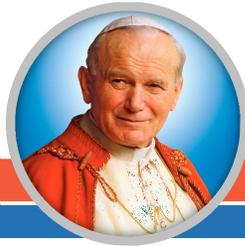


Third
SUNDAY OF

LENT

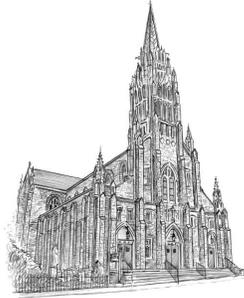


Saint John Paul II

PARISH IN PERTH AMBOY • ENGLISH, POLISH, SPANISH, PORTUGUESE

MARCH 08, 2026

ALL ARE WELCOME: Whatever your present status in the Catholic Church, whatever your current family or marital situation, whatever your past or present status, whatever your personal history, age, background, race, color or language, **YOU ARE INVITED, ACCEPTED, RESPECTED, LOVED** at SAINT JOHN PAUL II PARISH.



ST. STEPHEN'S CHURCH
490 State Street

SERVED BY

Fr. Sławomir Romanowski, CSsR
Pastor | ext. 21

Fr. Waldemar Wielądek, CSsR
Associate Pastor | ext. 22

Fr. Eugeniusz Fasuga, CSsR
Associate Pastor | ext. 24

Basilio Perez &
German Gonzalez
Deacons | ext. 10

Damaris De Jesus
Parish Secretary | ext. 11

Ana Maria Zevallos,
Fatima Goncalves &
Anna Dec
CCD Coordinators

Daniel Goncalves
Organist

Mass Schedule



WEEKEND



Saturday Vigil Mass

5:00 PM (English); 7:00 PM (Spanish)

Sunday

7:00 AM (Polish); 9:00 AM (English)
11:00 AM (Polish); 1:00 PM (Spanish)
OLRF: 9:30 AM (Portuguese)

WEEKDAYS

Monday - Friday

8:00 AM (English); 7:30 PM (Spanish)

Wednesday & Fridays, 1st & 3rd

6:00 PM (Polish)

First Saturday: 8:30 PM (Polish)

OLRF: Thursday, 7:30 PM (Portuguese)

Saturday: 8:00 AM (Polish)

Confessions

Monday - Friday

7:30 - 7:50 AM (English);

7:00 - 7:20 PM (Spanish)

OLRF: Thursday, 8:30 - 9:00 PM
(Portuguese)

Saturday

7:30 - 7:50 AM; 4:30 - 4:50 PM;

6:30 - 6:50 PM (Spanish)

Sunday

6:30 - 6:50 AM; 8:30 - 8:50 AM;

10:30 - 10:50 AM;

12:30 - 12:50 PM (Spanish)

OLRF: Sunday, 9:00 - 9:20 AM
(Portuguese)



**OUR LADY OF THE ROSARY
OF FATIMA CHURCH**
188 Wayne Street

**PARISH OFFICE IS
OPEN TO THE PUBLIC**

Office Hours

**Mondays, Tuesdays,
Thursdays & Fridays**
9:00 AM - 12:00 PM &
1:00 - 5:00 PM

Wednesdays

9:00 AM - 12:00 PM

Office

490 State Street
Perth Amboy, NJ 08861

Phone

732-826-1395 | 732-442-0039

Fax

732-826-4217

Email

office@johnpaulsecond.com

Web

www.johnpaulsecond.com



**God is Spirit, and those who
worship Him must worship
in spirit and in truth.**

JOHN 4:24



Saturday, March 7th Ss. Perpetua & Felicity

- 8:00 am *No intentions for this Mass*
5:00 pm Pro Populo
7:00 pm † Miguel Bolivar Guzman Martinez r/o esposa e hijos
8:30 pm W intencji wynagradzającej Matce Bożej za zniewagi nasze i całego świata

