



# Central New York Marian Center, Inc.

**March, 2015**

5180 West Taft Rd, North Syracuse NY 13212

Hours: Mon. — Fri 9am– 5pm

Phone (315) 452– 4698

mariancenter.cny@gmail.com

Website: cnymariancenter.com

Currently we are blest to be celebrating our 24th year!

## The Monthly Message of Our Blessed Mother from Medjugorje: February 25, 2015

“Dear children! In this time of grace I call all of you: pray more and speak less. In prayer seek the will of God and live it according to the commandments to which God calls you. I am with you and am praying with you. Thank you for having responded to my call.”

Volunteers Needed, if interested call the center at 452-4698

For visitors, if the CNY Marian Center is locked, you are allowed to obtain a key upstairs at the doctor's office M- F 9:00 AM to 5:00 PM. The CNY Marian Center is available to hold group Meetings. For a reservation, call the Center and leave a message. Current Prayer groups meet Mon. 7:30 PM, Tues. 7 PM, Thurs. 11 AM & Fri. @ 11:00 AM.

### HEAVEN CALLS— IS YOUR RINGER ON ?

Blessing and prayers to all our friends, supporters and newsletter subscribers of the Central NY Marian Center.

His disciples would fast once He had departed (Lk. 5:35). The general law of penance, therefore, is part of the law of God for man.

part for fast and abstinence other forms of penance, especially works of charity and exercises of piety.

**Ash Wednesday** has passed and **Lent** has begun. Does this great opportunity to change our lives ring in our hearts yet? **Our Lady tells us "Dear children! In this Lenten time of grace, I call you to open your hearts to the gifts that God desires to give you." (Medjugorje 2-25-2006)**

The Church has specified forms of penance, both to ensure that the Catholic will do something, as required by divine law, while making it easy for Catholics to fulfill the obligation. **The 1983 Code of Canon Law** specifies the obligations of Latin Rite Catholics.

The Church, therefore, has two forms of official penitential practices three if the Eucharistic fast before Communion is included.

Lets take a check on how we are doing with the "Three Pillars of Lent."

**Canon 1250** All Fridays through the year and the time of Lent are penitential days throughout the entire Church.

**Abstinence.** The law of abstinence requires a Catholic 14 years of age until death to abstain from eating meat on Fridays in honor of the Passion of **Jesus** on Good Friday. Meat is considered to be the flesh and organs of mammals and fowl.

**I) Penance:** "Jesus' call to conversion and penance is like the prophets before Him. A conversion to **God** with all our heart and end to sin, turning away from evil with hatred for the sin we have committed. (**CCC 1430-32**) Daily conversion and penance find their source and nourishment in the Eucharist.

**Canon 1251** Abstinence from eating meat or another food according to the prescriptions of the conference of bishops is to be observed on Fridays throughout the year unless they are solemnities; abstinence and fast are to be observed on Ash Wednesday and on the Friday of the Passion and Death of Our Lord Jesus Christ.

On Fridays outside of Lent the U.S. bishops conference obtained the permission of the Holy See for Catholics in the US to substitute a penitential, or even a charitable practice of their own choosing. Since this was not stated as binding under pain of sin, not to do so on a single occasion would not in itself be sinful. However, since penance is a divine command, the general refusal to do penance is certainly gravely sinful. For most people the easiest way to consistently fulfill this command is the traditional one, to abstain from meat on all Fridays of the year which are not liturgical solemnities. When solemnities, such as the **Annunciation, Assumption, All Saints** etc. fall on a Friday, we neither abstain or fast.

### Fast and Abstinence.

It is a traditional doctrine of Christian spirituality that a constituent part of repentance, of turning away from sin and back to God, includes some form of penance, without which the Christian is unlikely to remain on the narrow path and be saved (Jer. 18:11, 25:5; Ez. 18:30,33:11-15; Joel 2:12; Mt. 3:2; Mt. 4: 17; Acts 2:38). **Christ** Himself said that

**Canon 1252** All persons who have completed their fourteenth year are bound by the law of abstinence; all adults are bound by the law of fast.

**Can. 1253** It is for the conference of bishops to determine the observance of fast and abstinence and to substitute in whole or in



**During Lent** abstinence from meat on Fridays is obligatory in the United States as elsewhere, and it is sinful not to observe this discipline without a serious reason (physical labor, pregnancy, sickness etc.)

**Fasting.** The law of fasting requires a Catholic from the 18th Birthday [**Canon 97**] to the 59th Birthday [i.e. the beginning of the 60th year, a year which will be completed on the 60th birthday] to reduce the amount of food eaten from normal. The Church defines this as one meal a day, and two smaller meals which if added together would not exceed the main meal in quantity. Such fasting is obligatory on **Ash Wednesday** and **Good Friday**. The fast is broken by eating between meals and by drinks which could be considered food (milk shakes, but not milk). Alcoholic beverages do not break the fast; however, they seem contrary to the spirit of doing penance.

**Those who are excused from fast or abstinence.** Besides those outside the age limits, those of unsound mind, the sick, the frail, pregnant or nursing women according to need for meat or nourishment, manual laborers according to need, guests at a meal who cannot excuse themselves without giving great offense or causing enmity and other situations of moral or physical impossibility to observe the penitential discipline.

