



**HOLY TRINITY  
CATHEDRAL  
PARISH  
POLISH NATIONAL  
CATHOLIC CHURCH  
166 Pearl Street  
Manchester,  
New Hampshire 03104**

<http://www.holytrinitypncc.org/>

Office Phone 603-668-5087

Rectory Phone 603-622-4524

Hall/Kitchen Phone 603-622-6899

**Pastor - Bishop Paul Sobiechowski**

revpauls@yahoo.com

**WORSHIP SCHEDULE**

(unless otherwise announced)

**Sunday :** Holy Mass ..... 9:00 AM ..... In the English language

**Daily :** Morning Prayer ... 8:45 AM

Holy Mass ..... 9:00 AM

**Confessions:** Second Sunday of the Month .... 8:15 AM

**Marriage:** 6 months prior arrangement

**Baptisms :** by appointment

vol. 15, # 05

**G Ł O S**

February 2, 2025

**SOLEMNITY OF THE PRESENTATION  
OF OUR LORD  
UROCYSTOŚĆ OFIAROWANIA PAŃSKIEGO**

adapted from: At Home with the Word,

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This week, the Church takes a break from the normal cycle of Sunday readings to return briefly to Jesus' infancy. The Feast of the Presentation of the Lord is the final act in the Church's celebration of Christmas. It commemorates the fortieth day after Jesus' birth, when his parents brought him to the temple to offer the customary sacrifices.

Throughout Luke's Gospel, it was most important that a disciple be ready for Jesus' appearance and then respond with faith. This was

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**WELCOME TO HOLY TRINITY CATHEDRAL PARISH**

If this is your first visit with us, please sign our guest register in the vestibule and join us for a cake and coffee fellowship that follows every Sunday Mass and on various feast days of the Church year.

Holy Trinity Cathedral Parish of the Polish National Catholic Church has been an integral part of the Manchester and Southern New Hampshire community for 109 years meeting the religious needs first for the Polish immigrant community, and later for all residents of the Granite State. We hope to continue our growth in service to God and community. This commitment manifests itself in a regular devotional and prayer life and a greater participation in both ecumenical and community activities.

At Holy Trinity Cathedral PARISH, our primary emphasis is on the PARISH family. All who belong sense this family spirit - expressed in a real love and concern for one another. Our pastor makes a point to know each family on a one-to-one basis with frequent visits to family homes and to the hospitalized. Thus the spiritual health and vitality of all parishioners and all our friends is supported by both pastor and laity.

***We invite You to join our PARISH family!*** If you are looking for a PARISH and are considering Holy Trinity, feel free to talk with any parishioner about it. We will introduce you to our family in all its wonderful aspects - a family whose real strength lies in our personal and real relationship to Jesus Christ, our Lord and Savior. We express this faith in our Church through our liturgy which is Catholic and traditional, shared between priest and laity. We demonstrate this faith in the prayerful material and emotional support we give one another. We share this faith in a Church rooted in Democratic principles, having a church constitution that gives laity full rights and due process in matters financial, administrative and material. OUR PARISH...firm in faith, Catholic, democratic, and OPEN to the growth that comes as more join our family.

**MAKE YOURSELF RIGHT AT HOME!**

**SCHEDULE OF REGULAR ACTIVITIES**

**Parish Committee Meeting** every third Thursday of the month at 7:00 PM

**The Cemetery Committee** meets as needed

**Lectors, Greeters, Ushers, Collectors ministries** as announced in the bulletin

**Moms in Prayer** meets weekly on Tuesdays at 7:30 AM in the rectory

**Membership and Outreach Team** meets as announced in the bulletin

**Ladies Society of the Adoration of the Most Blessed Sacrament** meets the 3rd Sunday of the month after the 9:00 AM Mass (September - June)

**The Frederick Chopin Choir** rehearses each Wednesday evening at 6:30 PM and holds meetings as announced

**Adult Bible Study** - Bi-weekly Wednesdays 7:00 PM Zoom & In Person

**Parishioners Prayer Group** - Thursdays at 11:30 AM in the Craft Room

## EVANGELISM TEAM MISSION STATEMENT

Our mission is to increase attendance and membership to Holy Trinity Cathedral by fostering a welcoming and respectful environment, where individuals and families can explore and achieve spiritual fulfillment.

