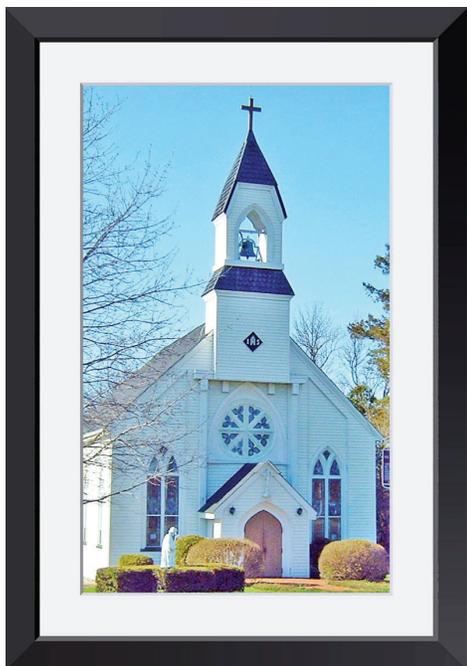


The Roman Catholic Church of  
**OUR LADY OF MERCY**

90 WHIPPANY ROAD · WHIPPANY, NEW JERSEY 07981



*Served By*

- Reverend Roberto Amador, Pastor**  
 olmchwhip@aol.com
- Reverend Manuel Cuellar, Parochial Vicar**  
 Fr.Manuel@ourladyofmercyparish.com
- Vincent LoBello, Deacon**  
 DeaconVinny@ourladyofmercyparish.com
- Reverend Alex Coffi, In Residence**
- Lynda Asea, Parish Secretary**  
 olmchwhip@aol.com
- Edwin Peterson, Trustee**

We Invite you to  
**CELEBRATE THE EUCHARIST**  
*on the Lord's Day*

- Saturday Evening** ----- 5:30 pm
- Sunday Morning**--- 7:30, 9:30 & 11:00 am
- Weekdays**----- 9:00 am
- Saturday Morning** ----- 9:00 am (*Novena*)

**Rectory Office is open from...**

- Monday - Friday ----- 9:00 am - 3:00 pm
- Phone** ----- 973-887-0050
- E-Mail**----- olmchwhip@aol.com
- Web** ----- www.ourladyofmercyparish.com

*Rectory & St. Mary's  
 Cemetery Office*  
 9 Parsippany Road  
 Whippany, NJ 07981

*Ministries*

**Altar Linens**

Debbie Finn, 973-464-9035  
 olmAltarLinens@ourladyofmercyparish.com

**Altar Servers**

Coordinator: Fr. Manuel Cuellar, 973-887-0050  
 altarservers@ourladyofmercyparish.com

**Extraordinary Ministers**

Coordinators: Kathy Dittrick, 973-428-4996  
 & Marilyn Kuehner, 973-386-1742  
 olmEM@ourladyofmercyparish.com

**Health Ministry**

Coordinators: Marlene Peterson &  
 Kathy Dittrick, 973-428-4996  
 olmHealthMinistry@ourladyofmercyparish.com

**Martha & Mary Ministry**

Patti Cobane, 973-386-1393 &  
 Anne Roda-Farrell 973-727-6757  
 moserking@verizon.net

**Ministers of the Word**

Coordinator: Kim Gigantino, 973-463-0327  
 olmLectors@ourladyofmercyparish.com

**Music Ministry**

olmMusicMinistry@ourladyofmercyparish.com

**Prayer Shawl Ministry**

Coordinator: Janet Dodge, 973-887-2583  
 janleedod@yahoo.com

**Ushers**

Coordinator: John Guido, 973-769-2528

*Sacrament of Marriage*

Engaged couples should make arrangements with one of the priests one year in advance of the wedding date.

*Sacrament of Baptism*

The Parish Community celebrates Baptisms on all Sundays of the month at 12:00 pm. One preparation session is required for first time parents. Parents should register by calling the Parish Office after the child's birth.

*Sacrament of Reconciliation*

The Sacrament of the Lord's Forgiveness is celebrated Saturday afternoons at 5:00 pm. Other times for Reconciliation are announced in the bulletin, and by making an appointment with one of the priests.

*Sacrament of the Sick*

The Parish Community celebrates this Sacrament at a Special Liturgy during the year or at home anytime.



*Religious Formation*

9 Parsippany Rd, Whippany, NJ 07981

K-6th Grade and Confirmation (7th & 8th Grade) Coordinator

-----Karen Monda, 973-887-0767  
 Email: olmRF@ourladyofmercyparish.com

Assistant Coordinator -----Lynda Asea, 973-887-0050

# Mass Calendar for the Week

February 5<sup>th</sup> 2023

## Fifth Sunday in Ordinary Time



Altar Flowers are provided in memory of Patrick Russo.

