



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



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
Theresa Duran, Regent
(516) 298-2672
Emmaus Group
Anamaria Amezquita
(516) 816-0422
Edwin Gil
(347) 965-8371
Knights of Columbus
Lincoln McLean, Grand Knight
(516) 448-4446
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

December 22, 2024, Fourth Sunday of Advent 2024

FAITH AND THE HOLY SACRIFICE OF THE MASS

OFFERINGS FOR THE WEEK OF MONDAY, DECEMBER 23, 2024

MASSES

Monday, December 23

7:30am † Socorro and Diego Martinez
 12:10pm † Robert and Estelle Callahan

Tuesday, December 24

7:30am † Lorraine and † William Martin
 4:00pm † Edward V. and Grace Hannan (Christmas Eve)
 8:00pm † Reimiro Ramirez

Wednesday, December 25, THE NATIVITY OF THE LORD (Christmas) Holy Day of Obligation

12:00am Christmas Novena
 9:30am † Deceased Members of the Scalandre Family
 11:30am † Deceased Members of the Nicolino Family
 1:30pm † Jesus Fernandez & Parishioners of Our Holy Redeemer/Freeport

Thursday, December 26, Saint Stephen

7:30am † Pasquale Nicolino
 12:10pm Christmas Novena

Friday, December 27, Saint John

7:30am Christmas Novena
 12:10pm The Grace of God

Saturday, December 28, The Holy Innocents

9:00am Christmas Novena
 5:00pm † Carlos O. Mieles; † Billy and † Terri Martin; † Edward J. and † Grace Hannan
 7:00pm † Angela Espinal

Sunday, December 29, THE HOLY FAMILY OF JESUS, MARY, AND JOSEPH

7:00am Priest's Intention
 8:00am Parishioners of Our Holy Redeemer/Freeport
 9:30am † Jack Impellizeri
 11:30am † Those Deceased in November 2024
 1:30pm Christmas Novena
 5:00pm † Maria Teresa Coto

READINGS FOR DECEMBER 29, 2024
The Holy Family of Jesus, Mary and Joseph

1st Reading
1 Samuel 1:20-22, 24-28

Responsorial Psalm
Psalm 84

2nd Reading
1 John 3:1-2, 21-24

Gospel
Saint Luke 2:41-52

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

Vincent E. Corapi

SANCTUARY CANDLES

Ralph J. Corapi

† FOR HOLY MASS INTENTIONS, PLEASE VISIT THE RECTORY

TABERNACLE FLOWERS

Regina T. Corapi

† *Para intenciones de Santa Misa, por favor, visite la rectoría*

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, 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



Jim Aleppo, Louis Algero, Gloria Arce, Lorraine Avitabile, Anne Bouchereau, Daniel Arce, Gloria Arce, Kathleen Burnham, Stacy Calixto, Maureen Carl, Mark Chanson, Frank Conanan, Elsie Diaz, Marie Dimanche, Maureen Douglas, Carol Estrema, Paul Fitzgerald, Kathy & Doug Fitzsimons, Amelia de la Fuente, Richard Feramisco, Gloria Giannuzzi, Yokasta Gonzalez, Xavier Gregg (child), Carla Griggs, Rosemarie (Artie) Grover, Dora Guerrero, Noga Guzman Pinos, Elliot Guzman, Anibal Guzman Jr. Evelyn Hernandez, Jonathan Hernandez, Juan Hernandez, Michael Holian, Ed Kangeiser, Baby Braiden Lawrence Jeffers, Ed Kangesier, Brian Liranzo, Jose Liranzo, Rafael Lopez, Tanya Milo, Linda Mcintosh, Maribel Melicio, Margaret Nadeau, Pat Nadeau, Clem Neville, Geraldine Neville, Mary Nugent, Lee Owens, Samson G Paul, Cathy Pomerico, Grant Purpura, Sara Ramirez, Eviana Rose, Peter Stoessel, Donald Suchan, Anna Taglieri, James Taylor, Angelo Termini, Charlie Termini, Marybeth Termini, Vinnie Termini, Ana Tineo, Billie Trouard, Brendan Turner, Eileen Turner, Sarah Turner, Julianne Valot, Elaine Verity, Mary Walsh, James Wehrum, Kasey White, Lillian Wickman, Hope Wilson Mann and family, Melissa Young, all our sick brothers and sisters.

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

Thank you.



Please Pray for Our Beloved Deceased:

Victoria Mosquera



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)



**Merry Christmas from the Faculty, Staff and Students of
The De La Salle School**



Picture created by Bederly E. – 8TH Grade

As an expression of our love and gratitude, The De La Salle School community will remember you and your family in our prayers. May the blessings of the child Jesus bring joy and peace to you and all your loved ones at Christmas.

Roxanna De Peña-Elder

**"Glory to God in the highest and on earth
Peace to those on whom His Favor Rests".-- Luke 2:14**



**Don't forget to wish Jesus a Happy Birthday!
What gift will you give Him this year?**



BLESSED ARE YOU AMONG WOMEN

"Mary set out and travelled to the hill country in haste to a town of Judah, where she entered the house of Zechariah and greeted Elizabeth.

When Elizabeth heard Mary's greeting the infant leaped in her womb, and Elizabeth, filled with the Holy Spirit, cried out in a loud voice and said. 'Blessed are you among women, and blessed is the fruit of your womb. And how does this happen to me, that the mother of my Lord should come to me? For at the moment the sound of your greeting reached my ears, the infant in my womb leaped for joy.'"

