



2026 Pentecost Sunday
Happy Birthday Holy Roman Catholic Church
Our Holy Redeemer Parish



Holy Hour

Every last Sunday of the Month at 6:00 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. Rubén T. Pareja
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. Braulio 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) 404-9347



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

Rosary Makers

Diana Maza
(516) 581-7103
Ministry of Catholics of African Ancestry
Lawrence Ogbutor
516-298-2258

Rectory Hours
Monday – Friday
8:00 AM to 12:00 PM
1 PM to 5 PM

May 24, 2026, Pentecost Sunday

FAITH AND THE HOLY SACRIFICE OF THE MASS

OFFERINGS FOR THE WEEK OF MONDAY, MAY 25, 2026

MASSES

Monday, May 25, The Blessed Virgin Mary Mother of the Church

7:30am † Jean Dengel (Birth Mem)
 12:10pm Men and Women of the Armed Forces

Tuesday, May 26, Saint Philip Neri

7:30am † Deceased Members of the Samuel Family
 12:10pm Intentions of Laura de Domenico

Wednesday, May 27

7:30am † Michael Anthony Scalamandre
 12:10pm Intentions of Mary Ann Brino
 7:00pm † Felix Espinal

Thursday, May 28

7:30am † Socorro Martinez
 12:10pm † William Rodriguez

Friday, May 29

7:30am † Nancy Donohue
 12:00pm † William L. Burke

Saturday, May 30

9:00am † Purgatorial Society
 5:00pm † Julie Huppert; † Michael Scalamandre; † Nancy Donohue; & † Nancy Donohue
 7:00pm † Fernando Morales

Sunday, May 31, THE MOST HOLY TRINITY

7:00am Intentions of Pope Leo XIV
 8:00am † Melida Labur; Intentions of Julio Cacao; † Albert DiBrizzi; & † Wilmer Antonio Sosa
 9:30am Intentions of Kaitleen Perez; (B'day)
 11:30am † Michael Anthony Scalamandre
 1:30pm Parishioners of Our Holy Redeemer / Freeport
 5:00pm Priest's Intention

READINGS FOR MAY 31, 2026

The Most Holy Trinity

1st Reading
Exodus 34:4b-6, 8-9

Responsorial Psalm
Daniel 3

2nd Reading
2 Corinthians 13:11-13

Gospel
Saint John 3:13-16

MONTHLY ANOINTING OF THE SICK



EVERY FIRST SUNDAY
At the end of the 5 PM Mass



FAITH AND HOLY MATRIMONY



BANNERS OF MARRIAGE

II: JAVIER ANDRÉS MENDEZ SOLIS & FATIMA GARCIA

BREAD & WINE

SANCTUARY CANDLES

† FOR HOLY MASS INTENTION, PLEASE VISIT THE RECTORY

TABERNACLE FLOWERS

† *Para intencion 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, 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, 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, CPO Floyd A. Rivera, Seaman Miguel Rodriguez, 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 Our Beloved Deceased

Please Pray for



James Abbandola, Jim Aleppo, Louis Algero, Daniel Arce, Gloria Arce, Mary Bailey, Anne Bouchereau, Stacy Calixto, Maureen Carl, George Carrig, Kevin Carrig, Gloria Carroll, Frank Conanan, Theresa N. Condy, Elsie Diaz, Nancy Donahue, Paul Fitzgerald, Kathy & Doug Fitzsimons, Rosemarie (Artie) Grover, Dora Guerrero, Nora Guzman Pinos, Elliot Guzman, Roberto Orlando Guzman, Paul Hladky, Michael Holian, Baby Braiden Lawrence Jeffers, Ed Kangesier, Barbara Anne Kelnhofer, Mary Jo Koch, Bart Lazarus, Marilyn C. Liebman, Patricia Lindenmeyer, Brian Liranzo, Jose Liranzo, Ashley Longo, Baby Luca Longo, Rafael Lopez, Lorraine Marchese, Maribel Melicio, Margaret Nadeau, Samson G. Paul, Patria Paulino, Cathy Pomerico, Sara Ramirez, Rodolfo Rodríguez, Eviana Rose, Elisa Sanchez, Rita Sciarretta, Peter Stoessel, Donald Suchan, Anna Taglieri, Caridad Taveras, James Tayler, Angelo Termini, Charlie Termini, Marybeth Termini, Vinnie Termini, Ana Tineo, Sam Tobar, Billy Trouard, Esther Turan, Brendan Turner, Eileen Turner, Laura Turner, Sarah Turner, Julianne Valot, Elaine Verity, Bill Walsh, Mary Walsh, James Wehrum, Kasey White, Lillian Wickman, Robert Wicks, Hope Wilson Mann and Family, and 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 three months.

