

Holy Spirit Roman Catholic Church

318 Newark-Pompton Turnpike

Pequannock, NJ 07440

Rev. David Monteleone
Pastor



“In the Spirit”

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My dear parishioners:

It's hard to believe, but we are now nearing the conclusion of the holy season of Lent. We ushered in this austere but beautiful time of the year with those challenging words, “Remember that you are dust, and to dust you shall return.” We recall that we are living for something beyond this life, that we are mortal, that we are burdened by sins that cry out for a redeemer to rescue us from eternal death. We take these forty days to unite ourselves with our Lord in the desert, undertaking practices of fasting, prayer, and almsgiving to prepare for Holy Week. Are we ready?



One of the expressions that seems to be becoming more and more common today, is something like, “Don't give something up, just try to do something nice instead.” Perhaps in the face of so many who give something up just to test their will power (or to lose some weight), some are seeing the pharisaical side of fasting. They are heeding those words of the Lord, “I desire mercy, not sacrifice.” But at the same time, we know the Lord did fast himself, and he said to his apostles who failed to cast out an evil spirit, “But this kind does not come out except by prayer and fasting.” Fasting is an essential part of our spiritual lives, especially during Lent, so the Church envisions that we don't just pick one thing, but try to grow in fasting, prayer, *and* almsgiving. I hope each of us therefore looks into our hearts, finds our weaknesses and attachments, and takes advantage of the grace-filled season of Lent to make leaps and bounds in our spiritual lives. Especially through fasting and denying ourselves things we think we need, but don't really need, we can find an incredible amount of room in our lives for other things that bring us closer to God. I'll offer some ideas that might be of value:

Fasting: We can cut out time on the internet and cell phones, watching TV and movies, following the news and social media. We can give up music and find more time for silence. We can cut out sweets and dessert foods, unhealthy drinks and alcohol, meat or other foods that we eat very often. We can spend less on unnecessary purchases or eating at restaurants (after the COVID-19 threat passes—rather than home. We can take cold showers or avoid making our environment perfectly comfortable. We can choose a vice we struggle with – impatience, ingratitude, holding a grudge, impurity, dishonesty, envy, gossip, anger – and strive each day to avoid them.

Prayer: Especially with the added time we get from cutting things out above, we can spend a few more minutes in silence each day for prayer. We can pray a rosary or a divine mercy chaplet. We can watch Sunday Mass on our website and Facebook. We can choose a spiritual book or two to read. We can watch spiritual content on YouTube or listen to a Catholic Podcast.

Almsgiving: Saving money on certain indulgences, we can give more to the poor or the Church. By saving time we can have more time for others. We can reach out to a lonely family member or friend, even writing letters to express our appreciation. When our world returns to a “new normal”, we can volunteer, particularly here in our parish with programs like Grains of Hope or help decorate the church. We can go through our possessions and give some to the needy. We can try to be more charitable in how we speak of others. We can try to do even one act of kindness each day.

In these final days of Lent, let's not just choose one easy thing, but let's try to grow in all three of these areas, challenging ourselves beyond where we might even think we're capable. If Lent is truly difficult, if we truly give it our all, yes we will feel a small portion of the pain of the cross on Good Friday, but it will pale in comparison to the incredible joy we will find on Easter Sunday.

Peace,

Father David

HOLY SPIRIT PARISH MISSION STATEMENT

We the people of Holy Spirit Parish are a worshipping community, called by God, and empowered by the Holy Spirit, sharing joyfully the Good News of Jesus Christ's message of love and salvation. We offer prayer, fellowship, hospitality, service and outreach with all who seek a relationship with Christ.



A LENT LIKE NO OTHER

On Monday, March 16, Bishop Serratelli issued a Mandate which suspended all Masses "until further notice" in response to the coronavirus pandemic.

Effective Wednesday, April 1, the Diocese has directed that all church buildings and chapels be closed until further notice. Fr. David will continue to celebrate private daily Mass, remembering the scheduled Mass intentions for your loved ones. Physical presence of the faithful is not allowed.

Recording of Sunday Mass will continue, and will be posted each Sunday morning for public viewing.

All AA meetings are suspended until further notice.

Baptisms and Funerals will not take place until further notice.

Shown at right is Fr. David Monteleone celebrating the March 29 liturgy "without the physical presence of the faithful".

