

The Church of Saint Ann

1253 Lawrence Road, Lawrenceville, NJ 08648

The entire parish community extends a warm welcome to all visitors and to all new parishioners. We're glad you're here!



THIRD
SUNDAY OF

Lent

February 27, 2005

Served by:

Rev. R. Vincent Gartland, Parish Priest 882-6491, ext. 12
Rev. Joseph Rosie, Weekend Assistant
Sister Beth Dempsey, RSM, Pastoral Associate 882-6491, ext. 15
Mr. Gary Maccaroni, Pastoral Associate 882-6491, ext. 16
Rev. Msgr. Leonard R. Toomey and
Rev. Edward J. Dougherty, Weekday Assistants
Mr. Thomas Everist and Mr. Edward Hoag, Deacons
Mrs. Christine Barranco, Business Manager 882-6491, ext. 19
Mrs. Lynne Schuman, Office Manager 882-6491, ext. 11
Mrs. Rita Reven, Finance Manager 882-6491, ext. 13
Mrs. Donna Maccaroni, Capital Campaign 882-6491, ext. 26
Sister Margaret Cronley, MSC, Sacramental Secretary 882-6491, ext. 14

Mrs. Eleanor Kiel, Music Director, Youth Choir, 12:30 Band 882-6491, ext. 18*
Ms. Rosemary Hobgood Iossa, Director, Adult Choir
Mr. Michael McCormick, Organist, Adult Choir
Mr. John McKenna, Principal, Saint Ann School 882-8077
Sister Carol Heffner, SSJ, Director, Religious Education 882-1212
Ms. Catherine Haggerty, Sexton 771-1078
Mr. Bob Seaman, Maintenance Supervisor 882-6237
Ms. Eleanor Tyler, Marriage/Family Counselor 747-9515
Sister Rita Woehlcke, SSJ, Spiritual Direction 392-6608
Parish Health Ministry 882-6491, ext. 17
Helping Hands Ministry 882-6491, ext. 20
...and Many Faithful Volunteers

Parish Office: 609-882-6491

Fax: 609-882-4366

Parish Website: www.churchofsaintann.net

Saint Ann School: 609-882-8077

School Fax: 609-882-0327

School Website: www.st-ann-school.org

Religious Education Office: 609-882-1212

* Youth Choir Attendance/

Information Phone: 609-882-6491, ext. 22

PARISH REGISTRATION: All baptized Catholics living in Lawrenceville are considered members of Saint Ann parish and are entitled to its services. Registration assists the staff in knowing parishioners, providing for their needs, informing them of parish programs and activities, and utilizing their gifts and talents in service to the Church and to one another. **PLEASE REGISTER** by using the forms at the church entrance or at the Parish Office. Envelopes will be made available once you are registered. We encourage you to use envelopes for your weekly contributions.

THE SACRAMENTS

Sunday Eucharist: Saturday Vigil: 5:00 P.M.; Sunday: 7:30, 9:30, and 11:00 A.M. and 12:30 P.M.

Daily Mass: Monday, Wednesday, Friday, and Saturday at 8:00 A.M.; Tuesday, Wednesday, and Thursday at 7:00 A.M.

Holy Days: As listed in the bulletin.

Liturgy of the Hours and Communion Service: Monday and Friday at 7 A.M.

Baptisms: First and third Sundays at 2:00 P.M. and at Baptism Sundays scheduled throughout the year. *Baptism Preparation:* Second Tuesday of the month at 7:30 P.M. in the chapel. Parents are encouraged to attend this session early in the pregnancy. Baptisms are scheduled after participating in the session.

Marriage: Ideally, couples planning to marry at Saint Ann should contact the Parish Office a year in advance so that they may complete the necessary marriage preparation process.

Penance/Reconciliation: Saturday from 4:00 to 4:45 P.M. in the Daily Chapel or anytime by appointment.

Anointing of the Sick/Communion to the Homebound: Please notify the Parish Office when serious illness occurs or when the sick, aged, or incapacitated are confined to home for an extended period. Arrangements can be made to bring communion to those unable to get to church. In an emergency, call the Parish Office anytime. **Nighttime emergency phone number is 882-3173.**

RITE OF CHRISTIAN INITIATION OF ADULTS (RCIA) RCIA is the process by which adults become full, active, participating members of the Catholic Church. This includes receiving the sacraments of Baptism, Confirmation, and Eucharist. Please call the parish office for information.

