

The Sanctuary Candle in
Mary, Mother of the Church
will burn this week in loving memory of
Joseph Thompson

The Sanctuary Candle in
Holy Angels Church
will burn this week in loving memory of
Concetta S. Brooks
by her daughter

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.**

HELP WANTED TO PUT AWAY TREES

With Lent fast approaching, volunteers are welcome to help prepare the churches on **Sunday, February 14 following the 8:00 AM Liturgy in Newton and the 10:00 AM Liturgy in Plaistow.** Our tasks include taking down our green trees and some light clean up of the churches in preparation for the Lenten season. All are welcome to lend a hand – our work usually lasts just over an hour if we have all the help we can muster! Please contact the Parish Office for more information – or just stay after Mass!



Out of respect for the Lord and in consideration of fellow parishioners, please remember to silence or turn off your cell phones during Mass. Thank you!

✠ PARISH TITHING ✠

Our Parish needs to take in \$9700.00 each week in order to make ends meet. This amount represents an adjusted budget offertory of \$8500.00 per week plus the combination of budgeted Property and Fuel second collections (\$4800.00 per month divided into 4 weeks or \$1200.00 weekly). 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. Consider signing up for electronic giving (see below). Especially in these trying times, your Parish depends on your responsible stewardship and support!

February 7, 2021

Offertory	\$5,595.04
Property Mgmt	\$1,402.55



Saint Luke the Evangelist Parish uses **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. 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

February 14	Catholic Schools
February 17	Aid to Churches-East. Europe
February 21	Fuel
February 28	Easter Flowers
March 7	Property Management
March 14	CRS & Home Missions
March 21	Fuel

Suggested Weekly Contribution Based on Income

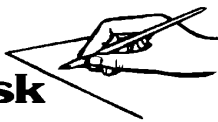
Annual Income	5% Commitment annually/weekly	3% Commitment annually/weekly
\$100,000	\$5,000/\$100	\$3,000/\$60
\$75,000	\$3,750/\$75	\$2,250/\$45
\$60,000	\$3,000/\$60	\$1,800/\$36
\$50,000	\$2,500/\$50	\$1,500/\$30
\$40,000	\$2,000/\$40	\$1,200/\$24
\$30,000	\$1,500/\$30	\$900/\$18
\$25,000	\$1,250/\$25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

From the Pastor's Desk



HOLY ANGELS CEMETERY CLOSING

With the end of the Fall season and the coming of the Winter months, **Holy Angels Cemetery in Plaistow is closed from December 1, 2020 until Spring 2021.** 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.

COVID VACCINE CONCERNS

Beware of fake news! There are reports that call into question the moral and ethical validity of Covid-19 vaccines. Do not be misled. **Right click** on the following tab and **open** the hyperlink to read what the Bishops of the United States are saying about the moral permissibility of the current Covid-19 vaccines:

[Click Here for the Memo](#)



ST. LUKE THE EVANGELIST FOOD PANTRY

Thank you for your generosity towards the hungry of our area!

Non-perishable food or personal 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. **Call the Pantry at 819-4949 for more information.**

SANCTUARY CANDLES

The Sanctuary Candles in both Newton and Plaistow may be offered in memory or honor of a loved one. The suggested offering for each is \$10.00. Please call the Parish Office at 382-8324.

VIGIL LIGHT

The Vigil Light in front of the Blessed Mother Icon in Newton may be offered in memory or honor of a loved one. The suggested offering for each is \$10.00.

PARISH OFFICE CLOSED

In observance of the Presidents' Day holiday, the Parish Office will be **closed on Monday, February 15.** The Office will reopen at 8:30 AM on Tuesday, February 16.

FINANCIAL CONTRIBUTION STATEMENT

If you would like an "end of year" financial statement of your contribution to the parish for 2020, please **call Jackie** at the Parish Office at 382-8324. **Financial Statements are issued on a request only basis.**

COVID-19 IS STILL AROUND!

The obligation to attend Sunday Liturgy remains suspended in the Diocese of Manchester for all who are health compromised. No person who has been ill or exposed to someone who is ill should be attending Liturgy.

Anyone who has had recent symptoms of fever, any respiratory symptoms (runny nose, nasal congestion, sore throat, cough, shortness of breath), chills, severe fatigue or changes in sense of smell or taste may have been exposed to COVID-19. Testing is encouraged. Please refrain from attending any liturgical service.

Liturgy online or on TV...

Boston Catholic Television catholicstv.org

Sunday Mass from Notre Dame

catholicstv.org/masses/notre-dame-mass

Salt & Light TV

saltandlighttv.org

Eternal Word Television

ewtn.com

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.

