



# Our Lady of Guadalupe

135 N. White Horse Pike, Lindenwold, NJ 08021

Parish Office 856-627-2222 FAX 856-627-8210

Website: [guadaleparishnj.org](http://guadaleparishnj.org)

January 30, 2011

Fourth Sunday in Ordinary Time

**Rev. Joseph P. Capella, Pastor**  
**Rev. Walter Guasp-Santos, Parochial Vicar**  
**Rev. Wilson Paulose, Chaplain, Kennedy Hospital**  
**Permanent Deacon John Berstecher**  
**Mrs. Helen Persing, School Principal - 856-783-3088**  
**Ellen Henehan, Director of Ministries - 856-627-2222**  
**Religious Education Program**  
**856-783-7006 or 856-627-2222**  
**Maria Nieva, Music Director**  
**Immaculata Hall Dan Farr 856-783-1586**  
**Parish Office Hours: Mon. to Fri., 9 a.m. to 4 p.m.**  
**Horario de oficina para la comunidad hispana por favor de llamar los.**

**Martes de 6:00 pm a 9:00 pm**

**Jueves de 3:00 pm a 7:00 pm**

**Viernes de 6:00 pm a 9:00 pm**

### Mass Schedule - St. Luke Church

**Daily Mass: 8:00 a.m. Mon., to Sat.**

**Liturgy of the Hours following 8 a.m. daily Mass**

**Miraculous Medal Novena - Tues. after the 8 a.m Mass**

**Saturday: 4:30 p.m.**

**Sunday: 11:30 a.m. and 5:00 p.m.**

**Confessions: 3:45 p.m. Saturdays**

### Mass Schedule - St. Lawrence Church

**Daily Mass: 7 p.m. Mon. to Fri.**

**Saturday: 4:15 Confessions & 5:00 p.m. Mass**

**Sundays: 7:30 a.m., 9:30 a.m., & 1 p.m. Spanish Mass**

**Confessions: M-F 6:30 to 6:50 p.m.**

### Adoration & Divine Mercy Chaplet

**Mon., after 7 p.m. Mass**

**Miraculous Medal Novena**

**Tues., after 7 p.m. Mass**

**Eucharistic Adoration**

**Thurs., 9:00 a.m. to 6:00 p.m.**

**Our Lady of Guadalupe Perpetual Novena**

**Every Thursday after morning and evening mass**

### Anointing of the Sick

In case of emergency, ANY TIME, day or night, please call the Parish Office number above, and listen to the prompt that will direct you. The sick will be anointed at home any time by request. Communal anointing of the sick and elderly will be celebrated in the church as announced.

### Communion for the Sick

Call the Parish Office to arrange an appointment.

### Horario Misas:

Cada jueves, 6:00pm

Cada domingo, 1:00pm

### Bautismos de los niños:

Los cuartos domingos durante la Santa Misa, 1:00pm

Charlas para los cursos prebautismales (padres y padrinos); los terceros domingos despues de la Santa Misa, 2:30pm

### Matrimonio:

Por favor, habla con el Padre para informacion de cursos prematrimoniales y todas las reglas para las boda Catolica

### Grupo Juvenil

Pm Grupo Juvenil en el Centro Juvenil St. Juan Diego, jueves 7 pm

### Devociones:

Adoracion del Santisimo Sacramento del Altar, los jueves, 9:00 am to 6 pm, primeros sabados, 7:00pm

### Encuentros

**Sabados alas 7:00PM – 10:00PM** Renovacion carismatica en cafeteria

**Martes de 7:00 PM-9:00PM** Estudio biblico en cafeteria

**Miercoles 7:00 PM-9:00PM RICA** Formacion de los adultos en cafeteria

### Marriage

Ideally, Catholic marriages take place at Mass. To insure proper preparation, arrangements should be made one year in advance. Because of the preparation needed, six months notification is mandatory. Please call the Parish Office.

### Infant Baptism

2nd Sunday of each month at 3:00 p.m., Lindenwold campus. Catechesis for parents and sponsors takes place on the 1st Tuesday of the month at 7:45 pm.