Saint Luke: 1:39-45

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).

MARY
TRAVELLED
~~HILL~~
COUNTRY
ZECHARIAH
ELIZABETH
HOLY
SPIRIT
BLESSED
WOMEN
FRUIT
WOMB
LORD

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

DEACON'S CORNER



In Luke's Gospel the Holy Spirit helps reveal Jesus' identity as God to those who believe. Elizabeth is filled with the Holy Spirit and sings Mary's praise because she bears the Lord. We sing these words of praise to Mary in the Hail Mary. Even John the Baptist, the unborn child in Elizabeth's womb, is said to recognize the presence of the Lord and leaps for joy. See *Saint Luke 1:39-45*.

It is appropriate in this season of Advent that we consider the role of Mary in God's plan of salvation. Elizabeth describes Mary as the first disciple, as the one who believed that God's word to her would be fulfilled. Mary's faith enabled her to recognize the work of God in her people's history and in her own life. Her

openness to God allowed God to work through her so that salvation might come to everyone. Because of this, Mary is a model and symbol of the Church. May we be like Mary, open and cooperative in God's plan for salvation.

Deacon Bruce

EL RINCÓN DEL DIÁCONO

En el Evangelio de Lucas, el Espíritu Santo ayuda a revelar la identidad de Jesús como Dios a quienes creen. Isabel está llena del Espíritu Santo y canta las alabanzas de María porque ella lleva al Señor. Cantamos estas palabras de alabanza a María en el Ave María. Incluso Juan el Bautista, el niño no nacido en el vientre de Isabel, reconoce la presencia del Señor y salta de alegría. Véase *San Lucas 1:39-45*.

Es apropiado que en este tiempo de Adviento consideremos el papel de María en el plan de salvación de Dios. Isabel describe a María como la primera discípula, como la que creyó que la palabra de Dios dirigida a ella se cumpliría. La fe de María le permitió reconocer la obra de Dios en la historia de su pueblo y en su propia vida. Su apertura a Dios permitió que Dios trabajara a través de ella para que la salvación pudiera llegar a todos. Por eso, María es un modelo y un símbolo de la Iglesia. Seamos como María, abiertos y cooperativos en el plan de Dios para la salvación.

Diácono Bruce



Our Holy Redeemer Roman Catholic Church

REBUILD MY CHURCH
CAPITAL CAMPAIGN UPDATE

RESTAURA MI IGLESIA
CAMPAÑA CAPITAL ACTUALIZAR

*Thank you to the 305 Families who have pledged to the
Capital Campaign Fund!*

Because of your generosity, we will be able to do the church interior and school air conditioning, windows and doors.

If you have not pledged yet, you still have time to do so. There is no pledge that is too small, every pledge counts. Please remember it is not about the amount you give but the sacrifice that you make.

*Gracias a las 305 Familias que se han comprometido al
Fondo de la Campana Capital!*

Gracias a su generosidad, podremos hacer el interior de la iglesia y el aire acondicionado de la escuela, ventanas y puertas.

Si aún no te has comprometido, todavía estás a tiempo de hacerlo. No hay promesa que sea demasiado pequeña, cada promesa cuenta. Por favor, recuerda que no se trata de la cantidad que das, sino del sacrificio que haces.

Thank you for your prayers and support!

¡Gracias por tus oraciones y apoyo!

Fr. Christopher Nowak

Pastor

Rafael and Neli Abreu
Felicia Lora Acousta
Maria Adames
Mrs. Chona Alasaas
Mr. and Mrs. Fidel and Leticia
Alfaro
Mrs. Jeanne Allocca
William and Anamaria Amezquita
Anonymous (21)
Juan and Griselda Aracena
Oscar and Briget Arieta
Carlos Asitimbay and Mariana
Marca
Christian and Cesarina Awe
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Katherine Bucci
Cynthia Bucot
Mr. Robert Burke
Deacon and Mrs. Bruce and
Kathleen Burnham
Braulio Cacao
Maria Camejo and Mayra Zanolbia
Abreu-Munizand
Robert Cammart
Mr. and Mrs. Oscar and Norma
Canas
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Sr. and Sra. Felix Castillo and Ana
Espinosa
Belinda Coello
Adriana Collado
Felix and Hilda Collado
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Bolívar Crespu
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Cruz
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Silvestre and Charito Cumento
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and Rosa A. Calderon DeLeon
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Eleno Diaz and Irma Avalos
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Dilenia Bonilla
Srta. Luz Dilone
Mr. and Mrs. Hector and Theresa
Duran
Mr. and Mrs. Merilio and Juana
Duran
Manuel and Nelly Dutan
Cedenia Duvivier
Barbara Eberst
James Eberst
Gostav and Patricia Eklund
Antonella Escalante
Carlos Espinal
Christian Espinal
Ms. Luz Espinal
Belgica Espinola
Elisa Espinoza
Mr. Gary Etheridge
Morris and Veronica Ezumah
Mr. and Mrs. Joseph and Janice
Falco