SIXTH SUNDAY IN ORDINARY TIME

✠ WEEKLY CALENDAR ✠

Tuesday, February 16
6:00 PM Finance Council Meeting *Plaistow*

Wednesday, February 17
Holy Angels Church Plaistow open for private prayer all day

4:00 PM Disciples on the Journey *Plaistow*
7:00 PM Disciples on the Journey *Plaistow*

Thursday, February 18
8:30 AM – 8:30 PM Eucharistic Adoration *Newton*
1:30 PM Disciples on the Journey *Plaistow*

Friday, February 19
6:30 PM Stations of the Cross *Plaistow*

Saturday, February 20
3:00 PM Sacrament of Reconciliation *Plaistow*

Because of COVID restrictions, many Parish events and groups are currently cancelled. We will begin more Parish programs, with all precautions, as restrictions ease.

BLESSING OF COUPLES

There will be a special blessing of couples at the conclusion of all Liturgies on the weekend of **February 13-14**. Please pray for those married among us and remember those preparing to be married as well.



We're looking for new members! Have you ever wondered what the St. Vincent de Paul Society is all about? Our meetings are held on the **3rd Wednesday at 7 PM of each month**. New members are always welcome. We look forward to meeting you and answering

any questions you may have. **Please contact SVdP Secretary, Jim Edwards, at (603) 642-5236 or jimmy69180@hotmail.com to find out if our meeting is live at the church hall or virtual on ZOOM.** If you seek assistance or need information about the Society, call (603) 382-8324, ext.315. Visit us on our Facebook page at <http://www.facebook.com/pg/SVDPSL>

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.amazon.com/amazonsmile. For questions, please call the Parish Office at 603-382-8324. Be sure to choose:

St Luke the Evangelist Parish, Plaistow.

✠ MASS INTENTIONS ✠

Saturday, February 13 ~ Vigil / 6th Sunday in Ord. Time
Lv 13:1-2, 44-46; 1 Cor 10:31—11:1; Mk 1:40-45 (Vigil)

4:00 PM Ben and Irene Zakiewicz
by Pat Zakiewicz
Plaistow

Sunday, February 14 ~ Sixth Sunday in Ordinary Time
Lv 13:1-2, 44-46; 1 Cor 10:31—11:1; Mk 1:40-45

8:00 AM Joan Burge by the Burge family
Newton

10:00 AM Jack Ronan by Barbara and Victor Pierimarchi
Plaistow

Monday, February 15 ~ Weekday
Gn 4:1-15, 25; Mk 8:11-13

8:00 AM Sister Elizabeth Anne Lee, osf
by the Little Sisters of St. Francis
Newton

Tuesday, February 16 ~ Weekday
Gn 6:5-8, 7:1-5, 10; Mk 8:14-21

8:00 AM In Thanksgiving for Favors Received
by Elaine Kelcourse
Plaistow

Wednesday, February 17 ~ Ash Wednesday
Jl 2:12-28; 2 Cor 5:20—6:2; Mt 6:1-6, 16-18

8:00 AM People of the Parish
Newton

6:30 PM Sr. Elizabeth Anne by Nancy Lee
Plaistow

Thursday, February 18 ~ Thursday after Ash Wednesday
Dt 30:15-20; Lk 9:22-25

8:00 AM Jack Ronan (Month's Mind)
Newton

Friday, February 19 ~ Friday after Ash Wednesday
Is 58:1-9a; Mt 9:14-15
No Mass

Saturday, February 20 ~ Saturday after Ash Wednesday
Is 58:9b-14; Lk 5:27-32 (Day)

Gn 9:8-15; 1 Pt 3:18-22; Mk 1:12-15 (Vigil)
4:00 PM Mark Hammond by his family
Plaistow

Sunday, February 21 ~ First Sunday of Lent
Gn 9:8-15; 1 Pt 3:18-22; Mk 1:12-15

8:00 AM The Intentions of Paul Fournier
by Edith Fournier
Newton

10:00 AM Carl Jesionowski by his family
Plaistow

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.

✠ FAITH FORMATION & PARISH INFORMATION ✠

VIRTUAL MARDI GRAS TO BENEFIT CATHOLIC CHARITIES NH

You are invited to be a part of the Virtual Mardi Gras Celebration! This annual signature event benefits Catholic Charities NH and the hundreds of individuals and families in need that they support. And being online this year, it's easier to join in on the fun. Register today at www.cc-nh.org/mardigras for a chance to win prizes, bid on auction items, and more. The event will be streamed on **February 16** (Fat Tuesday) on www.cc-nh.org. Call Rosemary at 603-663-0249 with any questions.



CREIGHTON FERTILITYCARE SYSTEM

The Creighton FertilityCare System is a highly effective and morally acceptable natural method of family planning. It is healthy and strengthens marriage. It is used to achieve a pregnancy or avoid a pregnancy and can be useful in the diagnosis and treatment of reproductive disease. Online introductory classes will be held on the first Wednesday and third Thursday of each month at 7:00 PM. For more information, contact Mary Menendez, CFCP, St. Gerard Majella FertilityCare Services, at 603-642-8050 or CreightonFertility@yahoo.com.



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.



