



I am the resurrection and the life, says the Lord;
whoever believes in me, even if he dies, will live.
John 11:25

SAINT MARY PARISH
Parroquia de Santa María
March 29, 2020 / 29 de Marzo de 2020

SUGGESTIONS DURING ISOLATION

For those of you who find yourself spending more time with your family members: Make sure you keep saying those important words throughout the day: *I'm sorry. I forgive you. Can I help with anything? Please? Thank you. I love you. I love you but you are driving me bonkers. Remember that good comes out of evil.* Family being together more is one of the good things to come out of this event.

Let us watch ourselves for personal behavior and pay more attention in these times. Beware of scams from the phone, email or texting... or even with people who come to your front door. Watch how much you drink and consume without doing as much exercise. Limit your use of social media on your computer and phone; guard against visiting dangerous sites that include porn, gambling, and other vices. Don't buy too much when you are doing online shopping or overload your credit card because you have too much time on your hands. The bills will come in four weeks. We are still in Lent. Since we are confined to our homes it is easier to fast during the day.

Figure out a prayer routine for yourself and your family members that works for you. Imposing set periods of silence in the house can be helpful. Cardinal O'Malley has asked that everyone pray the rosary together. Set up a time to do that. Just as it is with physical exercise, if you don't have a routine and make a schedule then you won't end up praying. Prayer is speaking to the Lord and listening to Him. We listen to him by reading or re-reading the Bible. I recommend the texts of Genesis, Exodus, Job, Daniel Matthew, Mark and Luke since it is the middle of Lent. For Easter – John, Acts of the Apostles and all the Catholic letters. A half hour of Biblical reading is a good start. As of this weekend, St. Mary's Church is still open from 7:30am–7:30pm for personal prayer.

MASS INTENTIONS

Some of you had previously scheduled Mass intentions for loved ones on specific dates at either St. Mary Church or St. Charles Chapel. Please know that the priests are including your intentions in their private celebrations of Mass. This week's Mass intentions are listed to the right.

OTHER PRAYER INTENTIONS

If you have specific intentions or people that you would like prayed for during this time, please call and leave a message or email us your requests.

Saturday, March 28George Gaffney
Antoinette Dion**Sunday, March 29**Anthony Leone
Leonard Ocasio**Thursday, April 2**

Ida Gaudet

Saturday, April 4John Joseph Chaisson
Theresa McGrath**Sunday, April 5**Leona Lindsay
Leonard Ocasio

*Persevere in prayer, being watchful in it with thanksgiving.
– Colossians 4:2*

WAYS TO MAKE OFFERTORY DONATIONS

**Mail a check**

St. Mary Parish
133 School Street
Waltham, MA 02451

**Visit our website**

<https://www.stmarywaltham.org>

Click DONATE on the main menu.

**Use Venmo App**

@stmarywaltham

Please know that we depend greatly on your offertory donations during this time. We are grateful for whatever you can give!

Stay
connected!

<https://www.stmarywaltham.org>



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@saintmaryparish



"Attend" Sunday Mass! Visit the website for YouTube link or watch on Facebook.

My brothers and sisters in Christ,
Of course, I pray that when you are reading this you are having a good day. At any moment of the day when you find yourself stuck or anxious say this simple prayer out loud:

**O GOD, COME TO MY ASSISTANCE.
O LORD, MAKE HASTE TO HELP ME.**

The Lord doesn't need to be told what you need. God knows better than you do. You can say that prayer 10,000 times a day if necessary. Another type of prayer is worship. Worship is not focused on asking for something. Worship is an act of giving; giving praise, your time, your attention etc. The highest form of worship is the Eucharist because when the Mass is celebrated, we give to God and allow God to give back to us – to give us Himself. Love reigns. Giving is accepted and returned with something greater. The Mass is an exchange of love. Of course we have done it so often that we now take it for granted or reduce it to an obligation. We don't see it for what it is – Someone giving their life for you! Never mind the reality that the Eucharist is God, the source of all life. We all know how sacred it is when someone sacrifices for us. Think about God doing that for us!