### Saturday Feb. 4<sup>th</sup> – Vigil

5:30 PM Salvatore Catisone  
Cesare Caprio  
Billy McGinty  
Colleen Asea

### Sunday Feb. 5<sup>th</sup> – 5<sup>th</sup> Sunday in Ordinary Time

7:30 AM Deceased Members of Guerin Family  
9:30 AM Peter Richard Mahon  
Patrick Blanchfield  
11:00 AM Patrick Russo

### Monday Feb. 6<sup>th</sup> – Saint Paul Miki & Companions

9:00 AM Karil Chocholous (46<sup>th</sup> An)  
Mary Harrington

### Tuesday Feb. 7<sup>th</sup> –

9:00 AM People of the Parish

### Wednesday Feb. 8<sup>th</sup> – Saint Jerome Emiliani

#### Saint Josephine Bakhita

9:00 AM Mary E. Peters  
Thomas Murphy  
George, John, Bill & Joseph

### Thursday Feb. 9<sup>th</sup> –

9:00 AM James Drury (25<sup>th</sup> An)

### Friday Feb. 10<sup>th</sup> – Saint Scholastica

9:00 AM Florence Kraynak

### Saturday Feb. 11<sup>th</sup> – Our Lady of Lourdes

9:00 AM Deceased Members of the Parish  
5:30 PM Margaret Welschko (8<sup>th</sup> An)  
Florence Kraynak  
Anthony Cirelli



## Collections Report



Collection totals are reported monthly, generally in the second week of the following month.

*Thank You for Your Stewardship of Time, Talent, and Treasure*

## Remembering OLM

Just as we plan to ensure financial health for our families, we should plan for the health of our faith family. We have a wonderful Catholic heritage. Pass it on! There is a way to be an angel for the OLM Parish Family by including us in your Will.

# Events Calendar 2/5 – 2/18

DATE	TIME	EVENT
2/10	7:00 PM	Cub Scouts Pack #40 - Gym
2/14	7:00 PM	Scripture Group - PC

## Prayer List



Please remember the following members or friends of our parish in need of your prayers:

Nick Agro, Nancy Bakalis, Giuseppa Casarrubea, Patricia D'Alessio, Beverly & Blaine Fresco, Arlene & Fred Gentile, Bertha Gonzalez, Cristopher Gruno, Emil Herkert, Georgjean Huegler, Helen Kasiski, Anthony LaFerrara, Victor & Ruth Madill, John & Marie O'Mullan, Carol Osterman, Philip Patavia, Jaxson Rivera, Bob Roberts, Agnes Ryan, Mary Ann Schilare, Stella, Theresa Seleski, Theresa Stancel, Belarmino Viegas, Gloria Zawacki.

To have a loved one added or removed from the list please contact the list coordinator at:

[olmhealthministry@ourladyofmercyparish.com](mailto:olmhealthministry@ourladyofmercyparish.com)

## Saint Jerome Emiliani



In the Church's art, Jerome Emiliani carries the ball and chain with which he was fettered as a prisoner of war near Treviso, Italy, in 1508. From the dungeon he asked Mary for help, and he escaped soon after. He lived from that time

in a spirit of thanksgiving. After serving as mayor of Treviso, he returned to his native Venice, to begin studies for the priesthood. He then began to attend to the needs of abandoned children. Jerome found them food and clothes, and taught them the faith through a question-and-answer catechism. He helped prostitutes, incurables, and the impoverished. Around 1532, Jerome and two other priests established a congregation, the Clerks Regular of Somasca, dedicated to the care of orphans and the education of youth. Jerome died in 1537 from a disease he caught while tending the sick. He was canonized in 1767. In 1928, Pius XI named him the patron of orphans and abandoned children. His liturgical feast is celebrated on February 8<sup>th</sup>.

## Thoughts from the Pastor

My Dear Friends,

As we are now celebrating the liturgical season of Ordinary Time, we should meditate and live out the work of Jesus among us. During this liturgical time, we reflect on how Jesus inaugurated the Kingdom of God among the people of Israel and how that kingdom was also extended to the pagan territories. Likewise, the mission of the Apostles was meant to reach out to people of all the world not only the Jewish people.

