



### 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

TELEPHONE: (516) 378-0665 ✠ E-MAIL: [OHR37@OPTIMUM.NET](mailto:OHR37@OPTIMUM.NET) ✠ WEBSITE: [OHRFREEPORT.COM](http://OHRFREEPORT.COM)



### The Most Holy Rosary

Every Saturday  
at 8:30 AM and  
Every Third Friday  
at 7:30 PM



### PASTOR

Rev. Christopher Nowak  
P Christopher Nowak =  
Facebook  
[crisosa@aol.com](mailto: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

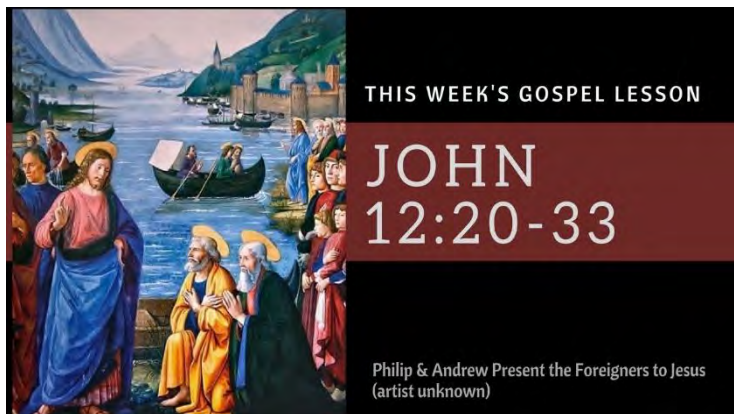
### RITE OF CHRISTIAN INITIATION OF ADULTS (RCIA)

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 5:00 PM 7:00 PM (Sp.)	7:00 AM ✠ 8:00 AM (Sp.) 9:30 AM ✠ 11:30 AM 1:30 PM (Sp.) ✠ 5:00 PM	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 2<sup>nd</sup> & 4<sup>th</sup> 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



### 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 Tejada*  
(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 17, 2024, V Sunday of Lent*

# FAITH AND THE HOLY SACRIFICE OF THE MASS

## OFFERINGS FOR THE WEEK OF MONDAY, MARCH 18

### MASSES

#### Monday, March 18

7:30am † Eugene W. Flaherty

12:10pm Intentions of Giuseppa Caruso

#### Tuesday, March 19, SAINT JOSEPH SPOUSE OF THE BLESSED VIRGIN MARY

7:30am † James Dengel

12:10pm † Linda Gengler

#### Wednesday, March 20

7:30am Intentions of Al Villanueva

12:10pm Intentions of Domingo Ramirez

7:00pm † Maria Tursias

#### Thursday, March 21

7:30am

12:10pm † George P. Brown

#### Friday, March 22 (Abstinence)

7:30am

12:10pm † Jerry Caporaso

7:30pm Stations of the Cross

8:30pm Stations of the Cross (Spanish)

#### Saturday, March 23

9:00am † Purgatorial Society

5:00pm † Socorro & Diego Martinez

7:00pm † Rosalia & Tomas Romero

#### Sunday, March 24, PALM SUNDAY OF THE PASSION OF THE LORD

7:00am † James Blaney

8:00am For the Intentions of Father Douglas Arcoley

9:30am † Deceased Members of the Nicolino Family

11:30am Parishioners of Our Holy Redeemer/Freeport

1:30pm † Robert Daniel Garcia Rodriguez

5:00pm Priest's Intention

### READINGS FOR MARCH 24, 2024 Palm Sunday of the Passion of the Lord

1st Reading

**Isaiah 50:4-7**

Responsorial Psalm

**Psalm 22**

2nd Reading

**Philippians 2:6-11**

Gospel

**Saint Mark 14:--15:47**

### 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

None Requested

#### SANCTUARY CANDLES

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 Petrsek, 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](http://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*

#### The Mission of The De La Salle School

The De La Salle School is a Catholic Middle School in the Diocese of Rockville Centre that shares in the Lasallian heritage and exists to provide a quality education for young men from economically disadvantaged circumstances.

