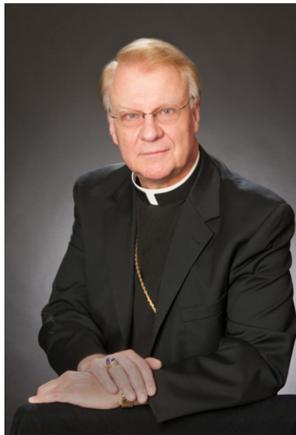




St. Stan's News



Our Lenten Life

Putting Into Practice The Four Traditional Lenten Disciplines

PRAYING is the first of the Lenten disciplines:



- praying daily at home.
- praying every Sunday in Church at Mass.
- praying every week at Lenten devotions on Wednesdays, in the Cathedral at 7:00 p.m. or Fridays in the lower chapel at 12:00 noon
- coming to church 15 minutes before every Sunday Mass to read and meditate on the scripture readings provided in the order of service for the Mass
- coming to church 15 minutes before every Sunday Mass, to read and meditate on the hymn texts selected for the Mass since hymns are poetic prayers, reflections and also mini-sermons which can provide you with guidance and comfort.

ALMSGIVING - monetary offerings, grants, gifts, bequests and donations:



- responding to requests you receive in the mail for worthy charities.
- providing increased offerings to the Church at its various levels – parochial, diocesan, and national.
- contributing more broadly to various parish projects, needs.
- arranging your last will and testament to include a bequest from your estate to the Church.

FASTING is a long-hallowed Lenten discipline:



- adjusting your dietary routines by abstaining from eating meat on every Wednesday and Friday – without substituting lobster and scallops instead.
- giving up one or more things you like to eat or something you enjoy doing through the whole season.
- *fasting from wrongdoing*, that is, doing good to others, doing acts of love towards others, doing random acts of kindness towards others.

READING SCRIPTURE:

Read the assigned daily bible verses found in the weekly Bulletin.



All these disciplines require a sacrifice – the sacrifice of your time for prayer, Lenten devotions, scripture reading, fasting and almsgiving.

This is the Lenten mortification you hear about each year. But it's less about the flesh than about something much worse and far more painful; it's about the upheaval of your schedules – which need to be adjusted to accommodate your participation on the various Lenten disciplines, prioritizing them over other activities in your schedules.



A Final Thought on the Lenten Disciplines

As you give up something for seven weeks that you are particularly fond of, fast also on those things that distance yourselves from God such as greed, unkindness, untruth, disregard for others, self-centeredness. As you abstain from these, eliminating them from your patterns of behavior, take on their opposite virtue instead.

Bishop Bernard



Mass Schedule Change

Please note that in the upcoming weeks there will be a few changes of mass times.

The first is **March 5th** which is the Annual Congregational Meeting. There will only be one mass on that day at **9:00 a.m.**

The second change will be during the Lent and Easter season **Palm Sunday, April 2nd, 8:00 a.m. and 10:00 a.m.** and **Easter Sunday, April 9th, 8:00 a.m. and 10:30 a.m.**

Please mark your calendars to be aware



Prayer Shawl & Blanket Ministry

Once again it is time to fill our cup with love and joy as we gather together for this ministry. We will be meeting on **Tuesday, March 7th at 1:00 p.m.** in the church library. Won't you consider joining us?

Teachers are available as you learn the basics of crocheting and blanket tying. Sincerely Arlene Swantek



Scranton Seniorate Lenten Retreat

On Saturday, March 18th a Lenten Retreat will be held at Providence of God Parish in North Scranton from 11:00 am - 1:00 pm with lunch to follow. The theme of the retreat is "Observing the Lenten Disciplines: Prayer, Fasting and Alms giving". A signup sheet is in the lower auditorium to help us with the count for lunch that day or call the Parish Office, 570-9619231 up until Monday, March 13th.



Tenebrae Singers Needed

Men singers one and all, please join us for rehearsals for the Good Friday Tenebrae on Wednesday evenings,



following Stations of the Cross. We welcome newcomers! Speak to Becky Elfman or Barbara Nowicki if you are interested and/or have questions.

