Holy Hour
Every last Sunday of the Month at 8:00 PM in church

Our Holy Redeemer Roman Catholic Church

One Parish, One Family, One Body, One Church

✠ *A Perpetual Adoration Parish* ✠

37 South Ocean Avenue ✠ Freeport, New York 11520

The Most Holy Rosary
Every Saturday at 8:30 AM and Every Third Friday at 7:30 PM

Telephone: (516) 378-0665 ✠ E-mail: ohr37@optimum.net ✠ Website: ohrfreeport.com

✠

Pastor
Rev. Christopher Nowak
P Christopher Nowak = Facebook
crisosa@aol.com = e mail

Associate Pastor
Rev. Carlos Mario Urrego
Rev. Thomas Acheampong

Rev. Frank Addey
Chaplain: NUMC
in Residence

Deacons
Deacon Bruce Burnham
Deacon Cristobal Sanchez

✠

Business Office
Miss Kathleen Weston
Pastoral Business Associate

Music Ministry
Mr. Petkov, Director

Faith Formation
Mrs. Stuhlinger, Coordinator
Mr. Cacao,
Associate Coordinator
(516) 546-1057

Rite of Christian Initiation of Adults (RCIA)
Mr. Cacao, Coordinator
(516) 546-1057

Human Services / Thrift Shop
Mrs. Sullivan, Director
(516) 868-8289

Mon Tue Thurs 10AM-1:30PM
Sat. 11AM-3PM

Sacramental Life

Mass Schedule

Saturday	Sunday	Weekday
9: 00 AM	7:00 AM ✠ 8:00 AM (Sp.)	Monday – Friday:
5:00 PM	9:30 AM ✠ 11:30 AM	7:30 AM ✠ 12:10 PM
7:00 PM (Sp.)	1:30 PM (Sp.) ✠ 5:00 PM	Wed.: 7:00 PM (Sp.)
		First Fri.: 7:00 PM (Sp.)

Sundays in Summer: Mass on the Waterfront at 10:00 AM

Baptism
Every 2nd & 4th Sunday of the Month at 3:00 PM

Confession/Penance/Reconciliation
Saturday: 1:30 PM - 2:30 PM
Wednesday: 6:30 PM - 7:00 PM
Friday: 4:00 PM - 5:00 PM or by appointment.

Matrimony
Marriages MUST be arranged at least six months in advance.
Please call one of our Priests at the Rectory to make an appointment.

✠ ✠ ✠ ✠ ✠ ✠ ✠ ✠ ✠ ✠ ✠ ✠ ✠ ✠ ✠ ✠

Parish Trustees
Miss Jane Dengel
Mr. Manolo Rodriguez

Finance Committee Chairperson
Mr. Charles Shields III

March 3, 2024, III Sunday of Lent

✠

Devotions
Divine Mercy Chaplet
Every Friday after the 12:10 PM Mass

Miraculous Medal Novena
Every Saturday after the 9:00 AM Mass

✠

Societies
Legion of Mary
Sheila Walsh
(516) 379-9028

Nocturnal Adoration Society
Jane Dengel
(516) 379-2331

✠

Organizations
Catholic Daughters of the Americas
Cathy Cavanagh, Regent
(516) 314-3494

Emmaus Group
Nieves Espinal
(516) 884-2545

Juan Carlos Tejeda
(516) 404-4087

Knights of Columbus
Paul Doyle, Grand Knight
(516) 581-9188

Society of St. Vincent de Paul
Reynaldo F. Marine, President
(516) 378-0665

Rosary Makers
Diana Maza
(516) 581-7103

Rectory Office Hours
Monday – Friday
9:00 AM to 12:00 PM
1:00 PM to 5:00 PM
(516) 378-0665

Faith and the Holy Sacrifice of the Mass

Offerings for the Week of Monday, March 4

Masses

Monday, March 4
7:30am Intentions of Vignette Francis
12:10pm † Filippo Carollo

Tuesday, March 5
7:30am Intentions of Paul Doyle & Family
12:10pm † Walter Barth Sr.

Wednesday, March 6
7:30am Intentions of Jack Impellizeri & Maria Keena
12:10pm Intentions of Maria Keena
7:00pm † Jorge Miranda

Thursday, March 7
7:30am † Junni Rojas
12:10pm † Roseanne Moore
7:30pm Saint Thomas Aquinas Latin Holy Mass

Friday, March 8 (Abstinence)
7:30am † Angelo Muniz
12:10pm † Mary Brown
7:30pm Stations of the Cross
8:30pm Stations of the Cross (Spanish)

Saturday, March 9
9:00am † Peggy Barth
5:00pm † Al Rosati
7:00pm † Reynaldo Antonio Torres

Sunday, March 10, FOURTH SUNDAY OF LENT
7:00am † James Blaney
8:00am † Deceased Members of Holy Name Society
9:30am Parishioners of Our Holy Redeemer/Freeport
11:30am † Antonia Villanueva
1:30pm † Yunni Rojas; † Frances Tarentino; & † Javier Antonio Altamirano Baez
5:00pm Priest's Intention

