes a Rosary on the 3rd Thursday of each month, also starting at 7:00 PM at Mary, Mother of the Church in Newton. There are some quiet activities for the younger children during the Family Prayer Hour. The Knights invite all members of the parish to join them to pray the rosary and to participate in the Family Prayer Hour.



ADORATION

We are truly blessed to have times for Adoration of Our Lord in our Parish. This time of prayer and intercession is not only a source of great grace for the individual, but it is a great source of grace for us as a parish family, as well.

We have many who have made the commitment to spend an hour each week with our Eucharistic Lord, **but** we need more people so there will be at least two people at each hour. We are also looking for people who would be able to substitute.

**Newton – Thursday
8:30 AM – 8:30 PM**

If you can commit to one hour a week in Adoration of our Lord, or if you can be a substitute, please contact Cathy Smith at 603-382-8324, ext. 305 or email her at csmith@stluketheevangelist.net.

The Church in Plaistow is open all day on Wednesdays for people to stop by and pray before the presence of Jesus in the tabernacle.

✠ PARISH DIRECTORY ✠

Parish Office	382-8324
Parish Prayer Line	382-8324 x 314
St. Vincent de Paul Society	382-8324 x 315
St. Luke's Food Pantry	819-4949
Preschool	382-9783
Presentation of Mary Convent	382-2744

Fr. Albert Tremblay
Cathy Smith
Joyce Szapa
Jackie Tremblay
Thomas Kondel
Val Barczak
Youth Ministry
Parish Council

fr.albert@stluketheevangelist.net
csmith@stluketheevangelist.net
jszczapa@stluketheevangelist.net
jtremlay@stluketheevangelist.net
tkondel@stluketheevangelist.net
mvmbarczak@comcast.net
youth@stluketheevangelist.net
parishcouncil@stluketheevangelist.net

✠ **Parish News ~ Youth News ~ Around The Diocese** ✠

FROM THE BISHOP

March 1, 2019

Brothers and Sisters in Christ,

On February 25, the United States Senate failed to advance the Born-Alive Abortion Survivors Protection Act. This bill proposed to prohibit the killing of newborn children by ensuring that babies born alive following an abortion would receive the same degree of care to preserve their lives and health as would be given to other children born alive at the same gestational age. It should horrify all of us that our elected officials failed to advance a bill to make clear that killing newborn babies is wrong and should not be tolerated. Please take a minute to visit the diocesan website at catholicnh.org/abortion to learn more and contact your US Senators.

Sincerely in Christ,

Most Reverend Peter A. Libasci, D.D.
Bishop of Manchester

AMAZON SMILE

Our Parish received a \$90.00 donation from the AmazonSmile Foundation as a result of AmazonSmile program activity between October 1 and December 31, 2018.

AmazonSmile.com is the same market platform as Amazon.com, but with the added benefit of allowing customers to donate 0.5% of the price of items purchased to a charitable organization. Please register today to start shopping and donating at www.amazonsmile.com. For questions, please call the Parish Office at 603-382-8324. Be sure to choose:

St Luke the Evangelist Parish, Plaistow.

WINTER WEATHER CLOSINGS

Saint Luke the Evangelist Parish Office, Holy Angels Cemetery Office, Saint Luke Food Pantry and the Parish Liturgical schedule complies with the longstanding inclement weather policy of Saint Luke Religious Education Program and Holy Angels Pre-School-Kindergarten: **If the Timberlane and/or Sanborn regional school districts close because of inclement weather, ALL Parish Offices and Parish programs will be closed or suspended. All activities by any Parish or non-Parish groups will be cancelled for that day/evening on both campuses.** In the event of a weather related closing, the scheduled weekday Liturgy will not be held and the intention (if any) will be moved to a conveniently available date. **Sunday (or Saturday evening) liturgies can never be cancelled, but all are advised to use prudence when deciding when to travel to Church during winter storms.**

**ST. PATRICK'S DAY CELEBRATION
IRISH BOILED DINNER**

The Knights of Columbus is sponsoring an Irish Boiled Dinner on **Saturday, March 16 from 5:00 to 7:30 PM** in the Parish Center. The funds raised from the meal will be used by the Knights to support our Food Pantry. Last year the Knights donated over \$4,200 in cash plus food baskets to our Food Pantry.