Thank you.



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

Tomorrow, May 24, we celebrate the Feast of Mary, Help of Christians. On this special day, we honor the Blessed Virgin Mary's loving protection and her ongoing guidance of the Church throughout history. Catholics around the world turn to Mary as a powerful intercessor and protector, especially in times of difficulty and need. This feast reminds us to seek Mary's help through prayer, to trust in her maternal care, and to follow her example of faithfulness to Christ. As we celebrate, may we continue to ask for her guidance and protection for our families, our Church, and our world.

Recruitment is now underway for the 2026–2027 school year at The De La Salle School. Applications may be requested by contacting Mrs. Elder, Executive Director, or Mrs. Becker, Principal. Families may reach the school by phone at (516) 379-8660, by email at relder@delasalleschool.org, or by visiting the school office between 7:30 AM and 3:45 PM on any school day. The school entrance is located by the flagpole in the parking lot.

Roxanna De Peña-Elder, Executive Director



On this Feast of Pentecost, Please pray for our Confirmandi who will be Confirmed on May 30, 2026!



“...you will receive power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth.”-Acts 1:8

Yoseilin Abreu Peralta Nasly Aguilar Reyes Erick Alvizures Lemus Major Alvizures Lemus Justin Arias Cindy Arias Cumbe Jhon Arita Reyes Berenice Batista Tavares Wilber Bautista Emmanuel Benitez Astrid Bleck Leandria Bonilla Vargas Dayana Casiano Avalos Carlos Castillo Sanchez Edith Chavez Coronado Giovanna Chavez Coronado Isaac Colon Soulhyma Colon Zachary Colon Jayden Cumbay Jeremy DeLaRosa Samuel Diaz	Chelsea Enamorado Christian Espinal Grullon Elisabeth Fernandez Benitez Elsi Fernandez Benitez Ronald Fernandez Umana Jamie Gallegos Paredes Kiara Gonzalez Albarracin Matthias Grube Silva Logan Guardado Steven Guerra Juarez Brianna Guerra Martinez Andrio Guevara Anthony Hankins Garay Valeria Hankins Garay Joshua Henriquez Jared Hernandez Anderson Hernandez Canales William Hernandez Pinto Keiry Herrera Martinez Marcus Jaquez Rogelio Jimenez Wyatt Jones	Paola Landaverde Serrano Valentina Le Landon Licono Cristian Lliguicota Elizabeth Lopez Allen Lopez Rosales Geovanny Lora Gabriel Marmol Alexander Martinez Guerra Mateo Mendez Antonio Mendoza-Pineyro Amanda Moronta Jadelyn Nuñez Wilder Oroman Guevara Deylin Oroman Romero Kevin Orrego Rivera Camila Paez Frankenny Paez Sanchez Bryan Peguero Jaylene Peralta Dulce Perez Morales Grace Perez Morales	Zurey-Marie Pierre-Thomas Yarivel Quinde Jeremy Quito Emily Ramos Gomez Davian Reyes Deanna Reyes Ethan Reyes Katie Reyes Fatima Reyes Santos Emely Rivera Hernandez Hilary Rodriguez Jordan Rodriguez Joseph Rodriguez Dante Romero Ransell Sanchez Matthias Tello Sanchez Luis Santos Angel Valladares Romero Anthony Zavala Anthony Zhicay Marca
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Joanne Stuhlinger
Faith Formation Coordinator

DEACON'S CORNER



It is impossible to reflect on the story of Pentecost and not be blown away by the intent of God to include all peoples, every nation in his Kingdom endeavor. Beginning with a small, unimpressive band of Galilean Jews, the Church that Jesus came to commission and accompany into the world was to be characterized by its love, its inclusiveness and its diversity. All barriers would be broken down because of Jesus' resurrection, and through the presence of the Holy Spirit, His followers individually, and more importantly, collectively.