A video of the full Mass is posted on our website via Facebook by 9AM each Sunday

The Parish Office is closed temporarily for the safety of our staff and their family members. You can reach the parish office via email at info@holyspiritchurchnj.org.

Mass intentions and mass cards are available via email request and can be picked up in the rectory mailbox which is at the back door.

Celebration of the weekly Sunday Mass will be posted on our website at www.holyspiritparishnj.org, and may be viewed directly on our Facebook page <https://www.facebook.com/HolySpiritParishPequanock/>. You do not need to have a Facebook account to view the recorded Mass.

Stay Close to God



**LUMINOUS MYSTERIES OF THE ROSARY
REVEAL THE LIGHT OF JESUS, BRINGING PEACE
IN YOUR LIFE**

On Tuesday, March 10, Steve Kass, Holy Spirit Parishioner and adjunct theology professor at Seton Hall University presented a reflection on the Luminous Mysteries of the Rosary to bring a deeper understanding of the public life of Jesus:

The reflection included a history of the evolution of the rosary as we know it today. Because there are 150 psalms, the early rosary consisted of a string of 150 knots on which people would pray 150 "Our Fathers" in lieu of reciting the 150 psalms. It was a way for people who couldn't read to participate in the prayer life of the church. Reciting 150 Our Fathers was very time-consuming, so what evolved was the Marian Psalter. In lieu of 150 "Our Fathers", people would pray 150 "Hail Marys". The Hail Mary they prayed was not the Hail Mary as we know it today. The original Hail Mary was "Hail Mary, full of grace, the Lord is with thee. Blessed art thou among women, and blessed is the fruit of thy womb, Jesus." That lasted for the first 1500 years.

There was a combination of the tradition of praying 150 Our Fathers and 150 Hail Marys and that evolved into the current rosary that we pray today. If you pray the complete rosary, you are praying 50 Hail Marys, and there were three mysteries, so 150 Hail Marys, to mirror the 150 psalms.

The rosary that we pray today is believed to have been given to us by St. Dominick, so the structure is as it was back in the 13th century.

The Hail Mary as we pray it today was composed at the advent of the Bubonic Plaque. The last half of the Hail Mary, "Pray for us sinners, now and at the hour of our death. Amen." was added in the 14th century when nearly 70% of Europe's population died from the plaque.

The Luminous Mysteries came about 15 years ago. They were added by a letter from Pope John Paul II in 2002. The Luminous Mysteries were added specifically with the 9/11 attacks in mind. As he wrote his apostolic letter that promulgated the Luminous Mysteries, Pope John Paul II felt that especially in the wake of those attacks, it was time for us to contemplate the life of Christ and hear what he has to say about his own ministry and how he brought light into the world.

The Luminous Mysteries recall significant events in Jesus' public ministry, so Pope John Paul II wanted to add them to shed light on our own discipleship.

- **Baptism of Jesus in the Jordan**
- **Wedding at Cana**
- **Proclamation of the Kingdom**
- **Transfiguration**
- **Institution of the Eucharist**

Drawing a parallel between our lives and the life of Christ, Steve posed a hypothetical question, asking those present, "How would you introduce yourself?" Most responses would involve describing personal identity in terms of career or job. He went on to suggest that perhaps a more meaningful and descriptive response could be, "I am a Christian." Jesus never forgot who he is as the Son of God, so his followers need to hold on to our identity as beloved sons and daughters of God. The remainder of the interactive reflection examined each of the mysteries exploring the identity of Jesus.



SERVICE BY THE YOUTH OF OUR PARISH

In January, 27 members of the Holy Spirit Confirmation class worked together to "Spread the Warmth" by making homemade blankets to be distributed to children in need in hospitals, family shelters, and family service organizations.

Confirmation leader Sue Kamper and Holy Spirit Director of Religious Formation, Suzanne Unger organized and supervised the blanket-making workshop. Fr. David Monteleone, Pastor, blessed the blankets and the hands that made them. The 40 handmade blankets were made from donated materials, and were given to Project Linus for distribution to areas most in need.



Project Linus



GIRL SCOUT PROJECTS AND AWARDS

Four Holy Spirit parishioners were among the Girl Scouts who were presented with religious awards during the annual combined diocesan Boy Scout and Girl Scout Sunday Mass on February 23 in the Cathedral of St. John the Baptist, Paterson.

