

+ Mass Intentions +
+ Intencje Mszalne +

Monday, February 12 8:00 am (ENG)
+Stephen & MaryAnn Barber

Tuesday, February 13 8:00 am (ENG)
For the deceased in the Saroka, Rudzis & Sweeney Families (All Souls Day Remembrance)

Wednesday, February 14 8:00 am (PL)
+Zygmunt, Anna, Tadeusz, Kazimierz i Teresa Zalewski; Halina Karpińska; Feliks Zyskowski i Genowefa Mierzwiak (intencja z Wypominków)
7:00 pm (ENG)
For a personal intention

Thursday, February 15 8:00 am (ENG)
For God's blessing upon Bogdan & Rita Nowak and Family

Friday, February 16 8:00 am (ENG)
+John O. & John P. Przybylowicz; Anna & Albert Bessette; Leo & Emily Turgeon (All Souls Day Remembrance)

Saturday, February 17 8:00 am (ENG)
For Our Parish
4:00 pm (ENG at OLL)
+Stanley Zamoida (by wife & family)

Sunday, February 18 9:30 am (PL)
+Bronisława Wojtonis i za zmarłych z rodziny Kulik i Wojtonis (intencja Taresy i Paul'a Kulik)
11:30 am (ENG)
+Carol Malanowski (by family)

40 Week Club Corner

Last weekend's lucky winners:
Ubiegłotygodniowi wygrani:

\$25 – St. Adalbert's
\$15 – Frances Messoro

Radio for Catholic Life - Radio Katolickie
relevant. radio **550 AM**

Please remember St. Adalbert's in your Will and Estate.

This week's schedule W tym tygodniu

Thursday / Czwartek:
Adoration of the Blessed Sacrament:
8:00 am – 12:00 noon
12:00 noon – The Angelus
Adoracja Najświętszego Sakramentu:
8:00 am – 12:00 pm
12:00 pm – Anioł Pański

Friday / Piątek:
Stations of the Cross (6:00 pm, in church) (PL)
Droga Krzyżowa (w kościele, 6:00 pm)

Sunday / Niedziela:
Lenten Lamentations (10:15 am, in church) (PL)
Gorzkie Żale (w kościele, 10:15 am)

Sunday / Niedziela:
Religious Education Classes (10:15 – 11:25 am)
Lekcje katechezy (10:15 – 11:25 am)

*Please join us for coffee and pastry between
the Sunday Masses in the Parish Center.*

St. Adalbert's Night
at **Five Guys Restaurant**
622 George Washington Hwy (route 116)
Lincoln, RI (Lincoln Mall)
this **Thursday**, February 15th
5:00 – 8:00 pm

Operation **Rice Bowl** will begin with Lent. The Rice Bowl special boxes are available at the church entrances. Your donations of spare change, saved throughout the 40 days of Lent, will support the needs of so many poor people in the world.

Akcja "**Miska ryżu**" rozpocznie się wraz z okresem Wielkiego Postu. Specjalne pudełka tego programu są wyłożone przy wejściach do kościoła. Wasze ofiary w postaci "drobnych" odkładanych przez następne 40 dni przeznaczone będą na potrzeby tak wielu biednych ludzi w świecie.

Lent will begin this week...
and during Lent:

Zaczyna się Wielki Post ...
a w czasie Wielkiego Postu:

On Ash Wednesday, February 14th, Masses with the rite of imposition of ashes will be celebrated in the church at 8:00 am (*in Polish*) and at 7:00 pm (*in English*).

There will be also - at our Lady of Lourdes Church - a Mass at 6:30 am and 10:00 am Ash Wednesday Service.

W Środę Popielcową, 14-go lutego, Msze św. wraz z obrzędem posypania głów popiołem zostaną odprawione w w kościele o 8:00 rano (*po polsku*) oraz o 7:00 wieczorem (*po ang.*).

Również – w kościele M. B. Z Lourdes – odprawiona będzie Msza św. o 6:30 am oraz Nabożeństwo Środy Popielcowej o 10:00 am.

STATIONS OF THE CROSS DROGA KRZYŻOWA

Fridays / piątki (6:00 pm) in Polish

LENTEN LAMENTATIONS GORZKIE ŻALE

Sundays / niedziele (10:15 am) in Polish

SACRAMENT OF RECONCILIATION SAKRAMENT POJEDNANIA

Sundays / niedziele (9:00 – 9:15 am & between the Masses)

Our annual Fuel Collection started last weekend. You probably already know that the cost of heating is one of the largest expenses for our parish. We have three buildings that need to be heated to a greater or lesser degree and if each parishioner/family donates at least \$100, our expenses will be covered.

So we are just asking you to give a thought to that and, while deciding how much to give, to keep in mind that this year's cost of heating oil and gas is expected to be around \$15,000.

W ubiegły weekend rozpoczęliśmy naszą składkę na ogrzewanie. Jak już zapewne wiecie, jest to jeden z największych naszych wydatków, a wiąże się on z ogrzewaniem trzech budynków, ale jeśli każdy parafianin/rodzina ofiaruje przynajmniej \$100, składka ta pokryje koszty naszego ogrzewania.

Stąd też prosimy, aby pomyśleć o tym i decydując o wysokości ofiary pamiętać, że tegoroczne koszty oleju oraz gazu będą oscylować w granicach \$15,000.

How can I observe Lent?

The traditional Catholic observance of Lent is based on the words of Christ which we hear on Ash Wednesday: "when you fast - when you pray - when you give alms".

FASTING

- practicing self-denial forms of our will to choose higher things that will make us truly happy
- fasting from gossip, impatience, selfishness, etc.
- eating less, eating more simply, eating more healthy
- giving up what we really enjoy as a sacrifice to God
- letting our physical hunger for food be a reminder of our hunger for God

PRAYER

- spending a few minutes in prayer in the morning and dedicating the day to God
- reading the Bible daily – reflecting upon God's Word
- attending weekday Mass, the Stations of the Cross, the Lenten Lamentations
- receiving the Sacrament of Reconciliation
- watching less TV and more reading about our faith or about the lives of the Saints
- praying together as a family.

ALMSGIVING

- giving the money saved from fasting to those for whom being hungry is not a personal choice
- using our Lenten Rice Bowls or donating to the Catholic Charity Appeal

The Rules for Fasting & Abstinence

FASTING

When?

Ash Wednesday and Good Friday

What is required?

Fasting means having only one full meatless meal. Two smaller meatless meals are permitted according to one's needs, but they should not equal the one full meal. Eating solid foods between meals is not permitted; however, the drinking of ordinary liquids does not break the fast.

Who is required to fast?

Persons 18–59 years old in good health. Those that are excused from fast and abstinence include the physically or mentally ill including individuals suffering from chronic illnesses such as diabetes. Also excluded are pregnant or nursing women. In all cases, common sense should prevail and ill persons should not further jeopardize their health by fasting.

ABSTINENCE

When do we abstain?

Ash Wednesday and all Fridays of Lent and Good Friday are days of abstinence.

What is required?

The law of abstinence forbids the persons 14 years or older the use of meat. While fish, lobster and other shellfish are not considered meat and can be consumed on days of abstinence, indulging in a lavish meal of your favorite seafood misses the point.