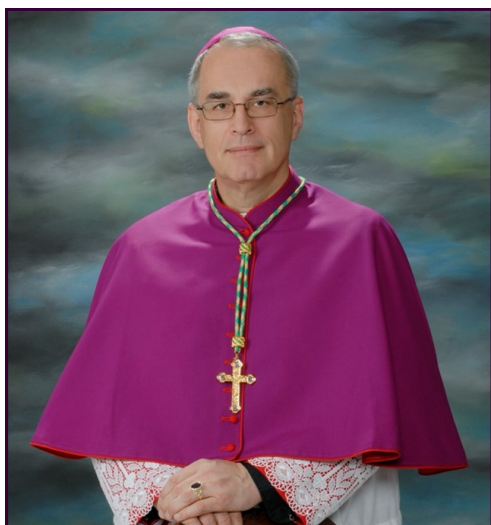


THE MESSENGER

Quarterly Newsletter of the Eastern Diocese
of the Polish National Catholic Church



DID YOU EVER HEAR OF A GUY NAMED BARNABAS?

... “There was a Levite, a native of
Cyprus, Joseph, to whom the
Apostles gave the name
Barnabas...”

Acts 5:36, NRSV

I want to share with you two different portions of Holy Scripture, both from the Book of the Acts of the Apostles written by Saint Luke.

The first passage is Acts 9: 26 - 31.

To set the stage, Saul is introduced in chapter 8. He is shown ravaging the disciples in Jerusalem. This begins with the approval of Deacon Saint Stephen’s stoning and continues with Saul “*entering house after house; dragging off both men and women, he committed them to prison*” (AA 8:3, NRSV). The disciples scatter to avoid this, and that’s how the Good News goes to other cities and locals. Stephen flees to Samaria and begins to share the Good News. Peter and John followed Stephen to Samaria, having heard of the great work the Lord was doing through him. They laid hands upon the believers in Samaria and the Church was established there.

In Chapter 9 Saul sets his sights on Damascus to continue the persecution of Christians there. On his way he encounters Jesus and is converted from a persecutor of Christ’s followers to an evangelist of the Good News. In just a few days Saul is converting the Jews of Damascus to Christianity.

Word gets out and the followers, especially those in Jerusalem, couldn’t believe it, because they knew Saul as a persecutor. The Jews were shocked as well. *After some time had passed , the Jews plotted to kill him but their plot became known to Saul. They were watching the gates day and night so that they might kill him; but his disciples took him by night and let him down through an opening in the wall, lowering him in a basket.* (AA 23-25).

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Saul's next step is logical. He goes back to Jerusalem because that's where this odyssey began. Jerusalem is where the Church began.

And now we find ourselves at Acts 9:26 - 31:

*“When he had come to Jerusalem, he attempted to join the disciples; and they were all afraid of him, for they did not believe that he was a disciple. But **Barnabas** (emphasis mine) took him, brought him to the apostles, and described for them how on the road he had seen the Lord, who had spoken to him, and how in Damascus he had spoken boldly in the name of Jesus. So he went in and out among them in Jerusalem, speaking boldly in the name of the Lord. He spoke and argued with the Hellenists; but they were attempting to kill him. When the believers learned of it, they brought him down to Caesarea and sent him off to Tarsus.*

Meanwhile the church throughout Judea, Galilee, and Samaria had peace and was built up. Living in the fear of the Lord and in the comfort of the Holy Spirit, it increased in numbers.”

Barnabas, was a follower in Jerusalem, but he was not an apostle. Yet Scripture tells us he mustered the courage to approach Saul, a man they all feared would jail or kill the disciples. Barnabas believed Saul's conversion to our Lord was real and then brought him to the apostles.

Now lets set the stage for the second passage: Acts 11: 19 - 26.

We are reminded in Chapter 11 of the fleeing of Jewish followers of Christ that followed Saint Stephen's murder. This is the same flight that brought believers to Damascus which set the scene for Saul's conversion story. Let's look at the passage:

*“Now those who were scattered because of the persecution that took place over Stephen traveled as far as Phoenicia, Cyprus, and Antioch, and they spoke the word to no one except Jews. But among them were some men of Cyprus and Cyrene who, on coming to Antioch, spoke to the Hellenists also, proclaiming the Lord Jesus. The hand of the Lord was with them, and a great number became believers and turned to the Lord. News of this came to the ears of the church in Jerusalem, and they sent **Barnabas** to Antioch. When he came and saw the grace of God, he rejoiced, and he exhorted them all to remain faithful to the Lord with steadfast devotion; for he was a good man, full of the Holy Spirit and of faith. And a great many people were brought to the Lord. Then Barnabas went to Tarsus to look for Saul, and when he had found him, he brought him to Antioch. So it was that for an entire year they met with the church and taught a great many people, and it was in Antioch that the disciples were first called ‘Christians.’”*

Barnabas, remember, not an apostle, remained in Jerusalem after Saul's meeting with the apostles. Paul returns to his home of Tarsus, presumably to be with his family, but also to proclaim the Good News to any who would listen. The church in Jerusalem sends Barnabas to Antioch to guide the faithful in their new faith journey. Why Barnabas? This same excerpt gives us the answer: he was a good man, full of the Holy Spirit and of faith. God uses Barnabas in a powerful manner but the job is so big that Barnabas needs help. So he goes to Tarsus to find Saul (also known as Paul) and the two return to Antioch where their combined ministry was so great that the Book of Acts tells us ... **“it was in Antioch that the disciples were first called ‘Christians’”**.

I share this because I often look for the Barnabases of our Church today. Individuals who will inspire great and vibrant Polish National Catholics; so great others outside our Church will call them Christians. The Church look to the Bishops (the Apostles) for guidance, but today's Church also needs Barnabases to enable the Church. Barnabases enable the work of Discipleship and the proclamation of the Good News. Barnabas the disciple and Paul the apostle continued to team up for their work of evangelization. Barnabas took to heart the Great Commission: *“Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything that I have commanded you....”* (Matthew 28: 19-20a). The Church's theme this year continues to be “discipleship”.

Who will be the Barnabases to take this to heart?

As I write this on Ash Wednesday we stand at the beginning of a great journey of penitence and prayer. Who will be the Barnabases that extend themselves to others as the original Barnabas extended his hand to Saul?

We are one meeting away from completing our pre-synodal gatherings to prepare for our diocesan synod this October. Who will be the Barnabases to take the results of these meetings to others in our parishes and diocese to encourage a large and active participation in Holy Synod?

The synod body will set for a strategic plan for the growth of the Eastern Diocese for the next 10 to 12 years and into the future. Who will be the Barnabases that will trust in God and assist the Diocesan Bishop and clergy united with him to build the Diocese into an ever more dynamic part of the Body of Christ?

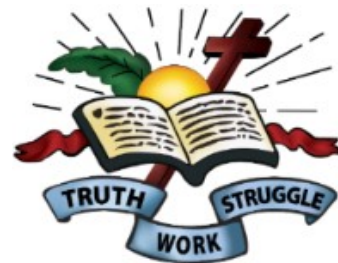
Barnabas is an example for each and everyone of us. He may not be one of the disciples set forth by the Future Direction Sub-Committee of the Supreme Council but **I commend Barnabas for your as an example for you consideration.** Take the time to study his ministry in Holy Scripture and follow his example, along with the other saints the Church is giving prominence to each month this year.

The richness of the Saints of the Church provides examples of discipleship for our Church, or dioceses, our seniorates, our parishes, our societies and ourselves. As we prepare may we follow their example.

A parting thought. Barnabas and Paul didn't always agree, though their purpose of evangelization was the same. In Acts 15:36 - 41 we find recorded a disagreement of who should or should not accompany them on their next journey. It ends in a parting of ways but not in purpose. We don't hear anything of Barnabas after this in Scripture, **but...** thank goodness Barnabas (whose name means "son of encouragement")' didn't give up on John-Mark. Barnabas took John-Mark with him and presumably encouraged him along their journey. It was this same John-Mark who later wrote the Gospel of Mark. Barnabas was also an encouraging disciple. May we all be an encouragement to one another.

Bishop Paul

The Resolutions of the 25th General Synod of the Polish National Catholic Church



Whereas, we the delegates to the 25th General Synod of the Polish National Catholic Church - representatives of the holy People of God - have convened under the leadership of our Prime Bishop and Bishops at Our Lady of the Snows Shrine in Belleville, IL, from October 1 through October 3, 2018.

Whereas, we were strengthened, nourished and enlightened by our Lord Jesus Christ, truly present in our midst through Word and Sacrament at the Holy Mass concelebrated by our Prime Bishop, Bishops and Clergy, and understand it as the most important aspect of the great work of these days;

Whereas, we offer our gratitude to the Western Diocese of the Church, under the leadership of Bishop Bilinski, and those who assumed the responsibilities of planning and carrying out this Holy Synod;

Whereas, we acknowledge the courageous presence and active participation of the gathered delegates, as we proclaim that the Mission of the Church has been entrusted to her members of all ages, each called to pursue lives of holiness as Disciples of Jesus Christ and to invite others to do likewise;

Whereas, we recognize the foundation that was laid at the 24th General Synod of the Polish National Catholic Church regarding our Future Direction and celebrate the many diligent efforts to build upon this within our Dioceses and Parishes over the last four years, in pursuing true Regeneration of spirit, mind and heart; by seeking to engender deeper Reverence for God and our neighbors; by willingly Recommitting ourselves to undertaking the work of the Church within our Parishes, and faithfully striving to welcome all of these virtues into the daily lives of our Families;

Whereas, we have again considered with renewed enthusiasm and rekindled creativity the Future Direction of our beloved Church by continuing to reflect upon the meaning of Growth with regard to its Membership, the continual need for Increased Spirituality and the value of Lifelong Learning for its members of all ages, the ongoing pursuit of personal holiness as the means of enabling joyful responses to God's call to Sacred Vocations, and the need to further enhance our Community Involvement and Presence;

We, therefore, resolve to fervently ask that God the Father, through the prayers of Our Lady of the Snows, may bring forth abundant fruit from the proceedings of this 25th General Synod of the Polish National Catholic Church, to seek grace and strength from our Lord Jesus Christ to embrace the work he has entrusted to our care, and to knock so that the Holy Spirit will open and inflame our hearts so that we may return to our parishes inspired to execute the work of this Synod, firm in our Catholic faith, anchored by hope and motivated by charity, unwaveringly committed as members of the Polish National Catholic Church, charged to boldly proclaim the Gospel at all times, in all places and to all people through our words, our actions and our lives of holiness, and more certain than ever that "With truth, work and struggle, we shall succeed!"

Respectfully submitted this day, October 3, 2018, by the Resolution Committee of the 25th General Synod of Polish National Catholic Church.

Christopher Cremean (Western Diocese); Marilyn Folcik (Eastern Diocese); Rebecca Kotula (Central Diocese) and Rev. Dr. Scott J. Lill (Buffalo-Pittsburgh Diocese)

DISCIPLESHIP

2020

PNCC



DISCIPLESHIP: 2020

PNCC FUTURE DIRECTION - ACTION PLAN FOR PNCC PARISHES BASED ON THE EFFORTS OF THE 24TH & 25TH PNCC GENERAL SYNODS

Continue to develop and emphasize Discipleship through 2020: *Our purpose is to strengthen all members in their following of our Lord and Savior Jesus Christ. This will give us a better sense of ourselves as the Church. During 2020 we will examine the lives of some of the early disciples of our Lord and their discipleship virtues to see what we can learn from them and apply to our daily living. Please see the monthly Future Direction messages regarding this effort with reflections for living this out daily.*

Questions for Reflection each month: Name a few important “discipleship qualities” that the figure(s) demonstrate? Which one would you personally like to better emulate? How can you begin to practically do so in your daily life?

These questions could also be used in the parish for a monthly adult reflection session on the figure(s) noted below.

JANUARY – JOHN THE BAPTIST: FORTITUDE, HUMILITY

Matthew 3:1-17; John 1:15-36, 3:22-30

Reflection Question: John the Baptist called others to repent and prepare for the Lord Jesus. How can you, as a disciple, help others take their relationship with our Lord more seriously?

Begin planning/implementation of the Parish Assessment

FEBRUARY – SIMEON AND ANNA IN THE TEMPLE: PIETY, COMPASSION

Luke 2:22-38

Reflection Question: Simeon and Anna recognized Jesus as the promised Messiah and told others in the Temple about Him. Can you come up with 2 practical ways by which you can do the same?

Schedule Soup, Sandwich & Sermon or Wine and Cheese Gathering – Adult Education

MARCH – MARTHA AND MARY OF BETHANY: PRAYERFULNESS, SERVICE

Luke 10:38-42; John 11:1-45

Reflection Question: Martha and Mary together give us a balanced model of the aspects of our discipleship. Do you have this same balance of prayer and service in your daily life? What can you do to achieve it?

Schedule Mass for Healing

Schedule and conduct Lenten Retreat

APRIL – MARY MAGDALENE: FAITHFULNESS, FORTITUDE

Luke 8:1-3; Mark 15:33-47; John 20:1-18

Reflection Question: Mary Magdalene was faithful to our Lord even at the foot of the Cross and so Jesus rewarded her with being the first witness to his Resurrection. How can you better follow her example of unconditional faithfulness to Christ in your own life?

MAY – ST. PETER: HUMILITY, TRUST

Luke 5:1-11; Matthew 26:31-35; John 21:1-19

Reflection Question: Peter did not feel worthy to accept the Lord's call and he was right. Yet, he followed and Jesus used him to boldly proclaim the Gospel to others and to give the greatest witness in his martyrdom. How can you overcome your own sense of unworthiness and embrace God's great plan for you?

Schedule Soup, Sandwich & Sermon or Wine and Cheese Gathering – Adult Education

JUNE – SAINTS JAMES AND JOHN: SONS OF THUNDER, APOSTLES OF LOVE

Mark 3:13-19; Luke 9:28-36; Matthew 20:20-28

Reflection Question: Jesus taught the "Sons of Thunder" that true honor and greatness come from putting the needs of others before your own and becoming a servant. Do you sometimes do things so that others will see you doing them instead of doing them out of love? How can you better learn the lesson that James and John learned as disciples of Jesus?

