

**WORLD DAY FOR CONSECRATED LIFE**

was instituted by Saint Pope John Paul II in 1997 to coincide with the Feast of the Presentation of the Infant Jesus in the Temple, also known as Candlemas Day, when candles are blessed, symbolizing Christ the Light of the World. So too, those in consecrated life are called to reflect the light of Jesus Christ to all. The celebration is transferred to this Sunday in order to highlight the gift of consecrated persons for the whole Church.

We pray for ongoing blessings on these religious from our Parish: Sister Patricia Edward Jablonski, D.S.P. (Daughter of St. Paul), Sister Marcia Polchlopek, C.S.S.F. (Felician Sister), Sister Catia Inez Conterno, S.M.S.M. (Marist Missionary Sister), and Father Walter Dziordz, M.I.C. (Marians of the Immaculate Conception).

...and we also pray for the repose of the souls of O.L.P.H. natives Father Cyril Augustyn, O.F.M. Conv., Father Patrick Rolak, O.F.M. Conv., and Father Gabriel Swol, O.F.M. Conv., (all Franciscan Friars Conventual); Sister Virginia Siwik, C.S.B., Sister Andriette Kaszynski, C.S.B., Sister Virginette Golwacki, C.S.B., and Sister Virginella Kaszynski, C.S.B., (all Bernardine Sisters); Sister Maurelia Olembeski, F.S.S.J., Sister Martiniana Budra, F.S.S.J., Sister Bonfilia Olembeski, F.S.S.J., and Sister Francis Olembeski, F.S.S.J., (all Franciscan Sisters of St. Joseph).

Please pray for *all* consecrated men and women in religious life that they may always respond generously to God's gift of their vocation.

**A JAR** of peanut butter, a box of cereal, a can of fruit or veggies, a bag of rice, etc.—if we could think about bringing one non-perishable food item to Mass every week and placing it in the basket in the main vestibule, we would make a small but no less important contribution to Catholic Social Services' ministry to the many poor hungry in our area.

**CAN YOU SPARE A FEW HOURS** once a month to help your Parish? At this point in our parish history, our weekly bingo is an important element of our Parish's financial well-being. To put it bluntly, without bingo, we wouldn't be able to pay our bills! But as the number of players is growing almost by the week, we need more help.

Even if you don't play bingo—even if you don't *like* bingo—there are many easy, but important, ways that you can help, for example, sitting at a table and selling bingo cards or chances before the games begin; just *being* in the church hall to relay the winning game numbers or to deliver the prizes to the lucky winners; selling the kitchen delicacies to the eager patrons. Perhaps there is even a bingo "caller" in our parish midst.

Understandably, everyone's time is valuable, and "spare time" is in short supply. This is why we are reaching out to the entire parish in hopeful anticipation that *several* new volunteers will be happy to share a few hours just on Thursday evening a month. Kindly speak to Joanna Hunt, Chris Regula, or Father Conrad if you think you might be interested.

**LENT IS ONLY A-WEEK-AND-A-HALF AWAY!**

Lent is the perfect time to form new life-giving habits and abandon old self-destructive habits. But so many of us just give up chocolate. Then, when Easter arrives, we realize that we really haven't grown spiritually since the beginning of Lent.

Giving up things can help us to have a meaningful Lent, but that's not really what Lent is all about. Lent is about doing something—something bold to become a better husband or wife, father or mother, son or daughter, friend, neighbor, etc.

What if this Lent you did more than just give up something? Do something life-changing. Sign up at [BestLentEver.com/ParishSignUp](http://BestLentEver.com/ParishSignUp) It's free!

**Sat. - Feb. 3 - 5th Sunday Ordinary Time**

**4:00 PM** +Marie Louro  
Req. OLPH Bingo

**Sun. - Feb. 4 - 5th Sunday Ordinary Time**

**10:00 AM** +Jeannette Robida (5th anniv.)  
Req. Tobojka Family

**Mon. - Feb. 5 - St. Agatha**

**7:30 AM** OLPH Parishioners  
Living & Deceased

**Tues. - Feb. 6 - St. Peter Baptist and  
Companions**

**7:30 AM** Healing  
Req. Jack Chmiel

**Wed. - Feb. 7 - Weekday-St. Collette of  
Corbeia**

**7:30 AM** Special Intention

**Thurs. - Feb. 8 - St. Jerome Emiliani**

**7:30 AM** Return to Health & Sobriety  
Req. Gus S.

**Fri. - Feb. 9 - Weekday**

**7:30 AM** +Adele Czerniejewska

**Sat. - Feb. 10 - St. Scholastica**

**7:30 AM** +Helena Bobrowiecki  
Req. Allen & Gail Ponichtera

**Sat. - Feb. 10 - 6th Sunday Ordinary Time**

**4:00 PM** +Helen Los  
Req. Friends of Poland

**SUN. - Feb. 11 - 6th Sunday Ordinary Time**

**10 AM** Health of Marcin Kochmanski  
Req. Mother

**A MESSAGE FROM FATHER CONRAD**

Sisters and Brothers of Our Parish Family,

An article entitled "Improve Your Day" recently crossed my desk. In today's column I'd like to share with you some of the author's ideas on how to have a better day *today*.

**Bless difficult people.** Move through your day like Jesus. When you come across difficult people — a rude driver, an insensitive clerk, an offensive colleague, an ill-mannered neighbor— take the high road by blessing them, rather than responding unkindly. Do it silently; do it in your heart. Do it because you know the truth: that every person is God's creation. Besides, one day *you* might need to be blessed by someone else.

**Praise God.** The psalmists constantly expressed awe and gratitude for the gift of life. Day after day, adopt their worldview, e.g., "This is the day the Lord has made; let us rejoice and be glad in it." (Ps 118.24); "Taste and see that the Lord is good." (Ps 34.8); "You have filled my heart with greater joy." (Ps 4.7)

**Meditate.** "Be still and know that I am God," are the words of Psalm 46.10. St. Francis de Sales advised: "Half an hour's listening is essential, except when you are very busy. Then a full hour is needed."

**Laugh.** Find the humor that comes your way every day or generate some humor throughout the day. Either way, you'll give yourself a reason to smile and laugh.

**Inspire yourself.** Watch an inspirational movie. Study the life of a person who overcame great difficulty. Re-read a favorite book, one that lifts your spirits. Study an inspiring passage from the Bible, e.g., 1 Corinthians 13.

**Be very positive.** Henry Ford once commented, "Whether you think that you can, or think you can't, you are right." Approach everything with the state of mind that anything is possible for you. Even in those disappointing instances in life, it's possible to find something positive.

**Be of service.** No matter how busy you may be, always make time to help and serve others. Try to do this daily.

**Balance your life.** Balance work with play, labor with leisure. Plan and make time for recreation, exercise, and hobbies — activities that relax the mind, renew the spirit, and relieve stress.

**Respond positively.** Whenever something or someone unpleasant comes your way, you have the power of your emotional choice. A negative response is draining, whereas a positive response is uplifting and energizing. While you can't control others, you can control how you respond to them.

Peace and Blessings,  
Father Conrad