When the Spirit descends providentially, God-honoring Jews and converts from every point of the compass came to celebrate the goodness of God and the beginning of the wheat harvest. During this significant time of celebration, God pours out His Spirit, declares the Good News of His Kingdom and love, and does so in a way that reaches beyond every cultural expression, enabling His Galilean followers to speak the languages of everyone close enough to hear the words being expressed. In that moment, God's promise to Abraham that he would be the father of many nations was being fulfilled!

Today, we wait to see this expression of diversity and inclusiveness be demonstrated in its fullness by Christ-followers. Many long to see the Church be the unequivocal champions for righteousness and justice and embody what it means to live together as brothers and sisters. We hope for the guiding force of our engagement as Christians to reflect the Spirit that descended on a rag-tag group of Jesus followers, coming together as one.

Deacon Bruce

EL RINCÓN DEL DIÁCONO

Es imposible reflexionar sobre la historia de Pentecostés y no quedar asombrado ante el propósito de Dios de incluir a todos los pueblos —a cada nación— en su obra del Reino. Comenzando con un pequeño y modesto grupo de judíos galileos, la Iglesia que Jesús vino a comisionar y a acompañar en su misión por el mundo se caracterizaría por su amor, su carácter inclusivo y su diversidad. Todas las barreras serían derribadas gracias a la resurrección de Jesús y, mediante la presencia del Espíritu Santo, a través de sus seguidores: tanto individualmente como —y esto es aún más importante— colectivamente.

Cuando el Espíritu descendió providencialmente, judíos temerosos de Dios y conversos procedentes de todos los puntos cardinales acudieron para celebrar la bondad divina y el inicio de la cosecha del trigo. Durante este significativo tiempo de celebración, Dios derramó su Espíritu, proclamó las Buenas Nuevas de su Reino y de su amor, y lo hizo de un modo que trascendió toda expresión cultural, capacitando a sus seguidores galileos para hablar en los idiomas de todos aquellos que se hallaban lo suficientemente cerca como para escuchar las palabras que se pronunciaban. ¡En aquel instante, se estaba cumpliendo la promesa que Dios había hecho a Abraham: que sería padre de muchas naciones!

Hoy, aguardamos ver cómo esta manifestación de diversidad e inclusión se hace patente en toda su plenitud a través de los seguidores de Cristo. Muchos anhelan ver que la Iglesia se erija como defensora inequívoca de la rectitud y la justicia, y que encarne el verdadero significado de convivir como hermanos y hermanas. Confiamos en que la fuerza rectora de nuestro compromiso como cristianos refleje el Espíritu que descendió sobre aquel grupo heterogéneo de seguidores de Jesús, uniéndolos a todos como uno solo.