RELIGIOUS EDUCATION PROGRAM Parish Religious Education program for children (CCD) meets Sundays (**kindergarten only**) from 11:00 A.M. to 12:00 noon and Sunday, Monday, and Tuesday from 6:30 to 7:45 P.M. **Phone 882-1212. Religious Education Office:** Located on the second floor of Saint Ann School. **Office Hours:** Monday through Thursday, 9:00 A.M. to 3:00 P.M.

SAINT ANN SCHOOL, 34 Rossa Avenue, Lawrenceville, NJ 08648: Saint Ann School has provided quality elementary school education for over thirty-five years. It also sponsors extended day and afterschool programs. The preschool program serves children aged three to four years. **Phone 882-8077 Fax 882-0327**

PARISH OFFICE Located on Lawrence Road next to McGrath Pharmacy. **Parish Office Hours:** Monday through Friday, 9:00 A.M. to 4:30 P.M. and by appointment. Call anytime in the case of an emergency.

PARISH BULLETIN Information for the bulletin needs to be received at the Parish Office by 3:00 P.M. **on Friday of the preceding week. Save time by e-mailing items for consideration to lynneshoe2@comcast.net.** Thank you!

Daily Liturgy for the Week of February 27, 2005

MONDAY, February 28 LENTEN WEEKDAY

8:00 A.M. Mass of Thanksgiving, by Teresa and Patricia Eugene Keegan, by Felix and Teresa O'Reilly

TUESDAY, March 1 LENTEN WEEKDAY

7:00 A.M. John DaBella, by Joe and Jenny Martillotti
Mary Briggs, by Saint Ann School PTA

7:30 P.M. Helen C. Janowski, by Clare and Stanley E. Rutkowski
Philip Petitto, by Maryanne Reeber, niece

WEDNESDAY, March 2 LENTEN WEEKDAY

7:00 A.M. Helen McKeever, by Carol Southard
George Mazzoni, by Helen and Dick McKeever

8:00 A.M. Carl J. Massarini, by Mary and Ed D'Arcy
Antonio Antinoro, by Paul and Catherine Russo

THURSDAY, March 3 SAINT KATHARINE DREXEL, VIRGIN

7:00 A.M. Vincent Scozzari, by People of the Parish
John Kurkju, by Odette Robinson

FRIDAY, March 4 LENTEN WEEKDAY

8:00 A.M. Daniel and Donna Lynn DiDonato, by wife and mother
Julie D'Amico, by Norma Colavita and family

SATURDAY, March 5 LENTEN WEEKDAY

8:00 A.M. Novena for the Deceased

5:00 P.M. Mary Ellen Briggs, by Maroney family
Julie D'Amico, by Anthony and Donna Colavita and family

SUNDAY, March 6 FOURTH SUNDAY OF LENT

7:30 A.M. Bill Bernhardt, by Ruth, Joanne, and Anne
Dr. Fred Barlow, by John and Rhonda Palm

9:30 A.M. Special Intention, by Jennie and Joe Martillotti
Rita Nudo, by Kathy Renz

11:00 A.M. John Mattia, by Pat and Marianne Colavita
Fidelia Gargione (100th anniversary of her birth),
by Frank and Evelina and Sr. Louise Gargione

12:30 P.M. Matthew Erdie, by Joanne and Tom McGann
Kevin Baker, by Gerry and Charlie Baker

We regret any misspellings in the Mass intentions.

Stewardship

Weekly Offering for February 20, 2005
Thanks for using the envelope system!

Number of Registered Households	2,594
Number Using Envelopes Last Week	621
Envelope Contributions Last Week	\$11,190
Loose Money Last Week	\$1,973
Other Weekly Money Collected	\$927
Total Contributions Last Week	\$14,090

A Letter from Father Vince

Dear Parishioners,

How is your Lent going? With just four weeks to go, it is time to check those plans made on Ash Wednesday and see how well you are doing. This is the week to recommit yourself to your Lenten observance, or to readjust your plans. Don't let the rest of Lent slip by without a strong resolve to make it a very special time. Daily prayer, using the *Little Black Book* and/or the Bible, fasting from certain foods or bad habits, and giving alms—time, talents, or treasure, or a little of all three—is a good Lenten formula for success.