For entertainment, there will be an Irish Step Dancing exhibition put on by Murray Academy of Irish Dance. Last year they travelled to Ireland to dance and had a world champion dancer. They are absolutely outstanding and very enjoyable to watch.

The boiled dinner will consist of corned beef, cabbage, potatoes, carrots, turnips, desserts, and refreshments. Hot dogs will be available for the kids. There will be several raffles for Irish theme baskets, gift items and a 50/50 raffle. Tickets are \$9 for adults and \$4 for kids, with a \$30 maximum per family. There will also be meals available for take-out.

Tickets will go on sale after Mass on the weekends of March 2 and March 9. Tickets will also be available at the door. **If you would like to donate a gift or a theme basket, please contact Stephanie Meader 603-974-2281.** If you have any questions or would like to help with the event, please contact Dave Meader at 603-974-3162 (d.meader@comcast.net), Ed Wencis at 603-362-5783, or Roland Richardson at 443-848-3328.

**KNIGHTS OF COLUMBUS
ST JUDE COUNCIL # 6617
GIVE YOUR PARISH COMMUNITY
1 HOUR A MONTH**

The Knights of Columbus are a vital and vibrant part of the St Luke the Evangelist Parish. We welcome any practicing Catholic man 18 or older to join the Knights, whose main purpose is charitable works in support of our parish and community. Joining is simple – talk to a brother Knight or you can now join on-line. Go to www.kofc.org/joinus. Your Council is involved in many activities from collecting money for people with intellectual disabilities through the Tootsie Roll Drive to the annual St Jude Golf Open which raises money for parish families in need. The list is as long as you want it to be. Do you have a certain passion you would like to get involved in? Come join us and make it a reality! We are Catholic men. We live by principles informed by faith. We are sons, fathers, husbands, and grandfathers. Join us on life's greatest adventure to discover the man God calls you to be. Feel free to call Dan Sullivan at 603-770-4803, email him at dans49@comcast.net, or catch him at the 8:00 AM Sunday Mass in Newton. For more information about the Knights, go to www.kofc.org/un/en/todays-knights/what-we-do.html



Knights of Columbus

St. Luke the Evangelist Parish Annual

St. Patrick's Day Dinner

Saturday, March 16, 2019

5:00 -7:00 PM

Corned Beef & Cabbage

Irish Step Dancing - Irish Music

Irish Theme Basket Raffles - Irish 50/50

(Hot dogs for the kids available)

St. Luke's Parish Center

8 Atkinson Road, Plaistow

To Benefit the Plaistow Food Pantry @ St. Luke's Parish

Adult \$9.00 Child \$4 Family \$30.00

FIRST SUNDAY OF LENT



Lenten Journey

Lord God,
you invite us to enter into these desert
days of Lent.
Your Son was filled with the Holy Spirit
and then led into the wilderness,
where he experienced the emptiness
of hunger,
and faced temptations from the devil.
When we stumble and find this
journey difficult,
because we are overwhelmed by our
needs and desires,
or seek to find a quick escape
from troubles,
help us to turn to you in our time
of want.
We ask that you draw us closer to you,
so that we may find nourishment in
your Word,
during these forty days of Lent.
We ask this through Christ our Lord.
Amen.

Sunday, March 10, 2019

Journey with the Word



Today's readings: Deuteronomy 26:4–10; Psalm 91:1–2, 10–11, 12, 13, 14, 15; Romans 10:8–13; Luke 4:1–13. As a people and as individuals, we turn to God in times of want and in times of plenty, as we live out our covenant relationship. Moses instructs the people to bring their baskets filled with products of the soil to offer at the altar of the Lord, and then to declare before God all he has done for them, from their days of wandering in Egypt to being led to a land flowing with milk and honey. These are the events that have shaped them as a people. As they confessed their faith, they acknowledged all that God had given to them. Following this proclamation, they bow down in the presence of the Lord.