Diácono Bruce

FAITH AND FINANCES

OFFERTORY TOTALS



MASS	FIRST OFFERING MAY16/17,2026	FIRST OFFERING MAY09/10,2026	FIRST OFFERING MAY02/03,2026	FIRST OFFERING APRIL25/26,2026	FIRST OFFERING APR18/19,2026	CURRENT WEEK ENVELOPES	PRIOR WEEK ENVELOPES
Automated Giving	\$ 794.96	\$ 856.49	\$ 723.23	\$ 703.73	\$ 763.98	28	29
Prior to Sunday	\$ 855.00	\$ 837.00	\$ 482.00	\$ 680.00	\$ 582.00	13	19
5:00 pm	\$ 730.00	\$ 835.00	\$ 914.00	\$ 949.00	\$ 940.00	16	17
7:00 pm	\$ 1,354.00	\$ 849.00	\$ 1,342.00	\$ 771.25	\$ 1,160.00	12	11
7:00 am	\$ 1,209.00	\$ 1,946.00	\$ 1,414.00	\$ 1,121.00	\$ 1,560.00	19	23
8:00 am	\$ 2,314.00	\$ 2,703.00	\$ 2,123.00	\$ 2,170.00	\$ 2,127.00	17	33
9:30 am	\$ 982.00	\$ 1,127.00	\$ 1,073.00	\$ 1,491.00	\$ 1,166.00	12	21
11:30 am	\$ 1,920.00	\$ 1,295.00	\$ 1,694.00	\$ 1,438.00	\$ 1,683.00	40	31
1:30 pm	\$ 2,227.00	\$ 2,861.00	\$ 2,586.00	\$ 2,537.00	\$ 2,091.00	12	29
5:00 pm	\$ 888.00	\$ 481.00	\$ 949.00	\$ 885.00	\$ 900.00	12	9
TOTAL	\$13,273.96	\$13,790.49	\$13,300.23	\$12,745.98	\$12,972.98	181	222

2026 Catholic Ministry Appeal (CMA) has begun:

Good News! Our Goal has been reduced to:

2026 Goal = \$44,520

Total pledges made to date \$17,990.30

of Donors = 60

Payments Received: \$12,915.52 (or 29.01% of goal)

**If we reach a total of \$62,328.00 payments received we will
rebate.**

Please be aware that the envelope company is still having
problems with their printer.

The 2nd collections for the next few weeks are as follows:

5/24/2026 Repair & Maintenance

5/31/2026 Debt Reduction

6/07/2026 Keep the Church Comfortable

6/14/2026 Mass on the Waterfront



Pastor's Message: Pentecost 2026 [A]

I.-- Jesus knew that he had to keep his Apostles together, so he gives them the Eucharist. At the end of which he says. "Do this in memory of me." Repeat my words and actions and I will be truly (real presence) present to you. So, the Apostles are together for the out pouring of the Holy Spirit, the beginning of the church. Jesus, now the Christ, knows that his Apostles will work to fulfill the mission: to build the Kingdom of God.

--I'd like to use a story. I use story because narrative speaks to the heart and soul (the 4 Gospels are narratives). This story serves as a metaphor that captures the treasure and richness of the Holy Spirit in our lives, we just have to be aware. Many people don't even recognize the Holy Spirit working in their lives.

STORY: Once, a mother took her five-year-old son with her to a concert by Ignace Paderewski, the great Polish pianist. She did this to motivate her son with his piano lessons. The mother and her son got their seats close to the stage. Then the mother met her old friend and got involved talking with her. She failed to notice that her son had slipped away to do some exploring.

--At the right time the lights dimmed and the spotlight came on. The mother looked around for her son. Only then did the mother see her five-year-old son on the stage, sitting on the piano bench, innocently picking out "Twinkle, Twinkle, Little star." The great Paderewski walked on to the stage. Walking over to the piano, he whispered to the boy, "KEEP PLAYING." Then, leaning over the boy, Paderewski reached out his left hand and began to fill in the bass. Later, he reached around the other side of the boy and added a running obbligato. Together, the great maestro and the tiny five-year-old mesmerized the audience with their playing.

POINT: The image of the great maestro and the tiny five-year-old at the piano makes a fitting image / metaphor of the Holy Spirit coming upon the disciples. On the first Pentecost the Holy Spirit whispered encouragement to the disciples. The Holy Spirit transformed the feeble efforts of the disciples into something powerful AND BEAUTIFUL.

--The same with us: as we play a simple tune of life... the Holy Spirit is leaning over us turning our simple song of life into a great symphony. Can you even fathom that your life is as complex as a symphony.

II.-- On this Pentecost let us review the FRUIT of the Holy Spirit as kind of Report Card to see how well we are using the Gifts of the Holy Spirit and bearing the FRUIT of the Spirit in our lives.

--How far along are we in the journey of conversion and what fruit are we manifesting in our lives?

--When we were confirmed and received the Gifts of the Holy Spirit, our great treasure, we were called to carry out Christ's mission, to build the Kingdom of God. Jesus calls us friends; he calls us coheirs. We need to use our great treasure to fulfill the fathers mission.

