

Mass Intentions

Sunday, February 5th

8:30PM.. Arline Taylor requested by Jean Vendetti

10:30AM.. Carl and Louise Martinangelo requested by their Family. (Boy Scout Sunday)

Monday, February 6th

9:00AM.. Communion Service

Tuesday, February 7th

9:00AM.. Communion Service

Wednesday, February 8th

9:00AM... Communion Service

Thursday, February 9th

9:00AM... Communion Service

Friday, February 10th

9:00AM.. Communion Service

Saturday, February 11th

4:00PM... Donat Mercier (20th Anniversary) requested by his daughter, Claire

Sunday, February 12th

8:30PM.. John R. Bianchi Jr. (1st Anniversary) requested by his wife, Nancy and Family

10:30AM.. For the Parish Family

11:45AM.. Anointing of the Sick

STEWARDSHIP THOUGHT- “Rising very early before dawn, he left and went off to a deserted place, where he prayed...He told them, ‘Let us go on to the nearby villages that I may preach there also. For this purpose have I come.’” (Mark 1:35, 38)

Through today’s Gospel reading we see a perfect example of stewardship. Jesus gives His time to doing all that God wishes - healing the sick and preaching. Yet Jesus also makes time to be alone in prayer. It is only through prayer, through spending time with God, that any of us can find the strength to do all that God wishes us to do. Be sure to find time this week to be with God.

WINTER IS HERE! There will be no Mass on days when schools are closed due to snow storms. School closing information can be found on WMRC 1490. Faith Formation cancellations will be found on Facebook.

SHARING OUR TREASURE

FOOD PANTRY: The Daily Bread Food Pantry is in need of bars of soap. Please help us help those in our community.

And the King will say to them in reply, “Amen, I say to you, whatever you did for one of these least brothers of mine, you did for me.” ~ *Matthew 26:40*

The Milford Daily Bread Food Pantry gratefully acknowledges the receipt of your food and toiletries contribution. We deeply appreciate your generous and thoughtful donation.

Please pray for those who are ill:

Bob Daly	Laura Kerr	Mary Challella
Bob DiAntonio	Lena Rajcula	Pat Niro
Bill Doyle	Paul Seaver	Dorothy Grillo
Helen Roberti	Colleen Lum	Theresa Villani
Elaine Miller	Jeannette Fertitta	Gemma Bresciani
Claire Courtney	Jenny Macchi	

Please pray for those who have died:

Eva Boyd	Nicholas Cardone	James Parchesky
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The Sanctuary Lamp burns this week in memory of Carl and Louise Martinangelo requested by the Family.



Dear Church,

We continue our journey through **Spiritual Blueprint**, and are ready to move on to the next Section. There are two groups who will be meeting this week and then all groups will have unpacked the Home for the Body. Hopefully those in a group are deepening their skills in listening to each other and also comfortable enough to challenge one another to grow. As we continue to unpack each chapter we will need to challenge growth in areas that as individuals we may feel no need to address, but those who know us can give us the courage to move forward.

Next we will be reading chapter's 7-9 pp. 34-48. Not a lot of materials to read, but the questions are certainly worth giving some deep thought and introspection toward growth. We are now entering the Home for your Mind: where you Play. You will find the introductory chapter, *Walk the Earth: The Kung Fu Factor and the Yoga Experience*; sets the stage for the connection between mind and body. We always hear the necessity of diet and exercise produce a healthy attitude, and mind. This takes that concept to a deeper level. This will be a great foundation for the Lenten practices of prayer, fasting and acts of charity. Enjoy!

Fr. Bill

RETREATS and WORKSHOPS

ANNUAL MEN'S RETREAT: The SHC Men's Retreat will be held the weekend of March 9th - 11th, 2012 at LaSalette Retreat Center in Attleboro. On that weekend we will explore the process of decision making and discernment amid life's challenges. We will focus on how Jesus, Mary and some of the Saints determined their next step along life's journey. Time will be spent in personal prayer, reflection and the celebration of Mass. Please contact one of the committee members with any questions or to confirm your intent to join us for the retreat.

