

THE PARISH OF ST. CECILIA ~ ST. GABRIEL

ROMAN CATHOLIC CHURCH
Saint Cecilia **Saint Gabriel**
1184 Newfield Ave. 914 Newfield Ave.
Stamford, CT 06905

March 1, 2020

Rev. John P. Connaughton, Pastor

Rev. Mariusz M. Olbrys, Parochial Vicar
Deacon Larry Buzzeo
Seminarian Anh Vu

Fr. John Connaughton, Pastor
FrConnaughton@diobpt.org

Fr. Mariusz Olbrys, Parochial Vicar
FrOlbrys@diobpt.org

Deacon Larry Buzzeo
Lbuz@optonline.net

Seminarian Anh Vu
Anh.vu@diobpt.org

Parish Center Office hours: Monday - Friday, 9am - 4pm

Maryanne Didelot, Director of Religious Education
DRE@stcecilia-stgabriel.org
203-329-2707

Gina DeVito, Parish Office Manager
Office@stcecilia-stgabriel.org
203-322-1562

Michele Schule, Organist and Music Director
203-322-1562

Tom McKiernan, Business Manager
203-246-7681

Mark Browning, Finance Council President
203-322-1562

Vicki Alton, Prayer Line
VickiA@optonline.net
or call the parish office 203-322-1562

**Patricia Brady, Head of School & Principal
Catholic Academy of Stamford Lower School**
203-322-6505

MASS SCHEDULE

Daily Mass

7:30 am at St. Cecilia

Rosary Daily—prior to the 7:30AM Mass

Novena to Our Lady of the Miraculous

Medal—Mondays following the 7:30am Mass

Eucharistic Adoration

with Benediction every Wednesday night in the Church
of St. Cecilia from 7:30-9pm with confession available.

CONFESSIONS at St. Gabriel

Saturday 3 P.M. to 3:50 P.M.

Saturday Vigil Masses

4:00 pm at St. Gabriel

5:30 pm at St. Cecilia

Sunday Masses

7:30 am at St. Cecilia (no music)

9:00 am at St. Gabriel (no music)

9:00 am at St. Cecilia

11:15 am at St. Cecilia

BAPTISMS: Sundays following 11:15am Mass at St. Cecilia.

WEDDINGS: St. Gabriel or St. Cecilia upon request of the couple.

Arrangements to be made at least six months prior to the wedding.

FUNERALS: at St. Gabriel or St. Cecilia upon request of the family.

Parish Website <http://stcecilia-stgabriel.org>

SAINT GABRIEL CHURCH MASS INTENTIONS

SATURDAY **February 29, 2020**
4 PM Betty Ann Vinci
 (Her Children)

SUNDAY **March 1, 2020**
9 AM Rosaria & Gabriel Docimo
 (Carmela & Rocco Longo)

FRIDAY **March 6, 2020**
7PM + + + + STATIONS OF THE CROSS + + + +

SATURDAY **March 7, 2020**
4 PM George Devoto
 (His Family)

SUNDAY **March 8, 2020**
9 AM Ralph Izzi
 (Dottie & Dennis Dahm)

SAINT CECILIA CHURCH MASS INTENTIONS

SATURDAY **February 29, 2020**
5:30 PM Frank & Catherine Bianco
 (Mary DeCarlo)

SUNDAY **March 1, 2020**
7:30 AM Domenico A. Musilli
 (John & Laura Walker)

9 AM Ralph Cipriani
 (Gina & Charlie Denner)

11:15 AM William Toomy
 (John & Anne Connaughton)

MONDAY **March 2, 2020**
7:30 AM Bruce A. Zirpoli
 (Tom & Eileen Corrigan)

TUESDAY **March 3, 2020** *St. Katherine Drexel*
7:30 AM Rose Surwilo
 (Mary Beth Riley)

WEDNESDAY **March 4, 2020** *St. Casimir*
7:30 AM Shannon Regan
 (Grandma & Aunt Jerri)

THURSDAY **March 5, 2020**
7:30 AM For the Parish

FRIDAY **March 6, 2020**
7:30 AM Ronnie Salvatore
 (Gina & Charlie Denner)