Arrangements are to be made in advance at the Parish Office.

### Christian Initiation

For those desiring to become Catholic, or for Catholics who have not received all of the Sacraments of Initiation. Please call the Parish Office for information.

### Priesthood or Consecrated Life

For those interested in becoming a Priest or entering the Consecrated Life (i.e. Religious Brother or Sister) please call the Parish Office or see one of the Priests of the parish.

# MASSSES for the WEEK

S-Stratford Church L-Lindenwold Church

Saturday, January 29, 2011

- S 8:00 a.m. **Craig Leib, Sr.**  
*R/b Bob & Alice Bakley*
- S 4:30 p.m. **Ralph LaMorte**  
*R/b His Loving Wife & Family*
- L 5:00 p.m. **Jack Maguire**  
*R/b Bill Waples*

Sunday, January 30, 2011

- L 7:30 a.m. **Anthony Kurys**  
*R/b Mr. & Mrs. Robert Donaldson*
- L 9:30 a.m. **Bud McLaney**  
*R/b Ann & Frank Haus*
- S 11:30 a.m. **John Maguire**  
*R/b John & Valerie Hopkins*
- L 1:00 p.m. **Spanish Mass**
- S 5:00 p.m. **Mario Gadeletta**  
*R/b Bernadine Peruto*

Monday, January 31, 2011

- S 8:00 a.m. **Catherine Adams**  
*R/b Grace Schroeder*
- L 7:00 p.m. **Dorothy Ritter - 1st Anniversary**  
*R/b Her Loving Daughter, Martha Scutte*

Tuesday, February 1, 2011

- S 8:00 a.m. **Peter DiGiambattista**  
*R/b Charles Kellogg*
- L 7:00 p.m. **Lurettz Hlopak**  
*R/b Anne & Michael Fil & Family*

Wednesday, February 2, 2011

- S 8:00 a.m. **Catherine Adams**  
*R/b Richard Glass*
- L 7:00 p.m. **Antoinette McBride - 2nd Anniversary**  
*R/b Her Loving Husband & Family*

Thursday, February 3, 2011

- S 8:00 a.m. **Cathy Hance - 2nd Anniversary**  
*R/b Her Loving Mother & Father*
- L 6:00 p.m. **Spanish Mass**
- L 7:00 p.m. **Nancy Hahn**  
*R/b Carol Kellogg*

First Friday, February 4, 2011

- S 8:00 a.m. **Margaret Shea Poole**  
*R/b McClintock Clan*
- S 9:00 a.m. **Richard Campiglia**  
*R/b Charles & Helen Persing*
- L 7:00 p.m. **Nancy Hahn**  
*R/b Theresa McCann*

Saturday, February 5, 2011

- S 8:00 a.m. **Richard & Howard**  
*R/b Bob & Alice Bakley*
- S 4:30 p.m. **Barbara Opperman**  
*R/b Ron Opperman & Family*

**COLLECTIONS - Jan. 15th & 16th**  
**Ordinary: \$14,700.00 Fuel \$754.00**

# READINGS FOR THE WEEK

- Monday: Heb 11:32-40; Mk 5:1-20
- Tuesday: Heb 12:1-4; Mk 5:21-43
- Wednesday: Mal 3:1-4; Heb 2:14-18; Lk 2:22-40 [22-32]
- Thursday: Heb 12:18-19, 21-24; Mk 6:7-13
- Friday: Heb 13:1-8; Mk 6:14-29
- Saturday: Heb 13:15-17, 20-21; Mk 6:30-34
- Sunday: Is 58:7-10; Ps 112; 1 Cor 2:1-5; Mt 5:13-16

The sanctuary lamp at the Stratford Church burns in memory of Mamie Castorina, requested by Tony & Florence Lazzaro

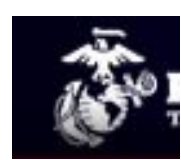
The Blessed Mother candle burns in memory of Shirley Stevens, requested by Bob & Alice Bakley