Readings for March 10, 2024
Fourth Sunday of Lent

1st Reading
2 Chronicles 36:14-16, 19-23

Responsorial Psalm
Psalm 137

2nd Reading
Ephesians 2:4-10

Gospel
Saint John 3:14-21

Monthly Anointing of the Sick

EVERY FIRST SUNDAY
At the end of the 5 PM Mass

Faith and Holy Matrimony
Banns of Marriage

None

Bread & Wine	Sanctuary Candles
None Requested	None Requested
† Holy Mass Intentions are available, please visit the rectory.	Tabernacle Flowers
† Para intenciones de Santa Misa, por favor, visite la rectoría.	None Requested

Please remember the following individual(s) at the Altar of Our Holy Redeemer:

Name: _____ ☐ **Living** ☐ **Deceased**

Offering: ☐**Bread & Wine ($40.00)** ☐**Sanctuary Candles ($33.00)** ☐**Tabernacle Flowers: $60.00 ($30.00 Each)**

Week of Date: _____

Amount Submitted: _____ ☐ **Cash** ☐ **Check #:** _____

Offered By: (Name): _____

Address: _____ **Telephone:** _____

+ FAITH AND PRAYER +

Please continue to say your prayers for the following members of our Armed Forces:

Sgt. Benjamin Bonifacio, Cody Bonora, William J. Busch, Colin Byrne, Melissa Castillo, Lt. Frank Chavez, Anthony Costante, Sgt. Joseph Courtien, Tyler Daly, Juan Diaz, Sr. Medical Admin. Jennifer Dengel, Maureen Douglas, Gaven Doyle, Timothy Duffy, Ryan Dugan, Katelyn Ann Foster, RN, Joseph Gelling, Jr., Michael George Gonzalez, Jean Gurnwald, Susana Ladino, Corp. Gaelan Lynch, Sgt. Ramon Marrero, Lorraine Martin, PO 1st Class Matthew Martin, Pvt. Jack McKnight, John Mediate, Sgt. Kelvin O. Melara, Jose Molina, Jr., Airman 1st Class Jerome Miles, Cmdr. Colleen Minihan, Maj. Paul Minihan, Sargent William Mugno, CPO Floyd A. Rivera, Seaman Miguel Rodríguez, Raúl Rodríguez, Sgt. Sammy Rodríguez, Benjamin Rhodes, Edwin Sandoval, Doug Schambert, Paul Seiden, Luis Sic, Pvt. 1st Class Ashley Sumner, Sr. Airman Daniel C. Swensen, Lt. Col. David Talafuse, Lt. Col. John Talafuse, Maj. Thomas Talafuse, Corp. Daniel Vargas, Anthony Williams, Sgt. Maj. Lynroy Williams,

Please Pray for

Lorraine Avitabile, Anne Bouchereau, Daniel Arce, Gloria Arce, Kathleen Burnham, Maureen Carl, Thomas Cozzeto, Marie Dimanche, Paul Doyle, Carol Estrema, Paul Fitzgerald, Kathy & Doug Fitzsimons, Amelia de la Fuente, Richard Feramisco, Yokasta Gonzalez, Xavier Gregg (child), Carla Griggs, Jean Grunwald, Dora Guerrero, Jamal Hamilton, Omari Harrison, Evelyn Hernandez, Jonathan Hernandez, Juan Hernandez, Michael Holian, Baby Madeleine Hoover, Brian Lamb, Brian Liranzo, Rafael Lopez, Ana Miranda Maldonado, Jose Martinez, Marta Martinez, Milton Martinez, Violeta Martínez, Linda Mcintosh Margaret Nadeau, Clem Neville, Geraldine Neville, Mary Nugent, Samson G Paul, Ann Pereira, Mark Petrasek, Cathy Pomerico, Willy Ramos, Eviana Rose, Diane Rougier, Andres Sabando, Jonathan Sabando, Scott Stuhlinger, Donald Suchan, Anna Taglieri, James Taylor, Angelo Termini, Charlie Termini, Marybeth Termini, Vinnie Termini, Ana Tineo, Brendan Turner, Eileen Turner, Julianne Valot, Elaine Verity, Mary Walsh, Kasey White, Lillian Wickman, Hope Wilson Mann and family, Mario Yotaeri, Melissa Young, all our sick brothers and sisters.

Please call the Rectory
if anyone is in serious need of prayers.
The names will remain
our prayer list for four weeks.

Thank you.

Please Pray for Our Beloved Deceased:

Faustino A. De La Rosa

Please help Venerable Anthony Vincent Gallo join the ranks of the Canonized Saints

Pray for a Miracle

for a suffering person through the intercession of the

Venerable Father Anthony Vincent Gallo

Diocesan Priest, Oblate of the Congregation of the Priests of the Sacred Heart

Montforte Irpino, 11 January 1899 – 2 May 1934

For more information please visit: ***www.fathergallo.com***

FAITH AND EDUCATION

SCHOOL'S IN: DRIVE CAREFULLY (both on and off the road)

NEWS FROM THE DE LA SALLE SCHOOL (516) 379-8660

The De La Salle School—Catholic Lasallian School for young men *Grades 5-8*

I would to share a popular saying with you, "In like a lion, out like a lamb". This is a saying which many teachers use during the month of March.

Teachers use this saying to explain to their students that when the month of March begins, it starts off with harsh weather conditions, hence, it is compared to the roaring of a lion. Then by the end of the month spring has begun, and the month ends with mild weather conditions, and so it is compared to a gentle lamb.