We nurture each student's growth, spiritually, academically, socially and physically in collaboration with his parent(s) and guardian(s).

We emphasize respect, responsibility, leadership and service, thereby preparing the young men to be caring citizens of the world.

As we continue with our recruitment season, we ask that you please take some time to read our mission statement and share it with your friends and family. If you know of any young men who would benefit from attending our program, please have them reach out to the school for a visit and tour 516-379-8660.

Happy Saint Patrick's Day!

As we celebrate the Feast Day Saint Patrick, we pray that we may joyfully take up our own responsibility to evangelize in the name of Jesus Christ and the holy Catholic Church just as through his faith and hard work St. Patrick succeeded in spreading God's word through Ireland.

*Roxanna De Peña-Elder*

## *Our Holy Redeemer Faith Formation*

Heavenly Father,


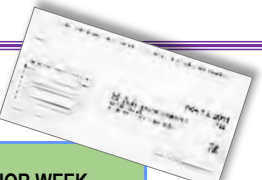
As I enter another week of my Lenten journey, guide me to the path that leads to you. Fill my heart with gratitude, patience, strength, and peace as I strive to become the-best-version-of-myself, honestly admitting my shortcomings and sins. As I renew my resolve each day to become a better person, let 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 MAR.02/03, 2024	FIRST OFFERING FEB.24/25, 2024	CURRENT WEEK ENVELOPES	PRIOR WEEK ENVELOPES
Automated Giving	\$1,248.25	\$ 943.25	30	30
Prior to Sunday	\$ 266.24	\$ 361.00	12	10
5:00 pm	\$ 970.00	\$ 1,572.00	19	25
7:00 pm	\$ 1,020.00	\$ 1,380.00	11	16
7:00 am	\$ 1,349.00	\$ 1,668.00	24	23
8:00 am	\$ 1,930.00	\$ 1,696.00	15	14
9:30 am	\$ 2,246.00	\$ 1,286.00	34	27
11:30 am	\$ 1,733.00	\$ 1,450.00	35	26
1:30 pm	\$ 2,903.00	\$ 2,604.00	26	25
5:00 pm	\$ 1,395.00	\$ 1,049.00	20	19
<b>TOTAL</b>	<b>\$15,060.49</b>	<b>\$14,009.25</b>	<b>226</b>	<b>215</b>

### The NEW 2024 CMA has begun!

CMA Goal: \$84,800.00

Payments Received: \$7,553.00

100% of every dollar raised is treated as **restricted**; to be used  
ONLY for:

**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



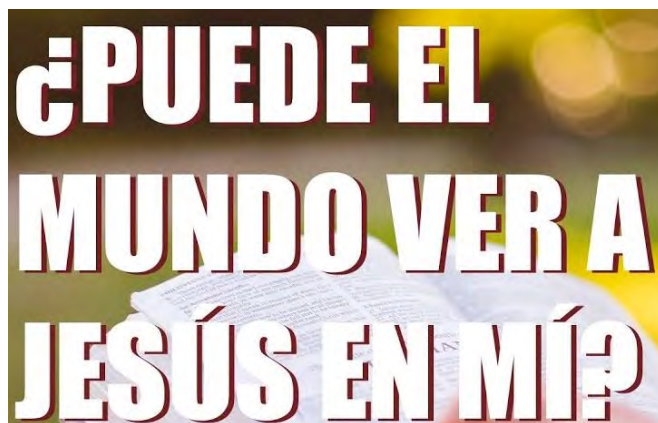
"Sir, we would like to see Jesus." (See Saint John 12:20-33) How can people see Jesus today? This is where you and I come in. We need to let people see Jesus in us. This does not mean that we are going to dress as Jesus did. This means that we are going to act as He did, that we are going to try to be like Jesus was, that we are going to try to speak as He would have. If you know Jesus, if you believe that Jesus is in you and you in Him as Scripture tells us, then the natural progression would be to imitate Him in your daily life. What would Jesus do? The answer comes easy to those who know Him from

Scripture and from the Sacraments. Remember the promises we made on Ash Wednesday? Do you pray? Do you give alms? Do you fast? Have you made your pledge to the Catholic Ministries Appeal of this year? If we do these things with the right motive, that is, for the love of God and neighbor, people will be bound to see Jesus in us. Can the world see Jesus in you?