You can also sign the sign-up sheet in the lower auditorium.

Easter Flowers

With Lent fast approaching please consider donating \$25.00 to the ANS Flower Fund in honor or memory of loved ones. Your donation will help beautify our Altars for Easter. Please make the checks to the ANS Flower Fund and drop the donation in the Offertory Basket or mail to 529 E. Locust St. Scranton, PA 18505 by March 30th. Please include the names of the loved ones. Any questions please contact Connie Tellep (570) 222-4409.





Bishop Hodur Anniversary Mass

A Mass to commemorate the 70th Anniversary of the death of Prime Bishop Francis Hodur was held at the Cathedral on Thursday, February 16th at 10:00 a.m. Mass was celebrated by Bishop Bernard Nowicki with the Prime Bishop Anthony Mikovsky delivering the homily.



Joining the celebration in the sanctuary were clergy from the Scranton Seniorate including Fr. Senior Zbigniew Dawid, Fr. Carmen Bolock, and Fr. Janusz Lucarz. Seated in church was Fr. Senior William Chromey. Also attending were members of the Polish National Union including John Andrzejewski and Joan Scheuneman.

Both masses were well attended even though we had some bad weather for the evening service.

God's Blessings on all in this Lenten season.



Ash Wednesday

Ash Wednesday Masses were held at noon and 7:00 p.m. as usual with the distribution of ashes. Bishop Nowicki celebrated



both the noon Mass and the 7:00 pm Mass. During mass, both Bishop and Fr. Janusz made the sign of the cross with ashes on the foreheads of all participating parishioners.

SOCL News

A few weeks before Valentine's Day, the students of the SOCL had lessons on God's love for us. As part of their lesson, they colored Valentines with bible verses about God' love. It was then decided that they would send their valentines to parishioners who were in Nursing Homes or those who haven't been in church for a while because of illness or other circumstances. It was a good way to share God' love with those who may need a little extra love and a smile for Valentine's day. We even heard from some family members how much the Valentines meant .

Sunday School Classes are open to everyone at any time. Please come and join us!



St. Stan's News

BREAKFAST with the Easter Bunny

March 26th

After 9:30am Mass

\$10 Ages 13 and up

\$5 Ages 4 to 12

FREE Ages 3 and under



BREAKFAST INCLUDES:

SCRAMBLED EGGS, PANCAKES, SAUSAGE, HAM, HOME FRIES and more!



ST. STANISLAUS P.N.C.C. YOUTH CENTER
530 EAST ELM ST., SCRANTON

Reserve your tickets:

570-587-3672

Limited tickets available at the door

Sponsored by: Branch #1 Young Men's Society of Resurrection

Made with PosterMyWall.com

A Scout Is Reverent

The Boy Scouts of America was founded on February 8, 1910, and Scouts BSA designates the Sunday that falls on or before February 8 (Scouting Anniversary Day) as Scout Sunday. It is the primary date to recognize the contributions of young people and adults to Scouting. However, as was the case here at the Cathedral, each chartered organization (Troop or Pack) can adopt a specific Sunday to celebrate, or a pastor or congregation can choose the Sunday most acceptable to them. St. Stanislaus Cathedral celebrated this event on February 12th.

Mass started with procession which included the members of Troop/Pack 42, Troop 407, and Troop



160. Tera Notari then spoke about the 12 points of the Scout Law. "A scout is trustworthy, loyal, helpful, friendly, courteous, kind, obedient, cheerful, thrifty, brave, clean, and reverent." Afterwards the Scouts recited the Scout Oath and



Bishop Nowicki presented the Scout Sunday Badge for 2023 to all who participated. During the mass, Tera



Notari read the lesson and Ryan Notari read the intersession, both representing Troop 407.

After mass, the ANS sponsored coffee hour in honor of the Scouts. There was a beautifully decorated cake along with homemade "goodie" donated by the ladies of the ANS.



