

## National Eucharistic Pilgrimage

The National Eucharistic Pilgrimage (NEP) has publicly launched! The NEP (<https://www.eucharisticpilgrimage.org/>) will consist of four cross-country Eucharistic processions, collectively traversing the entire continental United States over a two-month period, beginning during the feast of Pentecost, May 17-19, 2024. The pilgrimage is being organized by the National Eucharistic Revival campaign in conjunction with Modern Catholic Pilgrim, a Catholic nonprofit dedicated to deepening the faith across the country through pilgrimages. Along the way, the pilgrims will make stops in major U.S. cities, churches, Catholic colleges, and holy sites. Parishes along the routes will host Mass, adoration, devotions, praise and worship, lectures on the Eucharist, and more. The Seton Route, which will begin in New Haven, Connecticut, will be passing through the Diocese of Metuchen on **May 27-28, 2024**. The four pilgrimage processions will ultimately converge in Indianapolis on July 16, 2024, to participate in the National Eucharistic Congress. Adam Carlisle, Secretary for Evangelization and Communication, will be helping to organize our diocese's involvement. If anyone is interested in assisting with this important event, please feel free to contact him at [acarlisle@diometuchen.org](mailto:acarlisle@diometuchen.org).



The pilgrims will be arriving on the early evening of May 27 and departing on the early evening of May 28. More information will be forthcoming, but the National Eucharistic Pilgrimage is hoping that the perpetual pilgrims, young adult Catholics (19 to 29 years

old), will be able to rely on the biblical hospitality of local hosts, including lay families, parishes, religious orders, schools, and shrines along the way. There will be twelve young adults (including two seminarians) and one or two ordained chaplain(s) on every route.

### GRAPHIC DESIGNER

The Catholic Spirit, the official newspaper of the Diocese of Metuchen, seeks a Graphic Designer to assist with the layout and design of its publication. The ideal candidate will have Adobe InDesign and Photoshop experience in a PC environment, be familiar with all aspects of electronic publishing, be a well-organized and reliable, and have a proven track record of meeting deadlines. Interested candidates should forward their resume to [hr@diometuchen.org](mailto:hr@diometuchen.org).

### National Eucharistic Congress - Tickets/Travel Packages Now Available!

The Diocese of Metuchen has partnered with Corporate Travel Services to secure travel packages for the National

Eucharistic Congress (<https://www.eucharisticcongress.org/>), which is being held this July 17-21 in Indianapolis, Indiana. Those interested in attending the NEC will be given the option of purchasing a “Land Only” option, which will include passes, hotel accommodations (including free continental breakfast), and shuttle service to and from Indianapolis each day. We are also offering two flight options, both of which are direct flights. Participants may choose to fly out of Newark or Philadelphia. To make things easier, we will be providing a shuttle service to those flying out of Philadelphia. People will be able to park their cars at the St. John Neumann Pastoral Center, which will save them the hassle of driving to the airport themselves. If you missed the information session, which was held on Wednesday, December 6, you may watch the video, which has been posted to our website (<https://diometuchen.org/nec2024>). You will also find a copy of the brochure and a link to register for the National Eucharistic Congress. We will be updating this page regularly, so please feel free to check back in the next few weeks. Of course, if you would like to print out a poster-sized (18” x 24”) version of the brochure, please click on the following link: [https://drive.google.com/file/d/1-wbak44kP4edV-8t3c1GSIBwSecM2bdi/view?usp=drive link](https://drive.google.com/file/d/1-wbak44kP4edV-8t3c1GSIBwSecM2bdi/view?usp=drive_link)). As this is a pivotal moment in both American history and the legacy of the Catholic Church—it is the first National Eucharistic Congress in 83 years, after all!—we hope that you will consider joining Bishop Checchio in Indianapolis this summer. These travel packages will be sold on a first-come/first-serve basis. Of course, if anyone has any questions or concerns, please feel free to contact me at [acarlisle@diometuchen.org](mailto:acarlisle@diometuchen.org).

### ARE YOU BEING CALLED TO THE DIACONATE?

The Diocese is looking for Spanish-speaking or bilingual men who are interested in becoming Deacons. A new diaconate formation class is about to begin. Applications for that class will be accepted this Spring; prior to applying, interested men must attend an Information Meeting. Information Meetings will be held at the St. John Neumann Pastoral Center in Piscataway on Wednesday, January 31, at 7:00 PM and again on Saturday, February 3, at 10:00 AM. If you are between the ages of 35 and 60, and you believe you are being called to this ministry, you, your wife and your pastor are cordially invited to attend one of these meetings. If you have any questions, or wish to advise that you will attend, please contact the Diocesan Diaconate Office at (732) 562-2457 or [diaconate@diometuchen.org](mailto:diaconate@diometuchen.org).

