

BIBLE STUDY

Come to a new Bible Study gathering, "Fulfilled", on Wednesdays at 7pm in our Religious Ed Building. "Fulfilled" will:

- Explain how Jesus fulfills the Old Testament
- Share the Catholic Faith concisely
- Acquire a thorough knowledge of the Tabernacle's design and its function as a blueprint for the Faith
- Learn how to answer incomplete and non-Catholic interpretations of the Bible
- Examine your own faith and grow deeper in your relationship with Christ

Any questions please contact Mary Ann @ 908-246-5900

40 DAYS FOR LIFE

"Calling all Christians" Join the upcoming global effort from March 6th through April 14th for 40 days of prayer and fasting for an end to abortion. Make a stand for God and country proclaiming the value of life at this critical time in our nation. Offer time to peacefully pray during a 40-day vigil in the public right-of-way outside Planned Parenthood, 66 East Main St. Washington. There will be an opening rally on March 3rd between 2-4 outside the Planned Parenthood. Please pledge to lift the local 40 Days for Life campaign up in prayer, as well as asking for God's protection on all human life from conception until natural death. For more information contact: Jennifer English, amjadopt@comcast.net 973 525-6692 or visit <https://40daysforlife.com/>.

NOVENAS

The word Novena come from the word "novem" which means "nine." It is a prayer that is said for nine consecutive days. A Novena may be a private or public spiritual devotion for the purpose of obtaining a special favour from heaven, be it a special grace, imploring a favour or to make a special petition. All new novenas for the month of March can be found in our Novena Corner. This month's featured novena is to St. Joseph.



CHURCH WEBSITE

Check out our church website for current information, holy & feast day schedules, upcoming events, and to see the bulletin on-line before the weekend. The website is peterpaulgm.com.



Easter Flower offerings envelopes can be found on the large brown table. Help us decorate the church with many beautiful spring flowers.

If you would like your loved ones living or deceased remembered in Masses throughout the Easter season please pick up and fill out a Easter Mass Remembrance envelope. They can be found on the brown table in the back of church.



Marriage Encounter

Now that Spring is finally approaching, why not shake off those winter blues and pump some new life into your marriage. A Worldwide Marriage Encounter Weekend gives you the time and tools to revitalize romance, deepen communication, and nourish the spirituality in your marriage. Contact info: 1-732-904-9636 or www.aweekendforyourmarriage.org.

BISHOP GEORGE AHR HIGH SCHOOL

One Tingley Lane * Edison, NJ 08820

SPRING OPEN HOUSE

TUESDAY, April 9, 2019

Program Begins at 7 P.M.

Meet our faculty, Tour our facility, Hear about our technology

Learn about our Sports, Clubs and Organizations, Student Guides, Brochures available, Refreshments served

All are Welcome!

Call Bishop Ahr High School for further info or directions, (732) 549-1108 X620 Or visit us on the Web at bgahs.org

PARTY OR MEETING

Need a place to hold a party? What about a meeting?



Our hall is ready and cheap. Only \$70 per hour (the time that the event is held). Contact the church office if you are interested in renting, 908-637-4269. Birthdays, anniversaries, graduations, baptisms, sweet 16's, baby & wedding showers, First Holy Communions, Confirmations, retirements, etc.

GREEN FAIR

Everyone is welcome to the Green Fair at the Hope Township School Gym & Lot on 320 Johnsonburg Rd, Hope, NJ on Saturday, April 13th from 9am - 1pm. Electronics collection, free paper shredding, collecting clothing, furniture, books, house wares, televisions, etc. Collecting cleaning supplies for local animal shelters. Sheets, blankets will be recycled by Simple Quilts. Medicine drop off site and much, much more. See the poster posted on our bulletin board.

ANNUAL DESIGNER POCKETBOOK BINGO

Everyone is welcome to join the Bishop Ahr High School Bingo Fundraiser on Friday, May 10th. The location is 1 Tingley Lane, Edison, NJ. The doors open at 6pm and the games begin at 7:30pm. There is a limited number of tickets being sold, please don't wait until the last minute. Visit the Bp Ahr website: www.bgahs.org.