Olivia DeFreitas (Holy Spirit Parish) and Sabrina Spasevski (OLGC), both students at Holy Spirit School, earned the "I Live My Faith" program award. The *I Live My Faith* program, offered to girls ages 9-11, enrolled in Girl Scouting, helps them learn to appreciate more deeply the place that God and religion occupies in their everyday lives, and emphasizes the importance of helping others.

Mary, the first Apostle Award, offered to Cadette Girl Scouts, complements the religious education carried out in Catholic schools and religious education classes. This award reminds the recipients of their commitment to faith through prayer, service and responsible community participation. Mary, the First Apostle was awarded to Holy Spirit parishioners Nicole Ann Chavez, Asha Winn, and Priya Winn.



"Kindness Rocks", created by members of Girl Scout Troop 96488 can be seen around the flag pole in front of Holy Spirit School.

VFW Essay Contest Winners

Sr Marie Antonelli is shown with winners of VFW Post 8096 Patriot's Pen essay contest. The Holy Spirit School students wrote essays with the theme "What Makes America Great". The winners were chosen from a large number of entries from various schools in Morris and Passaic counties. Each student received a \$100 scholarship from the Butler, NJ VFW at a ceremony held on Mar. 5, 2020. Winners also received a certificate of recognition presented by a member of Rep. Mikie Sherrill's office.



Congratulations!

We are so proud of you!



Holy Spirit School students Sabrina Spasevski and Olivia Freitas assisted as altar servers at the Scout Mass at the Cathedral of St. John on Scout Sunday.

Holy Spirit School Wins CYO Basketball Championship

Summit, NJ- The Holy Spirit Pequannock 7th and 8th Grade Varsity Basketball Team won the Diocese of Paterson CYO Upper Middle ACC Basketball Championship with a 54-49 victory over St. Vincent de Paul Stirling. Trailing by 3 points going into the fourth quarter, the Crusaders went on a 12-4 run for the victory. Holy Spirit advanced to the championship game at Oratory Prep with a 65-44 victory over Sacred Heart of Rockaway. The Holy Spirit Crusaders finished the 2019-2020 season undefeated with a 16-0 record. For the 8th grade class it was their third straight appearance in a league championship game and their second league championship in the last three years establishing a cumulative record of 48-5. For information on Holy Spirit School visit: <https://holyspiritschoolpequannock.org/>



Row 1: Left to Right, Matt Nieves, Anthony Ferrara, Sebastian Ramos, Sean Bolan, Richard Hernandez

Row 2: Left to Right, Coach Rich De Fabio, Matt Bogush, Robert Oechslin, Principal Sister Marie Antonelli MPF, Alex Manna, Michael Sapp, Marc Gargas, Coach Jim Schalago

Congratulations!!

HOLY SPIRIT SCHOOL SEVENTH GRADERS WIN ANNUAL PI COMPETITION AT DEPAUL CATHOLIC HIGH SCHOOL



On March 14, Holy Spirit School students competed against students from St. Ann, St. James, and St. Anthony in the annual Pi Day competition at DePaul Catholic High School.

Pictured is the winning team and their teachers/advisors: (L-R)

Mr. Greg DeLillo, 8th grade teacher; students Maggie, Jaya, Austin, Alexa; Mrs. Susan Callahan, 6th grade teacher.

Each of the students on the winning team was awarded a gift certificate to Staples.

HOLY WEEK, THE PASCHAL TRIDUUM, AND EASTER

1. **The date of Easter** is the linchpin of the entire liturgical year and is declared immovable by the Apostolic See through mandate of the Supreme Pontiff. The date of Easter remains [April 12, 2020](#).

2. **The Chrism Mass is postponed** to a date following Easter. The announcement of the date of the celebration will be given at a later time. The Sacred Chrism and Holy Oils consecrated and blessed last year remain for the administration of the sacraments. The administration of sacraments are completely valid and licit with the use of the Sacred Chrism and Holy Oils consecrated and blessed last year.

3. **Holy Week, the Paschal Triduum, and Easter** will be celebrated without the physical participation of the faithful.





Blood Pressure Check by Our Health Ministry



Parish Life in Photos!



Thanks to Sue Kamper for sharing these "Spread the Warmth" Photos!

