

Mass Intention**Saturday 3/13**

5:00PM 248 Combat Engineers; Artur & Francelina Machado; Joao & Maria Furtado; GII Raposo; Manuel Sousa Pacheco; Hortencia Lima (7th Anniv & Manuel Lima & parents; Manuel & Maria Teixeira; Isabel Cabral & Family; In Honor of St. Joseph; Joao Garcia Serpa Faria; Luis Freitas (Birth Remb); Sergio & Virginia Morais; Dlniz Jacinto Pacheco & Evangelina Sousa Travassos; Maria & Manuel Jose Ferreira & Deceased Family Members; Guerino Pate

6:30PM Roberto Cordeiro & Family

Sunday 3/14

7:30AM Mabilia Medeiros (14th Anniv)

9:00AM Pro Populo

10:30AM Maria Rosa de Castro (1st Anniv) & Irene Medeiros (4th Anniv)

11:45AM Maria Otilia Aguiar (O); Joao de Freitas (Birth Remb); Daniel Maciel; Joao Moniz; Maria da Gloia Escobar; Manuel Cabral wife & parents; Jose C. Cabral (12th Anniv); Joao Pacheco & Maria do Esprito Santo; Francisco Branco & Wife & Family; In Honor of Santo Cristo; Our Lady of Fatima & Holy Ghost; Humberto Cordeiro; Artur Boavida; Maria Joana & Antonio Vieira & Family; Jose Dias & Alzira Medeiros; In Honor of St. Joseph; Francisco Rodrigues & Family

Monday 3/15

12:05PM Candida Monteiro (Birth Remb) & Serafim Monteiro

6:00PM Gabriel & Conceicao Gaspar de Melo & Parents

Tuesday 3/16

12:05PM Jose & Cecilia Carreiro

6:00PM Jose Paiva & Family (Birth Remb)

Wednesday 3/17

12:05PM Odete Melo (13th Anniv) & Benjamiin Moniz

6:00PM Rui Oliveira (Birth Remb) & Joao Oliveira (Birth Remb)

Thursday 3/18

12:05PM In Honor of St. Joseph

5:30PM Stations of the Cross (Port)

6:00PM Francisco Maciel (Anniv) & Ana Maciel

Friday 3/19

11:00AM Stations of the Cross (ENG)

12:05PM Manuel & Mary L. Taveira

6:00PM Joao & Etelvina Correia

Saturday 3/20

5:00PM David Melo; Antonio Medeiros, Pimental Family, In Honor of St. Joseph; Maria Carreiro; Grace & Maaia Families; Maria & Joao de Barros; Maria F. Andrade (Birth Remb), Isabel & Adriano Fernandes; Francisca D. & Sergio Andrade; Serafim & Ana Andrade; Joseph Ferro (Birth Remb); Maria Da Gloria Escobar; In Honor of St. Joseph;

6:30PM Fernando Resendes & Grandparents

Sunday 3/21

7:30AM Manuel Simao & Ana de Deus Roias

9:00AM Pro Populo

10:30AM Joseph Medeiros Diogo & Helena Sousa Diogo

11:45AM Manuel & Maria Moniz (O); Jose E. da Silva (Birth Remb) Nelson Januario & Family; Maria Zulmira Bettencourt; Deceased Members of the Faria & Gomes Family; Antonio Jose Lima (28th Anniv); In Honor of St. Francis Xavier; Rogerio Barao, Intentions of Daniel Sousa



**Blessed Sacrament Lamp
In Thanksgiving**

Prayer for my Week

Lord, my God, help me discover your signs every day of my life, and follow faithfully the path to which You led me.

Religious Education News

K – 5 Classes are in Session.

Winter Session

TEACHERS NEEDED: CCD teachers are needed for the next school year, beginning in September 2010. Teachers are needed for both the Middle School and High School level (Confirmation I & II). Please consider sharing your faith and your time with the young people of the parish. It's not difficult! I will meet with you and give you everything you need.

Please email Lily at lilysfxccd@yahoo.com if you are interested.

9th & 10th Grades Classes on Tuesday, March 16th

6, 7 & 8 Grade Classes on Wednesday, March 24th

Classes are from 6:00PM to 7:30pm

**Catholic Charity Fund Appeal**

At the Saint Martin de Porres Center in Providence, 8,245 elders and low-income families are served annually. Thank you for your gift to the Catholic Charity Appeal.