*Deacon Cris*

## EL RINCÓN DEL DIÁCONO

"Señor, quisiéramos ver a Jesús." (Vea San Juan 12:20-33) ¿Cómo puede la gente ver a Jesús hoy? Aquí es donde nosotros entramos en el cuadro. Es preciso que la gente pueda ver a Jesús en nosotros. Esto no significa que nos vamos a vestir como lo hizo Jesús. Significa que vamos a obrar como lo hizo Él. Si conocemos a Jesús, si creemos que Jesús está en nosotros y nosotros en Él como nos dicen las Escrituras, entonces la consecuencia natural sería imitar a Jesús en nuestra vida diaria. ¿Qué haría Jesús? La respuesta viene fácil para los que lo conocen mediante la Escritura y los Sacramentos. ¿Recuerda las promesas que hicimos el Miércoles de Ceniza? ¿Oramos? ¿Damos limosna? ¿Ayunamos? ¿Hicimos ya nuestra promesa a la Campaña de los Ministerios Católicos? Si hacemos estas cosas con el motivo correcto, es decir, por amor a Dios y al prójimo, la gente ciertamente verá a Jesús en nosotros. "Señor, quisiéramos ver a Jesús." Pregúntese ¿Puede el mundo ver a Jesús en mí?



*Díacono Cris*



MARCH 17, 2024

## Pastor's Message

### Homily: Fifth Sunday Lent B 2024

*Producing much fruit must include a deeper relationship with our Lord.*

I.- During the entire Covid reality we had been praying for a lot of people. We believe in the power of prayers of intercession. No matter what ever the status of some one's soul God can intervene and heal that person or rectify a situation. Ultimately, we believe all things are possible with our God.

People would often say: Father Chris pray for so and so, they are in the hospital. Or for my uncle Frank who has Covid.

--One of the questions I have reflected on a lot over the years is: healing.

--Why are some people's prayers answered and others are not?

--Why are some people healed and others are not?

--Is it a simple matter of faith?

--Then when some people say they are healed it seems so subjective, one can question if anything took place at all.

--Every time I minister Anointing of the Sick or Last Rites, I pray that the faith of the individual and family members gathered around is sufficient.

--Some of the lines in today's Gospel, I believe, gives us insight into the criteria of having our prayers answered.

--The phrase is: "unless a grain of wheat falls to the ground and dies, it remains just a grain of wheat; but if it dies, it produces much fruit. ----

--These brief lines are a summary of the Paschal Mystery: Life→Death→leads to New Life.

--Our purpose in this life : Is to draw closer to God, that as life moves forward to deepen our relationship with Him, to be as close to God as possible.

--This prepares us for our departure from this world and hopefully eternal existence in relationship with our God.

--So that when people are confronted with a death (metaphoric death not just our demise). For example: the virus, disease, cancer, financial crisis, physical pain, emotional pain, hospitalization, etc.) these all require a dying to self, a profound suffering.



--Such a death can produce much fruit: this fruit has to be:

Actual healing or granting of miracle.

A deeper relationship with our Lord

Granting a person a miracle / healing has to result in a deeper relationship with our Lord.

POINT: we must encourage people who are suffering, who are going through a "death" in their life ( virus, cancer, disease, broken marriage, hospital, etc.) hoping for a miracle THAT THEY HAVE TO open their hearts to our Lord in prayer. --They have to be praying for themselves, in relationship with our Lord.

--The New Life is not just being healed; the new life must result in being closer to our Lord.

--This is the equivalent of bearing much fruit.

EXAMPLE: My mom had cancer for 10 years. In the end we had over 1,000 people praying for her healing. She died of cancer. In retrospect I don't think she was praying for herself. I think she was angry with God.