Jesus is led into the desert to take the journey of his people. A journey of testing and purification. Testing whether Jesus will use his divine power, the devil says, “If you are the Son of God . . .” Jesus responds with words from Scripture, words that give him power and strength. After the temptations are faced, the angels come to wait upon Jesus. Entering into these forty days, be open to discovering the blessings of God’s Word, allowing its wisdom to provide you with strength and protection. What passages from the Bible provide peace to you? Which ones give you consolation in times of sadness or joy in the awe and wonder of God?



THIS WEEK AT HOME

Monday, March 11 The Least among Us

Who would you consider to be the least among us? Those with no voice or power? The poor, the weak and marginalized? The aged or the young and innocent? The Gospel invites us to see the face of Christ in the people who have little status. Who in your family or neighborhood is in need of a smile, a hug, a conversation, or a warm meal? Who would enjoy hearing from you? Make time for them this week. *Today's Readings: Leviticus 19:1–2, 11–18; Psalm 19:8, 9, 10, 15; Matthew 25:31–46.*

Tuesday, March 12 Your Will Be Done

When the disciples asked Jesus to teach them to pray, he taught them the prayer that we know as the Our Father or Lord's Prayer. Sometimes we say this prayer giving little thought to its words. We pray, "your kingdom come, your will be done on earth as it is in heaven." In heaven, God's will is obeyed perfectly. What would our world be like if his will were obeyed on earth? *Today's Readings: Isaiah 55:10–11; Psalm 34:4–5, 6–7, 16–17, 18–19; Matthew 6:7–15.*

Wednesday, March 13 Repent

When Jonah, brought the message to repent to the people of Nineveh, they listened and turned away from sin. Jesus has revealed God and his Kingdom to us. What is your response? Have you allowed his Word to transform you? The *Catechism of the Catholic Church* states that an examination of conscience is a "prayerful self-reflection on our words and deeds in the light of the Gospel to determine how we may have sinned against God." As a preparation for the Sacrament of Reconciliation, make an examination of conscience, considering where you have not listened to the voice of God. *Today's Readings: Jonah 3:1–10; Psalm 51:3–4, 12–13, 18–19; Luke 11:29–32.*

Thursday, March 14 Seek and Find

How do you pray and speak with God? Jesus offers these instructions: to ask, to seek, and to find. Is it difficult for you to ask for something from God? Is there something that you are struggling with in your life? Write in your Lenten journal what you are most in need of at this moment. Think about where you turn to seek answers when you face problems or difficult situations. Is God a part of the solution? Ask the Lord to give you peace and to find his will for you this day. *Today's Readings: Esther C:12, 14–16, 23–25; Psalm 138:1–2, 2–3, 7–8; Matthew 7:7–12.*

Friday, March 15 Difficult and Messy

We do not need to look too far to know that relationships are difficult and life can be messy. Within every family, group, or community, there are instances of tension. How do we bring acceptance and understanding to those situations? We are called to make peace and to reconcile with one another. Let us ask God to help us bring his mercy and compassion, his peace and his love to every conversation and every corner of our world this week. *Today's Readings: Ezekiel 18:21–28; Psalm 130:1–2, 3–4, 4–6, 7–8; Matthew 5:20–25.*

Saturday, March 16 Difficult Love

Love your enemies. It is easy for us to love those who love us, but loving those who have harmed us is difficult. Loving our enemies is countercultural, so we look different than the rest of the world when we love this way. Who will help us love like this? God will give us everything we need to follow him. Spend time in prayer today asking God to forgive those who have caused hurt, pain, and injury in your life. *Today's Readings: Deuteronomy 26:16–19; Psalm 119:1–2, 4–5, 7–8; Matthew 5:43–48.*