Remember Clergy Appreciation Weekend & Sacred Vocations Month

JULY – ST. PAUL: REPENTANCE, FORTITUDE AND SPIRITUAL ENDURANCE

Acts 8:1-3, 9:1-20; Romans 8:18-27; 2 Tim 4:1-8

Reflection Question: Paul understood the sacrifices that had to be made for the sake of the Gospel and he willingly made them. Have you ever been called to sacrifice something as a disciple of Jesus? How can you prepare this month to be able to give up things of the world for the sake of the Eternal Kingdom of God?

Schedule Mass for those Grieving

AUGUST – THE CANAANITE WOMAN: PERSISTENCE, HUMILITY

Matthew 15:21-31

Reflection Question: The Canaanite Woman persisted in her request for healing even when Jesus tested her faith. How do you respond when you petition the Lord through prayer but don't receive an immediate response?

SEPTEMBER – ST. BARNABAS: GENEROSITY, FORTITUDE

Acts 4:32-37, 9:22-27, 14:8-20, 15:1-29

Reflection Question: Barnabas was called "son of encouragement" by the Apostles. In what ways can you follow his example and encourage others this month on their own journeys as disciples of Jesus?

Schedule Soup, Sandwich & Sermon or Wine and Cheese Gathering – Adult Education

OCTOBER – THE HOLY THEOTOKOS: HUMILITY, GENTLENESS, COMPASSION AND EVERY VIRTUE

Luke 1:26-56, 2:1-19; John 19:25-30; Acts 1:13-14, 2:1-4

Reflection Question: The Mother of God is the first and greatest disciple of her Son, faithful from the Annunciation to the Ascension and then still prayerfully present with the Church at Pentecost. How can you better emulate her consistent faithfulness to God when faced with both great sorrows and times of joy?

NOVEMBER – ST. MATTHEW: SELF DISCIPLINE

Matthew 9:1-13, 10:1-42; Matthew 5:1-12, 25:31-46

Reflection Question: When Jesus called Matthew the tax collector to follow Him, he did so despite what others said about him. Have you ever been the one to deem someone else unworthy of being a disciple of Jesus in some way? How can you overcome such perceptions and instead help strengthen others in their discipleship?

Schedule Mass and Breakfast for those who serve

Schedule Soup, Sandwich & Sermon or Wine and Cheese Gathering – Adult Education

Report of the Parish Assessment

DECEMBER – ST. JOSEPH – PROTECTOR OF THE LORD: OBEDIENCE, TRUST, PATIENCE

Matthew 1:18-25, 2:13-23; Luke 2:39-52

Reflection Question: St. Joseph was obedient to the will of the Father even when asked to do some very difficult things. Have you struggled to embrace God's will for your life in the past? How can you spiritually prepare to more fully surrender your life as a disciple of Jesus?

Schedule and conduct Advent Retreat/Penitential Service

PARISH ASSESSMENT – PHYSICAL AND SPIRITUAL

Steady and lasting *Growth* in “readiness” to reach out and welcome others to our Church and Parishes.

What and how will it be done: Focus on two project areas for parishes to systematically put their house in order both physically and spiritually. Some parishes are better maintained than others, but no parish is ever complete. Just as in our own spiritual lives there is always room for improvement, and we are never complete. We must keep moving forward in some way.

Phase 1: The outcomes of this phase would be twofold: first, the plan itself and then the actual execution of the plan resulting in improved grounds and church building.

Phase 2: The outcomes of this phase would also be twofold: first, the assessment and plan itself and then the actual execution of the plan resulting in improved (or at least confirmed satisfactory state of) the liturgical life of the parish.

Final outcome: Parishes with increased internal readiness that leads out to external growth in membership; feeling a sense of humble and grateful pride at what God had helped them accomplish and a growing sense of healthy confidence that they are truly ready to welcome others who are seeking a spiritual home.

This is really grounded in the observation that perhaps we are not as ready as we might think to welcome new growth in membership and the notion that every parish can and must continue to improve itself.

SPECIAL MASSES

Again have at least two Special Masses and open them to the community. This would be in addition to our Sunday Mass. During Lent have a Mass for Healing and invite all those who are ill, hurting spiritually or emotionally to attend and spend time in prayer, to hear God's Word and receive Christ in the Eucharist and the Sacrament of Anointing. Use the Mass for Healing during Lent – this will be emailed to all clergy as a reminder at the beginning of Lent.

In the fall (November) have a Mass to Salute those who Serve - for your first responders/those in military service and Veterans. This Mass could be followed by a meal to honor those who serve/who have served. You could also have a Mass in time of tragedy when the need may arise in your community or our nation. These could be followed by a time of fellowship and food at the parish.

You could also schedule a Mass for those grieving anytime during the Church Liturgical Year.

Welcome the community to these Masses by promoting them in your local media and newspaper, as well as fliers and social media. Invite other local groups to join you for these Masses.

CONTINUE THE BUSINESS FREE ZONE

For 10-15 minutes prior to the celebration of Holy Mass have a time where the pastor is unavailable for Church business and that no other things are being discussed but a focus on the Holy Sacrifice of Mass. This will continue to bring an enhanced spirituality and reverence for the Eucharist to our parishes. Encourage use of the introductory pages of the Mass booklet – *especially page 8* as well as prayers from our Prayer Book preparing for Holy Mass and Confession.

CONTINUE AND STRENGTHEN YOUR SOCIAL MEDIA PRESENCE

Short two minutes messages by various members speaking to our Year of Discipleship on YouTube. Continue to post monthly messages to our Facebook page and videos to YouTube and ask our members to share them. We hope more will be reached and encouraged to participate in these efforts. Parishes should have a presence of Social Media to promote their Special Masses and events. Consider streaming Holy Mass live on the internet and use these tools to promote the work of the parish. Pastors are also encouraged to record and share their Masses and Para Liturgical Services.

ADULT CONTINUING EDUCATION

WINE AND CHEESE CLUB OR SOUP, SANDWICH AND SERMON

Continue to gather for adult education and formation in our Christian Catholic faith. Perhaps you could use the questions for reflection from the monthly figures for 2020 above. This can be done via the Soup, Sandwich and Sermon Concept, Wine and Cheese Gatherings concept (based on the Pub Theology: Beer, Conversation and God), using a Book Club format or even via online.

TWO DAYS OF SPIRITUAL RETREAT

Lent and one other (Advent) Pick a day during the seasons of Lent and one other time in 2020 to spend in retreat and prayer. This can be done on either a parish or seniorate level. Ideas for the Retreat include: Mass of the Day, special Lenten/Advent service of Penance, Scripture Readings/Reflections and Meditations, Benediction of the Most Blessed Sacrament; For Lent: Stations of the Cross, Sorrowful Lamentations, etc. This can be open and advertised to the local community.

COMPLETE AT LEAST SIX COMMUNITY SERVICE PROJECTS

It is important that the six projects be done in the local community of the parish so that these efforts will create a greater presence of the parish in the community.

Various options include but are not limited to: blood drives, a project to aid an assisted living facility, or other care facility i.e. nursing home, group home; volunteering for a special needs event; having a Mass or event for your local widow's group; aiding a family crisis center, food drives, serving a free meal for the community, providing a community breakfast/meal for First Responders – for Veterans; prayer blanket ministry, clothing drive for the community, sponsoring a local family in need, and/or responding to a particular need in the local community, etc.

The 5 Themes for the Future Direction of our Holy Church from the 24th PNCC General Synod and further expanded upon at the 25th PNCC General Synod

- | | |
|--------------------------|---------------------------|
| I. Growth and Membership | II. Increase Spirituality |
| III. Lifelong Learning | IV. Sacred Vocations |
| V. Community Involvement | |

RESOLUTIONS OF THE XV EASTERN DIOCESE SYNOD

OCTOBER 28-29, 2016

The XV Synod of Eastern Diocese convened October 28 -29, 2016 in Bristol, CT hosted by Holy Trinity Plantsville Ct by the authority of Right Rev Paul Sobiechowski, Bishop Ordinary of the Eastern Diocese and attended by the Most Rev Anthony Mikovsky, Prime Bishop of the PNCC. The Synod began with Holy Mass at Holy Trinity Parish celebrated by Bishop Sobiechowski and concelebrated by the clergy of the Eastern Diocese. Through our deliberations, we learned and discussed the following:

Whereas, we commemorate the 150th anniversary of the birth of Bishop Hodur by celebrating the Hodurian mass and receiving two presentations dedicated to the life and ideals of Bishop Hodur: the Convo2016 Video Presentation on the Life of Bishop Francis Hodur by the youth of the PNCC and the presentation on the life of Bishop Hodur by Prime Bishop Mikovsky and;

Whereas, we acknowledge the dedicated and ongoing work of the Future Direction Sub-Committee of the Supreme Council as they pursue the themes defined by the 14th General Synod: Growth and Membership, Increased Spirituality, Lifelong Learning, Sacred Vocations, and Community Involvement and Presence

Whereas, through the work of the Committee of Twenty and the small group discussions, the Synod body agreed to focus their attention on young adults between ages of 16 to 35 and to reach this audience through the following overarching goals:

- Increase awareness of our church through all social media outlets addressing
 - Our founding principles and beliefs
 - Bishop Hodur and his progressive ideas
 - The spiritual needs of these young adults
 - Provide clarity on our Catholic faith

From our Parishes:

**Holy Trinity Cathedral
Manchester, NH**



- Members of the parish preparing the church for the Christmas holiday. Many hands made the work go by faster and everyone was in a festive mood.



- Bishop Paul and Karen had their annual Open House on December 29, 2019. Food was plentiful and parishioners enjoyed the well-prepared brunch by Karen.



- Our Oplatek Dinner was held on January 5th. Our kitchen staff cooked and served a wonderful meal. Bishop Paul announced that we had raised over \$3400 for the Heifer International Project. Christmas carols were sung and conversations were overflowing.



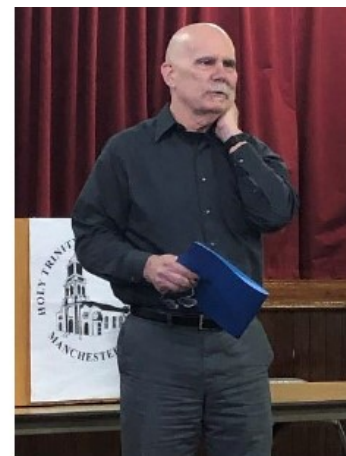
- Our Annual Parish Meeting was held on January 26th, installation of officers took place as well as setting our annual budget.



- For the second year our choir, during colder months, has been putting a smile on parishioners faces with Soup for Seniors. After mass on Sundays, the senior members of our parish are offered a container of yummy soup to bring home.



- On February 15th the ED held a Pre-Synodal meeting in Manchester with our parish and St. Caisimir Parish of Lowell, MA. The meeting gave the opportunity to delegates and non-delegates alike to offer input for the growth of parishes and the diocese. The discussions held during Saturday's breakout sessions yielded ideas that will be presented for discussion at the ED Synod.



- On February 16th our ANS Society held their annual Installation of Officers meeting which was followed by a delightful luncheon at T-Bones Restaurant in Bedford, NH



- Our outreach project for the beginning of the year was a collection of socks for the veterans in our area. We collected 366 pairs of socks which Bishop and Karen delivered to the Liberty House.

Thru February 17th, 2020 Holy Trinity Cathedral is collecting



SOCKS
•••• FOR ••••
VETERANS

All donations will go to Liberty House

We are accepting **new socks only**. Please help our homeless veterans today.



- Bishop Paul burning the palms in preparation of ashes for Ash Wednesday.



- Bishop. Paul and Mrs. Karen delivering the 366 pairs of socks to Liberty House.



By Nancy Reilly

From Our Parishes ...

Blessed Trinity Parish News

Blessed Trinity parish in Fall River continues to live out our Discipleship; putting our precious faith into action in meaningful ways in the greater Fall River community and being Jesus to others. An incredible response was received in Advent for our commitment to help our neighbors in need. A Christmas Toy Drive was held in conjunction with the FR Police Department and local Neighborhood associations across the city. The parish received a local grant to also help in purchasing toys for this effort. We were blessed to open our doors and welcome 100 elves - police



offices, city councilors and folks from across the city for an incredible wrapping party to help over 250 Fall River children in need. Several of our parishioners went on ride-a-longs with Police Officers, delivering the gifts and some heartwarming and amazing stories were shared. Maks, at 7 years old, spoke about his experience during Fr. Rob's



Christmas Toy Drive with the FRPD & Community Wrapping & Delivery II - 12/21/2019



homily the next day, saying that as he delivered gifts with the police he realized that it is much more important to give than to receive. Our Advent Food Drive was another great success. This and the toy drive culminated at the annual Birthday Party for Jesus. Several parish youth were present for this celebration of our Lord's birth. It was great to see how many presents were given to Jesus for families in need in the Fall River community.

Fourth Sunday of Advent & Birthday Party for Jesus with food drive II 12/22/2019





Our parish youth and a few adults did a tremendous job in making God’s Word come alive with our Living Nativity. Each year they find a way to outdo themselves. What a blessing they are for us all and thanks to

Laurie for leading them.



Fr. Sr. Rob was humbled and honored to offer the Prayer for Divine Guidance at the City of Fall River Inauguration on Monday January 6, 2020 in the Durfee High School auditorium. He also offered grace at the Inaugural Luncheon. Fr. Sr. had the opportunity to speak with Massachusetts Lieuten-





nt Governor Karyn Polito and Congressman Keating at the inauguration. May God bless Mayor Coogan, Council President Ponte and all elected officials as they work for the good of all the people of our community.

Fall River Mayor Coogan appointed Fr. Sr. Rob to serve on his transition team for Public Integrity in Government, This committee held meetings at Blessed Trinity.

