

Our Lady of Lourdes Parish

455 Hunter Avenue, West Islip, NY 11795

Rev. Dennis A. Suglia, Pastor
Rev. Charles Mangano, Associate Pastor

**Deacon Nilo DeLeon, Deacon Tom Lucie,
Deacon Rich Maher, Deacon Jack Meehan**

Sr. Nancy Campkin CSJ, Director of Religious Ed

Trish Frodell, Director of Parish Social Ministry

Sr. Diane Liona CSJ, Director of Religious Ed

Debbie Meyer, Business Manager

Robin Reynolds Brennan, Coordinator of
Worship and Choir Director

Vita Scorcia, Ministry Spiritual Director



Parish Office

Phone: 631.661.3224 (select option #2)

Monday-Thursday: 9:00am-7:30pm

Friday: 9:00am-5:00pm

Saturday: 9:00am-3:00pm

Sunday: 10:30am-2:30pm

E-mail: ParishOffice@ollchurch.org

Fax: 631.661.7143

Website: www.ollchurch.org

Religious Education Office

Phone: 631.661.5440 (select option #3)

Monday-Friday: 9:00am-Noon,

1:00pm-5:00pm, 7:00pm-9:00pm

E-mail: ReligiousEd@ollchurch.org

Parish Outreach Office

Phone: 631.661.9262 (select option #4)

Monday-Friday: 9:30am-3:30pm

SAGE (*Senior Advocates for Growth and Enrichment*)

Phone: 631.661.3224, Ext. 122

E-mail: Sage@ollchurch.org

Liturgical Schedule

Daily Mass

8:30am

Weekend Masses

Saturday: 5:00pm

Sunday: 8:00am, 9:30am, 11:00am, 12:30pm
and 6:00pm.

Reconciliation/Confession

Saturday: 4:00pm-4:45pm or by appointment

Rosary

Daily at 8:00am

Miraculous Medal Novena

Monday at 8:00am

Sacraments

Anointing of the Sick

Throughout the liturgical year. If needed sooner, please call the Parish Office.

Baptism

Please contact the Parish Office to schedule an appointment.

Marriage

Arranged at least six months in advance, please call the Parish Office.

Rite of Christian Initiation of Adults (RCIA)

A process to be embraced by the Catholic Church. For non-Catholics and for Catholics who have never received formal religious education. If interested, please call the Parish Office.

Third Sunday in Ordinary Time • Sunday, January 21, 2024



Welcome to our Parish Family

New Parishioners are cordially invited to register as members of our Parish Family. Please call or visit our Parish Office.

Remember: Together, we can do something beautiful for God!

- Saint Teresa of Calcutta

Pastoral Council

Fr. Dennis A. Suglia
Eileen Rega
Mary Borgs
Sonia DaSilva
Dcn. Nilo DeLeon
Jerry Esposito
Trish Frodell
Deborah Lamb
Rosalie Mangels
John Muldoon
Dottie Perdue
Vita Scorcia
Phil Ambrosino

Parish Staff

Patti Anderson
Parish Office/Bulletin Editor

Maryanne Buonaspina
Parish Organist

Rosemary Cannarella
Parish Office

Amy Danowski
Parish Office

Carol Grillo
Parish Office

Rita Spera
Religious Education Office

Mission Statement

As stewards of all that God has given us, the Parish Family of Our Lady of Lourdes serves and ministers to all who come to this place.

Regardless of a person's history, ethnicity, gender, orientation, age or race, we commit ourselves to open wide the doors of our Parish to provide a place of welcome and hospitality.

Readings for the Week of January 21, 2024

Sunday: Jon 3:1-5, 10/ 1 Cor 7:29-31/ Mk 1:14-20
Monday: Ritual Masses Vol IV / Mass for Peace & Justice
Tuesday: 2 Sm 6:12b-15, 17-19/ Mk 3:31-35
Wednesday: 2 Sm 7:4-17/ Mk 4:1-20
Thursday: Acts 22:3-16 or 9:1-22/ Mk 16:15-18
Friday: 2 Tm 1:1-8 or Ti 1:1-5/ Mk 4:26-34
Saturday: 2 Sm 12:1-7a, 10-17/ Mk 4:35-41
Next Sunday: Dt 18:15-20/ 1 Cor 7:32-35/ Mk 1:21-28

Financial Summary

January 14, 2024

Weekly Collection	\$ 15,580.00
Weekly Budget	- \$ 17,800.00
+/- for the week	\$ (2,220.00)

Buildings & Maintenance \$ 5,367.00

The estimated weekly collection needed to maintain and operate our parish buildings, ministries, programs and salaries is \$17,800.