We are looking for ideas, any ideas, that can stimulate and increase participation in both the worship and parochial life of Holy Trinity Parish. Is there something you have seen, or experienced in another Church that you think might work well here? Have you had an idea for some time, but were afraid to share it? If you have an idea, no matter what it may be, please pray over it and then share it with either:

Mr. Ray Pieczarka 603-472-5874 or Bishop Paul 603-622-4524.

### WELCOME - TO ALL VISITORS

You are most welcome and your presence is appreciated. All are invited to share in worship and, after Mass, our fellowship. If the people around you fail to say "hello" first, go up to them and say "Hi!" And don't feel awkward. We've all been in those shoes at one time or another. We want you to join us. **So Welcome Home!**



### HTC Membership and Outreach Team Is Inviting YOU Join in an outreach

Our Parish Evangelism Team has reorganized. Known as the "Membership and Outreach" Team, our hope is that a number of our parishioners would like to be a part of an exciting opportunity to help develop programs and liturgies that will spread the Word to others outside our community, and also engage in Internal Evangelism within our parish family.

If **YOU** are interested in reaching out to others for the Lord you are invited to contact either Ray Pieczarka at (603) 472-5874 or Bishop Paul at 622-4524.

IN BISHOP'S ABSENCE AND FOR SACRAMENTAL EMERGENCIES ONLY,  
PLEASE CALL FATHER ANDRZEJ TENUS OF ST. CASIMIR'S PARISH IN  
LOWELL, MA. PH. # (978) 453-0742

### SAINT COMMEMORATIONS THIS WEEK

We invite our readers to continue reading the history of the lives of the saints that are remembered by the Church this week. Follow the hyperlink below to learn to learn about those saints remembered by the Church this week.

[https://www.sugarsync.com/pf/D0314163\\_059\\_806934872](https://www.sugarsync.com/pf/D0314163_059_806934872)

### Sunday, January 26th - We thank

the following who provided for our Cake & Coffee reception: Jennie Grenier (Spinach Squares); Wendy Thomas (Music Scholarship Sugar Cookies, Kahlua Bailey Pudding Shots, Fruit Bowl, Ham & Cheese Tea Sandwiches, ); Betty Pasieka (Puffy Egg Bake); Kathy Card (Deviled Eggs); Joanne Palys (Apple Pastry Petites); Jim Morin (Raisin Pie); Karen Sobiechowski (Kielbasa, Kabanosy, Rye Bread, Horseradish); Stan Bodner (Munchkins).

As always, thanks also to all who donated towards cake & coffee offerings.



Check out our diocesan website:

[www.easterndiocesepncc.com](http://www.easterndiocesepncc.com)

You can reach it on your computer  
or with your smart phone.



WE'RE ON FACEBOOK - LIKE US AT:

<https://www.facebook.com/holytrinitycathedralpncc>

We have our own website up and running with Larry Gagnon as webmaster:

<http://www.holytrinitypncc.org/>

### SOUP FOR SENIORS

**Sunday, January 26th** - Last week the Seniors who stayed for the Cake and Coffee reception were treated to ten pint containers of **Chicken with Orzo Soup** through the Soup for Seniors Program sponsored by our HTC Frederick Chopin Choir. **Wendy Thomas** prepared the delightful meal for our seniors to take home.

What delicious treat will our seniors enjoy this Sunday?



### FEBRUARY BIRTHDAYS

08 - Mary O'Neil 14 - Nancy Montplaisir 17 - Scarlet Swiadas

Parishioners and Parish Committee Members please note:

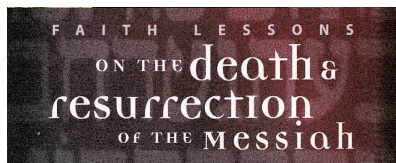
Parish Committee Chairperson, Mr. Raymond Pieczarka has determined that, because so much was accomplished at last Sunday's annual meeting, and with no pressing matters before the parish, the scheduled February meeting will be cancelled and the next parish committee meeting will be on Thursday, March 20th.