Our 2020 Blessed Trinity Parish Committee took their oath of offices on the first Sunday in January . We thank Jack DeTemple for his many years of serving as our parish chairman.



Blessed Trinity has committed to making a difference in our local community. To begin 2020 we had a sock drive to support our Massachusetts State Representative Alan Silvia’s “Warming Feet Program”. We were blessed to collect over 500 new pairs of socks. It was nice to have State Rep Alan Silvia join us for Holy Mass



 **Alan Silvia** is with Rob Nemkovich at Blessed Trinity PNCC.
2 hrs · Fall River, MA · 🌐

Today attended Mass at Blessed Trinity grateful for the wonderful donation of 600 pairs of new socks donated by the wonderful parishioners. Thanks to Pastor Nemkovich and all those parishioners who generously donated to our Warm Feet program to date we've been blessed to have collected 3000 pairs of new socks this season. People in our community are very generous in helping those in need.
#dosmallthingswithgreatlove



on February 2nd and afterwards address the faithful - thanking our parish for their support of this sock drive and for all we do for the community.



pancake
breakfast

On Sunday January 26th our parish held their annual Pancake Breakfast for the benefit of our parish Scholarship Committee. Thanks to Jack, Pam, Julie, Zack, Chris and Steve for their wonderful efforts. We also enjoyed time at our Youth Group spaghetti and meat-



ball supper in December.

Our annual commitment to the Souper Bowl of Caring was again made this year. Another incredible drive with over 200 cans of soup collected. On this Sunday throats were blessed remembering St. Blaise.

As Blessed Trinity will be hosting our diocesan synod later this year we have decided to make things a bit more comfortable and we are in the midst of a new chair drive for more comfortable

2020 SouperBowl of Caring (Feb. 2) Thank You for Your Support & some SouperBowl cupcakes too!



Blessing of Candles and Throats - Presentation of the Lord 2-2-2020



chairs for our parish hall. For more on Blessed Trinity events follow us on Facebook: **Blessed Trinity PNCC**. We here at Blessed Trinity are excited to continue Discipleship 2020! Submitted by, **Fr. Sr. Rob Nemkovich**

Our New Chairs: Transforming our Parish Hall - February 2020

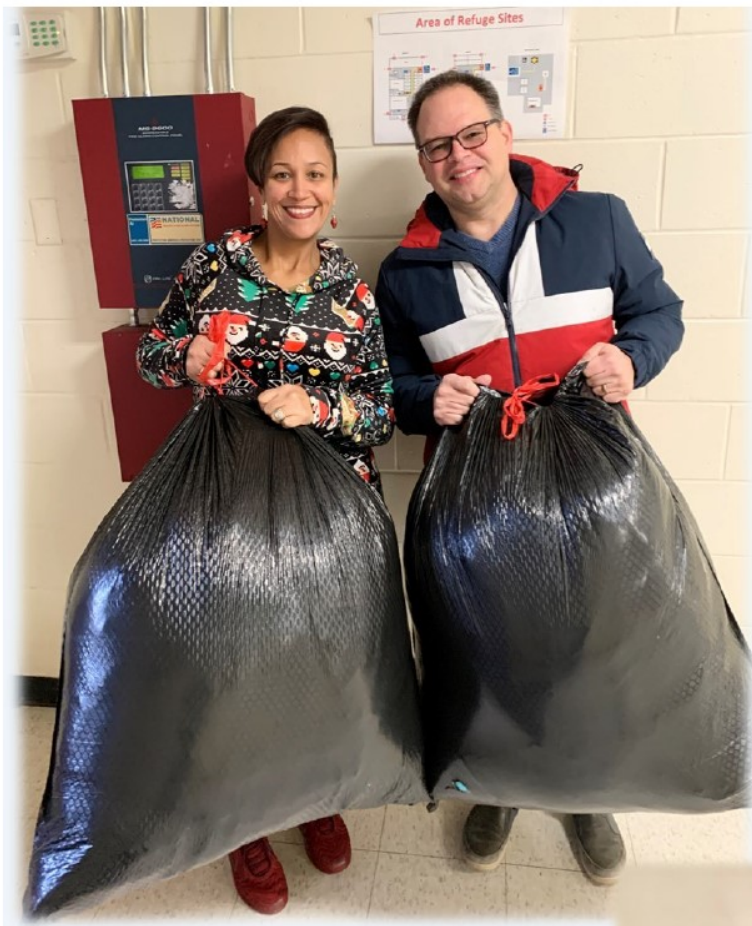
Please prayerfully consider supporting our new chair drive as we make our parish home even more comfortable and welcoming.



From Our Parishes...

Holy Cross News – Central Falls, RI

During December at Holy Cross we had successful winter clothing drive where many coats, hats, gloves and scarfs were blessed after Holy Mass on December 15th. Thanks to Ed Paluch for dropping them off to the Central Falls director of Family and Community Engagement. They were thrilled as some parents had just been asking about winter clothing for their children that they could not afford. These were given out to children at the Central Falls Christmas (Holiday) city gathering.



Our annual Candlelight Service and Birthday Party for Jesus was held on Sunday, December 22, 2019 and we had nice turnout. Clergy and faithful from across the Northeast seniorate gathered at Holy Cross parish to spend time in prayer, worship, reflection and fellowship as we prepared to celebrate the birth of our Lord and Savior Jesus Christ. Fr. Sr. Rob Nemkovich celebrated this service and preached God's Word. Our Birthday Party for Jesus followed and we enjoyed the beautiful birthday cake that was delicious. We also thank the ladies society for providing sandwiches and Mr. Medeiros for the delicious soup. May we be the light of Christ in our world today!





Holy Cross participated in the Souper Bowl of Caring on Feb. 2nd - putting the teachings of our Lord into action to help those in need. All the soup collected will be give to support a new initiative of our parish. Also throats were blessed this day as we commemorated St. Blaise.



As the 2020 Parish Committee was sworn in - the gavel was passed from Mike Zarek to Tom Zarek. We thank Michael for his more than 30 years of service as our parish chairman.



CENTRAL FALLS COMMUNITY SOUP AND SANDWICH LUNCH

Free of Charge

Holy Cross Church

320 High Street - Central Falls



A Bag of Groceries will be provided to the first 25 people (1 bag per household)

**The Last Saturday of Every Month
Serving from
11:30 am to 12:30 pm**

HOLY CROSS PARISH

All you can eat

**Family Style Chicken Dinner
Gift Card & Cash Raffle**



**Saturday - April 25th at 5:30 pm
\$14 per person - RSVP by April 20th
No Tickets will be sold at the door**

**Join us at Holy Cross Parish
320 High Street - Central Falls, RI**

**For tickets contact: Brenda Richard
Email: button9744@gmail.com
Phone: 508-223-6047**



We are very much looking forward to our new community outreach program where will serve a luncheon and give out 25 bags or groceries on the last Saturday of each month beginning February 29. This program will go throughout 2020. We are also looking forward to our All You Can Eat Chicken Dinner on April 25th at 5:30 PM. If you are in the area join us for a great chicken dinner.

Submitted by, **Fr. Sr. Rob Nemkovich**

From our parishes...

Our Saviour's Parish, Woonsocket, RI



• Adopt - A - Family

For several years leading up to Christmas, the Ladies Sodality leads the parish in participation in the Adopt-A-Family program, which is held in the city of Woonsocket. Over 900 families annually apply for assistance through a local non-profit RI corporation for their children for Christmas.

For the Christmas of 2019 children from four families from Woonsocket were sponsored. All donors remain anonymous to those who receive the gifts. This event is important to share with those in the



community of Woonsocket the spirit of giving, and share with their children the love that it brings to us to make their Christmas special. It is important for us all to remember, that no matter how big or small our organization or individual parish may be, that we are making the difference in the life of someone less fortunate. All it takes is one person to make a difference.

• Christmas Party and Yankee Swap

On December 22, 2029 Our Ladies Sodality led the annual Christmas Party and Yankee Swap.



Thank you to Sally Watson for creative swap ideas. All parishioners had a good time.

• SOCL Activities

Our School of Christian Living has been doing many different things.

In November, after the bazaar, we celebrated a children's mass. We made goodie bags and all the students personally signed Thanksgiving cards for our parishioners and handed them out. People were very thankful.

In December, 2019 the School of Christian Living discussed a play that we were doing in January. We worked on our decorations and props for our play titled *The Many Symbols of Christmas*:

On December 15, 2019 we celebrated a children's mass and handed out goodie bags with chocolates to our parishioners. We made 40 bags loaded with candies, pads, pens, tissues and ornaments for an area nursing home. Children also helped out in wrapping presents for an adopt-a-family.

Children celebrated with a Christmas party and pancakes as well as receiving a card with \$10 as a gift to them.

On January 5th we held a practice for our Christmas Pageant from 9:30 am - 10:30 am.



On January 12th 2020, we practiced before mass.....then we had children read during mass for our children's mass. Then the children performed their play and did a fantastic job. We had children play the part as a parent and all the children performed a part describing all of the different symbols of Christmas and the greatest gift of all being the birth of Jesus.



The Oplatek dinner was a potluck luncheon that had many different dishes from all of our parishioners as well as a birthday cake for Jesus and an assortment of homemade cupcakes.



February 9th, School of Christian Living students signed many Valentine's Day cards and put Valentine chocolates in the cards. Children handed out the cards after mass to all of our parishioners and visitors.

By Carol Bibeault



• Our Saviour’s Meat Raffle

Our 25th Meat Raffle at Our Saviour’s Church was held on Friday January 31, 2020. We started this event in January of 2012. It is held only 3 times a year in January, April and September. We advertise in the local newspapers and radio but our best advertisement is the location of our church (heavy street traffic) and the signs that we display on the church property. We also have an e-mail list and of course word-of-mouth is

the best advertising of all.

What a way to start the New Year! Before we opened the doors at 6:15 pm our workers reported that the parking lot was filling up fast. Wonderful! People came from surrounding communities as well as New Bedford, Fall River and Cape Cod, Massachusetts.



The patrons enjoyed a complimentary Lasagna Soup prepared by our resident chef, Lonnie Watson. You could also help yourself to a free beverage and choose from a full table of assorted pastries. Because of the popularity of this event we had 17 themed tables to accommodate over 75 people who were in attendance. The church hall was full of family and friends and they were ready for a good time.

Edmund Fox set up and sold the (\$20.00) Meat Raffle Passes for 10 individual pieces of meat and much more. Gail Surowiec was the Penny Social (25 prizes) ticket seller. Her husband Ed Surowiec sold patrons tickets for Split-the-Pot, a Gift Card Raffle (donated by the members of Our Saviour’s Parish Committee) and 6 larger prizes from tickets to the Stadium Theatre in Woonsocket to a Relaxation Basket.



Philip and Patricia Kaczorowski and Edward Surowiec animating the event



At promptly 7pm, Philip Kaczorowski started to call the winning numbers. There was a lot of excitement that filled the air. We hooted and shouted for the lucky winners. We had a travelling trophy for the noisiest table but every table could have received a trophy.



Chef Lonnie and Phyllis enjoying Lasagna Soup

Mystery bag winner...Deb

Bev Russel von Split-the Pot (\$136.00) Her number was pulled by our Pastor, Fr. Henryk

At intermission we sang "Happy Birthday" and "Sto Lat" to Cathy DeCataldo who was celebrating a presented Chef Lonnie with a pair of OVEN GLOVES for when



"Happy Birth-birthday and he cooks. Also, attendees were asked to look under their chairs for a fake dollar



Penny Social Winner.... Patrycja wearing her Polish knit hat

All smiles... Sally and Edmund

New Friends ... Louise and Maria

bill and this meant they won a prize.



were our runners as numbers were called for the Penny Social Prizes. Parishioners Chris and Katherine made sure the dessert table was well stocked. Kate and her grandmother, Bev Russell were busy with Mystery Envelopes. Sally was in full assistance mode in the kitchen.

Sara the Winner of Italian Panettone

This successful parish event was full of community spirit. The parking lot was full...the church hall was full...and our appetites were full. Without a doubt we demonstrated the definition of full which is "complete in every way". So please join for our next Meat Raffle on Friday evening April 24th. We would love to see you there and remember everyone goes home a winner!

By Patricia Kaczorowski

- **Scout Sunday**

On Sunday, February 9th, the scouts, their families and scout leaders of Our Savior's Parish participated in the celebration of mass under the direction of Fr. Henryk Vos.



The scouts were serving at the altar during the Mass. Readings were performed by scout leaders Mike Kuchar, Brenda Dixon and Webelo scout Tyler Dixon. Collections were taken by Brownie scout Lindsay Dixon.

From our parishes...

Holy Trinity Parish, Webster, MA

- Holy Trinity has had a quite winter thus far. We finished our monthly breakfasts for the year and took a short reprieve for the month of December, then headed back into it in January and will continue to do so for the coming year.



Our veterans in the area enjoy coming to Holy Trinity Church for our breakfasts and we're now taking requests from them of what they would like to see on the menu. As always this continues to be for our enjoyments as well as theirs! To show our appreciation for our veterans, we presented our local Webster Dudley veterans agent Stephen Rogerson with gift cards to Price Chopper supermarket to be handed out to veterans in need in our community.



By Rita Ouellette

From our parishes...

St. Joseph's Parish – Stratford, CT

The last three months have been busy ones here in Stratford. In November, the YMS of R in the community held a Polish dinner, which turned out to be a great hit. Although the men only expected a maximum of 115 dinners, they prepared for more just in case. Good thing, too! The final count on meals served was 150.



Dinner consisted of kielbasa, stuffed cabbage, pierogis, and green beans, a hearty meal to satisfy even the hungriest of patrons. Many took home their leftovers for eating at a later date. The event was such a huge success that another dinner is



planned for the Spring. Many thanks to all those who contributed their time and effort in providing the meal, setting up, and cleaning up.



On November 17th, the parish celebrated the 80th birthday of one of our long-time members, Dee Smith. With her son, Jeff, and grandson, James, by her side, Dee received a special blessing from Father Tom at the end of Mass. She was then presented with a beautiful bouquet of flowers by Jeff and James. Sto Lat, Dee!



