



# THE CHURCH OF saint anne

15-05 SAINT ANNE STREET • FAIR LAWN, NEW JERSEY 07410 • WWW.STANNEFAIRLAWNNJ.ORG

## Our Mission

*Encounter Jesus Christ who loves you. Engage the community that welcomes you. Serve the world that needs you.*

### Clergy

Father Joseph Doyle ..... Pastor  
Father Samuel Monaco ..... Parochial Vicar  
Monsignor Anthony Ziccardi ..... Associate  
Deacon Richard McGarry ..... Associate  
Deacon Junelito Fuertes ..... Associate  
Deacon Brian Brockway ..... Associate

### Staff

Laurie Hessman ..... Administrative Assistant  
Claire Liberato .Adm. Assistant & Web Manager  
Alan Quinn ..... Music Ministry Director  
Miranda Murray ..... Youth Minister  
Sandra Keraghel ..... Faith Formation Director  
John Weiss ..... Business Manager  
Michael Lovera ..... Maintenance Coordinator

### Masses

Masses  
Weekday Masses - 7:30 & 8:45 am  
July & August Daily Masses:  
Monday - Wednesday - Friday at 7:30 am  
Tuesday & Thursday at 8:45 am  
Saturday ..... 8:45 am & 5:15 pm  
Sunday ..... 7:30, 9:30, & 11:30 am  
..... 6:00 pm Oct. - June Only  
Holydays ..... Announced the Sunday before

### Devotions

In honor of St. Anne & St. Anthony of Padua,  
Tuesday, after 8:45 am Mass.  
Eucharistic Adoration, Generally the 1<sup>st</sup> Friday  
of every month from 1:00- 2:00 pm.

### Order of Christian Initiation of Adults (OCIA)

For those who wish to enter the Catholic Faith - For those to be welcomed from other Christian Ecclesial Communities - or for Catholics who need to be fully initiated with the Sacraments of (Baptism - Confirmation - Eucharist). Contact the Rectory for further information.

### Baptisms

The Community celebrates the Sacrament on Sundays at 1:30 pm (except on occasions when there is a 5th Sunday). A preparation class for the parents is scheduled every other month. Please call Laurie Hessman at the rectory to register. The class may be attended during pregnancy.

### Marriage

Arrangements should begin by setting a date with one of the priests, ONE YEAR before the wedding.

### Reconciliation

Saturday from 1:00 - 2:00 pm in Church. Upon request, at any other time.

### Communion in the Home

Call Joe Torregrossa at (201) 377-8108.



Rectory ..... 201-791-1616  
Food Pantry ..... 201-791-1616  
Fax ..... 201-791-1871



THE MOST HOLY TRINITY ✠ MAY 31, 2026

First Reading: Exodus 34:4b-6, 8-9 ✠ Second Reading: 2 Corinthians 13:11-13  
Gospel: John 3:16-18



As we celebrate the feast of the Most Holy Trinity, I draw your attention to an artistic depiction of the Trinity painted by a Flemish artist by the name of Hendrik van Balen (1575-1632). Van Balen was born and died in Belgium. His famous painting which I give you above in this article may have been an altar piece because it was painted on a wood panel sometime in the 1620's. This panel is displayed today in the city of Antwerp, Belgium. It is in a Baroque style in which the artist wanted to convey the strong human expressions of all the figures including Jesus and God the Father, without diminishing their divine roles in salvation history. The Holy Spirit is painted in its traditional look as a white dove. Van Balen, along with other 16<sup>th</sup> century artists such as Peter Paul Reubens and Anthony van Dyck, were commissioned to paint these religious works of art to defend the teachings of the Church at the time of the Protestant Reformation.

I can recall some years ago as the Director of Religious Education for St. Anthony of Padua Church in Hawthorne, as well as the Coordinator of the Confirmation Mass for our teen candidates. The bishop of the Diocese of Paterson Arthur Serratelli, who was my professor of scripture at Immaculate Conception Seminary, was the presiding and confirming bishop. As was his custom, at the end of the mass following the conferral of the Sacrament of Confirmation, Bishop Serratelli asked the newly confirmed the question: how many gods do we have? The first and only teen to attempt to answer this question said; "we have three gods, one who is father, one who is son and one who is holy spirit." The bishop immediately corrected the teen, mentioning that we only have one God. So here is the Catholic teaching with regard to the mystery of the Most Holy Trinity, to prevent future confirmation candidates from falling into the same trap of answering erroneously that we have three gods to similar trick questions.