One of the most important parts of the ministry of Jesus was the work of healing. We see Jesus curing and healing diseases everywhere He taught His disciples to do the same. Jesus shows concern for the people and on many occasions in the Gospels we hear that He had pity on them all. Jesus is willing to heal us as a whole person, body and soul. He wants our salvation fully, to bring us to true life and fulfilment of happiness and joy. He desires our restoration and wants us to be able to live our lives to the fullest. So, we need to trust His merciful love and rely on His compassion every day of our lives. This is the only way to survive what we go through every day. Jesus is with us and helps us with His healing power to overcome evil which hurts us so much each day as we try to walk His path of salvation. We should ask for physical and spiritual healing every day,.

It is a very old tradition to ask for help and especially for the gift of good health in the Christian world. One of the most famous saints who is well known for granting this precious gift is St. Blaise. On February 3<sup>rd</sup> we celebrate his feast day and we bless throats asking St. Blaise that through his intercession we can recover from or prevent any disease of the throat or any other illness. On Friday, February 3<sup>rd</sup> we blessed people's throats in the Chapel and this weekend at the end of every Mass we will do the same. We pray to St. Blaise for help and intercession from Heaven. We are constantly in need of healing.

I would like us to remember those members of

our Parish Family who are recovering from surgery, are homebound or hospitalized. They also need our prayers and concern. Let us ask St. Blaise to look after them with mercy and love and intercede before the Lord for them all.

St. Blaise was the bishop of Sebaste in Armenia and suffered martyrdom under Licinius about AD 316. For details about his life, we must rely on various traditions. Supposedly, this early Christian martyr was born to noble and wealthy parents who provided him with a Christian education. He became a physician and was elected and consecrated a bishop at a young age. During the persecution of Licinius, Blaise experienced a call to live as a hermit in a cave outside of town, where he was known to heal sick and wounded wild animals. Eventually he was discovered by hunters who were roaming the countryside capturing creatures to use in the amphitheater games. Blaise was taken to Agricolaus, the governor of Cappadocia and Lesser Armenia, and thrown into jail. One legend tells us that on his way to prison, Blaise commanded a wolf to release a pig belonging to a woman who begged for the holy Bishop's help. She later brought candles to his cell so he would have light to read the Scriptures. While Agricolaus was reportedly impressed with Blaise's miracles, it didn't stop him from insisting that the Bishop renounce his faith. When he wouldn't, the governor had him beaten, tortured with an iron comb (a tool used for combing wool), and beheaded.

St. Blaise's intercession was being invoked in the East for illnesses related to the throat. By the ninth century, the saint was also revered in Europe and went on to become one of the most popular saints in the Middle Ages, venerated by multitudes of people with great faith and devotion to this great saint of God.

Let us also rely on St. Blaise for help and intercession as we receive our blessing this weekend. Let us ask for the healing of our bodies and above all for the spiritual healing of our minds, hearts and souls.

May God bless you all,

Fr. Roberto

# Holy Health News

## 5 Heart Numbers You Need to Know

From the Hopkins Medical Newsletter



- 1. How many steps you take per day**  
Moving a lot improves other heart-health measure and disease risk. We are urged to walk up to 10,000 steps per day or almost five miles. Another rule of thumb is to exercise 150 minutes per week.
- 2. Your blood pressure**  
High blood pressure or hypertension has no symptoms; it can only be detected by being measured. A score of 120/80 is optimal, and 140/90 is normal for most people. Higher readings mean that arteries are not responding right to the force of blood pushing against artery walls (blood pressure), directly raising the risk of heart attack or stroke.
- 3. Your non-Hdl cholesterol**  
That's your total cholesterol minus your HDL (high-density lipoprotein) cholesterol, a measure of fats in the blood that can narrow and clog arteries to the heart. Lower is better: Aim for a score lower than 130mg/dl or, if you are at a high risk of heart disease, lower that 70-100 md/dl.
- 4. Your blood sugar**  
High blood sugar ups your risk of diabetes, which damages arteries. In fact, type 1 and type 2 diabetes are among the most harmful risk factors for cardiovascular disease. A fasting blood sugar of 99 mg/dl or lower is normal.
- 5. How many hours of sleep you get a night**  
Although there's no one "right" answer for

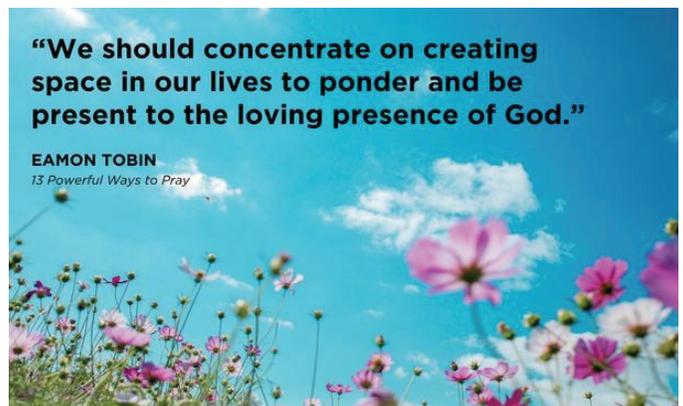
all, consistently getting the number of hours that works for you helps lower the risk of heart disease. Most people need to sleep six to eight hours.