SATURDAY **March 7, 2020**
5:30 PM John DaPra
 (Kitty Mandi)

SUNDAY **March 8, 2020**
7:30 AM Matthew Baxter
 (Janet & JR McMullen)

9 AM Ralph DeAngelis
 (Marie DeAngelis)

11:15 AM Frank Fleischer
 (His Family)

Fasting

Here's a good Catholic trivia question to ask your friends who don't read the bulletin: There are three times in which Catholics must observe a fast – name them! 1) Ash Wednesday (which we just observed), 2) Good Friday, and 3) one hour before receiving the Eucharist at Mass. That last one is tricky, but true. The reason we fast for at least an hour before receiving the Eucharist is basically the same reason that we don't make ourselves a sandwich before going out to our favorite restaurant. Just as we want to be hungry when we get to the restaurant so we can enjoy the meal, we also want to feel a little bit of physical hunger when we go to Mass. It is a way of feeling in our bodies the intense spiritual hunger we have in our souls for Our Lord in the Most Blessed Sacrament.

Fasting is an ancient ascetical practice that most religions incorporate as part of their discipline. In our day, even non-religious people argue for the benefits of periodic fasting. Generally speaking, fasting is the giving up of a particular good for the purpose of a greater good. For example, when it comes to the Eucharistic fast, we forego the good of eating and drinking for an hour- except medicine & water - for the sake of the greater good of receiving Communion at Mass. (As an aside – if we break the fast, or if for any other reason we can't receive Communion, we still need to go to Sunday Mass!) Since we fast from things that are otherwise good in themselves, we obviously don't speak about fasting from sinful behavior. We're supposed to avoid sin always. That's why we don't give up lying or cursing or kicking dogs for Lent.

In a world of abundance, fasting is especially important. Most of us have more than enough to eat. When it comes to entertainment, our phones and computers give us immediate access to entertainment and information. This can make us feel as though we enjoy total mastery over things. Fasting makes it obvious that our sense of control is an illusion. When we intentionally deprive ourselves of food, we discover how weak we are in the face of hunger. When we intentionally deprive ourselves of social media, the internet, and entertainment devices, we realize how addicted we are to them. Fasting reveals to us our tendency to be controlled by our baser desires, which obscure our more noble desires for spiritual goods, and our deepest desire for God.

St. Basil the Great tells us: "Fasting gives birth to prophets and strengthens the powerful; fasting makes lawgivers wise. Fasting is a good safeguard for the soul, a steadfast companion for the body, a weapon for the valiant, and a gymnasium for athletes. Fasting repels temptations, anoints unto piety; it is the comrade of watchfulness and the artificer of chastity. In war it fights bravely, in peace it teaches stillness." Fasting is not easy, and to be honest I'm lousy at it. But it's important. So let us encourage each other to be faithful to our Lenten disciplines this year.

In Christ,
Fr. John



The sick and their caregivers. Michael Pratt, Nick Pensiero, Tamika Anderson, Ken Byxbee, Conor Ehring, Mary Brundage, Matt Marshall, William Perkins, Tricia Saxe Cocomo, Steven Deccicco, Richard Negyesi, Ed Adams, Msgr. Powers, Wendy Lenard, Edward Cioffi, Barbara Cebula, Columbia Smith, and Kaye Gill, Betty Schenarts, Baby Elyssa, Andrew Allesandro, Michael Anderson, Pat Arpaio, Gloria Boccuzzi, Christopher Brady, Amy Burns-Duda, Fr. Michael Cambi, Michael Cooper, Tim Cooper, Allyn Dodd, Carolyn Gagnon, Steve Grossman, Matthew J. Hammill, Eileen Hynes, Melissa Jambol, Musfira Khan, Kitty Mandi, Richard Nanos, Karen Parent, Chet Quinlan, Bill Ritchie, Bonnie Sigfried, Thomas Sparan, Dominic Totino, Alex Trebek, George Wetzler, Christopher Hoepfner, Caroline Andreana, Lori Ciccarelli, Mark Mullen, Kim Puglia, George Uzwiak, Alice Carella, Kimberley Pracilio, Marilyn Ritchie, Leon Zavos, Rose Sorbo Barosky, Deirdre, John Cullen, Steven Farrell, Joseph Freeth, Dorothy Tierney, Italia Malagisi, Owen Ryan, all who travel ... the wounded and recovering military personnel and all who put themselves in harm's way to protect us,...victims of war, terrorism and violence around the world, ...those whom we remember in our Eucharistic Celebrations this weekend and throughout the week and those who have died.

