



February 14, 2010
6th Sunday Ordinary Time

TEACH

"Special Projects" Grades K-6
 Sundays February 14 and 21

Next Youth Gathering,
 February 21, 5-8P, Game Night,
 Countryside Adult Home

For a complete schedule, for all grades,
 go to www.stceciliachurch.com
 and click on "Teach."

Contact Phyllis Welsh for further info.

Seven of our youth and three adults have committed themselves to go on a mission trip this Summer, July 3-11. Details can be found on the SERVE tab of our web page. We will be hearing lots more about this!!!

ADULT EDUCATION

See Column 4 for why all parish adults ought to be at Sacred Heart, 2-5P. Sunday, February 28.

Study today's bulletin insert for many Lenten opportunities. Consider them ADULT EDUCATION!

St. Benedict Priory, Chestertown
www.prioryretreathouse.org
 Programs/Retreats 518-494-3733
Right in our own back yard!!!!

Neighborhood News!!

—Raffle of an original 18x24 Cate Mandigo creation called "Happy Hometown Holidays" featuring the fiveway intersection in Glens Falls. Only 500 tickets will be sold, each for \$25. Proceeds will benefit "Foundation for the Future," St. Mary's Church's Capital Campaign. Tickets are on sale until March 7, the day of the drawing. The painting can be seen at Scoville Jewelers. Tickers are available at the store or through the church (792-0989 or 792-2376). The value of the original is \$5,000. See the flyer on the pew near the exit.

This Tuesday, 2/16, 4:30-7PM
Pancake 'N' Sausage Supper
\$5 Presbyterian Church

Next Saturday, 2/20 4:30-6:30P
Roast Pork Dinner

Roast Port, Stuffing, Mashed Potatoes, Red Cabbage, Hot Vegetable, Applesauce Beverages, Upside Down Cake

\$9 Adults Children Under 5, Free
First United Methodist Church

SERVE

"Today is Undie Sunday"

Thank you for the donation of undies and socks and toothbrushes for children who are whisked into foster care. Thank you to Emily Kladis for inspiring us to help... and we thank her for the important work she does for children.

First Reconciliation Was Heartwarming!!!

Where else would you find a catechist leading the child by the hand to the reconciliation room and kissing them on the crown of their head as they enter the confessional for the first time????

Don't you just love St. C's????

Thank you, Father Cox (our beloved priest), Kristine Williams (our beloved catechist), Phyllis Welsh (our beloved coordinator of faith formation and youth ministry), and the parents of our children (beloved by all!).



NORTH COUNTRY MINISTRY 3933 MAIN: 623-2829
 Monday 9-12, Tuesday 9-1, Wednesday 1-4, Thursday 1-4, Friday 1-4.
BABY'S PLACE & CLOTHING CENTER

Financial Stewardship

Last weekend, \$2005 was contributed to help pay for the salaries and utilities needed to make St. C's viable. Of that amount, \$261 was "make up" from missed weekends. (That is really appreciated and shows love and commitment. Thanks!) \$253.61 was offered for the North Country Emergency Fund. Many canned goods and some detergent was also donated.
 Thank you.

And thanks to all for your support of Soup-er Sunday!

TAX ASSISTANCE? Call 793-3624 to make an appointment or get info.

IMMIGRATION REFORM

Thank you to all who signed the post cards. There is a basket in the narthex if you brought yours back this week. On Wednesday, they will be delivered. TY!
This is one more way in which we try to live out the last part of our mission statement that reads, "Serve those in need."

Thank You to Master Chef, Jason Baker

For teaching us how to prepare salmon and haddock and sword fish and shrimp and mahi mahi and tilapia! We now know what to look for and what to sniff for and where the best fish markets are. It was a relaxed, energizing, and informative evening. You are the best! And good luck with the new restaurant, the Black Watch. We will meet you there!



And thank you to Cheryl York, Laura Danna, and Leigh Cain for arranging the annual Valentine Dance! Great job!

And thank you to Mike Glebus (Mr. Mike) for finding a non-leaking faucet that works on one of the old sinks in the convent... and for offering to replace the hot water tank in the church. (It's so nice to know a good plumber!)

