



MUSIC FOR THE LITURGY

Sunday, March 1, 2020
First Sunday of Lent

4:00 PM
8:00 AM

Gathering: Hold Us In Your Mercy

Responsorial Psalm (Psalm 51)

Be merciful, O Lord, for we have sinned.
(2x)

Preparation Save Your People BB 130

Mass Parts Mass of Christ the Savior

Communion Eat This Bread BB 335
I Received The Living God BB 325

Recessional: **We depart in silence during Lent**

10:00 AM

Gathering: Hold Us In Your Mercy

Dismissal Rite: You Have Called Us BB 636

Responsorial Psalm (Psalm 51)

Be merciful, O Lord, for we have sinned.
(2x)

Preparation Ashes To Ashes BB 115
Be With Me, Lord BB 784

Mass Parts Mass of Christ The Savior

Communion On Eagles Wings BB 436
Here I Am, Lord BB 373

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 & 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!

February 16, 2020

Offertory	\$6,475.16
Fuel	\$1,648.09

February 23, 2020

Offertory	\$6,653.87
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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 1, 2020	Property Management
March 8, 2020	No Second Collection

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!

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.

THE CAPITAL CAMPAIGN FOR SAINT LUKE THE EVANGELIST PARISH

LENTEN EVENING PRAYER

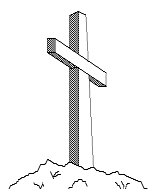
Evening Prayer is sung at Newton at 6:00 PM on all Sundays of Lent. Join us for a quiet time of prayer and reflection. The **Sacrament of Reconciliation** is available immediately after Evening Prayer each Sunday of the Lenten Season.



FINANCIAL CONTRIBUTION STATEMENT

If you would like an "end of year" financial statement of your contributions to the parish for 2019, **please call Jackie** at 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 Newton. A soup supper will follow Stations on Friday, March 27.

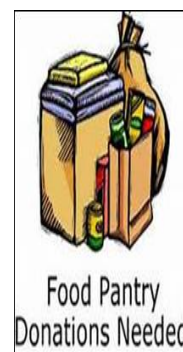
AMAZON SMILE

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.

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 1

10:00 AM	Religious Ed – PreK to 8	<i>Plaistow</i>
10:00 AM	Rite of Acceptance	<i>Plaistow</i>
11:00 AM	Confirmation Class (Gr. 3, 4, 5, 6)	
11:00 AM	RCIA	<i>Plaistow</i>
11:00 AM	Baptism Catechesis	<i>Plaistow</i>
6:00 PM	Vespers	<i>Newton</i>
6:30 PM	Sacrament of Reconciliation	<i>Newton</i>

Monday, March 2

7:00 PM	Knights of Columbus	<i>Plaistow</i>
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Tuesday, March 3

7:00 PM	Choir Rehearsal	<i>Plaistow</i>
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Wednesday, March 4 HOLY ANGELS CHURCH OPEN ALL DAY FOR PRAYER

7:00 PM	Disciples on the Journey	<i>Plaistow</i>
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Thursday, March 5

8:30 AM	Adoration Begins	<i>Newton</i>
9:00 AM	Intercessory Prayer	<i>Plaistow</i>
10:00 AM	Prayer Shawl Ministry Meeting	<i>Plaistow</i>
1:30 PM	Disciples on the Journey	<i>Plaistow</i>
8:30 PM	Adoration Ends	<i>Newton</i>

Friday, March 6

6:30 PM	Stations of the Cross	<i>Newton</i>
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Saturday, March 7

3:00 PM	Sacrament of Reconciliation	<i>Plaistow</i>
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✠ MASS INTENTIONS ✠

Saturday, February 29 ~ Vigil / First Sunday of Lent

Gn 2:7-9, 3:1-7; Rom 5:12-19; Mt 4:1-11

4:00 PM	Antonia and Stanley Zakiewicz by Pat Zakiewicz	<i>Plaistow</i>
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Sunday, March 1 ~ First Sunday of Lent