We also have a prayer line available for anyone wishing for immediate prayers. Please send your prayer needs to Vicki at VickiA@optonline.net

If you are hospitalized or homebound and would like a visit or a communion call, please contact the parish office at 203-322-1562.

PRAYERS FOR THOSE IN THE MILITARY

We pray that the Lord may preserve the members of our Army, Navy, Marines, Coast Guard, Air Force and National Guard from all harm...especially: SPC Thomas Boccuzzi, LCpl. Michael Lowe, SR Julia Terese Bova, Capt. Josie Quijano-Carpanzano, Capt. Mario Carpanzano, C.J. DelVaglio, Sgt. Taylor A. Ritchie, FN Ellie Fratturo, Maj. Michael J. Souza, Jack H. Whitney, Christopher Ciacciarella, SA Joshua M. Hicks, SR Allison McNamara, 2Lt. James Arpaio.



Fr. Quinlan met with Pope Francis!

“On Thursday morning, February 13th, I had the joyful pleasure of meeting the Holy Father, Pope Francis. It was a powerful and prayerful experience. Pope Francis is so warm and engaging in person. He gave me his blessing, and asked me to pray for him. I’m still delighted and walking on air.” ~Fr. Quinlan

Our next “Two Thousand Hail Marys”

will be on Saturday, March 7, 2020 in the St. Philip Neri Chapel at St. Gabriel 6 AM to 3 PM Mass at 8AM in the Church.

Come Pray to the Blessed Mother. Stay for a few minutes, a couple of hours, or for the whole time.

Questions?

Call Tessie Senerador
203-570-3109



Email “hotline” for parishioners to provide feedback and ask questions:
Madeleineterenzio@gmail.com

St. Cecilia - St. Gabriel Parish

Stations of the Cross - Fridays at 7PM at St. Gabriel

Rules about abstaining from meat during Lent:

Every person 14 years or older must abstain from meat (and items made with meat) on

- 1) Ash Wednesday,
- 2) Good Friday, and
- 3) All the Fridays of Lent.

Rules about fasting during Lent:

Every person between the age of 18 and 59 (beginning of 60th year) must fast on

- 1) Ash Wednesday and
- 2) Good Friday.

When fasting, a person is permitted to eat one full meal, as well as two smaller meals that together are not equal to a full meal.

Week of February 29, 2020

St. Cecilia Church

Tabernacle Lamp shines for Steven Farenga from the Violette, Gagnon, & Claps Families





Music Notes: The music program is growing and why not be a part of it. The choir is accepting new members and will be preparing for weekly Mass, Lent, and Easter. Please contact Michele for more information. The Choir has also resumed Tuesday evening rehearsals in preparation for the Easter Season. When you sing, you pray twice. We would love to have you!

Michele Schule, our Music Director, can be reached at michel-schule@gmail.com, or call the Parish Office at 203-322-1562



S.O.M.E Please consider a weekly contribution of non-perishable food. S.O.M.E. (So Others May Eat) Baskets are at the MAIN ENTRANCE OF THE CHURCH. Please use strong reusable bags if possible and *please NO GLASS* jars. Please also, limit the bags and boxes of rice to 5lb.

bags. Your contributions will be delivered to the Food Banks, Wilson Food Pantry, St. Joseph Parenting Center, St. Mary's Food Pantry, or New Covenant Center every week. We brought 10 Bags to the Wilson Food Pantry last week. THANK YOU for your responsible stewardship. *Occasionally we need additional drivers. If you are interested in offering some of your time and talent to these ongoing activities please contact Bob Violette 203-357-1481 or John Cullen 203-322-1947. Thank you.*

RELIGIOUS EDUCATION/FAITH FORMATION

No Classes March 1st or March 3rd
Classes resume March 8th and 10th
Grades 1 – 8 and Confirmation
Sundays 10:05am to 11am
Grades 1 – 6 Tuesdays 4:15pm to 5:10pm

Questions? Please contact our
DRE, Maryanne Didelot at
DRE@stcecilia-stgabriel.org or 203-329-2707

It might not feel like spring...but don't forget to turn your clocks ahead *next* weekend. Daylight Saving Time Begins on March 8th.