LENTEN REGULATIONS



FASTING

Fasting for anyone between **21 and 59** years of age means having only **one full meal** to maintain one's strength. Two smaller meatless and penitential meals are permitted according to one's needs, but should not equal the one full meal. One may, however, enter more into the spiritual element of fasting and not partake of any of the above-mentioned meals. Eating between meals is not permitted; but

liquids, including milk and juices are allowed. **Days of fasting are Ash Wednesday and Good Friday. Wednesdays and Fridays are also traditional fast days; however, one may fast on any day of the week.**

ABSTINENCE

Abstinence is the observance for all those **14** years of age or older to forego the eating of meat on: **Ash Wednesday; all Fridays in Lent and on Good Friday.** When health or ability to work would be seriously affected, this discipline does not apply.

EASTER PRECEPT

The Easter Precept – or Easter Duty is the decree for all the faithful to **receive Holy Communion at least during the Easter Season** (Catechism of the Catholic Church, 2042). The faithful must celebrate the **Sacrament of Penance at least once a year in preparation for the reception of Holy Eucharist.** Traditionally, the Church has marked the time in which one may fulfill the Easter Duty between the First Sunday of Lent and Trinity Sunday. A monthly celebration of the Sacrament of Reconciliation is encouraged for all.

PRAYER AND ALMSGIVING

All the faithful are encouraged to spend additional time in prayer during the Lenten season, and to participate in the devotional practices of the Parish. It is also praiseworthy for the faithful to give generously to charities and to their Church during this Season of Sacrifice.

Lenten Prayer and Liturgy

The Church invites all people to special moments of prayer during the season of Lent. It is a common custom for people to make room in their schedule for daily Eucharist, which we celebrate as follows during the Lenten season:

Monday	8 am	Newton
Tuesday	8 am	Plaistow
Wednesday	6:30 PM	Plaistow
Thursday	8 am	Newton

Another Lenten custom involves taking a journey... to the Holy Land! Going on pilgrimage has always been an important part of our Christian tradition. By visiting a place where a religious event occurred, a pilgrim hoped to share in the experience associated with that place. The

desire to visit Jerusalem and the Holy Land was very important to Christians long ago, but because of the danger and expense of travel, and the political climate of Palestine, such a journey was not always feasible. When the Friars of the Franciscan Order took over the care of the Holy Places in Jerusalem in 1342, they began to erect "Stations" in Churches back home in Europe. It was a way to "go" to the Holy Land without ever leaving home. The custom of the Stations quickly spread to parish Churches, and the devotion of the Stations of the Cross was born.

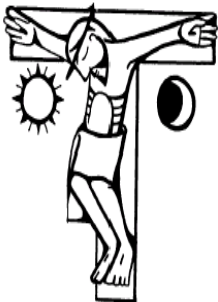


Praying the Stations of the cross

We walk the **Stations of the Cross** each **Friday of Lent at 6:30 at PLAISTOW** Using various versions and forms of the Stations, and led by various groups in the Parish, we make Jesus' journey to the Cross our own. **On April 5, we will conclude our evening Stations with a Lenten Soup Supper.**

Baptismal Font and Holy Water Font

During Lent, we pray and prepare to renew our own Baptismal promises even as we pray as a community for those to be Baptized. Following ancient custom, the Sacrament of Baptism is not ordinarily celebrated during Lent, and the Baptismal Font itself is sealed. We also "fast" from the Baptismal water usually present at the doors of the Church. The entire Church waits with Jesus in the desert, praying for the Living Waters of Easter.



Lenten Space, Silence, & Music

During Lent, the Church's lighting is dimmed so as to encourage an atmosphere of prayer and introspection. Our Assembly's music is more meditative and somber. **We leave at the end of Mass in silence,** reflecting on our mission as Disciples to pray, fast, and to give of ourselves in the coming week.

