



PREPARING FOR  
**LENT**



# SAINT ANNE OF THE HEIGHTS CHURCH

3545 Kennedy Blvd., Jersey City, NJ 07307

Tel: 201-360-0838 Fax: 201-721-5996

[info@sahjerseycity.com](mailto:info@sahjerseycity.com) [SAHJERSEYCITY.COM](http://SAHJERSEYCITY.COM)

## Pastoral Team

<b>Fr. Nigel</b>	<b>Parish Priest</b>
<b>Fr. J. Ranieri</b>	<b>Weekend Assistant</b>
<b>Msgr. L.J. Miller</b>	<b>Weekend Assistant</b>
<b>Fr. D.X. Stump, S.J.</b>	<b>Weekday Assistant</b>
<b>Mrs. J. Waddleton &amp; Lt. J. Carroll</b>	<b>Trustee</b>

## Weekly Planner

### SUNDAY 2/7 • 5th Sunday in Ordinary Time

10 AM CCD Mass *Church*

### MONDAY 2/8

1-3 PM St. Anne Seniors *Cent Hall*  
3:30-4:30 PM Legion of Mary *Convent*

### TUESDAY 2/9

12:15 PM Bingo *Cent Hall*

### WEDNESDAY 2/10 • Ash Wednesday

3 PM Ash Wednesday Service  
Distribution of Ashes *Churches*  
H.N.S. Lenten Fish Fri *Cent Hall*

### THURSDAY 2/11

9:30-10:30 AM Holy Hour for Priests *Convent*

### FRIDAY 2/12

#### Lincoln's Birthday

12:15 PM Bingo *Cent Hall*  
1 & 7 PM Stations of the Cross *Church*  
7:30-9:30 PM J&M Prayer Mtg *Convent*

### SUNDAY 2/14 • 1st Sunday of Lent

Valentine's Day  
10 AM CCD Mass *Church/Cent Hall*  
10 AM-1 PM H.N.S. Mass/Mtg *Church/Cent Hall*

## Liturgies

Saturday Evening *Church* English 5:30 PM

(anticipating Sunday) Misa Español 7 PM

Sunday *Church* 8 AM, 10 AM, 12 Noon

Monday ▶ Saturday: Mass *Church* 9 AM

Wednesday: Mass *Church* 7 PM

## Holy Hour

**Holy Hour Day & Time Changed! Effective February 4<sup>th</sup>, Holy Hour is moved from Tuesday To Thursday and the time is moved to 9:30 AM, immediately following Daily Mass.**

