

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

X

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

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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

9: 00 AM 5:00 PM 7:00 PM (Sp.)

Sunday

7:00 AM & 8:00 AM (Sp.) 9:30 AM & 11:30 AM 1:30 PM (Sp.) & 5:00 PM

Weekday

Monday – Friday: 7:30 AM № 12:10 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

SCONFESSION/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.

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

S PARISH TRUSTEES &

Miss Jane Dengel Mr. Manolo Rodriguez

FINANCE COMMITTEE CHAIRPERSON

Mr. Charles Shields III

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DEVOTIONS

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

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

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SOCIETIES

Legion of Mary Sheila Walsh (516) 379-9028

Nocturnal Adoration Society
Jane Dengel
(516) 379-2331

X

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

March 10, 2024, IV Sunday of Lent

FAITH AND THE HOLY SACRIFICE OF THE MASS

OFFERINGS FOR THE WEEK OF MONDAY, MARCH 11

MASSES

Monday, March 11

7:30am Intentions of Elizabeth Daly 12:10pm † Dr. Michele & Theresa Trotta

Tuesday, March 12

7:30am Intentions of Father Michael Reid 12:10pm Intentions of Mary Schleich

Wednesday, March 13

7:30am † Henry Dengel

12:10pm † Pat Malico

7:00pm † Maria Fedelia Tavarez

Thursday, March 14

7:30am † Martin Francis

12:10pm † George & Pauline Washington

Friday, March 15 (Abstinence)

7:30am † Christa Bruno

12:10pm Intentions of Father Douglas Arcoleo

7:30pm Stations of the Cross

8:30pm Stations of the Cross (Spanish)

Saturday, March 16

9:00am † Edgar Davis

5:00pm † Norman Loehr; Intersession of Saint Patrick;

Faustino and Rigoberto Delarosa.

7:00pm † Fernandez Cruz

Sunday, March 17, FIFTH SUNDAY OF LENT

7:00am Priest's Intention

8:00am Parishioners of Our Holy Redeemer/Freeport

9:30am † Greta Villanueva

11:30am † Gerard Wilson

1:30pm † Sara de la Paz Garcia

5:00pm † James Blaney

READINGS FOR MARCH 17, 2024 Fifth Sunday of Lent

1st Reading

Jeremiah 31:31-34

Responsorial Psalm Psalm 51

2 1 D 1'

2nd Reading **Hebrews 5, 7-9**

Gospel

Saint John 12:20-33

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	
+ Norman Loehr	+ Norman Loehr	
† Holy Mass Intentions are available, please visit the rectory.	TABERNACLE FLOWERS (+++UNAVAILABLE DURING LENT)	
† Para intenciones de Santa Misa, por favor, visite la rectoría.		
Please remember the following individual(s) at the Altar of Our Holy Redeemer: NAME:		
AMOUNT SUBMITTED:		
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





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:

All our Faithful Departed



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

"Hope" is commonly used to mean a wish, but to us it means so much more. Our hope comes from God, and is the confident expectation of what He has promised and its strength is in His faithfulness.

Last week we had a visit from a gentleman named Dr. Kevin Sheehan and a young made named Reagan Ochan. Reagan was orphaned at the tender age of three, and at the age of ten, he became the sole supporter of his family of fourteen and did so by selling biscuits. He learned how to play lacrosse and eventually became one of the most skilled and talented players in Africa and successfully participated as the youngest player in the World Games in Israel. Now, he spends his days teaching, spreading and celebrating the spirit of hope through the game of lacrosse in the worst slums in Kenya and Uganda.

Meeting Reagan showed our students the true power of hope. Just as Reagan is making a difference in the lives of the people in his village, so too are you making a difference in the lives of the young men we are called to help.

Thank you, thank you and thank you for the gift of hope!

Roxanna De Peña-Elder

Our Holy Redeemer Faith Formation

Heavenly Father,

As I enter another week of my Lenten journey, guide me to the path that leads to you. Fill my heart with gratitude, patience, strength, and peace as I strive to become the-best-version-of-myself, honestly admitting my shortcomings and sins. As I renew my resolve each day to become a better person, let me hear your voice in the deepest reaches of my heart. Give me rest in you. Help me to accept others, showing them your great love instead of casting judgment. Stay with me through the busy days this week and remind me that when I need comfort, solitude, wisdom, or guidance, I can always turn to you. Help me develop discipline and generosity through fasting and almsgiving, and come closer to you through prayer this Lent. In your name I pray, Amen!



