

*Saint Michael's  
Church  
March 09th-10th, 2019*

**MASS SCHEDULE**

**Monday-Friday: 7:30 AM & 11:00 AM**

**Saturday: 9:00 AM**

**Sundays:**

**Saturday evening: 5:30 PM**

**Sunday morning: 7:30, 9:00 Korean,**

**10:30 AM, 12:00 Noon**

**Sunday Mass at 1:30 PM-Spanish Mass**

**8:00pm - Korean Mass**

**Feast: 8:00 AM, 12:00 Noon**

**Holydays: Vigil Mass: 7:30 PM**

**HOLY HOUR EVERY THURSDAY AT 8:00PM**

**Each Wednesday there is a 8:00pm**

**Spanish Mass in the Church.**

**RECONCILIATION (Confession)**

**Each Saturday 5:00pm in the Church**

**BAPTISM**

All English Baptisms will be held on the Third Sunday of the Month at 10:30 AM Mass. And, all Korean Baptisms will be held on Third Sunday of the month at the 9:00am Mass. All Spanish Baptisms will be held on the Second Sunday of the Month at 3:00 PM. Instructions will be arranged with the parents and Sister Madeleine Park or Deacon Jesus Aristy (201 233-0782). Please come to the rectory to register.

**WEDDING**

Contact the rectory 1 year in advance of the wedding date

Rectory: 19 E. Central Blvd., Palisades Park,

N.J. 07650

201-944-1061 • Fax: 201-947-1798

email: Saintmichaelp@aol.com

**OUR PARISH STAFF**

**Reverend Minhyun Cho, Pastor**

**Reverend Ernest G. Rush, Parochial Vicar**

**Reverend Stanley Lobo, Priest In Residence**

**Sister Madelene Park, Pastoral Associate**

**Mrs. Seung (Michaela) Kang, Office Manager and**

**Ms. Junghee (Regina) Min, Pastoral Assistant.**

**Religious Education Coordinator-**

**Mrs. Toni Fordyce (201-886-9034)**

**Trustees: Mrs. Chung Im Juliana Kim and**

**Mrs. Mirjana Tarabocchia**

**Notre Dame Interparochial Academy**

**Mr. Mark Valvano Principal, Grades Pre-K to 8.**

**312 First St. Palisades Park, N.J. 201-947-5262.**

**Nuri School (weekend school)**

**Contact 312 First St. Palisades Park, NJ-**

**201 944-1061**

*Saint Michael Church will have  
The Stations of The Cross each Friday evening  
In the Church at 7:30pm-Starting March 08th.  
We hope you will join us.*



*The 2019 Archbishop's Annual Appeal 2019*



Brothers and Sisters in Christ,

I humbly ask your prayerful consideration of a gift to the **2019 Annual Appeal. *Serving God's People.***

Your help is needed now more than ever-to proclaim the Gospel, to pass on the faith to future generations, and to care for the poor and vulnerable. Now is not the time to give up on the Church. Now is the time to renew our efforts to be Christ's hands and feet, His mind and heart, in the service of others. Let us respond with gratitude as responsible and generous steward of God's many gifts.

 *Mass Intentions*

**SATURDAY, MARCH 09th, 2019-Saturday after Ash  
Wednesday/Saint Frances of Rome**

- 9:00 **Jongwoo Hong**  
(Michaella Kang)
- 10:30 **CCD First Penance Celebration in Church**
- 5:30 **Palmira Skrivanic**  
(Brother and Sister)

**SUNDAY, MARCH 10th-The First Sunday of Lent/ Daylight  
Savings Time Begins**

- 7:30 **John Mezik**  
(The Matcovich Family)
- 9:00 **For the People of the Parish**
- 10:30 **Stephen Collins**  
(Sister, Catherine)
- 12:00 **Agata and Stjepan Santic**  
(Daughter and Family)
- 1:30 **Spanish Mass**
- 8:00 **Korean Mass**



**MONDAY, March 11th-Lenten Weekday**

- 7:30 **Living-Yonghee Park**  
(Joon Soon Park)
- 11:00 **Joomin Han's Family**  
(Rev. Minhyun Cho)

**TUESDAY, March 12th-Lenten Weekday**

- 7:30 **Tae Bok Kim**  
(The Kim Family)
- 11:00 **Yong Kil Min**  
(The Min Family)