For Thanksgiving, aside from our normal collections for the local food pantries, the Ladies' Society put together several large baskets of food which they donated to Sterling House to be given to needy families in town. A month later, they donated four \$100 Stop & Shop gift cards to Sterling House for Christmas gifts. Gift cards were chosen instead of food because many people celebrate the end of year holiday differently. This gave them the freedom to purchase ingredients more in line with their religious and health requirements.

December 7th was our annual Christmas Craft Fair. Both the hall and the classrooms were filled with vendors. Lunch items were available for purchase in the kitchen, with tables set up as a small café area for patrons to consume their food. A record number of baskets were donated for the raffle— 28! The contents were so varied, everyone was able to find something they liked.



This is one of our largest fundraisers for the church and the last one each year. A special thanks to all those who worked hard to make the Fair a great success!

At the Stratford Town Holiday Tree lighting, our own Father Tom did one of the readings!

On the fourth Sunday of Advent, after the lighting of the Advent wreath, Father Tom blessed a new cross the YMS of R donated for the church hall. Made in Bethlehem with wood from Bethlehem, it now holds a prominent place, gracing the wall by the kitchen.



The YMS of R also ran a very successful toy drive for the local children in need in conjunction with Sterling House. They received a letter from some of the recipients, parents and children alike, appreciating their kindness to those who were experiencing a difficult holiday season, some for the first time.

The Wine & Cheese and a Movie night planned for mid-December ended up a casualty of Mother Nature and was canceled due to ice and snow. Weather being what it is, another movie night will be scheduled after Easter when conditions will be more amenable to the outing.

We did, however, have a Coffee & Catechism in December, focusing on the season of Advent.

January saw our annual Christmas brunch complete with a visit from Santa. This time, Mother Nature was more cooperative, giving us a sunny but crisp day for the party. Thanks to the Ladies' Society for providing an extensive and filling selection of food! No one went home hungry.



Soon afterwards this was followed by the semiannual parish meeting, and the installation of officers for the Parish Board, the YMS of R, and the ANS (Ladies' Society). May God's blessings and wisdom be with these officers as they guide our parish through the coming year!



On Valentine's Day, we held another First Responders' Breakfast to give back to those in Stratford who dedicate their lives to keeping people safe. It was not as well attended as the first one, but those who did stop by to eat appreciated the fact they were being recognized for all they do in the community.



Two of our local police officers at the First Responders' Breakfast with Father Tom and Yvonne.

There are several new additions to the roster of events this year. The first is a book club and discussion group. Meeting on the first Sunday of the month after Mass, the initial selection was **"Story of a Soul": The autobiography of St. Therese of Lisieux, The Little Flower**. Discussion on this book will continue at the next get-together, March 1st. Anyone is welcome to join. If you need to purchase the book, contact Father Tom. He has several copies still available.

Two more new projects set for this Spring are planting a vegetable garden to feed the less fortunate and a joint bowling league with the Stratford area churches. Both endeavors seek to strengthen our ties to the community, reaching out in aid and fellowship to those around us in addition to our continued service at the Lord’s Kitchen serving meals to the needy.

The next Coffee & Catechism will address what our Catholic faith teaches about the End Times. We are also working on having a rabbi come in during Lent to speak on Passover from the Jewish perspective.

Upcoming Events

Schedule of Lent & Easter Services:

Wednesday, February 26	–	Ash Wednesday Services, 9:00am & 6:30pm
Each Friday of Lent	–	Stations of the Cross & Supper, 6:00pm
Sunday, March 1, 15 & 22	–	Bitter Lamentations, 9:00am prior to Mass
Thursday, March 12	–	Penance Service with Our Lady of Peace, 6:00pm
Sunday, March 29	–	Meal in the Upper Room, 4:00pm
Sunday, April 5	–	Palm Sunday Service & Distribution of Palms, 9:30am
Holy Thursday, April 9	–	Mass of the Lord’s Supper, 6:30pm
Good Friday, April 10	–	Stations of the Cross, 10:00am
	–	Liturgy of the Lord’s Passion, 3:00pm
	–	Service of Tenebrae, 7:00pm
Holy Saturday, April 11	–	Blessing of Food, 10:00am –12:00pm
	–	Mass with Blessing of Fire & Water, 5:00pm
Easter Sunday, April 12	–	Resurrection Mass, 9:30am

Dates for the annual Easter brunch and the next Wine & Cheese and a Movie night will be announced via our website (www.saintjosephsofstratford.org) as soon as they are available.

The next Polish Dinner will be held on Saturday, April 25th, after the 5:00 pm Mass.

Colossal Kielbasa Stand reopens in May. Join us on May 17th, June 14th, and July 26th for the best kielbasa and pierogis in Fairfield County!

If you’re in the area, stop in and worship with us!

Respectfully submitted,
Lisa Vasas, Music Director

From our parishes...

St. John the Baptist Parish, Manchester, CT



- On “Gaudete” Sunday in December 2019 Fr. Adam Piekarczywski blessed new lector for St. John’s parish: Mitchell Bielenda. After the celebration of the Holy Mass we shared a cake made for this occasion.



- New Parish Committee has been elected at the Annual Parish meeting held on Feb 2, 2020. Congratulations to the new Parish Committee members: Edward Makles – Chairman, Mitchell Bielenda – Vice-chairman & Financial Secretary, Diane Makles – Treasurer, Linda Johnson – Secretary.

During the Holy Mass celebrated on Sunday Feb 16, the new Parish Committee members made their oath.



By. Fr. Adam Piekarczywski

From our parishes...

St. Valentine's Parish, Northampton, MA

WORKSHOP – POLISH CHRISTMAS ORNAMENTS

St. Valentine's Parish, for the third year in a row sponsored a workshop on how to make Polish Christmas Ornaments. This year it took place Saturday, November 30, 2019 from 9 a.m. to noon in the parish hall.



The workshop was directed by our parishioner, Nancy Slusarski. She provided instruction and materials (colorful Christmas wrapping paper) to make a star ornament.



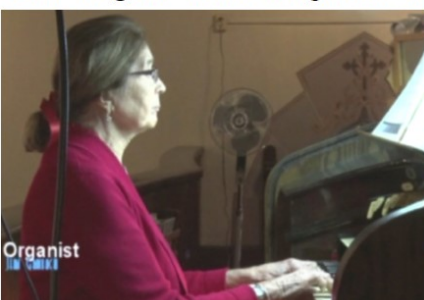
Each participant (six in all) worked very hard to make their ornament and were happy with their creation. Everyone had a great time working and socializing. We thank Mrs. Slusarski for taking the time from her busy schedule to share her talents for this workshop.

By Krysia Newman

POLSKIE KOŁĘDY SING ALONG ST. VALENTINE'S CHURCH JANUARY 5, 2020

St. Valentine's Polish National Catholic Church and the Polish Heritage Committee of Northampton, Massachusetts celebrated the Christmas Season with a concert of Polish Carols. The event was held January 5, 2020 and hosted by St. Valentine's Church. With twenty-five lead singers, the Annual Polskie Kolędy Sing Along featured twenty traditional Polish Christmas Carols and Pastoralki. Some of the selections included: "Cicha Noc", "Wśród Nocnej Cizy", "Śliczna Panienska", "Dzisiaj w Betlejem", "Oj Maluški, Maluški", "Mędracy świata, monarchowie", "Pastuszkowie bracia mili", "Bóg zawitał", "Skrzypi wóz" and "Nowy Rok bieży". The lead singers were comprised of choir members (some dressed in Polish costumes) from area churches throughout the Pioneer Valley including Holy Family, South Deerfield, Our Lady of the Hills, Haydenville, Our Lady of the Valley, Easthampton, Mater Dolorosa, Holyoke, Most Holy Redeemer, Hadley and St. Elizabeth Ann Seton as well as St. Valentine's, both from Northampton. The organist for the event was Jean Gromacki, the organist at St. Valentine's as well as St. Elizabeth Ann Seton Parishes.

For the second consecutive year, we were privileged to have two special guest musicians, Eddie Forman, Accordionist and the leader of the Eddie Forman Orchestra for over fifty years and retired Music Director of the Hadley Public Schools; Lenny Kokoski, violinist and bass player with the Eddie Forman Orchestra for seven years who currently plays for the Mark VI Band and is a participant in the Polish Carolers group from Ludlow, Massachusetts.



Organist

Rev. Czarniecki, Pastor of St. Valentine's Parish opened the event with prayer asking God to open our hearts to praise Him and give glory by singing the beautiful Polish Carols which are about his miraculous birth.



EDDIE FORMAN
LENNY KOKOSKI

Rev. Czarniecki, Pastor of St. Valentine's Parish opened the event with prayer asking God to open our hearts to praise Him and give glory by singing the beautiful Polish Carols which are about his miraculous birth.

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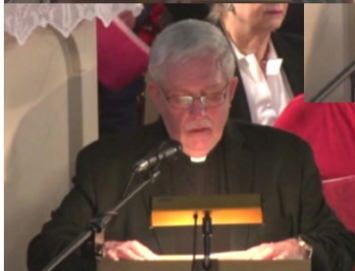
Bob Gibowicz, Chairman of the Polish Heritage Committee, Northampton, presented "Polish Christmas Traditions".



Cont. on next page



This year's program included the blessing of chalk and incense by Rev. Adam Czarnecki for distribution to all in attendance, and two Gospel readings were read: "The Birth of Jesus according to St. Matthew" and "The Birth of Jesus according to St. Luke" by Michael Lambert and Krysia Newman, respectively.



Rev. Robert Koerber, Holy Name of Jesus Parish, South Deerfield offered a closing prayer.

This year's event had the largest attendance yet – approximately 250 guests. It was heartwarming to see so many people. One of our local TV stations, WWLP – news 22 sent their camera crew along with Sy Becker, news reporter, to do a story for presentation on the evening news program the day of the sing along.



The event culminated with a reception parish hall. Everyone – participants and guests had a great time; we are so looking forward to the 2021 Polskie Kolędy Sing Along. *Watch for the announcement!* ~Krysia Newman
N.B. The event was videographed; DVDs are available @\$10 – contact Christine Newman at 413-584-4531.

Upcoming Events/Classes

- ◆ **BIBLE STUDY** at St. Valentine's Parish — **Thursday evenings at 6:30 pm** — Parish Hall. Prayer & Discussion Leader: Rev. Adam Czarnecki, Pastor
- ◆ **POLISH LANGUAGE CLASSES** at St. Valentine's Church — **Tuesday evenings at 6:30 pm** — Parish Hall. Instructor: Rev. Adam Czarnecki, Pastor
- ◆ **GORZKIE ŻALE (Bitter Lamentations) in Polish** — every Tuesday during Lent at 6:30 pm (as a part of Polish Language Class)
- ◆ **STATIONS OF THE CROSS (Droga Krzyżowa) in English** — every Friday during Lent at 6:30 pm **ROAST PORK DINNER** — Sunday, April 26 at 12 noon
- ◆ **MAY DEVOTION (with sung Litany to the Blessed Virgin Mary) in Polish** — every Tuesday during May at 6:30 pm (as a part of Polish Language Class)

From Our Parishes...

Divine Providence Parish, Norwich, CT

During the Advent and Christmas time the parishioners of the Divine Providence participate in several activities in the church and community.



- December 14, 2019, at the Divine Providence cemetery in Norwich, we celebrated Wreaths Across America Ceremony. Every year we have more participants, this year we had 14 participants and

were organized by the Archives and the Cemetery Committees and the YMS of R.

- For Christmas we made many pierogi for sale to support the Parish Finance, and when we were short with helpers, students from UConn and NFA lent a hand.



- During Pasterka, midnight Mass, with the weather permitting, many people came totaling 30.
- On December 16th, we had our Advent Retreat along with the monthly Healing Mass.
- Our monthly Taste of Poland and Bingo are successful, which also help finance our parish.
- In February, reporters from the newspaper *The Day* came to visit.

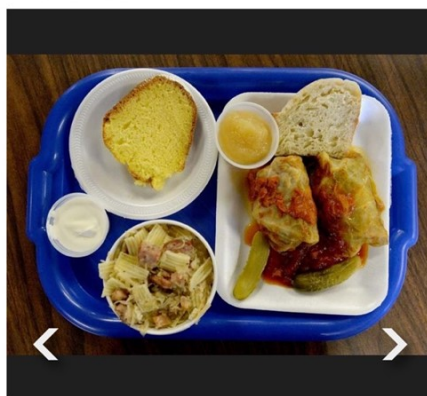


Taste of Poland in Norwich



BUY PHOTO

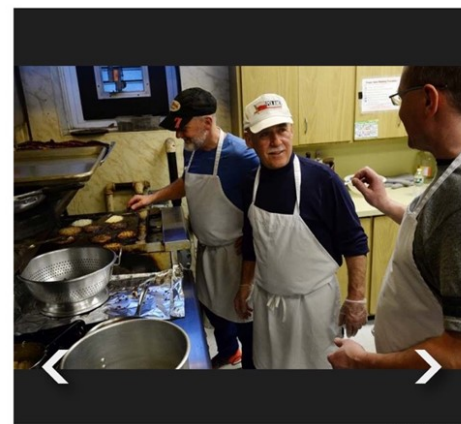
Ela Chmielewska, left, fills a serving tray with Lazanki, polish pasta with bacon, kielbasa and sauerkraut, next to a tray of potato cheese pierogis while she, along with Przemyslaw "Pshemek" Panfil, center, both of Norwich, and Chuck Bartnicki, right, of Preston, prepare for the start of the Taste of Poland Friday, Feb. 14, 2020 at Divine Providence Church in Norwich. Chmielewska said she buys all the ingredients for the food they prepare at Polish markets in New Britain. The event, a fundraiser for the church, is held every second Friday of the month at 5 p.m. followed by bingo at 7 p.m. (Dana Jensen/The Day)



BUY PHOTO

A customer's order of Babka cake, Golabki, stuffed cabbage, and Lazanki, Polish pasta with bacon, kielbasa and sauerkraut, during the Taste of Poland Friday, Feb. 14, 2020 at Divine Providence Church in Norwich. The event, a fundraiser for the church, is held every second Friday of the month at 5 p.m. followed by bingo at 7 p.m. (Dana Jensen/The Day)

Taste of Poland in Norwich



BUY PHOTO

Peter Lehman, left, of Norwich, makes potato pancakes while he and Chuck Bartnicki, center, of Preston, and Przemyslaw "Pshemek" Panfil, right, of Norwich, take a moment for a discussion while preparing for the start of the Taste of Poland Friday, Feb. 14, 2020 at Divine Providence Church in Norwich. The event, a fundraiser for the church, is held every second Friday of the month at 5 p.m. followed by bingo at 7 p.m. (Dana Jensen/The Day)

Coming Celebrations and Events:

- We are preparing for the Lent. Stations of the Cross and bitter lamentations will be after Mass every Sunday.
- The Lenten Retreat is scheduled for March 30th:
 - ⇒ 11:00 AM: Easter confession with Healing Mass and first Lenten session;
 - ⇒ 12:15 PM: Light Lunch;
 - ⇒ 1:00 PM: Second Lenten session;
 - ⇒ 4:00 PM: Bitter Lamentations and third Lenten session.
- Easter dinner is planned for Low Sunday at 4pm provided by YMSof R.
- Polish Festival:
 - Our Parish will participate in the Polish Festival in the City of Norwich. This year will be our second time attending. We will prepare and sell Polish food. Other than the food, there will be Polka Band, DJ with Polish music, Dancers – Polanie, and many others activities. We are looking forward to be a part of a great project at Global City of Norwich.