--Her healing would not have produced more fruit in a deeper relationship with our Lord.

--So, our Lord brought her home to heaven (not as a punishment) the deepest relationship of all.

Another Example: Fr Jim: in Fr Jim's case I believe he was already so close to our Lord in life that the next step had to be heaven.

POINT: we need encourage people who are going through a death, people who are struggling to turn to our Lord in prayer and draw closer to him.

--Part of the New Life/part of the producing much fruit: will be healing them / rectifying their situation but also having a deeper relationship with our Lord.

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Conclusion: If you want to make a difference in someone's life encourage them to pray and nurture a friendship with our Lord





MARCH 10, 2024

## 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.

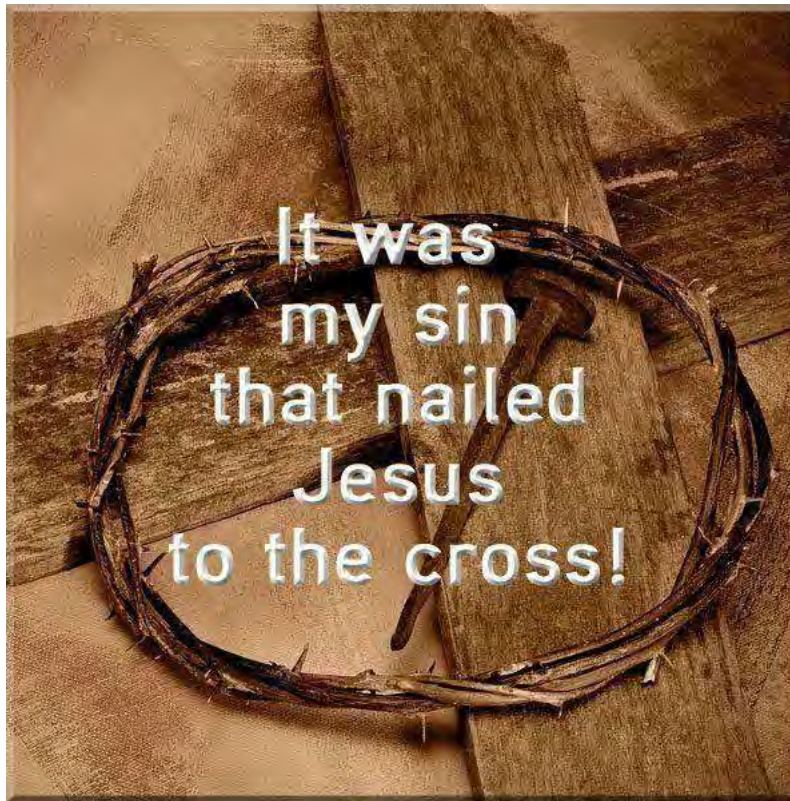
#### Some issues to think about:

- 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!!*



*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.



¡Es nuestra  
pecaminosidad lo  
que clavó a Cristo  
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

**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.

#282

Name \_\_\_\_\_  
Address \_\_\_\_\_  
Tel # \_\_\_\_\_

**Our Holy Redeemer RC Church**  
**100<sup>th</sup> Anniversary of School**  
**Raffle Ticket**

1<sup>st</sup> Prize..... \$10,000  
2<sup>nd</sup> Prize..... \$ 5,000  
3<sup>rd</sup> Prize ..... \$ 2,500

**Drawing to be held on Pentecost Sunday**  
**May 19<sup>th</sup>, 2024**

Ticket Price: \$100 each

#282

## 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

MARCH 10, 2024

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.





## 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 March 25, 2024 will be enrolled for April 2024.**

**The donation is \$20 per name**

**Please print clearly**

**Name to be enrolled: \_\_\_\_\_**

**Your name: \_\_\_\_\_**



DIOCESE OF ROCKVILLE CENTRE  
OFFICE OF THE BISHOP

Easter 2024

Dear Brothers and Sisters in Christ,

Happy Easter to you and your families! Thank you for your love for the inspired Word of God. Thank you for your love for the Resurrection appearances of our Lord in this Easter season and the way your lives are set on fire in your meditation and contemplation of these mysteries.