The sanctuary lamp at the Lindenwold Church burns for Frank Cifone, requested by His Loving Family



*Please pray for those in our Military:*

- Brandon Carney  
Jessica Carney  
Thomas Flynn  
Rev. Christopher Kopec  
Alicia McCollum  
Michael Mortka  
Justin Jackson, III, N. J. National Guard  
Thomas Backenson, M.D., Army  
Paul Kupiec, Army  
Megan Bailey, Army  
Craig Leib Jr., Army  
Mark Bergman, Army  
Colin J. McElroy, Army  
Kevin Bradley, Army  
Tarah Nichols, Army  
Sean Bradley, Army  
David Osisek, Army  
Michael Delcampo, Army  
Chris A. Roesch, Army  
T. J. Homan, Army  
Todd Shriver Army  
Benjamin Kyler, Navy  
Robert Terry, Army  
Michael Barikian, U.S.M.C.  
Matthew Eagan, U.S.M.C.  
Ryan Dougherty, U.S.M.C.  
Michael Turner, U.S.M.C.  
Trevor Dunkelberger, U.S.M.C.  
John Early, Sr., U.S.A.F.  
Thomas Early, Jr., U.S.A.F.  
John Early, Jr., U.S.A.F.  
James Early, U.S.A.F.



*"Blessed are the poor in spirit, for theirs is the kingdom of heaven."*  
*Matthew 5:3*

S-Stratford Church L-Lindenwold Church

Presider's Schedule

February 5th & 6th

S 4:30 p.m. - Rev. Joseph Capella  
L 5:00 p.m. - Rev. Walter Guasp-Santos  
L 7:30 a.m. - Rev. Joseph Capella  
L 9:30 a.m. - Rev. Walter Guasp-Santos  
S 11:30 a.m. -Rev. Joseph Capella  
L 1:00 p.m. - Rev. Joseph Capella  
S 5:00 p.m. - Rev. Walter Guasp-Santos

SERVICE SCHEDULE LECTORS

February 5th & 6th

S 4:30 p.m. - B. Price  
L 5:00 p.m. - F. & C. Hanley  
L 7:30 a.m. - M. Hallam  
L 9:30 a.m. - J. Njoku, D. Hughes  
S 11:30 a.m. - C. Consalvi, J. Funk  
S 5:00 p.m. - D. Tureck

EXTRAORDINARY MINISTERS

February 5th & 6th

S 4:30 p.m. - R. Czarnecki, S. Greco  
B. Yanney  
L 5:00 p.m. - F. Caramiello, E. Junikka, J. May  
L 7:30 a.m. - G. & T. Green, B. O'Dowd  
L 9:30 a.m. - J. & M. DiMeo, P. Bakey,  
A. Garbarino  
S 11:30 a.m. - J. & M. Alberto, L. Brunetti  
S 5:00 p.m. - M. Ebling, C. Kellogg, T. Tucker

ALTAR SERVERS

February 5th & 6th

S 4:30 p.m. - H. & P. Buechele, N. Rendine  
L 5:00 p.m. - K. Barbara, L. Forrest, M. Tiedge  
L 7:30 a.m. - J. & J. & J. Traenkner  
L 9:30 a.m. - C. Cordero, J. Hughes, M. Shapley  
S 11:30 a.m. -A. Evans, B. Manko, J. Swanson  
S 5:00 p.m. - B. Fitzgerald, B. Flannery,  
E. Fredericks



**Youth News!**

A BIG thanks to all of those who donated to the San Diego Border Experience for St. Joseph's University Students. Over \$1,400 was raised to help fly students to the border region of California for the service based program through Via International. Your support has blessed this group and from the bottom of our hearts, we thank you. Cathy Chezik

*"To everything there is a season and time for every purpose under heaven."Ecclesiastes 3:1*

*"...a time to be born..."*

*"...a time to embrace..."*

*"...a time to heal..."*

Gloria Aceto, Anna Marie Agresti, Kevin Allen, Laura Antonio, Robert Bacisin, Frank Bada, Richard Boston, Trudy Bove, James Boyle, cfc, William Buehler, Tina Burke, Gail Capriotti, Anthony Catanella, Kylee Cimoin-eva, Sr., Marylou Creedon, Mary Crowe, Rich Cunane, Joe DeNardo, Dr. Richard M.