Lenten Parish Mission

Holy Ghost Church on 316 Hudson Street in Tiverton, RI is holding a Lenten Mission to be conducted by Fr. Pio Mandato, Sr. Theresa May & Sr. Joan May, (Capuchin Sisters of Nazareth). The mission is entitled: "The Church- One, Holy, Catholic, and Apostolic". March 22-25 at 7:00PM. Talks, music, healing service Confessions & closing Mass. for more information, visit HolyGhostCC.org or call 401-624-8131

ALTAR SERVERS**Weekend of March 13 & 14**

Sat: 5:00PM- Lily & Nathan Silveira, Nicholas Silva

6:30PM- Kelsey Ferreira, Jeffrey & Jonathan LePage

Sun: 7:30AM- Robbin Teixeira, Ashley Justa, Luis Medeiros

9:00AM- John Rego, Dylan & Kalyn Tavares

10:30AM- Alexandria Braga, Rebecca Amaral,

Jenna Medina

11:45AM- Julia Ferreira, Brendan & Regina LaPietra

Weekend of March 20 & 21

Sat: 5:00PM- Jeffrey & Jonathan LePage; Michael Melo

6:30PM- Kelsey Ferreira, William & Brian Tavares

Sun: 7:30AM- Robbin Teixeira, Alexandria Braga,

Jenna Medina

9:00AM- John Rego, Dylan & Kalyn Tavares

10:30AM- Cameron & Trevor Ponte, Rebecca Amaral

11:45AM- Luis Medeiros, Ashley Justa & Julia Ferreira

NOTE: If you cannot serve at the Mass for which you are scheduled, please arrange for a replacement.

"Acies" Legion of Mary

The annual celebration of "Acies" of the Legion of Mary will take place on Sunday, March 21st at 2pm at St. Timothy's Church, Warwick, RI. All legion members and friends are invited to attend this celebration. There will be a bus available immediately following the 11:45 Mass.

Dominican Sisters Bake Sale

The Dominican Sisters will be at our parish next weekend of March 20th & 21st to hold a bake sale after all Masses. They will be selling bread, brownies, apple & blueberry pies. These are all baked according to the Dominican community recipes. The proceeds from this sale will be used to buy medical supplies for their missions which support individuals coping with leprosy. Your support is greatly appreciated. The sisters pray that you always know God's presence in your life.

Holy Rosary Sodality.....

will hold their meeting on Thursday, March 18th at 1:30 in the church library. Please attend.

To read, meditate and change something in my life!

Lent, a time for *fasting*

Lent should be a time for "*fasting*" happily from certain things and for "cheering up" others. During Lent we should "*fast*" from judging others and...celebrate that God dwells in them. During Lent we should "*fast*" from focusing on differences and celebrate what unites us in life. During Lent we should "*fast*" from the darkness of sorrow... and celebrate the light. During Lent we should "*fast*" from unhealthy thoughts and words and cheer us all with words of kindness and encouragement. During Lent we should "*fast*" from disillusionments and celebrate gratefulness. During Lent we should "*fast*" from anger and celebrate sanctifying patience. During Lent we should "*fast*" from pessimism and live life with optimism, as the celebration continues. During Lent we should "*fast*" from preoccupations, complaints and selfishness and celebrate hope and Divine Providence. During Lent we should "*fast*" from all haste and anxiety and prayerfully celebrate the Eternal Truth! Lent is a time of encounter with God! When we meet God, we rest in Him. When we rest in God, we are happy!

United States Census Bureau

A Message from the U.S. Department of Commerce

About one week from now, you will receive a 2010 Census form in the mail. When you receive your form, please fill it out and mail it in promptly. Your response is important. Results from the 2010 Census will be used to help each community get its share of government funds for highways, schools, health facilities, and many other programs you and your neighbors need. Without a complete, accurate census, your community may not receive its fair share.

DISCIPLINE OF LENT

Fasting Abstinence

Church law requires abstinence from meat (for those 14 & older) on Ash Wednesday and Good Friday and all the Fridays in Lent. In addition, Ash Wednesday and Good Friday are fasting days; those between the ages 18 & 59 should eat less, that is take in no solid food between meals and only one meal should be a full meal. Serious reason, for example a medical condition, can excuse one from these rules.

Sacrament of Reconciliation

During Lent, parishioners may avail themselves of this Sacrament before weekday Masses, Monday through Thursday one half hour before the 12:05 Mass & 6:00PM Masses

Exposition of the Blessed Sacrament

Every Friday from 12:30PM - 6:00PM

Stations of the Cross

Portuguese: Thursday at 5:30PM

English: Fridays at 11:00AM

Lenten Mission

English Mission: will take place on Monday March 15th thru Wednesday, March 17th at 6:00PM English Mass with Msgr. John J. Darcy.