Joanne Stuhlinger, Coordinator

FAITH AND FINANCES

OFFERTORY TOTALS

MASS	FIRST OFFERING FEB.24/25, 2024	First Offering Feb.17/18, 2024	CURRENT WEEK ENVELOPES	PRIOR WEEK ENVELOPES
Automated Giving	\$ 943.25	\$ 968.25	30	29
Prior to Sunday	\$ 361.00	\$ 1,354.00	10	26
5:00 pm	\$ 1,572.00	\$ 880.00	25	17
7:00 pm	\$ 1,380.00	\$ 1,194.00	16	5
7:00 am	\$ 1,668.00	\$ 1,380.00	23	22
8:00 am	\$ 1,696.00	\$ 1,775.00	14	19
9:30 am	\$ 1,286.00	\$ 963.00	27	25
11:30 am	\$ 1,450.00	\$ 1,406.00	26	31
1:30 pm	\$ 2,604.00	\$ 2,646.00	25	25
5:00 pm	\$ 1,049.00	\$ 851.00	19	11
TOTAL	\$14,009.25	\$12,449.00	215	210

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:



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



In today's Gospel Jesus greeted Nicodemus with the observation that one must be born from above to see the Kingdom of God. The dialogue between Jesus and Nicodemus that followed was about the meaning of this phrase. Nicodemus misunderstood Jesus at every point, but there was no animosity in the questions he posed to Jesus.

The second part of today's Gospel is a theological reflection on Jesus' words to Nicodemus. The Gospel of John is known for this kind of reflection offered within the narrative. The words of the Evangelist are in continuity with the words

of the prologue to John's Gospel. In these reflections, John elaborates on a number of themes that are found in his Gospel: light and darkness, belief, and unbelief, good and evil, salvation and condemnation. In John's reflection, we find an observation about human sinfulness. Jesus is the light that has come into the world, but people preferred the darkness. We wish to keep our sins hidden, even from God. Jesus has come into the world to reveal our sins so that they may be forgiven. This is the Good News; it is the reason for our rejoicing in this season of Lent and throughout our lives.

Deacon Bruce

EL RINCÓN DEL DIÁCONO

En el evangelio de hoy Jesús saludó a Nicodemo con la observación de que hay que nacer de lo alto para ver el Reino de Dios. El diálogo entre Jesús y Nicodemo que siguió fue sobre el significado de esta frase. Nicodemo malinterpretó a Jesús en todo momento, pero no hubo animosidad en las preguntas que le planteó.

La segunda parte del evangelio de hoy es una reflexión teológica sobre las palabras de Jesús a Nicodemo. El Evangelio de Juan es conocido por este tipo de reflexión que se ofrece dentro de la narrativa. Las palabras del evangelista están en continuidad con las palabras del prólogo del Evangelio de Juan. En estas reflexiones, Juan elabora una serie de temas que se encuentran en su Evangelio: la luz y las tinieblas, la fe y la incredulidad, el bien y el mal, la salvación y la condenación. En la reflexión de Juan encontramos una observación sobre la pecaminosidad humana. Jesús es la luz que ha venido al mundo, pero la gente prefirió las tinieblas. Deseamos mantener nuestros pecados ocultos, incluso ante Dios. Jesús ha venido al mundo para revelar nuestros pecados para que sean perdonados. Éstas son las buenas noticias; es el motivo de nuestro regocijo en este tiempo de Cuaresma y a lo largo de nuestra vida.

Díácono Bruce

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



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



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)

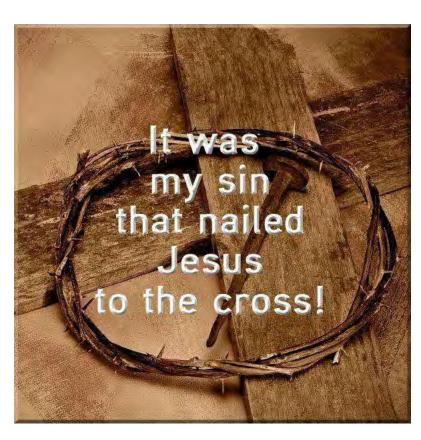
The Spiritual and moral life is about going forward, moving and growing. As you examine your heart, your conscience, are there any areas where you feel stuck or are even going backwards? You must confront and confess these issues in order to move. In addition, you must be honest enough to try to get 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) <u>Codependency</u>: 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) <u>Lust</u>: 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) <u>Laziness</u>: 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!!

It is our sinfulness that nailed Christ to the cross!

Please take home a nail as part of your Lenten experience. Carry it in your pocket or purse for the duration of Lent. Let it be a reminder that it is our sinfulness that nailed Jesus to the cross. Bring the nail and your repentant heart to the Penance Service on Monday, March 18, at 7pm. Toss the nail back into the sanctuary as a symbol of your repentant heart.



