



MUSIC FOR THE LITURGY

Sunday, March 3, 2024

Third Sunday Of Lent

Gathering: Hold Us In Your Mercy

Responsorial Psalm (Psalm 51)

*Be merciful, O Lord, for we have sinned;
be merciful, O Lord, for we have sinned.*

Preparation: Save Your People BB 133

Mass Parts: Mass For Christ The Savior

Communion: Gift Of Finest Wheat BB 344

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

✠ 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. Especially in these trying times, your Parish depends on your responsible stewardship and support!

February 14, 2024

Churches in Europe/Africa \$1,500.00

February 18, 2024

Offertory \$5,974.41

Fuel \$1,737.00

February 25, 2024

Offertory \$6,045.41

UPCOMING SECOND & SPECIAL COLLECTIONS

March 3 Property Management
March 10 Catholic Relief Services



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). 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.

You can also use your smart phone to scan the QR code below. The link will take you directly to Parish Giving so you can donate.



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.

PLEASE HELP US!

As you leave church, kindly take your Bulletin with you - or return it to the basket at the entrance of the Church, return your music book and Mass card to their proper place, and pick up after yourself as you leave. Thanks for being attentive and respectful! F. Albert.



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.

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

TAX TIME SUGGESTION

Did you know? If you are 72 or older and need to take a “required minimum distribution (RMD)” from an IRA retirement account, a direct distribution to a qualified charitable organization, such as Saint Luke the Evangelist Parish, can save you money on your taxes. Such a donation will count toward your required minimum distribution but will be excluded from taxable income. Ask your tax preparer or IRA trustee for more details.

FINANCIAL CONTRIBUTION STATEMENT

If you would like an “end of year” financial statement of your contributions to the parish for 2023, **please call Jackie** at the Parish Office at 603-382-8324. **Financial Statements are issued on a request only basis.**

**2023 NEW HAMPSHIRE CATHOLIC APPEAL
PLEDGE REMINDER**

Thanks to over 10,000 donors, the 2023 New Hampshire Catholic Appeal (NHCA) received over \$3.7 million to support ministries such as the Community Services program at Catholic Charities NH, Parable magazine, Catholic education, our retired priests, seminarians and so much more! If you have made a pledge to the NHCA, we encourage, if possible, that all pledges be fulfilled by March 31, 2024. If you have a question about the status of your pledge, please reach out to Anne Marie Ashford in the Development office at 603-663-0152 or aashford@rcbm.org. We thank you again for your support of the appeal.

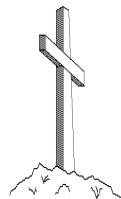
MARRIAGE IN THE CHURCH

Did you know that all Catholics are required to be married in the Church as a condition of the validity of their marriage?

Any Catholic married in a civil ceremony (JP) or in any religious ceremony other than a Catholic one (unless specifically excepted by the Bishop) is not living out the Sacrament of Marriage in its fullness according to the teaching of the Church. Contact Father Albert in the Parish Office for more information and assistance – there are ways in which your situation may be resolved!

EARLY BULLETIN DEADLINE

All announcements to be included in the March 31 (Easter) bulletin must be received **no later than Monday, March 18.**



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 March 22.**

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.



ST. LUKE FOOD PANTRY

On behalf of the local families that the St Luke the Evangelist Food Pantry serves, we would like to thank you for your continued support. Items we are most in need of include pasta and sauce, ramen noodles, peanut butter and jelly, soups, canned fruit and vegetables, cereal, crackers, snack items, cookies and treats for kids, pancake mix and syrup, canned meats, tuna and canned fish. These are staple food items which we use all the time and never have enough of. Other items we have requested include toiletries, toilet paper, paper towels, pet food, laundry soap, dish soap and cleaners.

With Easter fast approaching, please consider including things we can include in our special distribution of Easter dinner boxes. Any seasonal treat, candy, cookies, or any items we can use for Easter baskets for kids would be most appreciated. Gifts cards or checks made out to St Luke Food Pantry are always useful and welcomed.

Thank you again for your generosity and support.