On Thursday we celebrate the feast of Saint Katharine Drexel of Philadelphia, who, in 1955, died on this date right across the river in Pennel, Pennsylvania, at age ninety-seven. Katharine was a Philadelphia heiress and foundress of the Missionary Sisters of the Blessed Sacrament. She established some forty foundations to assist Black and Indian peoples in the U.S., including Xavier University in New Orleans. Mother Drexel was canonized by Pope John Paul II in the year 2000. Thursday would be a good time to look for the saints who live very near to you, perhaps even in your house.

The Holy Father's Missionary Prayer Intention for the month of March is "For the local Churches: may they realize the need to form Christians to face the challenges of new evangelization." Let's pray for this local Church of Saint Ann that we may take more seriously the responsibility we have to reach out to others and bring them to a greater awareness of Jesus Christ. Let us pray especially for all catechists and for those who work in our faith formation programs.

Let's pray for one another as we continue this Lenten journey.

Peace,
Vincent Gartland, Pastor

NOVENA FOR THE DECEASED

This coming **Saturday, March 5**, is the first Saturday of the month. At the 8:00 A.M. Mass we remember those newly enrolled in our Novena for the Deceased. Inscribed during February were:

CLAIRE DUSSEAUT THOMPSON (by Betty and Bill Wnek)
RAYMOND SAN FILIPPO (by wife, Mary Sanfilippo, and children)

Please remember in your prayers these people as well as all the faithful departed of The Church of Saint Ann.

SANCTUARY CANDLE
IN MEMORY OF VINCENT SCOZZARI, SR.
Requested by wife Rita and family

ALTAR SERVER SCHEDULE
March 5/6, 2005

5:00 P.M.	7:30 A.M.	9:30 A.M.	11:00 A.M.	12:30 P.M.
M. Camastra T. Camastra G. Kemmerer I. Costagliola	K. Cooper D. Miller L. Miller	P. Moore E. Masterson A. Pigula B. Hector	N. Kato M. Marencik S. Witkowski G. Irizarry	A. Daniel M. Marino R. Reali
				#562—St. Ann - p. 2

Stewardship of treasure asks only a percentage of income. Many discover that when they trust God and return a certain percentage of their income to the Church and to other charities, they can live adequately on the rest of their income.

CALENDAR OF EVENTS FOR THE WEEK OF FEBRUARY 27

SUNDAY, February 27 THIRD SUNDAY OF LENT

- Return Rosary Altar Baby Shower Gifts
- Adult Confirmation Class
9:45 to 10:45 A.M. - Parish House Dining Room
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- 11:00 A.M. - Saint Ann School
- Introduction to Centering Prayer
- 1:00 to 4:00 P.M. - Parish House Dining Room
- Pax Christi Inner Peace Workshop
- 2:00 to 5:00 P.M. - Church
- Religious Education Classes
- 6:30 P.M. - Saint Ann School
- Centering Prayer
- 7:00 P.M. - Church

MONDAY, February 28

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- Religious Education Classes
- 6:30 P.M. - Saint Ann School
- Parish Finance Committee Meeting
- 7:30 P.M. - Parish House Dining Room

TUESDAY, March 1

- FDC Steering Committee Meeting
- 9:00 A.M. - Parish House Dining Room
- Adventures in Parenting
- 9:30 A.M. - Parish House Community Room
- Exposition of the Blessed Sacrament
- 12:00 noon to 7:00 P.M.
- Divine Mercy of Jesus Holy Hour
- 3:00 to 4:00 P.M. - Church
- Our Lady of Perpetual Help Prayer Ministry
- 6:00 P.M. - Parish House Sunroom
- Religious Education Classes
- 6:30 P.M. - Saint Ann School
- Jesus, Prince of Peace, Prayer Group
- 7:10 P.M. - Parish House Dining Room
- Lenten Mass (Guest Celebrant: Fr. Capewell)
- 7:30 P.M. - Church

Guest Celebrant for Tuesday Evening Mass

Our guest celebrant for Tuesday evening's Mass this week will be **Father Tim Capewell**, Pastor of Saint David the King Church in West Windsor. The Mass will be a 7:30 P.M.