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Mr. and Ms. Cristobal Fernandez
and Reina Iglesias
Nadafall Fernandez and Cathy
Jiminez
Alfonso Ferrara
Rev. Richard M. Figliozzi
Mr. and Mrs. James and Heide
Fitzgerald
Ms. Mary Ellen Flaherty
Mr. and Ms. Teofilo Flores and
Teresa Iglesias
Vignette Frances Martin
Lavonia Fricano
Gala Foods
Game 7 Sports
Rafael Garcia
Rene and Clara Garcia
Sr. and Sra. Leo Garcia and
Masiel Jimenez
Sr. and Sra. Jairo Garcia and
Maria Rivas
Rafael Genao
William and Cathleen Gerry
Edwin Gil
Mr. and Mrs. Martin and Eileen
Goehringer
Janeris Gonzalez
Emanuel and Stephanie
Guardado
Laura Guerin
Ms. Patricia Guerin
Jorge and Berta Guevara
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Rafael Gutierrez
Gutierrez Family
Mr. and Mrs. Frederick Gutmann
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Teresa Guzman
Mr. and Mrs. Kevin and Tina
Halton
Mr. Edward Hannan
Mrs. Lois Harbauer
Mr. and Mrs. Celso and Marta
Alicia Hernandez

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Melvin Hernandez	Mary Marino	Mr. and Mrs. Abel Orellana
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Jorge and Rosario Lopez	Rev. Christopher Nowak	Jose and Blanca Ramos
Luis Lopez	Mr. Herbert W. Nowak	Junior and Yamile Ramos
Mr. and Mrs. Manuel Lopez and Ramona Vicioso	Ms. Brenda Nunez	Ms. Mary M. Rano
Sra. Felicia Lora Acosta	Mrs. Brigida Nunez	Fatima Reyes
William and Donna Maclay	Margarita Nunez	Juaguin Reyes and Lucia Rodriguez
Mr. and Mrs. Joseph and Doreen Mannanice	Sila Nunez	Martha Rosario de Fatima Ricardo
Hugo Nelson Mancia	Mr. Michael O'Connor	Mr. and Mrs. Luis and Olga Rincon
	Peter O'Connor	Carlos Rivera
		Mr. Lennox Anthony Roberts Jr.
		Ana Rodriguez
		Mr. Anibal Rodriguez

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Mr. Franklin Rodriguez
Luis Rodriguez
Ms. Miriam C. Rodriguez
Osiris and Lissette Rodriguez
Mr. and Mrs. Ralph and Iris
Rodriguez
Mr. and Mrs. Roman and Lucia
Rodriguez
Sucio Rodriguez
Sr. and Sra. Carlos M. Rodriguez
and Mery Marlina Vargas
Mr. and Mrs. Edwin Rojas and
Luisa Palacios Rojas
Ms. Maria Romero
Ms. Mirna Romero
Maria Rosario
Mr. and Mrs. Raul and Silvia Ruiz
Ms. Vera-Julia Sakins
Wilmer and Martha Salgucio
Deacon and Mrs. Cristobal and
Norma Sanchez
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Mrs. Tina Scalamandre
Donald and Mary Schleich
Ms. Nancy Schultz
Milo Schumacher
Josue Serdein
Ricardo Serrano
Charles III and Deborah Shields
Ms. Linda Siani
Ricardo Sierra
Mr. and Mrs. John and Eileen
Skinner
Mr. and Mrs. Ralph and Bethann
Smith
Ms. Rosemary Smith
Mr. and Mrs. John and Nancy
Solazzo
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Stuhlinger
Mr. Donald Suchan
Mr. Jesus Suriel
Mrs. Barbara Sylvan

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and Yancar Espinosa
Evelio Plasencia Tavera
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Sonia Taylor Sr.
Ms. Shireen Taylor
Juan Carlos and Meyra Tejada
Aimee Terzulli
Mr. and Mrs. Antonio and
Carolyn Terzulli
Juan and Miledys Tineo
Hector M. Tirado
Silvia Tobar
Carlo and Lunon Toussaint
David Trejo
Ruben Dario Trujillo
Mr. and Mrs. Eugene and
Laura Turner
Mr. and Sra. Carlos Umana and
Sonia E. Castro de Umana
Rev. Carlos Mario Urrego
Areanas
Daniel Vaggi
Armando Vasquez
Sr. and Sra. Manrique Pérez and
Sonia Vasquez
Hosni Emanuel Vasquez Cruz
Mrs. Cleotilde Vicioso
Dilena Vicioso
Oriena Vicioso
Mr. Alberto Villanueva
Mr. and Mrs. Antonio and
Marisol Villatoro
Ms. Veronica Vostinak
Mr. Michael J. Walsh
Mr. and Mrs. William and Sheila
Walsh
Mr. James Wehrum
Maria E Yanez
Mr. and Mrs. Francisco Yotagri
and Claudia Bentancourt Yotagri
Zapata
Jose Zapatero



DIocese of ROCKVILLE CENTRE
OFFICE OF THE BISHOP

Christmas 2024

To the People of God of the Diocese of Rockville Centre:

Merry Christmas to you and your families!

Last Christmas, we celebrated the 800th anniversary of that glorious and historic night when St. Francis of Assisi arranged the first Nativity creche scene in a small cave outside the Italian village of Greccio in Italy.

St. Francis was inspired to do this after visiting the historical place of Christ's birth on a pilgrimage to the Holy Land – the humble stable in a Bethlehem cave.

The large creche set in St. Peter's Square last year commemorated this 800th anniversary by having the figure of St. Francis of Assisi expressing adoration, awe and wonder across the Crib from Mary and Joseph.