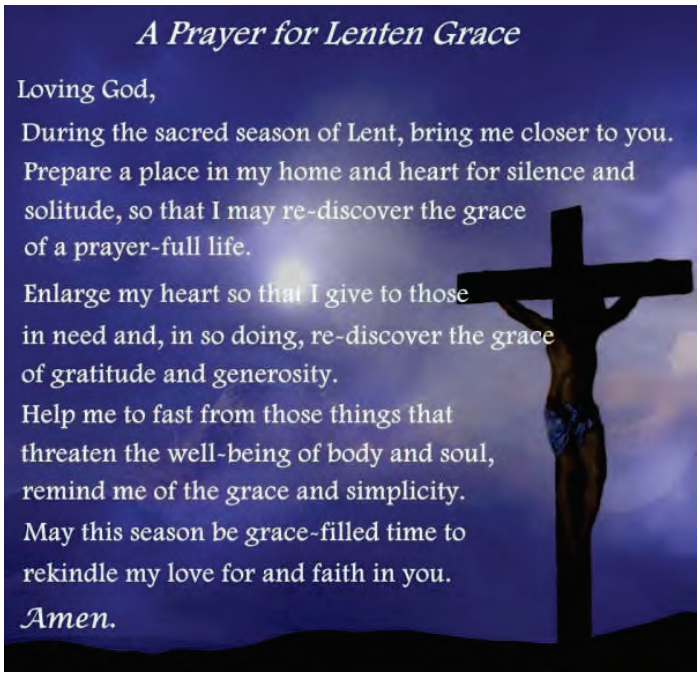
As we begin the month of March, we ask God to help us live out this saying. That we may begin this month with the strength of a lion as we turn towards God with fervor, and that we may end the month with God's gentle peace in our hearts as we prepare for his resurrection.

The De La Salle School prays that God's love will give the Our Holy Redeemer parish strength and peace during the Lenten season.

Roxanna De Peña-Elder

Our Holy Redeemer Faith Formation

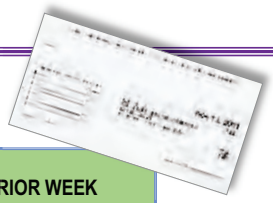
Lent is a time of
Fasting
Praying
Almsgiving



Joanne Stuhlinger, Coordinator

Faith and Finances

Offertory Totals



Mass	First Offering Feb.17/18, 2024	First Offering Feb.10/11, 2024	Current week envelopes	Prior week envelopes
Automated Giving	$ 968.25	$ 890.37	29	29
Prior to Sunday	$ 1,354.00	$ 892.00	26	28
5:00 pm	$ 880.00	$ 1,411.00	17	25
7:00 pm	$ 1,194.00	$ 1,396.00	5	12
7:00 am	$ 1,380.00	$ 1,072.00	22	26
8:00 am	$ 1,775.00	$ 1,736.00	19	17
9:30 am	$ 963.00	$ 1,491.00	25	37
11:30 am	$ 1,406.00	$ 1,120.00	31	21
1:30 pm	$ 2,646.00	$ 2,388.00	25	19
5:00 pm	$ 851.00	$ 784.00	11	21
Total	**$12,449.00**	**$13,180.37**	**210**	**235**

NEW 2024 CMA

100% of every dollar raised is treated as **restricted**; to be used ONLY for the ministries of the Catholic Ministry Appeal.

These ministries include: **parish outreach programs**; Respect Life; **Vocations**: If we reach our goal we will receive a rebate of up to 80% over goal we go!!

2024 Eucharistic Revival Check out the following:

FORMED

Monthly Adoration/Holy Hour Last Sunday of every month at 8:00pm

2024 Mass Book is now opened. Please come to the rectory to have your intentions prayed for!

Deacon's Corner

"The zeal for your house will consume me." (See Saint John 2:13-25) In today's Gospel we see Jesus in action. He cleanses the House of His Father from those who made the Temple a marketplace. We need to understand what was happening in order to understand this dynamic. The sellers of oxen, sheep and doves were making an exorbitant profit from the pilgrims that would come to Jerusalem to make a sacrifice at the temple. In addition to that, the moneychangers were using unfair rates to change money to temple coins. The people were being hurt by all of this. Jesus' zeal for the house of his father does not allow Him to remain passive. He acts and he cleanses the temple. How about us today? Do we feel like Jesus when it comes to help and protect the people of God? This defiant act of Jesus no doubt contributed to the animosity the ruling class felt against him and eventually to His death. But let us not forget the ultimate outcome: Resurrection! We too may be hurt in the process of helping and or standing up for God's people. We may raise animosity against ourselves but let us not lose from mind the ultimate outcome – Resurrection!

Deacon Cris

El Rincón del Diácono

"El celo de tu casa me devora." (Vea San Juan 2:13-25) En el Evangelio de hoy vemos a Jesús en acción. El limpia la casa de Su padre de los que estaban convirtiendo el templo en un mercado. Necesitamos entender lo que estaba sucediendo para comprender el dinamismo. Los vendedores de bueyes, ovejas y palomas y los cambistas de dinero estaban haciendo una ganancia exorbitante a costa de los peregrinos que viajaban a Jerusalén para llevar un sacrificio al templo. El pueblo estaba sufriendo debido a esto. El celo de Jesús por la casa de su padre no le permite permanecer pasivo. Entra en acción y limpia el templo. ¿Qué hay de nosotros hoy? ¿Nos sentimos como Jesús en lo que toca a proteger el pueblo de Dios? El acto desafiante de Jesús sin duda contribuyó a la animosidad que la clase gobernante sentía contra él y eventualmente a su muerte. Pero no debemos olvidar el resultado final: ¡Resurrección! Quizás nosotros también seamos perjudicados en el proceso de ayudar al pueblo de Dios. Quizás nos ganemos la animosidad de otros. Pero no perdamos de vista el resultado final--¡Resurrección!