Permanent Deacon Discernment Sessions

Discernment Sessions for men interested in learning more about the Permanent Diaconate Program in our Diocese are scheduled for **March 1 and March 15** (both are Tuesdays) at the Pastoral Center. The sessions will begin at **7:30 P.M. and end by 9:30 P.M.** A potential candidate and, if married, his wife must attend both sessions. If you are interested or you feel you would benefit from these sessions, please check with Father Vince, Deacon Ed, or Deacon Tom.

WEDNESDAY, March 2

- Little Angels Choir
- 4:45 P.M. - Parish House Conference Room
- Youth Choir Rehearsal
- 5:00 P.M. - Church
- Cantor Training
- 6:30 P.M. - Church
- Adult Choir Rehearsal
- 7:30 P.M. - Church

THURSDAY, March 3

- **Adult Faith Formation "Walking with Jesus"**
- 7:30 to 9:00 P.M. - Church
- Knights of Columbus Monthly Business Meeting
- 7:30 P.M. - Parish House Conference Room
- Pax Christi Meeting
- 7:30 P.M. - Parish House Dining Room

FRIDAY, March 4

- Saint Ann School Half Day
- Junior Legion of Mary
- 2:30 P.M. - Parish House Conference Room
- Stations of the Cross
- 7:30 P.M. - Church
- **Taizé Prayer**
- 8:00 P.M. - Church

SATURDAY, March 5

- CYO Soccer Registration
- 10:00 A.M. to Noon - Saint Ann School

FOURTH SUNDAY OF LENT SUNDAY, March 6

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- 11:00 A.M. - Saint Ann School
- Introduction to Centering Prayer
- 1:00 to 4:00 P.M. - Parish House Dining Room
- Youth Group
- 5:00 P.M. - Parish House Sunroom
- Religious Education Classes
- 6:30 P.M. - Saint Ann School
- Confirmation Sunday Group Session
- 6:30 P.M. - Saint Ann School

BAPTISMAL PREPARATION CLASS NOTICE

Please note that the **Tuesday, March 8, Baptism Prep session will take place in the Parish House.**

Saint Ann's CYO Soccer Registration
Saturday, March 5, 2005

10:00 A.M. to 12:00 noon at Saint Ann School

Open to boys and girls in 5th through 8th grades who are members of Saint Ann School and parish. Please contact Barry Hickey, Saint Ann's Athletic Director, at (609) 671-1987 with any questions.

ADULT CONFIRMATION

The next meeting for adults who desire the Sacrament of Confirmation is **Sunday, February 27, 9:45 to 10:45 A.M.** in the parish house (former convent next to Saint Ann School). Adult Confirmation is open to all baptized Catholic adults who have not yet received the Sacrament of Confirmation. If you would like more information, please contact Gary Maccaroni at 882-6491, Ext. 16. (See insert in this bulletin for complete schedule.)

Inner Peace Workshop

Sunday, February 27, 2:00 to 5:00 P.M. - Church
Sponsored by Credo Pax Christi

Credo Pax Christi is pleased to offer a workshop on finding, cultivating and maintaining inner peace as one seeks to be an effective instrument in bringing about peace and justice in the world. The workshop offers time for quiet reflection, sharing, and contemplation. Our presenters are Dr. Hugh Smith, III, a spiritual director in Trenton; and Ruth Workman, M.A., Ed.M., a pastoral care associate in Langhorne, PA. For more information, please contact Eleanor Kiel at (609) 882-6491, ext 18. Light refreshments will be served.

Pax Christi USA strives to create a world that reflects the peace of Christ by exploring, articulating and witnessing to the call of Christian non-violence. All are welcome to meet with Credo Pax Christi, our local Pax Christi community, on **the first Thursday of every month at 7:30 P.M.** in the Parish House Dining Room.

MARTIN HOUSE NEWSLETTER

The winter edition of **DOORWAY**, the Martin House newsletter, is available in the church lobby. Take home a copy and read of some of the great activities of this great community of services in the City of Trenton.

