

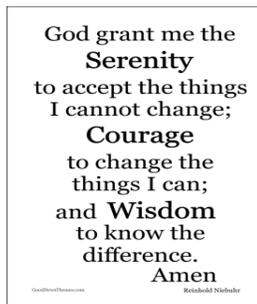
PRAYER IS THE KEY TO SERENITY

SERENITY



During the season of Lent, we discover Prayer as the Key to Serenity through homilies, bulletin and website articles, song and personal prayer time. The *Serenity Prayer* is the focus of our Lenten Theme.

PRAYER



The *Serenity Prayer* was born from the anguish that American theologian Reinhold Niebuhr experienced, as he watched the oppression of the Nazis grow in Germany during the 1930s. Accepting what he could not change and learning in prayer what was within his power to accomplish, was Niebuhr's struggle and something we understand in our own lives very well.

Prayer is the Key to **Serenity**. Serenity is not dependent upon outer circumstances but is inner stillness and a confident assurance in God's providence care – no matter what's going on around us, or even within us.

Acceptance of what cannot be changed does not mean that we like or approve of certain behaviors or situations. Acceptance means that we let go of the frustrating mental activity, emotional exhaustion and spiritual depletion that is wasted on what is beyond our power to change. We let go of playing God.

Courage means 'with heart.' With hearts desiring to live our mission to do *Christ's Work* of love and service, we seek to be agents of positive change.

Wisdom is a gift of the Holy Spirit that resides in the deep stillness of our being. Prayer is the key to unlocking the generous bounty of wisdom. God empowers us with wisdom through new ideas, possibilities, changes of direction and the ability to let go of one agenda to accept another with a discerning heart and an open mind.

The Serenity Prayer is a rich source for spiritual growth and empowers us to change ourselves and our world with God's grace.

To Accept The Things I Cannot Change...

A young woman informs her dentist that she finds flossing her teeth tedious, tiresome and an unacceptable practice. The doctor responds, "OK, I've got good news. My new prescription is - only floss the teeth you want to keep."

What is humorous about the story is our recognition that the woman needs to change by accepting the physical reality of her teeth. She has a choice. We always have a choice. Some examples of things that cannot be changed: in ourselves - aging and illness, in others - that is a very long list, in situations beyond our control - traffic or school shootings. Acceptance does not mean that we like or approve; it means that we recognize that we are powerless to bring change.

We can decide not to accept the things that we cannot change. The result is spiritual diminishment whose symptoms are: mental frustration, emotional turmoil running the gamut from anxiety to anger and the weakening of the courage and wisdom that we need to change the things we can in love and service.

Prayer is the Key to Serenity Reflection

Reflect on what angers or annoys you. What causes you worry and anxiety? These are areas of your life to bring to prayer. How many of these people or situations are honestly beyond your power to change? How about what you find unacceptable in yourself? Make a list. Spiritual acceptance means that we acknowledge, recognize and honestly see what is beyond our control. We give ourselves, other people and situations into God's provident care. We stop playing God and let God help us. We let go and let God.

The theologian Paul Tillich taught that the first spiritual move is to accept God's unconditional love and, therefore, accept ourselves as we are so that God can bring us to another place. As you pray with each item on your list, be patient. Prayer is a deeply layered process of acceptance. Peel gently. God is always working.

Step 1

The expression, "It is, what it is," acknowledges the problem of what you cannot change. Find a quiet place and still yourself through quiet breathing. Be honest with yourself and with God as you forthrightly face your feelings and share the truth of your situation.

Step 2

Remember that God accepts you without condition and invites you to accept yourself as you really are. Much time and energy is spent in denial or suppression of our own truth. Affirm 'God is Love' by repeating it aloud. From this place of acceptance God continues the process of change and transformation within you. Pray for an increase of trust in God and to accept in faith that God is always working for the greatest good in all things (Romans 8:28), whether you understand it or not. Giving God what you cannot change is an act of faith and opens a way for you to move forward with God's power being manifest. You might conclude your prayer with this statement of faith, hope and love;

"It is, what it is, but whatever it is, it is in God's care."

Remember prayer is like dental floss; only use it in the areas of your life that seem to bite you!

HYMN PRAYER

You are invited to sing or say the lyrics to the hymn below as a form of prayerful reflection, sung to the tune of "For the Beauty of the Earth."