*"The word Trinity is not found in the Bible, but the reality of the Trinity is revealed throughout Scripture. The Church, guided by the Holy Spirit, has articulated this mystery as:*

***One God in Three Divine Persons.***

***God the Father, God the Son (Jesus Christ), God the Holy Spirit.***

***Each Person of the Trinity is fully God, not a part or aspect of God. They are distinct from one another, yet inseparably united in will, essence, and love"*** (mycatholicjourney.com).

With a friendly wink and a prayer or two for you and your families. Have a Blessed Feast of the Most Holy Trinity, and a wonderful start to the work week, school week or whatever kind of week you call it and keep praying to God who is our Father, Son and Holy Spirit.

Affectionately,

Fr. Sam

**Worship...** Called and formed by the Word of God, we worship our Lord primarily in the Mass. The Eucharist is the center of our Christian life. It grounds everything else we do, from prayer to our daily tasks to our ministries. If you have any comments, please feel free to contact any of the following Pastoral Council Representatives:

Fr. Sam Monaco and Deacon Junie Fuentes.

**Pray for the recovery of:**

Dan Hyer, Damiana Tan, Peggy McGinniss, Jacqueline Dikdan, Emryn Hensley, Barbara Arbus, Rose Staal, Kenneth Lutz, Elizabeth, Kyle Featherstone, Judy Emerson, Vanessa Jacob, Marie Lovera, Ramona Villegas, Celeste Maucere, Caroline Brooks, Wilson Torres, Maria Torres, Kathleen Hicswa, Aida Yachouh, Hermie Vogel, Dan O'Byrne, Carol Simin, Brenda Hammond, Avery Gee, Tom Sullivan, Lisa Resciniti, Margaret Cicchino, Mirtha Gomez, Fred Paparteys, Glenn Omundsen, Michael Clear, John Wilmot, Lauren Capozzi, Gregory Poccoch, Fidelia Doval, Vanessa Jacob, Ada Miranda, Joseph Landi, Joe McGhee, Patricia Otten, Dorothy Bamond, Dennis Cummins, Liz Ward, Terry Kaufman, Marianne Wilde, Ben Vaughan, Waleska Marrero, Sean Ryan, Hector Munoz, Ralph Florio, Adrianna, Louise Doherty, Kiera Stankard, Connor Brennan, Darwin Marin, Frances Marie Shoemaker, Ann Pellegrino, Mary Burke, Mirtha Gomez, Jim Crosson, Paul Scianna, Danuta Czerwomka, Gertrude Leone, Christine Nickles, Barbara Harfosh, Isla Marie Nichols, Natasha Henke, Teresa Dee, Jackie Ruth, Frank Dara, Baby Callum, Janet Sheahan, Roberta Vanni, Leo Romano, Waleska Rodriguez, Luis Tineo, Richard Diana, Iris Aviles, Scott Osback, George Hamis, Debbie Doherty, Rich Arlaus, Nicholas Sklavounos, Diana Falco, Dennis Cummins, Donny Demotrowski, Joe Marchesi, Kathleen Metcalf-Jones, John Pacos, Brandon Cox, Derek Andrews, Nate Metlitz, Mary Albert, Marie Ciezobka, Ana Chirichella, Michael Torres, Samantha DiGaudio, Miguel Noboa, Bob Harris, Dean Zinzi, John Toronto, Samuel Garcia, Marilyn Greene, JoAnn Smith, Anita Zinzi, Albie Luciano, Rich McGarry, Mary Seton, Roman Blehl, Linda White, Eric Schmidt, Arthur Seitter, Henry Tantillo, Anthony DeCaro, Vicenta Oyog and Karl Eder.

