

# Respect Life

Jesus loves the children of the world, the born and the unborn.



# TWENTY-SEVENTH SUNDAY IN ORDINARY TIME | 6 OCTOBER 2024

**CHURCH OF SAINT FRANCIS OF ASSISI**  
**114 MOUNT VERNON STREET**  
**RIDGEFIELD PARK, NEW JERSEY 07660**

## PARISH DIRECTORY

**Rev. Fr. Lynx J.M. Soliman**, *Administrator*  
frlynx@stfrancisorp.org

**Rev. Fr. Bartley P. Baker**, *Parochial Vicar*  
frbart@stfrancisorp.org

**Rev. Msgr. C. Anthony Ziccardi**, *Sunday Assistant*

**Deacon Victor Conversano, Jr.**, *Respect Life Coordinator*  
& *Director of the Food Pantry*  
deaconvic@stfrancisorp.org

**Patricia Acosta**, *Parish Secretary | Business Manager |*  
*Director of Faith Formation*  
pacosta@stfrancisorp.org

**Ashlyn Acosta**, *Administrative Assistant*  
aacosta@stfrancisorp.org

**Gloria Esau**, *Faith Formation Program Coordinator*  
gesau@stfrancisorp.org

**Elisa Quinche and Michael Marin** *Faith Formation 6th,*  
*& 7th Grade Classes & 8th Grade Confirmation Program*  
equinche@stfrancisorp.org | mmarin@stfrancisorp.org

**Kate Gerahty**, *Junior, Youth, Young Adult & Communion*  
*Program Coordinator*  
kgerahty@stfrancisorp.org

**Rita Murray-Cottone**, *Parish Custodian*  
rcottone@stfrancisorp.org

**Richie LaTour**, *Director of the Physical Plant*  
rlatour@stfrancisorp.org

**Anthony Tedesco**, *Assistant Director of the Physical Plant*  
attedesco@stfrancisorp.org

## MISSION STATEMENT

*We, the Community of St. Francis of Assisi Parish, commit ourselves to the unifying work of the Holy Spirit as it unfolds in the Living Tradition of the Church. We further commit ourselves to witness to that work in our everyday lives by serving God and each other, being missionaries of our Faith, reaching out to those in need, and being the welcoming arms of Christ to all.*



## HOLY MASS

Mass of Anticipation, Saturday Evening at 5:30pm  
Sunday Morning at 7:30am, 9:30am, 11:30am  
Misa en Español | Mass in Spanish at 1:00pm  
Monday to Friday at 7:30am  
Saturday Morning at 8:00am

## SACRAMENT OF BAPTISM

Second Sunday of month at 2:30pm in Spanish  
Third Sunday of month at 3:00pm in English  
Please contact the parish office for more information,  
registration must be done **one month** in advance.

## SACRAMENT OF CONFESSION

Saturdays at 8:30am & 4:00pm, or by appointment.

## SACRAMENT OF HOLY MATRIMONY

Arrangements are to be made **six months** in advance.

## SACRAMENT OF THE ANOINTING OF THE SICK

Contact the parish office when someone is very ill,  
especially near death, to receive the necessary sacraments.

## PARISH OFFICES

125 Park Street, Ridgefield Park, New Jersey 07660  
Telephone: 201.641.6464 | Fax: 201.641.2282  
Office Hours: Monday to Friday, 9am to 5pm  
Closed on Saturdays and Sundays  
[www.stfrancisorp.org](http://www.stfrancisorp.org)