Polish Festival

Sunday, June 7, 2020 Downtown

Norwich - 2:00 PM to 6:00 PM

By Ela Chmielewska

From our parishes...

St. Casimir's Parish, Lowell, MA

HOMEcomings 2019



Homecoming 2019 was celebrated at St. Casimir's of Lowell, MA on Saturday, December 5.

Guests were greeted as they entered the hall and were seated at individually decorated tables. They served themselves appetizers prepared by parishioners as Christmas music played in the background. At 5 pm the hall was darkened and the first star was brought forward by Emma Ford-Hunt, Neveah Guida-Gauthier, Preston Guida Gauthier while Vesuvio Guida and Karina Tenus sang "O Holy Night" accompanied on the accordion and on keyboard by Diane Quirbach and Rachel Quirbach respectively.

Guests, including Bishop Paul and Karen Sobiechowski, diocesan bishop and wife, were welcomed by Co-Chairmen Robert Hunt and Dr. Bert Quirbach after which Bishop said a blessing over the food and Father Tenus explained the significance of the oplatek—angels bread.

JoAnn Menzia welcomed the Zioto family who were our guests seated at "Mae's Table" donated by family friends and set in memory of Mae Zioto who passed away this year.

Guests were asked to share the oplatek with family and friends, new and old, after which pierogi appetizers were served. Guests at the head table and "Mae's Table" were called to the buffet by Dr. Quirbach after which other tables were called to partake of a dinner of baked ham, mashed potatoes, string beans, carrots, and pineapple sauce. Dessert consisted of homemade pound cake with strawberries or chocolate sauce and whipped cream.

Children of SOCL, sang "Make Us One", "Nuttin for Christmas", "Mary's Little Boy Child" accompanied by Father Tenus, Rachel and Diane Quirbach. Karina Tenus and Vesuvio Guida sang a duet entitled "Christmas Prayer." After the children were introduced they returned to their seats to partake of dessert.

Irene Jaracz of St. Casimir's ANS explained the 2019 Giving Tree Charity. This year we are collecting white socks for veterans, male and female. Our goal is to provide 300 pairs to veterans in hospitals as well as those who are homeless. Last year over 600 pairs were collected.

Father Andrew, Bob Hunt and Bert Quirbach presented the 2019 Elf of the Year award to Bob Romanauskas, a tireless, energetic worker, friend



Co-chairmen Bert Quirbach and Bob Hunt award Elf of the Year to Bob Romanauskas, our neighbor and friend.

and neighbor who has been very helpful to pastors in the past and continues to aid us presently. Santa Claus appeared onstage to present gifts to children and young people.

Raffle numbers were called by Dan Ford.

Father Tenus lead the Sing-A-Long, ending with the singing of "Silent Night---Cicha Noc" after which he pronounced benediction and everyone left for home, well fed and in a joyous mood.

By Janice Klimczak

- PRE-LENTEN MARDI GRAS CELEBRATION

On Saturday, February 23 after Mass, St. Casimir's ANS hosted a special Coffee Hour with tasty treats to enjoy before the start of the Lenten season. ANS members have planned this event for the enjoyment of parishioners, neighbors and friends of St. Casimir's. Thank you to all who joined us for this event.

- ST. CASIMIR'S COMMUNITY SERVICE PROJECT

Community Service Project

HELP BACHAND HALL GIRLS

*A temporary home for homeless girls and
those aged out of foster care
Run by Sisters of Charity of Ottawa*

Needs:

Body wash or soap, small pack facial tissues, sanitary products, laundry soap, fabric softener, shampoo, conditioner, gift cards for Market Basket, Walmart, toothpaste, deodorant



February 16 - March 29

I alone cannot change the world. But I can cast a stone across the waters to create many ripples. -Mother Teresa

No one has ever become poor by giving. -Anne Frank

Diocesan Events and Programs

“Angels Among Us” at the 2019 Eastern Diocese Winter Youth Gathering and Lock-In

On the Feast of St. John, the Apostle and Evangelist the 2019 Winter Youth Gathering and Lock-In began at Blessed Trinity Parish in Fall River, Massachusetts. 30 youth, adults and clergy from across our Eastern Diocese gathered for this special time of prayer, learning, fellowship and fun with their brothers and sisters in the faith.



Our Youth Chaplain Fr. Sr. Rob Nemkovich welcomed everyone and began the winter youth gathering with a prayer. The theme of Angels Among Us was introduced with a powerful and moving song. Joanne Oliveira led a reflection/examination on how the youth have incorporated aspects of Discipleship in their lives since our Diocesan Youth Retreat this past August. It was wonderful to see some of the great things our diocesan youth have been doing to live out their Catholic faith in meaningful ways. Our youth then made resolutions to improve their Christian living to become more faithful disciples of our Lord Jesus Christ. Bishop Paul then shared some personal reflections with our youth.



The Angels Among Us was the first presentation given by Kathy Nemkovich. She along with Brenda and Julie did an amazing dance to a rap of Hark the Herald Angels Sing. Kathy spoke about different instances where she has witnessed angels



among us going out of their way to help and care for others. Some were angels that she didn't know and others were angels in our church family and even some of the youth present!

An activity was then led by Kathy Nemkovich and Joanne Oliveira on making special

Angel Ornaments. The kids were creative with their designs although we are not quite sure about a couple of baby yodas:)

The Angels was our next presentation given by Fr. Pawel Lukaszewicz. Fr. Paul spoke about angels in the Holy Scripture and how God used them in many ways. He spoke about three archangels: Gabriel, Michael and Raphael, our guardian angels and then led the youth in a prayer about angels he learned as a child. He concluded with his electric guitar and a great version of Hark the Herald Angels Sing!

Baking Cookies for First Responders was the next activity. These were made with love and care for those who serve and protect our local communities. A tray of cookies was made for



each city where diocesan youth were present. Their assignment on the way home from the Winter Youth Gathering was to drop these off to First Responders where their home parishes are. A special card accompanied each tray of chocolate chip, Star Wars and football cookies thanking those First Responders.



PNU District 3 sponsored a pizza party and everyone enjoyed some great local pizza. Remember the support that the sister organization of our Church the Polish National Union (PNU) gives to our Church and consider becoming a member if you are not one

already. After everyone had more than enough pizza, we gathered in Church for a group picture.



Being Angels to Others was the next presentation given by Fr. Sr. Rob. He spoke and showed the youth how they can be angels of love and mercy by what they can do for others – especially others in need. Maks spoke about the Blessed Trinity Christmas Toy drive where he went on a visit with

the police officers to deliver presents to a single mother with eight children who are living in a difficult way. Maks was moved by what he saw and told the other youth that “it is more important to give than receive”! Other youth spoke about their efforts in serving a Thanksgiving Day dinner to people in need and those alone on Thanksgiving.





Game Time featured decorating Christmas trees with various ornaments. Thanks to our three trees: Cleric Justin, Eric and Jakeb. The youth were divided up into three teams and had to green the tree and hang on each 12 ornaments with a name of a present that reflects the real meaning of Christmas written on each.

Fr. Paul and his guitar came back as we enjoyed singing several Christmas Carols, many religious and a couple of secular ones as well. We had quite the diocesan youth choir – it was great to hear and see their enthusiasm in singing their hearts out!

Another staple of our annual gathering is Nativity Bingo – everyone had a blast playing

to see who would win, get four corners and fill a card. Many laughs were had, and some interesting gifts were won.

The Ice Cream Sundae Social was a big hit. Sundaes of many kinds were created by our youth and adults and gallons of ice cream just disappeared. Thank you again to PNU District 3 for sponsoring our ice cream social.

After all the blow-up mattress and sleeping bags were in place, and popcorn was ready –



every enjoyed the movie “Balto”. If you haven’t yet seen it – it is worth your time and effort to do so. After the movie and a couple of big bags of popcorn, Cleric Justin led everyone in evening prayer.



Saturday morning came quickly and after deflating the mattresses, folding up the sleeping bags and straightening up the parish hall all gathered for the Holy Sacrifice of Mass. Fr. Sr. Rob celebrated Mass on the Memorial of Holy Innocence and was assisted by Cleric Justin Daviault. Fr. Sr. Rob, In his brief homily, spoke about the importance of being there for others - to be angels to them and show them how God loves them.



After singing the traditional camp/youth retreat grace, a fantastic breakfast was served. Thanks to Joanna, Laurie and Ryan for cooking us delicious pancakes, scrambled eggs and of course – bacon. Fr. Sr. Rob thanked all the youth for making the time for Jesus. He thanked the adults for chaperoning and then it was off to deliver trays of cookies to First Responders. The youth of Blessed Trinity visited two Fall River fire stations and later in the day a tray of cookies was delivered to the Fall River Police station. Zack brought a tray to first responders near Holy Cross in Central Falls. All the first responders were extremely appreciative of these efforts.



Our diocesan parishes represented were: Blessed Trinity – Fall River; Holy Cross – Central Falls; Holy Mother of Rosary - Chicopee; Holy Trinity – Plantsville; St. Joseph's – Stratford and Holy Trinity Cathedral. Clergy participating: Bishop Paul Sobiechowski, Fr. Paul Lukaszewicz, Cleric Justin Daviault and Fr. Sr. Rob Nemkovich.

We look forward to seeing everyone at our diocesan Acolyte Retreat in June and at Youth Retreat 2020 at Camp Howe in Goshen, Massachusetts from August 16-20. This year our youth can again bring a friend with them to Church Camp!





Save the date and plan to join us. Have a blessed New Year 2020 as we continue Discipleship:2020 in our Holy Church. Let us be Angels of love and mercy as we follow our Lord and Savior Jesus Christ!

Fr. Sr. Rob Nemkovich - Diocesan Youth Chaplain

2019 Diocesan Winter Youth Gathering - parish youth thank First Responders (Dec. 28, 2019)



A Thank You to our First Responders for all who do for our community.
Have a safe and healthy New Year 2020 - May God bless you!



Giving Back to First Responders

From the Youth of Blessed Trinity Parish - Plymouth Ave - Fall River, MA

POLISH NATIONAL CATHOLIC-ROMAN CATHOLIC DIALOGUE MIAMI, FL, FEBRUARY 17-19

This year's meeting of the Polish National Catholic-Roman Catholic dialogue took place in Miami, Florida, from February 17 to 19. It was hosted by Archbishop Thomas Wenski of Miami, and co-chaired by Bishop Mitchell Rozanski of Springfield in Massachusetts.

As part of the dialogue's continuing discernment of issues that are truly church-dividing, the members heard a paper prepared by the PNCC side entitled, "Authority in the Church: A Polish National Catholic Understanding."

A second presentation provided an analysis of the Constitution of the PNCC in light of the Roman Catholic Code of Canon Law. Other discussions included reports on the ad limina visits to Rome by the Roman Catholic bishops present and the 2019 Special Synod of the PNCC. Each morning the members prayed the Liturgy of the Hours together, and in the evening of May 18 the members attended a dinner in their honor at Saint Luke's parish. Next year's meeting has been scheduled for May 2021 in Scranton, Pennsylvania.



The G-4/PNCC Ecumenical Dialogue Group Meeting

On January 28th and 29th, 2020, the G-4/PNCC Ecumenical Dialogue Group met at the Parish of St. Barnabas (APA) in Dunwoody, Georgia. Representing the PNCC were Prime Bishop Anthony Mikovsky, Bishops John Mack and Paul Sobiechowski, Father Senior Robert Nemkovich, and Father John Kowalczyk. G-4 members included Archbishop Mark Haverland (ACC), Bishops Paul Hewett (DHC), Chandler Jones (APA), and Brian Marsh (ACA), and Fathers Robert Bader (DHC), Jonathan Foggin (ACC), and Christian Tutor (ACA).

Bishops Hewett and Sobiechowski each served a day as Dialogue Chairman. Topics discussed included the shared history of Anglicans and the PNCC, with particular attention paid to episcopal consecrations; the implementation of a process to oversee clergy who wish to transfer jurisdictions; and ways in which the Churches of the G-4 and the Union of Scranton might strengthen their relationship through retreats and conferences of scholars.

On the first day of the meetings, Prime Bishop Mikovsky celebrated the Eucharist according to the use of the PNCC; on the second, Bishop Jones said an Anglican mass for the Feast of Blessed Charles, King & Martyr.