Thank you for your fidelity to the Eucharist and the Sunday Mass and your Catholic spirit of evangelization. Thank you for being instruments of Eucharistic Revival.

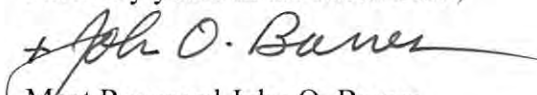
In *The Joy of the Gospel*, Pope Francis states: “Christ’s resurrection is not an event of the past; it contains a vital power which has permeated the world. Where all seems to be dead, signs of the resurrection suddenly spring up. It is an irresistible force...Each day in our world beauty is born anew, it rises transformed through the storms of history...Such is the power of the resurrection, and all who evangelize are instruments of that power.” (276)

We continue to live through “the storms of history” and we rely on the Risen Lord and his glorified wounds to touch the wounds in Ukraine, the Middle East, Nicaragua, Venezuela, Armenia and Azerbaijan, the region of the Sahel, the Horn of Africa and Sudan, as well as Cameroon, the Democratic Republic of the Congo, South Sudan and so many other troubled areas of the world.<sup>1</sup> We ask the Risen Lord and his glorified wounds to touch the wounds experienced in our own country.

In *The Everlasting Man*, G.K. Chesterton captured the power of our Lord’s Resurrection experienced in the cycles of history. He wrote: “Christendom has had a series of revolutions and in each one of them Christianity has died. Christianity has died many times and risen again; for it had a God who knew the way out of the grave.”

This Easter and every Easter we celebrate this Everlasting Man who knew his way out of the grave and who invites us and the Catholic Church on Long Island to a great Resurrection.

Sincerely yours in the Risen Lord,

  
Most Reverend John O. Barres  
Diocese of Rockville Centre

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<sup>1</sup> See Pope Francis’ December 25, 2023 *Urbi et Orbi* Message.



DIOCESE OF ROCKVILLE CENTRE  
OFFICE OF THE BISHOP

Pascua 2024

Queridos hermanos y hermanas en Cristo

¡Feliz Pascua a ustedes y a sus familias! Gracias por su amor a la Palabra inspirada de Dios. Gracias por su amor a las apariciones de la Resurrección de nuestro Señor en este tiempo de Pascua y por el modo en que sus vidas arden en su meditación y contemplación de estos misterios.

Gracias por su fidelidad a la Eucaristía y a la Misa Dominical y por su espíritu Católico de evangelización. Gracias por ser instrumentos del Renacimiento Eucarístico.

En *La alegría del Evangelio*, el Papa Francisco afirma: "Su resurrección no es algo del pasado; entraña una fuerza de vida que ha penetrado el mundo. Donde parece que todo ha muerto, por todas partes vuelven a aparecer los brotes de la resurrección. Es una fuerza imparable.... Cada día en el mundo renace la belleza, que resucita transformada a través de las tormentas de la historia... Ésa es la fuerza de la resurrección y cada evangelizador es un instrumento de ese dinamismo."(276)

Seguimos viviendo "las tormentas de la historia" y confiamos en el Señor Resucitado y en sus heridas glorificadas para que toquen las heridas de Ucrania, Oriente Medio, Nicaragua, Venezuela, Armenia y Azerbaiyán, la región del Sahel, el Cuerno de África y Sudán, así como Camerún, la República Democrática del Congo, Sudán del Sur y tantas otras zonas conflictivas del mundo<sup>1</sup>. Pedimos al Señor Resucitado y a sus llagas glorificadas que toquen las heridas que se viven en nuestro propio país.

En *El hombre Eterno*, G.K. Chesterton captó el poder de la Resurrección de Nuestro Señor experimentada en los ciclos de la historia. Escribió: "La Cristiandad ha tenido una serie de revoluciones y en cada una de ellas el cristianismo ha muerto. El cristianismo ha muerto muchas veces y ha resucitado; porque tenía un Dios que conocía el camino para salir de la tumba".