*A Special Day in the life of
our Parish Family!*

The Installation of OLL's 8th Pastor,
Fr. Dennis A. Suglia



Sunday, February 11, 2024

The Feast of Our Lady of Lourdes

12:30pm Mass

**All are invited to the parish celebration,
immediately following Mass,
in the School Cafeteria.**



Altar Society

Altar linens this week will be cared for by *Pat Wissing*. If you would like to help care for our altar needs, please call the Parish Office at 631-661-3224.

Members in the Military

We ask that you pray especially for those in our parish that are on active duty.

Maria Caputo - <i>US Army</i>	Timothy Milligan - <i>US Marine Corps</i>
Michael DiMatteo - <i>US Marine Corps</i>	Melissa Mockler - <i>US Navy</i>
Michael Fantauzzi - <i>US Air Force</i>	Patric Mockler - <i>US Navy</i>
Christopher Florca - <i>US Marine Corps</i>	Andrew Perniciaro - <i>US Army</i>
Dominick Gennaro - <i>US Army</i>	Brandon Ranzie - <i>US Army</i>
Patrick Harty - <i>US Coast Guard</i>	Jack Shires - <i>US Navy</i>
Ritchard Higham - <i>US Army</i>	Raymond Sgambati - <i>US Navy</i>
Keith Horyczun - <i>US Army</i>	James Stultz - <i>US Army</i>
Colby Matthew Kelly - <i>US Army</i>	Alvaro Suarez - <i>US Army</i>
Luke Loftsgaarden - <i>US Army</i>	Jack Taffner - <i>US Marine Corps</i>
Anthony Mannino - <i>US Marine Corps</i>	Michael Wilkinson - <i>US Army</i>
Msgr. Brian McNamara - <i>US Air Force</i>	Peter Zaccaria - <i>US Navy</i>
Anthony Memoli - <i>US Marine Corps</i>	

... and remember those of our parish family that are in the armed services, listed in our Parish Book of Intentions.



Pastoral Care of Our Sick

Please call the Parish Office at 631-661-3224 to leave the names of parishioners who:

- Are homebound and would like to receive the Eucharist.
- Are in Good Samaritan Hospital and/or a local nursing home and would like to be visited by a member of our Pastoral Care Ministry.
- Would like to receive the Sacrament of the Sick.

Pray for Our Sick

Please remember to keep in your thoughts and prayers ...

Joe Amadeo, Sandra Amberg, Connie Ambrosino, Baby Maya, Baby Owen John Barrett, Jeanette Battista, Michael Battista, Thomas J. Calogero III, Lisa Crowe, Susan Dedes, Joseph Dilegame, Amanda DiTingo, Joanne Egan, Paula Edwards, Ana Ferrante, Helen Ferrante, Mike Ferrante, Christopher Gargiulo, Thomas Geraghty-USMC, Bea Guzzo, William Hacker, Patrick Anthony Heffron, David Iloff, Paul Johnson, Henry Kahn, Shena Kahn, Margaret Kavoures, Dave Kegel, Michael Kegel, Ann Kerrigan, Toni Kreamer, Peter Lies, Vincent Marinelli, Seamus Martin, Jodianne Carrino Mentus, Glenn Meyer, Richard Meyer, Dennis Morgan, Wesley Morrell, Peter O'Connor, Amanda O'Malley, Edward Pauciullo, Rose Pauciullo, Cameron Pillitteri, John Posanti, Louise Posanti, Clifford Proctor, William Rivers, Fabian Rojas, Colleen S., Diane Scharen, Robert Scharen, Joseph J. Schiavoni, Vita Scorcia, Diana Smiloff, Special Intention/Healing, Celestine Stewart, Louise Sturgeon, Dolores (Bunny) Thaxter

Names of the sick will be listed for **six weeks** for short-term requests and **six months** for long-term.



Rest In Peace

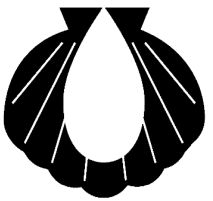
Anita C. Bova
Andrew Nangano
Sean Robert Wignall

We extend our prayerful sympathy to the families and loved ones of those recently deceased.



Upcoming Marriages

Amanda Tyrrie OLL
and
Andrew Chase
Parish not provided



Baptism

Giovanna Grace Iacona

Masses may be viewed via livestream on our Facebook page. Please join us directly on Facebook or by visiting our website at: ollchurch.org, where you will be redirected. You do not need a Facebook account.