May this time away from the Eucharist wake us up. Look at how we dress for Church if we even bother to go. Look at what time we make it into Church. Look at how we rush to get out of Mass or get frustrated when Fr. Michael or Fr. Joseph talks too long! I share these thoughts with you because the absence of you at the Masses that I now celebrate is leading me to reflect on how I enter into the Mass and how I can do it better; including how to improve and grow as a Christian. Let us all use this time to grow. We intend to show the Sunday Mass again on the parish website and Facebook this week. Hopefully with the new restrictions, we will still be able to make this happen. This weekend we will try to post Masses in English, Spanish and Lugandan. Have a blessed week. Carpe Diem! – *Fr. Michael*

SPRITUAL COMMUNION PRAYER

A number of people have asked us to include the prayer of Spiritual Communion in the recorded Mass. We may include it in the future but for now we've included it on the following page so that you can have it at home. If you have time, you may want to memorize it.

LENTEN REGULATIONS

Abstinence – Catholics over 14 years of age are bound to the obligation of abstinence. Abstinence is to be observed on Ash Wednesday and on all Fridays of Lent. On days of abstinence, meat may not be eaten at all.

Fast – Catholics over 18 and up to the beginning of their 60th year are bound to the obligation of fasting. Ash Wednesday and Good Friday are the days of fasting. On these days, only one full meal is allowed. Two other meatless meals, sufficient to maintain strength, may be taken according to each one's needs, but together they should not equal another full meal. Eating between meals is not permitted, but liquids are allowed.

These Lenten regulations state the minimum requirements. Other recommended practices during this season include participating in daily Mass and fasting on other days.

PARISH FINANCIAL UPDATE

I rarely speak about money. Usually, I present a financial report once a year before the October Semi-Annual Appeal. The shutdown requires me to keep you informed and up to date. It costs a little more than **\$17,000 per week** to operate the parish. This comes to \$75,000 per month. The offertory and other sources of parish income have collapsed. Thank you to all who have sent in their envelopes or donations through the mail. Thank you to those who have made an extra contribution. Last week someone sent the parish a check for \$500 in addition to their weekly offering. Another person handed me an envelope with a \$20 bill. Another parishioner who has children and was abandoned by her husband came by with a bowl of soup and donated \$40 to the parish collection. Remember the widow's mite! I only ask that you try to keep giving on a consistent basis whatever you can, when you can. If you need to stop giving at the moment to cover your expenses, do not feel bad about that. You will be able to give again if you make it through the storm. I pray that every household is doing a budget or reexamining their budget in light of hard times coming.

St. Mary's has a very tight budget all year long. We keep our expenses down and maintain everything to prevent more expensive problems down the road. We cannot cut too much. I am trying to keep everyone on staff. I am trying not to cut every expense. For example, I keep the newspaper delivery so that the delivery person doesn't lose their job. Our economy and financial stability need the movement of capital. I have decided to forgo my salary until the offertory rebounds. This is not a big sacrifice for me as long as it doesn't go on too long. My health care, room and board are covered by the parish. I only have a few bills like gas and telephone. I don't have dependents or a mortgage. This is another gift of celibacy. We have also turned off the heat in all the buildings except the rectory. (The other priests in the house said they didn't notice that the heat was left on in the rectory because it is always cold!)

If this report sounds dire to you – know that it is from a long term perspective. If this goes on for a long, long time, I will have to lay people off including the priests. Without a staff we will not have an operating parish. I do not foresee that. Our parish is much better off financially than the others even though we are not a rich parish. A good number of pastors had to ask the Archdiocese for a loan last week to cover their payroll. I don't see how they are going to make it. Thanks again for all of your support. That support includes allowing the measures regarding St. Charles parish and Chapel. If we had not taken those steps, I believe we would be in real trouble. I ask you once again to give what you can when you can. I also ask you to keep in mind the APRIL APPEAL this year. That is going to be big for us. I will speak more about that in the coming weeks. To finish, my fiscal strategy is to make financial decisions in accord with my pastoral strategy during this period:
TO BUILD A STRONGER, MORE LOVING COMMUNITY OF FAITH after this passes. For this you don't need to be rich or have a lot of money – but you have to have some.