Aside from these minimum penitential requirements Catholics are encouraged to impose some personal penance on themselves at other times. It could be modeled after abstinence and fasting. A person could, for example, multiply the number of days they abstain. Some people give up meat entirely for religious motives (as opposed to those who give it up for health or other motives). The early Church had a practice of a Wednesday and Saturday fast. This fast could be the same as the Church's law (one main meal and two smaller ones) or stricter, even bread and water. Such freely chosen fasting could also consist in giving up something one enjoys - candy, soft drinks, smoking, that cocktail before supper, and so on. This is left to the individual.

One final consideration. Before all else we are obliged to perform the duties of our state in life. When considering stricter practices than the norm, it is prudent to discuss the matter with one's confessor or director. Any deprivation that would seriously hinder us in carrying out our work, as students, employees or parents would be contrary to the will of **God**.

Reading Sacred Scripture and praying revives

the spirit of conversion and repentance within us and contributes to the forgiveness of our sins. Have we received the Sacrament of Reconciliation yet in this Lenten season? Make it a priority now! The secret of a good confession is "Honesty" with ourselves. The Father in Heaven already knows our sins.

Stations of the Cross? Pray the Stations in your churches on Fridays and receive the indulgence the church gives us during Lent.

Pray the Rosary nightly with your family? Offer it up for the conversion of sinners and remission of sins, especially our own and your own family intentions. Pray special prayers, read Holy Scripture and meditate on the Passion. Pray for the graces to carry our own crosses as we follow our Savior to Calvary. I think we begin to see more clearly the meaning of "conversion" that **Jesus** calls us to.

**2) Pillar of Fasting.** The practice of fasting was very present in the first Christian community (cf. Acts 13,3; 14,22; 27,21; 21;2 Cor 6,5). The Church Fathers, too, speak of the force of fasting to bridle sin, and open in the heart of the believer a path to God. Fasting is a practice by the saints of every age. Fasting is the soul of prayer; mercy is the lifeblood of fasting. So if you pray, fast; if you fast, show mercy; if you want your petition to be heard, hear the petition of other.

Our Lenten fasts have a tendency to be oriented toward things like giving up food or television. But there are many other creative ways we can welcome Jesus' healing touch this Lent. Fast from: Anger and Hatred: Give your family and everyone you come across, an extra dose of love each day. Judging Others: Before making any judgments, recall how **Jesus** overlooks our faults. Discouragement: Hold on to **Jesus'** promise that He has a perfect plan for your life. Complaining: When you find yourself about to complain, close your eyes and recall a moment of joy **Jesus** has given you. Resentment or Bitterness: Work on forgiving those who may have hurt you. Spending Too Much Money? Try to reduce your spending by ten per cent and give those savings to the poor.

**3) Almsgiving:** the third traditional pillar, is linked to our baptismal commitment in the same way. It is a sign of our care and an expression of our gratitude for all that **God** has given to us. Works of charity and the promotion of justice are integral

elements of the Christian way of life we began when we were baptized.

As we think about giving something up for lent, there is no greater gift than the "Giving of Ourselves." Let's take a look at our families and parishes. Is there anyone in our families in need; out of work? Maybe they could use some extra food, a ride to a medical appointment or company. Make that special cake, pie or cookies and pay them a visit. Do your parishes pantries have the food they need to give out? Have we sent a check in the mail to needy missions? Have we given time to a hospital, nursing home or senior citizens? Let's take the opportunity of this Lent to truly perform the "**Corporal and spiritual works of Mercy.**" It is truly in selfless giving that we gain great graces and remission of our sins!!!

In lent, we are headed to Easter, and not just this year's particular Easter but the Easter of new birth, of resurrection, of eternal life. Lent reminds us that there's no victory without struggle, no crown without a cross, no love without suffering. We need to be reminded of these truths at least yearly because, when we do experience struggle, cross, and suffering, we can easily lose our focus and forget that they are the means **God** uses to bring us to victory, crown, and love.

Lent is forty days in duration because, before beginning His public life, **Jesus** spent forty days fasting in the desert (actually lent is 46 days, but we don't fast and abstain on its six Sunday). What did He do during that time? He was in deep communion with the Father, regarding **God's** plan for Himself and for us. Satan came into that prayerful time and tried to throw Christ off track with temptations to plan His ministry in purely human ways. **Jesus** threw Him off. In our desert times, satan will likely come to us too, to discourage us and make us look at the darkness instead of at the spiritual compass pointing to **God**. Lent is dress rehearsal for these times of trial. That's one of the main reasons why we ought to make each lent the best we can. Life is a long journey, and we're on our way to our eternal home!!!

**Bud O'Brien, Chairman of the Board**



**Announcements**



**Joseph's House**

**Taste of Destiny  
April 8th 4–8 pm**

For a great night, join us as we visit a variety of Mall restaurants that will have tables full of their favorite foods to sample. We will have live radio coverage by "Wolf" radio and TV interviews are set up as well. **Most importantly we will unveil the new "LTZ Chevy Tahoe"** that Joseph's House will be raffling off for the next 20 weeks.