Gn 2:7-9, 3:1-7; Rom 5:12-19; Mt 4:1-11

8:00 AM	People of the Parish	<i>Newton</i>
10:00 AM	Jesselyn Driscoll by her family	<i>Plaistow</i>

Monday, March 2 ~ Lenten Weekday

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

8:00 AM	People of the Parish	<i>Newton</i>
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Tuesday, March 3 ~ Katharine Drexel, Virgin

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

8:00 AM	For the Intentions of Edward Duhamel	<i>Plaistow</i>
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Wednesday, March 4 ~ Casimir

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

6:30 PM	AJ Johnson (5 th Anniversary)	<i>Plaistow</i>
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Thursday, March 5 ~ Lenten Weekday

Est C:12, 14-16, 23-25; Mt 7:7-12

8:00 AM	People of the Parish	<i>Newton</i>
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Friday March 6 ~ Lenten Weekday

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

No Mass

Saturday, March 7 ~ Perpetua and Felicity, Martyrs

Dt 26:16-19; Mt 5:43-48 (Day)

Gn 12:1-4a; 2 Tm 1:8b-10; Mt 17:1-9 (Vigil)

4:00 PM	Ann and John Canavan by Mary Kelley	<i>Plaistow</i>
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Sunday, March 8 ~ Second Sunday of Lent

Gn 12:1-4a; 2 Tm 1:8b-10; Mt 17:1-9

8:00 AM	Mary E. Fogg by Barbara Metcalf	<i>Newton</i>
10:00 AM	Susan Bouchard by Norman Bouchard	<i>Plaistow</i>

**St. Vincent
de Paul
Society**



We're looking for new members! Have you ever wondered just what the St. Vincent de Paul Society is all about? Plan to join us on **Wednesday, March 18 at 7:00 PM** in the Holy Angels Church Hall for some light refreshments and information on how you can become a member of this vibrant, caring group of people. We look forward to meeting you and answering any questions you may have. See you on March 18!

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.**

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 1, 2020

✠ FAITH FORMATION & PARISH INFORMATION ✠

RICE BOWLS AVAILABLE

Operation Rice Bowl is the official Lenten program of Catholic Relief Services. Operation Rice Bowl provides funding to Catholic Relief Services for many third world projects that promote agricultural, nutritional and educational sufficiency. Additionally, Operation Rice Bowl supports local anti-poverty programs. Rice Bowls are available at the entrances of both Churches and are **due back by Holy Thursday, April 9.**

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, March 1, 2020** 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.

ANNIVERSARY CELEBRATION

Bishop Peter A. Libasci invites all couples celebrating an anniversary in 2020 of 10, 15, 20, 30, 35, 40, 45 or 55+ years, to attend the Spring Wedding Anniversary Mass. This celebration will be held on **Sunday, April 19, 2020 at 2:00 PM** at St. Joseph Cathedral, Manchester.

To register, please contact your parish office **by March 20, 2020**. The parish office will gather and submit all necessary information.

Once registration has been completed by the parish office, all registrants will receive an invitation to this special celebration. We look forward to seeing you at this spring's Wedding Anniversary Mass!

Couples celebrating anniversaries of 5, 25, or 50 years will be asked to register later for a Fall celebration.

To all other married couples, congratulations!

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
Parish Council

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

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



DAYLIGHT SAVINGS TIME

Daylight Savings Time begins on **Sunday, March 8**. Remember to turn your clocks ahead 1 hour before going to bed on Saturday, March 7!

HOSPICE VOLUNTEER TRAINING

Rockingham VNA & Hospice is offering a comprehensive Hospice volunteer training beginning on **March 30, 2020 and continuing each Monday from 9:00 AM to 12:00 PM through May 18, 2020**. Classes will be held at Rockingham VNA & Hospice at 4 Alumni Drive, Exeter, NH. To register, or for more information, call Martha Carlson, Hospice Volunteer Coordinator, at 603-580-8949.

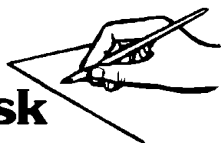
EPHPTHATHA: BE OPENED!