Last September, we celebrated the 800th Anniversary of St. Francis receiving the gift of the "stigmata" – the mystical wounds of Christ in his hands, feet and side. In 2026, we will celebrate the 800th anniversary of St. Francis' death.

There is always a powerful connection between the Manger Crib and the Golgotha Cross of our Savior. St. Francis of Assisi lived this connection so powerfully.

In *Admirabile Signum*, Pope Francis writes: "Indeed, the place where this first nativity scene was enacted expresses and evokes these sentiments...from the time of its Franciscan origins, the nativity scene has invited us to 'feel' and 'touch' the poverty that God's Son took upon himself in the Incarnation. Implicitly, it summons us to follow him along the path of humility, poverty and self-denial that leads from the manger of Bethlehem to the Cross. It asks us to meet him and serve him by showing mercy to those of our brothers and sisters in great need (cf. Matthew 25:31-46)." (3)

As we spiritually draw near to Bethlehem at the end of this year, we pray for those who suffer in the Holy Land and the Middle East, in Ukraine and all war-torn areas of the world.

We pray too for the persecuted Church around the world and we pray for religious liberty in our country and in all countries.

St. Francis of Assisi understood the problems of the world and more than 800 years later, after he created the first creche, he is still close to the Church and to the world.

Many of you have seen the bronze statue of Atlas directly across from St. Patrick's Cathedral in New York City.

It was created by the sculptor Lee Lawrie and installed in 1937. The sculpture portrays the mythical ancient Greek Titan Atlas holding the burden of the heavens on his shoulder.

St. Francis of Assisi is no myth, but at times he has been compared with Atlas in how, through the centuries, he carried the burdens of the Church on his shoulders with his radical and pure Gospel witness.

In fact, Pope Innocent III, after meeting St. Francis, had a dream that St. Francis was holding up St. John Lateran Basilica, the visible sign and symbol of the universal Church, amidst the storms and earthquakes of history and crisis.

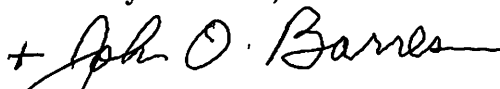
Configured to Christ crucified and having lived daily with the stigmatic wounds of Christ, St. Francis helps to animate and inspire the mission of mercy of the Catholic Church through the centuries.

St. Francis of Assisi intercedes for each of us at every moment to help rebuild the Biblical and Eucharistic evangelizing mission of the Church that Jesus Himself founded on Long Island and beyond.

Merry Christmas and Happy New Year to you and your families!

May the Light and Love of the Christ Child animate and guide our global Catholic Missionary Spirit this Christmas and throughout the New Year.

Sincerely in Christ,

A handwritten signature in black ink that reads "John O. Barres". The signature is written in a cursive style with a cross at the beginning.

**Most Reverend John O. Barres
Bishop of Rockville Centre**



DIOCESE OF ROCKVILLE CENTRE
OFFICE OF THE BISHOP

Navidad 2024

Al pueblo de Dios de la Diócesis del Rockville Centre:

¡Feliz Navidad para ustedes y sus familias!

La Navidad pasada, celebramos el 800 aniversario de esa noche gloriosa e histórica cuando San Francisco de Asís realizó la primera escena del Pesebre en una pequeña cueva a las afueras del pueblo italiano de Greccio en Italia.

San Francisco se sintió inspirado para hacer esto después de visitar el lugar histórico del nacimiento de Cristo en una peregrinación a la Tierra Santa, el humilde establo en una cueva de Belén.

El gran Pesebre que se puso en la Plaza de San Pedro el año pasado conmemoró este 800 aniversario al incluir la figura de San Francisco de Asís expresando adoración, asombro y sobrecogimiento frente a la cuna del Pesebre, con Mary y Joseph.

En septiembre pasado, celebramos también el 800 aniversario de cuando San Francisco recibiera el regalo de los "estigmas", las heridas místicas de Cristo en sus manos, pies y costado. En el 2026, celebraremos el 800 aniversario de la muerte de San Francisco.

Siempre hay una conexión muy fuerte entre la cuna del Pesebre y la cruz del Gólgota de nuestro Salvador. San Francisco de Asís vivió esta conexión muy intensamente.

En *Admirabile Signum*, el Papa Francisco escribe: “De hecho, el lugar donde se representó esta primera escena de la natividad expresa y evoca estos sentimientos ... desde la época de sus orígenes franciscanos, la escena de la natividad nos ha invitado a 'sentir' y 'tocar' la pobreza que el Hijo de Dios asumió en sí mismo con la Encarnación. Implícitamente, nos convoca a seguirlo por el camino de la humildad, la pobreza y la abnegación que conduce del pesebre de Belén a la cruz. Nos pide que lo encontremos y lo sirvamos mostrando misericordia a nuestros hermanos y hermanas más necesitados (cf. Mateo 25: 31-46)". (3)

A medida que nos acercamos espiritualmente a Belén al finalizar este año, recemos por aquellos que sufren en Tierra Santa y Oriente Medio, en Ucrania y en todas las áreas devastadas por la guerra en el mundo.

Oremos también por la iglesia perseguida en todo el mundo y recemos por la libertad religiosa en nuestro país y en todos los países.

San Francisco de Asís entendió los problemas del mundo y después de más de 800 años de haber creado el primer pesebre, todavía está cerca de la Iglesia y del mundo.