Bathing Suits Outgrown by Our Kids /Grandkids

Please spread the word to as many groups, organizations, and families that you can think of! They will be picked up by Mary Beth Gallagher on March 21, Namibian Liberation Day!!!

FAST

On **Ash Wednesday** and **Good Friday** are days of Fasting and Abstinence. We eat only one main meal with two smaller meals to get us by. There is no eating between meals and no eating of meat of any kind.

Fridays during Lent
We do not eat meat.

Fasting and abstinence express our desire to be converted in heart, to be reconciled with one another, and to love our neighbor as ourselves. Fasting and abstinence are customs from which we do not hold ourselves lightly excused.



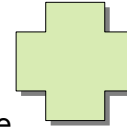
Additional Forms of Fasting

Fast From.....

- Judging Others
- Discontent
- Anger
- Complaining
- Bitterness
- Discouragement
- Suspicion
- Gossip
- Self-Preoccupation
- Violent Entertainment
- Anything that Threatens Health of Mind, Body, or Spirit
- (Add you individual suggestions!)

PRAY

Ash Wednesday Mass and Ashes
10AM Adult Home 7PM at St. Cecilia's



3:30 each Saturday } Praying Sunday Scripture
11AM each Sunday } and Faith Sharing

6-7PM Wednesdays } Stations at 6P
2/24, 3/3,10,17,24 } Soup & Cinema Short 6:30P

Sunday February 28 2-5PM "Come to the Table"
Register in the narthex or by emailing slhcsi@verizon.net
Flyer in Narthex and on www.stceciliachurch.com
(click on Teach)

Regional Gathering of North Country Catholics
At Sacred Heart Parish Center
Making Eucharist the Center of our Spirituality
Keynote: Fr. Tom Berardi
8 "mini courses" to choose from
Registration Deadline: February 22

Sunday March 7 4-5PM "Contemplative Prayer"
Using our INDOOR Labyrinth, meditative music
And Centering Techniques

Sunday March 14 4-5PM Divine Mercy Chaplet
An introduction and explanation with "an eye toward"
having the devotion bi-monthly at St. C's

Sunday, March 21 4PM Communal Reconciliation
With General Absolution
Father Tom Zelker, Pastor of St. Mary's in Granville

GIVE ALMS

National Collections

1. February 21, 1st Sunday of Lent
Black, Native American, & Latin American Missions
2. March 14, Fourth Sunday of Lent
Catholic Relief Services Annual Appeal
3. Friday, April 2, Good Friday
Holy Land Help Maintain Holy Sites

BNC

Bernhard Nordkamp Center
"Best Namibian Children"

- Week 1: School Shoes \$7+
- Week 2: School Uniform....\$21
- Week 3: Books \$25
- Week 4: School Supplies \$12
- Week 5: School Fees \$15

(Mary Beth Gallagher will be here the weekend of March 20 and 21.)



EMERGENCY FUND FOR PARISHIONERS

CATHOLIC RELIEF SERVICE

CHARITY OF YOUR CHOICE

Preparing Before Lent Begins

Taking some time to get ready for Lent will ensure that we aren't going to miss the first week or two of Lent, because we are just getting started. Lent begins on Ash Wednesday, but we want to be ready to really take off on that day, rather than just beginning to think about Lent on that day. Part of what makes a vacation or a special anniversary so special is the build-up to it.

Before we get to Ash Wednesday, we should start asking ourselves some questions and we should start with some preparations. "What does God want to give me this year?" This question may require that I slow down a bit and listen to my inner spirit. For example, even if I'm very busy, I realize I'm hungry when I hear my stomach start "growling." "What am I going to be doing on Ash Wednesday?" Too often, Ash Wednesday is like every other day, except that I manage to get to church and get ashes on my forehead. Is there anything else I can do on Ash Wednesday? How will fasting and abstaining happen for me, for my family on that special day?