**† Pray for the happy repose of †**

Eric Soderlund, Harry Moran,  
George Zawisa & Deacon Robert Thomson

# Mass Intentions For The Week



**Monday, June 1<sup>st</sup>**

- 7:30 – Parishioners of St. Anne Church
- 8:45 – Fr. Tom Murphy – Sullivan Family  
Melania Genao & Lepoldo Genao - Family

**Tuesday, June 2<sup>nd</sup>**

- 7:30 – Parishioners of St. Anne Church
- 8:45 – Damiana Tan (Living) – Dina & Anita

**Wednesday, June 3<sup>rd</sup>**

- 7:30 – William Ball – Family  
Peter Britz, Sr. – Wife  
Joseph Tieng - Family
- 8:45 – Anthony C. Tantillo – Mom  
Anne C. Sheahan – Janet & Jack  
Bernice Kelley- Daughter, Karen

**Thursday, June 4<sup>th</sup>**

- 7:30 – Parishioners of St. Anne Church
- 8:45 – Pacifico Dumandan – Family  
Lucy & Al Leone – Sullivan Family

**Friday, June 5<sup>th</sup>**

- 7:30 - Joe Tieng – Breakfast Club  
Miguel Arocho - Family
- 8:45 – Sam Mathew (Living) – Family  
Gaetano & Tomasina Balestrieri – Family  
Ivana Gomez (Living) - Grandmother

**Saturday, June 6<sup>th</sup>**

- 8:45 - Deborah West – Patti Schwam  
Maria Lourdes Carlos – Vic & Norian Cabaero
- 5:15 - Marie & Louis Disco – Joy  
Peter Ciccio – Pompeo Family  
Anna Wozniak – Rosanne  
Andrew & Evelyn Wozniak - Rosanne

**Sunday, June 7<sup>th</sup>**

- 7:30 – Pauline & Stephen Brussell Jr. – Steven Nerlfi  
Nicole Mannarino – Campbell Family  
Capone & Maiorana Family  
– Dora & Nina Maiorana
- 9:30 – Ciro Randazzo – Sister  
Aitana Romero – Family  
Thomas Pancaro – AA Fellowship  
Albert Ortega – Emily Yearwood
- 11:30 – Edwin F. Nestor, Sr. – Margaret Howard  
Fred & Eleanor Nocker – Carol  
Resty Sr. Isabel Ascano – Family  
Priscilla Antonowich – Fran DeNicola
- 6:00 - Our Confirmation Candidates

**ST. ANNE'S ROSARY SOCIETY**

The next meeting of our Rosary Society will take place on June 2<sup>nd</sup> in the church.  
All are welcome!!

**Live-streamed Masses**

5/31 – 9:30 \* 6/7 – 11:30 \* 6/13 – 5:15

**Let us pray for those in ALL our active service members, especially for:** *Travis Adely, US Coast Guard; Airman Daniel Elias, USAF, Capt. Frank Mottola, US Army; Sgt. Trevor Peden, US Army; Justin Mayberry, US Army; Spec. Corey Reynoso, National Guard, US Army; USMC; 2<sup>nd</sup> Lt. Frank D. Slawson II, USAF; PO 2<sup>nd</sup> Cl Jimmy Guerra, US Navy, CPO Nicholas J. Vanni, US Navy; Major Gregory Sugalski, US Army; Ensign Nicholas J. Magarelli, USN, Master Sgt. Michael VanPamel, USAF; PFC Lindsay Newarski, US Army; Staff Sgt. Matthew Bauer, USAF; Brandon Motto, USMC Lt. Marc Sabatino, USN; LCPL Storm Odom, USMC; Airman Michael Diffin, USAF; CPL Justin Scales, USMC; LCPL Dominick Rizzo, USMC; PFC Jonathan C. Sulinski, Warrant Officer Alan Harty, US Army; Sgt. Bert J. Frullo, US Army; LCPL. Harrison James Bruining, USMC; LCPL Steven D'Argenio, USMC; Capt. Kip Rainey; SP4 Monica Saucier, US Army; Spec. 4 Brian Tarantino, US Army; PO 1<sup>st</sup> Cl. Mike Tarantino, USN; Lt. Col. Marshall Denney; Lance Corp. Marshall Denney IV; Col. Patrick Frank; Lt. Col. Daniel Curtin, US Army; Staff Sgt. Joseph Sullivan, USMC; A1C Richard Baldassari, USAF; Capt. Donald Pump, USMC.*



## **REFLECTION**

### *The Trees*

Philip Larkin (1922–1985)

The trees are coming into leaf  
 Like something almost being said;  
 The recent buds relax and spread,  
 Their greenness is a kind of grief.  
 Is it that they are born again  
 And we grow old? No, they die too.  
 Their yearly trick of looking new  
 Is written down in rings of grain.  
 Yet still the unresting castles thresh  
 In fullgrown thickness every May.  
 Last year is dead, they seem to say,  
 Begin afresh, afresh, afresh.