Diácono Cris

OHR

Pastor's Message

From Father Cedrick Pisegna

Examination of Conscience

A person's conscience is our most secret core and our sanctuary. There we are alone with God whose voice echoes in our depths. (*Catechism* #1776)

The Spiritual and moral life is about going forward, moving and growing. As you examine your heart, your conscience, are there any areas where you feel stuck or are even going backwards? You must confront and confess these issues in order to move. In addition, you must be honest enough to try to get to the roots. As you surrender your issues and sins to the Lord, you can *trust God* for mercy, gentleness and healing.

Some issues to think about:

1) **Anger**: Are you angry with others, circumstances, self or God? Is there bitterness, resentment and non-forgiveness in your heart? Do you manage your anger by "exploding" or "imploding"? Possible roots of anger are: Perfectionism, grasping for control, unrealistic expectations, family of origin.
2) **Relationships**: Is there someone you need to forgive? Can you ask for the courage to pray for them now? Is there someone you need to confront about their behavior? Ask for the courage to do so and to do it in a non-threatening way. Are you striving to love the irritating and "unlovely" people in your life? Or do you just avoid them?
3) **Codependency**: Do you allow the behaviors and emotions of others to control and manipulate you? Are you a people pleaser and live in fear of what others think all the time? Do you stand up for yourself? Are you true to yourself? Roots: insecurity, fear of rejection.
4) **Idols**: What "catches" your eye in life? Is it out of balance shopping, T.V., excessive Internet, gambling, food, drinking, sex, travel, sports, or work? Are you impulsive, compulsive, obsessive and out of control in any of these areas? What would being in balance mean in these areas? Roots: Low self-image/body image, boredom, lack of control, frustration with life, loneliness, self-sabotage. The need to escape from external and/or internal pain.
5) **Gossip**: Do you build relationships with others based on ungodly talk and slander? Control? Manipulation? Possible roots are the need for acceptance and approval from others. Belittling others to make yourself feel more important. Insecurity.
6) **Lust**: Do you watch programs on T.V., explore the Internet or read books that are inappropriate? Does this lead to unwanted behaviors? Possible roots: Longing for God shifted to lust. Lack of contentment stemming from the need for excitement. Lack of self-control and immaturity. Simple rebelliousness and flippant disregard.
7) **Laziness**: Are you lazy in areas of personal health, relationships, work, and seeking God? Roots: Lack of self-control and discipline, immaturity, low self-esteem, selfishness, lack of integrity.
8) **Pride**: Exaggerated self-importance. Are you stubborn, controlling, insensitive, cynical, contentious, opinionated and slow to say you were wrong? Do you judge others harshly simply by appearance? Pride denies and hides issues. It has a need to always be right. Humility admits, confronts and confesses. Roots: "I" Selfishness, negative self-image, fear and insecurity.
9) **Anything else?** Is there any other area that you need to confront and look at in order to experience healing, forgiveness and go forward? Look at your relationship with God, others and self. Try to think not just about your issues, but possible roots. God Bless you as you confront, face your pain, confess and move *forward!!*

MINISTRY OF Consolation

WE ARE LOOKING FOR PEOPLE WHO WILL DEDICATE THEMSELVES TO ASSISTING THOSE WHO GRIEVE

"Comfort, give comfort to my people, says our God."
Isaiah 40:1

To offer consolation is one of the most important ways to care. Life is so full of pain, sadness and loneliness that we often wonder what we can do to alleviate the immense suffering we see. We can and must offer consolation. To console does not mean to take away the pain, but rather to be there and say, "You are not alone, I am with you." We all need to give consolation as well as to receive it.

- Henri Nouwen

Be a blessing to someone grieving the loss of a loved one. The blessings you receive are beyond your imagination.

Our Holy Redeemer offers comfort to those who mourn through our Ministry of Consolation. Members who serve as companions help guide recently bereaved families through the planning and celebration of the funeral Mass for their loved one. They sometimes serve as greeters at the Mass. Volunteers in the Ministry of Consolation are known for their compassion and we are grateful for their service to our faith community.
If you feel called to this ministry, we will provide training.
For more information, please contact Deacon Bruce Burnham at (516) 943-8306 or email deacon119@aol.com

OUR HOLY REDEEMER MONDAY NIGHT LENTEN MISSIONS

"GOD IS CALLING US TO"

MONDAY MARCH 4, 2024 7:00 PM

"GOD IS CALLING US TO" THE SPIRITUAL DISCIPLINES WE DIDN'T CHOOSE
DEACON BRUCE BURNHAM

MONDAY MARCH 11, 2024 7:00 PM

"GOD IS CALLING US TO"

LISTEN, TO SEE, AND TO DO
DEACON CRIS SANCHEZ

MONDAY MARCH 18, 2024 7:00 PM

"GOD IS CALLING US TO" RECONCILIATION.
PENANCE SERVICE.
FR. CRIS NOWAK

From the Pastor's Desk

Dear Parishioners: Our Holy Redeemer Parish needs a volunteer to fill in a Receptionist position, The volunteer will be trained by Kathleen Weston, our Business Manager. Please, if you, or if you know of a serious candidate for this position, please call me at the parish office.