Sunday, March 8th 3rd Sunday of Lent

- 9:00 am † Michael Carr r/o family
† Lovis Seminski r/o family
† Thomas Salasky r/o family
9:30 am † Luis Sousa e esposa r/o Filha Zaida
† Michael de Sousa r/o Pais
† Miguel Reis e Susana Gravato r/o Sandra Picado
11:00 am O Boże błogosławieństwo i potrzebne łaski dla Marianny Łepickiej r/o rodzina
† Ann i Józef Praszek r/o Maria Barańska
1:00 pm Bendiciones y felicidades a Alfonso Perez en su cumpleaños r/o su esposa e hijos
Bendiciones y felicidades a Danila Coria en su cumpleaños r/o sus padres
† Por todas las Almas del Purgatorio r/o Sara Acevedo
† Manuel Gonzalez r/o Karina Gonzalez
† Bethania Guzman r/o su familia
† Francisco Antonio Vargas r/o sus hijos
4:00 pm O Boże błogosławieństwo, zdrowie, potrzebne łaski i opiekę Matki Bożej dla Krystyny Jarosz i Krystyny Kanczewski z okazji urodzin

Monday, March 9th St. Frances of Rome

- 8:00 am † Carl Fleming r/o Bobbi Murphy
7:30 pm *No intentions for this Mass*

Tuesday, March 10th Lenten Weekday

- 8:00 am *No intentions for this Mass*
7:30 pm † Juan Bautista Marrero r/o su esposa y familia

Wednesday, March 11th Lenten Weekday

- 8:00 am *No intentions for this Mass*
6:00 pm *No intentions for this Mass*
7:30 pm † Lorenzo Torres r/o Mayra Torres

Thursday, March 12th Lenten Weekday

- 8:00 am God's blessings and good health for Monaliza Suarez on her birthday r/o Norma Suarez
7:30 pm † Claribel Marte r/o Alexandra Jerez

Friday, March 13th Lenten Weekday

- 8:00 am *No intentions for this Mass*
6:00 pm W intencji Bogu wiadomej
7:30 pm † Manuel Antonio Abreu r/o familia Abreu

Saturday, March 14th Lenten Weekday

- 8:00 am † Walter Strzałka - o wieczne zbawienie r/o rodzina Strzałka
5:00 pm † Maria Teresa Acevedo r/o Sara Acevedo
7:00 pm Pro Populo

Sunday, March 15th 4th Sunday of Lent

- 9:00 am † Roger Jasko r/o Elaine M. Jasko
† John S. Kenneh r/o Teresa Kenneh
† Dennis Mislan r/o Irene Milnicsuk & son Allan
† Lorenzo Uroza r/o family
9:30 am † Manuel Almeida e Mary Mota r/o Graca Santos
† Henrique Santos, pais e sogros r/o Graca Santos
† Michael de Sousa r/o Pais
11:00 am † Bolesław Sikora r/o córka
† Tadeusz Szot r/o Teresa Szot
† Ryszard Szot r/o Teresa Szot
1:00 pm En accion de gracias a Nstra Sra. del Buen Remedio r/o Dionicia Diaz
† Teresa De Jesus r/o Maria Taveras
4:00 pm † Iwona Gryczyńska - o wieczne szczęście r/o Lucyna Gryczyńska

SECOND COLLECTION:

EASTER FLOWERS



THIRD SUNDAY OF LENT – March 8, 2026
PARISH ANNOUNCEMENTS

1. We are already approaching the midpoint of this year's season of penance and conversion – today is the Third Sunday of Lent. In this holy time, let us take a closer look at the fruits of faith we bear in our daily lives. Does our faith produce any fruits at all?

2. Our Lenten devotional services continue to help us grow spiritually. I warmly encourage everyone to participate:

- Stations of the Cross – every Friday

- Gorzkie Żale (Lenten Lamentations) with a Passion sermon – Sundays at 4:00 PM

Let us remember that these devotions are associated with indulgences, which under the usual conditions may be obtained for ourselves or for our departed loved ones.

3. Today, March 8, we celebrate International Women's Day. Although it is a secular observance, we remember all women in our prayers. Women fulfill a special role in the world, in the Church, and in the family. Let us entrust their work and lives to God and to the Blessed Virgin Mary, who is the most beautiful model of a wife and mother.

4. On Saturday, March 14, we invite all English-speaking parishioners to a Lenten retreat in English. It will begin at 2:00 PM and conclude with Holy Mass at 5:00 PM. The retreat will be led by Fr. Jim Szobonya from Philadelphia. We also remind you that on the following day, March 15, Confirmation candidates from all four language groups will have their retreat. On that same day, the Polish retreat will begin and continue through Wednesday. It will be led by Fr. Przemysław Iłski from Poland. We warmly invite everyone to participate.