Grant Us, Lord, Serenity

Grant us, Lord, serenity
When your grace we cannot see.
For each moment is your plan,
Grace abounds throughout life's span.
*Grateful prayer and thankful praise
For your wisdom all our days.*

For the challenge of each hour,
May acceptance in us flower.
People, places, things abound;
May your will in each be found.
*Grateful prayer and thankful praise
For your wisdom all our days.*

Courage is the gift you give,
In your Spirit's life we live.
In our hearts and minds inspire
Words and actions - love's desire.
*Grateful prayer and thankful praise
For your wisdom all our days.*

Facing choices every day,
Guiding wisdom is our stay.
Draw us close in unity,
Stewards in community.
*Grateful prayer and thankful praise
For your wisdom all our days.*

*Music: DIX; Conrad Kocher, 1786 – 1872;
adapt. By William H. Monk, 1823 – 1889*

LENTEN PRACTICES

- Participating in weekly or even daily celebration of the **Eucharist** is the most perfect prayer and Lenten observance
- Engage in the variety of opportunities for community and private prayer and reflection.
- **Bible Study:** -Mondays at 11:30 AM in Church
- **Meditation Hour:** Thursday, March 8th at 7 PM
- **WELCOME HOME:** Sacrament of **Reconciliation;** Mondays 7:00 to 8:00 PM
Saturdays 11:00 AM to 12 Noon
- **Stations of the Cross:** Fridays 7:00 PM in Church
- **Lenten penance** includes acts of self-denial as a tool for mindfulness of God's bountiful gifts and presence and/or an increase in charitable acts and works of kindness.
- Days of **Fast and Abstinence:** Ash Wednesday and Good Friday are days of fast and abstinence when we refrain from eating meat and have one full meal and two lesser meals. All Fridays of Lent are days of abstinence.



JUBILEE YEAR 2018

The Year of our Lord 2018 is our parish Jubilee commemorating 75 years of fulfilling our mission of *Opus Christi –which is Latin for Christ's Work*. During the decades our parish has been love in action, bringing good news through spiritual, service and social ministry.

Jesus said to our parish patron St. Philip, "Whoever believes in me will do the works I do and even great works." *John 14:22*

WEB SITE AND FACE BOOK INFORMATION

Share your e-mail with us so as not to miss any of the good news. Visit stphilip.org/jubilee to be included in our email list. Like us on Facebook www.facebook.com/stphilipclifton. Fr. Matt is looking for some old photos and film in any format about St. Philip Church and/or school to compile our history. Items can be left with Barbara Salzer at the Parish Office.

Our Jubilee Prayer

Rejoicing in you, O Lord, with thankful hearts we pray as . . .

We Remember

gratefully our past companions on the Journey whose sacrifice inspires us.

We Celebrate

the good news of love in action that empowers spiritual, service and social ministry.

We Believe

in God's providence as faithful stewards who continue Christ's work using the Keys to the Kingdom.

Amen

**75th Jubilee
Dinner Dance Celebration**

SATURDAY, MARCH 3RD | 7-11 PM
VALLEY REGENCY | 1129 VALLEY ROAD, CLIFTON

HONORING
ST. PATRICK & ST. JOSEPH

May these glorious Saints assist us in our restoration process!

- Entertainment by The Peter McKiernan Band
- Menu includes traditional Corned Beef & Cabbage, Assorted Salads, Penne Vodka, Chicken Cacciatore and Italian Desserts
- Beer, wine, soft drinks and coffee/tea also included
- Must be 21 years old to attend this event

Tickets \$50 CALL DONNA @ 973-779-6200

CHECKS PAYABLE TO ST. PHILIP THE APOSTLE
TICKETS WILL NOT BE AVAILABLE AT THE DOOR

MEDITATION HOUR

"Be still and know that I Am God". Psalm 46:10

Thursday, March 8th at 7:00 PM in CHURCH

MINISTRIES AND ORGANIZATIONS

GOOD NEWS! MINISTRIES RESUMED

BIBLE STUDY

The Bible Study takes place on **Mondays** at 11:30 AM in the CHURCH and ends on **Monday, March 26**. We will study the Gospel of St. Mark. It is the shortest of the four gospels and is likely the first to have been written.

The gospel will help us all spiritually during the Season of Lent. Over 50 people attended our first Bible Study meeting!!!

KNIGHTS OF COLUMBUS

St. Philip Knights of Columbus meet at the VFW on Valley Road, Clifton on the **1st and 3rd Wednesday** of the month at 8:00 PM.

COLUMBIETTES

The Columbiettes are meeting at the VFW on Valley Road in Clifton on the **4th Thursday of the month**.

COLUMBIETTE BLANKET MINISTRY

The Blanket Ministry will meet Thursdays, **March 1 and 15, 2018** at the Hamilton House on Valley Rd., Clifton at 9:45 AM. For fabric or yarn donations, call Cathie at 973-471-1265. All crafters are welcome!