Mass Intentions

Monday, January 22 Day of Prayer for Protection of Unborn Children

8:30am Salvatore Pinello

Tuesday, January 23

St. Vincent, St. Marianne Cope

8:30am Josephine Zito

Wednesday, January 24

St. Francis de Sales

8:30am Joseph & Amelia Moscarelli

Thursday, January 25

The Conversion of St. Paul

8:30am Niall Morrissey

Friday, January 26

St. Timothy & St. Titus

8:30am Thomas Hamilton (Living)

Saturday, January 27

St. Angela Merici

8:30am James Sheehan, Thaddeus Gladkowski,
Martin Kerrigan, Joseph Juston

5:00pm

Kathy Roberts, Paul Johnson (Living),
Dominic Carrini, Jack Braddish, Angelina Pellati
Fr. Charles Mangano

Sunday, January 28

Fourth Sunday in Ordinary Time - National Catholic Schools Week

8:00am Grace Ciccarella

Fr. Charles Mangano

9:30am

Joanne Patunas

Fr. Charles Mangano

11:00am

Eric Swick

Fr. Charles Mangano

12:30pm

Antoinette Retacco

Fr. Saji Jose, CM

6:00pm

People of the Parish, Ted Gladkowski,
Elizabeth M. McClorey, Rosario Chechile,
Miguel Anthony Hernandez

Fr. Saji Jose, CM



Long Island Coalition for Life

Pro-lifers are invited to help restore the right to life for preborn children by joining the Long Island Coalition for Life for the Roe v. Wade Anniversary Memorial Face the Truth pro-life event on Sunday, January 21, 2024, from 2:00pm to 3:30pm.

This peaceful public outreach will be held on the sidewalk in front of Nassau University Medical Center (NuHealth, 2201 Hempstead Tpke., E. Meadow). Be a positive sign for LIFE! Signs provided. Rain or shine. Sponsored by: LICL 631-243-1435, info@prolifeLI.org.

Pregnant? Need Help?

Birthright, Inc. 24 Hour Helpline 1-800-550-4900

Islip: 631-277-3888 - Hampton Bays: 631-728-8900 - Rocky Point: 631-821-9727

Southold: 631-876-5138 - Wantagh 516-785-4070

SAGE

Our next SAGE meeting will be **Tuesday, January 23rd** at 9:30am in the Parish Center.

Adoration of the Blessed Sacrament

We will be having Adoration of the Blessed Sacrament on this **Tuesday, January 23rd from 12:30pm to 7:30pm**. Come, spend some intimate time with Jesus. Invite a family member or friend along too! In case of inclement weather, please call the parish office at 631-661-3224 ext. 0, or log onto the parish website (ollchurch.org) to check if Adoration has been canceled.

Divine Mercy Prayer Group

We come together in the Church every Thursday from 1:30pm-2:30pm to pray and reflect on the Divine Mercy. We welcome anyone wishing to join us in this mission.

Do you like to sing? New choir members are always welcome!!

Choir Mass: Sundays at 11:00am

Rehearsals: Thursdays at 7:00pm to 8:00pm in the church

Season: September to June

Interested singers are invited to come to a rehearsal and try it out!



Donations to Outreach

If you would like to make a donation to Parish Outreach in memory of a loved one, please call Trish Frodell, Director of Parish Social Ministry at 631-661-3224, option 4.

Hours for Outreach: Monday - Wednesday - Friday from 9:30am - 3:30pm ONLY



- Jelly
- Spaghetti Sauce
- Tuna
- Canned Mixed Vegetables
- Canned Beets
- Feminine Products

How Does God See Us?

Recently, I came across an article in *Our Sunday Visitor*, written by David Mills. The title captured my attention immediately, “Learning to be our true selves as God sees us, not who the world tells us to be.” Mr. Mills starts by retelling the story of Adam and Eve. Everything was going well in the Garden of Eden. Adam and Eve seem delighted with God and God, for His part loved, Adam and Eve dearly. Afterall, they were made in the image and likeness of God. What could be better?

Adam and Eve’s only restriction was they could not eat the fruit of the tree of knowledge. We all know how the story turns out. Sin came into the world, original sin. The writer jumps in time to our present day. His premise is that our world does not represent God’s will. Mr. Mills makes a compelling argument that our world is driven by consumer desires. Think for a moment how many times in the day do we see advertisements or commercials telling us if we buy certain products, we will look better, feel better and find ourselves totally contented. Not to mention that there will be something soon to replace what we use to make us happy.

As a college student, I remember reading a book by Sigmund Freud; its title was *Civilization and Its Discontent*. While not a fan of Freud’s, this book was compelling in its reasoning. The major premise was that the more civilized we are, the more discontented we become. We can have all the amenities, and still desire more. Our western world tells us not to be satisfied with the basics because we deserve the best. With that mentality, we neglect the real sin of avarice or greed. Our temptations or desires outweigh our real needs.

How do we distinguish between a desire and a need? If we take the world view, we might convince ourselves that our desires are our needs. When I look back at my parents’ generation, the terms might have had different meanings. My father was a hard worker; I cannot remember a time he did not work two jobs to provide for our family. My mother was a domestic engineer, a housewife was how they historically referred to women who stayed at home.