# MASS INTENTIONS

## Saturday, October 5th

7:30 + Alan and Josie Smith

## Sunday, October 6th

### Twenty-Seventh Sunday in Ordinary Time

7:30 + Deceased Members of the Manchess and Gleeson Families

9:30 + Maria and Laura Sherman

11:30 For the People of the Parish and  
+ for the Axon family

1:00 + Juan Velez Quinones

## Monday, October 7th

### Our Lady of the Rosary

7:30 + Jacqueline Coffey

## Tuesday, October 8th

7:30 Aris Victor and Jean Francisco, 30th Wedding Anniversary

## Wednesday, October 9th

### St. Denis, Bishop and Companions

### St John Leonardi, Priest

7:30 + Antonietta Carlson

## Thursday, October 10th

7:30 + Deborah Vande Velde

## Friday, October 11th

### Pope St. John XXIII

7:30 + Joseph Urgo

## Saturday, October 12th

### Saturdays in Honor of the Blessed Virgin Mary

8:00 + Sara Herring, Guillermo, and Sara Pov

## SACRAMENTAL MEMORIALIZATIONS



The Host to be consecrated will be offered in memory of:  
+ Connie Sheehan

The Wine to be consecrated will be offered in memory of:  
+ Connie Sheehan

The Sanctuary Lamp will burn for the:  
Healing of Steven Uber

The Altar Candles this Sunday will burn in memory of:  
+ Mary Ann Guercio

The Altar Flowers have been offered in Honor of  
Saint Francis of Assisi

## Mass Celebrant & Homilist Schedule\*

### Saturday, October 12

8:30am Confession: Fr. Lynx

4:00pm Confession: Fr. Bart

5:30pm Fr. Bart

### Sunday, October 13

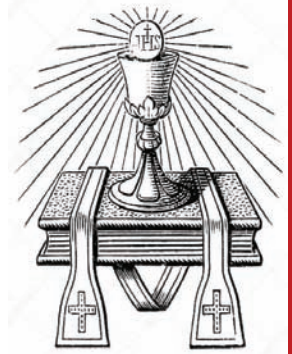
7:30am Fr. Bart

9:30am Fr. Lynx

11:30am Fr. Tony

1:00pm Fr. Lynx

\*Schedule subject to change without notice.



## "WEEDS 2 IMPRESSIVE"

### GARDENING CLUB



We've formed a gardening club that will maintain the church grounds throughout

the year and make it a place of beauty in Ridgefield Park! If you have a green thumb or simply enjoy gardening, join our club!

Contact: Fr. Lynx | [frlynx@stfrancisrp.org](mailto:frlynx@stfrancisrp.org)

## ALTAR FLOWERS

Flowers in a sanctuary aren't to "decorate" the altar, but are an offering to God from the beauty of His creation. Just as Jesus was offered in the prime of



His life to the Father on the cross, so do we offer the Lord flowers at the prime of their beauty. The parish would like to offer a service to purchase a fresh flower arrangement weekly in memory of a loved one, to express thanksgiving to God for a favor received or to remember a special occasion such as a birthday or an anniversary. Each arrangement is \$50 each. If you'd like to make an offering of flowers, please contact Patty Acosta at the parish office.

**Let's continue to beautify God's house!**

# EVENTS

WHAT'S ON THE CHURCH CALENDAR

## Monday October 7

Rosary Prayer Group 8-9:00am in Church  
Teaching Mass #1 with Fr. Lynx 7:00pm in Church

## Tuesday October 8

Rosary Prayer Group 8-9:00am in Church  
An Evening with Fr. Lynx  
7:00pm in the Gym *in Spanish*

## Wednesday October 9

Rosary Prayer Group 8-9:00am in Church  
Baptism preparation Class 7:00PM (P.C.)

## Thursday, October 10

Rosary Prayer Group 8-9:00am in Church  
Prayer Group in Spanish 6:30pm

## Friday, October 11

Rosary Prayer Group in Church

## Saturday, October 12

Rosary Prayer Group after Mass  
Men's Ministry 6:30am (PC)

## Sunday, October 13

Baptism's in Spanish 2:30PM  
**NO FAITH FORMATION CLASSES TODAY**

**Have a Ministry in mind?  
Contact Fr. Lynx!**



*The talented members of our Prayer Shawl Ministry have been working diligently on knitting and crocheting beautiful healing shawls.*

*The Shawls will be distributed at the Healing Mass on November 23rd at 11:00am*

*The group meets on the third Monday of the month from 4:30pm to 6:00pm in the Parish Center.  
All are welcome to join!*

# ONLINE *giving*

For your convenience, we have Vanco online giving. You may contribute by using a credit or debit card, or by electronic debit from your checking or savings Account, monthly or weekly.

Your help makes a big difference to our Parish!

For more information visit our website:

[www.stfrancisorg.org](http://www.stfrancisorg.org)

## UPCOMING SECOND COLLECTIONS

*World Mission Sunday* October 20th

### YOUR OFFERINGS ON SEPTEMBER 29, 2024

Mass Offerings  
**\$5,350.00**

Mail-in Offerings  
**\$200.00**

**Total: \$5,550.00**



**Want to grow in faith?  
Make daily Mass a habit!  
Monday to Friday @ 7:30am**

# RESPECT LIFE MINISTRY



October is  
Respect Life Month  
*At every age & stage life matters*

The Saint Francis Respect Life Ministry promotes the Catholic Church's teaching on the respect, care, and protection of human life from conception to natural death. The ministry also aids in affirming the dignity of life and providing support to people in need.