Members of the group received Holy Communion or blessings as appropriate. After two days of productive discussion, the group scheduled its next meeting for July 28th and 29th of this year in Manchester, New Hampshire.





Eastern Diocese (ED) Strategic Planning Committee Community Involvement Report

January 2020

Prepared by: Dr. Shirley Mietlicki-Floyd, Thomas Zarek and Larry Gagnon

Summary

The Eastern Diocese (ED) Strategic Planning Committee was asked to review the Future Direction discussion coming from the 2018 General Synod and of the five themes to choose a focus to direct its attention. The committee chose '*Community Involvement and Presence*'.

Note: The other themes are:

- Growth and Membership
- Increase Spirituality
- Lifelong Learning
- Sacred Vocations

The committee understood that the specific goal of **Community Involvement and Presence** is to "*increase the knowledge and visibility of the parish within a community by 25%*"

Upon review, the committee members felt that to pursue and achieve this measurable goal required the collection of baseline data in order to objectively establish goals for each parish. A tracking "matrix" was designed.

The tracking of community events would look at Facebook activity, traditional methods (e.g. newspaper coverage, etc.) and attendance at events.

The committee established July-to-December 2019 as a timeline for capturing this baseline data. Parishes were provided templates for capturing information; however, the committee was flexible in how parishes could report and accepted all formats (e.g. spreadsheets, docs, handwritten).

The parishes were guided to categorizing their parish community activities into four categories. Examples were also provided to assist with categorizing their activities.

- Masses
- Church events
- Community events
- Special liturgical/spiritual services

At the conclusion of the timeline the committee summarized the data and provided observations and recommendations for consideration to use within discussion groups at the upcoming Diocesan Synod in fall 2020.

Pre-Synod Meetings

The four Pre-Synod meetings in the Eastern Diocese, in reference to the Upcoming 2020 Diocesan Synod, were held in the following parishes: January 11 at Our Saviour's Parish, Woonsocket, RI; February 15 at Holy Trinity Cathedral, Manchester, NH; February 22 at St. John the Baptist Parish, Manchester, CT; and February 29 at Holy Mother of the Rosary Parish, Chicopee, MA. The meetings were opened to everybody not just to the Synod delegates. They had a very good participation. There were about 115 people total for all four meetings.

The first goal of these meetings was to help the parishes of the Eastern Diocese to establish the individual plan for how to be more present in the life of the local community, and how to attract people to the parish. The second goal was to clarify the ideas for discussion for the upcoming Diocesan Synod.

Basing on the report from the Eastern Diocese Strategic Planning Committee, prepared by Dr. Shirley Mietlicki-Floyd, the meetings' agenda was broken into three parts:

Eastern Diocese Synod Overview

Presentation given by the members of the Eastern Diocese Strategic Planning Committee
Group Work

The first part of the meeting (the Eastern Diocese Synod Overview) was the informative one (in Woonsocket done by Fr. Sr. Robert Nemkovich). The Eastern Diocese Synod will be held at Blessed Trinity Parish in Fall River, MA on Saturday, October 10, 2020. Tentatively, mass will be held at 8:30am, followed by a continental breakfast, reports and lunch. The bulk of the synod will be break out groups. It should be done by 5:30pm and there will be grab and go meals available. The cost is not determined at the current moment, but the hope is that because it will be significantly less, and most parishes are relatively close and not needing hotel rooms, that more people will attend.

In a short break before the second part of the meeting, Bishop Paul spoke about the grants that are available to the parishes of the Eastern Diocese from a special diocesan program. The program is called the "SS. Peter and Paul Grant Program" because it is using the funds (approximately \$33,000.00) that still remained when SS. Peter & Paul Parish in New London, CT was closed. These funds are available to the parishes via grant application on a first come first serve basis, with the purpose of establishing a program within the parishes for evangelization and parish promotion within their area. Parishes were notified of this and applications were begun being accepted the first Sunday of Advent 2020. The 3 seniors and Bishop Paul reviewed the applications already received, and a total of 17k was distributed. Bishop Paul urged parishes to apply for the remaining funds (16k).

The second part of the meeting (Presentation by the members of the Eastern Diocese Strategic Planning Committee) was led by Mr. Tom Zarek, and Dr. Shirley Mietlicki-Floyd.

The presentation mainly surrounded social media, with specific emphasis on Facebook. All parishes should publish the FB logo everywhere they can, including their website, newsletter, and bulletin. The planning group does regular audits of our FB pages. It helps the post reach further if people share and like each other's posts, most importantly giving the posts visibility. We have to be careful when posting pictures and names of children, and to be sure that the parents give permission first.

The next point discussed was the matrix, which each parish of the diocese was asked to complete on a monthly basis. This is feedback to the committee on the attendance and activities at the individual parishes, in addition to community involvement and presence. All matrix data will be shared at the synod.

The third part of the meeting (Group work) was led by Bp. Paul Sobiechowski. Bishop Paul broke participants up into groups and gave them talking points, which will help determine the talking points for the synod.

The first talking point referred to parish evangelization... **How can you get your parish name into the community?** Suggestions were as follows: partner with community (meat raffle, clothing shed), local talk show to put out information, dinners, being present at county events, find out needs of community and offer solution, keep people involved about parish events; create email list, ecumenical services, Facebook presence, music, activities, post event announcement-do you want to be notified of the next event? and create a mailing list, post events, masses and special events, using local newspapers, reach out to ethnic groups, do special events and offer welcome gift, parish activities (food sales, craft fair), Christian music, offer soup and sandwich and free groceries, food for poor once a month, open parish to social groups, meeting their needs: spiritual, social, and material, clergy active and present in the community, Christian speakers for special occasion, more signage, pass on knowledge to next generation, approach local Polish club, openness to try in things and fail; step out of comfort zone and try something new, all

all parish members need to be involved; sign up lists to get all members working on project, small parish of 8 sponsors breakfast for 20 people every month.

3 things from group: Facebook, Advertise, Baptismal

3 points from discussion: Visiting nursing homes, Ecumenical services, Adopt a family for Christmas.

The second talking point was: **How does my parish help in the establishment of a new parish. How do I “plant a church?”** This one proved more difficult, as many of people are faced with the upkeep and growth of their individual parishes as opposed to establishing a new one. Some ideas were: do things differently: time of services, music, must be welcoming, need people with commitment, accessibility is important, physical and social spiritual appeal to people, new building with handicap accessibility, bring a friend to church, local newspapers for upcoming events, create a group of missionaries. These dedicated people can start working in local community—visiting homes and offering prayers and services for local people, church must be part of all the other activities rather than forcing people to be part of the church, local and demographic groups, offer a place to pray and meet, share the message, distance/offer transportation, teach and baptize, approach people from closures of RC churches/reach out, commitment/engage the congregation, host play group activities for new moms and children, be open to change, know your area and what would be a good place to establish a new parish, invite that group to speak with us and tell them what we offer and provide help to get their parish started; will need more priests to service new church, identify a need, people to help, and offer a place for a church without a church building, music to attract young people, let people know what we are about, helping community is important because of what Christ taught, reach out to ethnic groups.

Three things from all groups: Music, Facebook, Attract millennials
The meetings ended around 1:30pm and the hosting parishes served lunch.

Compiled by Fr. Henryk Wos

Eastern Diocese Support of the Clergy Pension Fund

At its regular Diocesan Council Meeting early in 2019, the Eastern Diocese, to encourage support of the Clergy Pension Fund throughout the Diocese, decided to match all of the funds collected throughout the parishes of the Diocese. This was in addition to a \$10,000.00 outright donation that was made in June of 2019.

In this action the Eastern Diocese is recognizing the fact that it is vital for all within the Polish National Catholic Church to actively support the Clergy Pension Fund. This fund, which has been in existence for quite a number of years, allows the Church to give support to the parish pastors of the P.N.C.C. upon their retirement. At present the pension amount is \$600.00 per month when a clergyman reaches the age of 70 after at least 20 years of service to the P.N.C.C.

The official collection for the Clergy Pension Fund occurs in the month of June, when Father's Day is celebrated. It reminds us that we must remember not only the fathers within our families, but also our spiritual fathers, the pastors of our Parishes. While this collection is taken throughout the Church on Father's Day, donations to the Clergy Pension Fund are welcome at any time.

Eastern Diocese Donation	\$10,000.00
The following parishes also made donations:	
Holy Trinity Cathedral, Manchester, NH	\$5,567.00
Holy Trinity Parish, Plantsville, CT	\$1130.00
St. Joseph's Parish, Westfield, MA	\$1076.00
St. Casimir's Parish, Lowell, MA	\$892.00
Blessed Trinity Parish, Fall River, MA	\$585.00
Holy Name of Jesus Parish, S. Deerfield, MA	\$490.00
Holy Cross Parish, Central Falls, RI	\$369.00
Our Saviour Parish, Woonsocket, RI	\$162.00
St. Joseph's Parish, Stratford, CT	\$100.30
St. Casimir's Parish, Wallingford, CT	\$55.00
Holy Cross Parish, Ware, MA	\$55.00
St. John the Baptist Parish, Manchester, CT	\$25.00
Matching Funds from the Eastern Diocese	\$10,506.30
Total Donations to the Clergy Pension Fund	\$31,012.60

We give thanks to Almighty God for the generosity of the people of the Eastern Diocese and its Parishes and Diocesan Council. We also encourage others to support the Clergy Pension Fund so that our retired pastors can know the love and appreciation of the people of the Church for all of their dedication and sacrifice.



Article copied with permission from God's Field, February 2020

Upcoming Diocesan Events:

2020 LENTEN RETREATS

*NORTHEAST SENIORATE
EASTERN DIOCESE – PNCC*

SATURDAY – MARCH 7, 2020

HOLY TRINITY CATHEDRAL – MANCHESTER

SATURDAY – MARCH 14, 2020

OUR SAVIOUR’S PARISH – WOONSOCKET, RI

BISHOP FLEMESTAD & BISHOP-ELECT MYRSETH

FROM THE NORDIC CATHOLIC CHURCH

WILL ATTEND THIS PARTICULAR RETREAT

BEGINS AT 9:00 A.M.

ENDS BY 2:00 P.M.

LUNCH WILL BE SERVED



*COME SPEND TIME IN PRAYER, MEDITATION AND WORSHIP
ON THE SALVIFIC PASSION AND DEATH OF OUR LORD JESUS
CHRIST*

*RSVP BY MARCH 1ST TO:
RobNem21@aol.com*

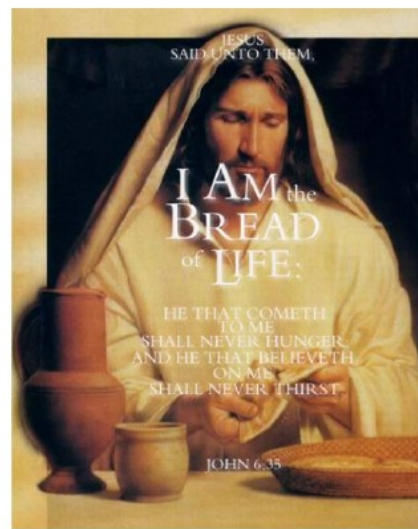
DISCIPLESHIP

2020

PNCC



MEAL IN THE UPPER ROOM – MARCH 29TH COMBINED NORTHEAST SENIORATE COMMEMORATION



The Clergy and Faithful of the Northeast Seniorate of our Eastern Diocese are encouraged to join us at Blessed Trinity Parish in Fall River, Massachusetts for a Meal in the Upper Room Service on Passion Sunday – March 29, 2020 beginning at 4:30 in the afternoon. This is a special meal during which we commemorate the Last Supper that our Lord shared with His Apostles on the night before his crucifixion.

Please announce this invitation to your parishioners and welcome them to join us for a time of prayer and reflection on that Last Supper event/Passover meal during which our Lord gave His Presence to His Church in the Holy Eucharist.

We do ask that you kindly inform us no later than Wednesday – March 25 as to how many from your parish will be attending and their names (there is assigned seating around a large set table where we will share the meal in silent reflection, hear God’s Word through passages of Scripture, offer prayers and hymns to the greater glory of Almighty God). I have found the Meal in the Upper Room to be a beautiful uplifting spiritual experience to guide us in our Lenten journey and increase our prayer and devotion in a very meaningful way as we begin Passiontide.

If you have any questions or concerns regarding this Meal/Service please do not hesitate to contact me at your convenience.

Sincerely yours in Christ,
Fr. Sr. Rob Nemkovich
Robnem21@aol.com



2020 EASTERN DIOCESE ALTAR SERVER RETREAT

THURSDAY – JUNE 25, 2020

OUR SAVIOUR'S PARISH – WOONSOCKET, RI

"DISCIPLESHIP: 2020"

BEGINS AT 9:30 A.M. WITH HOLY MASS AND ENDS AT LINCOLN WOODS PARK

SESSIONS ON DISCIPLESHIP AND SERVING DURING THE LITURGIES OF THE CHURCH



*Time in prayer, learning, fellowship and fun with your fellow
Altar servers - Plus a trip swimming at Lincoln Woods Park
Open to Altar Servers of our diocese - registration is just \$10*



*To register or for additional information
contact:*

Fr. Sr. Rob Nemkovich

(508) 672-4854 - RobNem21@aol.com

DISCIPLESHIP

2020

PNCC

EASTERN
DIOCESE
YOUTH
RETREAT



Come and Worship, Learn and have great camp fun!

At Camp Howe in Goshen, MA

August 16-20, 2020



Registration and Health Forms are available from your pastor or email: Robnem21@aol.com

The cost is only \$150 per person.

Follow us on Facebook: *Eastern Diocese Youth*

Come and end your summer with friends in Christ!

DISTRICT 3 PNU EASTER RAFFLE

The PNU has been supporting our Polish National Catholic Church since its organization in 1908 and with your support will continue to do so. Last year District 3 provided support to youth at the diocesan youth retreat (paid for the bowling trip and ice cream) and winter youth gathering (provided a pizza party and ice cream social).