All are invited to a Lenten mission presented by Father Marc Montminy on March 2, 3, and 4 at 6:30 PM each evening in the church at Saint Kathryn Parish, 4 Dracut Road, Hudson, NH. These talks are sure to help us prepare the way of the Lord in our hearts this Lent. For more information, call 603-882-7793.

EARN A MASTER'S IN SPIRITUAL DIRECTION

New at Merrimack College
Earn a Master's Degree in Spiritual Direction
Spirituality (M.A.) or Spiritual Direction (M.A.) or a
CERTIFICATE in Spiritual Direction
CERTIFICATE in Interfaith Spirituality
Acquire the knowledge and ministerial experience
needed to enhance the spiritual journeys of others
and meet the changing needs of the spiritual community.
LEARN MORE at www.Merrimack.edu/pilot

**From the
Pastor's Desk**



HOLY ANGELS CEMETERY CLOSED

Holy Angels Cemetery in Plaistow is closed until Spring 2020. 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.

**HAVE YOU LOST A LOVED ONE TO
DRUG ADDICTION?**

A new group is meeting at
St. John the Baptist, 110 Lincoln Ave, Haverhill, MA
in the Chapel Room on Fridays from 4:30 to 5:30 PM

Meeting dates: February 28, March 13, 20, 27, April 3

Come let us pray for each other
and the souls of those we have lost.
You are not alone. All are welcome.

Questions? Call Kelly at 978-373-0679.

Leave a voicemail message
with your name and contact number.

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 to travel to Church during winter storms.**

**KNIGHTS OF COLUMBUS
IRISH FESTIVAL**

The Knights' Irish Festival will be held this year on **Saturday, March 14 from 5:00 to 7:00 PM** in the Parish Center. All of the net proceeds will be donated by the Knights to St. Luke's Food Pantry.

The Knights will be preparing and serving a traditional Irish Boiled Dinner of corned beef, cabbage, carrots, potatoes, turnips, etc., and there will be plenty of desserts to finish off your meal. There will also be hot dogs available.

Entertainment will be provided by the Murray Irish School of Dance. They put on an excellent exhibition of Irish step dances.

There will be gift baskets to be raffled off, along with a 50/50 raffle.

Tickets will be on sale after Masses on the weekends of February 29-March 1 and March 7-8. Tickets will also be sold at the door. Take out meals will be available. Ticket prices are \$10 each and \$30 for a family.

FIRST SUNDAY OF LENT



By Grace

Holy Lord,
your Son modeled perfect trust in you
and did for us what we could not
do for ourselves.
Through him you recreate the work of
your hands.
With your Spirit as our teacher and
guide,
help us answer your call to mercy,
justice, trust, and love.
We will always struggle to follow the
example of your Son,
to entrust our lives to you in faith
and obedience.
Forgive us when we fail to resist the lure
of sin.
Make us quick to forgive others.
Humble us when we think we no longer
need your grace.
Through Christ our Lord. Amen.

Sunday, March 1, 2020

Our Own Deserts



Today's Readings: Genesis 2:7–9; 3:1–7; Psalm 51:3–4, 5–6, 12–13, 17; Romans 5:12–19 or 5:12, 17–19; Matthew 4:1–11. Each reading today keeps us mindful of our need for God. After breathing life into human beings, God placed them in a rich, fertile garden where all their needs were met. Enticed by the possibility that they might exceed their limitations, the man and woman seize the chance to decide for themselves what will make them safe and happy.

St. Paul discusses how sin spread from the first human beings to each new generation. Everyone experiences evil in some form, and because all of us sin, we participate in and extend the reach of evil. Sin is thus inescapable, as inescapable as its ultimate repercussion, death. Into the midst of our

hopeless situation comes God's grace, "the gracious gift" of Jesus Christ.

Jesus models perfect trust and obedience. There in the desert he humbly depends upon God's word rather than his arguments as he withstands the devil's attempts to make him meet his needs, test God's love, and claim lordship over the world without first laying down his life for it.

These temptations are particular to Jesus. We face our trials and temptations. The readings remind us that we cannot overcome them by ourselves. Lent is thus a time when we not only try to resist sin, we discover how much we need God to help us.