12th Annual Diocesan Catholic Men's Conference: All parish men, as well as their sons, brothers, fathers and friends are invited to this important annual conference, scheduled for Worcester's DCU Center, on Saturday, March 24th. Hear dynamic talks from outstanding Catholic leaders: author George Weigel (The Achievement of Blessed John Paul II: A Retrospective), Fr. Larry Richards (Confession), convert Fr. Dwight Longenecker (Listen My Son: St. Benedict for Fathers), New Orleans Saints' QB Coach Joe Lombardi, Vince Lombardi's grandson (Faith, Family & Football) and lay evangelist Mark Nehrbas (Power from on High: The Holy Spirit in our Lives). Bishop McManus will offer the conference Mass. Diocesan priest and bishops will hear confession. For more information or registration call 508-929-4345 or visit our website www.firstmenconf.org.

ANNUAL PRIESTLY VOCATION RETREAT: ON Palm Sunday Weekend, the Diocese's annual vocations retreat will be held at Immaculate Conception Retreat Center in Putnam, CT., from Friday, March 30th at 6PM to Saturday, March 31 at 6PM. This retreat center is only 30 minutes from Worcester.

Men who are high school age, college age and post college age are invited to attend. This retreat is directed by Bishop McManus and the cost is free. Transportation is also provided to and from the retreat center. Contact Fr. Jim Mazzone, Director of Vocations at 508-340-5788, E-mail at jmazzone@charter.net or go to worcestervocations.com for more information or to sign up for this retreat.



CONGRATULATIONS!!!!

Gerald Maurais....Winner of the Red Sox Tickets Raffle.

Thank you to Judge Francis and Virginia Larkin for donating the tickets.

Thanks to all of you who entered the Raffle we raised \$1,260.00 in monies for the church.

ITALIAN NIGHT! The annual Italian Night Dinner will be held February 18th @ 6:30 PM in the Parish Hall. Tickets can be purchased after masses or at the parish office.

Back by Popular Demand! HOPPING THROUGH HOLY WEEK...TEACHING CHILDREN ABOUT LENT AND HOLY WEEK. On Sunday, February 19th at 9:30AM, there will be a workshop for parents of children of all ages that will assist you in teaching your children about Lent and Holy Week. Workshop facilitator will be Donna Rajcula. Everyone is invited and encouraged to attend.

COMING SOON...

LENT!

(STAY TUNED!)



ENVIRONMENTAL JUSTICE (EJ) CORNER :

Hot dogs bad for you?

So what's the problem with the all-American summer favorite? Well, hot dogs (and other meat that has been cured, such as bacon or salami) contain nitrates, which are added to the meat during the cooking process to prevent the growth of botulism and to help the hot dogs maintain a vibrant pinkish color (without the nitrates, the hot dogs would turn brown or gray – tantalizing, right?). Here's the catch, though. In the human body, these nitrates form nitrosamines, which have been [associated with various cancers](#).

In 2005, [a study at the University of Hawaii](#) linked consumption of processed meats to a 67 percent increase in the risk for pancreatic cancer. Yet [another more recent study](#) links eating too much processed meats to heart disease and [diabetes](#). This study found that eating one serving a day of foods like bacon, hot dogs and salami was enough to greatly elevate your risk. Interestingly, the researchers did not find that eating unprocessed meat at the same rate led to nearly the same risk. What's the difference in the meats that contain similar amounts of saturated fat and cholesterol? The processed meats had four times the amount of sodium and 50 percent more sodium nitrite.

Naysayers will retort that even vegetables like spinach and celery contain nitrates. That is absolutely true, but the difference is that these veggies also contain vitamins C and D, which inhibit the formation of those N-nitroso compounds. Alternatives are buying nitrate-free hot dogs, like the ones from [Applegate Farms](#) or [Organic Prairie](#). These hot dogs do contain nitrates from vegetables, but do not contain traditionally used synthetic nitrates. By [Chanie Kirschner](#)

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