Thursdays *Convent Chapel* 9:30 AM

## Sacrament of Penance

Saturdays *Church* (Or by Appointment) 5 PM

## Schedule of Masses February 8<sup>th</sup> - 14<sup>th</sup>, 2016

### Monday, February 8

9 AM Novena

### Tuesday, February 9

9 AM Novena

### Wednesday, February 10

9 AM For All People of the Parish

3 PM Distribution of Ashes

7 PM Special Intention *OL Perpetual Help Group*

### Thursday, February 11

9 AM † Christina Burke

### Friday, February 12

9 AM † Doris & Lyda Cullen *Ruth Cullen*

### Saturday, February 13

9 AM † Grazia Voza *Virginia Sarni*

5:30 PM † Socorro Sison *Violet Meneses*

7 PM † Raquel Tabares *Adriana Castillo*

### Sunday, February 14

8 AM † John L. Churuti III *Parish Intention*

1<sup>st</sup> Anniv. in Heaven

10 AM † Capparelli Family *Roseann Capparelli*

12 PM † Christina Burke

## Sunday Readings

First Reading: **IS 6:1-2A, 3-8**

Psalm: **PS 138:1-2, 2-3, 4-5, 7-8**

Second Reading: **1 COR 15:1-11**

Gospel: **LK 5:1-11**

## Weekday Readings

### Monday

1 KGS 8:1-7, 9-13/ PS 132:6-7, 8-10/ MK 6:53-56

### Tuesday

1 KGS 8:22-23, 27-30/ PS 84:3, 4, 5 AND 10, 11/ MK 7:1-13

### Wednesday Ash Wednesday

Jl 2:12-18/ Ps 51:3-4, 5-6AB, 12-13, 14 & 17/ 2 Cor 5:20—6:2/ Mt 6:1-6, 16-18

Thursday DT 30:15-20/ PS 1:1-2, 3, 4 AND 6/ LK 9:22-25

### Friday

IS 58:1-9A/ PS 51:3-4, 5-6AB, 18-19/ MT 9:14-15

### Saturday

IS 58:9B-14/ PS 86:1-2, 3-4, 5-6/ LK 5:27-32

## Sanctuary Gifts for February 7<sup>th</sup>-13<sup>th</sup>, 2016

Gift	In Memory/Honor of	Requested By
Altar Wine	† Mona Tortora	Parish Intention
Altar Bread	† Bridget Shannon	Parish Intention
Sanct. Lamp	† Teresa Fusco	Parish Intention
Altar Candles	† Alma DeBenedetto	Parish Intention

## Sick List

Let us pray for the sick (People will remain on sick list for 2 weeks unless otherwise notified): Patricia Kucinski • Frank McNamara • Robert Porcelli • Dolores McNamara • Jennifer O'Connor • Donna Tuzzo • Matt Bolger • Dennis Mallon • Marie Carlson • Lawrence Shin • Lupe Pena, • Frances Kearns • Josephine Cermak Rowan • Steve & Rachel Mastin • Diane Shea • Joseph Callandrillo • Humberto Quintana • Julia Annicchiarico • Javier Vega • Jennifer Moloughney • Antoinette Maddi • Carol Jordan • Anthony Biggio • Sammy DeLeon • Shane Quinn • Alice Daly • Sadie Krieger • Dolores DelMonte • Dianne O'Sullivan • Carl Carlson • Larry Bello • Miyuki Campbell • Diane Albert • Meghan Connaughton

## Ministry to the Sick

We hope to give to all the sick and aged in our parish the opportunity to receive the Eucharist. If you or someone you know can no longer get to church, and would like a Eucharistic Minister to bring you Communion, please call **St. Anne's Rectory at 201-360-0838 or email: [info@sahjerseycity.com](mailto:info@sahjerseycity.com)**

## February Prayer Intentions of the Holy Father

**Universal:** Care for Creation That we may take good care of creation—a gift freely given—cultivating and protecting it for future generations.

**Evangelization:** Asia That opportunities may increase for dialogue and encounter between the Christian faith and the peoples of Asia.

## Social Media

Please follow the official Twitter channels of the parish:

- [sah\\_promise](#) [Faith Formation Grade K—1](#)
- [sah\\_goodnews](#) [Faith Formation Grade 2—3](#)
- [sah\\_venture](#) [Faith Formation Grade 4—6](#)
- [sah\\_visions](#) [Faith Formation Grade 7—8](#)
- [stah\\_nation](#) [General parish feed](#)

## Website & Online Services

Website: [sahjerseycity.com](http://sahjerseycity.com)

Parish registration: [sahjerseycity.com/register](http://sahjerseycity.com/register)

CCD Registration: [sahjerseycity.com/ccd](http://sahjerseycity.com/ccd)

Parish Calendar and online

Readings of the Day: [sahjerseycity.com/calendar](http://sahjerseycity.com/calendar)

## How much should I give in the collection basket each Sunday?

We ask each person working in the household to gift one hour's wage to the parish every week. How much is one hour? Below you can find the recommended contribution based on your annual combined income:

Annual combined income	Hourly Wage (Recommended weekly donation)	Annual combined income	Hourly Wage (Recommended weekly donation)
\$75,000	<b>\$38</b>	\$30,000	<b>\$15</b>
\$50,000	<b>\$25</b>	\$25,000	<b>\$12</b>
\$40,000	<b>\$20</b>	\$20,000	<b>\$10</b>

We are grateful for your contribution!

