

**February is Heart Health Month**

February is Heart Health month and the *American Heart Association* has many useful tools for patients to learn about treating and preventing heart related illnesses. The AHA has developed a measurement of heart health known as *Life's Simple 7*: Never smoked or quit more than a year ago; Physical activity of at least 150 minutes of moderate intensity per week; Healthy diet based on AHA diet guidelines; Total cholesterol of less than 200mg/dl; blood pressure of less than 120/80 mm Hg; Fasting blood sugar less than 100 mg/dl and maintaining an ideal weight.

You can go online to [AHA's My Life Check](http://www.heart.org/MyLifeCheck) ([www.heart.org/MyLifeCheck](http://www.heart.org/MyLifeCheck)) to help you identify ways you can change your lifestyle to improve your chances of preventing a heart attack or stroke. They have exercise suggestions, recipes, videos and more. As always, you can ask one of the healthcare ministers for more heart health information.

**BLOOD PRESSURE CLINIC**

The next monthly Blood Pressure Clinic is to be held in the Chapel February 27<sup>th</sup> and 28<sup>th</sup> after the 4:00 PM, 8:00 AM and 9:30 AM Masses. Anyone coming to the 11:00 AM Mass is asked to come early before Mass starts and a minister will be there to take your Blood Pressure. Thank you for your continued support.

**FISH FRY**

The Knights of Columbus will be starting their Lenten Fish Fries on Ash Wednesday and then every Friday till Easter except for Good Friday. The time is 5:00 PM – 7:00 PM. Adults are \$8. Seniors & Children under 12 yrs are \$7. If you are ordering take out, please call 635-3829. All are welcome.

**SEASONS OF HOPE****BEREAVEMENT GROUP TO BEGIN**

If you are in need of consolation after losing a loved one, this Christ-centered faith sharing group is for you. It meets for six Mondays beginning Feb. 15<sup>th</sup>. Prayer, scripture, faith sharing, and fellowship begin at 7pm in the Meeting Room below the church. If you are interested you may call the parish office to add your name to the list or you may come and join us Monday, Feb. 15<sup>th</sup>.

**RICE BOWL**

Lent begins this week with Ash Wednesday. As part of our community's observance of Lent, we ask families to participate in Catholic Relief Services' Operation Rice Bowl, a program of prayer, fasting, learning, and giving. Please be sure to take home a Rice Bowl packet and follow this simple yet powerful Lenten practice. Visit [orb.crs.org](http://orb.crs.org) for more information.

**CLOTHING DRIVE**

There will be a clothing drive sponsored by the Epilepsy Foundation here at St. Patrick Parish, Sunday, February 21<sup>st</sup>. All donations will go towards research, local programs and education for families living with epilepsy. The clothing drive will begin at 7:30 AM with an Epilepsy Foundation truck parked at St. Patrick School Carport. Please feel free to come by with any and all clothing. The drive will close at 4:30 PM. All donations of any size are welcomed and appreciated.

**CONFIRMATION**

All Confirmation II Candidates are required to attend a retreat during their second year of Confirmation Preparation.

**When: Sunday, March 21, 2010**

**Where: Rivier College Campus ( Dion Center)**

**Time: 10:00 AM – 4:00 PM**

Permission slips and Fees are due by Monday, February 15<sup>th</sup>. Please contact Dawn Pavlini at [confirmation@stpatricks-pelham.com](mailto:confirmation@stpatricks-pelham.com) with any questions.

**FOOD PANTRY**

The Pelham Food Pantry is open on Wednesday from 1:00 PM – 3:00 PM and on Tuesday from 6:30 PM – 7:30 PM. We are in need of **Tolietries and Paper Products**. If you would like to make a donation or donate any items, please call Marietta Potter at 635-2671 or Cheryl Brunelle at 635-3610. In case of inclement weather or if there is no school, the Food Pantry will open the following Friday from 10:00 AM – 12:00 PM.

