

PORTLAND PENINSULA AND ISLAND PARISHES  
**NEWSLETTER**

*In the Roman Catholic Diocese  
of Portland, Maine*

*The Seventh Sunday in Ordinary Time  
February 21/22, 2009*

## Fasting and Abstinence during Lent

### Lenten Days of Fasting Ash Wednesday and Good Friday

Fasting means we are to have only one full meal and two lighter meals during the course of the day. It also means no snacking or eating between meals. On these days use of alcoholic beverages should be precluded.

The penitential practice of fasting is binding for Catholics aged 18 and over, until the beginning of their 60th year (through age 59).

### Lenten Days of Abstinence, Ash Wednesday, Good Friday, All Fridays of Lent

These are days of abstinence, namely, we abstain from eating meat and meat products. A good practice is that whatever we save from not eating meat and by eating simple meals can be given to charity.

The practice of abstinence is binding for all Catholics aged 14 and older.



## SPECIAL EDITION FOR LENT



The season of Lent begins with Ash Wednesday, a solemn day of fast and abstinence. The day receives its special name from the blessing and imposition of ashes in the form of a cross on our foreheads:

*"Remember you are dust, and to dust you shall return."*

### Ash Wednesday Mass Schedule February 25, 2009

7:00 a.m., St. Peter	Fr. Kevin Martin
8:00 a.m., Cathedral (Latin)	Fr. Robert Parent
12:15 p.m., Cathedral	Bishop Malone
6:00 p.m., St. Christopher	Fr. Fred Morse
6:30 p.m., St. Louis	Fr. Mike Seavey
7:00 p.m., Sacred Heart / St. Dominic, Fr. Richard Bertrand, S.J. and Fr. Philip Tracy	
7:00 p.m., Cathedral	Fr. Lou Phillips

## Mardi Gras, the Last Hurrah!

Mardi Gras is a custom in some of the cities in Roman Catholic countries that is the last day before the fasting of the season of Lent. Carnivals and merry-making, with parades and street dancing last a week or more. Simpler celebrations could be a pancake breakfast, or some kind of fun celebration to mark the transition into a more solemn season of fasting and repentance.

### Children's Corner:

It's a good thing to apologize for doing wrong, and to take the responsibility to make things right again. If it's a good thing to do among friends, then it's really a good thing to do with God. Let's be reconciled with each other, and help to make the world a much better place.

Find the Catholic Community of the Portland Peninsula and Island Parishes online at [www.cluster21portland.org](http://www.cluster21portland.org)

*The Web site contains the most current news and information about our five parish community, the history, meeting dates and minutes, links to each parish, and a schedule of activities and events throughout the cluster. This Newsletter is produced by the Communications Committee of the Portland Peninsula and Island Parishes Pastoral Council together with the bulletin editors of each parish.*

## Feed the Hungry

### Operation Rice Bowl

One of our traditional practices during the Lenten Season is almsgiving. This year, once again, please consider participating in the Operation Rice Bowl project.

The Rice Bowl program, sponsored by CRS (Catholic Relief Services) is one way to share of our treasure with the poor and hungry. Rice bowls and calendars will be available at our local parishes.

Twenty-five percent of the proceeds will benefit our parish local food pantries and outreach programs.

Seventy-five percent supports the charities of the Diocesan Missions Office – Catholic Relief Services.

Participating in the Rice Bowl program as a family is a visible way to teach awareness of the issues of hunger to our children, teaching them to be life-long givers. One way is to make the rice bowl the centerplace of the family table during Lent, and a place for everyone to contribute a portion each day to help provide food for others.

We will be collecting the rice bowl donations at the Palm Sunday Masses, on April 4-5.

Thank you for your generosity!

**Feeding the Poor in Haiti:** Sr. Rosemary's Haiti Feeding Program, which the Sacred Heart / St. Dominic Haiti Project assists, needs plastic margarine and Cool Whip tubs for feeding the children their daily rice and beans. Please collect as many tubs as you can and deliver them to the SHSDP Office before March 10th. Parish office hours are 4-8 p.m., Monday through Friday. For questions, call Ursula Slavick, 773-6562. Thank you.

**Good Cause Thrift Shop** announces an exciting selection of NEW PROM GOWNS! Be dazzled by the variety of gowns in a full range of sizes, many different styles, lengths, fabrics and colors to choose from. Gloves, purses, shoes and jewelry, too!! Call for a special Group Prom Gown Showing or just come into Good Cause for just the right gown for the right price! Good Cause Thrift Shop, 16 Forest Avenue, Portland, 772-4903.