Dressler, John Ferro, Bill Flanagan, Tom Flynn, Patricia Goslin, Charles & Susan Greenman, Eugene Guido, Joan Guido, Luke Guido, Catherine Hodges, Richard Houser, Marie Hunsicker, Carole Katz, Mary Katz, Bill Klatt, Nora Jacoby, Ruth Liebold, Sharon Logiudice, Ruth Manella, Michele Mason, Joseph Mastrando, Joseph Matarazzo, Ava Maturro, Cuyler McCausland, Dominic McDowell, Jack McGuigan, Kevin & Vickie McGuire, Carol Meehan, Bernice Mesisca, Ruby Moorehead, Terry Mulhearn, Dot Murtaugh, Marie Myers, Baby Andrew Newhouse, Jane O'Connor, Debbie Osisek, Darlene Owens, Doris Penn, John Rastelli, Carl Richards, Trish Riebel, John Roach, Cindy Robertson, Maggie Russo, Marjorie Sabato, Mary Sanders, Tori Schmitz, Karen Schellhorn, Anne Springer, Julia St. Maur, Bill Steinert, Magdalen Stengel, Bob Trevino, Frank Turchi, Kevin Turner, Cecelia Vitale, Barbara Walker, Eric Warner, Clara & Elizabeth Warrington, Bill Waples, Toni Welsh, Anna Worst

Please pray for those in the hospital:

Marie & James Analage, Sherry Burns, Betty Lentz, Christopher O'Rourke

Please pray for those in nursing homes:

Marie Calabrese, Frances DiGiovanni, Theresa DiTullio, Ann James, Emily Jalonek, Phyllis Johnson, Helen Maloney, Evelyn Simmons, Eleanora Solly, Theresa Oddo, and Theresa Taylor

*"...a time to die..."*

*Robert Hunter & Dolores Lindeborne*

Parish Registration

We welcome all new members to our parish community. We want to know and serve you and we hope you become an active member of our parish. To register in the Parish you may call the **Parish** office at **856-627-2222** Mon. to Fri., 9 a.m. to 4 p.m. and we can mail or email you a form to complete and return by mail or you may go to our website: [guadalupeparishnj.org](http://guadalupeparishnj.org) to download the form. Young adults - remember to register yourselves on your 18th birthday! You no longer are under your parent's registration.



Dear Parishioners and Visitors to Our Lady of Guadalupe,

First, please allow me to welcome everyone to our parish this weekend. Whether you are a parishioner who lives within our parish or a regular visitor to our community or maybe just visiting with us for this week, “Welcome”, we are very blessed to have you here with us.

Secondly, I would like to keep everyone up to date on what is going on at the parish. Our Masses continue to draw many of the faithful to “Come away for awhile” and pray. Essentially, this is the focus of the Mass, to join with other baptized believers in thanking our God for faith, hope and love. Also, it is a time for us as individuals to strengthen our spiritual journey as Catholic Christians by receiving the Eucharist. The Eucharist is the “Source and Summit” of our faith and forms the foundation of why we are Catholic so please try your very best to attend Mass every Sunday or the Sunday Vigil Mass every Saturday afternoon and be sure to bring friends and family members with you. It is amazing how often many are brought back to church or attracted to the church initially simply because a Catholic Christian invited them to come and experience the Mass.

Thirdly, I would like to begin this weekend to share with you some of the upcoming events that will be happening at our parish during Lent. That’s right, I said LENT! Ash Wednesday, the first day of the Lenten season, begins on March 9<sup>th</sup>. Please note this year’s Ash Wednesday schedule that we will publish beginning in next week’s bulletin. Also beginning next week, I will be using this column to share with you some of the Catholic spirituality of Lent and why we celebrate this season. Was it always forty days long? Do you know the spiritual significance for the season? What are the specific aspects of the season that we are to observe and who is asked to observe them? These points and many more will be addressed in the next weeks leading up to our celebration of Lent.

