



Dear Friends,
LENT 2009

Priest There are three principles for seeking to live in the Spirit of Christ: Prayer, fasting and alms giving. On Ash Wednesday we are given advice by the Lord on the means to carry out these practices. Lent is an opportunity for us to review our practice of prayer and the attitude we bring to prayer. While Disciples in Mission is the Lenten focus for our parishes, daily reflection on the scriptural passages given us for Lent enables us to better appreciate the significance of our baptism and be ready for Easter joy.

Fasting and self-denial are intended to center our lives on God; the ache in the stomach or the sacrifice of some pleasure remind us that God satisfies our deepest hunger. Ash Wednesday is a day of fast for persons age 18 through age 59. On a fast day one does not eat between meals, and the main meal should not exceed the amount of food in the two lesser meals. Ash Wednesday and the Fridays of Lent are days on which all persons 14 and older are to abstain from eating meat.

In lent alms giving should be a priority. The Rice Bowl endeavor is a means by which we sacrifice for the hungry of the world and our area. On Ash Wednesday the collection will assist the rebuilding of the church in Eastern Europe. On the first Sunday of Lent the second collection assists churches serving the Native American and Black Catholics. The churches of Saint Ann in Old Town, Pleasant Point and Peter Dana Point rely on our generosity.

Father Joe Ford; email: jjford67@maine.rr.com

MASS INTENTIONS and MASS SCHEDULE

February 21	4:00 PM	James McBrady (9 th Anniversary), by the family
February 22	8:30 AM	Patrick Conley, by Jack & Peggy Hayden
	5:30 PM	The Parishioners
February 23	7:30 AM	Jacqueline Bousquet, by Vince & Peg Furey
February 25 – Ash Wednesday	7:30 AM	Brian Gallagher, by his family
	5:30 PM	<i>Distribution of Ashes</i>
February 26	7:30 AM	Patrick Conley, by Mr. & Mrs. Sam Diphilipo
Next Weekend Masses		
February 28	4:00 PM	Patrick Conley, by Catherine & Jack O'Donnell
March 1	8:30 AM	Arthur Curran, by the Meahl Family
	5:30 PM	The Parishioners

Last Weekend's Offering: Thank you for your offerings of **\$3,686.00** for last weekend. Our weekly operating expense is \$6,318.00.

Ash Wednesday Collection – In the Church in Central and Eastern Europe, Catholics face many challenges. The strength of this Church is based on its belief in the power of the Spirit of Love, which has sustained it through trials and energized it for change. Please be generous in next week's Collection with your gifts to this unique and faithful part of the Church. Learn more at: www.usccb.org/nationalcollections.

Next Weekend's Second Collection - "Support United States Black, Indian, Eskimo and Aleute Missions" The annual appeal is a vital part of the church for the Year 2009. The Funds are needed to continue present Evangelization programs; even more, to assist those parishes devastated by hurricanes to totally rebuild their programs. Many places, lost everything and how soon we forget the rebuilding that needs to be done **cannot be done overnight**. Many new evangelization efforts are being made in these areas as well as other Black, Indian, Eskimo and Aleute communities assisted by the Church's National Black and Indian Collection. Will you try to help us be successful?

February 25 - Ash Wednesday

St. Gregory's - 8:00 AM Distribution of Ashes & 7:00 PM Mass

Lent – The Disciples in Mission groups are now formed. We had an excellent response with 71 participants including 8 families. Those who signed up for a faith-sharing group, can pick up their assignment and participant booklet after Mass today in the Narthex.

Stations of the Cross will be held each Friday of Lent at 4:30 PM.

Operation Rice Bowl – As part of our parish's Lenten observance, we will participate in Catholic Relief Services' Lenten program, Operation Rice Bowl. Since 1875, Operation Rice Bowl has inspired Catholics in the United States to pray, fast, learn and give as we increase our understanding of our global community. We will connect this understanding with the principles of Catholic Social Teaching throughout our Lenten journey. We encourage you to participate in Operation Rice Bowl at home with your family and loved ones.

Music Ministry News: On Feb. 22 at the 5:30 Mass the Sacred Heart Praise Band will be providing the music.

Altar Server Training: There will be a training and orientation for new altar servers on Wednesday, March 4th at 4:30 p.m. If you are in grades 3-8 and are interested in becoming an altar server, please contact Meredith Charest at 781-8599 or mcharest1@maine.rr.com.