**Golf for Cathedral School:** Dreaming of lush fairways and emerald greens? If so, sign up to play in **Cathedral School's Seventh Annual Golf Tournament!** The date is set for **Thursday, June 4, 2009 at Nonesuch River Golf Course in Scarborough.**

Registration fee per golfer is just \$80 and covers green fees, cart, and chicken BBQ dinner buffet. Awards ceremony and great prizes too! This 18-hole scramble (shotgun start) is a fun time so sign

up early. Registration information can be found at our website [www.cathedralportland.com](http://www.cathedralportland.com) as well as information on Corporate / Business sponsorships, or call Louise Carpentier, Tournament Chairperson at 773-2726.

**St. Peter's Men's' Holy Name Society** invites male parishioners, cluster members and their guests to an event on **Sunday, March 8'th:** 6:00 p.m. The Society will hold a short meeting, 6:15, followed at 7 p.m. by Religious Recollection in the church by Father Michael Seavey, 7 p.m. - pizza and refreshments in the church hall, no charge. For information, call Peter Gribbon at 797-6905 or Salvatore Bonetti at 871-7300.

**Junior High Youth Ministry:** is held the first and third Sundays of each month in the Cathedral Guild Hall, 6 p.m. to 7:30 p.m.

**Hour of Power: Praise the Lord with music, worship and Eucharistic Adoration!** Veritas, Portland's Young Adult Ministry, invites community members of all ages to this weekly event at St. Peter's Church, 72 Federal St in Portland. The next Hour of Power will be on Wednesday, February 25, 2009. To offer your musical talents or for event information contact Becky at [hourofpowerportland@gmail.com](mailto:hourofpowerportland@gmail.com) or call Chris @ 653-1429. This event is open to ALL AGES. **More Veritas news at [www.cluster21portland.org](http://www.cluster21portland.org)**

**Theology Underground** will meet every two weeks in February

## Disciples in Mission begins this week

With Lent nearly upon us, our parish and cluster is just about ready for *Disciples in Mission*. This renewal experience will involve our parishioners in a number of special activities during the six weeks of Lent, especially the weekly faith-sharing groups, teen groups and family groups.

Each group or family will learn about the Scriptures, and apply the Scriptures to daily life. Please sign up today to participate in one of these groups. Language groups can be formed, so that language is not a barrier.

Those who signed up to either lead a group or be a participant should have received their materials and group assignment, or will receive it this weekend. Check with your parish coordinator. Visit the Web site to learn more, or speak with the disciples in our midst. Year two: Reach out disciples!

[www.cluster21portland.org/disciplesinmission.htm](http://www.cluster21portland.org/disciplesinmission.htm)



SAVE THE DATE  
**St. Dominic's Grammar School 2nd Annual Reunion**  
Saturday, May 16, 2009,  
12 - 4 p.m., Maine Irish Heritage Center (formerly St. Dominic's Church)  
Invitations to Follow with Cost and Information  
FMI call 780-0118  
"All Years Are Welcome"  
Spread the Word

# Marriage Resources

## Preparing for Marriage?

Our Cluster-wide Marriage Prep program ("Unitas") is starting soon for couples seeking marriage preparation. This is a time tested program that has benefited many couples over the years. Sessions will be held in Cathedral Guild Hall at 6 p.m. on the following dates: March 8, March 15, March 22, March 29, April 5, April 19, and April 26. For more information, contact Steve & Kathy Beirne at 772-2968.

*Treasure Your Marriage*

## Invest in your Marriage and reap the benefits...

Sign up now for a *Marriage Encounter* weekend on March 20-22 in Lewiston. Contact Dave & Ellie at 207-933-4237 or go to [www.wvmeNewEngland.org](http://www.wvmeNewEngland.org).

## Reconcile

### Retrouvaille....a Lifeline:

Rediscover a loving marriage with a Retrouvaille (pronounced re-tro-vy) weekend. If your marriage is tearing the two of you apart, if there is little or no meaningful communication, if you are considering separation or divorce, we believe Retrouvaille can help you. Look us up on the web at

[www.HelpOurMarriage.com](http://www.HelpOurMarriage.com) or call 1-800-470-2230. The next New England Retrouvaille marriage renewal weekend will be held March 20-22, 2009.

## Ways to Show Compassion and Love

### You Can Move Beyond the Pain of Divorce!

Divorce is a painful and shattering experience! Our eight week "Divorce & Beyond" groups provide comfort and hope in a confidential setting to those who are divorced or divorcing. If you or someone you know is experiencing the pain of divorce, please contact us. Groups run from 6:30 to 8:30 p.m. The fee is \$25. Pre-registration is required at 1-800-CARE-002, ext. 2670, e-mail: [familylifeinstitute@ccmaine.org](mailto:familylifeinstitute@ccmaine.org).

