



**Sunday, February 21**

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

**Tuesday, February 23**

Food Pantry, 6:30 PM, in the trailer

**Wednesday, February 24**

Bible Study, 9:00 AM, in the meeting room

Food Pantry, 1:00 PM, in the trailer

**Thursday, February 25**

AA, 7:00 PM, in the parish center

Choir Practice, 7:30 PM, in the church

**Friday, February 26**

Fish Fry, 5:00 PM, in the parish center

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

**JESUS' TEMPTATION**

In Luke's story of the temptations of Jesus we see how we can be tempted by wealth, power, and esteem just as He was. Lents calls us to focus on our faith life by living it in deeper ways. As we begin our journey with Catholic Relief Services' Operation Rice Bowl, let us pray and sacrifice so that through our faith life we can make a difference in the lives of our brothers and sister in need. Visit orb.crs.org for more information.

**ST. PATRICK PRAYER LINE**

We have an on going Prayer Line. Many of our friends and family are going thru difficulties, loss of loved ones, or personal problems and sickness. Our mission is to pray for them. If you want to pray for others or need prayer, you are welcome to e-mail Lillian Murgia at Lmurgia\_871@comcast.net or call Rosemary Dole at 6352486. Anyone wishing to serve on the Prayer Line, praying for other people, please contact Lillian Murgia at 635-2634 or Lmurgia\_871@comcast.net

2/14/2010	Offertory
Offertory envelopes 261	\$4,048
Offertory loose	\$933
<b>Total Offertory</b>	<b>\$4,981</b>
Needed Weekly Offertory	\$5,500
<b>Parish Deficit (YTD)</b>	<b>-\$1,074</b>
Capital Improvement	\$3,181

**MASSES DURING LENT**

**Monday, Tuesday, Wednesday and Friday 8:00 AM**  
**Thursday, 7:00 PM**  
**Friday, 7:00 PM Stations of the Cross**

**REGULATIONS FOR FAST AND ABSTINENCE**

**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.



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 **Canned Meat 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.

## FIRST SUNDAY OF LENT

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### *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 having their Fish Fries on every Friday during Lent until 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>.

### **ST. PATRICK SCHOOL**

St. Patrick School has limited openings in Kindergarten through 8<sup>th</sup> grade. Please stop by and come in or call 603-635-2941.



This week the second collection will be for **Fuel**. We thank you for your continued support.

Next week the collection will be for **Religious Education**. Your contributions are greatly 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 **ASAP**. Please contact Dawn Pavlini at [confirmation@stpatricks-pelham.com](mailto:confirmation@stpatricks-pelham.com) with any questions.

### **CONFIRMATION**

**Confirmation II** on March 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.

### **WOMEN'S PRAYER BREAKFAST**

The New Hampshire Diocesan Council of Catholic Women cordially invites the women of the diocese to a Lenten Prayer Breakfast, "Do Small Things with Great Love," on Saturday, March 20<sup>th</sup>, at 8:30 AM at St. Raphael Parish in Manchester, NH. This breakfast will begin with Mass in the church followed by a hot breakfast in the parish hall, and guest speaker, Sr. Maureen Sullivan, OP.

*FEBRUARY 21, 2010*

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**HE MAKETH ME TO LIE DOWN  
IN GREEN PASTURES**

A sheep will never lie down if it had sense of fear, tension, aggravation, or hunger. Let's look again to David the shepherd. A shepherd starts the sheep grazing at 4:00 AM. The sheep continually walk as they graze. The shepherd would stay by the sheep to guard and protect them from any predecessors. Sheep could be aggressive with cruel competition within the flock itself. There would be a "butting order" (for a good picture of this process look up Ezekiel 34:20-22) however, when the shepherd is present all of the foolish rivalry and "head butting" (fighting) would stop. The shepherd's presence makes all the difference. By about 10:00 AM the sun is hot and after 6 hours of grazing the sheep are thirsty, hot, and tired. David as a wise shepherd would know that the sheep must not drink when its stomach is full of undigested grass. David would have made his sheep lie down in a cool, soft place. The sheep would only lie down because of their TRUST in the shepherd's guidance and protection. The sheep would not eat while lying down so they would chew its cud, which is how they digest the grass.

In our Christian Life there is no substitute for the awareness that my Shepherd is nearby. We live a most uncertain life. There is nothing like the knowledge of the presence of Christ to dispel our fear and panic of the unknown. We can choose to live in a sense of anxiety and fear or a sense of peacefulness. With Jesus to guide us there is a sense of hope in times of difficulty. It is the humble heart that walks contently in the close and intimate companionship of Jesus that is AT REST. In our community, church, or any human organization there is a struggle for self-assertion and self-recognition. When our eyes are on Christ they are not on the status of life. We have no need for the eternal competition to keep up with the "Joneses" or the "Joneses kids." This is a place of peace. We are able to lie down in peace and rest because of what He does.

If you study the lives of great people you will find that they took time out from the business of life for rest and reflection. Often we see Jesus going off to a quiet place to pray. Ezekiel found God not in the earthquake or fire. He found God in the whisper of a gentle breeze, "a still small voice." Psalm 46:10 says "Be still and know that I am God." Before Jesus sent his disciples out He taught them to be still for pray and for the power of God.

*Take from our souls the strain and stress,  
And let our ordered lives confess  
The beauty of Thy peace.*

Have a peace filled week.

(ideas taken from God's Psychiatry and a shepherd looks at Psalm 23)

Love, Peace, and Joy

Ann Kater

Pastoral Council

**FEBRUARY 21, 2010**

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*The devil said to him, "All this will be yours, if you worship me." Jesus said to him in reply, "It is written: You shall worship the Lord, your God, and him alone shall you serve." - Lk 4:6a, 7-8*

**Monday February 22**

8:00 AM Louise & Linda Bousquet  
requested by their family

**Tuesday February 23**

8:00 AM Rev. Msgr. Francis L. Curran

**Wednesday February 24**

8:00 AM Catherine Guilmette requested by  
Carol Christianson & family

**Thursday February 25**

8:00 AM Divine Office, Morning Prayer  
7:00 PM Clint Updyke, 1<sup>st</sup> Anniversary,  
requested by a Rcia Team  
Member

**Friday February 26**

8:00 AM Patricia Archambault requested  
by Pat Dumont  
7:00 PM Stations of the Cross

**Saturday February 27**

4:00 PM Paul K. Bean, 9<sup>th</sup> Anniversary,  
requested by his wife

**Sunday February 28**

8:00 AM Alecia E. Myrick Hartt requested  
by Chip, Sue, Alex & Todd  
9:30 AM The DiGiantommaso Family  
requested by all the sisters &  
brothers  
11:00 AM Richard Koch, 4<sup>th</sup> Anniversary,  
requested by his family

**REMEMBRANCE**

Please remember in your prayers those who have recently died, Nancy McDonald