Continued on Page 5

St. Stanislaus Parish hosts Boy Scout Troop 42 and Cub Scout Pack 42, and both meet on Wednesday evenings in the lower level of the Youth Center. Their youth and leaders have returned the favor and shown their appreciation by helping in various ways, including the Spring Cleanup at our YMS of R Park and as waitstaff at the last Breakfast with Santa. Participating in our Scout Sunday service were Pack 42's Danny and Matthew King, Luke Golembeski, Lawson Price and Cubmaster Dan King; and Troop 42 Scoutmaster Anthony Polster.

Also joining the service were St. Stanislaus parishioners from Pleasant Mount Pack and Troop 407: Joshua, Ryan, Terra and Lorne Notari - all who serve in various committee and leadership roles, including Cubmaster, Assistant Cubmasters and Assistant Scoutmasters and others too numerous to list; and from Clarks Summit Troop 160: Austin, Ethan, and Lucas Stankowski, and Troop Committee members/leaders Jo Ann and Leon (Mac) Stankowski.

involved. For example, Lorne and his sons have been on multiple week-long camping trips at Camp Wall in St. Croix, US Virgin Islands, and last summer the Stankowski boys completed a week-long backpacking trip at Philmont Scout Ranch in Cimarron, NM.

More information on local opportunities here can be found at nepabsa.org or [facebook.com/groups/BSA160PA](https://www.facebook.com/groups/BSA160PA), or at your own council website.



1st row: Danny King, Luke Golembeski, Lawson Price, Matthew King
2nd row: Anthony Polster, Lucas Stankowski, Ethan Stankowski, Austin Stankowski, Mac Stankowski, Dan King
3rd row: Terra Notari, Lorne Notari, Ryan Notari, Bp. Nowicki, Joshua, Notari, Jo Ann Stankowski

Any boy or girl can join a Cub Scout Pack starting in kindergarten, or a Scout Troop starting at age 10 and a half. Scouting builds character and opens a world of opportunity for all

A Scouting Benediction

Dear God, thank you for the opportunity to be here in your garden. Give us the strength to endure, the wisdom to enjoy each moment, and the courage to push ourselves further than we have ever before. Bless our troop and our leaders as we journey through Boy Scouting. Amen

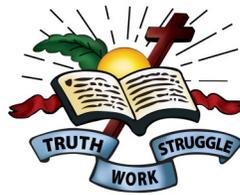


Scouts' Thank you!

Thank you to everyone who made Scout Sunday celebration very special. From procession to reception, everyone made the scouts and leaders feel very welcome.



With sincere appreciation, the scouts and leaders of Troop/Pack 42, Troop 160, and Troop/Pack 407.



AMBASSADORS FOR CHRIST™ 22nd National Mission & Evangelism Workshop Polish National Catholic Church

Greetings from the Mission and Evangelism Commission of the Polish National Catholic Church. We invite you to the 22nd Mission & Evangelism Workshop, which will be held on Friday, April 28, through Sunday, April 30, 2023, at Saint Stephen the Martyr Parish of the P.N.C.C. in Reading, PA. We will meet once again in person this year, and we hope to see you there.

Our goal for each Mission Workshop is that the faithful come away with a burning desire to bring the faith-driven work of the Workshop back to their parishes. Please consider participating in this event.

Our hotel accommodation is at the Best Western PLUS Reading Inn & Suites, located at 2299 Lancaster Pike, Shillington, PA 19607. You are responsible for your hotel reservations and confirmations. You need to call the hotel directly for room reservations. Please use the hotel code PNCCMISSION when making reservations. You can use the booking link: https://www.bestwestern.com/en_US/book/hotel-rooms.39120.html?groupId=6N4HU8D8. If you need to arrive a day early or a day late, contact the hotel directly to book at 610-777-7888. Additional nights will be at the rate of \$112 per night. The cut-off deadline date for obtaining the guaranteed room rate of 25 Double Queens, \$129.00, 20 King, \$129.00 plus tax, is Wednesday, April 7, 2023. Please fill out the registration form and send it to:

St. Stephen the Martyr Parish 23rd Mission Workshop
20 St. Stephen's Church Lane
Reading, PA 19607

The registration fee has been waived so that many people may attend to gain a better

Interior Church Painting

Robert Ritterbeck Painting Inc. began the restoration of the painted murals on the ceiling of the



Cathedral in the beginning of February. There were patches on the paintings of Bishop Hodur leading the people and following Christ, St. Cyril and Methodius, and the four Gospels that were flaking off do to water damage a few years ago. The leaks have been fixed, the moisture is gone and it was time to restore those beloved murals.



There was also some plaster work that had to be fixed on the arches. The Ritterbeck crew started on a Monday and was finished within the week so Sunday services were not affected. The paintings are now back to their original beauty and we thank the Robert Ritterbeck workers for their expertise.



understanding and a deeper appreciation of our Church. Outreach to the community will be the support of a local charity, **Veterans Making a Difference**. We ask you to bring Walmart, Target, or Visa gift cards (suggested minimum of \$20) to support that project.

The deadline for registering for the Workshop is Monday, April 17, 2023. Please make your reservations by that date so Saint Stephen the Martyr Parish can prepare the food for this event.

We hope you will consider joining us for the 22nd National Mission & Evangelism Workshop of the P.N.C.C. We look forward to your attendance.

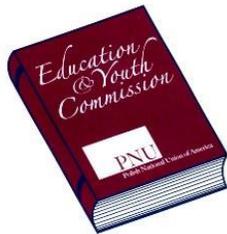
If you have any questions, please contact: Very Rev. Jaroslaw Nowak, Commission Chairman Parish Phone: (313) 365-0218 email: Fr.J.Nowak@gmail.com or Sally Traczuk Phone: (610) 763-6806 or Very Rev. Donald Wunderlich Phone: (610) 216-0443 email: soundman02@gmail.com

Respectfully, Very Rev. Jaroslav Nowak
National Mission & Evangelism Commission
Chairman

Education & Stipend Application for 2022/2023

Now is the time to start submitting the stipend application for the Education and Youth Commission of the PNU. The deadline for submission is April 15, 2023 (please note all applications must be postmarked by this date). Applications can be found on the PNU website (under downloadable forms for the Education & Youth Commission) along with the criteria information or in your parish hall.

- Member of the PNU who has a life insurance policy in good standing for at least 5 years. Social membership does not apply.
- A student currently enrolled in a University or College for the academic year 2022/2023.
- A fall and spring tuition statement.
- A schedule of classes for each semester



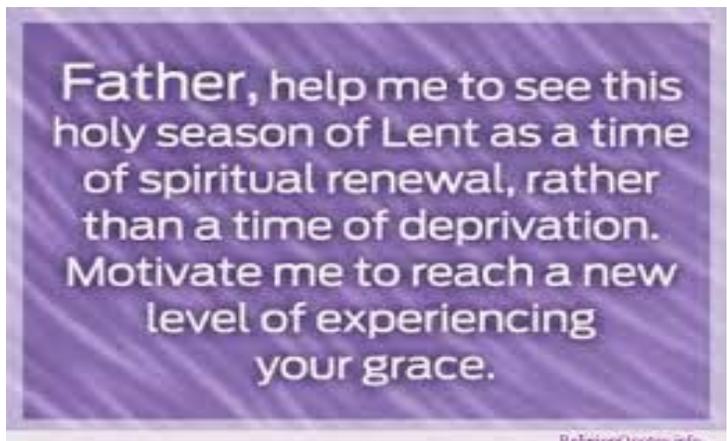
(both fall'22 and spring'23) showing the total number of credits taken during each semester, or proof of enrollment from the Registrar from the university along with proof that the student was full or part time.