**THE WEEK AHEAD****Sunday, February 14**

Religious Education Classes, 9:15 AM, in the school  
Religious Education Classes, 10:45 AM, in the school  
Confirmation I Meeting, 6:30 PM, in the parish center

**Monday, February 15**

Bereavement Support Group, 7:00 PM, in the meeting room

**Tuesday, February 16**

Food Pantry, 6:30 PM, in the trailer  
School Board Meeting, 7:00 PM, in the meeting room

**Wednesday, February 17**

Bible Study, 9:00 AM, in the meeting room  
Food Pantry, 1:00 PM, in the trailer

**Thursday, February 18**

AA, 7:00 PM, in the K of C Hall  
Choir Practice, 7:30 PM, in the church

**Friday, February 19**

Alpha, 6:00 PM, in the K of C Hall

**Saturday, February 20**

Men's Group, 7:30 AM, in the parish center

*SIXTH SUNDAY IN ORDINARY TIME*

**A CLOSTER LOOK AT PSALM 23**

Most of us know Psalm 23. It contains only 118 words. But the power in this Psalm is not in memorizing it. This Psalm is a hopeful, positive, faithful approach to life. Do not read it quickly, think about each phrase, giving time for your mind to soak up as much of the meaning as possible.

**THE LORD IS MY SHEPHERD;  
I SHALL NOT WANT**

Psalm 23 is believed to have been written by David. We know when David was a young boy he was a shepherd. Sheep know their Shepherd. The sheep trust their Shepherd. The Shepherd has made plans for them to graze today and tomorrow. When David starts this Psalm, the Lord is my shepherd; I shall not want. He is making a statement of trust. This Psalm is not a petition, it is a calm statement of trust. God has made provisions for our needs long before we even had a need. He knew we would be hungry, so even before he had put us on earth God put fertility into the soil and life into the sea. Matthew 6:8 reads "Your Father knows what you need before you ask him."

"The greatest source of human worry is about tomorrow, as it was with a woman going to the tomb of Jesus Easter morning. They miss the beauty of the early morning sun and the glory of the flowers along the way they were worried about the stone."(Charles Allen) Who would move it so they could anoint the Lord's body? When they got there it was already rolled away. Matthew 6:25 – 34 reads, "Therefore I tell you, do not worry about your life, what you will eat or drink, or about your body, what you will wear. Is not life more than food and the body more than clothing? Look at the birds in the sky; they do not sow or reap, they gathered nothing into barns, yet your heavenly Father feeds them. Are you not more important than they?"

Let us work on today without worrying about tomorrow.  
**TRUST IN THE LORD!**  
(Ideas taken from God's Psychiatry by Charles Allen)  
Love, Peace, and Joy,  
Ann Kater  
Pastoral Council

**CONFIRMATION**

**Confirmation I** on February 14<sup>th</sup> a Mandatory Meeting for **ALL** Confirmation I Candidates (those that attend both Catholic and Public School) from 6:30 PM to 8:00 PM in the Parish Center.

**ST. PATRICK SCHOOL**

St. Patrick School has limited openings in Kindergarten through 8<sup>th</sup> grade.

2/7/2010	Offertory
Offertory envelopes 301	\$4,537
Offertory loose	\$699
<b>Total Offertory</b>	<b>\$5,236</b>
Needed Weekly Offertory	\$5,500
<b>Parish Deficit (YTD)</b>	<b>-\$555</b>
St. Patrick School	\$2,052

**REGULATIONS FOR  
FAST AND ABSTINENCE**

**Ash Wednesday**, February 17, 2010, and **Good Friday**, April 2, 2010, are days of fast and abstinence. **Fridays of Lent** are also days of abstinence.

**Fasting** is to be observed by all 18 years of age and older, who have not yet celebrated their 59<sup>th</sup> birthday. On a fast day, one full meal is allowed. Two other meals, sufficient to maintain strength, may be taken according to each one's needs, but together they should not equal another full meal. Eating between meals is not permitted, but liquids, including milk and juices, are allowed.

**Abstinence** is observed by all 14 years of age and older. On days of abstinence, no meat is allowed. Note that when health or ability to work would be seriously affected, the law does not oblige. When in doubt concerning fast and abstinence, the parish priest should be consulted.

Fasting, almsgiving, and prayer are the three traditional disciplines of Lent. The faithful and catechumens should undertake these practices seriously in a spirit of penance and of preparation for baptism or of renewal of baptism at Easter.