It doesn't a lot of time to prepare for the beginning of Lent. It just takes desire and focus. God can do so much with that. We can give God more of a space to touch our hearts if we begin to establish some simple patterns. We could wake up each morning, and for something like a half a minute to a minute, stand by the edge of our beds, and just ask the Lord for the grace to let this day be one in which I long for the beginning of Lent. Perhaps we need to ask for specific helps or graces to get ready to begin Lent. Whatever we try to say, our Lord can understand the Spirit trying to speak through our simple words. And all it takes is the time to find and put on our slippers. And each night, in the days ahead, we can practice giving thanks to God before I go to bed. This simple pattern, in the morning and evening can stir our spirits to look forward to and prepare for Lent, as a season of grace.

May our Lord bless us all on this journey ahead.

(copied from www.creighton.edu/ministry)

Fish on Fridays? Better yet, Rice and Beans!

Fasting and abstinence
are not about meat or about dieting.

Fasting and abstinence from meat are about
solidarity with our brothers and sisters in the world
who are hungry.

Experiencing hunger ourselves teaches us more
about it than books or sermons ever will

Why choose to fast and abstain on Fridays?
It was on a Friday that God gave himself to us
completely and forever.
Fridays are special in our eyes.

One of the easiest and simplest meals that can
place us in solidarity, in even a symbolic way, with
much of the poor of the world is Rice and Beans.
This meal is healthy, nourishing and filling. Praying
with its preparation and eating it - feeling humble
and honored to share it with our sisters and
brothers in so many countries - can be a great
source of devotion for us and our families.

Grace Before Our Meal

**Blessed are you, Lord God of all creation,
for it is from your goodness,
that we have this food,
and the graces you give us
in preparing and sharing it.**

**Bless us O Lord,
and these your gifts,
which we are about to receive,
from your bounty,
through Christ our Lord.
Amen.**

How meaningful Lent is depends upon how reflective we are about it.

Praying Lent 2010



www.creighton.edu/ministry (click "online ministries")

Everyday Lent Resources:

[When time permits only one, brief prayer a day](#)

[Lent as: Hearing the Cry of the Poor](#)

[Preparing for Lent](#) // [Fasting and Abstaining](#) //
[Mardi Gras Prayer](#)

Daily Lenten Prayer

[The First Four Days of Lent](#) [The First Week of Lent](#) [The](#)
[Second Week of Lent](#) [The Third Week of Lent](#)
[The Fourth Week of Lent](#) [The Fifth Week of Lent](#)

[Lent Reading Groups](#)

Books to read, pray with and discuss during Lent
[They Come Back Singing](#) // [Radical Compassion](#) // [How Big Is Your](#)
[God?](#)

[Lenten Audio Conversations](#)

About readings for each week and practical help for Lent.

Lenten Audio Retreat with Fr. Larry Gillick, S.J.
Stations of the Cross: [Online Stations of the Cross](#)

[Beginning My Lenten Patterns](#) /// [Helping Little Children with Lent](#)
/// [Family Conversion - Relationship Conversion](#) /// [Realigning My](#)
[Priorities](#) /// [Family Prayer](#) /// [The Penitential Psalms](#) ///
[Reconciliation and Healing](#) /// [The Midpoint of Lent](#) /// [Looking at](#)
[Marriage in Lent](#) /// [Cooking Lent](#) and on and on! Something for
everyone!

"The environment is God's gift to everyone, and in our use of it we have a responsibility towards the poor, towards future generations and towards humanity as a whole." — Pope Benedict, Enoyical Caritas in Veritate

Lenten Carbon Fast 2010

As Catholic Christians we have a responsibility to be **wise stewards of God's Creation** and each of us must decide how we can improve our stewardship to safeguard God's Creation now and for future generations. The Archdiocese Environmental Outreach Committee suggests the following list of 40 carbon fasting actions everyone can consider as a part of your Lenten preparation for the Easter season. Each of these actions will reduce our production of climate change pollution and help to preserve God's great gift of Creation.