John & Dorothy Markiewicz Family Scholarship 2023

The Board of Directors of the PNU in conjunction with the Education and Youth Commission are excited to announce a new member benefit. The family of John & Dorothy Markiewicz have decided to provide a living legacy of their parents. This legacy will come in the form of a \$1,000.00 annual scholarship to youth members of the PNU who are pursuing higher education. Applications can be found in the parish hall.

- Member of the PNU who has a life insurance policy in good standing for at least 5 years. Social Membership does not apply.
- A student currently enrolled in a University or College for the academic year 2022/2023, both undergraduate or graduate students focusing in the healthcare field of study.
- Proof of enrollment either from the Registrar or a copy of the fall and spring semester class schedule showing the number of credits taken for each semester. A tuition bill for both semesters must be submitted as well.
- Deadline for submission is April 15, 2023.

If there are any questions or concerns, please contact Mary Ann Stankowski, chairperson Education & Youth Commission, via email at eyc@pnu.org or 570-341-0986



Mark Your Calendars!

Here are some of the upcoming events, so mark your calendars to keep them in mind.

During Lent

Wednesdays - 7:00 pm - Stations of the Cross with Benediction,
Upstairs in the Cathedral

Fridays - 11:00 a.m Eucharistic Adoration for Sacred Vocations
Noon - Stations of the Cross,
Lower chapel

March 12th - 126th Anniversary of the Polish National Catholic Church

March 18th - Lenten Retreat 11:00 a.m. Providence of God Lithuanian Parish North Scranton

April 1st - One Hot Meal Noon till 1:00 p.m.

April 2nd - Palm Sunday Masses at **8:00 a.m.** and **10:00 a.m.**

April 4th - Holy Tuesday
Chrism Mass—Time to be announced

April 6th - Holy Thursday
Mass of the Institution of the Eucharist
7:00 p.m.

April 7th - Good Friday
12 noon to 3:00p.m. Holy Hour
Litany of the Passion
Mass of the Pre-Sanctified
Opening of the Tomb
7:00 p.m. Tenebrae

April 8th - Holy Saturday
Blessing of Easter Food in the Cathedral
9:00 a.m., 1:00 p.m., 3:00 p.m.
4:00 Vigil of the Risen One

April 9th - Easter Sunday
Resurrection Mass **8:00** a.m.
Holy Mass **10:30** a.m.

April 28th - 30th - 22nd National Mission & Evangelism Workshop held in Reading, PA

May 14th—Mother's Day

May 28th - Pentecost Sunday
Confirmation during 9:30 a.m. Mass

May 29th - Memorial Day Mass at the Cemetery
10:00 a.m.

June is Clergy Appreciation Month

June 2nd - 4th - 76th Annual YMS of R/PNCC Bowling Tournament in Waymart

June 8th - Solemnity of Corpus Christi
7:00 p.m. at St. Stanislaus Cathedral

June 10th - Sunday within the Octave of Corpus Christi

June 14th-17th Bishop Bilinski Memorial Men's Spiritual Retreat in Waymart

June 18th - Father's Day



March Birthdays

Mar 1 - Robert Serovinski

Mar 3 - Michael Swannick

Mar 5 - Brandon Reed

Mar 9 - Jordan Patrick

Mar 13 - Angela Ostrowski

Mar 14 - Jean Cwynar

Mar 18 - Jean Pucher

Mar 21 - John Kotula

Gerald Coolbaugh

Mar 28 - Jean Gontarski

National United Choirs Music Scholarship

Applications for the NUC Music Scholarship are currently available on the website, www.nucmusicscholarship.weebly.com. The deadline for applying is May 1, 2023. If there are any questions please contact the scholarship administrator at nucscholarship@gmail.com



76th YMS of R Bowlers Tournament

June 2, 3, and 4 Bowling will be done at Valley Lanes in Carbondale. Friday, June 2nd will be a hospitality Dinner for guests and bowlers at the Bishop Hodur Retreat & Recreation Center. More details, contact Art Golembeski Jr., President YMS of R Bowlers at arthurgolembeski@gmail.com.