5. Dear friends, we hope there will be no more snowfall this year. I would like to share a few numbers so that we clearly understand our situation. For snow removal in January, we paid over \$14,000, while the collection amounted to just over \$2,700 — five times less. It was later announced that there would be two additional collections to help offset this cost.

February has ended, and once again we experienced a snowstorm, along with a snow removal collection on February 22. The February snow removal cost was nearly \$12,000, while the collection totaled \$3,400. As we can easily calculate, snow removal this year has cost us \$26,000, while we have collected \$6,100. Dear parishioners, as we clearly see, unless we adjust our thinking and our approach to certain matters, it will be difficult for us to survive financially as a parish. I place this on your hearts and ask you to reflect on it. I also remind you that there will be one more snow removal collection on March 8.

6. The days of Lent continue before us. May they be a time of sincere work on ourselves and on our hearts. Let us become better toward one another, and in doing so, grow closer to God. May God bless us all.

March 8, 2026 - 3rd Sunday of Lent

"Everyone who drinks this water will be thirsty again."

JOHN 4:13

Jesus reminds us that material things, even something as basic as water, can never satisfy us over the long run. When we build our lives around material possessions we will always want more, and no amount will ever satisfy our desire. True joy and peace only come when we follow Jesus - when we become more "God-centered" and less "self-centered."

Please Pray for the Sick of the Parish: Janina Misuir, Filomena Marrero, Ana D. Colón, Kimberly Melnick Porcello, Jeff Yunckes, Sharon Farag, Marianne Zanko-Komek, Mariela Cifuentes, Danuta Kasztan, Joan Wright, Martin & Anita Lonczak, Rosa Barrabi, Nancy Logan Kawka, Florence Pajak, George Zeigel, Virginia Chlebowski, Joseph Stancavitz, John Zemin, Anna Hozeny, Jared Silva Rossi, Monica Hagley, Jennifer Munoz, Christopher Buck, Gary Hand, Rosalina Castillo, John Brembor, Caroline Bryan Pozycki, Allan Milnicsuk, Dr. James C. Wolff, Chris Mattern, Norma Suarez & Celia Gyuresko.

PRAYER LIST

If you are aware of relative who is on the prayer list and has returned to good health, no longer needing to be on the list, please contact parish office at 732-826-1395.

Do you know of someone who is sick, a friend or family member? We would like to include them in our prayers. Please call the office to inform us of anyone whose name should be on this list.



FOOD CERTIFICATES PROGRAM



From **FEBRUARY 23, 2026—MARCH 01, 2026** mounted to **\$330.00** to Saint John Paul II Parish and the profit realized to Saint John Paul II Parish was **\$16.50** ShopRite has made this program available to us in realizing a profit from each certificate. Please make every effort to purchase them before you go grocery shopping. **PLEASE BE AWARE THAT THE CERTIFICATES FOR SHOPRITE CAN ALSO BE USED IN THE PHARMACY DEPARTMENT. KEEP THIS IN MIND!**

RESTORATION FUND

ZPA \$300.00

Thank you and God bless you!

THIRD SUNDAY OF LENT

First Reading: Exodus 17:3-7

This story from Exodus reveals that the Israelites, after their escape from Egypt, cast all blame for their sufferings on Moses. In this instance, they were dying of thirst. When Moses appealed to the Lord, the Lord directed Moses to strike a rock and water would gush forth.

Second Reading: Romans 5:1-2, 5-8

Paul reminds the Romans that because Christ died for all people, they are acceptable in God's sight.

Gospel: John 4:5-42

Jesus converses with the Samaritan woman at Jacob's Well. When Jesus indicates that whoever drinks from the water He gives will never be thirsty again, the woman immediately answers, "Give me this water, sir...". Jesus then reveals that she has had five husbands and tells her that He is the Messiah. The woman believes Jesus and proclaims this news to all the townspeople, who believe her and come to see Jesus.