The **Rite of Christian Initiation of Adults** is the process by which people become members of the Roman Catholic Church. Be a good agent of welcome and evangelization! If you or someone you know is interested in inquiring about becoming a member of the Roman Catholic Church, contact Cathy Smith in the Parish Office.

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 call Cathy Smith at 603-382-8324, ext. 305 or email her at

csmith@stluketheevangelist.net.

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	603-382-8324
Parish Prayer Line	603-382-8324 x 314
St. Vincent de Paul Society	603-382-8324 x 315
St. Luke's Food Pantry	603-819-4949
Preschool	603-382-9783
Presentation of Mary Convent	603-382-2744

Fr. Albert Tremblay	fr.albert@stluketheevangelist.net
Cathy Smith	csmith@stluketheevangelist.net
Joyce Szapa	jszczapa@stluketheevangelist.net
Jackie Tremblay	jtremblay@stluketheevangelist.net
Val Barczak	mvmbarczak@comcast.net
Parish Council	parishcouncil@stluketheevangelist.net

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

**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. **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, visit:**

www.kofc.org/un/en/todays-knights/what-we-do.html

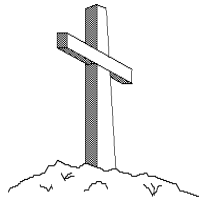


LENTEN EVENING PRAYER

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.

STATIONS OF THE CROSS

Stations of the Cross will take place each Friday evening during Lent at **6:30 PM in Plaistow**. There will be NO soup supper this year.



FOR OUR RECORDS

We need your help to keep our records current. If there are any births, deaths, marriages, moves, or address changes in your family, please notify the Parish Office at 603-382-8324 or by email at jtremlay@stluketheevangelist.net. If you are new to our parish, registration forms are available at the entrances of both churches. You can also find a registration form on our website at <http://stlukenh.org>.

TAI CHI RETURNS!

The Parish is once again offering Tai Chi classes on **Thursdays at 3:00 PM and at 7:00 PM**. A minimum of three (3) students per class will be needed to hold the class. Social distancing and all COVID-19 protocols, including masks, are required. Contact the Parish Office to register. Tai Chi is the ancient Chinese martial art that is used for meditation, exercise, balance, and mind and body wellness. St. Luke the Evangelist Parish is offering this form of graceful, slow movement to help parishioners to gain strength, to improve their balance, flexibility, and range-of-motion, and to relieve stress. Classes are taught by members of the Oriental Healing Arts Association – a Senior Friendly and Senior Safe Tai Chi Program with the purpose of bringing Tai Chi to all age groups.

VIGIL LIGHT

The Vigil Light in front of the Blessed Mother Icon at Mary Mother of the Church will burn in loving memory of

Joan Burge

by the Burge family



KIMBERLY'S HOLIDAY GIVE AWAY

Another successful year!!! Between what was collected prior to the collection weekend and on the collection weekend, the total for 2021 is 1,350 lbs!!!!!!!!!!!!, 250 lbs of which will be brought directly to Catie's Closet!!! The other 1,100 lbs, being adult clothing, have been delivered to Ruth's House on eight separate occasions between March and November. I am so grateful for the love and support of my family and friends who came out to donate and show support. Till next year!!! May you all stay healthy and safe as we continue into 2021 and may God bless you!

Kimberly Clenord

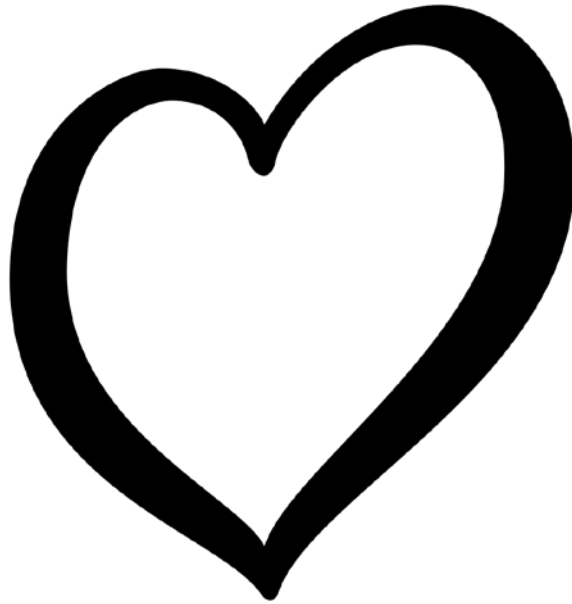
SANCTUARY CANDLES

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ALCOHOLICS ANONYMOUS

A Men's AA Step Meeting is being held on Sunday mornings from 7:00 to 8:00 AM at the St. Luke the Evangelist Parish Hall (Holy Angels). Masks are required. Bring your own coffee. For more information, call Joe at 617-921-9899.