Parishioners are praying jointly for our parish family. You are invited to join them. Prayer gatherings are held Thursdays at 11:30 AM, but can be adjusted if you are interested! Time commitment is about 45 minutes a week. The prayer time is structured and Scripture-based. No advance preparation required. You only need to show up. Contact Karen Sobiechowski for questions or if you would like to participate.

**OUR PARISH ADULT BIBLE STUDY** is a Zoom & face to face study in the Craft Room. The next scheduled study will be on **TUESDAY, February 4th at 7:00 PM.**

Studies generally last one hour to one and one half hours. If you want to join in the study in person, simply show up. If you join in on Zoom you'll need to ask Bishop Paul for the Zoom link. Study sheets will be sent to all our HTC internet family prior to the study.



**TODAY** we ask our parish family to pray for:

**Father Jason Soltysiak,**  
his family and the faithful of  
**Saint Mary Parish,**  
**Parma, Ohio**

and for **Father Dr. Thomas Walsh,**  
his family and the faithful of  
**Saint Joseph of Stratford Parish,**  
**Stratford, Connecticut.**

We ask God to bless them in their parochial life and the work they do in their local community. We ask you to pray each day that God would bless and increase their work of evangelism and Christian sharing.



### LECTIONARY READINGS FOR THE FOURTH WEEK OF ORDINARY TIME

**Mon.** - Hebrews 11: 32 - 40      **Thu.** - Hebrews 12: 18 - 19, 21 - 24  
Mark 5: 1 - 20      Mark 6: 7 - 13

**Tue.** - Hebrews 12: 1 - 4      **Fri.** - Hebrews 13: 1 - 8  
Mark 5: 21 - 43      Mark 6: 14 - 29

**Wed.** - Hebrews 12: 4 - 7, 11 - 15      **Sat.** - Hebrews 13: 15 - 17, 20 - 21  
Mark 6: 1 - 6      Mark 6: 30 - 34

**Next Sun.** - Isaiah 6: 1 - 2, 3 - 8 / Psalm 138: 1 - 2, 2 - 3, 4 - 5, 7 - 8  
1 Corinthians 15:1 - 11 / Luke 5: 1 - 11

### Bible Word Search:

### GENESIS 30

All the words listed below are in the puzzle - left, right, up, down or diagonally. Find each word and click its first letter then its last letter to highlight it. After you have found all the words, click the leftover letters in the correct order to spell the *Mystery Word*. To work the puzzle on paper instead: Print this page and circle each letter of the words you find.



Afterwards	Among
Behold	Betwixt
Blessed	Captives
Cattle	Children
Cometh	Conceived
Dinah	Exceedingly
Favour	Feeble
Flocks	Harvest
Hearkened	Husband
Increased	Knowest
Mandrakes	Mount Gilead
My maiden	Opened
Pitched	Place
Send me away	Served thee
Speckled	Stolen
Stronger	The Lord
Therefore	Zebulun

### PRAY FOR THE SICK & HOMEBOUND:

#### In the Hospital:

#### Clergy Who Are ill:

**Father Paul Zomerfeld** serving in Johnstown, PA  
**Father Senior Augustin Sicard** in San Antonio, TX

#### In nursing homes & rehab centers:

**Daniela Sienko** at Maple Leaf Healthcare Center, Manchester, NH  
**David Testerman** at Golden View Health Care Center, Meredith, NH  
**Charlotte Raczka** at Merrimack County Nursing Home in Boscawen, NH  
**Frances Dobosz** at Bowman Place in Bedford, NH  
**Vudge Ambrose** at Mt. Carmel Nursing Home, Manchester, NH  
**Fran Gorcyca** at St. Teresa's Rehabilitation Center, Manchester, NH