### **ALTERNATIVE TO ABORTION...**

If you know someone who is considering having an abortion, here is a number they might call that could be of help to them to consider an alternative to this practice... 1-800-395-HELP (4357).

The Archdiocese takes very seriously any and all allegations of sexual misconduct by members of the clergy, Religious and lay staff of the Archdiocese. We encourage anyone with knowledge of an act of sexual misconduct to inform us immediately so that we may take appropriate action to protect others and provide support to victims of sexual abuse. Individuals who wish to report an allegation of sexual misconduct may do so by calling the Archdiocesan Office of Child and Youth Protection at (201) 407-3256.

### **Report Financial Misconduct Confidentially**

If you suspect financial misconduct, use **EthicsPoint**, an independent and confidential reporting tool that helps the Archdiocesan community address issues while promoting positive parish, school and workplace environments. Visit [www.rcan.org](http://www.rcan.org) for the hotline and reporting link.

### **For the month of May,**

Pope Leo XIV asks us to pray especially ...

### **That everyone might have food**

Let us pray that everyone, from large producers to small consumers, be committed to avoid wasting food, and to ensure that everyone has access to quality food.

## **STEWARDSHIP REFLECTION**

### **The Most Holy Trinity**

“For God so loved the world that He gave His only Son...” JOHN 3:16

Is your love conditional? Is there a price others have to pay to receive your love and forgiveness? Are you generous with your time, skills, money and possessions? If you give someone something, do you expect something in return? Do you give your time freely or do you “fit it in” when it’s convenient for you? God desires a personal relationship with us so much that He gave us His Son, unconditionally! Pray in stewardship for a grateful and generous heart.

### **BROTHER JUNIPER**





**Fall Registration is now open for Faith Formation!**

You Can find forms in church or feel free to contact the faith formation office for forms or more information.



**Has your child had 2 full years of Faith Formation and is now ready to make First Holy Communion?**

If so, then be sure to join us on June 10<sup>th</sup> at 7pm in Church for our Annual First Holy Communion meeting for New Candidates. We will send you an email reminding you!



Join our Parish as we continue to pray for all our Confirmation Candidates as they prepare for the Sacrament with Bishop Saporito on Sunday, June 7<sup>th</sup> at 6pm! Join us at mass as we celebrate them! Please wear RED!

**SAINT ANNE’S SENIORS**

The next meeting of the Saint Anne's Seniors will be on Monday, June 8<sup>th</sup> at 1 pm in the Church Hall. At this time, a delicious lunch of sandwiches, coffee and cake will be on the menu. Any questions or concerns please call President, Judy Brault at 201-294-8166.

**PRAYER SHAWL MINISTRY**

The Shawl Ministry Meeting for May will be canceled due to another commitment. We will meet in June on Monday, June 22 from 3-4:30 in the church hall. A donation of more Yarn has come into our possession from one of our members for anyone who would like some for projects to be done over the summer- winter hats, mittens, , scarves and baby hats and newborn sweaters are on our list of needs for our fall and winter recipients. We will resume meetings after the summer in September- dates to be determined. For info. about the Ministry , supplies or your donations please contact Judy at 201-294-8166. New members are welcome and usually help is available for anyone needing knitting or crochet ideas or assistance with a project



Our parish Food Pantry continues to serve families in our community who are struggling with food insecurity. With rising grocery costs, the need has grown significantly, and we are asking for your support.

Our Food Pantry needs essential items this month, especially canned vegetables, canned beans, peanut butter, jelly, fruit, sauce, rice, spaghetti, cold cereal, tuna, snacks, pancake mix and syrup. Let’s fill those shelves together and make sure no one in our community goes without a hearty meal. Donations may be placed in the designated bins in the church vestibule, atrium and rectory vestibule. If you would like to donate to the Food Pantry via the Amazon Wishlist, please scan the QR code



below. You can choose to have the donations delivered directly to St. Anne’s Food Pantry. Every contribution—big or small—makes a difference.