THIS WEEK AT HOME

Monday, March 2

Be Holy

God wants his people to be holy, the Lord tells Moses in the reading from Leviticus. They are to be a just and compassionate community, a people worthy of his name. God's expectations as we hear them in the Gospel are not substantially different. Those whom God brings into his kingdom have set themselves apart by loving other people in concrete ways. Choose a Corporal Work of Mercy to perform this week. *Today's Readings: Leviticus 19:1–2, 11–18; Psalm 19:8, 9, 10, 15; Matthew 25:31–46.*

Tuesday, March 3

Powerful Words

When God speaks, things change. When our prayer is guided by the spirit of Christ, our words become part of God's life-changing action in the world. Because we do not always know how to pray, Jesus tells us to put God's Kingdom first, to ask God to meet our basic needs, and to make us more like God, who is the very source of forgiveness and who triumphs over evil. Practice the life-changing mercy of God by praying for someone you are struggling to forgive. *Today's Readings: Isaiah 55:10–11; Psalm 34:4–5, 6–7, 16–17, 18–19; Matthew 6:7–15.*

Wednesday, March 4

Resistance

Jonah preached to foreigners, yet the entire people accepted his prophetic warning and repented. Jesus, by contrast, is among his own people, and they are rejecting him and all he embodies. Sometimes we simply do not want to repent. God calls us to change in some way, but we resist. We ask for more time, we want proof that we have to change, or we tell ourselves that God isn't challenging us after all. What part of ourselves most needs to change? Today turn that part of yourself over to God. *Today's Readings: Jonah 3:1–10; Psalm 51:3–4, 12–13, 18–19; Luke 11:29–32.*

Thursday, March 5

Ask, Seek, Knock

Esther prays for the protection of her people, who had just been sentenced to a collective death. Her grief-filled prayer is fervent and trusting, and God answers it. Esther models the prayer Jesus urges us to offer. We are to pray with hope, compassion, and persistence. God is eager to share his goodness with us. If it seems that God is not answering your prayers, ask him why. *Today's Readings: Esther C:12, 14–16, 23–25; Psalm 138:1–2ab, 2cde–3, 7c–8; Matthew 7:7–12.*

Friday, March 6

Worship and Justice

Ezekiel addresses complaints that God is punishing people for the sins of their ancestors. The prophet responds that the people themselves have sinned. These sins, enumerated right before this passage, include acts of injustice. The people have not only failed to worship God, they have also failed to care for their neighbor. Worship and justice are inseparable, as we learn again in the Gospel passage. What gift of justice or reconciliation can you offer to God this Sunday? *Today's Readings: Ezekiel 18:21–28; Psalm 130:1–2, 3–4, 5–7a, 7bc–8; Matthew 5:20–26.*

Saturday, March 7

Sts. Perpetua and Felicity

Perpetua and Felicity were killed in the early third century because they had become Christians. Despite the violence that awaited them, both women and their companions remained steadfast in their new faith. By their martyrdom, they became “sacred to the Lord.” Their courageous witness in the face of persecution inspired others to accept Christianity. Watch for the chance to be a courageous witness by responding with loving kindness toward someone who seems undeserving. *Today's Readings: Deuteronomy 26:16–19; Psalm 119:1–2, 4–5, 7–8; Matthew 5:43–48.*





To Eat or Not to Eat

The original sin is eating that which is forbidden. But the first creatures disobedience is reversed by the obedience of Jesus who refrains from all food and drink for forty days in the desert. For the followers of Jesus no blessings of creation are forbidden. Taking up the Lenten fast, therefore, demands an examination of our assumptions about his discipline of restraint.

Our assumptions are revealed in our language. We say about rich chocolate desserts that they are "sinful." Do we assume that the eating of anything so luscious and delightful is lacking in virtue? Do we harbor some suspicion that God does not delight in our taking delight?

God truly rejoices in our happiness. One paradox of fasting is that in refraining

from that which we enjoy day after day we come to cherish and value it even more. This is not unlike the deeper appreciation we have for friends and loved ones who move away or die. In a very real sense the festal excess of Easter depends upon the joyful restraint of Lenten fasting.