## Collection Report

5:30PM	\$532	10AM	\$845
7PM	\$343	12PM	\$1,105
8AM	\$461	<b>Total</b>	<b>\$3,286</b>

## Religious Education News

Our Religious Ed Office is located inside St. Anne's Rectory. Office Hours: **M-T-W** 9 am to 5 PM, **TR & F**, 10 am to 5 pm.

## Baptism Information

Baptisms take place on the 1<sup>st</sup> Sunday of every Month: 2 Baptisms per Mass at 10 AM & 12 Noon (English). Because they will be promising to help raise your child in the practice of the Faith, the church requires that at least one of your child's godparents be a 'fully initiated Roman Catholic,' i.e., one who has been Baptized and received the sacraments of Holy Communion and Confirmation. At the time of registering your child for Baptism, we ask that one of your chosen godparents provide a copy of their Confirmation certificate or some documentation from their church of Baptism or Confirmation indicating the month and year of their Confirmation. GODPARENTS & PARENTS are also required to attend a "baptism instruction" session on Saturday (the day before the Baptism) @ 4:00 PM in CHURCH (English & Spanish). A donation to the church for Baptism is always appreciated: please place your offering in an envelope marked 'BAPTISM' with your child's name and drop it in the Sunday collection basket. **Contact the office with any questions. Thank You.**

## ST. ANNE'S PARISH AUCTION



**Less than a month until our Parish Auction on Sunday, March 6, 2016!**

**Admission Ticket: \$15.00** (includes one auction bid-sheet and one meal—Admission ticket needed to receive meal) • Tickets are available NOW at the rectory. GIFT CARD, NEW GIFTS or MONEY DONATIONS would be greatly appreciated; please bring 'donation' to the rectory and label it "Parish Auction" • On-premise 50/50 raffle (sold only at the Auction) • Please call the Rectory today to reserve your table of 8 or more people! • Volunteers are always needed. If you are interested in volunteering, please contact Georgene at St. Anne's Rectory at 201-360-0838. **All Proceeds Benefit St. Anne's Religious Education Program**

**1PM (Doors open at 12 Noon)**  
**Centennial Hall**

## Women's Conference

Women's Commission Day of Reflection: Saturday, February 27, 2015, at Seton Hall University. This year's theme is "Alive in Christ: Celebrating the Jubilee Year of Mercy" The English track will feature keynote speakers Leah Darrow and Sr. Miriam James Heidland, SOLT. They will share their amazing stories of mercy, healing and the infinite love of Jesus Christ. Both women were on the path to the good life, achieving dream-like levels of success in their worldly pursuits. Yet both young women realized their success was not bringing true happiness and each was called from the worldly path to radical conversion. The Spanish track will feature keynote speaker Mother Adela Galindo, SCTJM. The day runs from 9:00 AM to 1:30 PM, with the doors opening at 8:00 AM.

## ARCHDIOCESE OF NEWARK

# 2016 Lenten Regulations

1. The days of both Fast and Abstinence during Lent are Ash Wednesday and Good Friday. If possible, the fast on Good Friday is continued until the Easter Vigil (on Holy Saturday night) as the "paschal fast" to honor the suffering and death of the Lord Jesus, and to prepare ourselves to share more fully and to celebrate more readily His Resurrection. The other Fridays of Lent are days of Abstinence. On a day of Fast, only one (1) full meal is permitted, and two (2) smaller meals, which, if added

together, would not exceed the main meal in quantity. Those between the ages of 18 and 59 are obliged to fast.

On a day of Abstinence, no meat may be eaten. Those who have reached the age of 14 are obliged by the law of abstinence.

2. The obligation to observe the laws of Fast and Abstinence "substantially", or as a whole, is a serious obligation.

3. The Fridays of the year, outside of Lent, are designat-

ed as days of penance, but each individual may substitute for the traditional abstinence from meat some other practice of voluntary self-denial as penance.

4. The time for fulfilling the Paschal Precept (Easter Duty\*) extends from the First Sunday of Lent, February 14, 2016 to The Solemnity of the Most Holy Trinity, May 22, 2016.