TV MASS is celebrated at 2:00 P.M. every week-day at the Basilica Shrine of Saint Ann in Scranton and is broadcast over TV channel 20 (Lawrence).

DO YOU QUALIFY? DON'T MISS OUT! The IRS estimates that more than \$90 million in EITCs (Earned Income Tax Credits) are not being claimed in Burlington, Mercer, Monmouth, and Ocean Counties. EITCs are intended for people whose income is too low to require payment of income tax. They are cash payments that can make an enormous difference in the lives of low-income individuals and families. The credit is structured to reward work and to alleviate need. A family earning less than \$35,458 can receive up to \$4,300 and an additional \$860 from the state of New Jersey. Catholic Charities is providing Volunteer Income Tax Assistance (VITA) in several locations throughout the diocese. Other sites are located throughout the four counties. A list of those in Mercer County can be found on the bulletin board. The AARP sites listed provide tax counseling for the elderly and also help low-income non-seniors.

THANK YOU

We want to thank the person who dropped off at the parish office the great collection of books on Dorothy Day. It is a real gift to our parish and will become part of our Faith Development Center collection.

We encourage all parish groups and committees to read the Sunday Gospel aloud before beginning a meeting, thus placing your ministry in the context of the mission of the Church.

Gospel for February 27, 2005

Second Sunday of Lent - Jn. 4:5-15, 19b-26, 39a, 40-42

Jesus came to a town of Samaria called Sychar, near the plot of land that Jacob had given to his son Joseph. Jacob's well was there. Jesus, tired from his journey, sat down there at the well. It was about noon.

A woman of Samaria came to draw water. Jesus said to her, "Give me a drink." His disciples had gone into the town to buy food. The Samaritan woman said to him, "How can you, a Jew, ask me, a Samaritan woman, for a drink?"—For Jews use



nothing in common with Samaritans.— Jesus answered and said to her, "If you knew the gift of God and who is saying to you, 'Give me a drink,' you would have asked him and he would have given you living water." The woman said to him, "Sir, you do not even have a bucket and the cistern is deep; where then can you get this living water? Are you greater than our father Jacob, who gave us this cistern and drank from it himself with his children and his flocks?" Jesus answered and said to her, "Everyone who drinks this water will be thirsty again; but whoever drinks the water I shall give will never thirst; the water I shall give will become in him a spring of water welling up to eternal life." The woman said to him, "Sir, give me this water, so that I may not be thirsty or have to keep coming here to draw water.

"I can see that you are a prophet. Our ancestors worshiped on this mountain; but you people say that the place to worship is in Jerusalem." Jesus said to her, "Believe me, woman, the hour is coming when you will worship the Father neither on this mountain nor in Jerusalem. You people worship what you do not understand; we worship what we understand, because salvation is from the Jews. But the hour is coming, and is now here, when true worshipers will worship the Father in Spirit and truth; and indeed the Father seeks such people to worship him. God is Spirit, and those who worship him must worship in Spirit and truth." The woman said to him, "I know that the Messiah is coming, the one called the Christ; when he comes, he will tell us everything." Jesus said to her, "I am he, the one who is speaking with you." Many of the Samaritans of that town began to believe in him. When the Samaritans came to him, they invited him to stay with them; and he stayed there two days. Many more began to believe in him because of his word, and they said to the woman, "We no longer believe because of your word; for we have heard for ourselves, and we know that this is truly the savior of the world."

REFLECTION QUESTIONS

1. How does the word, phrase, or image that struck you from this week's scriptures speak to your life, the life of your parish, your family, or our world these days?
2. Where is God waiting to meet you today? What will you talk with him about throughout the week?