**Thinking of volunteering at The Church of St. Anne???**  
**ADULT VOLUNTEERS ARE NEEDED TO ASSIST PRIESTS AT FUNERALS**

The Funeral Server plays an essential role in the funeral process. It is an ideal ministry for retirees. Servers are assigned to funeral masses depending on their availability. Funeral Masses take place on weekday and Saturday mornings. There are on average one or two funerals a week. Each one requires approximately 1.5 hours of the server’s time. Serve at your convenience. Bring a small measure of comfort to families of the deceased.

If interested in this very fulfilling ministry, please contact the rectory at 201-791-1616 for more information.

**ATTENTION PARISHIONERS:**

Planning for St. Anne’s Annual Three Day Carnival & Food Fest has begun.



**SAVE THE DATE....**  
**This year’s event has been scheduled for: September 18, 19 & 20 !!**



**NY Yankees  
vs.  
Detroit Tigers**

**Wednesday, July 1, 2026  
at Yankee Stadium, Bronx NY**

**\$120 Ticket, Bus Fare, Sandwich & chips  
Option 1 (56 bus seats max)**

**\$100 Ticket, Bus Fare, - Option 2**

**\$80 Ticket, Sandwich & chips - Option 3**

**\$65 Ticket only - Option 4**

<https://saintannechurchfairlawn.flocknote.com/signup/248750>



**St Anne Community Committee  
(SACC)**

*is sponsoring a trip to Yankee Stadium to  
watch the NY Yankee's*

*See link below or the QR code to register  
<mailto:https://saintannechurchfairlawn.flocknote.com/signup/248750>*

*St Anne's has reserved 75 tickets in Section 232B.  
The Bus has a maximum capacity of 56 seats. So  
this will be a first come first serve basis.  
Ticket & Bus only \$100, Ticket only price is \$65.*

***Deadline to purchase  
tickets is  
JUNE 1, 2026***

*Any questions call John Hill*

*201-207-4607*

**BETHLEHEM ART**

On June 6/7 we will host representatives of the Catholic Christian Community from Jerusalem and Bethlehem in the Holy Land who will be displaying handcrafted olive wood religious figurines and articles. Due to the political conflict and the reduction of tourism, the Catholic Community has come to depend more on the sale of these articles abroad to survive and to keep their faith and Christian presence in the holy land, The woodcarvings are beautiful and reflect faith and love for the Lord.



Please consider purchasing a gift that will be remembered and cherished for yourself or someone dear to you. The handcrafted olive wood religious figurines and articles will be available for purchase **after all the weekend Masses.**

**Inspire Young Adult Group**

**Meeting here at St. Anne's!!!**

**All young adults aged 21-35 are invited to Inspire's First Friday meeting on Friday June 5th at 7:30 PM at the Church of Saint Anne in Fair Lawn, NJ - social to follow afterwards. For further information, please email [olmcyoungadults123@gmail.com](mailto:olmcyoungadults123@gmail.com).**

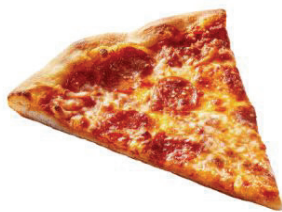
**For Your Summer Reading ....**

St. Anne School Alumni and Author J. A. Brizek is the brother of our lector Dan Brizek and he has written a book entitled *A Catholic Kid From a Jewish Neighborhood, Snapshots of a Jersey Childhood*. It is a laugh out loud memoir of navigating childhood in large Catholic family during the 60's & 70's.

Contact the rectory office for information on obtaining a copy of this book.



**St Anne SACC Presents**  
**Kids Movie Matinee**  
**ZOOTOPIA 2**  
**Saturday, June 13, 2026 -10AM**



**FREE ENTRY, FREE PIZZA, FREE DRINKS**





## "Summer Prayer Service"

Sponsored by St. Anne's Women's Cornerstone  
On Wednesday, June 10, 2026  
from 6:30 – 8 pm  
in Labyrinth Garden  
(Church Hall in the event of Rain)

Please register here - <https://saintannechurchfairlawn.flocknote.com/signup/259669>



or by emailing [stannewomenscornerstone@gmail.com](mailto:stannewomenscornerstone@gmail.com)

All are Welcome to join us for an evening of group prayer.

There is no charge, but we ask you to bring a canned good for our Food Pantry.

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**Hello St. Anne Parishioners,**

The St. Anne Men's Cornerstone team will once again be walking in the Relay for Life on Friday, June 12–13.