Confirmation sessions for older students: Any student in grades 3 through 12 who has not yet received Confirmation is invited to participate in classes starting in March. We will meet in the conference room on Sundays from 9:30am to 10:30am on March 1, March 8, March 15, March 22, and March 29. Confirmation will be held at the Cathedral in Portland on May 2nd. If you are an adult who has never been confirmed, I can also help you. For more information on the Confirmation sessions, please contact Judy Dominick at judy.dominick@portlanddiocese.net or call the rectory at 781-4573.

Tax Information – If you would like a copy of your 2008 weekly offering to Holy Martyrs Parish for income tax purposes, please print your name, mailing address, phone number, envelope number on the tax sign-up sheet in the narthex. A copy of the amount of your contribution will be mailed to you in a timely fashion.

Falmouth & Cumberland Food Pantry - Ongoing weekly collection of food items to help those in need!

With the current economic crisis affecting so many families, we are undertaking a new endeavor to establish an ongoing collection of food items and monetary donations for the local Falmouth Community Food Pantry and Cumberland Food Pantry. There is a container on the Stewardship table in the Narthex for your contributions for this effort. We are also looking for a few volunteers to organize the distribution as necessary. Call Deacon Dennis @ 781-2847 or email dennis@holymartyrs.org if you are interested. Below is a list of requested items but any nonperishable items would be appreciated:

Cereal; Crackers ; Pancake syrup; pancake mixes; Macaroni and cheese box mixes; Canned pasta-spaghettios, ravioli, etc. Boxed meals- Hamburger helper, tuna helper, chicken helper, etc. Canned meats- ham, chicken, turkey, spam, Canned stews, chili, hash Canned fruit; Cookies ; Snacks for kids lunches, Coffee, tea; Fruit juices - bottles or boxes; Condiments - mayo, ketchup, mustard, etc. Paper towels; toilet paper; cleaning supplies; laundry detergent; Personal hygiene items - toothpaste, shampoo, deodorant, etc.

We will continue the bimonthly "Brown Bag" Sunday collections that have been such an important part of our outreach to the needy, coordinated by Nancy Castonia. Thank you for your support.

Connected Catholics – Sunday, March 1st at Mercy Hospital, Fore River at 2:00 PM. Eileen Skinner, the CEO of Mercy Hospital will be giving a tour after the Business Meeting. Luncheon to follow. FMI: Contact Mary Jane at 318-6032.

The Good Cause Thrift Shop is featuring a wonderful selection of **NEW prom gowns**. Gloves, purses, shoes and jewelry, too!! Call for a special Group Prom Gown Showing or just come into Good Cause. We have just the right gown for the right price! Look your best in a new gown from the Good Cause Thrift Shop, 16 Forest Avenue, Portland, ME 04101. 207-772-4903.

Holy Martyrs Weekly Calendar

Sunday February 22	Mass at 8:30 AM & 5:30 PM <i>80: Is 43:18-19,21-22,24b-25; Ps 41; 2 Cor 1:18-22; Mk 2:1-12</i> NO Religious Education Classes	Readings Begin at #967
Monday February 23	Mass at 7:30 AM <i>341: Sir 1:1-10; Ps 93; Mk 9:14-29 see 536: Rv 2:8-11; Jn 15:18-21</i> Religious Education Classes Resume DIM 8:30-10:00 AM & 7:00-8:30 PM	
Tuesday February 24	Mass at St. Gregory's at 8:00 AM Contemplative Prayer Group 9:30-11:00 AM Finance Council 6:00 PM <i>342: Sir 2:1-11; Ps 37; Mk 9:30-37</i>	
<i>Ash</i> Wednesday February 25	Mass at 7:30 AM DIM 2:00-3:30 PM Distribution of Ashes 5:30 PM Opus Dei Men 6-7 PM <i>219: J12:12-18; Ps 51; Mt 6:1-6,16-18</i>	
Thursday February 26	Mass at 7:30 AM FBTS 10:00 AM, Sedgewood 10:45, Oceanview 2:30 PM <i>220: Dt 30; Ps 1;1-4,6; Lk 9:22</i> DIM 7:00-8:30 PM	
Friday February 27	Mass at St. Gregory's at 8:00 AM <i>221: Is 58:1-9a; Ps 51; Mt 9:14-15</i> Stations of the Cross 4:30 PM	
Saturday February 28	Mass at 4:00 PM <i>222: Is 58:9b-14; Ps 86; Lk 5:27-32</i>	
First Sunday of Lent March 1	Mass at 8:30 AM & 5:30 PM Religious Education Classes Confirmation Retreat 1:00-3:00 PM <i>23: Gn 9:8-15; Ps 25; 1 Pt 3:18-22; Mt 1:12-15</i>	