**Portland Area group begins Tuesday, March 19, 2009 at St. Patrick's Church on Outer Congress Street.**

**Want to Share in Jesus' Healing Ministry?** If you are compassionate, non-judgmental, hospitable, and comfortable reaching out to those experiencing broken relationships or major losses like divorce, God may be calling you to minister to the divorced in our Church. Catholic Charities Maine Family Life Institute will host a 2 day training program this spring for new Divorce & Beyond group facilitators. If you have been divorced at least two years and think you might be ready to be a facilitator, please

contact Bill Wood by March 11th at 1-800-CARE-002, ext. 2672, or e-mail [bwood@ccmaine.org](mailto:bwood@ccmaine.org)

**A Rachel's Vineyard Weekend**, sponsored by Catholic Charities Maine Family Life Institute's **Project Rachel**, is an invitation to **men, women, couples, and relatives** who grieve the loss of a child from abortion to experience the loving compassion of Jesus, and begin a journey toward healing. The next Weekend is April 24-26, 2009. For information, call 871-7464, Ext. 2670; toll-free at 1-800-CARE-002; or e-mail: [familylifeinstitute@ccmaine.org](mailto:familylifeinstitute@ccmaine.org)

All inquiries are strictly confidential.

### Bishop's Mass in Honor of Persons with Disabilities And Their Families

Catholic Charities Maine Family Life Institute Parish Inclusion Ministry invites you to a "Special Mass in Honor of Persons with Disabilities, and Their Families". Bishop Richard Malone will celebrate this Mass on Sunday, March 29th, at 10:30 a.m. at Notre Dame Church, 112 Silver Street, Waterville. We extend a special invitation to anyone with physical, emotional or mental disabilities, their family members, and those who work with them, to attend. For more information, please contact the Family Life Institute at 1-800-CARE-002, ext. 2672 or e-mail: [familylifeinstitute@ccmaine.org](mailto:familylifeinstitute@ccmaine.org).

## Pastoral Council of the Portland Peninsula and Island Parishes

### Cathedral of the Immaculate Conception

Peter Lancia, chair  
Dan Chuhta  
Fr. Louis Phillips, Rector, Pastor/Administrator of Cluster 21

### Cathedral School

Sr. Theresa Rand, Principal

### Sacred Heart / St. Dominic Parish

Mary Duffy  
Ray Rier  
Patricia Wallace  
Fr. Richard-D. Bertrand, S.J., Parochial Vicar in Residence  
Lori Arsenault, communications (ex-officio)

### St. Christopher Parish

Peter Donnelly  
Chris Hoppin  
Fr. Fred Morse, Parochial Vicar in Residence

### St. Louis Parish

Pennie Kinney  
Lee Kimball  
Fr. Michael Seavey, Parochial Vicar in Residence

### St. Peter Parish

Peter Gribbin  
Greg St. Angelo  
Fr. Kevin Martin, Parochial Vicar in Residence

**Lenten Calendar**

Ash Wednesday - February 25  
 1st Sunday of Lent - March 1  
 2nd Sunday of Lent - March 8  
 3rd Sunday of Lent - March 15  
 4th Sunday of Lent - March 22  
 5th Sunday of Lent - March 29  
 Palm Sunday - April 5th  
 Holy Thursday - April 9th  
 Good Friday - April 10th  
 Holy Saturday - April 11th  
 Easter Sunday - April 12th

**Stations of the Cross**

**Fridays of Lent**

**Feb. 27; March 6, 13, 20, 27; April 3**

**Cathedral Chapel**

2:00 p.m. Led by Cathedral School Students  
 7:00 p.m. Stations of the Cross

**St. Louis Church**

5:00 p.m. Simple Soup Supper  
 6:30 p.m. Mass  
 7:00 p.m. Stations of the Cross



**Change in Mass Schedule on National Holidays**

Beginning with Patriot's Day, Monday, April 20, on national and state holidays (such as Memorial Day, 4<sup>th</sup> of July, Labor Day, Veteran's Day, etc.), there will be one Mass for our entire cluster at 9:00 a.m. at the Cathedral Chapel, rather than the normal weekday Mass schedule.