The mission of Joseph's House promotes the sanctity of life and the dignity of women by providing a nurturing home for

mothers facing an unplanned pregnancy. The physical, emotional and spiritual well-being of the mother and her baby are cared for through the loving direction of



staff members and access to resources including, educational, occupational, and spiritual in the Catholic tradition, giving them the opportunity to achieve their God given potential.

Joseph's House provides a much needed

service to both the Church and the community. **They are a shining example of living out the Spiritual and corporal works of Mercy that we are all called to do.**

Many expectant young women fall through the cracks of society in many communities from circumstances they can't control with no one to turn to. Joseph's House picks up their mantle and champions their cause. Lives and souls are changed and saved, real miracles happen in both the physical and spiritual world. **Their great Patron, St. Joseph, has a long written history of just that!!!**

As their expenses have increased, so has their needs. Call **888-619-0032** to make a donation or volunteer one hour of your time and know you are making a real difference.

See you at Destiny, you won't want to miss it!!

**Bud O'Brien, Chairman of the Board**

**March 2015  
Apostolate of Prayer for Priests ..Diocese of Syracuse**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1) Bishop J M Moynihan	2) Rev. J Amaechi Rev. J Manno	3) Rev. J Zareski Rev. A Hapanawiccz	4) Rev. J Comeskey Rev. D Slater	5) Rev. R P Mathis Rev. D O'Hara	6) Rev. J Serowik Rev. J Crogan	7) Rev. W Dolan SJ Rev. J Fenlon
8) Bishop T J Costello	9) Rev. J Smegelsky Rev. A Baranski	10) Rev. R Sullivan Rev. C Cerwonka	11) Msgr. J Flanagan Msgr. F Osei-Nyarko	12) Rev. F Daley Rev. C Vavonese	13) Rev. P C Pilla Fr. E de la Pena OFM Cv	14) Rev. R Riccioli OFM Cv Rev. J Salerno
15) Bishop R J Cunningham	16) Msgr. J Putano Rev. V Hevern SJ	17) Rev. T Rudnik Rev. P Madej	18) Rev. W Bosch SJ Rev. F Wapen	19) Our Holy Father	20) Rev. T Hobbes Rev. W Regan	21) Rev. J Dahlinger SJ Rev. J Mikalajunas
22) Msgr. J Heagerty Rev. C Aho	23) Rev. M Galuppi Rev. C Stirpe	24) Rev. B Manding Rev. J Cesta	25) All Priests	26) Rev. A Keeffe Rev. J Cook FI	27) Rev. A Dunghe SJ Fr. N Spano OFM, Cv	28) Msgr. J Kane Rev. J P. Donovan
29) Msgr. M James Lutz Rev. M Brown	30) Rev. T Kobuszewski Rev. R Scully SJ	31) Rev. S Wirkes Rev. K Boretto CHS	<p><b>Heavenly Father, during this penitential season, we pray that the Blood of Jesus may kindle in the hearts of our priests the divine fire of Your love by their devotion to the Eucharist.</b></p> <p><b>Mother Catherine Aurelia, Foundress</b></p>			



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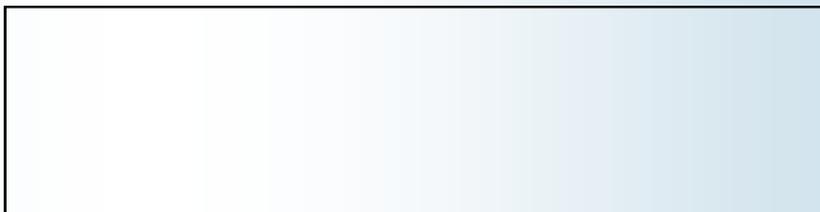
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## The CNY Marian Center is pleased to present:

**Dr. Patsy Iannolo** renowned speaker and founder of the CNY Marian Center and a Medical Dr. in private practice will be presenting **“the Medical Effects of the Crucifixion”** in the Diocesan parishes during the Lenten Season. During the Lenten Season we are called to meditate upon the Passion, Suffering, and Crucifixion of Christ. This presentation will leave you with a deep spiritual revelation of the ultimate sacrifice Christ made on the Cross for the salvation of mankind. You won't want to miss a great opportunity to gain insight and graces!!

To invite Dr. Patsy to your parish while he still has openings in his schedule, please contact **Dr. Patsy Iannolo at 315-427-1597** or email the Marian Center at [mariancenter.cny@gmail.com](mailto:mariancenter.cny@gmail.com).

### Important Notice to Our Readers

**With rising postal and printing cost we need to revise our mailing list for those who truly want to receive this newsletter by mail. Please respond by phone call, postal mail, or email!!** We are trying to continue to spread Mary's messages, and need your support too. Anyone who would like to be a regular sponsor, or provide a donation towards the production of this newsletter, & other Marian Center Projects.. Please fill out the form & mail it with your donation to the **CNY Marian Center, 5180 W. Taft Road, North Syracuse, NY 13212**

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March 2015 ed.

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