Muchos de ustedes han visto la estatua de bronce de Atlas que está justo en frente a la Catedral de San Patricio en la ciudad de Nueva York.

Fue creada por el escultor Lee Lawrie e instalada en 1937. La escultura retrata al mítico antiguo Titán griego Atlas, que sostiene la carga de los cielos sobre sus hombros.

San Francisco de Asís no es un mito, pero a veces se le ha comparado con Atlas en cómo, a través de los siglos, llevó la carga de la Iglesia sobre sus hombros con su testimonio de evangelio radical y puro.

De hecho, el Papa Inocencio III, después de encontrarse con San Francisco, soñó que San Francisco estaba sosteniendo la Basílica de San Juan de Letrán, el signo y símbolo visible de la Iglesia Universal, en medio de las tormentas y terremotos de la historia y de las crisis.

Configurado con Cristo crucificado y habiendo vivido diariamente con las heridas estigmáticas de Cristo, San Francisco ayuda a animar y a inspirar la misión de misericordia de la Iglesia Católica a través de los siglos.

San Francisco de Asís intercede por cada uno de nosotros en cada momento para que ayudemos a reconstruir la misión evangelizadora, Bíblica y Eucarística, de la Iglesia que Jesús mismo fundó en Long Island y más allá.

¡Feliz Navidad y Año Nuevo para ustedes y sus familias!

Que la luz y el amor del Niño Jesús animen y guíen nuestro Espíritu Misionero católico global esta Navidad y durante todo el Año Nuevo.

Afectuosamente en Cristo,

A handwritten signature in black ink that reads "John O. Barres". The signature is written in a cursive, flowing style.

**Su Excelencia Reverendísima John O. Barres
Obispo de Rockville Centre**



Dear OHR Parishioner:

*My prayer for you as the Spiritual Family of Our Holy Redeemer Parish this Christmas, is that you know the JOY of EMMANUEL: God is with us. That no matter where your life is at this point: sickness, economic difficulties, stress, or prosperity, good health, and happiness...That the joy of Christmas permeates your heart, and you realize how rich and blessed you really are.
Merry Christmas,*

Fr Christopher Nowak

The Parish of Our Holy Redeemer

Cordially Invites You and Your Family

To Attend Our Annual Christmas Pageant

*Sunday, January 5, 2025, at 3:30 P.M.**

In Our Holy Redeemer School (87 Pine Street)

*Parents note: Pageant Participants must be at the School by 1:30 P.M. to prepare.

Practice is on Sundays December 15, 22 and 29 and Fridays December 20 and 27 evenings at

7:00 P.M. and Saturday January 4, 2025 at 3:00 P.M. in the School.

Please contact Luz Santos (516)943 - 8910 by Friday, December 20, 2024 to sign up for the Pageant.



La Parroquia de Nuestro Santo Redentor

Cordialmente le invita a usted y a su familia

Para asistir a nuestro Desfile de Navidad

*domingo, 5 de enero de 2025 a las 3:30 P.M.**

En nuestra Escuela del Santo Redentor (87 Pine Street)

*Nota para los padres: Los participantes del concurso deben estar en la escuela antes

de la 1:30 p.m. para prepararse. La práctica es los domingos, 15, 22 y 29 de

diciembre y viernes 20 y 27 de diciembre a las 7:00 PM y el sábado 4 de enero de

2025 a las 3:00 PM en la Escuela. Comuníquese con Luz Santos (516)943 - 8910

antes del viernes 20 de diciembre de 2024 para inscribirse en el concurso.

OUR HOLY REDEEMER R.C. CHURCH
37 SOUTH OCEAN AVENUE, FREEPORT, NEW YORK
(516) 378-0665

COME HOME FOR CHRISTMAS
(AND SUNDAY TOO!)

On behalf of his brother Priests, the Deacons,
and Staff of Our Holy Redeemer,
Father Nowak offers you and those you hold
dear, the promise of our prayers for
A Very Blessed Christmas!

More than likely you will be amongst those
who *come home* for Christmas Mass to
solemnly remember the Birth of the Lord.

Please prayerfully consider making a
New Year's Resolution to be amongst those
who *come home* to remember that Birth
(and so much more) at Sunday Mass as well!

CONFESSION

Friday, December 6, 13, 20, & 27
4:00 P.M.– 5:00 P.M.

Saturday, December 7, 14, 21, & 28
1:30 P.M.– 2:30 P.M.

Tuesday, December 24
8:00 A.M.- 9:00 A.M.

**The Holy Mass in Celebration of the
Lord's Nativity will be offered as follows:/**
**La Santa Misa en Celebración de la Natividad
del Señor se ofrecerá como sigue:**

December, Tuesday 24

4:00 P.M.
8:00 P.M. (Español)

Wednesday, December 25

12:00 A.M./Midnight/Media Noche
Sacred Hymns and Christmas Carols begin at 11:30 P.M./
La Música Navideña comienza a las 11:30 P.M.