The Easter Raffle will take place on Sunday, March 29, 2020 immediately following the 10:30 AM Holy Mass at Holy Cross Parish in Central Falls, RI. The first prize is \$75.00 cash and the second & \$50 cash and the third prize is \$25.00 cash.

Tickets are \$2.00 each, 3 for \$5.00 and 7 for \$10.00. Please ask your Pastor for tickets. Your generous support of this District's fund raiser is greatly appreciated.

Checks in payment for the Easter Raffle tickets should be made payable to "District 3 PNU". Checks and ticket stubs should be returned to District 3 PNU c/o Blessed Trinity Parish, 37 Winthrop Street, Fall River, MA 02721.

Thank you for your help in this fund raising effort for our District.

Fraternally yours in Christ on behalf of Maryann Zarek (District 3 Director),

Fr. Sr. Rob Nemkovich



COMING SOON: 20TH ANNUAL PNCC MISSION / EVANGELISM WORKSHOP

“**Discovering the PNCC**” is the theme for the upcoming PNCC Mission / Evangelism Workshop, which will take place at Resurrection of Our Lord Parish in Temperance, MI, from Friday March 27 – Sunday March 29, 2020. **The registration fee has been waived**, so that as many people as possible may attend, to gain a better understanding and deeper appreciation of our Church. There will be presentations and breakout groups for discussion, and participants will gain practical tools for effectively sharing their faith in Christ. Further details – schedule, accommodations, and registration form - are available in the February 2020 issue of God's Field, which you may access at www.pncc.org. We hope to see you in Temperance!

PNCC Mission and Evangelism Commission

Save the date!!!
July 31 – August 2, 2020
Our Saviour's Parish, Woonsocket, RI
„Be a Witness”
Family Camporee open to all scouts and all families
of our Church!
Outside of our Church too!!!
More information will follow.



FROM THE CHANCERY OFFICE

The 16th Synod of the Eastern Diocese

Dear Very Rev. and Rev Fathers, Diocesan Council Members and Parish Families of the Eastern Diocese:

In accord with Article 7, Section C of the Constitution of the Polish National Catholic Church I am reminding all of our Clergy, Diocesan Council members and parishes that we will be convening the 16th Synod of the Eastern Diocese on Saturday, October 10, 2020 beginning with the celebration of Holy Eucharist at Blessed Trinity Parish in Fall River, MA and sessions being held in the parish hall and classrooms.

The Constitution states in the above-cited Article, Section C, Sub-Section one that:

"The Diocesan Synod must be summoned within two (2) years after the General Synod by the Diocesan Bishop with the concurrence of the Prime Bishop and the Diocesan Council."

I will ask our Prime Bishop for a letter of concurrence. At our upcoming diocesan council meeting, scheduled for June 6th at Holy Mother of the Rosary Parish in Chicopee, MA, I will also ask for a motion of concurrence.

Please be advised that work, preparing for the synod, has already begun. Host pastor, Father Senior Robert Nemkovich is organizing the local committees necessary as well as provision for meals. This will be a one day synod most in attendance should be able to travel to and from their homes the same day, saving on hotel expenses. If lodging will be necessary a local hotel will be contacted and housing provided for.

Mandates will be prepared and sent out from the chancery office in a few months. The mandates will be distributed to clergy, parishes, council members and sub-central organizations and the Polish National Union of America.

The diocese has held for pre-synodal meetings in Woonsocket, RI, Manchester, NH, Manchester, CT, and Chicopee, MA. At these "pre-synodal" meetings we have discussed our hopes for the synod; its schedule, a key presentation by the Strategic Planning Committee formed at the fifteenth diocesan synod and, guided by Dr. Shirley Mietlicki, the discussion of synod delegates and guests in the form of break out groups that will set forth a number of goals to grow the diocese over the next ten to twelve years.

A call for reports as well as a "call to synod" and distribution of mandates should take place before the end of June this year.

Bishop Paul Sobiechowski
Diocesan Bishop

“SS. Peter and Paul Grant Program”

A grant program to help individual parishes to promote themselves and to evangelize within their own communities was announced at our diocesan clergy conference in March of 2019. The program is called the “SS. Peter and Paul Grant Program” because it was using the remainder of funds (approximately \$33,000.00) that still remained when SS. Peter & Paul Parish in New London, CT, was closed by the bishop ordinary.

Applications for grants were being accepted as of the First Sunday of Advent last year, December 1.

To date, four parish applications were reviewed and every parish received a portion of funds that together totaled \$16,700.00. A substantial amount remains and will be given on a first come, first serve basis. Three grant applications have also come in that will require review, but they were submitted without all the necessary documentation. Once received these too will be reviewed by a committee consisting of the Bishop Ordinary and the three administrative seniors.

This is a unique opportunity for our parishes to have financial assistance as they work towards making themselves known in the community and to evangelize all those in their areas who “want to be Polish National Catholic faithful, but don’t know it yet.”

Assignments:

- Father Paul Lukaszewicz is appointed to serve as co-chaplain with Father Christopher Roglski for the Eastern Diocese United Choirs.
- New Britain and Plantsville Parishes are fully merged. In a process begun more than two years ago, the parishes of New Britain and Plantsville have finalized the process of merger under the title of Holy Trinity Parish Polish National Catholic Church, Plantsville. The process respected the rights and addressed the concerns of both parishes and the merger was accomplished through a special merger committee comprised of members of both parishes. It was the determination of the two parishes that they would retain the church and properties of the Plantsville parish and that the two cemeteries would be maintained by the one combined parish. A unused portion of the cemetery property as well as the New Britain Church and rectory and land were liturgically “deconsecrated” according to the rite of the Polish National Catholic Church. The New Britain cemetery property was then sold to a local college whose property abutted the cemetery. The New Britain church and rectory were sold to another Christian congregation that will maintain the property as a place for Christian worship. A full report of the merger will appear in the report of the Administrative Senior of the Southwest Seniorate, the Very Rev. Joseph Krusinski, to the upcoming diocesan council meeting and to the diocesan synod.

Bishop's Visits to Parishes:

- Saturday, February 29, 2020 - Central Seniorate Pre-Synodal meeting at Holy Mother of the Rosary Parish, Chicopee, MA - 11:00 AM

Diocesan and National Meetings: (all times are Eastern)

- Tuesday March 3 - Wednesday, March 4 - National Doctrine Commission Meeting at the National Church Center in Scranton, PA
- Monday, March 9 - Meeting with the Administrative Seniors and members of the Holy Cross Parish, Enfield, CT in their parish hall - 4:30 PM
- Monday, March 9 - Eastern Diocese Strategic Planning Committee Teleconference - 7:00 PM
- Thursday, March 19 - Eastern Diocese Scouting Commission Teleconference - 8:00 PM

- Tuesday, March 31 - Eastern Diocese Clergy Conference at Our Saviour's Parish, Woonsocket, RI
- Monday, April 27 - PNCC College of Bishops Meeting in the National Church Center, Scranton, PA
- Tuesday, April 28 - Wednesday April 29 - Supreme Church Council Meeting in the National Church Center, Scranton, PA
- Thursday May 7 - Eastern Diocese Northeast Seniorate Teleconference - 7:00 PM
- Saturday, May 16 - Eastern Diocese ANS Convention at Holy Cross Parish, Central Falls, RI
- Monday, May 18 - Wednesday May 20 - National Mission and Evangelism Commission Meeting at Holy Trinity Parish in Washington, PA
- Wednesday, May 26 - District Three Polish National Union of America Election and Teleconference
- Monday, June 1 - Wednesday, June 3 - National Liturgical Commission Meeting - at the National Church Center in Scranton, PA
- Saturday, June 6 - Eastern Diocesan Council Meeting at Holy Mother of the Rosary Parish, Chicopee, MA

Diocesan and National Liturgical Celebrations: (all times are Eastern)

- Sunday, March 1 - First Sunday of Lent is observed
- Saturday March 7 - Lenten Retreat - Eastern Diocese Northeast Seniorate at Holy Trinity Cathedral in Manchester, NH
- Sunday, March 8 - Solemnity of the Institution of the Polish National Catholic Church
- Saturday, March 14 - Lenten Retreat - Eastern Diocese Southwest Seniorate at Our Saviour Parish in Woonsocket, RI
- Sunday, March 15 - Third Sunday of Lent is observed
- Thursday, March 19 - Solemnity of St. Joseph, Spouse of the Blessed Virgin Mary
- Sunday, March 22 - Fourth Sunday of Lent is observed (a.k.a. Laetare Sunday)
- Tuesday, March 24 - Solemnity of St. Gabriel the Archangel
- Wednesday, March 25 - Solemnity of the Annunciation of the Blessed Virgin Mary
- Sunday, March 29 - Passion Sunday
- Wednesday, April 1 - Observance of the birth of First Prime Bishop Francis Hodur (1866)
- Sunday, April 5 - Palm Sunday
- Tuesday, April 7 - Eastern Diocese Chrism Mass at Holy Mother of the Rosary Parish in Chicopee, MA
- Sunday, April 12 - Solemnity of the Resurrection of Our Lord
- Sunday, April 19 - Second Sunday of Easter (Low Sunday)
- Saturday, April 25 - Feast of St. Mark, Evangelist
- Thursday, April 30 - Solemnity of St. Joseph the Workman
Consecrations of Bishops-elect Jaroslaw Rafalko (P.N.C.C.) and Ottar Myrseth (N.K.K.)
- Friday, May 1 - Feast of Ss. Philip and James, Apostles
- Monday, May 4 - Solemnity of the Finding of the Holy Cross (translated)

- Sunday, May 10 - Observance of the death of Bishop Joseph Padewski (1951)
- Thursday, May 21 - Solemnity of the Ascension of Our Lord
- Saturday, May 23 - Observance of the death of Father Jerome Savonarola (1498)
- Monday, May 25 - Memorial Day Federal Holiday
- Sunday, May 31st - Solemnity of Pentecost

Diocesan and National Event Schedule: (all times are Eastern)

- Sunday, March 8 - Daylight Savings Time begins
- Monday, March 16 - Wednesday May 19 - Convocation of the Union of Scranton at Mercy by the Sea Retreat Center - Madison, CT
- Tuesday, March 17 - St. Patrick's Day - U.S.A.
- Sunday, March 29 - Northeast Seniorate Meal in the Upper Room at Blessed Trinity Parish in Fall River, MA.
- Sunday, March 29 - Southwest Seniorate Meal in the Upper Room at St. Joseph's of Stratford Parish in Stratford, CT
- Friday, March 27 - Sunday, March 29 - National Mission and Evangelism Workshop hosted by Resurrection of Our Lord Parish, Temperance, MI
- Sunday, May 3 - Observance Day of the Polish Constitution
- Thursday, May 7 - National Day of Prayer - U.S.A.
- Sunday, May 10 - Mother's Day - U.S.A.
- Saturday, May 16 - Armed Forces Day - U.S.A.
- Monday, May 25 - Memorial Day - U.S.A.
- Friday, May 29 - May 31 - Y.M.S. of R. Bowling Tournament hosted by Holy Mother of the Rosary Cathedral in Lancaster, NY



"Poetry comes nearer to vital truth than history." - Plato
„Prawdziwą, typową formą współżycia duchowego jest poezja.” - Karol Irzykowski

Marsz Pogrzebowy (Funeral March) *by Kornel Ujejski*

Poem based on the music by Fryderyk Chopin: "Marsz Pogrzebowy" ("Funeral March"), following the formal outline of Chopin's Funeral March from Sonata Op. 35.

Translation by Dr. Bradley Kirschberg and Wadsworth Olivier

Tyle dzwonów! Gdzie te dzwony? Czy w mej głowie huczą?
Kędy idą roje księży z taką pieśnią kruczą?
Tu przede mną o dwa kroki czarny wóz się toczy
Jak mi ciemno, ten wóz czarny ściemnił moje oczy."
Gdzieś w powietrzu krzyż jaśnieje, migają pochodnie,
A prowadzą mnie pod ręce – idą tak wygodnie.
Same prawie się podnoszą zatrętwiałe nogi.
Dobrze, dobrze, że mnie wiodą, nie znam żadnej drogi.

A thousand bells from hidden lofts clamor in my brain,
As these slowly pacing priests drone a sad refrain
While before me just two paces moves a slow black car,
Deathly shadows cloak my eyes, darkness shrouds my heart.
Crucifix reflects the glint of torches burning bright,
Thus they lead me, thus support my falt'ring footsteps light.
It is well that they keep moving my unconscious tread,
It is well for I, in truth, know not where I am led.

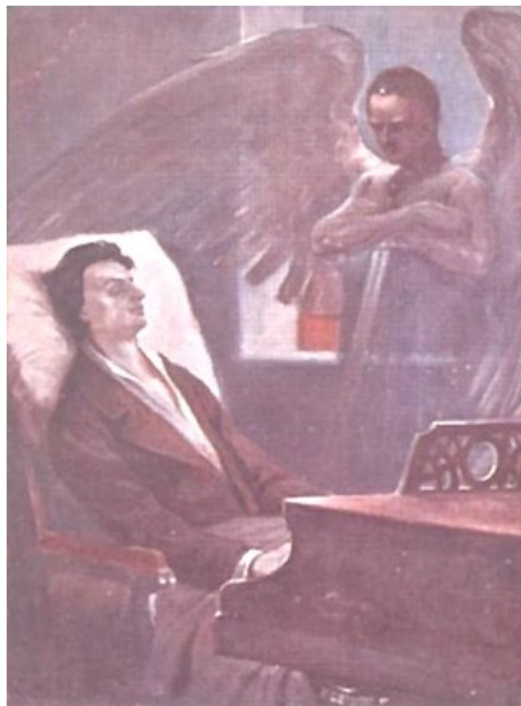
Idę, płynę niby śniący, bez myśli, bez woli.
Tylko w głowie tylko w sercu coś mnie strasznie boli,
Coś zatapia w nich swe szpony, krzywe, ostre szpony,
A tu ciągle biją dzwony a tu kraczą wrony....
Ha! muzykę jakąś słyszę – pięknie grają, pięknie...
Żar mam w oczach, a po twarzy coś zimnego cieknie
Patrzają na mnie, ale zbliżyć nikt się nie odważa,
Musi coś być w mojej twarzy, co ludzi przeraża.
A wóz ciągną cztery konie, okryte żalobą
A mnie ciągnie jakaś siła, wlecze mnie za sobą...
Wielki Boże! toż ta trumna wysuwa się ku mnie!
Tam zagadka mego bytu, w tej trumnie, w tej trumnie!
Za co Tyś mnie tak ukarał, Ty, co zwiesz się Bogiem!
Za co, za co – och!
Samowładca nad słońcami, nad stworzeniem mnogiem
Mnie zdeptałeś – proch?!
Gdzie ten Bóg
Co mnie zmógł?
Czy Go jęki dzwonów głoszą i krakanie wron?
Niech pokaże się przede mną z ironji obliczem
On, straszny jak noc
Bom ja większy w moim bólu, chociaż jestem niczem,
Niżli jego Moc
Ha, zły On!
Ha, zły On!
I tem słowem dzwony biją
Jezus, Maryjo!
Jakże mnie ten razi dzwon
Ten dzwon! Ten dzwon!