*\*Canon 920, § 1. All the faithful, after they have been initiated into the Most Holy Eucharist*

### Novena – February 2016

Requested for	Requested by
† Carmen Rizzo <i>1<sup>st</sup> Anniversary In Heaven</i>	Parish Intention
† Lora Roda	Roda & Fasani Families
† Frank & Tommasina Tango	Mr. & Mrs. Angelo Tango Family
Angela Aversano	Kenny Family
Patricia Kucinski	Jocelyn Sandal
† Pantaleon Sandal	Jocelyn Sandal
† Roberto Sandal	Jocelyn Sandal
† Patria Sandal	Jocelyn Sandal
Frances Spazian	St. Joseph Morning Prayer Group
Loretta Dempsey	St. Joseph Morning Prayer Group
Mary Shin	St. Joseph Morning Prayer Group
Patrick Roda	Pat Roda
Krintina Barrett	Pat Roda
Tony Roda	Pat Roda
Kerry Roda	Pat Roda
Angel Roda	Pat Roda

## The Catholic Church is Battling Sexual Abuse

While most media focus over the past ten or more years has been on the incidents of sexual abuse within the Church, little has been said about the many positive steps that the Catholic Church has taken to address the issue. Dioceses across the country, and especially the Archdiocese of Newark, have instituted compassionate outreach to victims and support services, training and background checks for staff and volunteers, training for children and youth, codes of conduct, reporting requirements to civil authorities, independent Review Boards to investigate allegations and recommend actions under Canon law for offenders, as well as other initiatives.

To date, the Catholic Church is the only youth-serving organization



in the country – private or public — to undertake such a comprehensive program to create and promulgate safe environments for children and young people. Independent auditors from the United States Conference of

Catholic Bishops have found the Archdiocese of Newark to be fully compliant with the requirements of the Charter for the Protection of Children and Young People in every year since audits began in 2003.

# 2016 Lenten Fish Fri



Join us for our Lenten Fish fri beginning on Ash Wednesday (February 10<sup>th</sup>), on Fridays during Lent 5:00 PM to 8:00 PM in Centennial Hall: February 19, 26, March 4, 11, 18.

## How to join?

Tickets are on sale at the rectory **only**: Price \$7 in advance; \$8 at the door. The Rectory office hours are Monday/Tuesday/Wednesday - 9:00 am to 5:00 pm; Thursday/Friday: 10:00 am to 5:00 pm; Saturday: 10:00 am to 2:00 pm.

## What's on the menu?



Fish, Fries, Cole Slaw, Tartar Sauce & Soda/Water. You can dine in take out.

We look forward to enjoying the company of our fellow parishioners and neighbors during this most holy season. **Please note that if you are attending the Stations of the Cross, please notify the kitchen staff BEFORE ATTENDING STATIONS. Thank you.**

## “Take up your cross daily.” —Lk 9:22-25

By **SR MARY JOSEPH SCHULTZ, SCC**

When I hear the expression “take up your cross daily” it makes me think that joyful eagerness must characterize one who is a follower of Jesus. He does not say to simply bear any crosses that are thrust upon you. He says to take them up...daily. Reach out for them! Perhaps the first cross I take up each day is the sound of the alarm forcing me out of my cozy sleep! Instead of throwing the clock across the room, or even allowing a bitter complaint to pass my lips or my mind, I can offer this first little “cross” to the Lord.

During the season of Lent we hear about and ponder the cross of Jesus often in the readings, the Stations of the Cross, online Lenten reflections, etc. For those who call themselves Christians, our lives cannot be far from the cross. This is the symbol of our Savior and Lord, and our belief system. Yet my crosses are not necessarily the same as yours. What do you and I find difficult in our day to day living? This is what I am called to take up and carry, not just to bear when I have no choice.

For me, a good Lenten practice is simply not complaining... about ANYTHING—weather, traffic, difficult co-workers, a headache, a broken faucet, or having to get up early. These daily crosses can be taken up with eagerness. So maybe I don't have to give up anything for Lent, but to embrace these. I don't have to look too far for them.