World Marriage Day



Almighty God,
you have so exalted
the unbreakable bond of marriage
that it has become the sacramental sign
of your Son's union
with the Church, his Spouse.
Look with favor on all couples
whom you have united in Christian Marriage,
as they ask for your blessing.
They pray that in good times and bad
they will grow in love for each other,
and that they will resolve to be of one heart
in the bond of peace.
Lord, in the struggles and challenges of life,
let your sons and daughters rejoice
that you are near to help them in their needs,
and let them know that you are there
to share their joys;
let them see that you are the source and completion
of every happiness.
We ask this through Christ our Lord.
Amen.

The Gospel at Home

This Sunday's Gospel: Mark 1:40-45

In this Sunday's Gospel, Jesus adds to his growing community. By touching and healing a leper, Jesus shows us that God's love is for everyone. People in Jesus' time feared lepers and made them live apart from others. Jesus, reaching out to the leper gives us an example to do the same for people who many consider outcasts and outsiders.

Exploring the Gospel Message

Seeds (Preschool): Sunday is Valentine's Day. It is said that when Saint Valentine was sent to prison, he sent notes to young couples to encourage them in their faith. Ask your child to share with the family the Valentine's Day activity. Display the Valentine banner made during the lesson. Note how the activity can help your whole family express your love for God by showing love and kindness for each other

Promise (Grades K-1): Your child learned that Jesus cared for people who are left out. Ask your child to share with the family what he or she learned about caring. The Valentine's Day celebration is a good reminder of how important it is for your family to show love for one another and to all you meet.

Good News (Grades 2-3): Your child learned how Jesus reached out to heal people who were sick. The children also learned how they can reach out to people in need. Talk about ways your family can care for the sick or reach out to people who need your help. Ask your child to share the story of Saint Damien who worked with the lepers in Hawaii.

Venture (Grades 4-6): The class learned this week that Jesus used his humanity as well as his divinity to bring the Good News to people. In the story "The Visitors," the class also learned that understanding can lead to compassion for others. Talk about ways your family can grow in understanding and compassion. Your child learned that Holy Communion is most important in bringing the community together. Talk about your family's attitudes toward going to Mass and receiving Holy Communion.

Visions (Grades 7-9): Two important parts of this week's lesson are the role of Holy Communion in building the Christian community and the value and meaning of the Eighth Commandment. Talk together as a family about the Mass and how each of you can better participate and can make Holy Communion the center of your family worship. Ask your son or daughter to share what the class learned about the Sacrament of Reconciliation and about telling the truth and avoiding lies. Remind one another that you are members of the Body of Christ.

Pray Together

This coming Wednesday is Ash Wednesday—the first day of Lent. When you complete your conversation about the week's Gospel lesson, as your family prayer, plan to go to church to receive ashes. On the way home, ask God to bless your family during Lent and to help you grow in your love for Jesus and the Church.



Lent 2021

Daily Mass Readings and Reflections for the Sacred Season

THE LORD, YOUR GOD,

is in your midst, a mighty savior;
Who will rejoice over you with
gladness, and renew you in his love...

— ZEPHANIAH 3:17

Sunday

21 Divine Archer

God's rainbow shines in the sky, promising salvation for all.

Genesis 9:8-15

Monday

22 You Are the Christ

Now is the time to confess who Jesus is to all the world: our Savior and Lord.

Matthew 16:13-19

Tuesday

23 How to Pray

Pray recalling your dignity as a child of God the Father.

Matthew 6:7-15

Wednesday

17 FEBRUARY Ash Wed.

God's loving message has always been, "It's never too late to change."

Joel 2:12-18

Thursday

18 One Thing Is Certain

Taking up our cross trains us in discipleship.

Luke 9:22-25

Friday

19 Daily Bread

We need not fast from hearing God's Word or speaking his truth to the world.

Isaiah 58:1-9

Saturday

20 Leave It Behind

When Jesus calls you by name, you don't need anything to follow him.

Luke 5:27-32

28 God On Our Side

Jesus was raised to intercede for you. Tell him your needs.

Romans 8:31-34

1 MARCH Confession

Be honest about the consequences of your words and actions.

Daniel 9:4-10

2 Do Good

Takes steps to offer justice and provide for others' needs.

Isaiah 1:10, 16-20

3 Humble Yourself

Be willing to serve without reward, acknowledgment or credit.

Matthew 20:17-28

4 Bear Fruit

Stay planted near the living water of God's Word. Read it daily.

Jeremiah 17:5-10

5 Corner-stone

How is Jesus asking you to build the kingdom of God today?

Mt 21:33-43, 45-46

Give Thanks

Let your daily life be a song of praise to the God from which our life comes.

Psalms 103:1-4, 9-12

7 Sabbath

God created a day of rest for our sake. Honor him by setting aside some time for him today.

Exodus 20:1-17

8 Pray for Others

Pray for the sick and those in need of healing. Practice intercession.

2 Kings 5:1-15

9 Forgive the Debt

This Lent, try to forgive an outstanding debt or aid someone in paying theirs.