LENTEN RULES 2019

The following days of fast and abstinence are to be observed by all Catholics of the Diocese who enjoy the blessings of good health:

1. The days of fast and abstinence are Ash Wednesday & Good Friday
2. All other Fridays of Lent are days of abstinence.
3. From the Evening Mass of the Lord's Supper on Holy Thursday until the celebration of the Easter Vigil on the evening of Holy Saturday, the Easter Fast should be observed so that, with uplifted and welcoming hearts, we may be ready to celebrate the joys of the Resurrection.

The obligation to fast applies to Catholics between the ages of 18 & 59. To fast in the Catholic tradition means to limit oneself to one full meal during the day so as to experience hunger.

The obligation of abstinence affects all Catholics who have reached the age of 14. Abstinence in the Catholic tradition means to not eat meat and all meat products.

GENTLE REMINDER...

Think of our beautiful church building as your home. Just as you always want your home to be ready to welcome guests and visitors, please be conscious of picking up after you and your family at the end of Mass; readying the church for others. Please replace all misselettes and song books and take the bulletin with you so we all make the church ready to welcome others for worship.

NATURAL FAMILY PLANNING

MARRIED COUPLES:

You can enhance your marital romance and build a better marriage! It is never too late to experience the joy natural family planning methods can bring to your relationship. Both spouses are taught to understand the nature of fertility and work with it, either to plan a pregnancy or to avoid a pregnancy...NFP becomes a shared commitment!

ENGAGED COUPLES:

If you are interested in beginning your life together as husband and wife by loving one another naturally it is never too early to learn about natural family planning.

Call the Family Life Office (732) 562-1990 Ext. 1624 or e-mail familylife@diometuchen.org for more information or to register for classes at a location nearest your home.

Sanctuary Lamp / Bread & Wine / Divine Mercy Candle

Please contact the church office, 908-637-4269, if you would like to book the Sanctuary Lamp, Bread & Wine, or Divine Mercy Candle for the week in memory or in honor of a loved one. The cost is only \$10 for the week. The name(s) will be placed in the bulletin and announced at all Masses for the week it is booked.

The Right Way to Receive Holy Communion

First, ensure that you are free from grave sin. If you are not sure, go to confession. Then, fast from food and drink for at least one hour prior to receiving the Eucharist. Before going up to receive say your Act of Contrition. As the person in front of you is receiving you should bow slightly at that time before it's your turn to receive. If you



are going to receive on the tongue, you should keep certain things in mind. First, the head should be bent back slightly, and the head should be held erect, but kind of tilted back. The tongue should come out over the bottom teeth, equal with the bottom lip, so that the priest has

someplace to put the Host. If you're going to receive in the hand, the best way is to put one hand down and put the other hand on top of it and make a kind of throne for the Lord. The priest holds up the Host and says, "The Body of Christ," and the communicant answers, "Amen." That's not an English word; it's an Aramaic word. It really is pronounced "Ahmeen," and it means, "So be it." "I agree." "I believe." "It is the Body of Christ." When the priest gives you the Host on your hand, you say, "Amen", take a step or two to the side to make way for the next communicant, then receive our Lord. Communion should not be received on the run, as you're walking back to your pew; it should be consumed before you leave the area below the altar. Remember that scene, in the Fourth Gospel, that occurs after the Resurrection; the disciples are out fishing, and the boats are coming toward the shore. Peter, as usual, is completely immersed in what he is doing; he's got his outer clothes off so he can work more easily. The beloved disciple sees someone standing on the shore and says to Peter, "It is the Lord." Peter jumps into the water. That disposition of John, "It is the Lord"—*that's* what our faith demands. It is the *Lord* that we are



worshipping. It is the *Lord* that we are receiving into ourselves. It is the *Lord* who is giving us in the Eucharist a special way to participate in divine life. It is the *Lord* who is sanctifying us. That should be the overwhelming disposition with which we approach Holy Communion: "IT IS THE LORD!"