III.-- FRUIT OF THE HOLY SPIRIT: If we are using our Treasure well then we should produce the fruit of the Holy Spirit.

LOVE (charity): is not a FEELING or EMOTION / NOT EROIC LOVE: AGAPE LOVE IS a deliberate attitude of goodwill and devotion to others.

--Charity is the love of God and of neighbor, without any thought of receiving something in return.

--It is not a "warm and fuzzy" feeling, however; charity is expressed in concrete action toward God and our fellow man.

--Love / Charity: SELFLESS AND SACFRIFICIAL. It is freely given even if the persons) is undeserving. Doesn't expect anything in return.

CRITERIA for being a disciple: You are my friends if you do what I command: LOVE ONE ANTOTHER AS I HAVE LOVED YOU.

EXAMPLE: when you watch the news at night and see the thousands of immigrants pouring across the U.S.A boarder, what wells up in you? DISGUST OR CHARITY?

JOY: . HAPPINESS is an EMOTION contingent upon circumstances: JOY IS A VIRTUE THAT IS PERVASIVE NOT CONTINGENT UPON ANYTHING. (the world could be falling apart but you still have joy in your heart).

--ONE may experience sadness and pain but underlying it is the knowledge that one is loved by God.

Gentleness / Mildness:

To be mild in behavior is to be forgiving rather than angry, gracious rather than vengeful. The gentle person is meek; like Christ Himself, Who said that "I am gentle and humble of heart" (Matthew 11:29) he does not insist on having his own way but yields to others for the sake of the Kingdom of God.

faithfulness: . PART OF US always wants to be in charge, but faithfulness is evident IN THE person who seeks good for others and recognizes that ALL THINGS ARE IN GODS HANDS.

patience: (longsuffering) --the capacity to continue to bear up under difficult circumstances, not with a passive complacency, but with a hopeful fortitude that actively resists weariness and defeat.

peace: Peace is a tranquility in our soul that comes from relying on God. Rather than getting caught up in anxiety.

-- **MEANS SHALOM :** It is a sense of wholeness and completeness knowing that God is in control.

--Peace results when we **REST IN OUR FRIENDSHIP WITH GOD...**

kindness: he or she looks for ways to adapt to meet the needs of others. It is moral goodness that overflows.

--kindness is acting for the good of people regardless of what they do

--Kindness is goodness in action, sweetness of disposition, gentleness in dealing with others, benevolence, affability.

--*ability to act for the welfare of those taxing your patience.*

--respect and help others without waiting for someone to help one back

self-control: . Contenance is self-control or temperance. It does not mean denying oneself what one needs or even necessarily what one wants (so long as what one wants is something good); rather, it is the exercise of moderation.

--Self-control is literally releasing one's grip on the human desire, choosing instead to be controlled by the Holy Spirit. It is power focused in the right place.

goodness: If you have goodness in you than you will see Goodness in others...

--Goodness is the avoidance of evil and the embrace of what's right, even at the expense of one's earthly fame and fortune.

Chastity: The practice of chastity is control of one's thoughts and discipline of one's senses, especially the eyes. It is greatly assisted by modesty and purity

EXAMPLE: changing the channel on the T.V and coming across programming that you should not be viewing. You keep changing the channel.

Modesty: Being modest means humbling yourself, acknowledging that any of your successes, achievements, talents, or merits are not truly your own but gifts from God.

--not claiming any credit for ourselves but giving all credit and thanksgiving to God.

-- Modesty is an essential base for humility.

Contenance

Contenance is self-control or temperance. It does not mean denying oneself what one needs or even necessarily what one wants (so long as what one wants is something good); rather, it is the exercise of moderation in all things.

CONCLUSION: How well are you allowing the Holy Spirit to work in your life? Are you using the **GIFTS** of the Spirit to bear fruit in your life?

Our Holy Redeemer Community Garden

--We are going to make the oval fenced in area between the convent and school building, into a community garden.

--Each plot will be approximately 10'x10'

--If you would like to sow and grow plants, vegetables...etc.... fill out the form below and get it to the Parish Office asap (first come first serve)

--You will be required to clean and maintain and water your own area.