ROSARY SOCIETY

Rosary meetings will take place at the VFW on Valley Road on the following dates: **Thursdays March 15, April 12 & May 17** at 5:30 PM.

PRIME TIMERS

The Prime Timers will meet at the Valley Regency, 1129 Valley Rd. on **March 2 & April 6** from 12:30 – 2:30 PM.

BEREAVEMENT SUPPORT & MINISTRY

A support group for people grieving the death of their spouse. Please contact Dr. Rachel Rengifo at 201-500-2068.

BOYS SCOUTS AND CUB SCOUTS

Cub Scout Pack 21 and Boy Scout Troop 21 are now meeting at the VFW Hall Post #7165, 491 Valley Road, Clifton on Monday nights at 6:30PM.

RELIGIOUS EDUCATION

In-classroom teaching resumes at John Paul II Center, 775 Valley Rd. Beginning in **Church** with the 8:00 AM Mass

- February 25th: Grades 1,2,3,4,5 & 6
- March 18th: Grades 2, 7, 8, 9 & 10
- Regular schedule to follow

IRISH CHOIR

The Roscommon Solstice Choir consisting of 60 voices will sing at the 12:15 PM Mass at St. Peter the Apostle, Parsippany on **Sunday, March 18, 2018**. The choir has performed in venues both in Ireland and Great Britain and has been featured on Irish television. Msgr. Kevin Flanagan will be the principal celebrant of the Mass.

PRAY FOR

THE SICK: Joan Hughes, Silvia Berardo, Lara Buell, Ryan G. Micale, Jayce Mazza, Margaret Sikora, Sister Beverly Aiazzone, Linda Brady, Gus Perez, Joseph Villano, Marie Nattvo, Jennie Marto, Antoinette Van Setters, Alexander Bancey, Derrick Medeiros, Maria Ligato, Philip Kutzenko, Evelyn Wescott, Annette Wanamaker, Daniel Marty, Virginia Mascolo, Christine Carpenter, Robert Wagner, Mildred Nerone, Eugene & Lorraine DeBellis, Bob Rose, Jack Steffans, Barbara Ferry, Fred Van Duyn, Dave Miller, Sr. Giovanni Aiazzone, Maya Hilario, John Pepe, Ron Kuruc, George Biondi, Jack Jaeger, Bill Brady, Samantha Calderone, Katie Gerber, Theresa Buhler, Chloe LoPresti, Cathy Papuzenski, Roberta & Al Dressner, Eloise Stampoulos, Pina Basile, Joseph Pagani, Jim Weis, Loretta Latona, Rita Latona, Eileen Kirschner, Dot Cervine, Roger Greff, Maryann Greff, Peg Chambers

THE DECEASED: Nicole Minson

PARISH GIVING

SUNDAY, FEBRUARY 19, 2017	\$13,871.00
SUNDAY, FEBRUARY 18, 2018:	
ENVELOPES	\$11,416.00
CASH	\$ 1,368.00
ONLINE GIVING DONATION	\$ 5,158.00
TOTAL	\$16,574.00
SECOND COLLECTION:	
CHURCH IN CENTRAL AND EASTERN EUROPE	\$ 2,476.00

PRIESTS' SCHEDULE: MARCH 3/4, 2018

5:30 PM	Fr. Julio	8:00 AM	Fr. Kevin
10:00 AM	Fr. Joe	12:00 N	Fr. Matt

SECOND SUNDAY IN LENT

Gn 22:1-2, 9a, 10-13, 15-18; Rom 8:31b-34; Mk 9:2-10

SUNDAY, FEBRUARY 25, 2018

8:00 All the People of the Parish

10:00 Mary Alfieri
Angeles Cabigao

12:00 Joanne M. Koval
Nikki Valle – 14th Anniversary

MONDAY, FEBRUARY 26, 2018

7:00 Esther Doerr
9:00 Frank & Michael Sabella

TUESDAY, FEBRUARY 27, 2018

7:00 Rudolph Pohle
9:00 Saverio Caradonna

WEDNESDAY, FEBRUARY 28, 2018

7:00 Antonia B. Garcia
9:00 Joanne M. Koval

THURSDAY, MARCH 1, 2018

7:00 Anthony Camporeale
9:00 Irene Peternith

FRIDAY, MARCH 2, 2018

7:00 Tony Devany
9:00 Sime Grbic

SATURDAY, MARCH 3, 2018

9:00 Nicole Minson
5:30 All the People of the Parish

SUNDAY, MARCH 4, 2018

8:00 Maida Avallone
10:00 Pasty Sinisi
Anita DeLuca
12:00 Loretta Pennella 13th Anniversary
Christopher Cardillo