Act of Spiritual Communion Prayer

My Jesus,
 I believe that You
 are present in the Most Holy Sacrament.
 I love You above all things,
 and I desire to receive You into my soul.
 Since I cannot at this moment
 receive You sacramentally,
 come at least spiritually into my heart.
 I embrace You as if You were already there
 and unite myself wholly to You.
 Never permit me to be separated from You.
 Amen.

Prayer at the Time of a Pandemic

Lord Jesus, Who promised to remain with us always,
 When information overwhelms us and fear overtakes us,
 speak to us again those comforting words,
 “Peace be with you.”

Though we cannot be physically close to others,
 give us the ability and courage to love as well as we can,
 since “perfect love casts out all fear.”

Direct your caring gaze on doctors and nurses,
 researchers and safety personnel;
 Come to strengthen the sick, the vulnerable,
 and comfort those who are grief stricken.

And when the pandemic has passed,
 and this frightening crisis is resolved,
 teach us to know You more certainly
 as our dearest Friend and our only Hope.

You live and reign with the Father and the Holy Spirit,
 One God, forever and ever. Amen.

(offer one Our Father, one Hail Mary, and the Glory be...)

Our Lady, Mother of Perpetual Help, pray for us.





Parroquia Santa María, Waltham

EL PUEBLO QUE CAMINABA EN TINIEBLAS, UNA GRAN LUZ LES BRILLÓ.

Desde el pecado original el hombre vive apesadumbrado por las distintas contrariedades de la vida. La vida muchas veces nos agobia con tantas cosas que nos suceden, unas nos desaniman, otras, nos entristecen, pero hay otras cuestiones, que no solo nos agobian, no solo nos entristecen, sino también, nos quitan la paz y nos enferman.

A lo largo de la historia de la humanidad, el hombre siempre ha sufrido las consecuencias de sus malos hábitos, y de sus malas decisiones y siempre los tiene que pagar, sin embargo, cuando ya no puede con sus desgracias y la vida le agobia de tristeza, busca un dios mágico que le solucione sus problemas y así, buscan siempre tener un Dios de emergencias.

Hace 2020 años, Dios sin usar magia, se hizo uno entre nosotros por amor, para salvar al hombre de toda desgracia. El pueblo que siempre caminaba en tinieblas, una gran luz le brilló. (Isaías 9, 2) así lo profetizó el profeta. Hoy seguimos saboreando ese amor con el que Dios nos ha amado siempre y que nosotros nunca hemos valorado. Lo cierto es que, aunque Dios siga amándonos, los hombres seguimos metidos en nuestras desgracias, seguimos complicándonos la vida unos con otros, hasta ahora, no hemos aprendido a amarnos entre nosotros, como El nos amó y nos sigue amando, porque esa es su naturaleza, amar.

Constantemente nos encontramos con situaciones que nos ponen a pensar, y a veces, nos encontramos con cuestiones que nos lleva a ver si en realidad el rumbo que lleva la sociedad es el correcto, pero cuando nos enfrentamos con desafíos inexplicables, nos lleva a pensar, que el mundo ha tomado un camino equivocado, el hombre sigue destruyéndose así mismo, no hay Dios, el hombre se ha creado su propio dios para adorarlo, el hombre, ha sacado de su lugar a Dios y ese lugar lo esta ocupando el mismo hombre, por eso, el mundo esta como esta, porque el hombre se esta destruyendo así mismo, san Juan Crisóstomo decía, que el hombre que saca de su lugar a Dios, tarde o temprano, termina por destruirse así mismo.