The event will take place at Parkway Elementary School on Friday, June 12th beginning at 6:00 PM.



Our team, "Don't Back Up, Don't Back Down," has proudly participated in this event for over 10 years. In the past, it has usually been our Cornerstone team walking together, sometimes joined by a few friends. **This year, we are inviting as many St. Anne parishioners as possible to join us as we walk together to help stomp out cancer.**

So many of us have seen how cancer affects the lives of our family members, friends, and loved ones. Relay for Life raises thousands of dollars each year to support cancer research, helping to fund new treatments, cures, and hope for those fighting this disease.

We would be honored to have you walk with us as we remember those currently battling cancer, celebrate survivors, and honor those we love who have lost their battle.

Please see the link below to join our team. We also ask you to prayerfully consider making a donation to support this important and heroic effort.

**Thank you for your generosity, support, and love,  
St. Anne Men's Cornerstone Team**

[https://secure.acsevents.org/site/STR?fr\\_id=111671&pg=team&team\\_id=2856741](https://secure.acsevents.org/site/STR?fr_id=111671&pg=team&team_id=2856741)

# < KID'S > KORNER

## Gospel Today | The Most Holy Trinity | John 3:16-18

"For God so loved the world that He gave His one and only Son".

When we believe in Jesus, and live in His light, our spirits will enjoy eternal life.

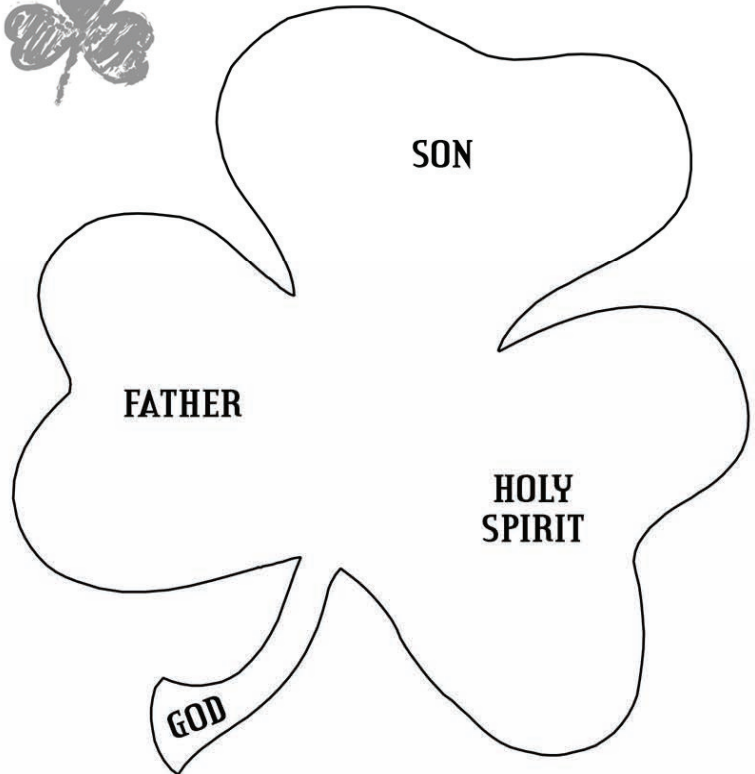
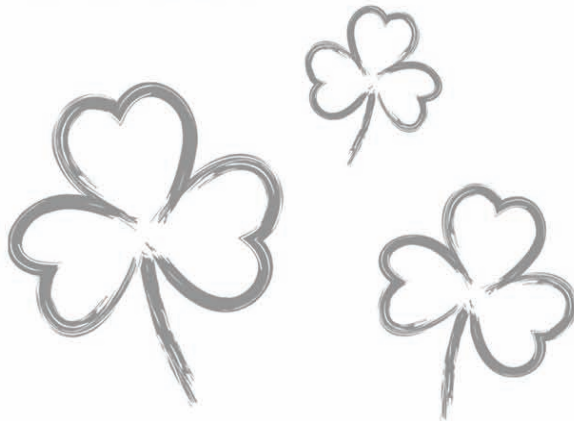
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### THE MOST HOLY TRINITY

It is hard for us to understand the Trinity - one God, with 3 parts.