**ST. PATRICK'S MEN'S GROUP**

St. Patrick's Men's Group will be meeting in the Parish Center on Saturday, February 20<sup>th</sup>, from 7:30 AM to 9:00 AM for breakfast and fellowship. If any man or young man is interested in attending/joining the Men's Group, please come and join us for breakfast. All men are welcome!

**ASH WEDNESDAY MASSES**

**8:00 AM**

**10:00 AM School Mass**

**7:00 PM**

**MASSES DURING LENT**

**Monday, Tuesday, Wednesday and Friday 8:00 AM**

**Thursday, 7:00 PM**

**Friday, 7:00 PM Stations of the Cross**

***FEBRUARY 14, 2010***

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**PARISH DAY OF RECOLLECTION**

**Saturday, February 20<sup>th</sup>**

**“Lent. No sackcloth. No ashes...a LONG scream calling for the place of God’s Love.”**

On Saturday, February 20<sup>th</sup>, St. Patrick Parish will host a special Day of Recollection. Mark your calendar now so nothing else gets booked and fill in the registration form. Our lives are so busy that we don’t often find quiet time, much less quiet space, to reflect and pray. February 20<sup>th</sup> will give us an opportunity to set aside that time and space and respond to Jesus’ invitation to “come away and pray with me a while.”

Sister Claire Provost, P.M. is a Sister of the Presentation of Mary living in Hudson, New Hampshire. She holds a master’s Degree in Spirituality from Providence College, and has been involved in various ministries for 50 years. Sister Claire is coming to share reflections and prayer with us on February 20<sup>th</sup>. The focus of the talks and discussion will be: What must I do to live lent? How does prayer change my life? Lent is a time to praise and raise our heart to God....do I want to do that? The day of Recollection will begin with registration at 10:00 AM in the chapel for those who have not pre-registered, followed by a talk at 10:30 AM, discussion, and a light lunch served around noon. A second talk will be given after lunch with time for discussion and reflection, and the day will culminate with the 4:00 pm Mass for all who can attend. There is no charge for attendance but a free will offering will be collected.

Won’t you set aside this day to join with other members of St. Patrick Parish to renew, reflect and pray together? Early registration will assist us in estimating food. Please register by completing the registration form below OR go to the website [www.stpatricks-pelham.com](http://www.stpatricks-pelham.com) to register online. Mail the registration form to Day of Recollection, c/o 8 Mt. Vernon Drive, Pelham, NH 03076 prior to February 13<sup>th</sup>. You can also fill out the form and give it to the person who will be taking registrations in the chapel after every Mass the weekend of Feb. 13<sup>th</sup> & 14<sup>th</sup>.

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**PARISH DAY OF RECOLLECTION**

**NAME:** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_

**TEL. NO:** \_\_\_\_\_

**FEBRUARY 14, 2010**

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*"Blessed are you who are poor, for the kingdom of God is yours. Blessed are you who are now hungry, for you will be satisfied." - Lk 6:20-21*

**Monday February 15**

8:00 AM Divine Office, Morning Prayer

**Tuesday February 16**

8:00 AM Divine Office, Morning Prayer

**Wednesday February 17**

8:00 AM Ruth Fruin requested by John & Paulette Jacobs

10:00 AM Rev. Msgr. Thomas J. Hannigan

7:00 PM Rita Reppucci requested by John Walton - DeAmato

**Thursday February 18**

8:00 AM Harold Wright requested by Mary Lou Nicastro

**Friday February 19**

8:00 AM Louise Bousquet requested by Dominic & Mary Lou Nicastro

7:00 PM Stations of the Cross

**Saturday February 20**

4:00 PM Bernadette Bouchard, 25<sup>th</sup> Anniversary, requested by Joan Janos

**Sunday February 21**

8:00 AM Robert Duffy Jr. requested by Tim & Jeanne Glasheen

9:30 AM Desneige Saucier requested by her family

11:00 AM Chester Jackman requested by Joyce, Michael and Aidan Lynch

**REMEMBRANCE**

Please remember in your prayers those who have recently died, Rev. Msgr. Thomas J. Hannigan and Erin Desmarais

**SECOND COLLECTION**

This week the second collection will be for **Capital Improvement**. We thank you for your continued support. Next week the collection will be for **Fuel**. Your contributions are greatly appreciated.