There was always food on the table, and if we did not like what was being served, we could go to bed without supper. Mom had a favorite big pot to cook. We never knew if we were having spaghetti, soup, mashed potatoes, or anything else she would cook in the pot, but we never went hungry. One time mom was cooking something in the pot, and I asked her what it was, and she said corned beef. It turned out it was cow’s tongue. To this day, I do not eat corned beef, not even on St. Patrick’s Day. Their desires were simple; they wanted the best for their kids and were willing to sacrifice to try and fulfill their desires. As children, we knew what was expected of us; my parents made sure to remind us often.

So, how does God see us? He sees us as His loving creation, God wants to have a relationship with us, even when we sometimes turn away from Him or when we sin. God’s mercy knows no bounds, it is there for the asking. He wants what is best for us. Our readings for this week warn us to be ready. In the first reading, we see Jonah doing a lackluster job of preaching and turning the citizens of Nineveh away from sin. Yet, they did repent, and God’s mercy was upon them; they were not destroyed. St. Paul warns the Corinthians that time was running out. As Maria Enid Barga points out in her reflection, “We are called to live in the “now” with the end in mind.” The right emphasis on what is important is exemplified in Mark’s Gospel, where we are given examples of those whose connection to earthly things is second to their relationship to God which is of the utmost importance.

Some may be thinking that all sounds good, but how do I achieve that desired relationship with our God? As I have mentioned before, I too am a work in progress, a sinner if you will, but my desire is to be pleasing in God’s sight. There’s work to be done, God is watching. Like that old song says, “I want to be in that number, when the saints come marching in.”

God bless,
Deacon Rich

Week of Prayer for Christian Unity January 18 - January 25, 2024

The Week of Prayer for Christian Unity has [a history of over 100 years](#), in which Christians around the world have taken part in an octave of prayer for visible Christian unity. By annually observing the WPCU, Christians move toward the fulfillment of Jesus' prayer at the Last Supper "that they all may be one."

Join Christians around the world in praying this this Prayer of Unity every day from January 18-25:

We pray, O gracious Trinity: Father, Son and Holy Spirit, that we all may be one as you are one. In your community of complete unity, we have our beginning and our end. To you we pray, asking for the gift of visible unity among all who believe in your Christ.

As we commemorate this Week of Prayer for Christian Unity, we are reminded by your Word that all human beings are our neighbors and that we are to love them like ourselves and in the same way we love you. Help us to overcome the barriers and divisions we have nurtured against your will.

Grant to us, O Lord, a new Spirit of love and solidarity, that we may proclaim your good news to all of creation. We ask this through your Son, Jesus Christ, who with you and the Holy Spirt are one God, for ever and ever. Amen.

For more information regarding the Week of Prayer for Christian Unity, please visit:

<https://www.usccb.org/committees/ecumenical-interreligious-affairs/week-prayer-christian-unity-2024>

Last Year's Palm Becomes This Year's Ashes

Each year, prior to the beginning of Lent, parishes burn the previous year's palm to provide the ashes used on Ash Wednesday.



We invite you to return the blessed Palm branches you received at Mass last Palm Sunday so that we can include them in the ashes we will use this year on Ash Wednesday, February 14th. Please deposit your palm in the baskets near the doors as you enter the church. **Deadline for returning palm is Sunday, February 4th.**



An Invitation from the Knights of Columbus

Men of the Parish (18 years and older), are you interested in serving your Faith, your Church, and your Community? If so, then you are invited to join the Knights of Columbus, Our Lady of Lourdes Council 17379. Joining the Knights will make you part of a 129 year old Catholic Fraternal Order that exemplifies the high ideals of our faith and has contributed to our communities through charitable works and community outreach. We meet on the second and fourth Monday of each month in the Parish Center. The fourth Monday is an Officers' meeting, but members are welcome to attend. Meetings begin at 8:00pm. So begin your journey of Charity, Unity, Fraternity and Patriotism by becoming a Knight! Online membership is also available at: www.KofC.org.

Our next meeting will be Monday, January 22, 2024 in the Spiritual Life Center.

Rite of Christian Initiation for Adults

What's it all about?

IF you are an adult *AND*

- ... you were never Baptized
- ... you were Baptized in another faith and would like to become a baptized Catholic
- ... you never received Holy Communion (Eucharist)
- ... you never received your Confirmation

IF you are an adult *AND* one or more of the circumstances above apply to you ...

IF you feel you would like to become a baptized Catholic or become more fully initiated into your Catholic faith... Our email address is RCIA@ollchurch.org or call the Parish Office at 631-661-3224, and we would be happy to help you.





Saint Martin of Tours School



Join Us for Our Open House!

SUNDAY · JANUARY 28, 2024

9:00am Mass

10:00am-1:00pm Open House

At the Saint Martin of Tours School Open House, you will get a chance to speak with Alumni who attended SMT, current students, teachers and staff. All are welcome!

Why Choose St. Martin of Tours School?