#### at home:

**Joseph Komisarek** at home in Bedford, NH  
**Emilia DeVore** at Saint Teresa's Independent Living in Manchester, NH  
**Nancy Montplaisir** at home in Manchester, NH  
**Meg Sheha** in Hollywood, FL





## Clergy serving in the United States Army

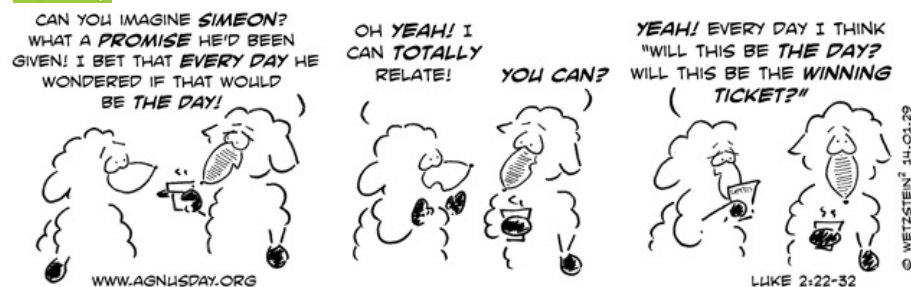
COL. Father Andrew Bilinski  
LT. COL. Father Stanley Jasiurkowski  
CPT. Father Joseph Kolek  
CPT. Father Andrzej Tenus  
CPT. Father Nadeem Yaqoob  
Cpt. Father Mariusz Mularczyk



## Polish National Catholics & Family Members serving

Lt.Col. Scott M. Krasko	ARMY	REMEMBER
SSGT. Nick Hudak	AIR FORCE RESERVE	THOSE
Alyssa Oxley	AIR FORCE	WHO SERVE
Vincent Manzella	AIR FORCE	
Gregory Walsh	MARINE CORPS	
James Pidgeon	MARINE CORPS	
Andrew Drada	MICHIGAN AIR NATIONAL GUARD	
Tyler Gardner	NAVY	
Ian and Cody Gonyea	NAVY	
Matthew Paluszek	COAST GUARD	
Zack Richard	ARMY	
Specialist David I. Testerman	NH National Guard	
Lt. JG Dean Testerman	NAVY	

*Agnus Day*



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JAN 12 2025	
100	100
HOLY TRINITY CATHEDRAL P.N.C.C. Manchester, NH	
Offerings	
Current Expenses:	_____
Good Samaritan:	_____
Parish Improvements:	_____
Cemetery Improvements:	_____
Name _____	Total: _____

The 2025 Contribution Envelopes have arrived and are now available for pickup in the Auditorium.

This Month's bulletins are being sponsored by:

CHARLOTTE and EDWARD RACZKA

in loving memory of Ann and Walter Makara.

If you would like to help your parish and be acknowledged for your gift consider sponsoring the weekly bulletin. For a one hundred (\$ 100.00) dollar donation we will acknowledge your sponsorship and the \$1,200 we can raise annually we hope to generate will just about cover the cost of our bulletin. Please consider sponsoring one month today.

March 2025 bulletins will be sponsored by LAURIE GREENE

in loving memory of my husband David and our parents and siblings

APRIL 2025 bulletins will be sponsored by DIANE BIELIZNA

in loving memory of my mother Caroline, Father Stanley W, and brother + friend Stanley Bielizna and in loving memory of my Aunt Charlotte and Uncle Matthew Albin

MAY 2025 & 2026 bulletins will be sponsored by CAROL JUTRAS & FAMILY

in loving memory of my husband Raymond and mother Mary Zukosky

JULY 2025 bulletins will be sponsored by BRIAN DUPLESSIS AND SONS

in loving memory of wife and mother Leslie

SEPTEMBER 2025 bulletins will be sponsored by JOSEPH KOMISAREK

in loving memory of wife Louise and son Daniel Komisarek

and parents Jennie & Frank Komisarek

OCTOBER 2025 bulletins will be sponsored by Jacqueline B. Szopa

in loving memory of my grandparents Anna and Albin Grzybowski and uncle Stanley Grzybowski

NOVEMBER 2025 bulletins will be sponsored by Jacqueline B. Szopa

in loving memory of my husband Dr. Ronald F. Szopa

DECEMBER 2025 bulletins will be sponsored by CAROLYN HEBERT

in loving memory of Tillie and Chester Kaminski

And future bulletins will be sponsored by WHOM ?