**October 27-November 11, 2024 - Journey to South Africa and Namibia.**

*Tour highlights include a tour of the Cape of Good Hope, (the southern tip of Africa) boat rides in*

*Sandwich Harbor, with fresh oyster lunch), a visit to a penguin colony, desert dunes on quads (optional), wine tasting in the most beautiful wineries, open vehicle safaris, dinner in the open Savannah. See the tallest dunes in the world in Desdvlei, (Dune 45 degrees) and the photo stop at Deadvlei with the forest of petrified trees (that was once submerged in water.) You will never see anything like this anywhere!!! Call now for a brochure 732-634-4355. Space is limited. Price: 6,000. Per person*

### **2024 Bishop's Annual Appeal**

***STAY WITH US, LORD: Renew our Hearts and Send Us on Mission***

Please watch your mailbox for a letter from Bishop Checchio coming to you this week announcing the 2024 Bishop's Annual Appeal. Our parish can share in a successful Appeal by earning a rebate of 50% of the amount collected over goal.

Through your support of the Bishop's Annual Appeal, you help those in our diocese whose needs are the greatest—the poor, the homeless, and those struggling with illness or grief. Among other needed pastoral ministries, your gift also supports the formation of seminarians and many other vital services. The many pastoral, educational and charitable ministries of the Diocese of Metuchen would not be possible without a generous contribution from every household. Please be as generous as your means allow.

### **2024 Diocesan Youth Day REGISTRATION OPEN!**

**April 20th, 2024** - Check-In Begins at 10am. The day will run from 10:30am - 5pm.

The Diocese of Metuchen's Office of Youth and Young Adult Ministry will run our Diocesan Youth Day at St. Thomas Aquinas High School in Edison, NJ on Saturday, April 20th, 2024.

Throughout the course of this day, 8th-12th grade teens will come together to enter into the sacrament of the Mass, have fun with one another, hear talks from Chika Anyanwu, have the opportunity for Adoration and Confession, enjoy live music, good food, and more!

Please register here:

<https://www.diometuchen.org/diocesan-youth-day>

Please join in praying for our clergy and those in consecrated life. We would appreciate your prayers also for discerners to the priesthood as well as to a life of vowed consecration. For more information on the World Day for Consecrated Life from USCCB: <https://www.usccb.org/committees/clergy-consecrated-life-vocations/world-day-consecrated-life>

### **Stress In Your Marriage?**

Do you feel lost, alone or bored in your marriage? Are you frustrated, hurt or angry with your spouse? Have you thought about separation or divorce? Does talking about it only make it worse?

RETROUVAILLE is a Lifeline to Help Couples Heal and Renew their Marriages sponsored by the Office of Family Life, Diocese of Metuchen, NJ. RETROUVAILLE consists of a weekend experience for married couples (no group discussions) with four follow-up sessions. The upcoming weekend is **February 2 – 4, 2024**. All inquiries are confidential. For further information, please contact Rich Colasuonno 732-236-0671 or Annette Colasuonno 732-672-0748 or email [3024@helpourmarriage.org](mailto:3024@helpourmarriage.org).

### **2024 Lenten Obligations**

1. The days of both fast and abstinence are Ash Wednesday (February 14) and Good Friday (March 29).
2. The other Fridays of Lent (Feb. 16 and 23, Mar. 1, 8, 15, and 22) are days of abstinence.
3. Fasting in the Roman Catholic tradition means to limit oneself to one full meal with two smaller meals which together do not equal the size of your full meal. The obligation of fasting applies only to Catholics between the ages of 18 and 59.
4. Abstinence in the Roman Catholic tradition means to abstain from eating meat (beef, chicken, pork, turkey, etc.). The obligation of abstinence applies to all Catholics who have reached the age of 14.

Note: This year, be aware that Ash Wednesday falls on February 14 (also Valentine's Day). The obligation to fast does remain in effect, so it is suggested that those who are planning a special dinner make that their one main meal of the day.

**February 2, 2024**

**World Day of Prayer for Consecrated Life on  
the Feast of the Presentation of Our Lord**