Lenten Penance Services

All are welcome to attend the Lenten Penance Services at 7:00pm at the following churches throughout the Lenten season:

Wednesday, March 17th - St. Anthony, Pawtucket

March 18th St. Anthony, West Warwick

Monday, March 22nd St. Thomas, Warren

Tuesday, March 23rd - St Elizabeth, Bristol

Thursday, March 25th - St Francis Xavier

Project Forgotten Child

The collection for the children in Angola at Christmas Time brought in the amount of \$2,350.00. Sister Judith Costa expresses a heartfelt thank you for your generosity

HEART & SOUL COMMUNITY SERVICES, INC.

Heart & Soul Community Services is restarting their English classes every Wednesday from 6:00pm - 8:00pm. If you know anyone who is in need of learning or refining their English skills please let them know. The classes will be held at Our Lady of the Rosary convent. For more information please contact Matilda Amaral at (401) 453-0174 & leave a message or email MmAmar27@verizon.net.

Apartment for Rent-

Grosvenor Street- 2nd floor- 2 bedroom- 434-0935
Orchard St. 1st Floor -2 bedrooms -533-9093

What is Lent?

Lent is 40 days of prayer; fasting and almsgiving in preparation for Easter. It has a two-fold purpose: 1. For those who are preparing for baptism and reception into the church at Easter, these 40 days are filled with prayer and preparation for the Easter Vigil. 2. For all those who are already baptized, the 40 days present the opportunity, through the discipline of prayer, fasting and almsgiving, to prepare to renew their own baptismal promises during Easter.

When does Lent begin? End?

Lent begins on Ash Wednesday and concludes before the celebration of the Mass of the Lord's Supper on Holy Thursday.

Why are ashes placed on the foreheads of Catholics on Ash Wednesday?

Traditionally, the ashes for Ash Wednesday come from burning the palms from the previous year's Palm Sunday celebration. Ashes are a biblical symbol of mourning and penance. They also symbolize death and so remind us of our mortality. "Remember, man that thou art dust and unto dust thou shalt return," or "Turn away from sin and be faithful to the Gospel" are the words that are spoken during the imposition of ashes.

What is fasting? Are some exempted from fasting, even on the obligatory days of Ash Wednesday and Good Friday?

Fasting is one of the most ancient practices linked to Lent. Fasting is more than a means of developing self-control. It is often an aid to prayer, as the pangs of hunger remind us of our hunger for God. The law of fasting requires a Catholic from the 18th birthday to the 59th birthday to reduce the amount of food eaten from normal. The church defines this as one meal a day, and two smaller meals which if added together would not exceed the main meal in quantity. Such fasting is obligatory on Ash Wednesday and Good Friday. Those who are sick and elderly are excused from this obligation, but they are encouraged to do some other kind of acts of charity.

What is the significance of palms and Palm Sunday?

This Sunday observes the triumphal entry of Jesus into Jerusalem that was marked by the crowds, who were in Jerusalem for Passover, waving palm branches and proclaiming him as the messianic king. Great crowds of people thronged the streets waving palm branches to welcome him. The people shouted "Hosanna" and laid their cloaks and palm branches from the nearby trees in his path. It begins the celebration of Holy Week for Christians.

Are there any changes to the liturgy during Lent?

The liturgy of Lent focuses on the passion and death of the Lord. The season is one that emphasizes the penitential nature of Lent. The Gloria and the Alleluia are not said or sung during Lent. The vestment color is purple - a reminder of the penitential nature of the season. Flowers might be absent from church, and organ music is restrained. The stark simplicity of Lenten worship can provide a striking contrast with the joyful celebration of Easter

Is there a different theme for Lenten readings?

Ash Wednesday inaugurates the Lenten season, and its readings set the guidelines for our 40-day journey. The Gospel gives us our Lenten outline: pray, fast and give alms, not for outward show but with hearts that are converted. Subsequent Scripture readings of the Lenten liturgies give us daily lessons based on these themes: 1) The first three weeks call us to repentance and to the practice of virtue. 2) The second theme that threads its way through the seasonal readings is the instruction of the catechumens who are preparing for Easter. 3) The final scriptural theme unfolding in the last two weeks of Lent is the mounting opposition toward Christ and his preaching.

Why do Catholics sacrifice during Lent?

The three traditional pillars of Lenten observance are prayer, fasting and almsgiving. Through the observance of these disciplines and with sacrifice, we as Catholics have an opportunity to grow in our faith.

Are there specific days during Lent, other than Sundays, that Catholics should make an effort to attend Mass?

In order to begin the season of Lent, Catholics should attend Mass on Ash Wednesday. As part of the discipline of Lent, it is strongly recommended that if possible, Catholics should attend Mass daily during Lent.