



Our Lady of Perpetual Help
Catholic Church
School
Capilla

Fr. Michael Accinni- Reinhardt and Fr. Oscar Gutierrez

On our way to holiness, ONE thing at a time. Lent 2010

O Lord, I believe and profess that You are truly Christ, the Son of the living God, Who came into the world to save sinners, of whom I am the first. Accept me as a partaker of Your mystical supper, O Son of God; for I will not reveal Your mystery to Your enemies, nor will I give You a kiss as did Judas, but like the thief I confess to You:

Remember me, O Lord when You shall come into Your kingdom.

Remember me O Master, when You shall come into Your kingdom.

Remember me O Holy One, when you shall come into Your kingdom.

May the partaking of Your Holy Mysteries, O Lord, be not for my judgment or condemnation, but for the healing of soul and body. O Lord, I also believe and profess that this, which I am about to receive, is truly Your most precious Body and Your life- giving Blood, which, I pray, make me worthy to receive for the remission of all my sins and for life everlasting. Amen.

O God, be merciful to me, a sinner.

O God, cleanse me of my sins and have mercy on me.

O Lord, forgive me, for I have sinned without number. (Prayer of St. John Chrysostom)

My Lenten Pledge

I will attend these events: _____

Week One

Pillar: Fasting

Feb. 17th - 20th

Calendar This Week

Tues., Feb 16th; Mardi Gras at 3 to 7 pm in the hall. An authentic carnival with the umbrella dance, cake, masks and burning of last year's palms.

Wed., Feb 17th Ash Wednesday Schedule:

English: 6:15 am, 8:30 am, noon, 6:30 pm at OLPH.

Spanish: 10am, 3pm, 6:30 pm at OLPH. 8pm at the Capilla.

On Ash Wednesday and Good Friday, Catholics between the ages of 18 and 59 are obliged to fast and abstain from meat. Fasting means eating only one full meal a day so we limit other food we eat to ensure that it does not add up to another full meal. Fridays throughout Lent are also days of abstinence from meat.

In his "Apostolic Constitution on Penance," Pope Paul VI did more than simply reorganize Church law concerning fast and abstinence. He reminded us of the divine law that each of us in our own way do penance. We must all turn from sin and make reparation to God for our sins. We must forgive and show love for one another just as we ask for God's love and forgiveness.

Fri., Feb 19th Join us for soup supper in the OLPH hall at 6pm.

Spanish Stations of the Cross start at 6:30 in the Capilla.

English Stations of the Cross at OLPH start at 7pm hosted by the Altar Servers.

Sat., Feb. 20th; Diocese of Phoenix Men's Conference Cost: \$45 Per Person
Saint Paul's Catholic Church 330 West Coral Gables Drive Phoenix, 8:30am - 6:30pm

Rosary on the lawn at 6:30. Bring your lawn chairs and kids to the playground.

My ONE Thing this week:

Week Two

Pillar: Spiritual Reading/Holy Bible

Feb 21-27th

Calendar This Week

Wed., Feb. 24th: Reflection on Parables 7-8:30 pm with Deacon Dennis in the chapel.

Fri., Feb 26th : Join us for soup supper in the OLPH hall at 6pm.

Spanish Stations of the Cross start at 6:30 in the Capilla.

English Stations of the Cross at OLPH start at 7pm hosted by the Youth Group.

Sat., Feb. 27th: Movie Night: The 13th Day, the Fatima Story at 6:30 in the Church.

Virtues are formed by prayer. Prayer preserves temperance. Prayer suppresses anger. Prayer prevents emotions of pride and envy. Prayer draws into the soul the Holy Spirit, and raises man to Heaven. St. Ephraem.

My ONE Thing this week:

Week Three

Pillar Confession

Feb 28th- Mar 6th

Calendar This Week

Tues., Mar. 2nd: OLPH School Reconciliation Service in Church 7pm.

Wed., Mar. 3rd: Reflection on the Parables. 7-8:30 pm with Deacon Dennis in the chapel.

Fri., Mar. 5th: Join us for soup supper in the OLPH hall at 6pm.

Spanish Stations of the Cross start at 6:30 in the Capilla.

English Stations of the Cross at OLPH start at 7pm hosted by the St. Vincent de Paul.

Sat., Mar. 6th: Movie Night: The Song of Bernadette Story at 6:30 in the church.

My ONE Thing this week:

Week Four

Pillar for the week: Stewardship

Mar 7th- Mar 13th

Calendar This Week

Mon. Mar. 8th: Nik Nikas; End of Life Considerations in the Church at 7pm.

Wed., Mar. 10th: Reflection on the Parables. 7-8:30 pm with Deacon Dennis in the chapel.

Thurs., Mar. 11th: Parish night of confession @ 7.

Fri., Mar. 12th:

Join us for soup supper in the OLPH hall at 6pm.

Spanish Stations of the Cross start at 6:30 in the Capilla.

English Stations of the Cross at OLPH start at 7pm hosted by The Knights of Columbus.

Sat., Mar. 13th: Weathering Hard Financial Times; A Christian Workshop on Financial Survival with Crown Financial.

My ONE Thing this week:

Week Five

Pillar: Contemplation

Mar 14th- Mar 20th

Calendar This Week

Mon., Mar 15th: The Mass explained in slow motion 7pm Church. Ever wondered why the priest does something at Mass? We've got the answers tonight.

Wed., Mar. 17th: Reflection on the Parables. 7-8:30 pm with Deacon Dennis in the conference room.

1st Annual Perpetual Adoration Procession at 7 pm. From the Church, adorers will process to the chapel for re-dedication of our adoration chapel.