*For information about any Portland Peninsula and Island Parish liturgies, programs, or events, contact your parish office, or visit [www.cluster21portland.org](http://www.cluster21portland.org).*

**Change in Confession Schedule**

Beginning with the first weekend of Lent, Feb 28/ March 1, 2009, the confession schedule will be as follows:

Saturdays, 3:00 - 4:00 p.m., Cathedral Chapel

Saturdays, 3:00 - 3:30 p.m., Sacred Heart / St. Dominic

Sundays, 12:00 noon (Spanish) Sacred Heart / St. Dominic Parish

Please note that Saturday confessions will no longer be scheduled for St. Peter in order to facilitate the extended time for confessions at the Cathedral location. During busier times, two priests will now be available for confessions at the Cathedral.

Reconciliation is also available by appointment.

**For an appointment please call:**

Fr. Lou or Fr. Mike 773-7746  
 Fr. Kevin 773-0748  
 Fr. Richard 772-6182  
 Fr. Fred 766-2585

**Presider Schedule for this week**

**Saturday, February 21, 2009**

4:00 p.m. Sacred Heart / St. Dominic - Fr. Kevin  
 4:00 p.m. St. Peter - Fr. Richard  
 4:30 p.m. Cathedral - Fr. Lou  
 5:00 p.m. St. Louis - Fr. Mike

**Sunday, February 22, 2009**

8:00 a.m. St. Peter - Fr. Kevin  
 8:30 a.m. Cathedral - Fr. Lou  
 9:00 a.m. St. Louis - Fr. Mike  
 9:45 a.m. Sacred Heart / St. Dominic - Fr. Richard  
 10:00 a.m. Cathedral - Fr. Lou  
 10:00 a.m. St. Christopher - Fr. Fred Morse  
 10:30 a.m. St. Peter - Fr. Kevin  
 11:00 a.m. St. Louis - Fr. Mike  
 12:00 p.m. Cathedral (Latin Mass) - Fr. Robert Parent  
 12:15 p.m. Sacred Heart / St. Dominic (Spanish Mass) - Fr. Phil Tracy  
 5:00 p.m. Cathedral - Fr. Lou  
 6:00 p.m. Sacred Heart / St. Dominic - Fr. Richard

**Monday, February 23, 2009**

7:00 a.m. St. Peter  
 12:15 pm. Cathedral  
 5:15 p.m. Sacred Heart / St. Dominic

**Tuesday, February 24, 2009**

7:00 a.m. St. Peter  
 12:15 pm. Cathedral  
 5:15 p.m. Sacred Heart / St. Dominic

**Wednesday, February 25, 2009**

7:00 a.m. St. Peter  
 12:00 p.m. St. Christopher  
 12:15 pm. Cathedral  
 5:15 p.m. Sacred Heart / St. Dominic

**Thursday, February 26, 2009**

7 a.m. St. Peter  
 12:15 pm. Cathedral  
 5:15 p.m. Sacred Heart / St. Dominic  
 6:30 p.m. St. Louis

**Friday, February 27, 2009**

7 a.m. St. Peter  
 12:15 pm. Cathedral  
 5:15 p.m. Sacred Heart / St. Dominic  
 6:30 p.m. St. Louis (during Lent followed by Stations of the Cross)

**Saturday, February 28, 2009**

4:00 p.m. Sacred Heart / St. Dominic - Fr. Mike  
 4:00 p.m. St. Peter - Fr. Lou  
 4:30 p.m. Cathedral - Fr. Kevin  
 5:00 p.m. St. Louis - Fr. Richard

**Sunday, February 29, 2009**

8:00 a.m. St. Peter - Fr. Richard  
 8:30 a.m. Cathedral - Fr. Mike  
 9:00 a.m. St. Louis - Fr. Kevin  
 9:45 a.m. Sacred Heart / St. Dominic - Fr. Lou  
 10:00 a.m. Cathedral - Fr. Mike  
 10:00 a.m. St. Christopher - Fr. Fred  
 10:30 a.m. St. Peter - Fr. Richard  
 11:00 a.m. St. Louis - Fr. Kevin  
 12:00 p.m. Cathedral (Latin Mass) - Fr. Robert Parent  
 12:15 p.m. Sacred Heart / St. Dominic (Spanish Mass) - Fr. Phil  
 5:00 p.m. Cathedral - Fr. Lou  
 6:00 p.m. Sacred Heart / St. Dominic - Fr. Richard

Please note:  
 Daily Masses are normally said by the parish resident priest

**Taizé Prayer Service for Lent, Friday March 20, 2009, 7 p.m.,** led by Abraham Schechter. Sacred Heart / St. Dominic Chapel.

**Cluster-wide Penitential Service, Monday, March 23, 2009.** 7 p.m., Cathedral.



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**CLUSTER 21 PRAYER LINE, 774-7120. Confidential. Names are not used.**