Third Sunday of Lent

Sunday

Ex 17:3-7; Rom 5:1-2, 5-8; Jn 4:5-42 or 4:5-15, 19b-26, 39a, 40-42

Monday

2 Kgs 5:1-15ab; Lk 4:24-30

Tuesday

Dn 3:25, 34-43; Mt 18:21-35

Wednesday

Dt 4:1, 5-9; Mt 5:17-19

Thursday

Jer 7:23-28; Lk 11:14-23

Friday

Hos 14:2-10; Mk 12:28-34

Saturday

Hos 6:1-6; Lk 18:9-14

**2026 Bishop's Annual Appeal
ONE IN CHRIST: Called to Love and Serve**

To date, the Development Office has received pledges totaling \$ 5,884.25 and payments totaling \$ 5,496.75 from parishioners. This represents 23.90% of your \$ 23,000.00 goal. Thank you for your efforts

ANNOUNCEMENTS

III SUNDAY OF LENT
 March 8, 2026
 Holy Mass — 09:00am

Novena and Holy Mass
 March 11, 2026 — 8:00 AM

ADORATION OF THE BLESSED SACRAMENT
 THROUGHOUT THE DAY
 March 12, 2026

STATIONS OF THE CROSS, HOLY MASS
 FIRST FRIDAY OF THE MONTH
 March 6, 2026

Stations of the Cross and Holy Mass — 8 am
 Stations of the Cross and Holy Mass
 Every Friday of Lent

Plenary Indulgence
 By participating in the Stations of the Cross or the
 Devotion of the Bitter Lamentations, one can obtain a
 Plenary Indulgence under the usual conditions.



ABSTINENCE
 Abstinence from meat is required on all
 Fridays of Lent

The Rosary Society is holding a Day of Recollection on Saturday, March 14, 2026 from 2:00-4:30 PM. It is open to anyone who would like to attend. There is no charge and refreshments will be served. Please call Celia at 732-318-6307 to reserve your spot.



PENNIES FROM HEAVEN PROGRAM

Please keep recycling your loose change into the “Church money box” on the side of the “Sacred Heart Altar”. Small medicine bottles can be found in the back of the church pews to take home and fill. This is an ongoing Campaign where Pennies can be turned into Dollars. **This year's count will be going toward heating system!** Thank you



SANCTUARY LAMP

In loving memory of
Thomas & Marguerite Harth

r/o Kevin & Mary Harth

SUNDAY COLLECTIONS

SECOND SUNDAY OF LENT Sunday, March 01, 2026

Through the mail: \$38.00

5:00PM	\$1,172.00	7:00PM	\$543.00
7:00AM	\$349.00	9:00AM	\$1,268.00
9:30AM	\$1,029.00	11:00AM	\$1,247.00
1:00PM	\$1,935.00		
Total:			\$7,581.00

ONLINE DONATIONS: \$475.00

Immaculate Conception: \$1.00
 Ash Wednesday: \$8.00
 Mother's Day: \$20.00
 Catholic Spirit: \$22.00
 Foundation for Catholic Education: \$2.00
 Development of the Peoples: \$2.00

REMEMBER SAINT JOHN PAUL II PARISH
 IN YOUR WILL

SUNDAY COLLECTIONS

EIGHTH SUNDAY IN ORDINARY TIME Sunday, March 02, 2025

Through the mail: \$244.00

5:00PM	\$1,017.00	7:00PM	\$483.00
7:00AM	\$320.00	9:00AM	\$1,435.00
9:30AM	\$848.00	11:00AM	\$1,430.00
1:00PM	\$1,764.00		
Total:			\$7,541.00

ONLINE DONATIONS: \$380.00

Assumption: \$2.00; Ascension: \$2.00
 Holy Thursday: \$2.00; Thanksgiving: \$2.00
 Flower Collections: \$7.00
 All Soul's Day: \$12.00; Catholic Spirit: \$22.00
 Development of the Peoples: \$2.00
 Holy Land Collection: \$2.00
 Retirement Fund for Religious: \$10.00
 Missionary Appeals: \$2.00

2026 Bishop's Annual Appeal ONE IN CHRIST: Called to Love and Serve

This weekend, parishes throughout the Diocese of Metuchen are celebrating **Bishop's Annual Appeal In-Pew Weekend**. Our goal is for every family to participate. Every gift, no matter the size, is important and greatly appreciated. Together, we are keeping Christ's presence alive in the world today. Thank you for actively participating in this mission by your financial support.