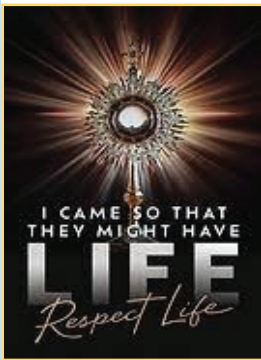
## ALL LIFE IS PRECIOUS

Sunday, October 6, 2024 is Respect Life Sunday

### A Prayer for Life to Jesus in the Blessed Sacrament

O Jesus, You came that we might have *life* — and have it in abundance. Together with the Father and the Holy Spirit, You form us in our mothers' wombs and call us to love You for all eternity. As Your most precious gift of human life is attacked, draw us ever closer to Your Real Presence in the Eucharist. Dispel the darkness of the culture of death, for You are the light that shines in the darkness, and the darkness cannot overcome it. By the power of your Eucharistic Presence, help us to defend the life of every human person at every stage. Transform our hearts to protect and cherish all whose lives are most vulnerable. For You are God, forever and ever. Amen.

Copyright © 2024, United States Conference of Catholic Bishops, Washington, D.C. All rights reserved.



If you have any questions, comments, or concerns regarding the Respect Life Ministry, contact:  
Deacon Victor Conversano, Jr.  
201.641.6464 ext. 109

ADDITIONAL TIME SLOT FOR  
cONfession

SATURDAYS @ 8:30am

# THE SAINT FRANCIS FOOD PANTRY

Thanks to your giving, we are not in need of your food donations for the time being!

Please do not drop off any foods until further notice.

God reward you!



## SISTERS IN SPIRIT (SIS)

*We are women who want to grow:  
spiritually in our faith,  
closer to God,  
and in fellowship with one another!*

Meetings are the 3<sup>rd</sup> Thursday of every month  
7:30pm to 9:30pm

Saint Francis Lower Church

*Bring a Friend — All women are welcome!  
(Group is not limited to St. Francis Parishioners)*

Our first meeting of the year will be on  
Thursday, October 17<sup>th</sup> at 7:30pm  
We will be hosting a GAME NIGHT!

Mark your calendars and check back with the bulletin for future dates. Our yearly calendar can be found at the doors of the Church.

*Join us for fun, snacks, and laughter!*

**Do you know someone who has a  
problem with drugs  
AND WANTS TO STOP USING?**

**The Corona Self Help Center, Inc.  
Drogadictos Anónimos**



**FREE SERVICES**

**Not only does a drug addict destroy his  
life, He ignores it!**

**CALL US! WE ARE HERE TO HELP!**

**Group  
Verdad Y Vida  
www.daamerica.org**

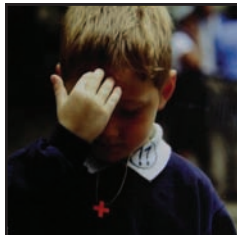
**1 (908) 731-5300**



## What is the Sign of the Cross?

Not all prayers are made with words. Prayers are also made with gestures. Christians, like followers of all other religions, practically always pray with their bodies — say, kneeling or standing — and with their arms and hands — for example, praying with hands outstretched or folded in front. Because we are both body and soul, we pray with both. Now, all religions have gestures that express a devout attitude before the divine or heavenly beings they invoke, but the gesture that is most expressly Christian, and used only by Christians, is the sign of the cross. By making it, we profess the central truths of our faith: that God became one of us, with a human body and soul; that He died on the cross to save us; and that our own bodies and souls share in the same power of the Savior whereby we are freed from sin and death and brought to the resurrection and the life of heaven. From the earliest times Christians have made the sign of the cross. St. Basil the Great tells us that the apostles themselves taught the sign of the cross. This is shown by the fact that the earliest mentions of the sign of the cross speak of it as an already established custom and simply encourage the faithful to make it correctly. The sign of the cross was made simply with the fingers (the index or the thumb) on the forehead or lips or breast (as Latin-rite Catholics do at the beginning of the Gospel) or with the whole hand over the torso. There are slight differences in how it is made between the various rites of the Church, but they are all legitimate. Those who are in Holy Orders bless by making the sign of the cross in the air toward the persons or things to be blessed, but the laity bless others only by using their finger, usually the thumb, on the forehead. This “lay blessing” is common in Catholic cultures, made by parents on their children before bed or before going out or on a trip. It would be great if this custom could be revived. Words often accompany the sign of the cross, but they are not essential. In a way, when we combine this gesture with a vocal prayer, we make two prayers. So, let’s recognize the power of what we do when we pray, “**In the name of the Father, and of the Son, and of the Holy Spirit.**” It affords us powerful