9:30 A.M.
11:30 A.M.
1:30 P.M. (Español)

✂✂✂✂✂✂✂✂✂✂✂✂✂✂✂✂✂✂✂✂✂✂✂✂✂✂✂✂✂

**Holy Mass for
The Solemnity of Mary, Holy Mother of God/
Santa Misa Para la Solemnidad de María, Madre de Dios:**

Tuesday, December 31, 2024

5:00 P.M.
7:00 P.M. (Español)

Wednesday, January 1, 2025

7:30 A.M.
12:10 P.M.
6:30 P.M.
7:30 P.M. (Español)

IGLESIA C.R. NUESTRO SANTO REDENTOR
37 SOUTH OCEAN AVENUE, FREEPORT, NEW YORK
(516) 378-0665

VENGA A CASA PARA LA NAVIDAD
(¡Y LOS DOMINGOS TAMBIÉN!)

¡En nombre de sus hermanos Sacerdotes, los
Diáconos, y el Personal de Nuestro
Santo Redentor, el Padre Nowak les promete a
Usted y a sus seres queridos nuestras oraciones
para que disfruten de una bendita Navidad!

Probablemente usted *vendrá a casa* para la
Misa Navideña a fin de recordar solemnemente
el Nacimiento del Señor.

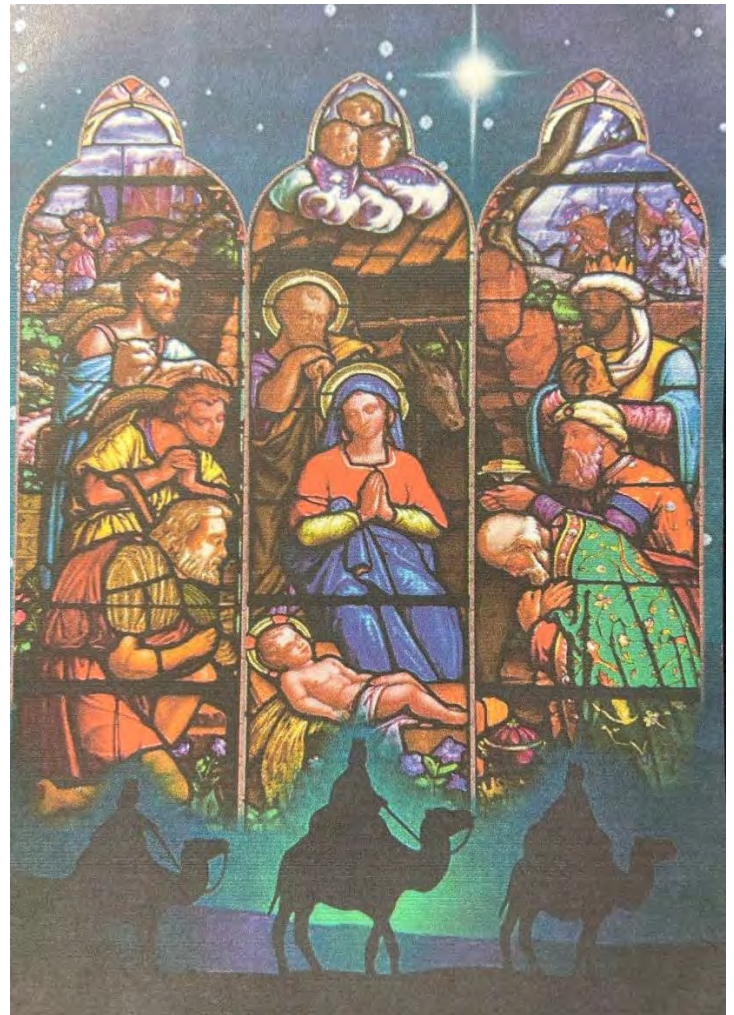
¡En oración haga su *Resolución de Año Nuevo*
el estar entre los que *vienen a casa* para
recordar ese Nacimiento (y muchísimo más)
en todas las Misas Dominicales!

CONFESIONES

Viernes, 6, 13, 20, & 27 de diciembre
4:00 P.M.– 5:00 P.M.

Sábado, 7, 14, 21, & 28 de diciembre
1:30 P.M.– 2:30 P.M.

Martes, 24 de diciembre
8:00 A.M.- 9:00 A.M.



DIOCESE OF ROCKVILLE CENTRE
EUCCHARISTIC CONGRESS

BEHOLD 2025

**PENTECOST
SUNDAY**

LOCATION
ST. ANTHONY'S HIGH SCHOOL
SOUTH HUNTINGTON, NY

JUNE 8



WWW.DRVC.ORG/CONGRESS



DIOCESE OF ROCKVILLE CENTRE EUCCHARISTIC PILGRIMAGE

DURING THOSE DAYS, MARY SET OUT AND TRAVELED TO THE HILL COUNTRY IN HASTE TO THE TOWN OF JUDAH,

WHERE SHE ENTERED THE HOUSE OF ZECHARIAH AND GREETED ELIZABETH.

LUKE 1:39-40

BEGINNING ON MAY 31, 2025, THE FEAST OF THE VISITATION OF THE BLESSED VIRGIN MARY, TWO NINE-DAY EUCCHARISTIC PILGRIMAGES WILL EMBARK ACROSS LONG ISLAND, BOTH CULMINATING AT ST. ANTHONY'S HIGH SCHOOL ON SUNDAY JUNE 8, 2025, FOR THE CELEBRATION OF OUR LOCAL DIOCESAN EUCCHARISTIC CONGRESS.