Saint Ann's Rosary Altar Society
WOMEN'S AFTERNON OF RECOLLECTION
 Sunday, March 6, 2005 - 2:30 to 5:30 P.M.
A Great Way to Observe the Holy Season of Lent

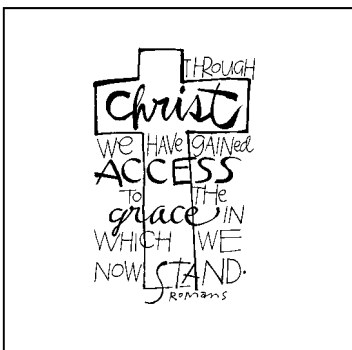
Saint Gregory the Great Church, 4620 Nottingham Way, Hamilton Township, will host a Women's Afternoon of Recollection on March 6, sponsored by the Rosary Altar Society. The Retreat Master is Rev. Joel Szydowski, OFM. Father Szydowski is involved with Saint Francis Medical Center's Pastoral Care ministry. **There is no charge to attend the Afternoon of Recollection.**

A dinner (optional) by "Delectables" will follow in the school cafeteria. Cost to attend the dinner is \$15 per person.

TO REGISTER: Mail a note to **Josephine Pinelli, 10 Smithfield Avenue, Lawrenceville, NJ 08648.** Include name, phone number, and number attending. **If attending the dinner, please also enclose a check** (payable to St. Gregory the Great) **@ \$15 per person.** For additional information, call Irene Mando at (609) 883-4075 or Josephine Pinelli at (609) 882-3909.

Parish to Observe Twenty-Fifth Anniversary of Martyrdom of Archbishop Oscar Romero

This year the anniversary of the assassination of Archbishop Oscar Romero falls on Holy Thursday, so we will anticipate the celebration by a week. On **Thursday, March 17**, Deacon Ed Hoag will give a presentation on the life of Archbishop Romero. We will follow that with discussion and a prayer service for peace in Central America at **7:30 p.m.** in the church. On **Sunday, March 20**, we will show the video "Romero" in the Parish House at **7:00 p.m.** All are invited. During the week of **March 13 to 19**, we will have a photo display in the church, "**Images of El Salvador**," by Denver photographer Ted Kean. These photographs of El Salvador capture the world in which Archbishop Romero lived and eventually gave his life. All these events are sponsored by our parish *Credo Pax Christi*.



Building Bridges Workshop
March 19, 2005 - 9:00 A.M. to 4:00 P.M.
Parish House Conference Room

Discussing gay and lesbian persons and their place in the Church can be challenging. Faith communities question whether to reach out to the gay and lesbian community while gay and lesbian people wonder if they can claim both their faith and their identity. Anger, fear, alienation, and misinformation threaten our ability to talk to one another, yet we are called to be one Church. We must build bridges of faith and reconciliation.

Through education, storytelling, dialogue, and prayer, this workshop will help participants deepen their understanding of our tradition's wisdom, provide reliable information, and strengthen the commitment to build bridges of understanding.

The workshop will draw on Scripture, tradition, sexual ethics, social justice, and pastoral practice. It is especially valuable for pastoral ministers, religious educators, parents, helping professionals, gay and lesbian people and their friends. It will be conducted by Brother Terrance Cant of the Congregation of Christian Brothers and Francis De Bernardo, Director of New Ways Ministries. Registration is \$45 if mailed in or \$55 at the door. Contact New Ways Ministry, 4012 29th Street, Mt. Rainier, MD 20712.

Helping Hands Needs Help!

We're receiving increasing requests to help seniors and the disabled in our community. Can you spare approximately one hour a week? Volunteers are needed as **Group Leaders** to do initial interviews with people requesting help, collect volunteer hours once a month, and report them to coordinator. Ideal for one who can't volunteer at a set time each week, but can fit 3-4 hours per month into their schedule. **Volunteers:** Be a friendly visitor; help with shopping, bills, and paperwork; transport to doctor's appointments. If interested in helping or if you'd like to learn more about Helping Hands, please call Barbara at 896-1417, or Joan at 882-2713.

WALKING WITH JESUS in Times of Great Suffering. Whether because of problems with family, finances, health, terrorist threats, or Church scandal, we all suffer. How can the rich teachings, tradition, and communal resources of our Catholic Faith help us cope? Suffering is an invitation to intimacy with the Lord. Topics include "Jesus the Sufferer" and "The Gift of Suffering." Light refreshments will be served. **To register (at no cost)**, please call (609) 406-7400, ext. 5585, or e-mail jparon@dioceseoftrenton.org.