**St. Cecilia - St. Gabriel
Offertory Totals**

February 23, 2020

Weekly Offering: **\$7,854**

Online Giving Offering: **\$2,318**

Thank you for your generosity.

27th Annual WHITE MASS For Health Care Professionals and All Who Serve the Sick

Principal Celebrant and Homilist
Most Reverend Frank J. Caggiano



Sunday, March 22, 2020 • 9:00 a.m. at St. Joseph Parish
8 Robinson Avenue, Danbury, CT

followed by brunch at Ethan Allen Hotel
21 Lake Avenue Extension, Danbury, CT 06811
Seating is limited. Please register no later than

March 16, 2020 at:

www.bridgeportdiocese.org/2020whitemass

Online Giving

Please consider On-line Giving!
Register at www.osvonlinegiving.com/1522/
Our Online Giving system provides you the opportunity to give to our special collections in addition to regular offerings. You can choose to do a One Time Gift, or you can set up Regularly Scheduled Contributions that are withdrawn on the date you specify in the system. Even if you typically use your offering envelopes, you may wish to contribute online to a particular collection. It's easy and it's convenient!

**Please call the parish office or
OSV Online giving 1-800-348-2886
if you have questions or need assistance
in setting up your account.**

Meetings/Activities Schedule

- Mon. 3/2 7pm Lectio Divina - Parish Center Conf. Rm.
- Mon. 3/2 6:30pm Columbiettes - St. Gabriel Church Hall
- Tues. 3/3 1-4 Senior Circle - St. Gabriel Church Hall
- Tues. 3/3 1-3pm Veteran's Project - Parish Center Sun Rm.
- Tues. 3/3 7:30pm - AA - St. Gabriel Hall
- Tues. 3/3 7-8:30pm Choir Rehearsal at St. Cecilia Church
- Wed. 3/4 7:30-9pm Eucharistic Adoration & Confession
St. Cecilia Church
- Wed. 3/4 10am Handcraft Group - Parish Center Sun Rm.
- Thurs. 3/5 7pm AA - MH
- Thurs. 3/5 7:15pm Bible Study - St. Gabriel Hall
- Fri. 3/6 9:15am Bible Study - St. Gabriel Hall
- Fri. 3/6 7pm Stations of the Cross - St. Gabriel Church
- Sat. 3/7 6:45am Saturday Morning Faith Gathering for
Men - St. Gabriel Hall
- Sun. 3/8 10:30am Choir Rehearsal -St. Cecilia Church



STAMFORD CATHOLIC YOUTH GROUP

Upcoming meeting dates and locations are:

Middle School: 3/13/20 and 3/27/20

7 to 8:30pm at St. Gabriel Church;

High School: 3/6/20 and 3/20/20

7 to 9:00pm at St. Bridget Church;

Middle/High School: 3/14/20 – Paintball field trip (see below for details)

All 6th - 12th grade youth are welcome! For upcoming meeting and special event dates, look for flyers at the entrances to St. Cecilia and St. Gabriel Churches, and posted at <http://stcecilia-stgabriel.org>.



Our **Paintball Trip** is coming up! All middle and high school kids are invited to join us for a day of paintballing at Liberty Paintball on Saturday, March 14th. Permission slip and flyer are required, as well as an additional waiver you need to fill out online at

<http://www.libertypaintball.com/forms>. Cost is \$60 but financial help is available. We also need VIRTUS-trained chaperones to help - please let us know if you are available! Contact Fr. Joseph Gill at frjosephgill@gmail.com, (203) 324-1553, or Gina Denner (203) 968-6388 for forms or more info.