Matthew 18:21-35

10 Be a Student

Lord, your teachings are so wise, I want to spend my life learning and living them.

Matthew 5:17-19

11 Spring Thaw

Frozen inside? Open a window and let God's warmth into your home.

Psalms 95:1-2, 6-9

12 The Only Way

The road to God is the path of righteousness, the way to lasting joy.

Mark 12:28-34

13 Seek Mercy

Before turning to apologize today, turn your negative words and actions around.

Hosea 6:1-6

SAINT LUKE THE EVANGELIST
Lent- Easter Liturgical Schedule
2021

THE BEGINNING OF THE LENTEN FAST FEBRUARY 17
ASH WEDNESDAY LITURGY 8 am (N) & 6:30 pm (P)

LENTEN SEASON

DAILY LITURGIES: M 8 am Newton
T 8 am Plaistow
W 6:30 pm Plaistow
Th 8 am Newton

RECONCILIATION: Plaistow: Saturdays 3:00 pm
(except Holy Saturday); Newton: Sundays of Lent 6:30 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 - Plaistow

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 1 - 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 2 - Morning prayer 8 am - Plaistow
Mid-day prayer 12 noon - Plaistow
Stations of the Cross 3 pm - Newton

✠ **PASSION SERVICE & HOLY COMMUNION**
6:30 PM - Plaistow

HOLY SATURDAY APRIL 3 - Morning Prayer 8 am - Plaistow
Mid-day Prayer 12 noon - Plaistow

✠ **EASTER GREAT VIGIL AT 8 PM** - Plaistow

✠ **April 12** Easter Sunday Liturgies
8 AM - Newton
10 AM - Plaistow

Easter Solemn Vespers with Benediction at 6 pm - Newton

Holy Angels Church 8 Atkinson Depot Rd. Plaistow
Mary, Mother of the Church 12 Amesbury Rd. Newton
603 382-8324 www.stlukenh.org

Sunday

14 Offering

Whatever you offer the Lord this Lent, make it a gift, not an attempt at repayment.

Ephesians 2:4-10

Monday

15 Believe

What Jesus says he will do really happens. All we need to do is believe.

John 4:43-54

Tuesday

16 The Healer

Jesus, you really are a miracle worker. All power and healing come from your hands.

John 5:1-16

Wednesday

17 Adopted

As God's children, we grow toward union with Jesus. May we also parent others in faith.

John 5:17-30

Thursday

18 Covenant

God promised to watch over and redeem us, and he does so each and every day.

Psalms 106:19-23

Friday

19 Faithful Father

Joseph listened and followed God's ways, moving from fear to trust.

Matthew 1:16, 18-21, 42

Saturday

20 Refuge

God is your shield. Trust him to lead you from sin to salvation.

Ps 7:2-3, 9-10, 11-12

21 Not Too Late

Have another Lenten gift on your heart? Don't delay—bring it to life!

Jeremiah 31:31-34

22 Sin No More

Forgiven and strengthened by Christ, we are sent forth to sin no more.

John 8:1-11

23 Look to God

Lord Jesus, help me to see the Father as I look to you.

John 8:21-30

24 Blessed Be God

In all things, and even in trial, bless the Lord.

Dn 3:14-20, 91-92, 95

25 May It Be Done

Mary's "yes" to God is the dawning of the light of Christ on earth.

Luke 1:26-38

26 My Rock

Lord, you shelter all who remain close to you. If I stray, please bring me back.

Psalms 18:2-7

27 Build the Kingdom

Jesus, gather all nations and peoples under your rule of peace and love.

Ezekiel 37:21-28

28 'Til the End

These should never be given up for Lent: faith, hope and love.

Mark 11:1-10

29 Get Ready

Prepare for Jesus' death and resurrection by filling your home with his presence.

John 12:1-11

30 Hope

Place all your needs in God, your refuge.

Psalms 71:1-6, 15, 17

31 Judas

Judas rejected Jesus. Pray for perseverance to stay close to Jesus always.

Matthew 26:14-25

Traditional Lenten Disciplines

Fasting & Abstinence: Catholics aged 14 and older abstain from meat on Ash Wednesday, Good Friday and all the Fridays of Lent. In addition, on Ash Wednesday and Good Friday, Catholics from age 18-59 fast, limiting themselves to one full meal and two smaller meals each day.

Prayer: Catholics are encouraged to pray more during Lent, especially with Scripture. Lent is also an ideal time to receive the Sacrament of Reconciliation in preparation for the celebration of Christ's Passion, Death and Resurrection.

Almsgiving: Moved by the sacrifice of Christ, many Christians combine almsgiving with fasting, giving to the poor the money they saved by eating, drinking or buying less as they rely more on God's abundant grace.

THE PASCHAL TRIDUUM

from Holy Thursday evening through Easter Vigil Mass

**HOLY THURSDAY
Eucharist**

Gather, eat and drink in honor and remembrance of the one who died to give others everlasting life.