The Greater Manchester Clergy Association will once again sponsor the **Souper Bowl Food collection**, the weekend of Feb. 8-9, 2025. Our cathedral parish will join neighboring congregations in this effort to benefit the Families in Transition Food Pantry. **Canned goods can be brought to the cathedral from January 1 to February 9 (canned soup preferred).** The winning congregation will receive a lovely fruit bowl for sharing with one

another (perhaps during cake and coffee).

This is the last week that YOU can give for this important effort, that the poor of our community can share in the bounty that God has provided us. "...for I was hungry and you gave me food, I was thirsty and you gave me something to drink." Matthew 25:35

## MASS INTENTIONS AND ACTIVITIES FOR THE WEEK

\* Indicates All Souls Day Offering

### THIS SUNDAY, February 2nd, 2025 (Niedziela Dzisiejsza)

#### SOLEMNITY OF THE PRESENTATION OF OUR LORD UROCYSTOŚĆ OFIAROWANIA PAŃSKIEGO

##### SCOUT SUNDAY - U.S.A.

9:00 AM Holy Mass with blessing of candles, throats, and prayer for scouts

Prayer Intention:

open intention

10:15 AM Cake and Coffee reception in the auditorium

11:00 AM Bishop Paul will also celebrate Holy Mass at St. Casimir Parish, Lowell, MA

### MONDAY, February 3rd, (Poniedziałek)

#### Memorial of Blaise of Sebastea - *Bishop, Martyr*

8:45 AM Morning Prayer

9:00 AM Holy Mass

Prayer Intention:

for God's blessings upon all the parishes of the Eastern Diocese

### TUESDAY, February 4th, (Wtorek)

#### Memorial of Nicholas Studites - *Abbot*

7:30 AM Moms in Prayer meets in the rectory

8:45 AM Morning Prayer

9:00 AM Holy Mass

Prayer Intention:

sp. Linda Zygań (17th anniversary) requested by Bill Zygań  
for God's blessings upon all the clergy of the Eastern Diocese and  
their families

7:00 PM Adult Face-to-Face/Zoom Bible Study meets in the craft room

### WEDNESDAY, February 5th, (Środa)

#### Memorial of Agatha - *Virgin, Martyr*

9:00 AM Holy Mass

Prayer intention: for the health of all PNCC faithful and their families

12:00 PM Eastern Diocese Faithful Join in Prayer for their parishes, diocese and  
Church

6:30 PM Parish Choir Meeting and Rehearsal

### THURSDAY, February 6th, (Czwartek)

#### Memorial of Titus - *Bishop, New Testament*

8:45 AM Morning Prayer

9:00 AM Holy Mass

Prayer intention: for God's blessing upon the Cathedral Parish of the  
Eastern Diocese

11:30 AM Parishioners Praying for the HTC Parish Family

11:30 AM Greater Manchester Clergy Association Meeting - Bishop Paul attends

*Continued on Page 10*

## MASS INTENTIONS AND ACTIVITIES FOR THE WEEK (continued)

### FRIDAY, February 7th, (Piątek)

#### Memorial of Richard the King - *Confessor, King*

8:45 AM Morning Prayer

9:00 AM Holy Mass

Prayer Intention:

for God's blessings upon all the sub-central organizations and  
societies of the Eastern Diocese