Blessings, Fr. Christopher Nowak, Pastor

Job Description: Volunteer – Receptionist

Hours: 9:00 a.m. – 12:00 p.m. / Afternoon Hours

Reports to: Pastor and Pastoral Business Associate

Summary of Position:

- Good communications, phone skills
- Organized.
- Time management skills.
- Computer and letter writing skills a plus.

Some Responsibilities:

- Answer phones, and direct calls or messages to correct parties.
- Answer door, field inquiries.
- Distribute group keys, field calls from groups to confirm or cancel a meeting. Take in room requests.
- Adoration chapel key application, copies, and fees.

HELP SUPPORT OUR HOLY REDEEMER PARISH

Although it's not operating as a Parish School anymore,

we still have maintenance and operating costs for the building.

PLEASE HELP SUPPORT OUR HOLY REDEEMER PARISH BY USING THE TEAROFF BELOW TO BUY A RAFFLE TICKET.

AYUDE A APOYAR A NUESTRA PARROQUIA DEL SANTO REDENTOR

Aunque ya no funciona como una Escuela Parroquial,

todavía tenemos costos de mantenimiento y operación para el edificio.

POR FAVOR, AYUDE A APOYAR A NUESTRA PARROQUIA DEL SANTO REDENTOR UTILIZANDO EL DESENLACE A CONTINUACIÓN PARA COMPRAR UN BOLETO DE RIFA.

✂ _____

Please tear off and drop in the collection basket or drop off at the rectory./

Por favor, arranque y deje caer en la canasta de recolección o deje en la rectoría.

Name/Nombre: _____

Address/Dirección:_____

Telephone Number/Número de teléfono: _____

For rectory use only/ Solo para uso de Rectoría: Ticket#/Boleto#: _____

Amount/ Importe: _____ **Cash or Check/ Efectivo o cheque:** _____

MASSES AVAILABLE FEBRUARY 2024

Sunday, March 3:	11:30am
Wednesday, March 13:	7:00pm
Saturday, March 16:	5:00pm
Tuesday, March 19:	12:10pm
Wednesday, March 20:	7:30am
Thursday, March 21:	7:30am
Friday, March 22:	7:30am & 12:10am
Saturday, March 23:	7:00pm
Sunday, March 24:	1:30pm
Wednesday, March 27:	7:00pm
Easter Sunday, March 31:	8:00am
Wednesday, April 3:	7:00pm
Sunday, April 7:	8:00am, & 11:30am

Eucharistic Revival Events:

Join us for these two events.

7:00P.M. to 8:00P.M. in Our Holy Redeemer Church

Monday and Tuesday

April 22nd and 23rd , 2024

Bishop Andrzej

A blessing to have him back!

EUCHARIST

The Sacrament of Life and Love

There will be a Q & A session in the Lower Church after the Tuesday, April 23rd session.

Monday and Tuesday

May 6th and 7th, 2024

Monsignor John J. Strynkowski

(author; former rectory of the Immaculate Conception Seminary, Huntington; former executive director at the USCCB in Washington, DC)

Will give a lecture presentation on the Eucharist!

There will be a prayer service and adoration.

Coffee and Bread
available in the lower church

Come and break bread with
your fellow parishioners
every Sunday
8:00 A.M. to 3:30 P.M.

Café y Pan
Disponible en el sótano de la iglesia

Ven y parte el pan con tus compañeros feligreses
Todos los Domingos de
8:00 A.M. a 3:30 P.M.

Coffee Fellowship Committee/Comité de Compañerismo de Café

Purgatorial Society Remembrances March 2024

Bishop Paul H. Walsh

Msgr. Donald T. Bennett

Rev. Msgr. James M. McDonald

Albert Chimeri
Albert Stoessel
Andrew Stoessel
Doug Fitzsimmons
Ernest Stoessel, Sr.
Ernest Stoessel
Geraldine King
George Fischer
George Turner, Jr.
George P. Brown
Henry Dengel
Herbert Roland Ramirez
Janene M. Suchan
Jean Dengel
John J. Keegan
Joseph Keegan
Justin Michael Perez

Pray for us, O Holy Mother of God.

Laura Ann Marchese
Maria Keegan
Marie V. Weiss
Mark Kojamanian
Mary Brown
Patrick Keegan
Rose Stoessel
Sara Aglim Gelling
Thomas Keegan
Thomas J. Suchan
Silas Rosales
William E. Suchan, Jr.
William R. Suchan

Each month all names submitted and received in time will be prayed for at Mass. In addition, the names will be proclaimed on the last 9am Saturday Mass of the month.

All names received by April 25, 2024 will be enrolled for March 2024.
The donation is $20 per name
Please print clearly

Name to be enrolled:_____

Your name:_____

Sung Mass
Transitus of Saint Thomas Aquinas, Doctor of the Church
750th Anniversary of His Death & Special Jubilee Year

Thursday, March 7, 2024
7:30 P.M.