**SAINT LUKE THE EVANGELIST
LENT- EASTER LITURGICAL SCHEDULE 2019**

THE BEGINNING OF THE LENTEN FAST MARCH 6

**ASH WEDNESDAY LITURGY 8 am Newton &
6:30 pm Plaistow**

SACRAMENT OF RECONCILIATION: Plaistow: Saturdays 3:00 pm
(except Holy Saturday); Newton: Sundays of Lent 6:30 pm
Monday of Holy Week (April 15 - Plaistow 11:00am - 1:00 PM,
Newton 5:00-7:00 PM

LENTEN EVENING PRAYER: Sunday evenings of Lent at Newton, 6 pm

STATIONS OF THE CROSS: Fridays of Lent - 6:30 pm - at Plaistow Lenten Soup Supper Friday April 5
following Stations

HOLY WEEK

Monday of Holy Week April 15- Liturgy at 8 am - Newton

Tuesday of Holy Week April 16- Liturgy at 8 am - Plaistow

Wednesday of Holy Week April 17 - Liturgy at 6:30 pm - Plaistow
Tenebrae at 7:30 PM

PASCHAL TRIDUUM

HOLY THURSDAY APRIL 18 Morning prayer 8 am - Newton

Mid-day prayer 12 noon - Newton

LITURGY OF THE LORD'S SUPPER 6:30 PM - Newton

-Eucharistic Adoration follows-

Night Prayer 10:00 pm - Newton

GOOD FRIDAY APRIL 19 Morning prayer 8 am - Plaistow

Mid-day prayer 12 noon - Plaistow

Stations of the Cross 3 pm - Newton

SERVICE OF THE LORD'S PASSION

& HOLY COMMUNION 6:30 PM - Plaistow

HOLY SATURDAY April 20- Morning Prayer 8 am - Plaistow

Mid-day Prayer 12 noon - Plaistow

EASTER GREAT VIGIL AT 8 PM - Plaistow

(Reception in Hall to follow)

APRIL 21 EASTER SUNDAY LITURGIES

8 AM - Newton

10 AM - Plaistow

Easter Solemn Vespers with Benediction at 6 pm - Newton

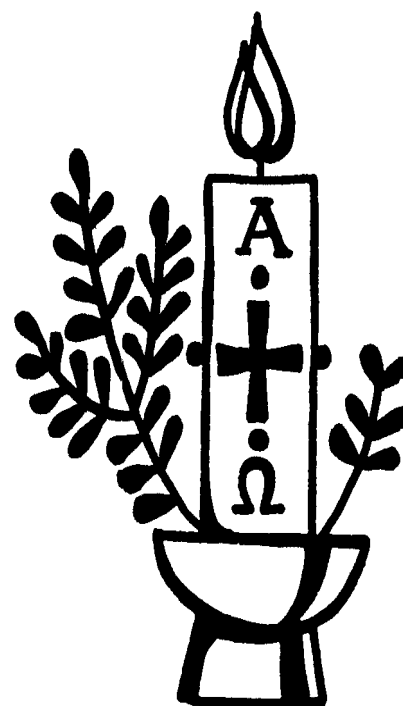
**LENTEN SEASON
DAILY LITURGIES:**

M 8 am Newton

T 8 am Plaistow

W 6:30 pm Plaistow

Th 8 am Newton



SAINT LUKE THE EVANGELIST PARISH

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03858

Plaistow: 8 Atkinson Depot Road, Plaistow,
NH 03865

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(603) 382-8324

The Gospel for All Ages

Family Catechesis

Gospel Weeklies
PFLAUM
FAITH FORMATION PROGRAM

1st Sunday of Lent • March 10, 2019 • Jesus Faces Temptation

Sunday Readings: Deuteronomy 26:4-10; Romans 10:8-13; Luke 4:1-13

Weekly Discussion Questions

For the Parish Bulletin

Life Question: Tell about a place that has the power to restore you. When do you go there?

Gospel Question: What tests your faith in God?

LIFE AND GOSPEL QUESTIONS BY AGE LEVEL

Exploring the Sunday Readings (Adults)

What good does it do us to be confronted with weakness and temptation?

Visit exploringthesundayreadings.com

Visions (Grades 7-8)

Life Question: What is a temptation young people your age face?