### SATURDAY, February 8th, (Sobota)

#### Memorial of Meingold of Huy - *Martyr*

*sp. Bishop Valentine Gawrychowski - 02-01-1934*

8:45 AM Morning Prayer

9:00 AM Holy Mass

Prayer Intention:

for God's blessings upon all the Youth of our Eastern Diocese that  
the gifts of the Holy Spirit would be lavished upon them, produc-  
ing the many fruits of the same Holy Spirit

### NEXT SUNDAY, February 9th, (Niedziela Przyszła)

#### FIFTH SUNDAY IN ORDINARY TIME

##### PIĄTA NIEDZIELA ZWYKŁA

#### Memorial of Cyril of Alexandria - *Bishop, Doctor*

*Souper Bowl Collection of food for Families in Transition ends*

9:00 AM Holy Mass with blessing of candles, throats, and scouts, scouters

Prayer Intention:

open intention

10:15 AM Cake and Coffee reception in the auditorium

11:00 AM Bishop Paul will also celebrate Holy Mass at St. Casimir Parish, Lowell, MA

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**Thu. Jan. 30 - Sat. Feb 1 - Union of Scranton Theological Conference - Mainz, Germany**  
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### Page 1 Article (continued)

not easy; by Jesus' day, Israel had waited for an anointed savior for over five hundred years. Despite that delay, the sense of expectation had grown stronger over time. In Luke's mind at least, this growing hope was the Spirit's work..

Simeon is a personal example of this anticipation. Although he was elderly, he had waited in faith and had been guided by the Spirit. Now Jesus had arrived, but in a way that normal eyes could not see. Luke does not tell us by what clue the Spirit guided Simeon's awareness, but years of faith-filled expectation had given Simeon an unusual sensitivity to the work of God. Despite Jesus' humble appearance

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**Page 1 Article (continued)**

(Mary and Joseph made the offering reserved for poor families in Leviticus 12:8), Simeon knew exactly whom he held in his arms. That this child was the Savior was as obvious to him as the arrival of the Lord in glory, as recounted in today's first reading. In Simeon's response, which many Christians still recite as a prayer before bed, one can hear joy, a sense of relief, and hope for a very different world.

Christians today are called to the same expectation and response. Christ arrives in countless elusive ways every day. A life spent in faith-filled expectation can give our hearts a sensitivity that reveals God's subtle presence in all its glory.

- What evidence do you need to know that Christ is present in your life?
- How do you respond when Christ's presence is manifest?
- How can you reveal the light of Christ to others in your life?

**Practice of Faith**

Today's feast commemorates the occasion that Mary and Joseph bring Jesus to be presented to the temple in Jerusalem in accordance with Jewish law. The Gospel includes a prayer offered by the temple elder, Simeon, as he holds the infant Jesus in his arms. Simeon's prayer is the basis of the Gospel canticle for night prayer called the *Nunc Dimittis* (meaning "now dismiss" or "let go").

- Include Simeon's prayer in your night devotions as you close your day and begin your rest.
- The Feast of the Presentation of the Lord is celebrated with candles (it used to be known as Candlemas) because of Simeon's recognition that in the person of Jesus, God has given us salvation, "a light for revelation to the Gentiles, / and glory for your people, Israel" (Luke 2:32).
- On February 8, the Church celebrates the optional Memorial of St. Josephine Bakhita, who as a child was kidnapped, enslaved, and trafficked. In her spirit, make a gift or advocate against human trafficking.

**Questions**

- Think about the process of refining. In what ways is your spiritual journey a process of refining? What elements of nature are refined

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**Page 1 Article (continued)**

in this text? What does this convey to you?

- In the psalm, we encounter Israel's vision of God as a mighty king. This is one of many metaphors for God. What does it evoke in you?
- The Gospel paints a vivid and touching picture. A young family follows Jewish law and comes to the temple to consecrate their son. There, they meet two elders of great righteousness and faith. The message the family receives is startling and powerful. With which of the characters in this story do you identify? Why?