Misa Cantada
Transitus de Santo Tomás de Aquino, Doctor de la Iglesia
Aniversario 750° de su Muerte & Año Jubilar

Jueves, 7 marzo 2024
7:30 P.M.

Our Holy Redeemer Roman Catholic Church | 37 South Ocean Avenue, Freeport, NY 11520

NATIONAL Eucharistic Revival

Jesus and the Eucharist: A Small Group Series for Eucharistic Revival for Bulletins

Dear Parishioners,
As we continue this year of Eucharistic Revival, we would like to invite you to grow closer to Jesus alongside fellow parishioners through the Jesus and the Eucharist study. This study was specifically designed for this Year of Parish Revival, and we will be joining many other parishes throughout the United States in participating in this small group study as we journey together through this three-year National Eucharistic Revival.
Each session is full of rich theological content, powerful testimonies, and unique and timely messages from individual bishops across the country. This is a great opportunity to dive more deeply into the richness of our Eucharistic faith.
This study will be a special time to grow in community within our parish as we walk this sacred year together, and we really desire you to join us.
Please join us on Mondays, 25 March; 15 April; 29 April; 20 May; 3 June; 17 June; & 24 June 2024, at 7:30 P.M. in the lower church at Our Holy Redeemer R. C. Church 37 South Ocean Avenue Freeport, New York 11520.
Hospitality will be provided, and we hope to see you there! (Please RSVP at 516-378-0665 Ext 117 by 19 March)
Father Christopher Nowak

Jesús y la Eucaristía: Una serie para grupos pequeños para el Avivamiento Eucarístico Ejemplar de muestra para los boletines

Queridos feligreses,
Al continuar este año de Avivamiento Eucarístico, nos gustaría invitarlos a acercarse más cerca a Jesús junto a otros feligreses a través del estudio “Jesús y la Eucaristía”. Este estudio se diseñó específicamente para este Año del Avivamiento Parroquial, y nos uniremos a muchas otras parroquias de todo Estados Unidos para participar en este estudio en pequeños grupos mientras recorremos juntos este Avivamiento Eucarístico Nacional de tres años de duración.
Cada sesión está repleta de rico contenido teológico, poderosos testimonios y mensajes únicos y oportunos de obispos individuales de todo el país. Es una gran oportunidad para profundizar en la riqueza de nuestra fe eucarística.
Este estudio será un momento especial para crecer en comunidad dentro de nuestra parroquia mientras caminamos juntos este año sagrado, y realmente deseamos que te unas a nosotros.
Únete a nosotros los miércoles, 13 de marzo; 20 de marzo; 3 de abril; 10 de abril; 17 de abril; 15 de mayo; 22 de mayo 2024, después de la Santa Misa de 7:00 P.M. en el sótano de la iglesia de Nuestro Santo Redentor, 37 South Ocean Avenue Freeport, New York 11520.
Se ofrecerá hospitalidad, ¡y esperamos verte allí! (Favor llame al 516-378-0665 Ext 117 antes de 8 marzo)
Padre Christopher Nowak

Not A Marketplace

Since the Passover of the Jews was near, Jesus went up to Jerusalem. He found in the temple area those who sold oxen, sheep, and doves, as well as the money changers seated there. He made a whip out of cords and drove them all out of the temple area, with the sheep and oxen, and spilled the coins of the money changers and overturned their tables, and to those who sold doves He said, "Take these out of here, and stop making My Father's house a marketplace." … At this the Jews answered and said to Him, "What sign can You show us for doing this?" Jesus answered and said to them, "Destroy this temple and in three days I will raise it up." The Jews said, "This temple has been under construction for forty-six years, and You will raise it up in three days?" But He was speaking about the temple of His body.

Saint John II: 13-21

Directions: Find the words below from today's Scripture reading in the puzzle. Words can go horizontally, vertically, and diagonally in all directions (as shown).

ANSWERED	MARKETPLACE
BELIEVE	MONEY
CHANGERS	OVERTURNED
COINS	OXEN
CONSTRUCTION	~~RAISE~~
CORDS	RECALLED
DAYS	REMEMBERED
DESTROY	SCRIPTURE
DISCIPLES	SEATED
DOVES	SHEEP
DROVE	TABLES
FOUND	TEMPLE
HOUSE	THREE
JESUS	WHIP

D	E	V	E	I	L	E	B	N	R	I	C	Y	G	D
E	E	Q	Y	W	L	S	T	E	Y	O	X	P	K	E
V	J	N	H	O	E	W	C	A	N	S	E	R	O	R
C	K	I	R	L	R	A	A	S	T	E	M	P	L	E
H	P	C	B	U	L	T	T	N	H	D	C	H	S	B
A	E	A	O	L	T	R	S	S	S	O	A	U	T	M
N	T	V	E	I	U	R	E	E	R	W	O	Y	S	E
G	D	D	O	C	N	L	E	D	D	H	E	T	S	M
E	N	E	T	R	P	S	S	V	Y	D	Y	R	D	E
R	U	I	L	I	D	S	E	V	O	D	N	I	E	R
S	O	E	C	A	L	P	T	E	K	R	A	M	T	D
N	F	S	C	R	I	P	T	U	R	E	O	O	A	S
H	I	Y	Q	M	I	J	E	S	U	S	X	N	E	Z
D	E	S	I	A	R	T	H	R	E	E	E	E	S	F
Y	R	H	R	O	T	D	T	Q	Y	N	N	Y	D	I