Esta Pascua y en cada Pascua nosotros celebramos a este Hombre Eterno que supo salir de la tumba y que nos invita a nosotros y a la Iglesia Católica de Long Island a una gran Resurrección.

Sinceramente suyo en el Señor Resucitado,

Reverendísimo John O. Barres  
Diócesis de Rockville Centre



# JUST A GRAIN OF WHEAT

Jesus said to Andrew and Philip, "The hour has come for the Son of Man to be glorified. Amen, amen, I say to you, unless a grain of wheat falls to the ground and dies, it remains just a grain of wheat; but if it dies, it produces much fruit.

Whoever loves his life loses it and whoever hates his life in this world will preserve it for eternal life. Whoever serves Me must follow Me, and where I am, there also will My servant be. The Father will honour whoever serves Me."

"I am troubled now. Yet what should I say?

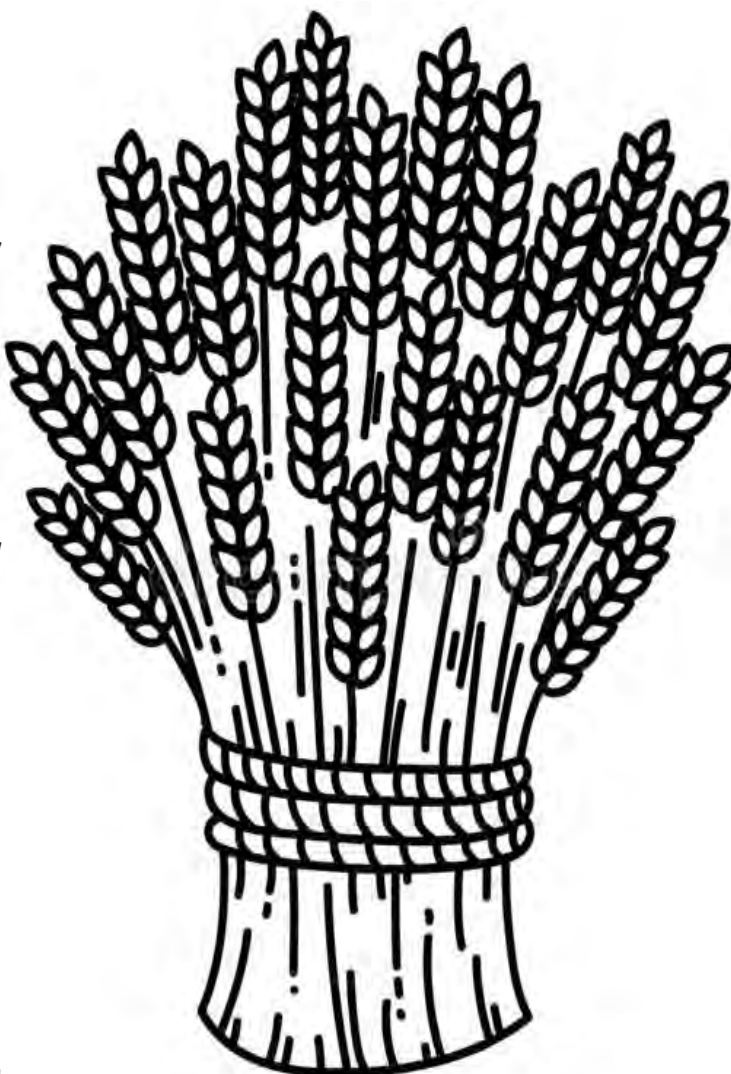
'Father, save Me from this hour'? But it was for this purpose that I came to this hour.

Father, glorify Your Name." Then a Voice came from Heaven, "I have glorified It and will glorify It again." The crowd there

heard it and said it was thunder; but others said, "An angel has spoken to Him."

Jesus answered and said, "This Voice did not come for My sake but for yours. Now is the time of judgment on this world; now the ruler of this world will be driven out.