Gospel Question: What does Jesus mean that people do not live on bread alone? What do we need to live?

Venture (Grades 4-6)

Life Question: What will you turn from and turn toward during Lent?

Gospel Question: Why does Jesus refuse to turn stones to bread?

Good News (Grades 2-3)

Life Question: What are some ways you can grow more like Jesus this Lent?

Gospel Question: Why does Jesus choose to trust God and not the devil?

Promise (Grades K-1)

Life Question: What are some ways to show love during Lent?

Gospel Question: How will you pray during Lent?

Seeds (Preschool)

Life Question: How will you celebrate Lent?

Gospel Question: What are some ways you can grow to be more like Jesus?

Family Corner

About the Gospel

Sunday's Gospel reveals Jesus as fully human and fully divine. The devil tempts Jesus in the desert, promising him human power and earthly goods. Jesus shows us how to resist temptation by holding tightly to the promises of God found in Sacred Scripture.

Visit www.usccb.org/bible/readings to read this Sunday's Scripture.

In Church

Locate the Stations of the Cross at your church. Spend some time looking at each one and imagining being there with Jesus.

Family Prayer

Pray the Lord's Prayer together. Focus on the words "lead us not into temptation but deliver us from evil."

Question of the Week

What are some temptations you experience? How does the Church help you to strengthen yourself against them?



Rincón de la Familia

Acerca del Evangelio

El Evangelio de hoy revela a Jesús como plenamente humano y plenamente divino. El demonio tienta a Jesús en el desierto, prometiéndole poder humano y bienes terrenales. Jesús nos muestra cómo resistir la tentación aferrándonos fuertemente a las promesas de Dios que aparecen en la Sagrada Escritura.

Visita www.usccb.org/bible/lecturas para leer las lecturas de este domingo.

En la Iglesia

Encuentra el Vía Crucis en tu iglesia. Dedicar algo de tiempo a mirar cada una e imaginar estar allí con Jesús.

Oración en familia

Recen el Padre Nuestro juntos. Concéntrense en las palabras "no nos dejes caer en la tentación y líbranos del mal".

Pregunta de la semana

¿Qué tentaciones tienes?
¿De qué manera te ayuda la Iglesia a fortalecerte frente a estas?





Bringing Home the Word

First Sunday of Lent
March 10, 2019

Jesus Is Our Example for Resisting Temptation

By Mary Katharine Deeley

When I was on a pilgrimage to Israel, we visited Masada, the last stronghold of the Jews after the Romans destroyed Jerusalem. The temperature hit 117 degrees the day we came. We wandered around and wondered what it must have been like to hold out for a long time. When we returned to our bus, we couldn't wait to get to the cold water that awaited us. The priest said, "The Jews were in the desert for forty years; Jesus was in the desert for forty days; you've been in the desert for forty minutes. Think about that."

Sunday Readings

Deuteronomy 26:4-10

The LORD brought us out of Egypt with a strong hand and outstretched arm, with terrifying power, with signs and wonders.

Romans 10:8-13

If you confess with your mouth that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved.

Luke 4:1-13

When the devil had finished every temptation, he departed from him for a time.

I have no doubt that Jesus was tempted to give himself food and water when he was enduring the desert heat. I have no doubt that in his agony he might also have thought about seizing power for himself. These are the things that tempt us when we are worn out, beaten down, or simply think we are not getting enough of what we believe we deserve.

Lent begins with the temptation of Jesus. Like us in all things but sin, he knew about being and feeling deprived and weak. And while his temptations came while he was in an actual desert, our harsh and barren places may be physical, psychological, or spiritual. We may feel lost, alone, helpless, and sometimes hopeless. In our times of weakness, evil can find a foothold and convince us that we must control our lives, that we can and should have whatever we want. In this account, we find in Jesus an example of how to resist temptation—patiently, humbly, with trust in God's promise of salvation. +

Our harsh and barren places may be physical, psychological, or spiritual.