protection against the demons and our own weak human nature. As Hispanic Catholics say when they make the sign of the cross, “By the sign of the holy cross, from our enemies, deliver us, O Lord!”



## FRONT PEW OF OUR CHURCH

While not officially reserved, let’s leave the front pew on either side of the aisle open for those who have a difficulty walking. Holy Communion will come directly to them .



**Thanks for your cooperation!**

## ALL SOULS DAY CANDLES

November is the month of the Holy Souls, when we remember those who have died and may be in Purgatory, preparing to be with the Lord forever. In order to remember them and keep our prayers for their souls burning with the Light of Christ, we will be selling 6-day votive candles that will remain in the sanctuary for as long as they burn. Your loved one’s name will be labeled on the candle as the parish remembers them too throughout the week. You may purchase a candle for **\$25**. Visit the table in the narthex to reserve your candle next **Saturday** and **Sunday** after all the Masses.



## WELCOME NEW PARISHIONERS!

**It’s always a good idea to register in your parish.**

**Registration is required to enroll your child in the faith formation program, to become a godparent for Baptism or Confirmation, and to obtain any official parish letters.**

**Place this form in the collection basket or return it to the parish office, and we’ll mail you a more detailed registration form.**

**Name** \_\_\_\_\_

**Address** \_\_\_\_\_

**City** \_\_\_\_\_

**State** \_\_\_\_\_ **Zip** \_\_\_\_\_

**Phone** \_\_\_\_\_

**Welcome to Saint Francis of Assisi!**

# TEACHING MASS

*What's the priest wearing? Why does the priest do that? Where's that in the Bible?*

These questions and many more will be answered by **Fr. Lynx** in his four-week series explaining the Mass so that you can pray it more fruitfully!

These sessions will take place on **Monday evenings** in the church at **7pm**

**October 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, & 28<sup>th</sup>**

*Let's grow in knowledge & love of the Mass!*



## OPENING OF THE 2025 MASS BOOK

The 2025 Mass Book will open on **Saturday, November 9, 2024** **9:00am to 3:00pm** in the **Gym**. There is a **limit of 5 Masses per family (1 sheet)** on the opening day.

In the coming weeks, you will find Mass forms at the doors of the Church and in future Bulletins. Complete the form with your Mass requests and bring it with you on the day the Mass book opens.



## Forming Guidance for Faithful Citizenship

**The United States Conference of Catholic Bishops invite all Catholics to prepare themselves well for the 2024 Elections**

As Catholics, our faith informs everything we do. So it's unsurprising that when it comes to voting and forming positions on the issues, our perspective should be different from what we come across on the mainstream news or social media. In the 2024 edition of **"Forming Guidance for Faithful Citizenship,"** the U.S. bishops urge Catholic voters to put on *"The mind of Christ"* as they prepare for Election Day. *"Take time away from social media and spend time with Holy Scripture and the Blessed Sacrament,"* they say. *"Turn off the TV and the podcast, and listen in silence.*

*Volunteer at a soup kitchen, a homeless shelter, a crisis pregnancy center. Serve the poor, the needy, the outcast. Pray often, letting faith inform your political participation."* Prayer, as the bishops say, *"is essential to discern the will of God."* Pre-Election Day prayers could be for humility to receive the Church's teaching with openness, prudence to discern how to best vote or zeal to embrace voting as a part of our Christian witness — or for all of the above. Let us pray for these elections and the candidates!



# LA VOZ HISPANA

## VIGESIMO SÉPTIMO DOMINGO DEL TIEMPO ORDINARIO 6 DE OCTUBRE DEL 2024

### SACRAMENTO DEL BAUTISMO

Segundo domingo de mes a las 2:30pm en español  
Tercer domingo de mes a las 3:00pm en inglés  
Contacte la oficina parroquial para inscribirse  
con **un mes** de anticipación.