*Gracious Savior, open my eyes to see you when I embrace the daily crosses.*

## 50 YEARS AFTER DIGNITATIS HUMANAЕ:

### An Insider's Reflection on Religious Freedom Today

By **EMILY HUEZO**

**USCCB OFFICE OF GENERAL COUNSEL**

Fr Jack Nuelle, MS, a Missionary of La Salette and executive director of the United States Catholic Missions Association, was a young seminarian studying in Rome during the Second Vatican Council and serving as a translator for the Council fathers. His proximity to the Council gave Fr Nuelle a unique insider experience that he shared in an interview.

When asked if he would give his perspective on where we are now with respect to religious freedom and *Dignitatis Humanae*, Fr Nuelle explained that unlike previous councils, there was not a crisis of faith or dogma that the Church had to

define. Rather, the Council gave the Church a chance to look at things somewhat differently. “In time, the Church grows in understanding of herself and her teachings.”

Fr Nuelle described the difficulties the Council fathers faced in writing *Dignitatis Humanae*. There was fear that freedom would be taken to mean license, and there was uncertainty about what the document would mean for the relationship between church and state, particularly for European nations. Fifty years later, as the dust is beginning to settle, there is a deeper understanding of what *Dignitatis Humanae* means by “freedom”—it is not license but responsibility.

As a Missionary of La Salette, Fr Nu-

elle spent 30 years in Madagascar teaching the native people about the truth and love of Jesus Christ. The Church has long recognized that people in all societies strive to know God and live justly. “We are all free to enjoy God in the way we come to know him, but the freedom that *Dignitatis Humanae* describes comes in knowing God in his fullness,” according to Fr Nuelle. If freedom is simply being able to do whatever we want whenever we want, then we are not really free. We are most free when we do what is right and good.

Pope Francis has reminded us that everything we do affects others. Indeed, our actions can affect the whole of creation, from the natural environment, to the social and

cultural environment. Fr Nuelle explained that *Dignitatis Humanae* teaches that human dignity is rooted in the fact that we are God's children.

This dignity allows each of us to bring something to the world that only we can bring. However, Fr Nuelle explained that this is not a “private dignity”; rather, the various spiritualities, traditions, and cultures present in the Church all come together in “the mosaic that is the Church.” Each piece of the mosaic has its own personal dignity that can never be denied, but its dignity is highlighted and magnified by how it fits in the mosaic. We must do what is right for the common good. We must do our part in light of the whole.

## THE LITURGY OF THE HOURS

# Setting Aside Time for God

BY DREW STUART, MA

Many of us have daily routines which, if missed or interrupted, can throw a wrench into our plans. We wake up at the same time each morning, shower, brush our teeth, eat breakfast and leave for work at a specific time to ensure that we're not late. Once we arrive work, we may try to keep to some sort of routine by specific tasks (*ie* replying to emails or writing reports after first arriving at work in the morning and having meetings or planning sessions in the afternoons) and even breaks at close to the same times each day. These routines set the rhythm of our day and help us stay centered and productive.

In a similar way, the *Liturgy of the Hours*, the official public prayer of the Church, is meant to provide rhythm to our daily prayer life. Intended to be recited communally, the current format for the Hours (also known as the *Divine Office*) include between five canonical hours: the Office of Readings (*Matins*), Morning Prayer (*Lauds*), Day Prayer (generally recited either mid-morning or mid-afternoon), Evening Prayer (*Vespers*), and Night Prayer (*Compline*). Each of these hours is supposed to be prayed at the same time each day in order to give our prayer life a sort of rhythm. Morning Prayer and Evening Prayer are the principle (or *hinge*) hours and are therefore slightly longer. These two hours have a similar structure and include hymns, Psalms, a Scripture reading, time for reflection, a Gospel canticle, intercessory prayer, and formal prayers including the *Our Father* and the *Glory Be*.