OGŁOSZENIA

III NIEDZIELA WIELKIEGO POSTU

8 marca 2026 r.

Msza Św. — 11:00am

Gorzkie Żale i Msza św.—4:00pm

Nowenna i Msza Św.

11 marca 2026 r. — 6:00pm

**ADORACJA NAJŚWIĘTSZEGO
SAKRAMENTU**

PRZEZ CAŁY DZIEŃ

12 marca 2026 r.

DROGA KRZYŻOWA, MSZA ŚW.

13 marca 2026 r.

Droga Krzyżowa i Msza Św. — 6pm

**Droga Krzyżowa i Msza Św.
W każdy piątek Wielkiego Postu**

Odpust Zupelny

**Uczestnicząc w nabożeństwie Drogi Krzyżowej
lub Gorzkich Żalach można uzyskać pod
zwykłymi warunkami Odpust Zupelny**



Parafia pw.
Świętego Jana
Pawła II
zaprasza na

REKOLEKCJE WIELKOPOSTNE

W języku polskim,

O. Przemysław ILSKI, CSsR,
Rekolekcjonista.

Niedziela: 15 marca, 2026

11:00AM i 4:00PM — Msza Św.

Poniedziałek 16 marca, wtorek 17 marca
o 6:00PM — Msza Św.

Zakończenie w środę,

18 marca o 6:00PM — Msza Św.

**Można zamawiać intencje zbiorowe w
poniedziałek, wtorek i środę przed Mszą
Św. podczas rekolekcji.**

III Niedziela Wielkiego Postu A

**Nadeszła kobieta z Samarii, aby zaczerpnąć
wody. Jezus rzeki do niej: Daj Mi pić!**

Bóg nasz jest Bogiem łamiącym bariery. Doskonałą ilustracją tego przymiotu Boga jest dzisiejsza ewangelia - spotkanie Jezusa z Samarytanką.

Jakie to bariery pokonał Jezus? Zaczniemy od bariery płci - niezwykle w tych czasach było to, żeby mężczyzna publicznie rozmawiał z kobietą i to nieznaną. Jezus chcąc zbawić kobietę, nie zważa na ten zwyczaj.

Kolejną barierą jest narodowość. Jezus i Samarytanki należeli do narodów wzajemnie pogardzających sobą i nienawidzących siebie. Dla Jezusa, którego serce pełne było miłości wobec tej kobiety, ta bariera nie istniała.

Kolejna bariera to różnica religii, związana zresztą z poprzednią przeszkodą. Dla Jezusa nie stanowi jednak problemu to, że rozmawia z kimś, kto z punktu widzenia judaizmu jest heretykiem.

Wreszcie najważniejsza chyba bariera - grzech kobiety. Jezus przekracza również i tę barierę. Jezus, przychodząc do człowieka, niszczy niemal każdy mur, który oddziela człowieka od Boga. Jest tylko jedna granica, której nie może pokonać. Jest to wolność, nasza wolność. Możemy Bogu powiedzieć „nie”. Wobec naszej odmowy Bóg pozostaje bezradny. Tylko czy warto? Tylko w imię czego mamy uciekać przed Bogiem? To, co On nam przynosi jest przecież naszym największym dobrem.



WSTRZEMIĘŻLIWOŚĆ

Wstrzemiężliwość od pokarmów
mięsnych obowiązuje we
wszystkie piątki Wielkiego Postu.



NOWI PARAFIANIE

Jeśli uczęszczacie Państwo na Msze
Św. do naszego kościoła i chcielibyście
się zapisać do naszej parafii, proszeni
jesteście o skontaktowanie się z biurem

parafialnym. Godziny otwarcia biura parafialnego są zamieszczone w każdym biuletynie parafialnym. Jeśli ktoś nie jest w stanie spotkać się w godzinach urzędowania specjalne spotkania są także do ustalenia wieczorami. Przypominamy, iż rejestracja i uczęszczanie na Msze Św. jest wymagane do wystawienia wszelkich zaświadczeń i poręczeń parafialnych a także w ustalaniu chrztów, ślubów i pogrzebów. Czekamy na wasz kontakt.



Osoby zapisane do naszej parafii mogą uzyskać informację o ofiarach złożonych w roku 2025 na naszą parafię, w ten sposób będzie można odpisać tę kwotę od podatku.