Hoy nos encontramos en un momento catastrófico, el pánico ha envuelto la esperanza del hombre, el miedo ha entrado una vez más a nuestras vidas, ¿Qué ha pasado? ¿Qué esta pasando? Y no encontramos una respuesta, ¿Será que Dios se ha olvidado ya del hombre? O ¿Será que Dios esta probando la confianza del hombre en su creador? Lo cierto es que, hemos tocado fondo, y la confusión y el miedo de las diversas noticias nos están desconcentrando. No tengas miedo, acaso no estoy yo aquí que soy tu madre? Así, resuenan hoy las palabras de santa María que nunca abandona a sus hijos. También vienen a mi memoria las palabras tan consoladoras del Maestro, “Increpó al viento y dijo al mar: ¡calla, enmudece!, el viento se calmó, y vino una gran calma. Y les dijo: ¿Por qué tienen tanto miedo? ¿Acaso, no tienen fe?” (Marcos 4, 39-40). Que la confianza en Dios envuelva nuestra esperanza y que, nos dejemos llevar por él, que él nos salvará. No estamos solos! Dios siempre nos acompaña y nunca nos dejará.

QUE ES EL MIEDO?

Se dice que el miedo es una sensación de angustia provocada por la presencia de un peligro real o imaginario. Los cristianos de hoy y la sociedad entera, se ha enfrentado con un peligro real, que nos causa pánico, miedo, un miedo, que avanza mucho mas rápido que el mismo virus que nos puede contagiar.

En estos tiempos tan difíciles, en el que constantemente estamos siendo animos por nuestro Cardenal Sean, y que ante las circunstancias ha tomado la decision de cancelar toda actividad Religiosa incluso, la Misa que lo mas grande que tenemos los católicos, nos sentimos como desprotegidos, sin embargo el Señor siempre esta ahí, para calmar la tempestad, para animarnos a tener fe, frente al miedo que nos invade.



No nos olvidemos, que el Señor siempre nos espera en el sagrario, donde se ha quedado para acompañarnos en todo momento, y aun mas, en los momentos difíciles por los cuales esta pasando la sociedad. También los sacerdotes, estamos atentos a las necesidades de los demás.

Ahí esta el Señor, animándonos cada día, “¿Por qué tienen miedo? ¿Acaso, no tienen fe? (Mc 4, 39)” .

AFTER SCHOOL CORNER

Debido a la propagación del virus, nos reunimos solo cuatro días la semana pasada, en el programa de Después de la Escuela de Santa María. Sin embargo, compartimos horas preciosas juntos. Rezando, estudiando y jugando juntos. Algunos momentos especiales son los siguientes:

1- Alumnos en la clase de catequesis de Crystal colorearon dibujos de Moises encima de la montaña, recibiendo las leyes sagradas de Dios. Hicieron buen trabajo!

2- El miércoles, hubo dos partidos de fútbol al mismo tiempo en el césped enfrente de la iglesia! Como siempre, los alumnos más viejos; algunos alumnos más jóvenes comenzaron a jugar cerca, en otra parte de la cancha! Jugadores como Naedsa y su hermano, Jethro, y Catherine y su hermano Cristian mostraron sus habilidades, energía y su alegría! La Hermana Sonita también jugó con entusiasmo! Damos gracias por nuestros cuerpos sanos, y nuestros almas llenas de bondad. Nos reuniremos de nuevo cuando pasa este virus amenazante.

SAINT MARY PARISH

Parish Office: 781-891-1730 **Fax:** 781-209-0555
Mailing Address: 133 School Street, Waltham, MA 02451
Email: stmarywaltham@gmail.com
Website: stmarywaltham.org

SAINT MARY CHURCH

Location: 133 School St., Waltham MA 02451
Parking Lot & Rel. Ed. Bldg: 30 Pond St., Waltham

St. Mary Church is open every day from 8:30 a.m.-7:30 p.m.
La iglesia está abierta todos los días de 8:30 a.m.-7:30 p.m.