Environmental Outreach Committee ARCHDIOCESE OF WASHINGTON

adapted from Tearfund and other sources with help from Greater Washington Interfaith Power & Light
www.GreenMyChurch.com



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><i>"So whenever you give alms do not sound a trumpet before you ... so that your alms may be done in secret, and your Father who sees in secret will reward you." —Matthew 6:2-4</i></p> <p>Ash Wednesday reminds us to be faithful in action even when no one is paying attention. If we are all living in harmony with the rest of God's Creation, especially when no one is looking, our households, our churches, and our society will also be transformed.</p> <p>Remove one light bulb from your home and live without its light for the next 40 days. This will decrease your energy use, and act as a reminder of your Lenten Carbon Fast.</p>			17	18	19	20
<p>Remember your baptism today, and the power of water. Try to conserve: Leave a bucket in the shower or kitchen sink, and collect "greywater" to water the plants. Have a lawn? Consider a rain barrel so you can water the lawn with rain. (3bl.me/kkqzrp)</p>	<p>Check windows and doors for drafts with a ribbon or feather. If it flutters, make or buy a draft dodger or seal leaks with caulk and weatherstripping (3bl.me/tgpdn6). For professional weatherization, contact WeatherizeDC.org</p>	<p>If you're going to be away from an appliance for over an hour, turn it off as you leave the room. Even on an "energy-saver" setting, a computer, game console, or TV wastes more energy when it's on than if you really turn it off.</p>	<p>Be aware of your hot water use today. Turn off the water while scrubbing dishes. Take a shower instead of a bath, and try to take a shower that lasts half as long as usual.</p>	<p>Let your dishwasher breathe. Run the dishwasher only with a full load, and skip the energy-intensive drying cycle by choosing the "air-dry" option; or just open the door overnight.</p>	<p>Look to purchase locally-grown food today. Plan to walk to a farmers' market this weekend or consider joining a community-supported agriculture (CSA) group that delivers local produce (localharvest.org).</p>	<p>Plan ahead to bring reusable bags with you to get groceries today. If you already use reusable grocery bags, purchase a set of reusable produce bags for fruits and veggies. (ecobags.com)</p>
<p>Run your washing machine only with full loads. Turn the knob on your washing machine to "cold/cold", and leave it there. Washing your clothes in cold water gets them just as clean as washing in hot water, but uses half the energy.</p>	<p>Speak out! Ask our leaders to take action on climate change today. (daysix.org, 1skyor.org, chesapeakeclimate.org)</p>	<p>Turn off lights you're not using. Shut off lights as you leave a room. You can put reminder on your switchplates (gvlFL.org), or install motion sensors (about \$20 each) that turn lights off automatically (ShopFL.org).</p>	<p>Be aware of how much food you discard this week. Look for opportunities to avoid wasting food by planning well, and eating leftovers.</p>	<p>Consider composting your food waste. Put the nutrients from food waste back into the soil, not into a landfill. Learn more about composter options for indoors and outdoors. (3bl.me/fm29e)</p>	<p>Pick up at least one piece of litter on the ground when you are out walking today, and dispose of it properly.</p>	<p>Making travel plans? Consider getting there without flying. If you have to fly, balance out the carbon impact by buying offsets. Fund a project that prevents one ton of greenhouse gases for each ton that your trip will cause. (3bl.me/std348)</p>

Please Pray For

The repose of the souls of

Torrie Wilsey
Ben Round
Richard Lang
Tommy Howe
Toni Basile

May they rest in peace
and all who love and miss them
be consoled by
deep faith in Resurrection.

Rachel's Vineyard

*"Healing the pain of abortion,
one weekend at a time."*

Rachel's Vineyard is a retreat of healing and reconciliation for women and men whose lives have been touched by abortion. The retreat will be held on **May 14-16** at the **Carondelet Hospitality Center in Latham**. The weekend will combine discussions, spiritual exercises, the Sacrament of Reconciliation, a Memorial Service and a Mass of Entrustment. Participation is strictly confidential and offers a beautiful opportunity to experience God's love, forgiveness, and compassion. The cost is \$100, which includes a private room, meals and retreat materials. Some financial assistance will be available for those unable to pay the entire cost. For more info or to register contact: Mrs. Pat Mousaw, 518-222-1160, e-mail: rachelvineyardalbany@yahoo.com.