The **Health Ministry** hopes you will call it a numbers game. Knowing just a few key metrics can provide a pretty accurate picture of your current cardiac fitness-- and give you ongoing motivation to maintain healthy heart numbers and improve less healthy ones.



## We Can't Save Ourselves

The fact that we can't save ourselves is something we acknowledge in words, but in fact we find it very hard to accept. We'd all like to be saved by our own efforts...to shine in other people's eyes, even on the spiritual level. Worldly people want to be highly regarded because they have luxurious cars, expensive watches, designer clothes, professional prestige, and go around with beautiful people. As good Christians, we may want to stand out for our virtues, charisms, experience, and sound judgement. Then we consider that we are on the right path. But in fact we're in danger of ending up with exactly the same mindset as the worldly people described above. Very often, without realizing it, we have a worldly outlook on the spiritual life: self-fulfillment, self-affirmation, expansion of the ego, etc. We must be aware that spiritual pride is sometimes more destructive than social, worldly pride.



## Scripture Study Group



All are welcome to join the OLM Scripture Study Group meeting on Tuesday February 14<sup>th</sup> at 7:00 PM in the Parish Center (lower level). Our

program is based on the “**Metanoia**” video about deepening our faith. The next segment of the video is about

### “Do You Love Me?”

Following the video we will share how what we have seen affects our own lives and faith. For further information or questions, call Frank Miles at 973-538-6554 or email to [lexan@ix.netcom.com](mailto:lexan@ix.netcom.com).

## Compassionate Friends Meeting



Compassionate Friends is a self-help group for bereaved parents, grandparents, and siblings. Meetings are held every 2<sup>nd</sup> Thursday of each month. The program for their next

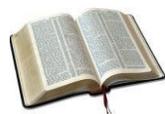
meeting at 7:30 PM Thursday, February 9<sup>th</sup> 2023 is:

### “Dealing with Stress and Finding Outlets”

All are welcome at our **New Location:** Union Hill Presbyterian Church/School - Recreation Room at 427 Franklin Road, Denville, NJ. For more information, please call Lily Capriglione at: 973-568-4164 or email to [lilycap1972@gmail.com](mailto:lilycap1972@gmail.com)

## Preplanning a Funeral

Have you ever thought about *preplanning a funeral or cremation* for yourself or loved ones, but didn't know where to begin? If the answer is “**YES**”, then join us on Wednesday, February 15 at Marco Polo's Restaurant in Summit and start learning! All attendees will receive complimentary planning and resource materials. Seating is limited! RSVP by February 14 on SignUpGenius by [clicking here](#). For more information, call Austin at (973) 635-2428 ext. 140



## Liturgy of the Word

Prepare for the Liturgy of the Word for next Sunday February 12<sup>th</sup>

### First Reading – Sirach 15:15-20

This section from Sirach is part of a larger discussion of human responsibility addressed to people who blamed God for the conduct of the wicked. Some people held God responsible for evil and suffering, thereby undercutting faith in God's goodness. Sirach responds with an affirmation of personal responsibility, emphasizing that those who choose to do so can keep the commandments. He insists that each of us account for our own choices, reminding us that God's commandments offer the path of true life.

### Responsorial – Psalm 119:1-2, 4-5, 17-18, 33-34

### Second Reading – 1 Corinthians 2:6-10

Paul addresses himself to the “mature” Corinthians. He singles out people who have reached their goal, whose lives are fulfilling their deepest meaning. That they are Christians would indicate they are living the truth of the mystery God has revealed. As he continues talking about wisdom, Paul puts together citations from Isaiah and Jeremiah, fashioning a beautiful image of God's indescribable revelation. This is a mystery, something that God has been working on since the beginning of the world.

### Gospel – Matthew 5:17-37

This reading is part of the Sermon on the Mount, Jesus expresses profound respect for His Jewish tradition, which He both interprets and fulfills. In some instances, He takes a teaching and goes to its root meaning. He demonstrates that the sin of murder has its roots in anger and disrespect. Adultery has its roots in looking at someone as an object of self-gratification. Thus it is better to lose an eye or a hand than to disdain another person.

Regarding interpersonal relationships and religion, Jesus calls His disciples to seek reconciliation with anyone who is angry with them. Otherwise, their sacrifice is hollow. Since their word should be their bond, there is no reason to swear an oath.

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