St. Patrick used a bit of Ireland as a teaching tool. With a 3 leaf clover in hand, he explained it as one stem, our God with 3 leaves, the Father, Son and Holy Spirit.

- Color the clover green -



### SWEET as HONEY

God loves His world. He lets the clover grow wild! Look for it growing in the grass...

Look, God is everywhere!

Yes Honey, God IS everywhere...

...and not only in this clover patch!



*Handwritten signature*

We are grateful for the 1,010 people who worshipped in church with us and all who joined us virtually this past weekend and contributed \$9,055.00 in the offertory and \$5,329.00 through Online Giving offertory, which along with other fees and donations totaled \$19,643.00.

**The 2026 Annual Appeal is underway!**

**We have \$62,492.25 already pledged. This is approximately 61.5 % of our goal of \$101,555.69.**

**The outpouring of support from many parishioners like you helps sustain the important ministries across the Archdiocese of Newark. These programs help to make our own parish a more vibrant place of worship. If you have yet to give, please visit [www.rcan.org/sharing](http://www.rcan.org/sharing) or scan the QR code. Thank you for your prayers and support.**



## Heating & Air Conditioning ~

Everyone knows that there are some months in which our electricity bill or heating bill is higher than others. Well, it's the same with the Church. As you know, we use an additional way of paying for our extra energy months. In the back of the church each Sunday you will find separate **ENERGY** envelopes. If you should happen to hit the jackpot that week, and wish to throw a dollar or two in that envelope, we'd greatly appreciate it! You can throw these special envelopes right in the collection with your regular envelope. The energy envelopes will not be mailed to you. They will simply be in the back of the church, so if you don't spot them, be sure to ask the ushers at your Mass. Thanks so much. And special thanks to those who have already been doing it regularly. It makes a difference!!!

## Online Giving...

You have the opportunity to make donations to our Sunday collection online!

To sign up, go to the St. Anne website – [www.stannefairlawnnj.org](http://www.stannefairlawnnj.org)

Go to the DONATE button in the top right hand corner of the homepage

Once you are taken to the new site, click on the section that says **Create New Account**.

Next you will see **New User Account Registration**. Fill out the form and click "submit."

When you are enrolled, you can go into **Manage My Account**, where you will see **My Payment Methods**. Here you can choose to have the funds deducted from your checking or bank account (you will need your routing and account numbers on hand). Under **Manage My**

**Account**, you will also see **Give a New Gift**. There you will decide when and how much to give. (In the list, Offertory Collection means the Sunday collection.) You can select recurring or one time gifts. You also have the option to access all the other special envelopes you would normally find in your envelope packet and which are generally one-time donations. Each time you go to Mass, get a card that says "I have made my donation online" and put it in the collection when the usher comes around. Thanks so much for giving online!

**You can reach Online Giving at 800-348-2886 with questions or for additional assistance.**

## ARCHDIOCESE OF NEWARK 2026 LENTEN REGULATIONS

1. The days of both Fast and Abstinence during Lent are Ash Wednesday and Good Friday. If possible, the fast on Good Friday is continued until the Easter Vigil (on Holy Saturday night) as the "paschal fast" to honor the suffering and death of the Lord Jesus, and to prepare ourselves to share more fully and to celebrate more readily His Resurrection. The other Fridays of Lent are days of Abstinence.

On a day of Fast, only one (1) full meal is permitted, and two (2) smaller meals, which, if added together, would not exceed the main meal in quantity. Those between the ages of 18 and 59 are obliged to fast.

On a day of Abstinence, no meat may be eaten. Those who have reached the age of 14 are obliged by the law of abstinence.

2. The obligation to observe the laws of Fast and Abstinence "substantially", or as a whole, is a serious obligation.

3. The Fridays of the year, outside of Lent, are designated as days of penance, but each individual may substitute for the traditional abstinence from meat some other practice of voluntary self-denial as penance.

4. The time for fulfilling the Paschal Precept (Easter Duty\*) extends from the **First Sunday of Lent, February 22, 2026 to The Solemnity of the Most Holy Trinity, May 31, 2026.**

\*Canon 920, §1. *All the faithful, after they have been initiated into the Most Holy Eucharist, are bound by the obligation of receiving Communion at least once a year.*

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We recently introduced our Deli, which offers a wide variety of cold cuts and prepared foods.

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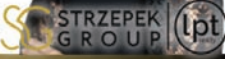
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