**WEDNESDAY, March 13th-Lenten Weekday**

- 7:30 **Eun Chon Kim**  
(The Kim Family)
- 11:00 **Nicolo Tarabocchia**  
(Wife Maria and Family)
- 8:00pm **Spanish Mass**

**THURSDAY, March 14th-Lenten Weekday**

- 7:30 **Anna Lee**  
(not given)
- 11:00 **All Souls in Purgatory**  
(Mr. and Mrs. Zarko Morin)
- 8:00pm **Holy Hour**

**FRIDAY, March 15th-Lenten Weekday**

- 7:30 **Elena Matcovich**  
(The Matcovich Family)
- 11:00 **Chong Kun Ma**  
(Clare Ma)
- 7:30pm **Stations of The Cross**



**SATURDAY, March 16th-Lenten Weekday**

- 9:00 **Stephano Chon**  
(The Chon Family)
- 5:30 **Carmela Percontino**  
(John and Anna Percontino)

**SUNDAY, March 17th-The Second Sunday of Lent**

- 7:30 **Kathleen Scala**  
(Borough Employees)
- 9:00 **Korean Mass-For The  
People Of The Parish**
- 10:30 **John Joseph Ostuni**  
(Catherine Klag)
- 12:00 **Andrew Na**  
(The Na Family)
- 1:30 **Spanish Mass and**
- 8:00pm **Korean Mass**



**March 10th-16th, 2019**

**The Sanctuary Intentions**  
The Sanctuary Candle, Bread and  
Wine for:  
**Russell Bell**  
(Wife, Winnie)

**Saint Michael's Church**  
**Sunday Offerings**

March 02nd—03rd, 2019 was:  
\$ 4,179.00

5:30pm:\$253.00, 7:30am:\$349.00,  
9:00am:\$1,552.00, 10:30am:\$649.00,  
12:00pm:\$419.00, 1:30pm Spanish  
Mass: \$612.00, 8:00pm Korean Mass:  
\$345.00., Total: \$4,179.00 The second  
collection for the Annual March Assess-  
ment Collection was: \$2,198.00. Thank  
You for your continuous support  
Next weekend our Second Collection  
will be for our Annual Maintenance  
Repair Collection. As Home Owners  
and Renters all of our parishioners  
know the high cost of fixing our wash-  
ing machine, broken pews etc. We only  
ask you give as your means allows as we  
have the same struggles for our rectory,  
church and property as you. May God  
Bless You with your help to us.



**DAYLIGHT**  
**SAVINGS TIME**  
**TODAY**



*Confidential Mental Health  
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Email: chominhy@yahoo.com

Text or Kakao Talk Preferred.

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Email: chominhy@yahoo.com

Text or Kakao Talk Preferred.

Let me help you bring  
Healing, Comfort,  
Peace and Calm To Your Life.  
It's Time, Call Me.



## Brothers and Sisters of St. Michael's,

The liturgy for the First Sunday of Lent offers this verse for the Gradual before the Gospel, setting the tone for the entire Season of Lent. Living by "bread alone" is the consistent temptation which we all struggle with. But what does it mean to say that we do not "live by bread alone"? What is this "bread" which the Lord reminds us that we do not solely depend on? The first temptation the devil used against the Lord in the desert was to end his fast in order to eat, to command rock to become bread for food. This temptation is symbolic of our exaggerated desire for pleasures or passions. St. Thomas Aquinas referred to these temptations as the disordered appetites. How often does our succumbing to these desires (food, drink, sleep, sex) in a disordered way bring nothing but pain and chaos into our life? They are disordered when they are allowed to dominate our will, when they are abused, and when they are misused. The Lord recognizes that we have needs, which is why he doesn't reject the "bread" but we are not sustained by "bread alone". We are created with a rational will; this means we are created with a rational soul, with intellect which ought to moderate these desires. We don't live off raw instincts, but instincts guided by reason.