For a complete listing of retreat dates and locations contact: 1-877-HOPE-4ME or visit Rachel's Vineyard website: www.rachelvineyard.org.

Oh My Goodness

The hot water tank in the church is rusting and leaking. It must be replaced. (Would you like to donate a 20 gallon hot water heater???) And water is running through the church foundation in many new places. (It has always come in through the northwest corner.) This may be a major event! Income is going down and costs going up! Whatever, Oh Well. Let's dance!!!!



GATHER

Ladies' Night Out

Saturday, February 27 5:30PM

Italian Dinner, Fun and Games
(Seating is limited to 15)

Cost: \$10 Pre-paid by Wed. 24
Sign up sheet is on the bulletin board.

Don't Miss It!

Treat Yourself to a wonderful meal
minus prep or cleanup!

Lent

**February 28
is 2nd Sunday or Lent**

Why not use participation in
the Regional Gathering of
North Country Catholics
at Sacred Heart L.G.
Sunday, February 28, 2-5PM
as one of your
Lenten Spiritual Practices?

**The flyer advertising the
event is both in the narthex
and on our web page (under
"teach"). You can register
either by signing up in the
narthex or by emailing
slhcsj@verizon.net.**

**Your spirits will be lifted,
you will be inspired,
and meet other
faith-filled folks.**

Come to the Table

Alaska Roommate Needed

Didn't want to go alone?

There is a lovely gal (in fact, more than lots of fun!) who signed up for a double but has no roommate. Female preferred! Speak to slh.

Alaska Anyone?

Webpage: Click on the tab, "Gather"

WORSHIP

February 14, 2010

6th Sunday Ordinary Time

4:30P Ben Round req. Mark and Diane Joy Murray
10A Nancy Morrison and Bill LaFountain
Req. Mark and Diane Joy Murray

ASH WEDNESDAY, FEBRUARY 17TH

10am at Adult Home on Horicon Avenue
7PM at St. Cecilia's Church, Main Street

Fri 9A Thomas Schrader
Req. Teresa Whalen and John Franchini

February 21, 2010

First Sunday of Lent

4:30 P Thanksgiving for a Favor Received
Sally and Jim Maloney
10 AM _____ (available)
Fri 9A Gary Towle
Req. Teresa Whalen and John Franchini

Neighboring Catholic Churches:

SACRED HEART Lake George 668-2046
BLESSED SACRAMENT Bolton Landing 644-3861
ST. ISAAC JOGUES Chestertown 494-5229

This Week

Saturday/Sunday: Undie Sunday-
Sunday: Special Projects Sunday
Tuesday 11:30A Gathering Place
6:30P Youth Service Planning Meeting
8P AA Church Hall
ASH WEDNESDAY 10AM Adult Home Mass
7PM Mass in Church
Thursday 6PM Finance Council Convent
7PM RCIA Convent
Friday 11:30A Gathering Place
Saturday 3:30PM Mediation on Sunday Scripture
Sunday 11AM Mediation on Sunday Scripture

In Coming Days

Feb 24, March 3, 10, 17, 24 Stations, Soup, Cinema
Feb 27 Cabin Fever Dinner—Ladies' Night Out
Feb 28 2-5PM "Come to the Table"
March 7 Contemplative Prayer Experience
March 14 Chaplet of Divine Mercy Cenacle
March 20 & 21 Mary Beth Gallagher
March 21 4PM Communal Reconciliation
April 1-3 Triduum
April 4 Easter
May 24 Alaska Cruise Tour
July 4 Mission Trip to North Carolina

Contact Information

Sister Linda Hogan csj / 623-3021 slhcsj@verizon.net // Father Paul Cox 656-9464 //
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Judy Rozell 222-4140 (note: no "e" in—) sunflwr50@yahoo.com // Gail DeMarsh 744-9241 pyramidlifemom@aol.com
Prayer Chain Alice Damp 623-3618 edaldamp@yahoo.com