Anuncios Parroquiales

III DOMINGO DE CUARESMA

8 de marzo de 2026
Santa Misa — 01:00 pm

~~~~~  
Novena y Santa Misa  
11 de marzo de 2026 — 7:30 PM

~~~~~  
ADORACIÓN DEL SANTÍSIMO SACRAMENTO
A LO LARGO DEL DÍA
12 de marzo de 2026

~~~~~  
ESTACIONES DEL CRUCIFIJO, SANTA MISA  
PRIMER VIERNES DEL MES  
6 de marzo de 2026

Estaciones del Crucifijo y Santa Misa — 7:30 pm  
Estaciones del Crucifijo y Santa Misa  
Todos los viernes de Cuaresma

~~~~~  
Indulgencia Plenaria
Participando en el Vía Crucis o en la Devoción de las
Amargas Lamentaciones, se puede obtener una
Indulgencia Plenaria bajo las condiciones habituales.

ABSTINENCIA

~~~~~  
La abstinencia de alimentos cárnicos es  
obligatoria todos los viernes de la  
Cuaresma ;



## Campaña Anual del Obispo, 2026

### UNO EN CRISTO: Llamados a Amar y a Servir

Este fin de semana, todas las parroquias de la Diócesis de Metuchen están celebrando el Fin de Semana de **la Campaña Anual del Obispo en las Bancas**. Nuestro objetivo es que todas las familias participen. Cada aporte, sin importar el monto, es importante y muy apreciado. Juntos, estamos manteniendo viva la presencia de Cristo en el mundo de hoy. Gracias por participar activamente con su apoyo financiero en esta misión.

### 8 de marzo de 2026 - 3<sup>er</sup> Domingo de Cuaresma

“Todo el que beba de esta agua volverá a tener sed” JUAN 4:13

Jesús nos recuerda que las cosas materiales, aun algo tan básico como el agua, nunca pueden satisfacernos a largo plazo. Cuando construimos nuestras vidas alrededor de las posesiones materiales siempre queremos más y ninguna cantidad logrará satisfacer nuestros deseos. El verdadero gozo y la verdadera paz vienen cuando seguimos a Jesús, entonces nos volvemos más “centrados en Dios” y menos “egocéntricos”.

## TERCER DOMINGO DE CUARESMA

### Primera Lectura: Exodo 17:3-7

Esta historia del éxodo demuestra que los israelitas, después de escapar de Egipto, echan toda la culpa de su sufrimiento a Moisés. En ese instante se morían de sed. Cuando Moisés le rogó al Señor, el Señor indicó a Moisés que golpeará una roca y el agua saldrá a borbotones.

### Segunda Lectura: Romanos 5:1-2, 5-8

Pablo le recuerda a los Romanos que debido a que Cristo murió por toda la gente, ellos son aceptables a los ojos de Dios.

### Evangelio: San Juan 4:5-42

Jesús conversa con una mujer samaritana en el pozo de Jacobo. Cuando Jesús dice que quien bebe del agua que El da nunca más estará sediento, la mujer inmediatamente responde: “Señor, dame de esa agua...”. Jesús entonces le revela que ella ha tenido cinco maridos, y le dice que El es el Mesías. La mujer le cree a Jesús y proclama las nuevas a toda la gente del pueblo, quienes le creen y vienen a ver a Jesús.

## LECTURA DEL DÍA

### TERCER DOMINGO DE CUARESMA

#### Domingo

Ex 17:3-7; Rom 5:1-2, 5-8; Jn 4:5-42 o  
4:5-15, 19b-26, 39a, 40-42

#### Lunes

2 Kgs 5:1-15ab; Lc 4:24-30

#### Martes

Dn 3:25, 34-43; Mt 18:21-35

#### Miércoles

Dt 4:1, 5-9; Mt 5:17-19

#### Jueves

Jer 7:23-28; Lc 11:14-23

#### Viernes

Hos 14:2-10; Mc 12:28-34

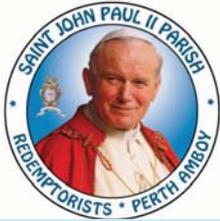
#### Sábado

Hos 6:1-6; Lc 18:9-14

## Campaña Anual del Obispo, 2026

### UNO EN CRISTO: Llamados a Amar y a Servir

Hasta la fecha, la Oficina de Desarrollo ha recibido promesas de donación por un total de **\$5,884.25** y pagos por un total de **\$5,496.75** de los feligreses. Esto representa el **23.90%** de su meta de **\$23,000.00**. Gracias por sus esfuerzos.



## Igreja de Nsa. Sra. Do Rosário de Fátima

Missa Dominical ~ às 9h30

Missa e Adoração ~ Quinta-feira às 7:30pm e Adoração das 8:00pm

Grupo de Oração (Carismáticos) - às Quintas-feiras às 8:30pm

Sacramento da Penitência/Confissões - as Quintas 7:00pm - 7:25pm



8 de Março de 2026