Now for some of the events that we will be sponsoring during Lent hoping that you will be able to enrich your experience of the season by joining us for them in preparation for the Resurrection of our Lord at Easter.

We will **add** a daily Mass to our existing Mass schedule during Lent. Beginning on Ash Wednesday, we will have Mass at 6:45am **Monday – Friday morning**. I know that many people would like to attend daily Mass as a part of their Lenten experience so this Mass will be added to our existing schedule. It will be time sensitive so that those of you who need to get to work, school, etc. will have time to do so. It should be over by a few minutes after 7:00am each day. Also, every Friday will be “Fish Friday”. This is a custom brought to us by parishioners from Our Lady of Grace. Every Friday evening we will serve Fish & Chips, eat-in or take-out as a way to build community as well as help our parishioners follow the Lenten rule of Friday Abstinence. For those who will be eating here, you will be able to hear some aspect of our Catholic faith during the dinner; nothing too formal but something to help us continue our Catholic faith formation. Also, confession is offered every night, Monday – Friday beginning at 6:30 prior to Mass and we will continue with Adoration, Benediction and Evening Prayer every Thursday. Stay tuned for much more Catholic Lenten activities to be shared in the weeks to come!

*Fr. Joe*



# JOHN PAUL II

~ Regional School ~

## CATHOLIC SCHOOLS WEEK

Sun., Jan. 30th - Opening Week Mass - 11:30 a.m.

We invite everyone for refreshments following Mass in JP II School Hall.

Mon., Jan. 31st - Heart Monday and Appreciation Assembly in the afternoon.

Tues., Feb. 1st - Spirit Day for Students

Wed., Feb. 2nd - Bring a Parent to School Day  
Side A will be invited to come 9 a.m. to 11 a.m.  
Side B will be invited to come 1 p.m. to 2:30 p.m.

Thurs., Feb. 3rd - Vocations Day

Camden Catholic Jazz Band will Visit  
Science & Math Fair 6:30 to 8:00 p.m.

Book Fair will be open from 6:30 to 8:00 p.m., also.

Fri., Feb. 4th - First Friday Mass - Refreshments follow in the JP II School Hall - Half Day Today!

Sat., Feb. 5th - Spaghetti Dinner & Family Night  
6:00 p.m. in the John Paul II School Hall.

### **John Paul II Regional School Open House Tuesday, February 8<sup>th</sup> 9 until 11 a.m.**

See for yourself the academic excellence and spiritual essence that our Preschool through 8<sup>th</sup> grade programs have to offer! Enjoy a short film presentation at 9 a.m., tour our school campus, and take the opportunity to register for the 2011-2011. If you would like to come on a different day, please know that we conduct tours of our school whenever it is convenient for you. For more information or to arrange a personal tour, please contact Mrs. Stephanie Greco at 856-783-3088 or e-mail to [sgreco@jp2rs.org](mailto:sgreco@jp2rs.org).

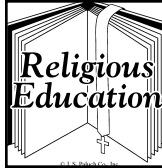
#### UPCOMING EVENTS

The John Paul II Children's Fashion Show & Basket Auction will be held on Sunday, March 20<sup>th</sup>, at the Mansion in Voorhees! See the latest spring fashions for children and purchase tickets to win fabulous gift baskets! Check this bulletin column for further details in the



The St. Vincent de Paul Food Pantry will be open on the **second Tuesday from 10 a.m. to 1 p.m. and the fourth Saturday from 1 p.m. to 3**

**p.m.** The need to help the less fortunate is most great and we truly appreciate your generosity in our endeavor to feed the poor. The Pantry is in need of cereal, tuna and all personal care, laundry and cleaning supplies. Please place the items in the barrels at the St. Lawrence church doors or in the confessional at St. Luke church. Thank you!



## Religious Education News

All students of the parish who will receive the Sacrament of Confirmation or the Sacrament of First Eucharist this year, are asked to return your completed

sacramental application form to your teacher. It will be essential that you return your form in order to be included in the parish celebrations. If you have any questions, please call the parish office, 627-2222.