- For over 100 years, SMT has offered academic excellence, which fosters individual growth and development according to time-tested, Catholic faith-based models of teaching and learning.
- Believing in the worth and uniqueness of each child, SMT has established guidelines to help all students grow spiritually, mentally, physically, and emotionally.
- SMT cultivates a robustly Catholic culture centered on the spiritual, intellectual, sacramental, and liturgical life of the Church.
- SMT provides a safe and supportive community that recognizes the dignity of every person and promotes a loving family atmosphere.



Saint Martin of Tours School
Amityville, NY

 smtschool.org

 (631) 264-7166

 30 Union Ave, Amityville, NY

 [smtschool11701](https://www.facebook.com/smtschool11701)

 [@SMTSchool11701](https://www.instagram.com/SMTSchool11701)

Dementia Caregiver Support Group Thursday, January 18, 2024



Caregiving for someone with Alzheimer's or a related dementia can cause frustration, fear, anger, sadness and other emotions. Our support group can provide emotional, social, and educational help to caregivers whose lives are affected by dementia.

Join us on the 3rd Thursday of each month from 5:30pm–7:00pm in the Parish Center
There is no charge to participate, but please contact Cassandra at 631-647-7622 or via email at: cassandra@agentletouchseniorcare.com to reserve your place.



Butterfly Memory Café - January 19, 2024 from 1:30pm-2:30pm

What is a Memory Café? It is a program designed for persons with mild to moderate cognitive impairment and their caregiver to promote social engagement with others navigating through dementia's journey. Activities include crafts, music, reminiscing, art or movement. Light refreshments will be served. Our next event will take place on Friday, January 19th from 1:30pm-2:30pm. *There is no charge to participate, but space is limited and reservations are required. For more information or to register, please call Hannah at A Gentle Touch Senior Care at: 631-647-7622 or e-mail: hannah@agentletouchseniorcare.com.*

St. Agnes of Assisi – The Secular Franciscan Order:

Would you like to give more time to God, but wonder how to do that when your life is so busy? Do you long for holiness, and feel a need for support in growing spiritually? Perhaps your heart has been moved by stories of St. Francis of Assisi, or the Peace Prayer attributed to him, and you are seeking that same holy simplicity, true peace and perfect joy? If so, Christ may be calling you to explore the Secular Franciscan life. We invite you to join our monthly meetings, 2nd Sunday of the month, 1:30pm-4:30pm in the Parish Center at Our Lady of Lourdes in West Islip. For more information, contact Jackie Totino, SFO at 516-320-1326.



MERCY SOUP KITCHEN SEEKING VOLUNTEERS

“For I was hungry and you gave me food...” Matthew 25:35

It is an exciting time at the Mercy Soup Kitchen of Wyandanch as it is preparing to launch its new and expanded post-Covid operation.

Located in the basement of Trinity Lutheran Church at 17 South 20th Street, the Kitchen served its first meal to hungry people in 1980 and currently serves an average of 108 people per day. During the pandemic, however, the Kitchen procedures had to be modified in order to provide hot, nourishing meals safely and continuously to those in need. Indoor sit-down dining was discontinued and only take-out dining was available. But, today, the Kitchen is posing for a post-Covid reopening – a reorganizational rebirth of sorts – where the Kitchen procedures can finally return to again offering guests dignified, indoor sit-down dining.

The Kitchen relies heavily on its generous volunteer support and, as such, **numerous on-site and off-site volunteer opportunities are now available.** While there are openings for on-site positions, such as helping to prepare and serve meals and to perform various maintenance functions, there are also openings for diverse off-site positions in areas such as finance, grant development and preparation, legal compliance assurance, marketing duties, social media facilitation and fund raising/donation coordination.

Only with the efforts of its volunteers can the Kitchen succeed in its mission to provide food security to those in need. Please consider sharing some of your time and talents with the Kitchen to make this happen. We invite you to join our team.

For further information, contact Vito Colletti at 631-358-9917 or vcolletti@optonline.net

FRIENDS OF TROOP 179

West Islip, NY

Annual Spaghetti & Dinner Fundraiser

Date: 1/27/2024 **Snow Date:** 2/3/2024

Time: 4 p.m. – 7:30 p.m.

Location: Our Lady of Lourdes Church, school cafeteria
455 Hunter Avenue, West Islip, NY 11795

Cost: \$10.00 per person (includes 2 \$1 raffle tickets)

All You Can Eat

Spaghetti, Meatballs, Bread, Salad & Dessert

Tickets Can Be Purchased At The Door

If you can't make the event the troop will be taking pre-orders after mass on select weekends at Our Lady of Lourdes Church. You choose a pick up time. Just fill out and submit one of our spaghetti dinner order forms before 1/21/24. Any questions message us on Facebook at Friends of Troop 179 West Islip, NY.