Speaker: **John J. Boucher**, Director, Office of Parish Life Evangelization Ministry, Diocese of Trenton. John holds a Masters Degree in Religious Education and has served in Church evangelization, spirituality, and adult faith formation at the parish, diocesan, and national levels for over thirty years. He and his wife Therese are the parents of five; they live in West Windsor, New Jersey.

Knights of Columbus
March 2005 Atlantic City Bus Trip

Lawrence Council, No. 7000, Knights of Columbus, is sponsoring its second 2005 Atlantic City bus trip on **Sunday afternoon, March 6**, to the Showboat Hotel and Casino. The bus will leave the church parking lot at 2:00 P.M. and will return at approximately 10:30 P.M.

Cost of the trip will be \$19, but each attendee will receive back **\$17 in cash** upon arrival. For reservations and additional details, please call Pat Adesso at (609) 882-6721.

Proceeds from these trips are used to help fund many of the charitable activities of the Lawrence Knights of Columbus. Early reservations are suggested as these trips frequently sell out.

"Mary Magdalene's Memories of Jesus"

A Play in Two Acts by Michael Johnson

Performed by International Award-Winning
Actress Thelma Ann Jones

Saturday, March 5, 2005, at 7:00 P.M.

Sunday, March 6, 2005, at 2:30 P.M.

"It is 63 A.D. High on a mountain in ancient Gaul, in the last hour of her life, Mary Magdalene relives for the people of her village her most beautiful and inspiring memories of Jesus."

St. Paul's Catholic Church
214 Nassau Street, Princeton, NJ 08542

For advance tickets, please call (609) 924-1743, x. 111.

INTERFAITH HOSPITALITY NETWORK

Saint Matthew's Episcopal Church and Saint James Roman Catholic Church of Pennington are looking for volunteers to assist their efforts on behalf of IHN of Mercer County. Homeless families are housed at Saint Matthew's every six to eight weeks for seven days. Volunteers supply meals, stay with the families for a brief time in the evening, and stay overnight with the families. Please contact Jennifer Eory (844-1247) for more information.

CONGRATULATIONS, BRANDON JONES!

Congratulations to parishioner Brandon Jones, who achieved **Academic Distinguished Honors** at Holy Ghost Preparatory School for the First Semester of the 2004-05 School Year.

SAFEST SWEETENERS

There's much controversy about sugar substitutes and natural sweeteners.



What's best? Sugar is certainly natural and switching from white to brown is a great way to sneak some extra iron into your diet. Brown sugar contains molasses, which is loaded with iron—one tablespoon of blackstrap molasses contains more iron than half a cup of boiled spinach! But sugar is high in calories—15 per teaspoon—so if you're diabetic or counting calories, there are several safe alternatives. Sucralose, a compound derived from table sugar and sold as Splenda, has zero calories; it has no effect on blood sugar and remains stable when heated, so it's great for baking. Xylitol, available as Xylosweet, is a natural sugar from fruits and vegetables that has forty percent fewer calories than sugar and may prevent tooth decay. Saccharin, sold as Sweet'N Low, had

a suspected link to bladder cancer, but the FDA has now deemed it safe. Stevia, a sweetener derived from a South American shrub, is sold here as a dietary supplement, but the FDA has not approved it as a sweetener and it has a bitter taste in baked foods. The most controversial sweetener is aspartame, sold as NutraSweet and found in Equal and diet sodas. When aspartame breaks down, it produces methanol, which is toxic in large quantities. But we eat lots of foods containing it, and our bodies can process small amounts safely. The FDA has concluded that aspartame is safe when used in moderation. In fact, a 150-lb person would need to drink fifteen cans of diet soda a day to exceed the FDA's acceptable daily intake level.

So, while there's no question that artificial sweeteners are great if you're watching calories, nothing beats the original flavor.

— organicstyle.com

Parish Health Ministry

Lenten Reconciliation Day

Whether it's been a few weeks or a few years, celebrate the Sacrament of Reconciliation this Lenten Season. Priests will be available for confessions or just to talk with on **Saturday, March 5, between 9:00 A.M. and 1:00 P.M.** at Saint Mary's Cathedral. No appointment is necessary—just come. For directions, call (609) 396-8447.