Joe and Marie Farren

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.

✠ WEEKLY CALENDAR ✠

Sunday, March 3

10:00 AM Religious Ed – Grades K to 6 *Plaistow*
 6:00 PM Evening Prayer *Newton*
 6:30 PM Sacrament of Reconciliation *Newton*

Monday, March 4

7:00 PM Knights of Columbus Meeting *Plaistow*

Wednesday, March 6
Holy Angels Church Open
All Day For Prayer

7:00 PM Disciples On The Journey *Plaistow*

Thursday, March 7

8:30 AM – 8:30 PM Eucharistic Adoration *Newton*
 10:00 AM Prayer Shawl Ministry Meeting *Plaistow*
 1:30 PM Disciples On The Journey *Plaistow*

Friday, March 8

6:30 PM Stations of the Cross *Newton*

Saturday, March 9

3:00 PM Sacrament of Reconciliation *Plaistow*

Sunday, March 10

10:00 AM Religious Ed – Grades K to 6 *Plaistow*
 11:00 AM First Reconciliation (Grade 2) *Plaistow*
 6:00 PM Evening Prayer *Newton*
 6:30 PM Sacrament of Reconciliation *Newton*

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.



The Sanctuary Light at Mary Mother of the Church will burn this week in loving memory of

Moses and Ellen Tucker

by William Tucker

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

Lucy McGrath

by the Burge family



The Sanctuary Light at Holy Angels Church will burn this week in loving memory of

Deceased Members of the Tucker Family

by William Tucker



✠ MASS INTENTIONS ✠

Saturday, March 2 ~ Third Sunday of Lent

Ex 20:1-17; 1 Cor 1:22-25; Jn 2:13-25 (Vigil)

4:00 PM John Lyons (1st Anniversary) and Sean Lyons (10th Anniversary) by Gerard Lyons *Plaistow*

Sunday, March 3 ~ Third Sunday of Lent

Ex 20:1-17; 1 Cor 1:22-25; Jn 2:13-25

8:00 AM Lucy McGrath by the Burge family *Newton*

10:00 AM In Honor of St. Michael the Archangel by George Giraldo *Plaistow*

Monday, March 4 ~ Casimir

2 Kgs 5:1-15ab; Lk 4:24-30

8:00 AM Jack Cotter by Cathy Smith *Newton*

Tuesday, March 5 ~ Lenten Weekday

Dn 3:25, 34-43; Mt 18:21-35

8:00 AM Betty O'Hara (Month's Mind) *Plaistow*

Wednesday, March 6 ~ Lenten Weekday

Dt 4:1, 5-9; Mt 5:17-19

6:30 PM Sr. Pauline Leblanc, pm by the Sisters of the Presentation of Mary *Plaistow*

Thursday, March 7 ~ Perpetua and Felicity, Martyrs

Jer 7:23-28; Lk 11:14-23

8:00 AM All Souls Intentions *Newton*

Friday, March 8 ~ John of God, Religious

Hos 14:2-10; Mk 12:28-34

No Mass

Saturday, March 9 ~ Frances of Rome, Religious

Hos 6:1-6; Lk 18:9-14 (Day)

2 Chr 36:14-16, 19-23; Eph 2:4-10; Jn 3:14-21 (Vigil)

4:00 PM In Thanksgiving for a Blessing Received by Bonnie Lajoie *Plaistow*

Sunday, March 10 ~ Fourth Sunday of Lent

2 Chr 36:14-16, 19-23; Eph 2:4-10; Jn 3:14-21

8:00 AM Irene Lee by Nancy Lee *Newton*

10:00 AM Deceased Members of the Angwin and Elder Families by Charlie and Lisa Angwin *Plaistow*





WELCOME IN CHRIST!

Saint Luke the Evangelist Parish invites all to a deeper love of Jesus and to a fullness of communion with the Church. The **rites of Christian Initiation for Adults (RCIA)** is a process where adults and older children are welcomed into the Catholic Church. Some have never been Baptized, others never received Eucharist or

Confirmation, and others arrive at our door after a long faith journey.