There will be a contract to sign.

Name: _____

Address: _____

Cell Phone: _____



Jardín Comunitario de Nuestro Santo Redentor

--Vamos a convertir el área vallada ovalada entre el convento y el edificio de la escuela, en un jardín comunitario.

--Cada parcela tendrá un tamaño aproximado de 10'x10'

-- Si quiere sembrar y cultivar plantas, hortalizas... etc.... complete el formulario a continuación y entréguelo en la Oficina Parroquial lo antes posible (por orden de llegada)

--Se le pedirá que limpie, mantenga y riegue su propia área.

--Habrá que firmar un contrato.

Nombre: _____

Dirección: _____

Teléfono Celular: _____



COMING SOON!

CELEBRATE America 250

Celebrating 250 Years of Faith, Freedom & Founding!

The United States of America was founded on July 4, 1776,
and in 2026 we celebrate 250 years of our nation's history and heritage.
Join us as we commemorate this historic milestone with a special raffle!



**Grand Prize
\$1,000**

**10 Winners
of \$250 each**

**Drawing Date:
July 4, 2026**

**Tickets:
\$5 each / 6 for \$25**

Tickets will be sold after Masses—please listen for announcements for sale dates.
Celebrate this historic anniversary with us and support our parish!
Get your tickets and be part of America 250!

¡MUY PRONTO!

CELEBRAR America 250

¡Celebramos 250 años de fe, libertad y fundación!

Los Estados Unidos de América se fundaron el 4 de julio de 1776, y en 2026 celebramos 250 años de la historia y el legado de nuestra nación. ¡Únete a nosotros para conmemorar este hito histórico con una rifa especial!