Na atlasie piękna, cicha
Rączki trzyma w krzyż,
Przez sen do mnie się uśmiecha
Oh, ty już nie śniesz!

Oh, nie czujesz ty już woni
Z wieńca białych róż,
Całowaniem twojej skroni
Nie zbudzę cię już.

Nie wiesz nawet, że za tobą
Idę, blady trup,
Że prowadzą cię z żalobą
Że prowadzą w grób!
Na toż ciebie biedna matka
Wydawała na świat,
I jam kochał do ostatka,
Bym cię w trumnę kładł!
Takież moje ślubne toże?
I ja w takim dniu
Żyję jeszcze? Boże! Boże!
Co ja pocznę tu!
Była słodka i anielska
I kochała mnie,
Jak piosenka jaka sielska,
Płynęły nam dni.

I jam przy niej był bez grzechu
I anielskość miał
Bo z jej oczu z jej uśmiechu
Jam sacrament brał.
Była dla mnie jak natchnienie
Genjusz i cnót,
Wiodło do mnie jej szat jaśnienie
Do niebieskich wrót.
Gdzie zawiodło mnie na końcu.



I am walking, floating, moving, without thought or will
Aching head and aching heart, body cold and chill.
Claws so sharp and claws so crooked digging at my sou,
I hear ugly ravens croak as death bells slowly toll.
Music playing, softly gently, music clear and sweet,
Water cold runs down my face, though eyeballs burn with heat.
Strangers eyes keep staring at me, no-one dares draw near,
Is my face a gruesome mask that men will dread and fear?
A hearse by four black horses drawn, in mourning is each horse,
Thus my body too is dragged, by some terrific force.
Oh great God that coffin seems to move and ghostly gait.
And in that dreadful casket likes toe answer to my fate.
Why must you punish me this way, Though Almightyly Lord,
I have done naught, so why?
You who rule the Universe with biting, flashing sword,
Have slain me, ever to lie.
Where is He
Who killed me?
Does He speak through mournful bell, or croaking raven horde?
Let Him stand before me now with his satanic face,
As black as night,
I am greater through my pain though but a speck in space,
Than his great might.
The Mad One
The Mad One.
Through such words the bells do toll,
Oh, Jesus, Oh Mary,
Bells keep pounding in my soul,
Bells, bells Bells, Bells.

On the satin, lovely, silent,
Folded hands on breast,
Still you smile at me though sleeping
In your final rest,
Though you cannot breathe the perfume
Of wreath roses white,
As you do not fee I my kisses,
In your endless night.

You know not that here behind you,
I walk pale with dread
As your corpse in gruesome mourning
Ti its grave is led.
Was for this your poor dear mother,
Suffered at your birth,
Did I love you just to give you
Back again to earth?
Is your grave our nuptial chamber,
If I here remain,
God in Heaven, with Thy power,
Help me in my pain.
She was kind and so angelic
Sweet her love and true
Haunting melody our livng,
As time quickly flew.
And beside her I stood sinless
Angel blessings took
And from her eyes, her lips, her smile
Sacraments, partook.
For me she was inspiration
Guide light for my soul
Leading me with goodness, virtue
To immortal goal.
After trials I surmounted.

Po przebyciu prób?
W czarną otchłań szedłem w słońcu!
Przez nadzieję w grób!
Takież moje ślubne łoże
I ja w takim dniu
Żyję jeszcze? Boże! Boże!
Co ja pocznę tu!

Wzięli trumnę na ramiona, ponieśli ją śpiesznie
Mnie zatrzymać chcą przemocą – ha! Ha! To pociesznie!
Precz mi z drogi, głupi tłumie, bo będzie nieszczęście,
Młody jestem, wściekły jestem i mam silne pięście!
Ja mam do niej prawo. Precz z drogi ciekawie!
Czarne mrowie! Tylko równy niech mi opór stawi.
Mego bólu żadna z waszych piersi nie pomieści;
I pierzchnęli, a ja idę, wielki król boleści!
Pośród gwaru podziwiania, wśród hałasu dzwonu,
Oto zbliżam się do trumny do mojego tronu!
Ty grabarzu, na tym kopcu wsparty na łopacie,
By takiego pogrześć króla, ile chcesz mój bracie?
A zakop mnie a głęboko, tak mi źle na świecie!
Ciężej niżli twoja ziemia, powietrze mnie gniecie...
Precz z kropidłem, świecona woda ją poplami
Ja tu jeden mam kapłaństwo, pokropię ją łzami!
Z pod habitu zakonnego wysuwa się ręka,
Jakaś jasna, jakaś mocna! Duch mój przed nią kłęka.
Dotknęła mnie! A ja padam podcięty jak kosą...
I wzięli mnie i ponieśli – gdzie oni mnie niosą?
Niech za kilka kropli szczęścia ludzie świata płacą
Całym morzem łez!
Głupi świecie, marny świecie stworzyłeś ty na co?
W czemu twój byt i kres?
Jego ruch, to mój duch!
Jam jak serce w nim bijące, oh, próżny jak dzwon!
Czym ja kogo prosił o to? Kto tu bez mej woli
Nakazał mi przyjść?
Chociaż bytem mnie okuto, nie jestem w niewoli!
Ja mam władzę wyjść!
Ha, zły On!
Ha, zły On!
I tem słowem dzwony biją....
Jezus, Maryjo!
Jakże mnie ten razi dzwon!
Ten dzwon! Ten dzwon!

Is this then my doom,
Blackest chaos in days sunlight
Standing by her tomb?
Is your grave our nuptial chamber
Is I here remain
God in heaven with Thy power
Help me in my pain.

They slowly lift her coffin down, they who walked so fast.
In mockery the urge me now to sit and rest at last.
Begone Black Insects, only equals can oppose my wrath.
If I am young and desperate, my fists are apt to fly.
Only I have right to her, begone who stare and laugh,
Begone Black Insects, only equals can oppose my wrath
My suffering s are far too great for any human breast,
The mob disperse, with only I, the King of Sorrow left.
Through a murmur of surprise and church bells' mournful chime,
I draw newer her coffin black – my royal thrones sublime.
You grave diggers, leaning calmly on your faithful spades,
Quote your price to end my life, here mid-tombstone shades.
Take your priestly sprinkler here,
your prayers and chantings vain
For I the only priest shall be,
and but my tears remain.
From monk's habit a hand appears, full of strength ad light,
Touches e, my spirit calms, my soul again is bright.
And then I fell as though cut down by Death's mysterious scythe,
Now they lift me through the mirk as I unconscious writhe.
Of for a drip of happiness,
bought with human tears
Foolish world, unhappy man, why do you linger here?
What is your goal?

It is my soul.
I did not ask for pulsing beat.
I did not ask to be.
And so I burst
these bonds of life
and thus at last am free.
The Mad One.
The Mad One.
Through such words the bells do toll
Oh Jesus, Oh Mary,
Bells keep pounding in my soul,
Bells, Bells, Bells, Bells.

By Fr. Adam Czarnecki

Parishes of the Eastern Diocese

Holy Trinity Cathedral 166 Pearl St., Manchester, NH-03104-4236 Rt. Rev. Paul Sobiechowski, Pastor (603)622-4524	St. Joseph's Parish 73 Main St., Westfield, MA 01085-3189 Very Rev. Joseph Soltysiak, Pastor (413)562-4403
Blessed Trinity Parish 37 Winthrop St., Fall River, MA 02721—2541 Very Rev. Robert Nemkovich, Jr, Pastor (508)672-4854	St. Valentine's Parish 127 King St., Northampton, MA 01060-3234 Rev. Adam Czarnecki, Pastor (413)584-0133
St. Casimir's Parish 268 Lakeview Avenue, Lowell, MA 01850-2313 Rev. Andrzej Tenus, Pastor (978)453-0742	Divine Providence Parish 11 Silver St., Norwich, CT 06360-4731 Rev. Christopher Rogalski, Pastor (860)887-2812
Holy Cross Parish 320 High St, Central Falls, RI 02863-3108 Very Rev. Robert Nemkovich, Jr, Administrator (401)722-5130	Holy Saviour Parish 118 Prospect St., Naugatuck, CT 06770-3056 Rev. Paul Dudek, Pastor (203)729-4035
Our Saviour's Parish 500 Smithfield Rd., Woonsocket, RI 02895-6285 Rev. Henryk Wos, Pastor (401)762-3072	Holy Trinity Parish 200 Summer St., Plantsville, CT 06479-1119 Very Rev. Joseph Krusienski, Pastor (860)628-0736
Holy Cross Parish 723 Enfield St., Enfield, CT 06082-2903 Very Rev. Joseph Soltysiak, Administrator (860)745-5066	St. Casimir Parish 240 Quinnipiac St., Wallingford, CT 01850-2313 Very Rev. Joseph Krusienski, Administrator (203)294-8888
Holy Cross Parish 61 Maple St., Ware, MA 01082-1545 Very Rev. Fryderyk Banas, Pastor (413)967-5233	St. John the Baptist Parish 23 Golway St., Manchester, CT 06042-2016 Rev. Adam Piekarczywski-Administrator (860)643-5906
Holy Mother of the Rosary Parish 26 Bell St., Chicopee, MA 01013-3002 Rev. Pawel Lukaszewicz, Pastor (413)592-2032	St. Joseph's Parish 1300 Stratford Rd., Stratford, CT 06615-7639 Rev. Thomas Walsh, Administrator (203)923-2424
Holy Name of Jesus Parish 15 Thayer St., South Deerfield, MA 01373-1136 Rev. Robert Koerber, Administrator (413)665-2129 / (413)530-8575	Holy Trinity Parish 68 Lake St., Webster, MA 01570-2160 Rev. Henryk Wos, Administrator (508)-943-0608 / (401)-762-3072

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Diocesan Newsletter Editor Rev. Henryk Wos	Scouting Commission Rev. Adam Czarnecki
Ladies Adoration of the Most Blessed Sacrament Very Rev. Joseph Soltysiak	United Choirs Rev. Krzysztof Rogalski/Rev. Pawel Lukaszewicz
Polish National Union of America (Spojnia) District 3 Very Rev. Robert Nemkovich	Youth Very Rev. Robert Nemkovich
School of Christian Living Very Rev. Joseph Krusienski	Deacon Program Very Rev. Robert Nemkovich
Young Men's Society of the Resurrection Rev. Thomas Walsh	Lay Ministries Rev. Adam Czarnecki

14 IDEAS FOR LENT

Lent is an annual opportunity to grow in our faith and it's about much more than giving up unhealthy foods or treats. It is about abstaining from whatever is unhealthy in our lives—gossip, laziness, lack of social conscience—and, most importantly, taking concrete steps to do something more.

Challenge yourself this year! Check out these 14 ideas:

1. Make a commitment to reading the Sunday readings before you go to Mass. In the same way that reading up on football players and coaching strategies will help you experience a game more fully, familiarizing yourself with the readings ahead of time can allow you to experience them in a deeper way on Sunday.
2. Think about what you usually spend your money on. Pick one type of expenditure that you'll "fast" from during Lent, and give the money you would usually spend to a great local charity.
3. When you first sit down in front of your computer at work, or at the very end of your work day, try a great 5-minute prayer.
4. If you don't have a cross in your apartment or house, buy a simple one and put it in your bedroom.
5. Read the entire Gospel of Mark during Lent. As the shortest Gospel, it is the most concise story of Jesus' life, and the cross, a central Lenten symbol, plays an even more prominent role than in the other Gospels.
6. Attend the Stations of the Cross in your parish to gain a deeper understanding of your faith.
7. Think about a habit that has kept you from being whom God is calling you to be. consciously give up that habit for Lent.
8. Talk about our Church community to someone (your neighbors, friends, co-workers, relatives). You could be surprised how many people are interested in finding a good worship community.
9. Make a commitment to "fast" from cruel comments about others.
10. As a part of your Lenten almsgiving, make a point to learn as much as possible about a particular social issue (immigration, human trafficking, AIDS victims, child poverty). Give money to an organization, related to your chosen issue that supports the dignity of the human person.
11. Pray for somebody. As you're walking the streets, driving the highways, sitting in your cubicle at work, or going to a movie. Pick out a person who appears to be in need, and pray for that person.
12. Get involved in the activities of our parish. They are looking for your help!
13. As you are waiting to fall asleep at night, pray the Jesus Prayer silently: "Lord Jesus, Son of the Living God, have mercy on me."
14. Read the Works of Mercy as Jesus describes them in Matthew 25. "For I was hungry and you gave me food, I was thirsty and you gave me drink...in prison and you visited me." There are plenty of opportunities available in your own community to put this teaching into practice. Choose an act of service you can perform throughout Lent.

THE MESSENGER-Quarterly Newsletter

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The quality and style of this newsletter depends upon your cooperation. It is also a great way to let others know about our church, parishes and people. We look forward to your contributions!