**Parents and Guardians of our Religious Education Program** Thank you for coming into the cafeteria to drop off and pick up your sons and daughters. It is an extra measure of safety for all our students, but especially those who are here for our Monday program. We realize this is inconvenient, but your efforts are appreciated by your fellow parishioners in the program.

## Bus Trip to Sagamore Hill

### Teddy Roosevelt's Home & Vanderbilt Museum

**Saturday, May 7, 2011**

All parishioners and friends are invited to visit Sagamore Hill, the home of Theodore Roosevelt, (26<sup>th</sup> President of the United States) from 1885 until his death in 1919. During Roosevelt's time in office, his Summer White House was the focus of international attention. After the tour, enjoy lunch on the water at Thatched Cottage before visiting the Vanderbilt Museum and Planetarium in Centerport, NY. This 43 acre museum complex counts among its collection not only the Gold Coast era mansion, but also a marine museum, curator's cottage, sea plane hangar, boathouse, gardens, fountains and pools. A stop will be made for a snack (on your own) on the way home. The price is \$95.00. To sign-up, call Linda at (856) 627-9138.

## NATIVITY COUNCIL #2976

We are collecting old cell phones and chargers beginning this month to February 6th, 2011. The cell phones are provided to Camden county who reprograms the phones and provides them through their county stores to individuals who do not have cell phones. These phones can then be used for emergency use only.



## Girl Scout Cookie Sale

Please support the Girl Scout Troops of John Paul II. Look for their booth after Mass  
Cookies are \$3.50 per box



BOY SCOUTS OF AMERICA

**Calling all Scouts! February 6<sup>th</sup> is Scout Sunday** and will be celebrated at the Stratford campus of Our Lady of Guadalupe Parish at **11:30 a.m. Mass**. All scouts are welcome to join in the celebration of scouting.

**SUNDAY, JANUARY 30, 2011**

**FOURTH SUNDAY IN ORDINARY TIME**

**This isn't all there is**

In the 1960s Peggy Lee sang a sad little ballad whose chorus asked, "Is that all there is?" when facing disappointment in life or love. Jesus, in the Beatitudes, honestly confronts a similar helpless, hopeless feeling one might experience when—after trying with all one's strength to live with charity and integrity—one is rejected or ignored. The temptation is to give in and do what everyone else is doing in seeking an elusive "happiness." Jesus says, "That is *not* all there is." Jesus' "Blesseds" or "Happys" remind us that the importance of one's turn on earth is not only a matter of success or failure. It is the beginning of an eternal life.

TODAY'S READINGS: *Zephaniah 2:3; 3:12-13; 1 Corinthians 1:26-31; Matthew 5:1-12* "Blessed are the poor in spirit, for theirs is the kingdom of heaven."

**MONDAY, JANUARY 31**

**FEAST OF JOHN BOSCO, PRIEST This is your vocation calling**

When we hear the word *vocation* today, many of us think of ordained ministry or vowed religious life. But that's too narrow. The fact is each of us has a calling that, if heeded, would make the best use of our particular set of gifts and talents. If we have not spent much time discerning what that is, however, then our lives are not as significant or effective as they were meant to be. In honor of Saint John Bosco (1815-1888), a pioneer in vocational training, take some time to ask yourself, "Who am I called to be?" The book *A Sacred Voice Is Calling* by John Neafsey is a good place to start.

TODAY'S READINGS: *Hebrews 11:32-40; Mark 5:1-20*

*"Time would fail me to tell . . . of David and Samuel and the prophets, who through faith conquered kingdoms . . ."*

**TUESDAY, FEBRUARY 1**

**Believe in the power of the healer**

Jesus' power to heal did not make him merely another traveling wonder-worker or miracle man. His power came from God, and afflicted people were healed because they had faith *in the healer*. They believed he was the Son of God. His miracles, though, also show his human side. While his ability to cure diseases and even bring people back from death revealed his divinity, it frequently involved—literally—a human touch. Hurt comes in many forms: physical, emotional, spiritual. So does healing. Don't hesitate to turn to Jesus and ask for help; he will hear you and, in his wisdom, respond to your faith with a healing touch.