SAINT CHARLES BORROMEIO CHAPEL

Location: 51 Hall Street, Waltham, MA 02453
Parking Lot & Parish Ctr: 30 Taylor St. Waltham

MASS SCHEDULE/Horario de las Misas

Saturday Vigil /Sábado Vigilia	4:00 p.m.	St. Mary
	4:00 p.m.	St. Charles
Sunday/Domingo	9:00 a.m.	St. Mary
	11:00 a.m.	St. Mary Español
	1:00 p.m.	St. Mary Luganda
	7:00 p.m.	St. Charles
Monday-Friday/Lunes-Viernes	12:10 p.m.	St. Mary
	7:00 p.m.	St. Charles
Friday/Viernes	8:00 p.m.	St. Mary Luganda
Holy Days/Días de Precepto	12:10 p.m.	St. Mary
	6:30 p.m.	St. Charles
	7:00 p.m.	St. Mary Español

SUSPENDED DUE TO COVID-19!!

CONFESIONS/Confesiones

Mon.-Thurs./Lunes-Jueves	11:30 a.m. - 12:00 p.m.	St. Mary
Friday/Viernes	11:00 a.m. - 12:00 p.m.	St. Mary
Saturday/Sábado	3:00 p.m. - 3:45 p.m.	St. Mary
	3:00 p.m. - 3:45 p.m.	St. Charles
Sunday/Domingo	6:00 p.m. - 6:45 p.m.	St. Charles

MORNING PRAYER/ Oración Matutina

Sunday/Domingo	8:30 a.m. - 8:45 a.m.	St. Mary
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PRAY THE ROSARY/El Santo Rosario

Monday-Friday/Lunes-Viernes	11:30 a.m.	St. Mary
Sunday/Domingo	10:30 a.m.	St. Mary Español

ADORATION/Adoración

Friday/Viernes	12:45 p.m. - 5:45p.m.	St. Mary
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ANOINTING OF THE SICK/Unción de los enfermos

First Monday of the month - 12:10 p.m. Mass	St. Mary
<i>El primer Lunes del mes durante la misa de las 12:10 p.m.</i>	

COMMUNION TO SICK & HOMEBOUND

Comunión a los hogares y enfermos

Call the parish office 781-891-1730

Llamar al Padre Francisco 781-891-1730

CATECHESIS/Catequesis

Nilvia Hernández 781-308-4961 or stmarywalthamre@gmail.com

AFTER SCHOOL PROGRAM/Programa Después de la Escuela

Kateri Thekaekara 781-577-2262 or stmarywalthamasp@gmail.com

QUINCE AÑOS

Llamar al Padre Francisco para programar la celebración. La joven debe estar participando en el Programa de Confirmación.

BAPTISM/Bautismo

Parents must call the parish office (781-891-1730) to receive information about preparation and baptism. Parents and godparents must attend a preparation class. Baptisms are on the first Sunday of the month during the Mass.

Para Bautismos padres deben llamar a la oficina (781-891-1730). Padres y padrinos deben asistir a la preparación. El Bautizo se lleva a cabo el primer domingo del mes en la misa de las 11:00 a.m.

SACRAMENTS OF INITIATION/Sacramentos de Iniciación

Adults and children (age 7+) who want to receive the sacraments of Baptism, Confirmation, or First Communion must attend preparation classes. Call the parish office for information.

Los adultos y niños (7+) que desean recibir los sacramentos del Bautismo, la Confirmación o la Primera Comunión pueden tomar clases de preparación para los sacramentos. Llamar a la oficina.

MARRIAGE/Matrimonio

Call the parish office to arrange a meeting./Llamar a la oficina.

STAFF

Pastor/Párroco	Rev. Michael Nolan
Parochial Vicar/Vicario Par.	Rev. Joseph Diem
Parochial Vicar/Vicario Par.	Rev. Francisco Gongora
Business Mgr./Dir. de Negocios	Mary McCarthy
Sexton/Sacristán	Michael Welch

IN RESIDENCE/En residencia

Rev. Charles Mulindwa

You enter this church... not as a stranger, but as a guest of God. He is your heavenly Father. Come, then, with joy in your heart and thanks on your lips into His presence, offering Him your love and service. Be grateful to the strong and loyal ones who, in the name of Jesus Christ, built this place of worship, and to all who have beautified it and halloed it with their prayers and praise. Ask His blessing on those who love His house of faith as the inspiration of their labor, rejoicing in the power of the Holy Spirit, and may that blessing rest on you, both on your going out and your coming in.