Camp Veritas 2020

Camp Veritas is filling up fast! It's a one week sleep-away pilgrimage experience for teens going into 7th grade through 12th grade, near Newburgh, NY. The recipe is play-and-pray with a full immersion in the Catholic Faith through sacraments and activities. Camp Veritas provides a journey to Christ and a deeper understanding of the Catholic faith through an intense fellowship immersion with other youth. It also has all the great camp activities: sports, swimming, boating, hiking, rock climbing, zip-lines, go-karts, etc., along with daily Adoration, Rosary, Mass, dynamic talks, lively praise music. It is a life-changing encounter with God along with being the most fun week of the year! There is a week in July and one in August. You can find out more at www.campveritas.org. Once again, Fr. Joseph Gill will be attending and is able to offer a \$200 scholarship to kids from the Stamford Catholic Youth Group! That means a week at Camp Veritas will cost only \$200. To be eligible for the scholarship, kids must attend youth group regularly and Mass weekly - no exceptions! To request the discount, contact Fr. Joseph at frjosephgill@gmail.com. To speak with someone directly, call Gina Denner at (203) 968-6388. Volunteers are needed, must be at least 18 years old, and attend for free!

Camp Veritas - Play Hard. Pray Hard!

SAVE THE DATE FOR "FEED MY STARVING CHILDREN"

A parish community event for all ages

Join the St. Cecilia - St. Gabriel Parish team for our 4th Annual "Feed My Starving Children" Mobile Food -Packing Event on **Saturday, 5/16 or Sunday, 5/17.**

Look for details on church bulletin boards and in future bulletins.



A BIG THANK YOU to the **VOLUNTEERS** who hosted, donated food, beverages, door prizes, and their time to the **St. Cecilia - St. Gabriel Parish Mardi Gras Celebration.**



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THIS MONTH'S FEATURED MOVIE!

"In 1948, Aurora Marin arrived with her family at the convent of the Canosian Sisters of Schio, Italy, where Sister Bakhita had just died. Aurora was hoping to see her before her death. She gathered her children around the picture of Bakhita, telling them of the incredible life of the woman who raised her as her nanny.

Born in a village in Sudan, kidnapped by slavers, often beaten and abused, in spite of the abuse she received, Bakhita is kind and generous to others.

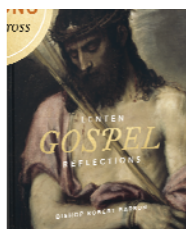
Books, CDs/MP3, Booklets, Pamphlets

Looking for more information about our Catholic Faith, grow in spirituality? Prepare for Lent. Stop by the kiosk in the vestibule at St. Cecilia, you'll be glad you did!

This week's feature –

**Lenten Gospel Reflections
with Bishop Robert Barron .**

Many more titles to choose – books, CDs/MP3, booklets, pamphlets.



St. Cecilia – St. Gabriel Bible Study Has Lent put a desire in your heart to have a deeper relationship with our Lord?

If so, then our new program
"METANOIA" featuring
Fr. Dave Pivonka, TOR, is for you.



Metanoia is beautifully filmed on location in the Holy Land, highlighting sacred places, such as the Sea of Galilee, the River Jordan, the Desert of Temptations, and many other holy sites in Jerusalem. Each episode explores areas of life where conversion is so often necessary. Episodes are available on-line to view with us in class, or at home.

Our first Metanoia session will be Thursday, March 12, 7:15pm and will be repeated on Friday morning March 13, 9:15am, and continue through 4/23 & 24. All sessions will be held at St. Gabriel Church hall. There is NO cost, so give yourself the gift of getting to know Jesus personally. For more information, contact Vicki Alton: (203) 322-8526 or VickiA@optonline.net.

SAVE the DATE – March 14, 2020

Spa-Time for the Soul

The Columbiettes Auxiliary #5833 are sponsoring a **Retreat for Women** on Saturday, March 14, 2020 at the Villa Maria Retreat Center in North Stamford from 10 a.m. until 2:30 p.m. Cost is \$25.00 per person which includes lunch. Contact **Dolores Violette** at **203-357-1481** for reservations and details by March 10th. All women are invited and welcome. A special time for yourself for reflection and quiet time.