Look What's Coming During
Mira lo que está pasando esta Cuaresma

Sunday March 3, 2024, Lenten Bread and Soup Supper
(Sponsored by Jóvenes Adultos/ Teenage Youth Group)
Domingo 3 de Marzo 2024, Cena de Pan y Sopa de Cuaresma
(Patrocinado por Jóvenes Adultos/ Teenage Youth Group)
(After 1:30 P.M. Mass in the Lower Church)
(Después de la Misa de las 1:30 P.M. en la Iglesia del sótano)

Sunday March 10, 2024, Lenten Bread and Soup Supper
(Sponsored by Eucharistic Ministers of Holy Communion)
Domingo 10 de Marzo 2024, Cena de Pan y Sopa de Cuaresma
(Patrocinado por los Ministros Eucarísticos de la Sagrada Comunión)
(After 11:30 A.M. Mass in the Lower Church)
(Después de la Misa de las 11:30 A.M. en la Iglesia del sótano)

Sunday March 10, 2024, Lenten Bread and Soup Supper
(Sponsored by Santo Redentor)
Domingo 10 de Marzo 2024, Cena de Pan y Sopa de Cuaresma
(Patrocinado por Santo Redentor)
(After 1:30 P.M. Mass in the Lower Church)
(Después de la Misa de las 1:30 P.M. en la Iglesia del sótano)

Sunday March 17, 2024, Lenten Bread and Soup Supper
(Sponsored by Cristo Vive)
Domingo 17 de Marzo 2024, Cena de Pan y Sopa de Cuaresma
(Patrocinado por Cristo Vive)
(After 1:30 P.M. Mass in the Lower Church)
(Después de la Misa de las 1:30 P.M. en la Iglesia del sótano)

Our Holy Redeemer R. C. Church/Iglesia R.C. de Nuestro Santo Redentor
37 South Ocean Avenue Freeport, New York 11520

"He will Baptize you with the Holy Spirit and fire."
(Matthew 3:11)

Are you ready to be refreshed?

Holy Spirit Seminar

We all need to imitate Jesus, and this happens when the Holy Spirit comes alive in us. Adults and young adults (14+) are invited to come and receive a new release of the Spirit's presence in their lives.

TIME: 7:00 p.m.
DATES: April 4, 11, 18, 25
April 27 (Retreat Day)
May 2, 9, 16
WHERE: Lower Meeting Room, Our Holy Redeemer Church

Please register by returning the below form either to the Rectory; in the collection basket; or by contacting
Carolyn Jimenez at 516.849.6030 or Carolyn Terzulli at 516.633.4990

Holy Spirit Seminar Registration Form

Name: _____

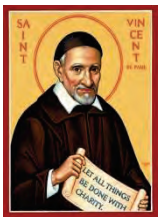
Phone: _____

Email: _____

Dear Parishioners of OUR HOLY REDEEMER:

Fr Frank Addey, the Hospital Chaplin who is in residence with us here at OHR and very much involved with the faith life and liturgical life of our parish, would like to make an appeal. We have great needs here, yet Ghana is such a poor country. If you would like to make a donation, please bring it to the Parish Office marked: Diocese of Koforidua. Thank You, Fr Chris Nowak

This is St Stephen Catholic Church, Nkurakan, in the Eastern Region of Ghana in the diocese of Koforidua, Ghana. Due to an increase in membership, the parish decided to embark on the expansion of the church by extending the wings and reworking the sanctuary. They were on course to realize this dream when COVID-19 hit and got stalled and not able to mobilize the necessary resources to complete the project. The parish needs financial resources to finish the fixing of the windows, the pews, the ceiling, electrical installations, and interior decoration to befit a sacred place of worship. It is in this light that I appeal for financial assistance to help complete this project. This is my home church, where I received my infant baptism, and first Holy Communion, and celebrated my First Thanksgiving Mass as a priest of the Holy Roman Catholic church on August 28, 2010. Thanks. Fr Frank Addey



The Freeport Conference of Saint Vincent de Paul

The St. Vincent de Paul Society is a Catholic lay organization that directly helps our neighbors in need. It is a person-to-person ministry of encounter that tries to see the face of Christ in the faces of those who are suffering financial hardship. It is a Gospel response to assist our brothers and sisters through the Corporal and Spiritual Works of Mercy.

Please call the Rectory and leave your name if you would like to help with this work.

Please Come Home and Pray with

The Legion of Mary

The worldwide Legion of Mary has been called "a miracle of these modern times."