A Word from Pope Francis

The devil wants you to quarrel among yourselves, because in this way he divides you, he defeats you, and he robs you of faith. Therefore, solidarity among brothers and sisters to defend the faith!....Go forward and don't let the devil divide you!

—Visit to Bañado Norte, Paraguay,
February 19, 2017



REFLECTION QUESTIONS

QUESTIONS FOR REFLECTION

- When do I feel tempted by the enemy of my soul?
- How can I rely on God to overcome those temptations?

Finding Our Way Home



By Joyce Rupp

"Rejoice with me because I have found my lost sheep" (Luke 15:6).

Recently I received a photo from friends visiting Ireland. It shows a sheep grazing on a green hillside near a serene cottage. The sheep has a large red splotch of paint on its woolly side, a mark of the farmer's ownership so the sheep can be reclaimed if it wanders.

We also are marked, not with paint but by the compassionate care of the Good Shepherd. No matter how we traverse off the spiritual path, we will be found and reclaimed. We can count on the Good Shepherd to care about us and continue urging us homeward.

There are as many ways to stray as there are sheep in a flock. Sometimes sheep stray on purpose, lured by a false

desire to find something tastier than in the place they now have. At other times they stray by accident, so focused on their munching that they forget to look where they are going.

The same is true of us. Not every straying is sinful. We can lose our spiritual awareness when overcome with busyness, grief, depression, or abuse. Difficult economic times can lead to anxiety and away from our Peacemaker. We can lose ourselves in wanting the ideal family, the perfect situation. We can wander off in the false hope of never having enough, always seeking more.

We can also lose our way on purpose, giving in to sinful choices and selfish endeavors, allowing our ego satisfactions to create havoc with our relationships. We can stray into the land of jealousy, anger, hatred, prejudice, and other pastures that steer us away from the Good Shepherd's land.

The Good Shepherd and His Helpers

Like a farmer with his wandering sheep, the Good Shepherd looks for us when we've strayed. The Good Shepherd might come as a voice within us, reminding us who we're meant to be and how far we've drifted. Maybe we're called home by a sense of how we need to change, to return to that part of us that has been swept away by laziness, ego, or arrogance. Or the Shepherd might be an encouraging reminder of the beauty within us that we've forgotten in our daily pursuit of duties and obligations.

Sometimes the Shepherd sends a helper to bring back the beloved creature. We can be found through the aid of

others. We find our way home when another forgives us for our foolishness or wrongdoing, embraces us in our grief or desperation, urges us to resume living in a loving way, or reminds us of our self-worth and purpose in life.

Being found can bring a sigh of relief that we are back safely on the path that leads to greater harmony with the Good Shepherd. But there are times when being found doesn't feel so great. We feel irritated and challenged because we'd rather stay and chew the green grass of our isolation and selfishness than come home to the possibility of change.

Homeward Bound

Lent is a time to be found, to come home. We need to take a look around the countryside of our hearts and see how we've wandered away from the Good Shepherd, either purposely or by accident. We might also reflect on how we can be instruments of the Good Shepherd, reaching out and helping others find that lost part of themselves.

Let us call on the compassionate and devotional love of the Good Shepherd to bring what is lost in us, and in others, back home again. +

PRAYER

Lord, give me the courage to accept the painful, ugly realities of life and become your advocate of truth and justice in the world.

—From *Mindful Meditations for Every Day of Lent and Easter*, Rev. Warren J. Savage and Mary Ann McSweeney

WEEKDAY READINGS

March 11-16

Monday, Lenten Weekday:
Lv 19:1-2, 11-18 / Mt 25:31-46
Tuesday, Lenten Weekday:
Is 55:10-11 / Mt 6:7-15
Wednesday, Lenten Weekday:
Jon 3:1-10 / Lk 11:29-32

Thursday, Lenten Weekday:
Est C:12, 14-16, 23-25 / Mt 7:7-12
Friday, Lenten Weekday:
Ez 18:21-28 / Mt 5:20-26
Saturday, Lenten Weekday:
Dt 26:16-19 / Mt 5:43-48