Maine Marriage Initiative – We are pleased to announce the launching of a new web site devoted exclusively to the issue of same-sex marriage. Go to: www.mainemarriageinitiative.org today to learn more about same-sex marriage legislation to be introduced in Maine this year. Learn the facts and hear about the myths, click to contact your representative in Augusta, and see what the various faith groups have to say about this issue, including our own Bishop Malone. FMI: Contact Marc Mutty, Office of Public Affairs, Roman Catholic Diocese of Portland, 772-6471 (office) or 831-3148 (cell).

Enrich Your Marriage in a Special Way! - Make plans now to spend a weekend together away from the demands and distractions of everyday life. A **Worldwide Marriage Encounter** weekend will be held at the **Lewiston Ramada Inn** on **March 20-22, 2009**. The weekend is designed as a private experience between husband and wife that focuses on communication techniques which help each individual couple to rekindle the joy and excitement of living in love. The registration fee is \$50.00 and a freewill donation will be accepted at the end of the weekend. FMI or to register contact Dave & Ellie at 207-933-4237 or go to www.wmmeNewEngland.org.

Silent and Live Auction for Brigid School – Join your friends and neighbors and experience an evening enjoying a warm and comfortable Hawaiian atmosphere on March 20th at the Italian Heritage Center from 5:30 PM – 12:00 AM. Dinner, Cash Bar, Dancing. Values Galore - 1st Prize 42" RCA LCD High Definition TV, 2nd Prize: IPOD ATouch 8 GB, 3rd Prize: \$150.00 L.L. Bean Gift Certificate. Cost per ticket is \$32.00 FMI: 797-7023. All proceeds benefit St. Brigid School.

Book Signing – The Ave Maria Gift Shop is hosting local author, Susan Conroy of South Portland, for a book signing on the translation of the book entitled, "The End of the Present World, and the Mysteries of the Future Life" on Saturday, **February 28 from 10:00 AM – 1:00 PM**. Many of you will remember Susan from her first book, "Lessons of Love & Secrets of Sanctity" about her experiences with working alongside Mother Teresa. FMI: The Ave Maria Gift Shop, 797 Stevens Avenue, Portland, 797-7999.

MASSES:

Saturday Mass: 4:00 PM
Sunday Masses: 8:30 AM & 5:30 PM
Daily Mass: Mon. & Wed. at 7:30 AM
Communion Service: Thurs. at 7:30 AM
Confession: Sat. 3:15-3:45 & by appointment

OFFICE HOURS: 8:30-3:00 PM, Monday – Friday

PARISH OF THE HOLY MARTYRS OF NORTH AMERICA

266 Foreside Road, Falmouth, Maine 04105
www.holymartyrs.org

PARISH DIRECTORY:

Parish Office: 781-4573
 Religious Education: 781-2847
 Fax: 781-3961
 Email: rectory@holymartyrs.org

ADMINISTRATION:

Administrator: Rev. J. Joseph Ford
 Catechetical Leaders: Deacon Dennis Popadak
 Judy Dominick

PARISH STAFF:

Christian Initiation: Judy Dominick
 Youth Ministry: Scott Ross
 Music Ministry: Diane Beaton
 Parish Secretary: Debra J. Coppinger

BULLETIN DEADLINE:

Notices for the bulletin must be at the rectory office by 12:30 PM on Tuesdays.

NEW PARISHIONERS: Welcome! We invite you to join in our parish community. Please register by contacting the rectory office

DEPARTING PARISHIONERS: Please inform the rectory office when you move from the parish.

HOMEBOUND & HOSPITALIZED: Please contact the rectory office to arrange for a visit.

BAPTISMS: By appointment – please contact the rectory.

MARRIAGES: Couples should contact the rectory at least six months in advance.