The Legion of Mary is an association of Catholic laity who serve the Church on a volunteer basis. Today, between active and auxiliary (praying) members, there are more than 10 million worldwide, making it the LARGEST apostolic organization of lay people in the Catholic Church!!!
PLEASE JOIN US

For more information, please call

Sheila Walsh at (516) 379-9028

Knights "Korner"

Archbishop Molloy Council #1974

If you would like to be a part of an international organization of more than 1.8 million Catholic men whose principal work involves helping others in need, then we would like to meet you and invite you to join us. For more information, please call

Paul Doyle, Grand Knight
@ 516 581-9188

The Catholic Daughters of the Americas

There is a great group of women who have been meeting here in the Parish for more than 80 years The Catholic Daughters of the Americas is a way for all women to enhance their spiritual and emotional growth. We are open to all Catholic women 18 years and older. We are ready to restart our meetings on the 2nd Monday every month from 7-9 pm in the church basement. For more information, please contact

Cathy Cavanagh, Regent
@ 516-314-3494

El Ministerio de los niños, Ángeles de la Virgen del Rosario

Lo invita a Ud. padre de familia a ingresar a su hijo a participar en el Coro de los niños y cantar las alabanzas en la Misa que como Ministerio les corresponde; en hacer el Rezo del Santo Rosario; en proclamar la palabra; en celebrar las Posadas y en muchas actividades parroquiales. Su niño debe tener 6 años de edad para su ingreso. Para más información puede comunicarse con hermanas Damaris Salcedo 516 225-7945 y Dinora Sánchez 516 457-4680, quienes con mucho gusto le atenderemos y les daremos más información. ¡Que el Señor les bendiga!

El Grupo Señor de las Misericordias

Esperamos comenzar a reunirnos pronto. De modo que estén al tanto De un anuncio oficial en un Boletín muy próximo. Estamos muy ansiosos de volver a reunirnos con todos ustedes.

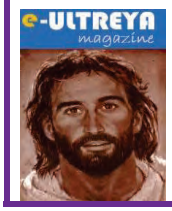
Grupo de Jóvenes Adultos Creciendo en Cristo

Estamos muy deseosos de volver a reunirnos con todos ustedes. Para más información: Estén al tanto de próximos anuncios en el Boletín. Pueden llamar a Armando Vásquez al (516) 590-5403

Grupo Santo Redentor

El Grupo de Oración Carismático Santo Redentor se reúne todos los martes de cada mes, de 6:30 PM a 9:00 de la noche.

Para más información por favor llame a la coordinadora del grupo: Angela Barillas. 516-943-8137.



Ultreya

Nos reunimos todos los miércoles a las 7:30 de la noche en el sótano de la Escuela. Para más información comuníquese con nuestra vocal: Blanca Peralta al 516-1325-3487.

Lecturas para el 10 de Marzo de 2024

IV Domingo de Cuaresma

Primera Lectura: 2 Crónicas 36, 14-16. 19-23

Salmo Responsorial: Salmo 136

Segunda Lectura: Efesios 2:4-10

Evangelio: San Juan 3, 14-21

¿Le gustaría servir en el Ministerio de Hospitalidad de la Iglesia?

Lo invistamos a unirse a nuestro grupo. Si desea más información, por favor, llame a Carlos Portillo al 516-849-4568 o a Elmer Vásquez 516-395-7389.

¡Urgente Llamado a los Monaguillos!

¿Te gustaría ayudar a servir en el altar? ¿Por qué no unirte al creciente grupo de jóvenes que ayudan al Sacerdote en nuestro Altar? Si estás interesado, y tus padres están de acuerdo, llama al Padre Carlos al 516-378-0665. Si él no está disponible, déjale un recado con tu nombre y teléfono y él o un delegado te llamará. El primer paso es recibir instrucción para que sepas lo que tienes que hacer y las primeras veces que sirves te acompañará otro servidor con experiencia que te ayudará a hacer lo que debes hacer. De modo, que ¡manos a la obra!

El Grupo Carismático Cristo Vive se reúne todos los domingos de 6:30 PM a 9:00 PM. Si tiene preguntas, llame al Coordinador: José Flores (516) 902-2419

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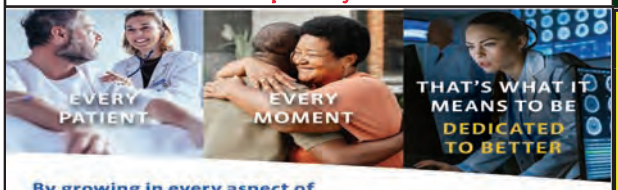

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Long Island Coalition for Life Educational Trust
Pro-life Resources, Post-Abortion Healing Information
ProLifeLI.org or 631.243.1435

Pregnancy options: 631-243-0066 (24/7)
AAAPregnancyOptions.org

BABY'S LIFE BEFORE BIRTH

- My heart is beating at 18 to 25 days.
- The foundation for my nervous system is in place at 20 days.
- My skeleton is complete at 42 days and I have reflexes.
- My brain waves can be detected as early as 43 days.
- At 8 weeks my brain and all body systems are present and I look like a miniature doll.
- During weeks 9 and 10 I squint, swallow and can make a fist.
- By the 11th and 12th weeks I am moving my arms and legs, sucking my thumb and breathing amniotic fluid. All my systems are working.
- My movements by 16 weeks are quite active and I can be seen performing somersaults on ultrasound but am not yet felt by my mother.
- From the 3rd month on nothing new develops. I continue to grow in size and by 20 weeks I have hair on my head, weigh 1 pound and am 12 inches tall.

CHOOSE LIFE!

For confidential assistance with your pregnancy and for information about alternatives to abortion, please call:

- **Birthright: (516) 785-4070** www.birthright.org
- **The Life Center: (516) 408-6300** www.aaapregnancyoptions.org
- **Momma's House: (516) 781-8637** www.mommashouse.org
- **Regina's Residence: (516) 223-7888** www.catholicharities.cc/reginasresidence