

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** (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 Blood Pressure Clinic is held in the Chapel this weekend 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.



The Knights of Columbus will be having their Fish Fries on every Friday during Lent until Easter except for Good Friday. The time is 4:00 PM – 7:00 PM. Adults are \$9. Seniors & Children under 12 yrs are \$8. If you are ordering take out, please call 635-3829. All are welcome.

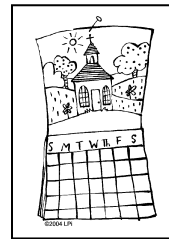
**SAINT KATHYRN PARISH
PRESENTS A SACRED CANTATA
"THE SEVEN LAST WORDS OF CHRIST"**
Performed by ~ Lowell's Own
Spindle City Singers
Normand Ayotte ~ Director
Sunday, March 28th, at 4:00 PM
FREE ADMISSION ~ ALL WELCOME

THE TRANSFIGURATION

Jesus' transfiguration was a moment of hope for the disciples, giving them the strength to endure the future sacrifices they would make as they formed the early Church. As we continue our journey with Catholic Relief Services' Operation Rice Bowl, let us be mindful that our Lenten sacrifices help to give hope to our brothers and sisters in need.

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

**Tuesday, March 2**

Women's Guild Meeting, 6:30 PM, in the parish center
Food Pantry, 6:30 PM, in the trailer
School Board Meeting, 7:00 PM, in the meeting room

Wednesday, March 3

Bible Study, 9:00 AM, in the meeting room
Food Pantry, 1:00 PM, in the trailer
Knights of Columbus Meeting, 7:30 PM, in the K of C Hall

Thursday, March 4

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

Friday, March 5

Fish Fry, 4:00 PM, in the parish center
Alpha, 6:00 PM, in the K of C Hall

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 20th, 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.

SECOND SUNDAY OF LENT



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 monetary donation, please make the check payable to St. Patrick Food Pantry. To donate an item or money, 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. **Next weekend is Brown Bag Sunday.**

CONFIRMATION

Confirmation II on March 14th 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.

‘CONFESS-A-THON’ & MISSION

The Franciscan Friars of the Primitive Observance, who live poor among the poor in Lawrence, MA, will be offering a ‘Confess-a-thon’ (available for 42 hours of confessions) and a Lenten Mission entitled ‘Staying God-centered in a me-centered culture’ at St. Kathryn Parish in Hudson, NH from March 6th- 10th. Whether it’s been days or many years, the friars will be there to welcome you to experience the Lord’s Mercy in confession.

- Saturday, March 6th, 8 AM – 9 PM
- Sunday, March 7th, 12 Noon – 9 PM
- Monday, March 8th, 8 AM – 9 PM
- Tuesday, March 9th, 8 AM – 9 PM
- Wednesday, March 10th, 6 AM – 9 PM

Mass & Mission Talk will be at 9 AM and 7 PM on March 8th – 10th with a reflection on the Lord’s Passion at 4 PM on Sunday, March 7th. All are welcome! Bring an inactive Catholic with you!

ST. PATRICK SCHOOL

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

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 59th 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.

ADORATION

On Tuesday evening from 7:00 PM to 7:30 PM in the Chapel we will be having Exposition and Adoration of the Blessed Sacrament.

2/21/2010	Offertory
Offertory envelopes 264	\$3,905
Offertory loose	\$724
Total Offertory	\$4,629
Needed Weekly Offertory	\$5,500
Parish Deficit (YTD)	-\$1,663
Fuel	\$1,845

Due to the decrease in offertory money this month, we are 2 months behind, January & February, for our diocesan assessments in the amount of \$27,853. **HELP!!!**

FEBRUARY 28, 2010

A CLOSER LOOK AT PSALM 23

HE LEADS ME BESIDE THE STILL WATERS

David wrote this Psalm as a sheep to his Shepherd, David being the sheep and God the Good Shepherd. A sheep could be standing right beside a stream and get dehydrated because a sheep is afraid of swift running water. The shepherd knows where the best drinking places are found. It is to these spots that he would lead the flock, or he would build a dam with rocks across a stream which would slow the water's flow so that even the smallest lamb would drink without fear.

Just like people, water is an essential need to sheep. They are composed of approximately 70% water. Water determines the strength and vitality of the sheep. Water is essential to its health and general well being. If sheep are thirsty and are not led to a clean supply of water, they will drink water from potholes or mud holes where the water is polluted and they will risk picking up internal parasites.

When our bodies are in need of water we get thirsty. Just as our physical bodies need water, the human soul has a spiritual thirst. Jesus our good Shepherd makes it clear that the only way to satisfy our thirst for spiritual life is to come to Him. Jesus says, "I am the living water, all who come to me shall never thirst." What does it mean to drink the living waters? To drink simply means "take in", "to accept" or "to believe."

When David composed Psalm 23 he knew all of this. He belonged to the Good Shepherd, and so he wrote, "He leads me beside the still waters." Only Jesus can lead us to still, clean, pure waters that can satisfy. If we begin each day in prayer and feed on God's Word, it is drenched with living water. We come away from this time of meditation and communion with Jesus refreshed in mind and spirit. We are now ready to walk with Jesus for the day.

Brothers and sisters, we do not belong to this world, we belong to God. God created us and placed in each one of us a thirst and desire for Him. We can try to satisfy with cars, homes, all sorts of toys, or art, culture, music, or even our achievements. But we will find ourselves still thirsting, still searching. These are the potholes. We will feel that something is still missing. St. Augustine wrote "Oh God! Thou hast made us for thyself and our souls are restless, searching, till they find their rest in Thee."

Drinking from the Living Waters is the essential to our spiritual health and well being. When you spend time with Jesus each day you discover that you are the object of His special care and attention. Led by His Spirit each day, you are refreshed and satisfied.

Have a REFRESHING Week

(ideas taken from A shepherd looks at Psalm 23)

Love, Peace, and Joy

Ann Kater

Pastoral Council

FEBRUARY 28, 2010



Then from the cloud came a voice that said, "This is my chosen Son; listen to him." After the voice had spoken, Jesus was found alone. They fell silent and did not at that time tell anyone what they had seen. - Lk 9:35-36

Monday March 1

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

Tuesday March 2

8:00 AM Diana Anderson requested by
Deborah Myrick

Wednesday March 3

8:00 AM Louise Bousquet requested by
Armand & Joan Berard

Thursday March 4

7:00 PM Intentions for the parishioners

Friday March 5

8:00 AM Sophie Cheponis, 5th Anniversary,
requested by Donna & Vicky

7:00 PM Stations of the Cross

Saturday March 6

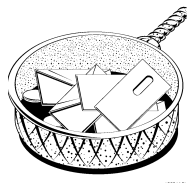
4:00 PM Skee Bedard requested by the
Bedard family

Sunday March 7

8:00 AM Allison Myrick requested by
Deborah Myrick

9:30 AM Lise Demers requested by her
Family

11:00 AM Arthur Prince requested by his
Wife Rose



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

Next week the collection will be for **Capital Improvement**. Your contributions are greatly appreciated.