Exodus 12:1-8, 11-14

**GOOD FRIDAY
Sin Crushed**

In his Passion, Jesus bled and died to save us from sin and death.

Isaiah 52:13—53:12

**EASTER VIGIL
Raised**

Jesus is raised to die no more. Let us rejoice and live for God in Christ.

Romans 6:3-11

Attende, Domine

“Hear us, O Lord”

With Ash Wednesday upon us, it is a good time to think and pray about the Lenten Season - the “Springtime” of the Church. The word “Lent” means spring, and comes from the same root as the word “lengthen,” since the days do get longer as winter wanes. The whole northern hemisphere turns toward the sun, the source of life, and winter gives way to spring. In Hebrew, the language of the Old Testament, the word for “repentance” is “to turn.” As the earth turns to the sun, as the earth turns from winter cold to the new life of spring, so do we turn our lives towards our loving God and seek the Way of the Lord Jesus anew.



“Even now, return to me, says the Lord.” (Joel 2:12). The word “sin” means separation. We are called to turn from our separate selves, from our sins; and to come together in community. Self denial is another way we express our repentance. We turn away from sin and death and toward God as our source of life by disciplining our wills and desires.

Self-denial is three-fold, according to Matthew’s Gospel (chap. 6). We **PRAY**: “Go to your room, close your door and pray to your Father in private.” We **FAST**: “No one may see you are fasting but your Father in heaven.” We give **ALMS**: “Keep your deeds of mercy secret, and your Father, who sees in secret will repay you.” Self-denial is an exercise, a work-out, getting our lives and spirits into shape. Through the Lenten exercise of **PRAYER, FASTING and ALMSGIVING**, we spring clean our lives, sharpen our senses, put tomorrow in its place and treasure the day at hand.

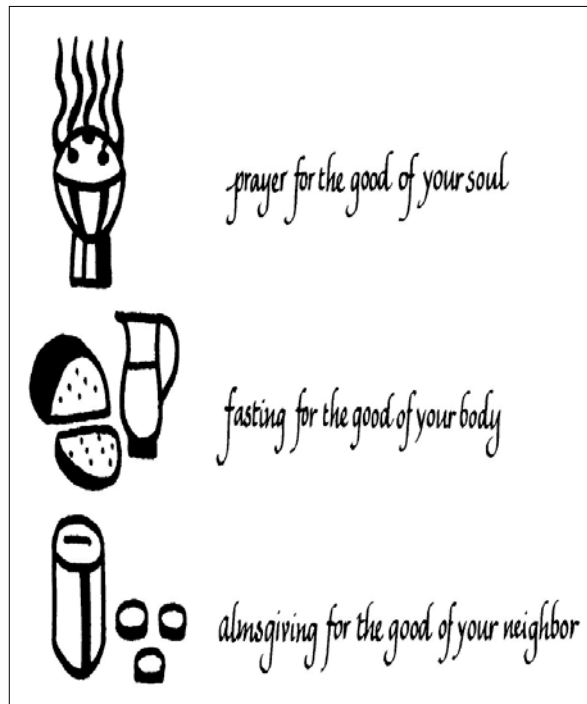
For Forty Days we are conscious of how we must sharpen our senses and focus mind and heart on the reign of God. We are, above all, aware of those waters in which we were baptized into Christ’s death. That is, death to sin and evil; it is life in Christ that we began in those waters of baptism. These waters wait at Lent’s end for the Catechumens of the Church. The entire Lenten season turns, it seems, on Baptism, renewal and reception into the Church.

We, too, wait for the opportunity to renew our own Baptismal Promises, and to feel the splash of Easter water on our faces after the dryness of our Lenten desert journey.

From Father Albert
Lent, 2020

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.

Do Something for Lent. Renew your faith.

What is the **Lenten Journey** all about? Prayer, fasting and almsgiving are called the “three pillars” of the Christian way of life. They help support a full and healthy life. During Lent we try to repair and strengthen these three pillars, which also are called the “three disciplines” because they help people become better disciples of the Lord. Our **Lenten Journey** program helps Discipleship!

Lenten Journey is about **SMALL GROUPS...**
IT'S NOT TOO LATE TO SIGN-UP! We continue to welcome sign-ups for small groups. On the back of this flyer is a REGISTRATION FORM. Return the form today, or call the office at 382-8324.

Meetings begin this week! Groups meet six times during the Lenten season to discuss the Lenten Sunday Lectionary readings. You will learn more about Scripture through the resource book provided, participate in interesting discussions, meet some wonderful people and have the opportunity to build up the Body of Christ.



**All group members will pick up their resource booklets
at the first meeting.**

Groups begin meeting THIS WEEK!

Wednesday, February 17, at 4:00 p.m. downstairs in the Church Hall.

Wednesday, February 17, at 7:00 p.m., after the 6:30 p.m. Mass downstairs in the Church Hall.

Thursday, February 27, at 1:30 p.m., downstairs in the Church Hall and virtual on ZOOM.