Lent affords us the opportunity to discipline ourselves in order to overcome and master our desires. This is why it is very important for us to do penance during this season. Penance helps to train the will, to teach it self-control and moderation. A customary practice of Catholics is to "give up" something during Lent. This means to offer as a sacrifice a luxury that we deny ourselves, something usually connected with these disordered pleasures. We have often heard that we can substitute penance with prayer or a spiritual practice. While prayer is also a pillar of Lent and a necessary component, it doesn't eliminate the need for us to deny ourselves of a pleasure or a good. All of us experience weakness when it comes to our appetites; all of us need to make a corrective, to practice self-control. I strongly encourage you to take up a challenging penance for Lent, one that will help you overcome your temptations. There is no need to be ashamed of our struggles against alcohol or lustful desires, our struggles against laziness and irresponsibility, or our weaknesses when it comes to food or other pleasures. Shame only keeps us from confronting these temptations and cooperating with God's gift of grace. That is why now is the time to begin to conquer our sinfulness and not live by "bread alone." The Lord redirects our wants, our needs and desires to "every Word that comes from the mouth of God." This is the one need that can never fully be satisfied. What a wonderful opportunity for us to focus our prayer, our spiritual practices and devotions on the Word of God. I recommend for your Lenten observance this year that you to read your Bible during Lent, focusing on one book and reading it purposefully. Time spent on reading the Word of God is time savoring the delights from the Lord. For Lent this year make a commitment to read a little from your Bible everyday. Open your hearts to every word you read, they are alive and have the power to change, transform, instruct and admonish us. God desires to speak to us. Give him some of your time, it will never be time wasted. During this most holy season, I will be praying for you allow this to be a powerful season for you, where through the healing word of God you can overcome your weaknesses and conquer sin. May the Lord guide us as we begin our journey of Lent together.

**Fr. Minhyun Cho**



**Saint Michael's Penance Services will on held on Thursday, April 04th, 2019 at 7:00pm in the Church, available IN THREE LANGUAGES! Come and prepare for Easter!**

### **ARCHDIOCESE OF NEWARK** **2019 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 full meal is permitted, and two 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, March 10th, 2018 to The Solemnity of the Most Holy Trinity, June 16th, 2019.

**\*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.**

To The Parishioners of Saint Michael's Parish

Humbled, we will place ourselves before God in dust and ashes and ask for His grace to empty ourselves of false pride, pretense and justifications that prevent us from seeing ourselves for whom we really are—mortals totally dependent on Him. There are many ways to observe Lent. But, it is with great joy that I invite every Parish in our Diocese, every prayer group, youth group, Rosary, Knights of Columbus, everyone to try a different Lenten Practice this year!!!! This year I invite all of you to join me on **TEN MILES WITH JESUS JOURNEY!** Are you willing to leave your comfort zones for a day, and challenge yourselves physically and spiritually, to join the Ten Miles with Jesus Group as we walk the Stations of The Cross. By engaging all that we possess, our bodies, hearts and souls, walking the Stations of the Cross creates real closeness and communion with Jesus. It reminds us that our bodies are Temples of the Holy Spirit, and that the best way to worship the living God present among is both with and within our hearts, souls, and bodily strength. The walking Pilgrimage begins Sunday, March 24th at 10am at the Archdiocesan Shrine of St. John Paul II in Linden, NJ and conclude with the Holy Eucharist at the Most Sacred Heart of Jesus Cathedral in Newark. See below for all the info to register.

Most Reverend Manuel A. Cruz



Tired of giving up sweets and coffee for Lent?  
This year take up your cross  
and walk with Jesus!

Walking Stations of the Cross  
**SUNDAY, MARCH 24, 2019 10:00 am**

**10 miles  
with JESUS**

FROM: ARCHDIOCESAN SHRINE OF ST. JOHN PAUL II  
131 E. EDGAR RD., LINDEN, NJ

TO: CATHEDRAL BASILICA OF SACRED HEART OF JESUS  
27 ROOSE ST., NEWARK, NJ

INFO AND REGISTRATION: 201-225-1949  
**WWW.10MILESWITHJESUS.ORG**



Prayer Requests

**HOMEBOUND AND SHUT-INS..**

Any of our parishioners who are ill and desire a visit as well as our homebound or elderly parishioners and are wanting to receive Communion each Wednesday we wish to help you receive...just please call Michaela to arrange a visit.