One of the prefaces of the eucharistic prayer call Lent "this joyful season." Christian fasting allows the pangs of separation from snacks and even meals to trigger a sense of thanksgiving to God who has given us such delights.

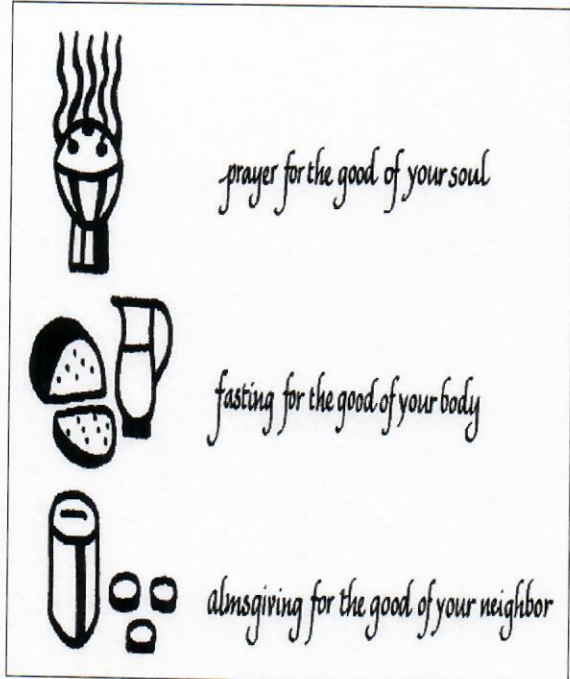
How can fasting be a joyful practice instead of a burdensome obligation?

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The Church asks us to give ourselves to prayer and to the reading of Scripture, to fasting and to giving of alms during the Lenten season. The fasting that all do together on Fridays is but a sign of the daily Lenten discipline of individuals and households: fasting for certain periods of time, fasting from certain foods, but also fasting from other things and activities. Likewise, the giving of alms is some effort to share this world equally not only through the distribution of money, but through the sharing of our time and possessions and through work of many kinds for a just world.

FASTING means that anyone between the ages of 18 and 59 may eat only one full meal (with the other 2 meals being distinctly smaller). One may, however, enter more into the spiritual element of fasting and not partake of any meals at all. One fasts for a spiritual reason - (an end to sin, a reconciliation in one's life or family, an end to war or other disturbance, or for the spread of the Gospel or personal/corporate conversion) than for a personal dietary goal. **The Church requires all between the ages of 18 and 59 to observe the fast on Ash Wednesday and Good Friday. Fridays and Wednesdays are also traditional fast days, but are not mandatory.**



ABSTINENCE is the discipline for those age 14 or older to **forego the eating of any meat on Ash Wednesday, Good Friday and all Fridays of Lent.**

The **EASTER DUTY** is the **obligation to receive Holy Eucharist** between the First Sunday of Lent and Trinity Sunday.

The **Sacrament of Reconciliation** is an **obligation** for all those who are conscious of grave sin. A frequent celebration of Reconciliation is encouraged for all, especially during the Lenten Season.

Reconciliation is celebrated at Saint Luke the Evangelist Parish on Saturdays at 3:00 at Plaistow, and on the Sundays of Lent following 6:00 PM Evening Prayer at Newton.

A Lenten Penance Service is scheduled for Sunday, March 22 at 4 PM at Saint Michael Parish in Exeter. Many local clergy will be available. All are welcome.

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.