### SACRAMENTO DE LA CONFESIÓN

Sábados a las 8:30am & 4:00pm, o por cita.

### SACRAMENTO DEL MATRIMONIO

Arreglos se hacen con **seis meses** de anticipación.

### SACRAMENTO DE LA UNCIÓN DE LOS ENFERMOS

Comuníquese con la oficina parroquial cuando alguien  
esté muy enfermo, especialmente cerca de morir,  
para recibir los sacramentos necesarios.

### MISIÓN PARROQUIAL

*La comunidad parroquial de San Francisco de  
Asís, se compromete al trabajo unificador del  
Espíritu Santo, en la medida en que se  
manifiesta en la Tradición viva de la Iglesia.  
Nos comprometemos a dar testimonio de ese  
trabajo en nuestras vidas diarias, sirviendo a  
Dios y al prójimo, siendo misioneros de nuestra  
Fe, llegando a quienes estén necesitados, y siendo  
las manos acogedoras de Cristo para todos.*



### SUS OFRENDAS | 29 DE SEPTIEMBRE 2024

Muchas Gracias  
**AMADA IGLESIA**

Ofrendas en Misa: \$5,350.00

Ofrendas por Correo: \$ 200.00

**Total: \$5,550.00**

### PRÓXIMAS SEGUNDAS COLECTAS

20 de Octubre

Día Mundial

de las

Misiones



### VELAS DEL DÍA DE LOS MUERTOS

Noviembre es el mes de los Fieles Difuntos, cuando recordamos a aquellos que han muerto y que quizás están en el Purgatorio, preparándose para una eternidad con el Señor. Para recordarlos y mantener nuestras oraciones por sus almas vivas con la Luz de Cristo, venderemos velas de 6-días que permanecerán en el santuario mientras ardan. El nombre de su ser querido estará etiquetado en la vela, para que la parroquia también ore por sus almas durante la semana. Puede comprar una vela por \$25. Puede reservar su vela el próximo **sábado y domingo** después de todas las misas, en el nártex.



### ¡BIENVENIDOS NUEVOS FELIGRESES!

**Siempre es una buena idea registrarse en su parroquia.**

**Registrarse es necesario para inscribir a su hijo/a en el programa de la catequesis, para ser padrino de bautismo o confirmación, y para obtener cartas oficiales de la parroquia.**

**Coloque este formulario con su información en la canasta de la colecta o devuélvalo a la oficina parroquial y le enviaremos por correo un formulario de inscripción más detallado.**

Nombre \_\_\_\_\_

Dirección \_\_\_\_\_

Ciudad \_\_\_\_\_

Estado \_\_\_\_\_ Código Postal \_\_\_\_\_

Teléfono \_\_\_\_\_

**¡Bienvenidos a la Parroquia de  
San Francisco de Asís!**





# UNA NOCHE CON EL PADRE LYNX!

Estás invitado a una Sesión de Escucha, *en español*, el **martes 8 de octubre** a las **7:00 p.m.** en el **gimnasio**. Nos reuniremos para compartir lo que nos gusta de la parroquia, lo que nos gustaría ver en esta iglesia, y para conocer un poco más al padre Lynx!

## BANCO DELANTERO DE NUESTRA IGLESIA

Aunque no está oficialmente reservado, dejemos abierto el banco delantero a ambos lados del pasillo para aquellos que tienen dificultad para caminar. La Santa Comunión llegará a ellos directamente sin tener que moverse.



**¡Gracias por su cooperación!**

♦ **HORARIO ADICIONAL PARA**

**CONFESIONES**

♦ **SABADOS A LAS 8:30am**

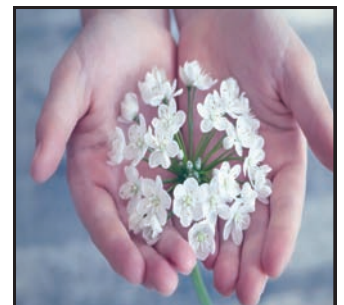
## FLORES DEL ALTAR

Las flores en un santuario no son para “decorar” el altar, sino que son una ofrenda a Dios de la belleza de Su creación. Así como Jesús fue ofrecido al Padre en la flor de la vida en la cruz, también le ofrecemos al Señor flores en la flor de su belleza. La parroquia quisiera ofrecer un servicio para comprar un arreglo floral fresco semanalmente en memoria de un ser querido, para expresar agradecimiento a Dios por un favor recibido o para recordar una ocasión especial como un cumpleaños o un aniversario.