**1.º Prize
\$1,000**

**10 ganadores
de \$250 cada uno**

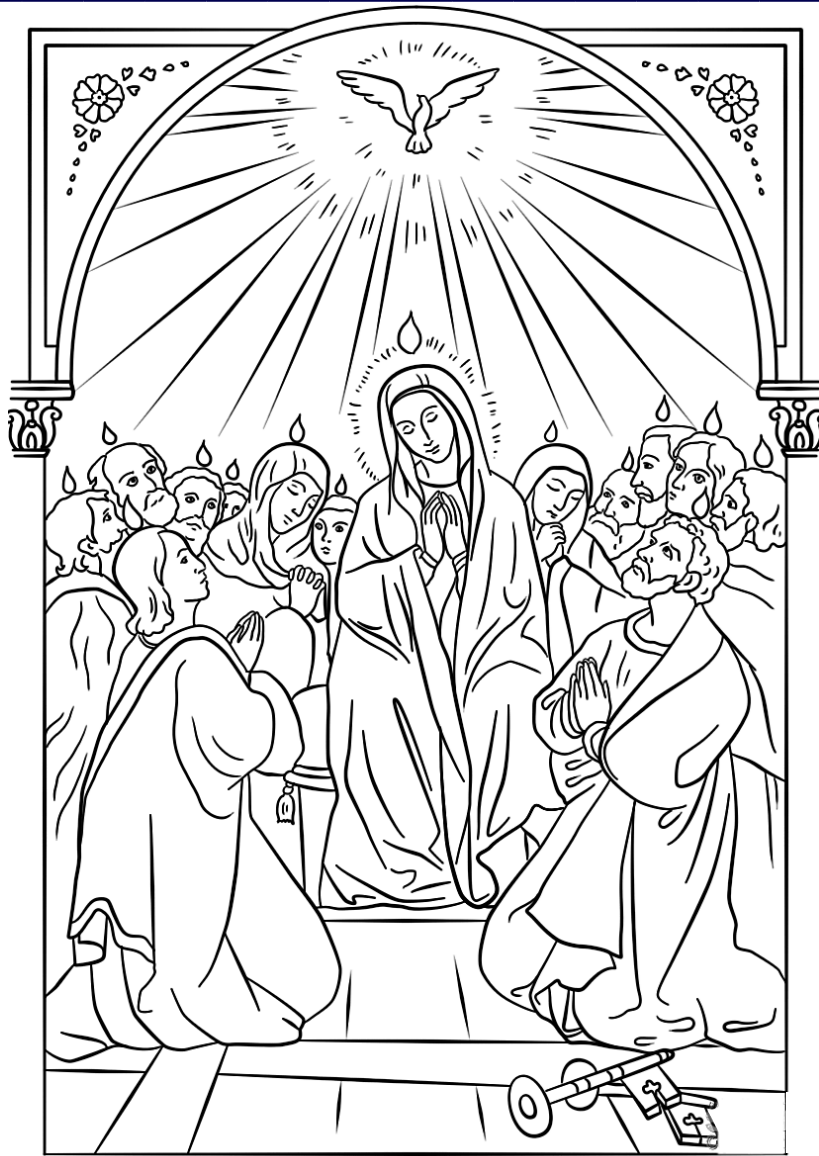
**Fecha de sorteo:
4 de julio de 2026**

**Boletas:
\$5 cada uno / 6 por \$25**

Las entradas se venderán después de las misas;
estén atentos a los anuncios para conocer las fechas de venta.

¡Celebra con nosotros este aniversario histórico y apoya a nuestra parroquia!

¡Consigue tus entradas y forma parte de América 250!



RECEIVE THE HOLY SPIRIT

On the evening of that first day of the week, when the doors were locked, where the disciples were, for fear of the Jews, Jesus came and stood in their midst and said to them, "Peace be with you." When He had said this, He showed them His hands and His side. The disciples rejoiced when they saw the Lord. Jesus said to them again, "Peace be with you. As the Father has sent Me, so I send you." And when He had said this, He breathed on them and said to them, "Receive the Holy Spirit.

Whose sins you forgive are forgiven them, and whose sins you retain are retained."

Saint John XX: 19-23

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).

- | | |
|-----------------|----------|
| AGAIN | LOCKED |
| BREATHED | MIDST |
| CAME | PEACE |
| DISCIPLES | REJOICED |
| DOORS | RETAINED |
| EVENING | SEND |
| FATHER | SHOWED |
| FEAR | SIDE |
| FIRST | SPIRIT |
| FORGIVEN | STOOD |
| GLORIFY | TESTIFY |
| HANDS | THEM |
| HOLY | WEEK |
| JESUS | WHOSE |

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



Ministry of Catholics
of African Ancestry

invite you to a

JUNETEENTH

Celebration

Join us as we honor Freedom, Heritage, & Achievement.

Sunday, June 14th

Immediately following 11:30 AM Mass
In the Lower Church

Event Highlights:

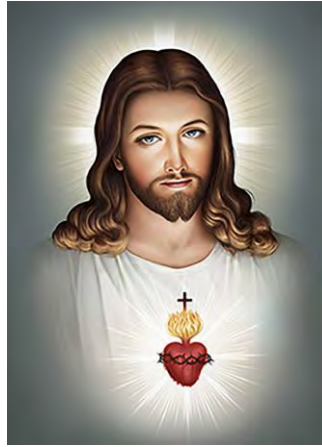
- Juneteenth Celebration Presentation
- Presentation of the Achievement Award
- Light Refreshments & Fellowship

All are welcome!

"Celebrating Freedom, Honoring Legacy, Inspiring the Future"

Purgatorial Society Remembrances May 2026

Msgr. Donald T. Bennett
Albert Chimeri
Albert Di Brizzi
Nancy Donohue
Thomas R. Farrell
George Fischer
John J. Keegan
Joseph Keegan
Maria Keegan
Patrick Keegan
Thomas Keegan
Brian Kenny
Geraldine King
Mark Kojamanian
Larry Jennette
Victor Laos
Laura Marchese
Carlos Omar Mieles
Anna Morrison



**Sacred Heart of Jesus, I trust
in you.**

**Eternal rest grant on to
them and let your
perpetual light shine
upon them.**

May they rest in peace.

My Jesus, mercy!