FAMILY AND TEEN DOWNLOADS: www.disciplesonthejourney.org

Masks must be worn at all times; social distancing policies will be observed.

Ash Wednesday is This Wednesday, February 17!

DISCIPLES ON THE JOURNEY REGISTRATION FORM



Name _____

Address _____

Telephone _____

E-Mail _____ Cell Phone _____

Please check the time and day you prefer

Wednesday Afternoons in the Church Hall at 4:00 p.m. ____
(February 17 – March 24)

Wednesday Evenings in the Church Hall at 7:00 p.m. ____
(February 17 – March 24)

Thursday Afternoons in the Church Hall at 1:30 p.m. ____
(February 18 – March 25)

Thursday Afternoons at 1:30 p.m. virtual on ZOOM ____
(February 18 – March 25)

Group meetings begin the week of February 14

**Masks must be worn at all times; social distancing
policies will be observed**

**(Please return this form in the collection basket or bring to the
parish office)**

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

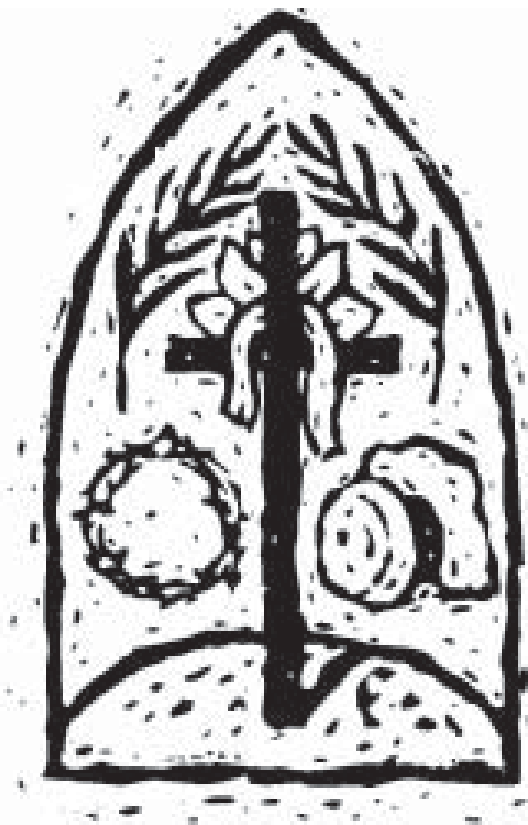
Abstinence is the observance for all those 14 years of age or older to forego the eating of meat on: Ash Wednesday; all Fridays in Lent and on Good Friday. When health or ability to work would be seriously affected, this discipline does not apply.

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 of 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 praise worthy for the faithful to give generously to charities and to their Church during this Season of Sacrifice.



SAINT LUKE THE EVANGELIST
Lent - Easter Liturgical Schedule 2021

THE BEGINNING OF THE LENTEN FAST FEBRUARY 17
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
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 – Plaistow

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 1 – 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 2 - 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 3– Morning Prayer 8 am - Plaistow
Mid-day Prayer 12 noon - Plaistow

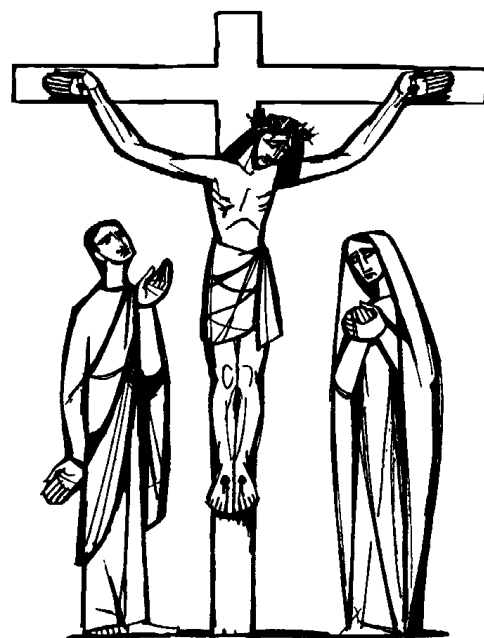
EASTER GREAT VIGIL AT 8 PM - Plaistow

EASTER SUNDAY LITURGIES APRIL 4

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>
(603) 382-8324**



Bringing Home the Word +

Sixth Sunday in Ordinary Time (B)
February 14, 2021

The Courage to Heal

By Fr. Mark Haydu, LC

Leprosy was a highly contagious skin disease that led to certain death for anyone who caught it in Jesus' time. For good reason the Jewish law demanded that a leper live set apart and cry out as he walked along to keep everyone at a safe distance. Imagine the pitiful scene of everyone discreetly but purposefully moving away at the sound of someone shouting, "Unclean, unclean!"