**Family Activities**

- Listen to the sixth movement of Handel's Messiah, "Who May Abide the Day of His Coming." Although originally written as an aria for an alto (a woman), it is usually performed by a bass (a man). What does this musical setting convey? Does it elicit the same or a different reaction in you when compared with the written text?
- Journal about an elder or ancestor who saw great things in you when you were small, perhaps a grandparent or a teacher. Stay present to their optimism and hope.

**FEBRUARY 2025 COMING EVENTS**

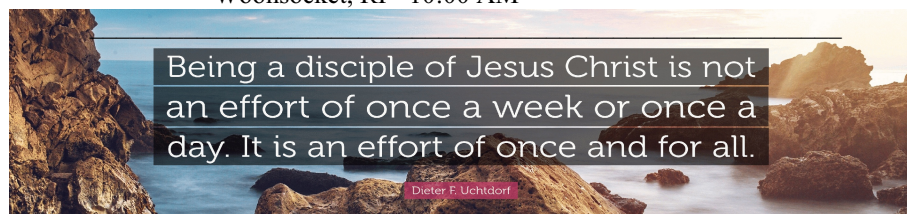
- Sun. Feb. 9** - **FIFTH SUNDAY IN ORDINARY TIME**  
**Holy Mass** - 9:00 AM  
Souper Bowl food collection for Families in Transition ends  
Cake & Coffee Reception (auditorium) - 10:15 AM  
Bishop Paul will also celebrate Holy Mass at St. Casimir Parish, Lowell, MA
- Mon. Feb. 10** - P.N.A. Council 303 Zoom Meeting - 7:00 PM
- Tue. Feb. 11** - Moms in Prayer meets in the rectory - 7:30 AM
- Wed. Feb. 12** - **President Abraham Lincoln Birthday**  
Eastern Diocese Faithful Join in Prayer: for our parish, diocese and general church - 12:00 PM  
Parish Choir Rehearsal - 6:30 PM
- Thu. Feb. 13** - Parishioners Pray for the Parish Family craft room - 11:30 PM
- Fri. Feb. 14** - **Valentine's Day - U.S.A.**

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## COMING EVENTS *(continued)*

- Sun. Feb. 16** - **SEPTUAGESIMA SUNDAY**  
**Holy Mass** - 9:00 AM  
*sp. First Prime Bishop Francis Hodur - 02-16-1953*  
 Parish Alms Collection for local community organization begins  
 Cake & Coffee Reception (auditorium) - 10:15 AM  
 Ladies A.N.S. Meeting in the Craft Room - 10:45 AM
- Mon. Feb. 17** - **Presidents Day Federal Holiday**
- Tue. Feb. 18** - Moms in Prayer meets in the rectory - 7:30 AM  
 Adult Face-to-Face / Zoom Bible Study in the Craft Room - 7:00 PM
- Wed. Feb. 19** - Eastern Diocese Faithful Join in Prayer: for our parish, diocese and general church - 12:00  
 Parish Choir Rehearsal - 6:30 PM
- Thu. Feb. 20** - Union of Scranton Theological Commission Zoom- 10:00 AM  
 Parishioners Pray for the Parish Family craft room- 11:30 AM
- Fri. Feb. 21** - **President George Washington Birthday**
- Sun. Feb. 23** - **SEXAGESIMA SUNDAY**  
**Holy Mass** - 9:00 AM  
 Cake & Coffee Reception (auditorium) - 10:15 AM
- Mon. Feb. 24** - **FEAST OF SAINT MATTHIAS - APOSTLE**
- Tue. Feb. 25 - Wed. Feb. 26** - Anglican G-3 / PNCC Dialogue Meeting at St. Barnabas Cathedral, Dunwoody, GA (bishop Paul attends)
- Tue. Feb. 25** - Moms in Prayer meets in the rectory - 7:30 AM
- Wed. Feb. 26** - Eastern Diocese Faithful Join in Prayer: for our parish, diocese and general church - 12:00 PM  
 Parish Choir Rehearsal - 6:30 PM
- Sat. Mar. 1** - Eastern Diocese Clergy Circle Meeting, Our Saviour Parish, Woonsocket, RI - 10:00 AM