Prizes: Friends Of Troop 179
will be selling raffle tickets
to win many donated prizes
as well as a 50/50 drawing!



**Pilgrimage to Medjugorje
2024 Dates**

206 TOURS
www.206TOURS.COM
Est. 1985

Your Trip Includes:

- Round-trip Airfare from New York
- All Airport Taxes & Fuel Surcharges
- 7 Nights: Dragicevic Family Home with Private Baths & Air Conditioning in Double Occupancy Only (No Single Rooms)
- Breakfast and Dinner Daily
- Wine with Dinners
- Transfers by Private Motor Coach
- Escorted by Professional Local Christian Guides
- Sightseeing and Spiritual Activities
- Mass Daily & Spiritual Activities (English at 10:00 am & Croatian at 6:00 pm)
- Special Times of Prayer and Group Meetings
- Unlimited Use of the Private Home Chapel Books and Tapes
- Luggage Handling (1 Piece per Person)

\$3,398 per person from New York (JFK)

Pick the dates that work best for you!

August 12-20, 2024
or
August 19-27, 2024




PILGRIMAGE WITH SPIRITUAL DIRECTORS

Fr. Charles Mangano & Fr. Tony Stanganelli

For Details or to Book Now Visit:
www.pilgrimages.com/frmangano
Booking Code: CM100158

SCAN HERE

Pornography Addiction

Many people have found themselves suffering with an addiction to pornography. God says, “My saving power will rise on you like the sun and bring healing like the sun’s rays.” Malachi 4:2. Overcome pornography and other unhealthy sexual behaviors with a professional, science-based Catholic program. It is called: **RECLAIM Sexual Health**. Visit www.ReclaimsexualHealth.com. Get help or help others. Private and anonymous Online Help 24/7. The latest brain science cutting-edge technology. Personalized support and faith focused. The Brain Science of Change and Theology of the Body is God’s way out. In 1 Corinthians 10:13 it says, “No trial has come to you but what is human. God is faithful and will not let you be tried beyond your strength; but with the trial, He will also provide a way out, so that you may be able to bear it.” Pornography is an addiction. Porn enslaves the soul, and deep shame is connected to it, but healing and recovery is possible. If you or someone you know has a porn addiction please log onto the website above.

You can also visit www.IntegrityRestored.com. This site is also designed for those who struggle with pornography use and those who may know of someone who struggles. Here you will learn about the pornography epidemic in America and how porn affects men, women, children and teens. You will learn about the addictiveness of pornography and the recovery process. Wives will learn how to help their husbands and vice versa as well as how to find healing for their own emotional pain (*feelings of hurt, betrayal, etc.*). The website takes a unique approach by incorporating Catholic spirituality into the recovery process. Porn reduces the human person to an object for one’s selfish pleasure. This is in direct opposition to the beauty of the whole human person that God created in His image and likeness, never to be lusted after but to be loved as a whole person: *body, mind and soul*.



Give the GREATEST
Valentine's Day
gift - YOURSELF!!!



Are you ready for
more growth and
happiness in your
marriage or
priesthood?

Uncover the secrets
to a lasting,
supportive,
transformational
marriage!



This experience will help you
listen, share and connect more deeply
with your spouse

Apply at:

www.WWME.org

click apply and search by zip code or address

Make this Valentine's
Day even more special
Give the gift of a
weekend away to focus
on your relationship

February 9-11

Held at the
Seminary of the
Immaculate Conception
Huntington,
Long Island

Registration Deadline is January 29

Questions?

Kevin & Regina Hickson

(516) 554-3835

Long Island

Application Couple







Boy Scout Troop 179

For 50 years, Our Lady of Lourdes has been sponsoring Boy Scout Troop 179 of West Islip. Troop meetings are held every Thursday at 7:30pm.

If you are interested in learning more about Boy Scouts and our Troop, please check out our website: <https://witroop179.wixsite.com/bsatroop179> or contact us at: troop179cc@yahoo.com.




Read and Understand the Bible with *The Bible in a Year* Podcast with Fr. Mike Schmitz!

“As cradle Catholics, we hear Scripture at Mass and occasionally in self study but never like this. *The Bible in a Year* brings it all together.”
—Ignacio G.

Join over 1 million Catholics listening to this podcast!

Listen free on the Ascension App!

Scan this QR code with your phone to download the Ascension App — the best place to listen to *The Bible in a Year*.





Understand Your Catholic Faith with *The Catechism in a Year* Podcast with Fr. Mike Schmitz!

By listening to this podcast, Catholics will:

- Read the entire *Catechism of the Catholic Church* in 365 days
- Understand the essentials of the Catholic Faith and why they matter
- Transform their relationship with the Church that Christ founded

Listen free on the Ascension App!

Scan this QR code with your phone to download the Ascension App — the best place to listen to *The Catechism in a Year*.