<u>iEs nuestra</u>
<u>pecaminosidad lo</u>
<u>que clavó a Cristo</u>
en la cruz!

Llévese a casa un clavo como parte de su experiencia de Cuaresma. Llévelo en su bolsillo o bolso durante la Cuaresma. Que sea un recordatorio de

que fue nuestra pecaminosidad lo que clavó a Jesús en la cruz. Traiga el clavo y su corazón arrepentido al Servicio de Penitencia el lunes 18 de marzo a las 7 PM. Tire el clavo nuevamente al santuario como símbolo de su corazón arrepentido.

HELP SUPPORT OUR HOLY REDEEMER PARISH

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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:	



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.



MASSES AVAILABLE MARCH 2024

11 March7:30am		
12 March7:30am12:10pm		
13 March12;10pm7pmSp		
14 March7:30am12:10pm		
15 March7:30am12:10pm		
16 March9am5pmSp5pmSp7pm		
18 March7:30am		
19 March12:10pm		
20 March7:30am		
21 March7:30am		
22 March7:30am12:10pm		
23 March7pmSp7pmSp7pmSp		
24 March8amSp1:30pmSp		
25 March7:30am		
27 March7pmSp		
31 March8amSp8amSp8amSp		



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.



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

Purgatorial Society Remembrances March 2024

Bishop Paul H. Walsh

Rev. Msgr. James M. McDonald

Msgr. Donald T. Bennett

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



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:



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 <mark>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.</mark>

Se ofrecerá hospitalidad, iy esperamos verte allí! (Favor llame al 516-378-0665 Ext 117 antes de 8 marzo) Padre Christopher Nowak

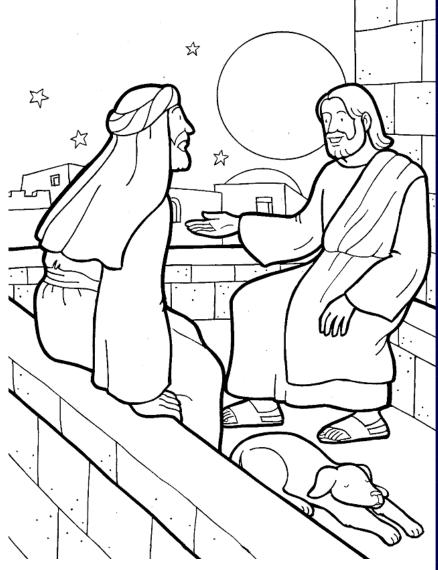
COME TOWARD THE LIGHT

Jesus said to Nicodemus: "Just as Moses lifted up the serpent in the desert, so must the Son of Man be lifted up, so that everyone who believes in Him may have eternal life." For God so loved the world that He gave His only Son, so that everyone who believes in Him might not perish but might have eternal life. For God did not send His Son into the world to condemn the world, but that the world might be saved through Him. ... And this is the verdict, that the light came into the world, but people preferred darkness to light. because their works were evil. For everyone who does wicked things hates the light and does not come toward the light, so that his works might not be exposed. But whoever lives the truth comes to the light, so that his works may be clearly seen as done in God.

Saint John III: 14-17, 19-21

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).

ALREADY	MIGHT
BELIEVES	NAME
CLEARLY	PERISH
CONDEMN	PREFERRED
DARKNESS	SAVED
DESERT	SERPENT
ETERNAL	THINGS
EVERYONE	TOWARD
EXPOSED	TRUTH
HATES	VERDICT
JESUS	WHOEVER
LIFTED	WICKED
-LIGHT-	WORKS
LOVED	WORLD



I Y N A D 0 R S M L E L E 0 A C E R S S \mathbf{E} F D N

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



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)



Stations of the Cross at 7:30 P.M.
Every Friday During Lent
Via Crucis 8:30 P.M.
Viernes Durante la Santa Cuaresma

Our Holy Redeemer R. C. Church/Iglesia Nuestro Santo Redentor R.C. 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 S	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

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PLEASE JOIN US

For more information, please call Sheila Walsh at (516) 379-9028

KNIGHTS "KORNER"



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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

<a href

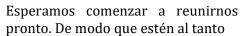


El Ministerio de los niños, Ángeles de la Virgen del Rosario

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





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.



<u>Ultreya</u>

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.

V Domingo de Cuaresma

Primera Lectura: Jeremías 31, 31-34

Salmo Responsorial: Salmo 50 Segunda Lectura: Hebreos 5, 7-9 Evangelio: San Juan 12, 20-33

¿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 imanos 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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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

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