Los arreglos cuestan **\$50 cada uno.**

Comuníquese con *Patty Acosta* en la oficina parroquial para hacer los arreglos.

***¡Sigamos embelleciendo la casa del Señor!***



**SEMINARIO**  
*Vida en El Espíritu*

CONDUcido POR: ROBERTO RODRÍGUEZ

A PARTIR DEL  
5 DE SEPTIEMBRE AL 17 DE OCTUBRE 2024.

VIVE UN ENCUENTRO CON EL ESPÍRITU SANTO

Te invita  
**El Grupo de Oración UNIDOS EN SU NOMBRE**

**PARROQUIA SAN FRANCISCO DE ASÍS**  
14 Mt Vernon St, Ridgefield Park, NJ.

Más información: Lorena Najarro 848-225 58 73 Dani Blass 201-658- 24 13

## DESPENSA DE ALIMENTOS



Gracias a sus donaciones,  
por el momento no  
necesitamos alimentos.

No nos deje ningún alimento  
hasta nuevo aviso.

¡Que Dios les recompense!

## GRUPO DE ORACION “UNIDOS EN TU NOMBRE”



Encuentro Semanal  
Los jueves en el sótano de  
la Iglesia de 7pm a 9pm

Adoración al Santísimo  
Tercer jueves del mes,  
en la Iglesia a las 7pm



Octubre  
MES DEL ROSARIO



## Formando la Conciencia para ser Ciudadanos Fieles



**La Conferencia de Obispos Católicos de los Estados Unidos invita a todos los católicos a prepararse bien para las elecciones del 2024**

Como católicos, nuestra fe informa todo lo que hacemos. Por eso, no es sorprendente que, cuando se trata de votar y formar posiciones, nuestra perspectiva sea diferente de la que encontramos en los programas de noticias o en las redes sociales. En la edición de **“Formando la Conciencia para ser Ciudadanos Fieles”** del 2024, los obispos estadounidenses instan a los votantes católicos a tener *“La mente de Cristo”* mientras se preparan para el día de las elecciones. *“Tómate un tiempo lejos de las redes sociales y pasa tiempo con la Sagrada Escritura y el Santísimo Sacramento”*, dicen los obispos. *“Apaga la televisión y el*

*podcast, y escucha en silencio. Hazte voluntario en un comedor de beneficencia, un refugio para personas sin hogar, un centro de crisis de embarazo. Sirve a los pobres, los necesitados, los marginados. Ora a menudo, dejando que la fe informe tu participación política”*. La oración, como dicen los obispos, *“es esencial para discernir la voluntad de Dios”*. Las oraciones previas al día de las elecciones podrían ser por humildad para recibir las enseñanzas de la Iglesia con apertura, prudencia para discernir cómo votar mejor o celo para abrazar el voto como parte de nuestro testimonio cristiano. **¡Oremos por estas elecciones y por los candidatos!**

MINISTERIO  
**GI**  
Guerreras Indefectibles  
Soy Mujer Guerrera de Dios!

LE INVITAMOS AL GRAN CONGRESO  
*La Promesa del Agua Viva!*

GUELMIS TAVAREZ  
PREDICA

KAIRY MARQUEZ  
ARTISTA INVITADA

WENDY & CRISTY  
ANIMACION Y REFLEXION

ELVIS & SALVATORE  
PREDICA Y MUSICA

LUIS CASTILLO  
MUSICA

JUAN CARLOS  
MUSICA

MINISTERIO  
DE DANZA

No Faltas a este Grandioso Avivamiento

**OCT. 26, 9AM - 5PM**

INFORMACION  
WENDY D PEÑA: CRISTY CONTRERAS  
(201) 253-3395 (646) 281-1089  
110 Mt Vernon St Ridgefield Park, NJ 07660  
(AREA DEL GIMNASIO)

# COLOQUE SUS INTENCIONES EN LA SANTA MISA

## APERTURA DEL LIBRO DE MISAS 2025

**El Libro de Misas 2025 se abrirá el  
Sábado, 9 de noviembre 2024 de 9am a 3pm  
en el Gimnasio**

**Hay un límite de 5 Misas por familia,  
(1 hoja) el día de apertura.**

**En las próximas semanas, los formularios de Misas se encontraran en las salidas de la Iglesia y también en futuros Boletines. Favor de completar el formulario con sus solicitudes de Misas y tráigalo con usted el día de la apertura del libro de Misas.**