THE WESTERN ROUTE WILL JOURNEY FROM ST. AGNES CATHEDRAL (ROCKVILLE CENTRE) THROUGH NASSAU COUNTY, WHILE THE EASTERN ROUTE WILL JOURNEY FROM THE PARISH OF SAINT THERESE OF LISIEUX (MONTAUK) THROUGH SUFFOLK COUNTY.

THE HOLY EUCHARIST WILL BE CARRIED IN PROCESSION ACROSS THE DIOCESE THROUGH MANY OF OUR TOWNS, SCHOOLS, HOSPITALS, CEMETERIES, AND PARISHES. DURING THIS PILGRIMAGE, THERE WILL BE OPPORTUNITIES FOR EUCCHARISTIC ADORATION, THE CELEBRATION OF MASS, EUCCHARISTIC CATECHESIS, PRAISE AND WORSHIP, PUBLIC PROCESSIONS, AND OTHER EUCCHARISTIC CELEBRATIONS. THE PEOPLE OF GOD WILL BE INVITED TO WALK WITH JESUS, TRULY PRESENT IN THE HOLY EUCHARIST, PRAY IN THE PILGRIM CHURCHES, AND PROCLAIM THE GOSPEL

TO BYSTANDERS AS JESUS PASSES THROUGH THEIR TOWNS.

Querido feligrés preocupado de la Parroquia Nuestro Santo Redentor:

Muchos de ustedes saben que la Diócesis de Rockville Centre ha estado pasando por un proceso de bancarrota del Capítulo 11 desde octubre de 2020. Este fue el resultado de la aprobación por parte de la Legislatura del Estado de Nueva York de la Ley de Víctimas Infantiles en 2019, que permitió demandas por acusaciones históricas de abuso sexual infantil, independientemente de cuántos años o décadas haya pasado el presunto abuso. El número de demandas que se presentaron contra la Diócesis, nuestras parroquias, escuelas y otros ministerios hizo imposible compensar equitativamente a las víctimas-sobrevivientes de abuso infantil con reclamos meritorios a través de juicios judiciales. Los juicios habrían dado como resultado que los primeros supervivientes, en línea con las reclamaciones, recibieran una indemnización y el resto recibiera poca o nada.

La bancarrota ofrecía la posibilidad de una compensación equitativa y alguna medida de curación para los sobrevivientes, al tiempo que permitía a la Iglesia continuar la misión salvadora de Jesucristo, en primer lugar, asegurando el futuro de nuestras parroquias. La Diócesis, así como todas las parroquias y ministerios, hicieron una contribución al asentamiento para lograr estos objetivos.

Para resolver todas las reclamaciones pasadas de abuso de menores y para asegurar el futuro de los ministerios de la Iglesia en todo Long Island, era necesario que cada parroquia participara en el proceso de bancarrota del Capítulo 11. Esto es para asegurar que ninguna reclamación histórica pueda poner en riesgo a las parroquias o escuelas en el futuro. Nuestra parroquia contribuyó con \$284,000 para la resolución de todos los casos. Estos fondos provienen de un legado muy reciente hecho a la Parroquia Nuestro Santo Redentor. No se utilizó ningún otro dinero de la parroquia para este pago. Por favor, sepan que las promesas hechas a la campaña de capital Rebuild My Church solo se utilizarán para los proyectos de capital indicados y nada más.

Por favor, comprendan que el costo de llevar a juicio los casos históricos actuales o futuros potenciales contra nuestra parroquia, especialmente si finalmente se dictaran sentencias, sería devastador para la obra y el futuro de Nuestro Santo Redentor. Se trata de proteger nuestra parroquia ahora y en el futuro. Sabemos que el horrible escándalo de abuso infantil no fue causado por nosotros, sino que heredamos los efectos devastadores. En 2019, como resultado de la ley aprobada por la Legislatura del Estado de Nueva York, nuestras parroquias fueron objeto de demandas basadas en denuncias de abuso de hace décadas, mucho antes de que cualquiera de los sacerdotes o miembros del personal actuales llegaran aquí y, de hecho, antes de que la mayoría de nuestros feligreses actuales vivieran dentro de la parroquia. La ley ha afectado no solo a la Iglesia, sino a muchas instituciones públicas y privadas en todo el estado.

Al participar en el proceso de bancarrota, junto con toda la Iglesia en Long Island, hemos ayudado a resolver todas las reclamaciones y a asegurar el futuro de nuestra parroquia. Como resultado, ya no se pueden presentar demandas históricas contra Nuestro Santo Redentor. Las víctimas sobrevivientes de abuso infantil merecen nuestro respeto, nuestras oraciones y nuestro apoyo pastoral. Este ha sido un momento terriblemente doloroso para ellos, para sus familias y para toda la Iglesia, pero oramos para que el acuerdo les dé a todos una oportunidad para sanar y un nuevo comienzo.

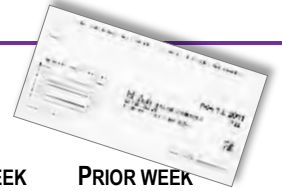
Oramos por nuestras parroquias y todos los ministerios que sirven a Dios y al bien común de todas las personas en Long Island, para que María, Madre de la Iglesia, interceda por nosotros. De este oscuro capítulo de la historia de la Iglesia, miramos a un tiempo de resurrección, a una Iglesia purificada y deseosa de llevar el mensaje salvífico de Jesucristo a todas las personas. Si tiene alguna pregunta, por favor hable conmigo o con el Sr. Charles Shields III, Presidente del Comité de Finanzas.