Do you know someone who is thinking about becoming part of our Catholic community? Are you the non-Catholic spouse of a parishioner who is wondering about full communion with the Church? Are you an adult Catholic who for whatever reason, "missed" one or more of the sacraments of initiation while growing up? Do you have children over 7 years of age who were never Baptized, or older children who "missed" sacraments?

The Rite of Christian Initiation for Adults (and its adapted form for children) welcomes all kinds of people into the Catholic family. The RCIA is for any adult who is unbaptized and recognizes a need for spirituality in their life, or Baptized and raised in another Christian tradition but interested in learning about the Catholic faith, or Baptized in the Catholic faith, but never received any formal religious training.

Children of all ages are welcome and participate in age appropriate meetings for their RCIA experience.

Contact Father Albert or Cathy Smith in the Parish Office at 603.382.8324 for more information.



SPRING AHEAD

Daylight Savings Time begins next **Sunday, March 10**. Don't forget to turn your clock ahead 1 hour before going to bed on Saturday, March 9!

VACATION BIBLE SCHOOL

Parents – Please mark your calendars and save these dates!

St. Luke the Evangelist Parish in Plaistow, NH invites children to attend **SCUBA Vacation Bible Camp from June 17 to June 21, 2024**.

Kids will participate in memorable Bible-learning activities, sing catchy songs, play teamwork-building game, engage in fun snack eating experiences, take part in one-of-a-kind Bible Adventures, collect Bible Memory Buddies to remind them to trust Jesus, and each day make a craft to take home and play with all summer.

SCUBA Vacation Bible Camp is for kids from age 4 to 12 and will run from 9:00 AM to 12:00 Noon each day. For more information, call Joyce at 603-382-8324, ext. 303.

ADORERS NEEDED AT 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 is a great source of grace for us as a parish family. We have many who have made the commitment to spend an hour each week with our Eucharistic Lord. Adoration takes place each Thursday in Newton from 8:30 AM to 8:30 PM. We also need people at all times so we can have 2 people at each hour. 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 a 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.

HOLY ANGELS CEMETERY CLOSED

Holy Angels Cemetery in Plaistow is closed from December 2023 until Spring 2024. 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.

✦ PARISH DIRECTORY ✦

Parish Office 603-382-8324
 Parish Prayer Line 603-382-8324 x 314
 St. Luke's Outreach Ministry 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 Szczapa jszczapa@stluketheevangelist.net
 Jackie Tremblay jtremblay@stluketheevangelist.net
 Val Barczak mvmbarczak@comcast.net



MONTHLY FOOD DRIVE

**Sponsored by the Knights of Columbus
St. Jude Council #6617**

The Knights of Columbus and Saint Luke the Evangelist Food Pantry would like to thank our parishioners for the ongoing support to feed those in need. Shopping lists and bags are provided on the 3rd week of every month with the general collection of non-perishable items happening the following (4th) weekend. Food donations can also be left in the plastic totes at the rear of either church or brought to the Parish Office any time they are open. Prefer not to shop? Gift cards or checks can be made out to Saint Luke Food Pantry anytime. Your generosity and support are greatly appreciated!

**KNIGHTS OF COLUMBUS
HAPPENINGS**

The Knights will hold an **Irish Festival** on **Saturday, March 16 from 5:00 to 7:00 PM** in the Parish Center (PreSchool Building). There will be Irish music, Irish Step Dancers, an Irish Singalong, and a traditional boiled dinner with corned beef (ham option) along with desserts and refreshments. Hot dogs will be available for the kids. All net proceeds will be used by the Knights to assist our works in the local community. Tickets will be on sale after Masses and at the door.

We are always looking for help. If you would like to help or want more information on the Knights, contact Peter Richards at 603-382-4315 or pmrjps6@comcast.net.

**THE KNIGHTS OF
COLUMBUS
ST. JUDE COUNCIL
#6617**



ALCOHOLICS ANONYMOUS

A Men's AA Step Meeting is 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.