WORD OF GOD SUNDAY

Sunday, January 21, 2024

"He opened their minds to understand the Scriptures" (Lk 24:45).

Come celebrate with Bishop Andrzej.

HOLY HOUR AND REFLECTION

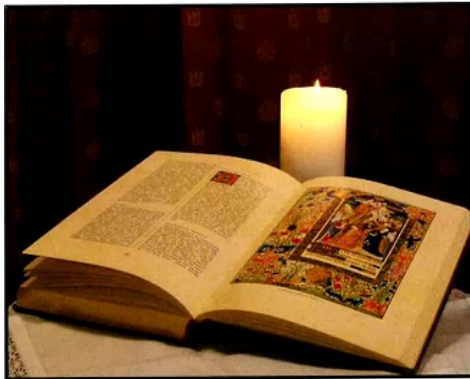
Sunday, January 21, 2024, at 3 pm

Church of St. Paul the Apostle

2534 Cedar Swamp Road, Brookville, NY 11545

www.stpaulsbrookville.org

All are welcome!



Our Students are Thriving!

Come and see why other parents in the community chose Catholic Education for their families!

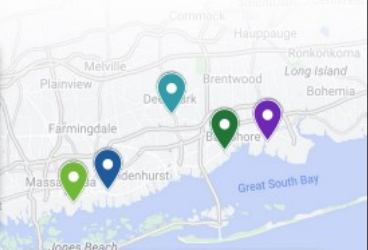


School Tours & Open Houses Happening During Catholic Schools Week in January 2024!

OUR LADY OF GUADALUPE SCHOOL - Deer Park, NY
www.olgschools.org • (631) 539-0505

ST. MARTIN OF TOURS SCHOOL - Amityville, NY
www.stmcschool.org • (631) 264-7166

ST. ROSE OF LIMA SCHOOL - Massapequa, NY
www.strosschool.net • (516) 541-1546



ST. PATRICK SCHOOL - Bay Shore, NY
www.spsbayshore.org • (631) 665-0569

ST. MARY SCHOOL - East Islip, NY
www.saintmaryschool1.org • (631) 581-3423

WWW.LISCHOOLS.ORG

Retrouvaille Weekend - Marriage Struggling?

Do you feel alone? Are you frustrated or angry with each other?

Do you argue or have you just stopped talking to each other?

Does talking about it only make it worse?

Are you separated or divorced or thinking about separation or divorce?

The Retrouvaille Program helps couples through difficult times in their marriages.

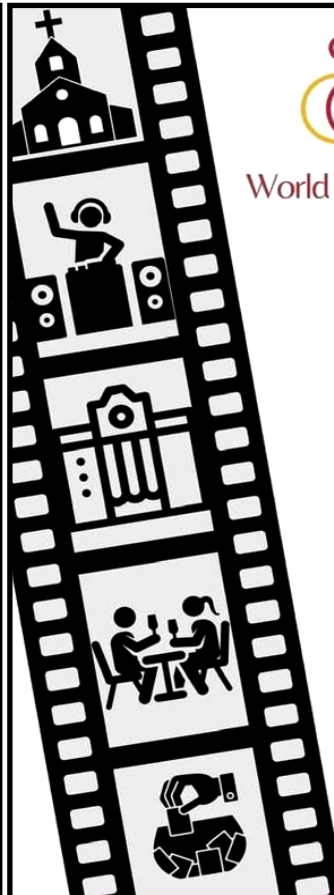
Long Island/Metro Retrouvaille is a 5013c non-profit, peer ministry. Couples of all faiths, or no faith, are encouraged to attend, and no one is ever turned away for lack of funds.

For confidential information about the Retrouvaille program, or to register for the next weekend on **April 26-28, 2024**, please visit our website at:

www.helpourmarriage.org.

or call: **1-800-470-2230** and you will be connected directly and confidentially to a couple from Long Island/Metro Retrouvaille who can help.

Weekend Location: Immaculate Conception Seminary
440 West Neck Road, Huntington, NY 11743



World Marriage Day Dance 2024



Saturday February 3rd

Mass at **6pm**

followed by Dinner & Dancing until 11pm

Price per couple: \$175

3 Course Sitdown Dinner

Open Bar

DJ & Photo Booth

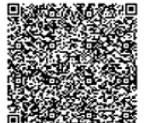
Raffle Baskets and 50/50

Venue:

O'Connell Gardens

2985 Kenneth Pl

Oceanside, NY 11572



Scan QR code or Register at:
<https://www.menyli.org/enrichment.php>

Need help? call

Maria & Chuck Reiss (631) 486-8607



In addition to our parish website (ollchurch.org), please visit us on *Facebook* at *The Parish Family of Our Lady of Lourdes*. Click “Like” and you will receive the latest news on upcoming parish events and information.

Preparing for Marriage?

Do you need to fulfill your Marriage Prep Requirement?