**Please pray for the sick!**

If you wish to place a name on the list please call the rectory 201-944-1061 **Pray For: Maria Ciceran, Carolina Vidals, Kelly Kamp, Sylvia Lovretin, Matthew Wagner, Dorothy Williams, Richard Radican, Elizabeth Magliato Loughlin and for James Cassano.**



**RELIGIOUS EDUCATION NEWS....**

**Fr. Cho will be away for a few weeks into March so our date for First Penance will be changed to Saturday, March 23rd at 10:30am in the Church.**

**Our next First Penance/Communion meeting is on Thursday, March 7th in the Notre Dame Cafeteria. This meeting will have all the info regarding First Holy Communion preparation and classes.**

**Please attend Mass every Sunday—this is important part of your child's First Penance and Holy Communion preparation. Our Family Mass is at 12:00 Noon.**



**Notre Dame Academy  
Presents  
Its Annual Casino Night**

**Saturday, March 23rd at 6:30pm at  
The FiestaWood-Ridge,  
NJ TICKET PRICE IS: \$95.00  
Ticket Sales Deadline is March 15th.  
Any questions contact 201 947 5262 or email  
HAS@NOTREDAMEINT.ORG**

We are asking our parents, along with family and friends to participate in donating ADS for us—this paperwork can be picked up at the school office. You can email also with your questions to: Debbie: dtmorin@verizon.net or Christina: foorpt@yahoo.com AD deadline is March 08th Also needed if you wish to help us is Baskets with goods in them. All items worth of \$25-\$50 you will receive \$1,000. max play money. Worth of \$51+ you will get \$2,000. play money for Casino Night. Do you have a business you go to all the time—ask them for a donation. We are a non profit—your gift is tax deductible by law.

## DAYLIGHT SAVINGS TIME



**Get ready – TODAY IS THE DAY IT WILL be time to spring forward.**

Daylight saving time starts March 10, 2019, moving clocks ahead one hour. The official start time for the change is 2 a.m. Sunday morning, so most people conduct the annual “spring forward” ritual before they go to bed Saturday night.

The current time change schedule has most Americans moving the clocks ahead one hour on the second Sunday in March and back again the first Sunday in November. In 2020, the time change will occur March 8 and Nov. 1; in 2021 it will take place March 14 and Nov. 7. The current schedule was first observed in 2007 after President George W. Bush signed the Energy Policy Act of 2005 into law.

In the U.S., DST officially starts at 2 a.m. to minimize disruptions. The time was originally selected because most people were at home when the change occurred, limiting the impact on transportation and factory schedules. It also allows for the entire continental U.S. to be switched by daybreak.

The time change isn't observed across the U.S. DST is not observed in Hawaii and parts of Arizona, as well as U.S. territories Puerto Rico, Guam, American Samoa and the Virgin Islands.

Internationally, only about 40 percent of the world's countries observe DST. Among those who don't are Russia, China, India and Japan.

### *Saint Michael's Annual Saint Patrick's Day Dinner/Dance*



*Sunday, March 17th, 2019  
Notre Dame Gym  
4:00pm-7:00pm*

*\$20 per person  
\$12 per senior  
Children under 10 years  
old are free!*

*Come join us and have a  
wee ole time!*

### Special Anniversary Masses



If you have an anniversary of 50, 25, 5 years please register for the upcoming Christian Wedding Anniversary Masses on April 28th, 2019 and June 02nd, 2019 held at the Cathedral Basilica for those couples married 50 years or more and 5 and 25 years respectively. Please come to the rectory if you will be celebrating any of the above masses this year.

### ARCHDIOCESAN DIVORCED/ SEPARATED SUPPORT GROUPS:

"It's true . . . there's no such thing as "Catholic Divorce" ...but millions of Catholics DO get civilly divorced. And it affects and hurts us all. Maybe you or someone you know has suffered the breakdown of the marriage and family, or maybe they are going through it right now. No matter how long it's been, the Church IS HERE to help. The Archdiocese of Newark currently has 13 parishes who offer a support group for the separated/divorced and these groups will be starting during the next couple months. For a list of these groups, please visit our website at:

[www.rcan.org/separateddivorced-support-groups](http://www.rcan.org/separateddivorced-support-groups)  
Email or Call: Lauren.Egan@rcan.org 973-497-4327



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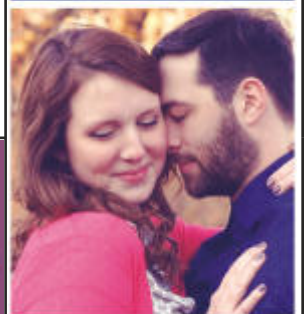
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