**¡Ofrecer Misa por nuestros fallecidos y las intenciones de los vivos es la oración más poderosa que podemos ofrecer!**



## ¿Qué es la Señal de la Cruz?

No todas las oraciones se hacen con palabras. Las oraciones también se hacen con gestos. Los cristianos, como los seguidores de otras religiones, prácticamente siempre oran con el cuerpo — por ejemplo, de rodillas o de pie — y con los brazos y las manos — por ejemplo, orando con las manos extendidas o cruzadas al frente — porque somos cuerpo y alma (un ser humano no es uno o el otro; ¡un ser humano es ambos! No somos ángeles o simplemente espíritus), oramos con ambos. Ahora bien, todas las religiones tienen gestos que expresan una actitud devota ante los seres divinos o celestiales que invocan, pero el gesto que es más expresamente cristiano, y usado solo por los cristianos, es la señal de la cruz. Al hacerla, profesamos las verdades centrales de nuestra fe: que Dios se hizo uno de nosotros, con un cuerpo y una alma humana; que murió en la cruz para salvarnos; y que nuestros propios cuerpos y alma comparten el mismo poder del Salvador por el cual somos liberados del pecado y la muerte, y llevados a la resurrección y la vida del cielo. Desde los primeros tiempos los cristianos han hecho la señal de la cruz. San Basilio el Grande nos dice que los mismos apóstoles enseñaron la señal de la cruz. Esto se demuestra por el hecho de que las primeras menciones de la señal de la cruz hablan de ella como una costumbre ya establecida y simplemente animan a los fieles a hacerla correctamente. Hay ligeras diferencias en cómo se hace entre los diversos ritos de la Iglesia, pero todas son legítimas. Los Ordenados bendicen haciendo la señal de la cruz en el aire hacia las personas o cosas a bendecir, pero los laicos bendicen a los demás solo usando sus dedos sobre la frente. Esta “bendición laica” es común en las culturas católicas, la hacen los padres a sus hijos antes de dormir o antes de salir o al viajar. Sería genial si se pudiera recuperar esta costumbre. Las palabras a menudo acompañan a la señal de la cruz, pero no son esenciales. De alguna manera, cuando combinamos este gesto con una oración vocal, hacemos dos oraciones. Así que, reconozcamos el poder de lo que hacemos cuando rezamos “**En el nombre del Padre, y del Hijo, y del Espíritu Santo**”. Esta señal nos brinda una poderosa protección contra los demonios y nuestra débil naturaleza humana. Como algunos dicen cuando hacen la señal de la cruz: “Por la señal de la santa cruz, de nuestros enemigos, libranos, Señor, Dios nuestro”.

CONOCES A ALGUIEN CON EL PROBLEMA DE LAS DROGAS?

The Corona Self Help Center, Inc. Drogadictos



**SERVICIOS GRATUITOS**

**!Un drogadicto mas que destruir su vida con las drogas, la ignora!**

**LLAMANOS! ESTAMOS PARA AYUDAR!**

**Grupo  
Verdad Y Vida**  
[www.daamerica.org](http://www.daamerica.org)

**1 (908) 731-5300**



# VORHEES INGWERSEN

## FUNERAL HOME

59 MAIN STREET • RIDGEFIELD PARK

[vorheesingwersen.com](http://vorheesingwersen.com)

201-342-2350

**DONALD J. INGWERSEN**  
Owner/Manager  
N.J. Lic. No. 4157

**ANNMARIE TUBITO**  
Director  
N.J. Lic. No. 5391

*Parishioner*

**HAVE LOVED ONES NEEDING CARE AT HOME?**  
*Discover How to Provide the Support They Deserve*

- BATHING
- DRESSING
- MEALS
- MEDICAL CARE

**Interim HEALTH CARE**  
of Englewood NJ  
201-494-4889  
[interim.com/englewood](http://interim.com/englewood)

**Bob-O's CHEESESTEAKS**  
RIDGEFIELD PARK NJ

**Encke Flowers & Gifts**  
Celebrating Our 118<sup>th</sup> Anniversary 1906-2024  
**Jennifer Lee**  
Owner / Floral Designer  
114 East Main Street • Bogota  
201-836-1276  
[www.enckeflorist.com](http://www.enckeflorist.com)

25% OFF YOUR FIRST DELIVERY OF \$15 OR MORE!