### III Domingo da Quaresma - Ano A

Estamos no terceiro domingo da Quaresma. Não é fácil nem isento de obstáculos o caminho que, através do deserto quaresmal, nos leva em direção à vida nova. Conseguiremos superar os obstáculos deste caminho de conversão e de renovação? A Palavra de Deus que escutamos no terceiro domingo da Quaresma deixa-nos uma indicação verdadeiramente reconfortante: Deus acompanhar-nos-á em cada passo e nunca deixará de saciar a nossa sede de vida.

Primeira Leitura - **Êxodo 17,3-7**

Segunda Leitura - **Romanos 5,1-2.5-8**

Evangelho – **João 4,5-42**



#### **Jejum: um prática penitencial que traz inúmeros benefícios**

A Santa Mãe Igreja, em sua sabedoria milenar, prescreve o jejum aos seus filhos ao menos em dois dias sagrados: a quarta-feira de cinzas e a sexta-feira da Paixão. No entanto, recordo que ela também nos aconselha a esta prática penitencial em todas as sextas-feiras do ano, unindo-a à abstinência de carne. Gostaria, pois, de partilhar os admiráveis benefícios humano-espirituais que brotam desta disciplina.

#### **1. O fortalecimento da vontade e o governo de si**

Muitas vezes, encontramos-nos com uma vontade anêmica. Diante de um prazer imediato, não conseguimos resistir; o pecado da gula torna-se o espelho de nossa debilidade interior. O corpo não é uma máquina que se reconfigura com um simples botão; ele exige o hábito das virtudes.

O jejum é uma grande arma que fortalece a vontade. Quando o fiel tem o alimento à disposição, sente o desejo de comê-lo, porém, diz "não" por um bem maior, assim ele está restaurando a ordem correta do seu ser: a razão, iluminada pela fé, volta a guiar os instintos. São Paulo nos ensina: "Tudo me é permitido, mas nem tudo me convém. Tudo me é permitido, mas eu não me deixarei dominar por coisa alguma" (1 Cor 6,12).

Ao dominar a fome, ganhamos têmpera para vencer as tentações em todas as outras áreas da vida. Cientificamente, há uma explicação: é o fortalecimento do córtex pré-frontal sobre os instintos básicos. Como vencer os impulsos da carne diante das tentações impostas pela vida? Eu indico o jejum, pois gera o autodomínio que faz resistir a estes impulsos.

Disse Lhe Jesus:

«Todo aquele que bebe desta água voltará a ter sede. Mas aquele que beber da água que Eu lhe der nunca mais terá sede: a água que Eu lhe der tornar-se-á nele uma nascente que jorra para a vida eterna».

**«Senhor, suplicou a mulher dá-me dessa água, para que eu não sinta mais sede e não tenha de vir aqui buscá-la».**

Em um encontro incomum para a época (um judeu falando com uma samaritana), Jesus revelou a ela que Ele era o Messias e ofereceu a "água viva" que sacia a sede espiritual.



### **VIA SACRA**

**Perth Amboy — 9:00am**  
**(Todos os domingos antes da Missa)**

# Healing Mass & Resource Fair

For those experiencing or affected by family brokenness



March 14, 2026  
10:00 A.M.  
(Resource Fair to follow  
until 1:00 P.M.)



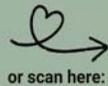
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Representatives will be present from the following programs:  
Surviving Divorce, Retrouvaille & Life-Giving Wounds

**Registration is Required:**

<https://diometuchen.org/events/family-brokenness-mass>

Questions: [rachelle.hanna@gmail.com](mailto:rachelle.hanna@gmail.com)



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A CRITICAL LIFE ISSUES CONFERENCE

**Saturday March 21, 2026**

St. John Neumann Pastoral Center, Piscataway, NJ  
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The Role of the Church in  
Combating Human Trafficking  
**Maria Celina Marquez**  
Policy Advisor U.S. Conference of Catholic Bishops

Survivor Informed  
Human Trafficking Prevention  
**David M. Ryan**  
(Retired Police Chief), Coordinator,  
Westchester County Anti-Trafficking Task Force