The *Catechism of the Catholic Church* says that the Liturgy of the Hours is intended to make the mystery of Jesus' Incarnation and his death and Resurrection permeate and transfigure the time of each day and urges Catholics in all states of life to pray these central hours together: *Pastors of souls should see to it that the principal hours, especially Vespers, are celebrated in common...The laity, too, are encouraged to*



*recite the divine office, either with the priests, or among themselves, or even individually (CCC 1174-1178).* Essentially, praying the Hours is a communal form of worship that dedicates our day to God. It is an opportunity to come together to praise God and celebrate the Gospel message of God's love and our salvation.

While the *Catechism* calls Liturgy of the Hours the public prayer of the Church and encourages the communal celebration of Lauds and Vespers, many Catholics know very little about this form of prayer. The practice of gathering together at certain times of day for prayer predates apostolic times and stretches back to ancient Jewish practice. In the first two or three centuries of the Church, Christians gathered several times, especially morning and evening, to pray together and consecrate their day to God. While these times of prayer always included the Psalms, they were less structured and varied by city and region. But after the legalization of Christianity in the Fourth Century AD, the structure became more defined. The laity gathered in the cathedrals, along with the bishops and other clergy, to say *Lauds* (Morning Prayer) and *Vespers* (Evening) together. These two hinge hours set the rhythm for their day. However, during the Middle Ages, the Liturgy of the Hours evolved and became seen primar-

ily a form of prayer for the clergy and those in religious life (monks, nuns, etc). Private recitation of the Hours by the clergy and religious became the norm and lay participation faded. (*Encyclopedia of Catholic Devotions and Practices* 323-325).

This situation continued until the 20<sup>th</sup> century. During the Second Vatican Council (1962-1965), the bishops and theologians of the Catholic Church began the process of resourcement, looking back to Scripture and Tradition, the sources of our faith, in order to bring renewal to the Church. Since the Liturgy of the Hours was originally intended to be the public prayer of the whole Church, the Council called for a return to the tradition of celebrating the Hours communally. The bishops encouraged lay Catholics to celebrate the Hours, especially Lauds and Vespers, together as well (SC 83-101). Now, over 50 years after the Council ended, we're still in the process of recapturing the original understanding of the Liturgy of the Hours as the prayer for the whole Church. A few parishes hold Lauds or Vespers services year round and a few more offer these services during Advent and Lent. However, this practice is still not widespread.

So what? What difference does all of this make? Why should the Liturgy of the Hours still matter? Aside from

the fact that it's a rich part of our heritage, there are several reasons this form of prayer should not be forgotten. First, it is a unique way to worship and praise God (Father, Son, and Holy Spirit). Mass is the most important and powerful form of worship, hence the Eucharist (Jesus' Body and Blood) is referred to as "the source and summit" of our faith. However, the Liturgy of the Hours provides us with a way to extend the worship and celebration of Sunday Mass into our daily lives (see CCC 1174 and 1178). In each of the hours, we pray to God using the words of Scripture (and Tradition). At the same time, we also hear God speaking to us through these same words. This allows us to come to grow closer to him as we come to understand his will for our lives. Even praying just one of the hours each day therefore draws us into the words of Scripture, the inspired word of God, and brings us to an encounter with Jesus Christ. Essentially, the Liturgy of the Hours is an ongoing conversation with God that draws us closer to him and gives rhythm to our prayer life.

Finally, just as we are united with each other through the Eucharist at the Mass, saying the hours, especially in community, binds us to each other and prepares us to go out to spread the Gospel and build the Kingdom of God. All baptized Catholics (or even all Christians) are called to share the good news of God's love and our salvation with others. This is our mission, our apostolate, given to us by Jesus himself (MATTHEW 28:19-20), and we accomplish this when we reveal the gospel to others through our words and actions. By coming together to praise God in the Liturgy of the Hours, we unite ourselves to him and to each other so that we may be supported and strengthened for our mission and for our journey of faith.

**Find more columns from Drew on faith and prayer on our website: [sahjerseycity.com](http://sahjerseycity.com)**

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