

March 1, 2009 - First Sunday of Lent

## MARRIAGE

Saturday, March 7 - 3:00 P.M. Mass  
Jose Meza & Carmelina Maida

## LENTEN REGULATIONS

**ABSTINENCE** – All the faithful who have reached 14 years of age are required to abstain totally from meat on Ash Wednesday and the Fridays of Lent.

**FASTING** – All the faithful are bound to fast on Ash Wednesday and Good Friday. This practice involves limiting oneself to a single full meal and avoiding food between meals. Light sustenance may also be taken on two other occasions during the day. Fasting may be modified for medical reasons.

**EASTER DUTY** – After they have been initiated into the Most Holy Eucharist, all the faithful are bound by the obligation of receiving Holy Communion at least once a year. This precept must be fulfilled during the Easter season, unless for a good reason it is fulfilled at another time of the year.

## ADULT CONFIRMATION

Formation for Catholics in high school, college, or older will be on **Sundays from 11:00 A.M. - 12:00 P.M.** in the Colbert Center. Confirmation will be administered on Pentecost.



## rites of sending and election

St. Anselm will send five catechumens to Bishop DiMarzio at the 5:00 PM Mass on February 28th. The bishop will formally recognize them on Sunday, March 1st at Christ the King H.S. as they continue preparing for the sacraments of initiation at Easter.

## BOOK DISCUSSION GROUP

**RUN**  
by Ann Patchett  
Thursday, March 19th  
7:00 PM - 8:00 PM  
Colbert Center

## THE SPIRIT & LIFE RETREAT

*A Cursillo Experience for Young Adults*  
presented by Sts. Peter & Paul Spirituality Center

Thursday, March 26, 2009  
through  
Sunday, March 29, 2009

The weekend invites single, Catholic men & Women (between the ages of 19-25) to develop a better understanding of who they are, who the people are in their lives and their relationships with God.

The Retreat Cost is \$125.00

For reservations, please contact the Center at  
(718) 229-8001 x310

## Save the Date

### MONSIGNOR PHILLIPS RETIREMENT

**Farewell Mass**  
Sunday, May 31, 2009, 12noon Mass  
Parish Reception to follow

**Formal Dinner Reception**  
Saturday, June 6, 2009, 7:30pm  
El Caribe Country Club

Invitations to be Mailed

## RACHEL'S HELPERS

A program, Forgiven and Set Free, for women who have had an abortion and are seeking a spiritual healing from this experience.

The program is affiliated with Helpers of God's Precious Infants and takes place with a weekly meeting in a small group setting from 7:30 pm to 9:30 pm for 11 weeks beginning Monday, March 9. There are no fees. We request, however, that you bring your own bible. Light refreshments. Please call 718-939-6646 for more information. All calls are confidential.