Con oraciones y gratitud para usted y su familia por su fidelidad.

Sinceramente suyo en Cristo,
P. Christopher Nowak
Pastor

FAITH AND FINANCES

OFFERTORY TOTALS



MASS	FIRST OFFERING DEC07/08, 2024	FIRST OFFERING NOV30/DEC01, 2024	FIRST OFFERING NOV23/24, 2024	FIRST OFFERING NOV16/17, 2024	CURRENT WEEK ENVELOPES	PRIOR WEEK ENVELOPES
Automated Giving	\$ 1,108.75	\$ 1,108.75	\$1,159.50	\$ 1,118.95	32	32
Prior to Sunday	\$ 499.00	\$ 98.00	\$ 370.55	\$ 477.00	16	5
5:00 pm	\$ 806.00	\$ 870.00	\$ 854.00	\$ 1,230.00	10	15
7:00 pm	\$ 1,348.00	\$ 1,129.00	\$ 1,410.00	\$ 1,469.00	12	11
7:00 am	\$ 1,292.00	\$ 1,745.00	\$ 1,055.00	\$ 1,033.00	21	23
8:00 am	\$ 1,567.00	\$ 1,817.00	\$ 1,852.00	\$ 2,182.00	15	13
9:30 am	\$ 1,060.00	\$ 1,198.00	\$ 2,521.00	\$ 1,357.00	25	23
11:30 am	\$ 1,472.00	\$ 1,577.00	\$ 1,435.00	\$ 1,658.00	27	39
1:30 pm	\$ 2,701.00	\$ 2,602.00	\$ 2,548.00	\$ 2,786.00	27	26
5:00 pm	\$ 902.00	\$ 965.00	\$ 981.00	\$ 764.00	20	12
TOTAL	\$12,755.75	\$13,109.75	\$14,186.05	\$14,074.95	205	199

Current Catholic Ministry Appeal (CMA) Results!

CMA Goal: \$84,800.00

Payments Received: \$28,470.00 **(33.57% of Goal!)**

Only \$56,330.00 or 66.43% to go

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% of the overage!!

The 2025 Mass Book is now open.

Please stop by the rectory office. We can now take all intentions
for the 2025 year.

Adoration/Holy Hour is the Last Sunday of the month This month is
December 29, 2024, at 6:00pm.

It's a great way to end 2024 and welcome in 2025!!



**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



**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.



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 29 de Diciembre de 2024
La Sagrada Familia de Jesús, María y José**

Primera Lectura: 1 Samuel 1, 20-22. 24-28

Salmo Responsorial: Salmo 83

Segunda Lectura: Gálatas 4, 4-7

Evangelio: San Lucas 2, 16-21

**El Grupo Señor
de las Misericordias**

Nos reunimos todos los lunes a las 7 PM en la Capilla del Convento.



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



Lo invitamos 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.



**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

**La Legión de María "La
Medalla Milagrosa"**

Lo invita cordialmente a sus reuniones todos los sábados a las 5 de la tarde en la Sala # 108 del Edificio de la Escuela. Para más información por favor llame a la Coordinadora: Berta García 718-791-5981



¡Urgente Llamado a los Monaguillos!



¿Te gustaría ayudar a servir en el altar? ¿Por qué no unirse 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!

**Comunidad
Santo
Redentor**


La Comunidad de Oración Carismática Santo Redentor se reúne todos los martes de cada mes, de 6:30 PM a 9:00 PM.

Para más información por favor llame a la coordinadora del grupo: Evelyn Espinoza. 516-425-1065.



**El Grupo Carismático Cristo
Vive se reúne todos los
domingos de 6:30 PM a 9:00
PM. Si tiene preguntas, llame al
Coordinador: Carlos Deras
(516) 304-2846**

Buy a T-Shirt!
Help Support our Ministry!



\$ 20 each; 2 for \$30
 On sale in the lower church after the 9:30
 mass on Sundays
 Or Call 917 842-4178

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*

*Lincoln McLean, Grand Knight
@ 516 448-4446*

Ladies, have you wondered what you could do to help the less fortunate in the community. Have you seen tragedy on the news and wanted to do something to help? Have you been searching for a way to improve your own spiritual life and sense of belonging to a Christian community?



Consider learning more about the Catholic Daughters of the Americas.

We meet the second Monday of the month at 7pm in the lower church. For more information, contact **Theresa Duran at 516-298-2672.**

Hungerford & Clark

"Proudly serving the Freeport community and Our Holy Redeemer Parish for over 80 years"

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(Opposite Our Holy Redeemer Church)

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•Somatic Therapy- Emotional trauma release, Spinal blockages, Chemical/toxin release.
lifesprkllc.com

At Ocean Financial, our members' financial well-being is at the heart of everything we do!



Speak with a Member Contact Representative today to learn more about how we can help you.

516.620.8100 • OceanFinancial.org
Oceanside Branch 45 Atlantic Avenue Oceanside, NY 11572
Seaford Branch 4050 Merrick Road Seaford, NY 11783

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Abortion? There *is* a better solution.

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without which NO OTHER rights exist!
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)
AAPregnancyOptions.org

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.aapregnancyoptions.org
- ♥ Momma's House: (516) 781-8637
www.mommashouse.org
- ♥ Regina's Residence: (516) 223-7888
www.catholiccharities.cc/reginasresidence

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.