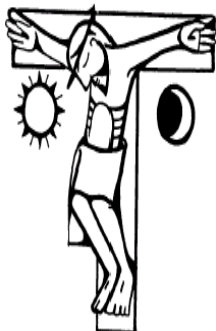


Praying the Stations of the cross

We walk the **Stations of the Cross** each Friday of Lent at 6:30 at **NEWTON**. 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 March 27, 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 2020

THE BEGINNING OF THE LENTEN FAST FEBRUARY 26
ASH WEDNESDAY LITURGY 8 am Newton
6:30 PM Plaistow

RECONCILIATION

Plaistow: Saturdays 3:00 PM (except Holy Saturday)
Newton: Sundays of Lent following 6 PM evening prayer

Sunday March 22: Penance Service at Exeter 4:00 PM

Monday of Holy Week: 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 – Newton Lenten Soup Supper Friday March 27

HOLY WEEK

Monday of Holy Week – Liturgy at 8 am - Newton
Tuesday of Holy Week – Liturgy at 8 am - Plaistow
Wednesday of Holy Week – Liturgy at 6:30 pm - Plaistow
Tenebrae at 7:30 PM

PASCHAL TRIDUUM

HOLY THURSDAY APRIL 9 – 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 10 - 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 11– Morning Prayer 8 am - Plaistow
Mid-day Prayer 12 noon - Plaistow

EASTER GREAT VIGIL AT 8 PM - Plaistow
(Reception in Hall to follow)

EASTER SUNDAY LITURGIES APRIL 12

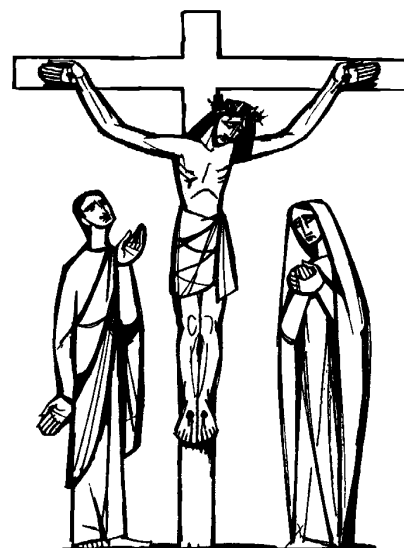
8 AM – Newton

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

Newton: 12 Amesbury Road, Newton, NH
03858

Plaistow: 8 Atkinson Depot Road, Plaistow,
NH 03865

www. <http://stlukenh.org>
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The Gospel at Home

This Week's Gospel: Matthew 4:1-11

In this Sunday's Gospel, Jesus goes into the desert to fast and pray. When Jesus is tired and hungry, Satan tempts Jesus to use his power to make bread of stones, to jump from great heights, and to become a temporal ruler. Jesus says "no" to these temptations and chooses to live as a simple human being. His lesson tells us all that we can use our Lenten experience to straighten our priorities.

Exploring the Gospel Message

Seeds (Preschool): Young children are very good at saying "yes" and "no." They have strong opinions about what they will do and what they won't do. They need parents' help in making small choices in a structured environment. Jesus had to make good choices in the desert. Try to be intentional about taking time to help your young child learn to make good choices during the Lenten season.

Promise (Grades K-1): The class learned about the choices Jesus had to make in the desert. Talk about some of the choices your family has to make. Talk, too, about how all the members of the family can help one another make the right choices. Choose one or two Lenten activities in which the whole family can participate.

Good News (Grades 2-3): Your child learned that face many choices. As a family, talk about the choices Jesus made in the Gospel story. Review the Lenten choices you can make that are offered in the apples on pages 3 and 4. Select at least one activity that your family will complete this week and make a commitment to review the activities that will be offered each week throughout Lent.

Venture (Grades 4-6): Your child's class used a Lenten calendar to plan activities and prayers for the season. Repeat this exercise with your family using your family's calendar. You may wish to go to a weekday Mass together, spend time with relatives, share some food with the poor, or say a family Rosary. Review the Gospel story of the temptations Jesus experienced in the desert. Talk about the many temptations people face in today's world. How can you help one another avoid temptations?

Visions (Grades 7-8): Lent can be an important time for a family because it gives every family member a chance to grow in faith and in love. Spend some time together sharing ways you can all journey deeper and deeper into your faith. Invite your young person to review the temptation faced by Adam and Eve in the Garden of Eden and the temptations Jesus faced in the desert. Talk about the differences in how they handled those temptations. Make a firm promise to all the family members that you will all work together to show your love and care for others during Lent.