Engaged Encounter is an effective Pre-Cana program designed to provide you with the tools for a successful marriage. Our next 2-day weekend will be held at the Seminary of the Immaculate Conception in Huntington on **Feb. 3-4, 2024**. For information please call Lenny & Pat Walker at: 631-563-1032 or visit: longisland.engagedencounter.com.



Worldwide Marriage Encounter

Attention married couples & priests, want to make this an EXPERIENCE to remember?

Fall in love again. Here's a chance to get away for the weekend and focus on your spouse to renew and refresh your relationship. To help your good marriage be great!! Are you ready for

more growth and happiness in your marriage or priesthood? Uncover the secrets to a supportive, transformational marriage on a World Wide Marriage Encounter Weekend. Every relationship is a journey. The grind of everyday life can cause you to lose touch with your spouse. This experience will help you listen, share and connect more deeply. **Our next weekend experience will be on February 9-11, 2024** at the Seminary of the Immaculate Conception in Huntington. Register at WWME.org or contact: Kevin & Regina Hickson at 516-554-3835.



Anxiety Disorder Sufferers

The group, led by a trained and certified Anxiety Disorder Group Leader, meets every Tuesday from 2:00pm-4:00pm in the Parish Center (located across from the playground and to the right of Outreach). For more information and to register, please call Bob at 631-235-2229.

Support Groups *(all meetings are in Lourdes Hall - lower level of Convent)*

Alcoholics Anonymous: Monday and Tuesday at 8:00pm and Saturday at 11:00am and 7:00pm, and Sunday at 9:30am.

ALANON: Wednesday at 10:00am. Beginner's meeting at 9:30am. Free babysitting available. 2nd and 4th Wednesday meetings are via Zoom. For more meeting info visit: al-anon.org.

Families Anonymous Meetings

12-Step support group giving Hope & Strength to parents, family and friends concerned with a loved one's destructive behavior caused by Alcohol, Drugs or Related Behavioral Problems will meet virtually and in person. For additional information e-mail: Donna526@aol.com or call Diane at: 631-587-0966 or Donna at: 631-589-3790. Website: FamiliesAnonymous.org.

Religion and Rock

Tune into “Religion and Rock” with Msgr. Jim Vlaun on Sunday from 7:00am to 8:00am on WBAB 102.3 FM or 95.3 on the East End of Long Island. Listen on Saturdays at 11:00pm on Sirius Radio, Channel 159, the Catholic Channel and at 11:00pm on XM Satellite, Channel 117. Next Sunday's theme is “**Searching for a Meaning**”. To listen online or for more information, visit: www.ReligionandRock.com.

Sharing the Gospel

There's a colorful envelope addressed to you on the kitchen table. You see it's from your friend. You open it and find a party invitation inside. Your parents say you can go! When Jesus invited Peter, Andrew, James and John to come along with him, they were just as excited to go. Jesus was the Savior and a good friend. They couldn't wait!



Mission for the Week

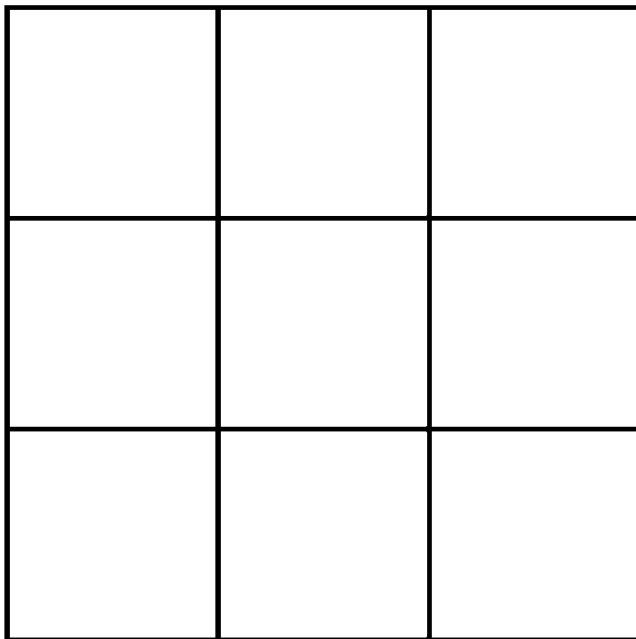
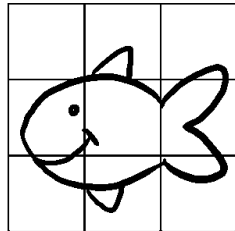


Jesus wants you to come to His home in heaven. Make a party invitation from Jesus to you. Use this invitation as a bookmark in your Bible.



Puzzle

Enlarge the picture square by square.



©LPI

Prayer

Jesus,
I thank You for
inviting me to
spend time
with You.



Something to Draw

Draw a picture of
Jesus smiling and
waving to you.