Friday, March 19th: : Join us for soup supper in the OLPH hall at 6pm.

Spanish Stations of the Cross start at 6:30 in the Capilla.

English Stations of the Cross at OLPH start at 7pm hosted by Deacon Dennis.

Saturday, March 20th: Mini-Retreat "Into the Heart of Mary" with Deacon Dennis starting with Mass at 8:30 and concludes with 5pm Mass.

My ONE Thing this week:

Week Six

Pillar: Rosary

Mar 21st- Mar 27th

Calendar This Week

On the Road to Jerusalem- A Lenten Mission with Fr. Noel Mueller, O.S.B.

Mon., Mar. 22nd: English @ 6:30, Spanish @ 7:30.

Tues., Mar. 23rd: English @6:30, Spanish @ 7:30.

Wed., Mar. 24th: English @ 6:30, Spanish @ 7:30.

Thurs., Mar. 25th: Conclusion of Mission at 7pm.

Fri., Mar. 26th: Join us for soup supper in the OLPH hall at 6pm.

Spanish Stations of the Cross start at 6:30 in the Capilla.

English Stations of the Cross at OLPH start at 7pm hosted by Mr. Herrera and the Choir.

Sat., Mar 27th: Movie Night: The Passion of the Christ at 6:30 in the church.

My ONE Thing this week:

Week Seven

Pillar Holy Sacrifice of the Mass

Mar 28th-April 4th

Calendar This Week

Sun., Mar. 28th: Palm Sunday

Wed., Mar. 30th: Reflection on the Parables. 7-8:30 pm with Deacon Dennis in the chapel.

Holy Thursday, April 1: Holy Thursday Service in English at OLPH 7pm.

Holy Thursday Service in Spanish at 7pm Capilla.

Good Friday, April 2nd: Living Stations of the Cross 3pm with OLPH School and Choir.

Deacon Bob hosts Stations of the Cross with veneration at 3pm in OLPH Church.

Fr. Oscar, Guadalupanas & Grupo de Familiar host Stations of the Cross 4pm in OLPH field in Spanish.

7 pm Veneration of the Cross at OLPH English.

Parish will begin The Divine Mercy Chaplet Novena for nine days. The novena will conclude on Divine Mercy Sunday, April 11th. The Divine Mercy Mass will be at 3pm on Sunday, April 11th.

My ONE Thing this week:

Easter Vigil April 3th

Saturday, April 3th: Holy Saturday Easter Vigil Sunset Service at 7 pm. We will begin as one community in the main church where we will light our Easter Candle. The Capilla Candle will be lit from the Easter Candle and the Spanish Mass attendants will go to the hall with an awesome Easter Vigil. The English speakers will stay in the main church for the Easter Vigil in English. We will welcome our new members and celebrate the sacraments in native languages and separate masses.

Easter Sunday April 4th

6 a.m. School courtyard Mass welcomes our school families and all who wish to attend. We will also bless the school water fountain.

Easter Sunday Masses in English 6:30, 8:30 & 10:30a.m. at OLPH

Easter Sunday Masses in Spanish 10 am Capilla & 12:30 pm.

Easter Egg Hunting

Fr. Michael's Eggstravaganza Easter Egg Hunt and Pictures with the Easter Bunny will be after the 6 am and 10:30 am Masses. Kids 2-12 are welcome to bring their baskets to church for the hunt.

Feb 16th Mardi Gras 3-7:30 in the hall.

Feb 17th Ash Wednesday: See pg 2

Feb 19th Soup @ 6; Spanish Stations in Capilla 6:30. English Stations- OLPH 7.

Feb 20th Men's Conference @Saint Paul 330 West Coral Gables Phoenix 8:30am - 6:30pm

Feb 20th Rosary on the Lawn 6:30pm

Feb 24th Reflection of the Parables; Chapel 7-8:30.

Feb 26th Soup @ 6; Spanish Stations in Capilla 6:30. English Stations- OLPH 7.

Feb 27th Movie at 6:30pm The 13th Day, the Fatima Story.

March 2nd School Reconciliation Service in Church at 7pm.

March 3rd Reflections of the Parables in the Chapel 7-8:30.

March 5th Soup @ 6; Spanish Stations in Capilla 6:30. English Stations- OLPH 7.

March 6th Movie night at 6:30pm in the Church: The Song of Bernadette

March 8th End of Life Considerations in the Church at 7 pm.

March 10th Reflections of the Parables in the Chapel 7-8:30.

March 11th Night of Confessions for Parish at 7pm.

March 12th Soup @ 6; Spanish Stations in Capilla 6:30. English Stations- OLPH 7.

March 13th Survive the Financial Times in English 8:30 am Church. \$25/register

March 15th: Mass in Slow Motion in the Church 7pm

March 17th Perpetual Adoration Procession 7pm Church

March 17th Reflections of the Parables; Conference room 7-8:30.

March 19th Soup @ 6; Spanish Stations in Capilla 6:30. English Stations- OLPH 7.

March 20th Mini-Retreat "Into the Heart of Mary" 8:30am in Church.

March 22-25 Parish Lenten Mission by Fr. Noel Mueller OSB in Church.

March 26th Soup @ 6; Spanish Stations in Capilla 6:30. English Stations- OLPH 7.

March 27th; Survive the Financial Times- Spanish 8:30-4:30. \$25/register

March 27th; Movie Night 6:30 Passion of the Christ.

March 30th Reflections of the Parables in the Chapel 7-8:30.

April 2nd-4th: Begin Divine Mercy Novena and Easter Triduum. Schedule on pg 9