Pray Together

Make a litany prayer of all the things your family is grateful for—life, health, friends, a good home, etc. After each is mentioned, the whole family can say together: "Thanks be to God!"

Restore • Renew • Proclaim

the Hope that is Christ



The Diocese of Manchester is in the process of continuing to strengthen and renew faith formation in our parish, school and home school communities. Through this process we are being called anew to “Restore, Renew and Proclaim the Hope that is Christ.”

The goal is to make lifelong faith formation a priority and a reality throughout the diocese. This requires a few things:

- Making adult faith formation a priority in our parishes, which includes formation of catechists, parents and the entire adult community.
- Strengthening our youth ministry programs to include all teens of high school age.
- Reimagining our sacrament preparation processes to include a return to celebrating the sacraments of initiation in their **restored order**: Baptism, Confirmation, Eucharist.

What is Lifelong Faith Formation?

Lifelong faith formation is a process of growing in the faith that begins with baptism. Immersed in the life of the Trinity, we are adopted sons and daughters of God our Father, brothers and sisters of Jesus Christ and temples of the Holy Spirit. Like all human relationships, developing and deepening our relationship with the Trinity happens gradually and over time. Consequently, lifelong faith formation provides opportunities and experiences throughout the entire life span to strengthen our relationship and knowledge of God, Jesus and the Spirit; to enhance our understanding of Scripture, Tradition and doctrines of our faith; and to sustain us in living as disciples of Jesus Christ.

What does restored order of the Sacraments mean?

Restored order means returning the three sacraments of Christian initiation to the logical order in which they were designed to be celebrated: first Baptism, then Confirmation, then Eucharist. During the first five hundred years or so of the history of the Church, it was always the case that the sacraments of Christian initiation were celebrated in this sequence.

Why is the Diocese of Manchester changing the age of Confirmation?

By placing Confirmation at this age, the Diocese of Manchester will be following the natural sequence of the sacraments of Christian initiation. In addition, by placing Confirmation **prior to the reception of First Eucharist** it makes it easier to view the Eucharist as the summit of Christian initiation.

How is the celebration of Confirmation going to change in the Diocese of Manchester?

By 2021, the standard age of Confirmation is going to be third grade, and Confirmation will be celebrated at the same liturgy as First Communion. As a result, the preparation and reception of the sacraments of initiation throughout the Diocese of Manchester will be Baptism in infancy, Confirmation and Eucharist in third grade. Although not a sacrament of initiation, the Sacrament of Reconciliation will be received in the second grade.

What are the benefits of restored order?

First, it will highlight that the Eucharist, not Confirmation, is the culmination of Christian initiation. Secondly, with the reception of grace of the Holy Spirit at a younger age, it will give children greater courage and guidance in facing the increasing difficulties of living a Christian life. Finally, it will allow for more opportunities for parents to take greater responsibility in their role as the primary educators of their children.



Bringing Home the Word

First Sunday of Lent (A)

March 1, 2020

Sin and Redemption

By Fr. Mark Haydu, LC

One thing today's readings—and really all of Scripture—make abundantly clear is that the devil exists. He is a liar and a deceiver, just as he was for our first parents and for Jesus as well. This is good to keep in mind at the beginning of Lent. We need a conversion of heart because the devil tempts us. We are sinners. Sin is real. The story of original sin illuminates the failure of Adam and Eve, and the reading from Romans explains that that sin has reached us. In the Sistine Chapel fresco, *Original Sin and Banishment from the Garden of Eden*, Michelangelo paints the devil as a serpent with a human upper

body to accent that the devil is a person. All humanity is wounded and weakened by sin.

Yet even if sin and the devil are realities, the good news is that they are not the strongest realities. Jesus, as he shows us in the Gospel, is stronger than the enemy, and he shares that strength with us. We can be new creations through the salvation and forgiveness Jesus offers. His obedience can make us righteous.

During Lent, we try to purify our heart with God's grace so we freely choose righteousness. Our actions reveal another reality of the good news: our choices make a difference. God trusts us so much that he gives us free will and allows us to play a part in our own salvation. Accepting his grace is the first step toward victory over sin. That is why your Lenten fasts and promises are such game changers—they strengthen your will, purify your heart, and make you more like Jesus. +

Sunday Readings

Genesis 2:7–9; 3:1–7

The snake said to the woman: "You certainly will not die! God knows well that when you eat of it your eyes will be opened."