Saint John XII: 23-31



**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).

ANGEL	JUDGMENT
ANSWERED	LOVES
CROWD	PRESERVE
DEATH	PRODUCES
ETERNAL	REMAINS
FALLS	SERVES
FOLLOW	SPOKEN
FRUIT	THUNDER
GLORIFIED	TROUBLED
GRAIN	<del>VOICE</del>
GROUND	WHEAT
HEAVEN	WHOEVER
HONOUR	WORLD
JESUS	WORSHIP

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



# *Parishes Praying for Priests*

## *+ United in Eucharistic Adoration +*

### *2024*

Prayer for Priests

On Tuesdays:

April 9, 2024 &

October 29, 2024



*Parishes of the Rockville  
Centre Diocese are answering  
Our Lady's Call to pray for our  
Shepherds.*

*All are invited to pray for our  
priests by name at a parish  
listed below and also to help us  
spread this ministry.*

### Eucharistic Adoration Open Hours at these Parishes

Curé of Ars, Merrick	4:15 – 8:15 pm	St Frances de Chantal, Wantagh	12 – 2 pm
Good Shepherd Church, Holbrook	12 – 1 pm	St Isidore, Riverhead	6 – 8 pm
Holy Family, Hicksville (Adoration Chapel, Parish Ctr)	6 – 8 pm	St Joachim, Cedarhurst	3 – 5 pm
Holy Name of Jesus, Woodbury	6 – 8 pm	St John Nepomucene, Bohemia	5 – 8 pm
Holy Name of Mary, Valley Stream	2 – 4 pm	St John the Evangelist, Center Moriches	3 – 8 pm
Maria Regina, Seaford (Maria Regina Chapel)	4 – 8 pm	St Peter of Alcantara, Port Washington (IHM Chapel)	6 – 9 pm
Our Holy Redeemer, Freeport	6 – 9 pm	St Mary of the Isle, Long Beach	12 – 3:30 pm
Our Lady of Mercy, Hicksville	5:30 – 8:30 pm	St Mary Church, Manhasset	6:30 – 8:30 pm
Our Lady of Perpetual Help, Lindenhurst	6 – 10 pm	St Rose of Lima, Massapequa (Father Graham Chapel)	5 – 9 pm
St Agnes Cathedral, RVC (Holy Cross Chapel)	5 – 9 pm	St Rosalie, Hampton Bays	6 – 8 pm
St Barnabas the Apostle, Bellmore	5 – 7 pm	St Thomas the Apostle, West Hempstead (Lower Church)	5 – 7 pm
St Aidan, Williston Park	6:15 – 8:15 pm	St Thérèse of Lisieux, Montauk	5 – 7 pm
St Brigid, Westbury	1 – 5 pm	St Rocco, Glen Cove	6 – 9 pm
St Christopher, Baldwin	5 – 9 pm		

Is your parish not listed? Call Arlene 516.458.0004 or email [PrayForPriestsDRVC@aol.com](mailto:PrayForPriestsDRVC@aol.com)

***Our Holy Redeemer needs Volunteers for our turn with the Prayers:***

***6 English Lectors and 6 Spanish Lectors.***

***If you wish to volunteer, please call the Rectory during working hours: 516-378-0665.***

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



**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**



## 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 22 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, 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)

**Padre Christopher Nowak**



“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

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## Holy Spirit Seminar Registration Form

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_



Dear Parishioners of OUR HOLY REDEEMER:

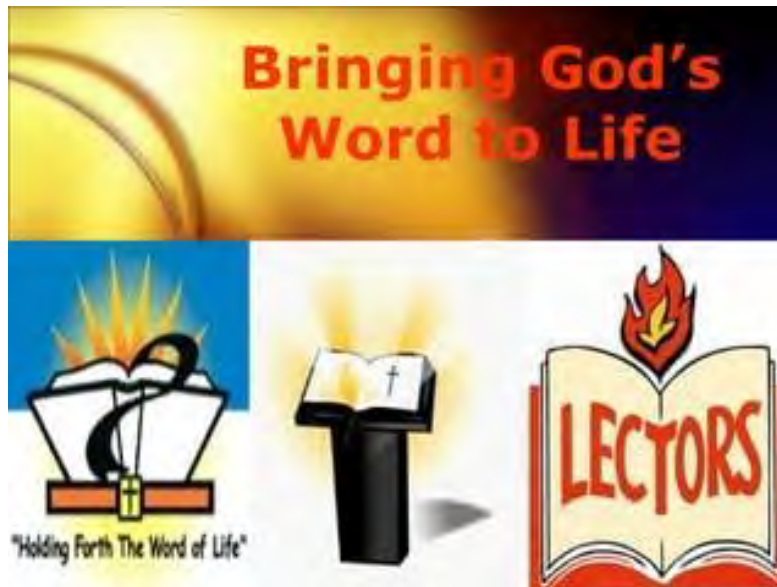
Fr Frank Addey, the Hospital Chaplain who is in residence with us here at OHR and very much involved with the faith life and liturgical life of our parish, would like to make an appeal. We have great needs here, yet Ghana is such a poor country. If you would like to make a donation, please bring it to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





To All Students ages 10-17

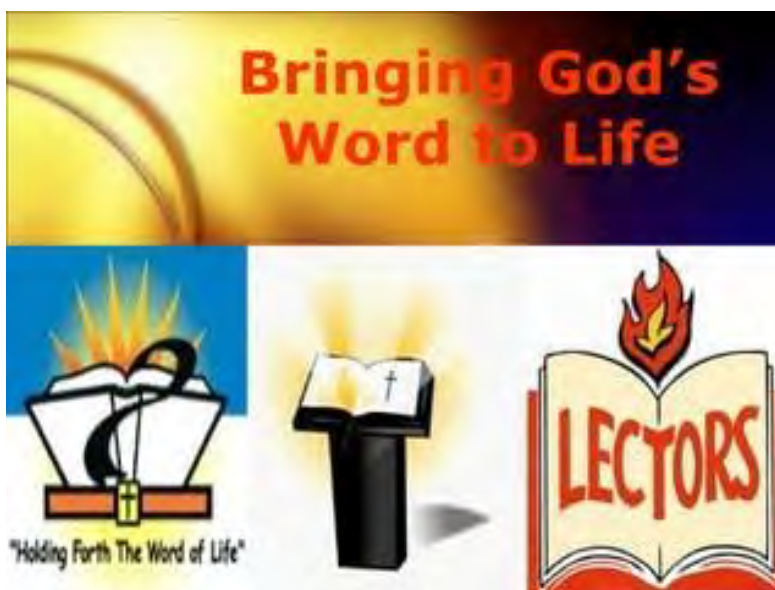
Do you like to read?  
Are you really good at reading out loud??

God may be calling you to become a  
Youth Lector!

Father Chris would like to have Youth Lectors at the 9:30am Mass on Sundays. If you are interested, please have your parents contact Joanne Stuhlinger at the Faith Formation Office (516-546-1057).



## Dando Vida a la Palabra de Dios



A todos los estudiantes de edades entre 10-17

¿Te gusta leer?

¿Eres realmente bueno leyendo en voz alta?

¡Puede que Dios te esté llamando a convertirte  
en Lector Juvenil!

Al Padre Chris le gustaría tener lectores juveniles en las Misas de las 9:30 AM los domingos. Si estás interesado, pídeles a tus padres que se comuniquen con Joanne Stuhlinger en la Oficina de Formación de Fe (516-546-1057).



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**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](http://www.birthright.org)

♥ The Life Center: (516) 408-6300  
[www.aapregnancyoptions.org](http://www.aapregnancyoptions.org)

♥ Momma's House: (516) 781-8637  
[www.mommashouse.org](http://www.mommashouse.org)

♥ Regina's Residence: (516) 223-7888  
[www.catholiccharities.cc/reginasresidence](http://www.catholiccharities.cc/reginasresidence)