### Living in the Present

Much derails us. Noise, distraction, an inability to say no, an inability to have boundaries for a healthy self. Our internal worrier will continue to pester us: “What’s the secret? How do we actually practice it?” But that is the enigma, isn’t it? Life turns left and does somersaults when we least expect it. So, we juggle and we multitask. And we want someone to give us the answers. We want someone to balance it all or give us the list. Living in the present, fully alive and wholehearted, is not a technique. There is no list. And chances are, we pass by life—the exquisite, the messy, the enchanting, the untidy, the inexplicable—on our way to someplace we think we ought to be. When life

*Continued on Page 14*

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## Living in the Present *(continued)*

throws us a curve that makes our present moment loom larger than anything else, we learn to shift our focus. There is meaning—consequence, value, import—only when what we believe or teach touches this moment. In other words, it’s the small (and specific) stuff that really does matter. Belief is all well and good, but there has to be skin on it—something we touch, see, hear, taste, and smell. The ordinary really is the hiding place for the holy.

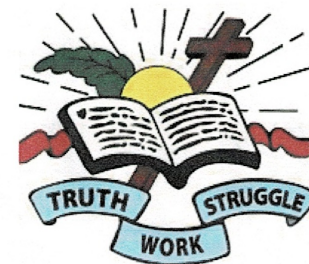
To stand still is to practice Sabbath—meaning literally, to rest. To stop. To savor uncluttered time. To be gentle with yourself. And yes, to waste time with God. The bottom line? I’m no longer chasing what I assume will fill empty spaces in order to make me something I am not. Replenishment begins here: “I am enough.” In our Western mindset, living in the present becomes a staged event—staged to be “spiritual,” as if this is something we must orchestrate or arrange. No wonder we sit stewing in the juices of our self-consciousness (“Am I present? What am I doing right or wrong?”), all the while missing the point.

— from the book ***Stand Still: Finding Balance When the World Turns Upside Down.***  
 by Terry Hershey, page ix

**Every Holy Mass in which we participate is our presentation. Although we were officially presented to God on the day of our Baptism, we present ourselves and our dear ones on the altar before God our Father through our Savior Jesus Christ at every Holy Mass. Hence, we need to live our daily lives with the awareness both that we are dedicated people consecrated to God and that we are obliged to lead holy lives.**

**DISCIPLESHIP 2025:**  
**KNOW YOUR FAITH, GROW IN CHRIST**  
 The Eastern Diocese will focus on  
**The Person of Jesus Christ,**  
**His Identity and Mission.**

Please join us for the **second** in a series of virtual  
**“Know and Grow”** presentations on  
**Thursday February 13, 2025, at 7:00 PM (EDT).**



Very Rev. Robert M. Nemkovich, Jr., will help us to explore the topic,  
**Jesus: Fully Human and Fully Divine**  
 Each unit will have biblical texts as a starting point,  
 with lecture, meditation, discussion, and practical life applications.

To join via Zoom, please contact [revpauls@yahoo.com](mailto:revpauls@yahoo.com) or  
[ksobiechowski@yahoo.com](mailto:ksobiechowski@yahoo.com)

~ Eastern Diocese Mission and Evangelism Commission

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February 2025 - Join us in prayer every Wednesday at noon:



Let us pray for those who do not believe in Christ, that the light of the Holy Spirit may show them the way to salvation. Almighty and Eternal God, You desire that all should be saved. Enable those who do not believe in Jesus Christ to accept Him as their Lord and Savior. Help them grasp the mystery of the Incarnation, so that they may come to know, love and serve Him and thus become faithful witnesses of His Gospel. We ask this in His Holy Name. Amen. †

Our Father, Who art in heaven, hallowed be Thy Name;  
Thy kingdom come, Thy will be done on earth as it is in heaven.  
Give us this day our daily bread, and forgive us our trespasses  
as we forgive those who trespass against us,  
and lead us not into temptation but deliver us from evil. Amen.



*Eastern Diocese PNCC Mission and Evangelism Commission*



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