Romans 5:12–19 or 5:12, 17–19

Through one righteous act acquittal and life came to all.

Matthew 4:1–11

Jesus answered [the devil], "Again it is written, 'You shall not put the Lord, your God, to the test.'"

*The devil exists.
He is a liar and a deceiver,
just as he was
for our first parents
and for Jesus.*

A Word from Pope Francis

There are three temptations of Christ....First, wealth: seizing hold of goods destined for all and using them only for "my own people." That is, taking "bread" based on the toil of others or even at the expense of their very lives. That wealth tastes of pain, bitterness, and suffering.

—Homily in Mexico, February 14, 2016



REFLECTION QUESTIONS



- Have I prayed about what God wants me to give up or take on in Lent?
- What resolutions will help me love God more?

Lent: Have You Given Up on Giving Up Stuff?

By Susan Vogt

A year ago, I was facing Lent—again. I was ready to repeat my annual routine: no sweets or complaining, extra prayer, and the usual fasting and abstinence. I realized, though, that I wasn't growing or being challenged. I decided to find a practice that would remind me daily of this penitential season and join me to Jesus' sacrifice of giving his life for others.

What if I gave away one thing a day for the forty days of Lent? I wanted to live a simpler lifestyle both for spiritual reasons and to declutter my life. I decided to take this on as a challenge—hoping it would clean out not only my closets but also my soul.

The Plan

I started my Lenten giveaway with shoes. I'm not a big shoe collector—or so I thought. According to Soles4Souls (soles4souls.org), the average American owns fourteen pairs of shoes. I figured I was under that and could go lower. Wrong. When I added up my shoes, it came to thirty pairs. I was horrified! I pruned it down to fourteen.

I moved to clothes. I had many clothes that I seldom wear. I discovered that I had enough extras to give more than one thing away a day and could go by categories.



I started with the letter “S”—shirts, skirts, suits, slacks, sweaters, and scarves—and gathered up all the old-fashioned or makes-me-look-fat garments. I pulled out about seven items for each “S,” creating breathing room in my closet. I felt pretty good about this pruning but ran into a problem.

What Do I Do with the Stuff?

At first I just collected my intended giveaways in a corner. But then my stuff started overflowing and getting in the way. In addition to giving things to charities, neighbors, and friends, I discovered Freecycle (freecycle.org) and Vietnam Veterans of America (pickupsforvets.org) who pick up at your home. My most satisfying experience was trying to get rid of an adult potty seat, the one item not claimed in my “Free Yard Sale.” A woman going to visit an elderly neighbor saw the seat and said, “The lady I’m visiting could use that!” She picked it up and went on her happy way.

What’s this Got to Do with Lent and Spirituality?

I harkened back to my early religious education, remembering that Sunday isn't an official day of Lent. It's a day of rest and rejoicing, not penance. I decided not to give away anything on Sundays,

but rather to use the time to ponder how this experience was changing me: *Was I becoming less attached? Was it a holy sacrifice or simply a way to clean my house?*

Just as Jesus was stripped of his clothes before his crucifixion, I found myself stripping away excess clothes and household items to focus on what's most important in life: being generous and caring for those in need.

How has It Changed Me?

Although I haven't achieved total humility, I did stretch myself to think daily about the abundance I have instead of what I lack. I'm more aware of how to share what I have with others—even if it pinches. I remind myself that my importance isn't dependent on what I own. I feel more solidarity with those who are economically poor.

I now shop differently. When tempted to buy something because it's such a bargain, I consider: Do I really need this? Is it something I will eventually give away? Is there someone I can buy it for who needs it more than me?

Remember, eventually we'll all return to dust. The stuff of our lives just collects dust and makes it harder to prepare for that final journey. +



Lord, deepen my awareness of and respect for your presence in creation and in the people around me.

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

WEEKDAY READINGS

March 2–7

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