**PICCIRILLO LAW**  
416 E. CENTRAL BLVD., GROUND FL.  
PALISADES PARK, NJ 07650  
TEL: 201.242.9100  
EMAIL: JULIO@PICCIRILLOLAW.COM

PRACTICE AREAS:  
REAL ESTATE  
IMMIGRATION  
ESTATE PLANNING  
BUSINESS FORMATION

FREE CONSULTATION | HABLAMOS ESPAÑOL  
JPICCIRILLOLAW.COM

**Bob-O's CHEESESTEAKS**  
FREE DELIVERY SCAN 4 MENU  
201-870-6065  
252 MAIN STREET • RIDGEFIELD PARK

**EL PATIO**  
DOMINICAN RESTAURANT  
TAKE OUT • DELIVERY • CATERING  
61 QUEEN ANNE ROAD  
BOGOTA, NJ 07603  
201-820-3224

**Betsy's BAGELS**  
201.853.9444  
192 Main St. • Ridgefield Park, NJ  
[www.betsysbagelsnj.com](http://www.betsysbagelsnj.com)

Help the ASPCA put a stop to animal cruelty.

**ASPCA**  
ASPCA.ORG  
WE ARE THEIR VOICE.<sup>®</sup>

[www.aspc.org](http://www.aspc.org)

**READY.GOV**  
Don't be afraid...Be Ready

INCOME TAX PREPARATION • ELECTRONIC FILING • DIRECT DEPOSIT • ACCOUNTING & BOOKKEEPING • NOTARY PUBLIC

**Precisely**  
Tax Solutions Corp

Marilu Hernandez • 201-870-6200  
mhernandez@preciselytax.com  
72 MOUNT VERNON ST. • RIDGEFIELD PARK

**The Blu**  
flower shop + gift  
201.870.6363  
222 Main Street • Ridgefield Park  
[www.theblufloreshop.com](http://www.theblufloreshop.com)

**Ann's Place**  
UNISEX HAIR CUTTING  
Established 1989  
15 MT. VERNON STREET • RIDGEFIELD PARK • 201-440-8555

WEDNESDAY-FRIDAY 8:30AM-5:30PM  
SATURDAY 7:00AM-2:00PM  
*Appointment Only*

**Neil's**  
Body Shop & Auto Repairs  
125 Railroad Avenue  
Ridgefield Park  
440-2625

**SmileWithGrace**  
DENTAL CARE  
Discover a brighter, healthier smile!

Open Saturdays with special offers for new patients

- Full Exam & X-Ray
- Dental Cleaning
- Fillings & Bondings
- Root Canals & Extractions
- Crowns & Bridges
- Dental Implants
- Cosmetic & Whitening

Grace Shuang Guo, DDS  
201.641.1111  
[SmileWithGraceDental.com](http://SmileWithGraceDental.com)  
195 Euclid Avenue • Ridgefield Park

*Habla Español* **State Farm**

**Emmanuel Ochoa**  
Agent  
17 Winant Avenue  
Ridgefield Pk, NJ 07660-1925  
Bus 551-497-5189 Fax 551-233-2907  
[emmanuel.ochoa.vaaeyc@statefarm.com](mailto:emmanuel.ochoa.vaaeyc@statefarm.com)

Here to help life go right.<sup>®</sup>  
*The greatest compliment you can give is a referral.*

*Parishioner*

Tell your friends and family!

Gloria Hernandez & Ted Crocco  
Gloria's mobile: (201) 679-4517  
Ted's mobile: (201) 615-3777  
[bergencountyrealty@verizon.net](mailto:bergencountyrealty@verizon.net)

**Bergen County REALTY**  
221 Main Street, Ridgefield Park, NJ 07660  
[www.bergencountyrealty.com](http://www.bergencountyrealty.com)

**SCHIFANO**  
LANDSCAPING  
(201) 641-3199

Spring Cleanups  
Weekly Lawn Maintenance  
Landscaping Renovations  
Tree & Stump Removal  
Retaining Walls  
Driveway & Patio Pavers

Free Estimates  
Fully Insured

Licensed, Bonded & Insured

**LAUER**  
PLUMBING & HEATING, LLC

Water Heaters  
Hot Water Boilers  
Complete Plumbing

New Jersey Master Plumbers  
License No. 7646

*Parishioner*  
RIDGEFIELD PARK  
201-641-4040