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.**



Saint Luke the Evangelist
OUTREACH MINISTRY

Your "Dropped Dollar" Hard At Work

Thank you for your continued support of St. Luke's Outreach Ministry! Please know that your "dropped dollars" are being used wisely to help the poor in our area. Your generosity does not go unnoticed.

Drop-a-Dollar in the St. Luke's Outreach Ministry box on your way out of church. Remember ~ 100% of your donation is used to help those who need a hand up, not a handout.

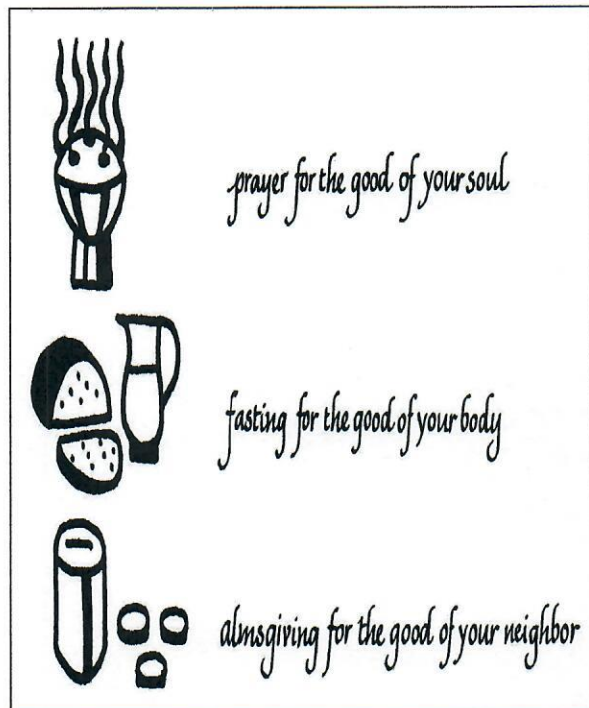
Our next meeting on **Wednesday, March 20 at 7:00 PM**. We meet downstairs in the Church Hall in Plaistow. **New members are always welcome!**

If you seek assistance or need information about St. Luke's Outreach Ministry, call 603-382-8324 x315.

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

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. There are communal Lenten Reconciliation Services at St. Michael, Exeter on Sunday, March 17 at 3 PM and at Mary, Queen of Peace, Salem on Sunday, March 17 at 2 PM.

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.

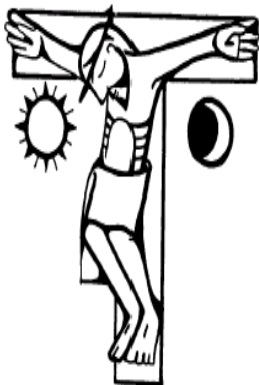


Praying the Stations of the cross

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. Our Lenten Soup Supper will be held following Stations on Friday, March 22.

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.



Bringing Home the Word

Third Sunday of Lent (B)
March 3, 2024

The Long Arm of the Law

Sr. Dianne Bergant, CSA

Eventually, you're going to get caught. That is how most people understand law—as something that hems them in and, if disregarded, will catch them in the end. But that is not how Israel understood its law. Today's verses from Psalm 19 insist that the law refreshes the soul, rejoices the heart, enlightens the eye, is more precious than gold, and is sweeter than honey. The people cherished the law because it outlined for them how they were to live as God's Chosen People. Those who want to run a marathon, learn to fly a plane, or join a club, are eager to take on the directives that will enable them to accomplish their

goal. That is how Israel viewed the law outlined in today's first reading. It's as if God said, "If you want to be my people, this is the way you should live."

Whenever the law of Israel seems to be criticized (as is often the case in St. Paul's writings), it is not really the law itself but the inappropriate attitude toward it that is censured. As important and precious as the law might be, it is only a means to an end. It is not the end itself, any more than the instructions for flying a plane are. From the Bible's point of view, the long arm of the law is meant to direct and support us, not intimidate us. †

A Word from Pope Francis

Does the Lord feel at home in my life? Do we allow Him to "cleanse" our hearts and to drive out the idols, those attitudes of cupidity, jealousy, worldliness, envy, hatred, those habits of gossiping and tearing down others? Do I allow Him to cleanse all the behaviors that are against God, against our neighbor, and against ourselves...?