Human Trafficking Awareness Through  
the Lens of a Subject Matter Expert –  
A Survivor's Journey from Trauma to Triumph  
**Gina Cavallo**  
Author, Speaker, Consultant in Anti-Trafficking Movement

General Admission \$35, Student Admission \$15

Admission includes lunch and hand-outs

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## 2026 Bishop's Annual Appeal

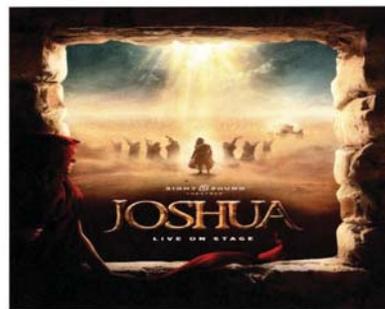


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Joshua is the story  
the man who was the  
assistant of Moses.

After the death of  
Moses Joshua became  
the leader of the  
Israelites. He led the  
Israelite tribes in the  
conquest of Canaan.

The entire day will  
cost the same as last  
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DATE: Tuesday, May 19<sup>th</sup>, 2026

TIME: 7:30 am to approximately 7:30pm. The bus will be in the church parking lot for boarding.

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## LEGAL GUIDANCE IN CASE OF AN IMMIGRATION RAID FOR SCHOOLS AND PARISHES

### 1. Stay Calm

- Be polite and composed.
- Do not argue.

### 2. Verify Identity

- Ask for ID.
- Ask the purpose of the visit.

### 3. Check the Warrant

- Private areas require a court warrant.
- ICE administrative warrants are not sufficient.

### 4. Say:

- “I do not consent to a search”
- “I am exercising my right to remain silent.”
- “I would like to speak with my attorney”

### 5. Do NOT:

- Sign documents without a lawyer
- Share immigration status
- Obstruct officers.

### 6. During the Visit

- Assign a representative
- Record names and badge numbers
- You may record
- List seized items.

## A Prayer for Vocations by St John Paul II:

Lord Jesus, as once you called the first disciples and made them fishers of men, continue to let resound today Your sweet invitation: “Come and follow me.”

Grant to men and women in our day the grace and trust to respond to Your voice.

Sustain our bishops, priests and consecrated souls in their apostolic work.

Give perseverance to our seminarians and to all those living a life of total consecration to Your service.

Enkindle in our communities a missionary zeal.

Send, Lord, workers into Your fields to feed and guide Your flock as Good Shepherds in imitation of You.

Mary, Mother of the Church, Model of Vocations, help us to say “Yes” to the Lord who calls each one of us to play our part in His plan of salvation. Amen.

## CATHOLIC SCHOOL 2026-2027 TUITION ASSISTANCE ONLINE APPLICATION PROCESS OPEN

Families interested in applying for tuition assistance to attend an eligible Diocese of Metuchen elementary or high school may apply online now through FACTS Financial Aid Management at <https://online.factsmgt.com/aid>. Online applications must be completed (including all required documentation) by no later than **March 31, 2026**. A signed **Parish Verification Form** is also required by the Diocese, and should be signed by your Pastor, and submitted to the school or schools your children attend. Eligibility requirements, instructions and forms can be found at <https://diometuchen.org/tuition-assistance>. Applications are available in English and Spanish.



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Perth Amboy  
732-442-9533

## NEW PARISHIONERS



Saint John Paul II Parish welcomes those who wish to become members of our parish faith community.

### Joining the Parish

Please notify the Parish Office,

732-826-1395 as soon as possible if you are new to the parish or if your address/phone information has changed.

### Moving away or change of address

It is appreciated if you notify the office when moving away from the parish or if your address has changed so that records can be kept current.

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