TODAY'S READINGS: *Hebrews 12:1-4; Mark 5:21-43*

*"Do not fear, only believe."*

**WEDNESDAY, FEBRUARY 2**

**FEAST OF THE PRESENTATION OF THE LORD Respect your elders**

Shortly after the birth of Jesus, Mary and Joseph brought him to the temple in Jerusalem according to Jewish custom. There they encountered Simeon and Anna, two prophets and elders of the community. Their role is significant, not only because of what they say to the young family but because of how the church remembers them year after year. Simeon and Anna are not only persons of our biblical past but also the wisdom figures of today who help us to see how God is present in our lives and encourage us to live in this truth. On this feast day, take time to be present to the elders who are lights in your life, the Annas and Simeons whose gifts of experience, wisdom, and insight encourage us on our journey.

TODAY'S READINGS: *Malachi 3:1-4; Hebrews 2:14-18; Luke 2:22-40 or 2:22-32* "The Lord whom you seek will suddenly come to his temple."

**THURSDAY, FEBRUARY 3**

**It's more blessed to give**

Why did Jesus instruct his disciples to take absolutely nothing with them—no money, food, extra clothing—when he sent them out to share the Good News? It might be that our possessions have a way of clouding our vision and diluting our absolute reliance on God. Only when life is stripped down to its essentials do we see clearly how dependent we are as creatures upon our Creator. Much as we need to live in a world with material possessions, let's do everything in our power to make sure they do not end up possessing us! A simple way to strengthen our spiritual freedom is to cultivate the regular practice of giving stuff away. Let go of something today!

TODAY'S READINGS: *Hebrews 12:18-19, 21-24; Mark 6:7-13*

*"He ordered them to take nothing for their journey except a staff."*

**FRIDAY, FEBRUARY 4**

**WORLD CANCER DAY**

**Be an angel**

No one has to tell us there's a need for a World Cancer Day. One and a half million new cases were diagnosed in the U.S. in 2010. Cancer has gone from being the "big C" (a diagnosis doctors didn't think appropriate to share directly with their patients) to becoming a fact of life and ongoing treatment in many families. So be an angel: Get involved. Do a fundraising walk or write a check. Help a neighbor bear the burden of endless medical appointments with a lift, a meal, some clean laundry. Start an "angels" group in your parish. Together we can find compassion, and—let's hope—a cure.

TODAY'S READINGS: *Hebrews 13:1-8; Mark 6:14-29* "Let mutual love continue. Do not neglect to show hospitality to strangers, for by doing that some have entertained angels without knowing it."

**SATURDAY, FEBRUARY 5**

**FEAST OF AGATHA, VIRGIN, MARTYR Torture is intolerable**

The details of Saint Agatha's life are not for the faint of heart. Born in Sicily during the third-century Christian persecutions, Agatha was continuously harassed and abused for her religious convictions. She was imprisoned in a brothel, but when she refused to serve customers she was sent to jail, where she was repeatedly beaten and mutilated. She finally succumbed to death after being rolled over hot coals. Not surprisingly Agatha is the patron of torture victims. The church condemns torture as contrary to the Christian tenets of respect for life and human dignity. In honor of Saint Agatha and the countless victims of torture through the centuries, take time today to review the U.S. Conference of Catholic Bishops' online instruction: "Torture is a Moral Issue: A Catholic Study Guide" at <http://www.usccb.org/sdwp/stoptorture/>.

TODAY'S READINGS: *Hebrews 13:15-17, 20-21; Mark 6:30-34*

*"As he went ashore, he saw a great crowd; and he had compassion for them."*

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Contributors: Father Paul Boudreau, Alice Camille, Daniel Grippo, Father Larry Janowski, O.F.M., Ann O'Connor, Joel Schorn, Patrice J. Tuohy, and Sister Julie Vieira, I.H.M.