Yet the leper doesn't shout to keep Jesus away. He walks right up to our Lord and confesses his faith in Jesus' power to heal him of this incurable bacteria. He humbly admits his contagious illness and places himself before Jesus. And unlike anyone else might do, Jesus doesn't run

away, he walks toward him. He does the unthinkable. He touches him!

We need not be ashamed of our deadly sin that eats away at our heart and cripples our ability to love. Go to Jesus, expose it to him, and let his loving touch transform you.

The terrible disease of leprosy was still a major problem well into the nineteenth century when St. Damian, a Belgian missionary, went to the Hawaiian Island of Molokai to serve as parish priest to all the lepers quarantined on that island. Not fearing to touch them, he cared for them for many years until, as expected, he contracted the disease and died of it.

This is what it means to be a Christian! Be like Jesus. Be not afraid of your wounds or those of others, no matter how repellent, and give of yourself to care for them. +

A Word from Pope Francis

[Jesus says] he is the real instrument of the Father's mercy, who goes to encounter everyone, bringing consolation and salvation, and, in doing so, he manifests God's justice. The blind, the lame, the lepers, the deaf regain their dignity and are no longer excluded because of their disease.

—General Audience, September 7, 2016



Sunday Readings

Leviticus 13:1–2, 44–46

The individual shall cry out, "Unclean, unclean!"

1 Corinthians 10:31–11:1

Whatever you do, do everything for the glory of God.

Mark 1:40–45

"If you wish, you can make me clean."
...[Jesus] said to him, "I do will it. Be made clean."

*We need not be ashamed
of our deadly sin
that eats away at our heart
and cripples our ability
to love.*

REFLECTION QUESTIONS



- How at peace am I with my own wounds, sins, and imperfections?
- Am I mature enough to seek help and also help others through their suffering?

Light Within the Darkness

By Kathleen M. Basi

*Whatever is true, whatever is honorable,
whatever is just, whatever is pure,
whatever is lovely, whatever is gracious,
if there is any excellence and if there is
anything worthy of praise, think about
these things.*

Philippians 4:8

We live in a pretty messed-up world: Countries pursue weapons that could wipe out everything. Mothers turn guns on their children. We justify derision, bigotry, and violence in the name of God. Young people objectify themselves and their peers because they lack good models of how to give and receive love.

The problems aren't hard to identify. What's hard is figuring out what to do about them. They're so big, so sprawling, and so tightly woven. Where do I even begin? What's the right plan of action? How can lowly little me, with my couple hundred social-networking friends, interrupt the momentum of this juggernaut?

My impotence makes me angry. I'm jaded by the partisan bickering that ensures nothing ever gets solved. I'm tempted to throw up my hands and write off the future—and my responsibility to it—altogether. What do my actions matter, anyway, amid so much brokenness, so much willful ignorance?

But when I spend all my energy on anger, I cease to recognize the beauty, the potential for good, that exists alongside



and is sometimes intertwined with the bad. The voices shouting vitriol, anger, narcissism, and greed drown out the whisper of the divine.

I bury myself in self-righteous judgment until, without realizing it, I become part of the problem instead of the solution. I go looking for a safe, insulated enclave, someplace the problems can't reach me, where I'm absolved of the duty to act where, when, and how I'm able.

The opportunity to act does exist, but it's usually uncomfortable. It's easier to stand back and complain than to dig in, get my hands dirty, and risk learning—through abject failure or mediocre success—how small I really

am. I think this is why St. Paul tells us to contemplate what is true and pure: What I focus on determines my reality. If I wrap my worldview in anger, I leave no room for kindness and compassion. But if I fix my sights on all that is good and holy, I'm fortified against the bitterness and disillusionment that might otherwise cripple me as I fight the unwinnable battle against the effects of sin. After all, let's face it—as Henri Nouwen observed, the world will always be dark. My efforts aren't going to change that.

Fortunately, God doesn't look at the bottom line when measuring my job performance. As St. Teresa of Calcutta famously said, "My job is not to succeed, but to be faithful to my mission." +

*If I wrap my worldview in
anger, I leave no room for
kindness and compassion.*

PRAYER

*Lord, your love transcends
the boundaries of the human
condition. Open my eyes
to see your face in all people.*

—From *Peaceful Meditations for Every Day
in Ordinary Time*, Rev. Warren J. Savage
and Mary Ann McSweeney

WEEKDAY READINGS

February 15–20

Monday, Weekday:

Gn 4:1–15, 25 / Mk 8:11–13

Tuesday, Weekday:

Gn 6:5–8; 7:1–5, 10 / Mk 8:14–21

Wednesday, Ash Wednesday: Jl 2:12–18 /

2 Cor 5:20—6:2 / Mt 6:1–6, 16–18

Thursday after Ash Wednesday:


Dt 30:15–20 / Lk 9:22–25

Friday after Ash Wednesday:

Is 58:1–9a / Mt 9:14–15

Saturday after Ash Wednesday:

Is 58:9b–14 / Lk 5:27–32

Bringing Home
the **Word** 
February 14, 2021

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