ANGELUS, ROME, MARCH 8, 2015



Sunday Readings

**Exodus 20:1-17 or
Exodus 20:1-3, 7-8, 12-17**

You shall not have other gods besides me.

1 Corinthians 1:22-25

Jews demand signs and Greeks look for wisdom, but we proclaim Christ crucified.

John 2:13-25

[Jesus said,] "Take these out of here, and stop making my Father's house a marketplace."

*The people cherished
the law because
it outlined for them
how they were to live
as God's Chosen People.*



REFLECTION QUESTIONS



- Of the Ten Commandments, which are the most difficult for you?
- Which Commandments help you live with integrity?

Our Balancing Act Needs God in the Mix

Kay Murdy

In the 1950s, the *Ed Sullivan Show* was a Sunday-night institution in our family. Although he had no performing ability himself, Sullivan understood showmanship and had a keen eye for talent for his “really big shew.” Using the principles of the vaudeville stage for the new medium of television, Sullivan would juxtapose the extreme ends of the entertainment spectrum: the classical pianist or ballerina alongside novelty acts, such as the guy who kept plates spinning on long poles without them falling off.

In our complex life today, each of us has many plates to keep in the air all at once. We have one for our family and another for our job, sports, and recreation. We have our church responsibilities amid a myriad of others that keep us in a dizzy spin. In addition,



we try to keep God somewhere in the mix. Unfortunately, that’s not a life in balance.

The way to keep our equilibrium is to balance God’s purposes, which Jesus summarized in the two greatest commandments—love of God and love

of neighbor as ourselves. *The Baltimore Catechism* asks how we can accomplish this: “What must we do to love God, our neighbor, and ourselves?” The answer: “To love God, our neighbor, and ourselves we must keep the commandments of God and of the Church, and perform the spiritual and corporal works of mercy” (190). It goes on to define what these seven “bodily” works are: to feed the hungry, to give drink to the thirsty, to clothe the naked, to visit the imprisoned, to shelter the homeless, to visit the sick, and to bury the dead (191).

Lent is a time to seek balance in our spiritual lives through the love of God, by prayer and worship and by reaching out to our neighbors in need. The trick is to keep the two in balance. †

Source: *Daybreaks: Daily Reflections for Lent and Easter*, 2013

Wisdom from Catholic UPDATE

From “The Ten Commandments: Sounds of Love from Sinai”

By Alfred McBride, OPraem

Moses heard the sounds of love as well as the cadences of the law when he went to Sinai. Divine love created us as a people of faith and provided us with ten core values that show us how to love. Covenant is the key to the richest understanding of the Commandments. Covenant is a love bond between God and us. Love liberates the human person. The Ten Commandments propose ten statements of liberty from attitudes and behaviors that undermine love. Far more than being restrictive laws, the Ten Commandments are liberating values and loving directives for our moral lives. †

Catholic Update is a practical and affordable four-page newsletter that explores Catholic teaching and tradition on contemporary topics in easy-to-understand language.

To subscribe, visit Liguori.org or call 800-325-9526.



So that we may live lives of integrity, free to be generous, compassionate, and loving, we pray—
Lord, let us be like you.

The Redemptorists

WEEKDAY READINGS

March 4–9

Monday, Lenten Weekday:
2 Kgs 5:1–15ab / Lk 4:24–30

Tuesday, Lenten Weekday:
Dn 3:25, 34–43 / Mt 18:21–35

Wednesday, Lenten Weekday:
Dt 4:1, 5–9 / Mt 5:17–19

Thursday, Lenten Weekday:
Jer 7:23–28 / Lk 11:14–23

Friday, Lenten Weekday:
Hos 14:2–10 / Mk 12:28–34

Saturday, Lenten Weekday:
Hos 6:1–6 / Lk 18:9–14

Bringing Home
the Word 

March 3, 2024

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