John Morrison
Justin Michael Perez
Father R. Michael Reid
Floyd Rivera, Jr.
Albert Stoessel
Andrew Stoessel
Ernest Stoessel
Ernest Stoessel, Sr.
Rose Stoessel
Janene M. Suchan
Thomas J. Suchan
William E. Suchan Jr.
William R. Suchan
Francis Sweeney
Ceferino Vega
Bishop Paul H. Walsh
Marie V. Weiss
Eugene Weston
Jack (John J.) Weston
Paul Weston

**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 May 22, 2026, will be enrolled for June 2026.

The donation is \$20 per name.

Please print clearly.

Name to be enrolled: _____

Your name: _____

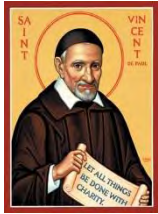
For Office use: Date Received: _____

Our Holy Redeemer Invites You



**Praise & Worship Mass
with Adoration
May 31, 2026 at 5PM**

37 S Ocean Ave, Freeport, NY 11520



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.



Drawn to Carmelite spirituality? Inspired by Theresa of Avila, John of the Cross, and Therese of Lisieux? Do you desire to say yes to Our Lady to follow her son Jesus in Community with others? We invite you to consider the Lay Carmelite Community at St. Christopher's in Baldwin. More information can be found at www.laycarmelite.com. If interested, call Andrea Waldron TOC, Director at 516-965-0970.

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*

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.**


	<p>El Ministerio de los niños, Ángeles de la Virgen del Rosario</p> <p>Lo invita a Ud. padre de familia a ingresar a su hijo a participar en el Coro de los niños y cantar las alabanzas</p>
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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.

	<p>Ultreya Ultreya de Patio el 17 de Agosto en la 105 de la calle Bedell en Freeport, a las 3 PM. Para más información comuníquese con nuestra vocal: Blanca Peralta al 516-1325-3487.</p>
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<p>Lecturas para el 31 de Mayo de 2026 Santísima Trinidad</p>
<p>1ra Lectura: Éxodo 34, 4-6. 8-9 Salmo Responsorial: Daniel 3 Segunda Lectura: 2 Corintios 13, 11-13 Evangelio: San Juan 6, 51-58</p>


<p>El Grupo Señor de las Misericordias</p> <p>Nos reunimos todos los lunes a las 7 PM en la Capilla del Convento.</p>	
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<p><i>¿Le gustaría servir en el Ministerio de Hospitalidad de la Iglesia?</i></p>	
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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.

	<p><i>Grupo Jóvenes Adultos</i></p> <p>CRECIENDO EN CRISTO</p> <p>IG: @GJCRECIENDOENCRISTO Contacto: Marcos Rodriguez (516)618-8204</p>
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<p>¡Urgente Llamado a los Monaguillos!</p>	
	<p>¿Te gustaría ayudar a servir en el altar? ¿Por qué no unirte al creciente grupo de jóvenes que ayudan al Sacerdote en nuestro Altar? Si estás interesado, y tus padres están de acuerdo, llama al Padre Carlos al 516-378-0665. Si él no está disponible, déjale un recado con tu nombre y teléfono y él o un delegado te llamará. El primer paso es recibir instrucción para que sepas lo que tienes que hacer y las primeras veces que sirves te acompañará otro servidor con experiencia que te ayudará a hacer lo que debes hacer. De modo, que ¡manos a la obra!</p>

<p><u>La Legión de María “La Medalla Milagrosa”</u></p> <p>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: Carmen Piña, 917-485-5315.</p>	
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<p><u>Comunidad Santo Redentor</u></p>	<p>La Comunidad de Oración Carismática Santo Redentor se reúne todos los martes de cada mes, de 6:30 PM a 9:00 PM.</p>
<p>Para más información por favor llame a la coordinadora del grupo: Evelyn Espinoza. 516-425-1065.</p>	

	<p><u>El Grupo Carismático Cristo Vive</u> se reúne todos los domingos de 6:30 PM a 9:00 PM. Si tiene preguntas, llame al Coordinador: Carlos Deras (516) 304-2846</p>
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Pro-life Resources, Post-Abortion Healing Information

ProLifeLI.org or 631.243.1435

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