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Rev. Joseph R. Upton, Ph.D.  
*Administrator, Saint Alexander*  
*Pastor, Saint Mary of the Bay*



### MASS SCHEDULE

Sunday at 9:15am  
*Saint Alexander*

Saturday Vigil at 4pm  
 (Preceded by Confessions at 3pm)  
*Saint Mary of the Bay*

Sunday at 8am, 10:30am and 6pm  
*Saint Mary of the Bay*

Monday-Friday 8am  
*Saint Mary of the Bay*

Holy Days as Announced



### TRUSTEES & AUDITORS

Nancy Urban, Trustee  
 John Saviano, Trustee  
 Patricia Dugan, Auditor  
 John Flynn, Auditor

## *Padre's Ponderings*

Dear Parishioners,

Lent is well underway! On the reverse, you'll find a full listing of our Lenten activities and events. I hope that you'll take advantage of as many of them as possible as we grow together as a Catholic community during this holy season.

What have you given up for Lent? What will you be fasting from this season? As of 10pm this past Tuesday, with only hours to go before Ash Wednesday, I still hadn't decided. Maybe you've had trouble deciding, too. Pope Francis, in his homily for Ash Wednesday, reminded us of the real nature and purpose of the fasting we undertake during Lent:

*"Fasting is not a quaint devotion, but a powerful gesture to remind ourselves what truly matters and what is merely ephemeral...Fasting will be the spiritual training ground where we joyfully renounce the superfluous things that weigh us down, grow in interior freedom and return to the truth about ourselves."*

If you're still deciding what to give up this season, consider Pope Francis' words this week: fasting helps us return to the truth about ourselves. What is it in your life that has obscured the truth of your identity as a beloved child of God, as a committed disciple of Jesus Christ, as a brother and sister to your neighbor? That's a hard question to consider. But the saying is true, we become what we have, such that the things we *think* we possess actually end up possessing us. Don't settle, then, on giving up the usuals—chocolate or coffee or ?—again this Lent. Think more carefully about who it is God is calling you to be and then consider what in your life isn't really necessary or isn't really helpful in responding to that call.

Lent just started; it's okay to change your mind about what to give up! I certainly did after reading Pope Francis' homily. I pray that we, as a Catholic community in Warren, will take the opportunity this Lent to renounce superfluous things and grow in our appreciation of what truly matters.

Until next week,

*Fr. Joe*

## ***Lent 2023***

### ***Calendar of Activities***

#### **Stations of the Cross**

Tuesday Mornings following the 8am Mass, SMB

#### **Traditional Eucharistic Holy Hour**

Wednesday, March 8, 7pm, Saint Alexander

#### **Finding the Light: Music of Comfort and Hope**

*Concert with the Providence Singers and the Aurea Ensemble*

Sunday, March 12, 3pm, SMB (Ticket Required)

#### **Theology Uncorked**

*Wine & Cheese Reception with Theological Talk and Discussion*

Tuesday, March 14, 6:30pm, SMB Church Hall

#### **Parish-Wide Faith Formation Event**

*Learn about Holy Week and make your own Resurrection Garden for home. All members of SMB and STA are welcome!*

Wednesday, March 22, OR

Thursday, March 23, 7pm, SMB Church Hall

#### **Encounter: Adoration with**

#### **Praise & Worship Music**

Wednesday, March 29, 7pm, SMB

*(Visiting priests will be available for Confession.)*

#### **Finding God through Beauty:**

#### **A Special Women's Event**

Thursday, March 30, 6:30pm, SMB Church Hall

#### **Soul Food**

*Join us for a Blount's soup luncheon with palm-cross demo*

Palm Sunday, April 2, following the 10:30am

Mass, SMB Church Hall

### ***The Sacred Triduum***

#### **April 6, 2023—Maundy Thursday**

7pm Mass of the Lord's Supper, SMB

#### **April 7, 2023—Good Friday**

3pm Stations of the Cross, Saint Alexander

7pm Celebration of the Lord's Passion, SMB

#### **April 8, 2023—Holy Saturday**

8pm Easter Vigil in the Holy Night, SMB

### **∞ MASS INTENTIONS ∞**

February 26, 2023

9:15am: Michael Saccoccia

March 5, 2023

9:15am: Anthony F. Urban

*Requested by wife, Nancy*

### **∞ LIVING THE SCRIPTURES ∞**

#### **Today's Readings:**

Gn 2:7-9; 3:1-7/Ps 51:3-4, 5-6, 12-13, 17  
(see 3a)/Rom 5:12-19 or 5:12, 17-19/Mt 4:1-11

#### **From today's First Reading:**

*The LORD God formed man out of the clay of the ground and blew into his nostrils the breath of life. (Gn 2:7)*

Consider: **Genesis teaches us that humanity's first sin against God was that of disobedience — they listened to the voice of the snake (the devil) rather than God's voice. What are some ways we can avoid the sin of disobedience in this first week of Lent?**

#### **From today's Second Reading:**

*For just as through the disobedience of the one man the many were made sinners, so, through the obedience of the one, the many will be made righteous. (Rom 5:19)*

Consider: **Paul teaches us that through Jesus' obedience to his Father (as opposed to Adam's "transgression"), believers receive the gift of God's grace and "acquittal" from condemnation. How can we all be more mindful of this divine reversal of fortunes during Lent?**

#### **From today's Gospel:**

*At that time Jesus was led by the Spirit into the desert to be tempted by the devil. He fasted for forty days and forty nights. (Mt 4:1-2)*

Consider: **Each year the Gospel reading for the season of Lent begins with the story of Jesus' temptation in the desert by the devil. What temptations are you willing to confront during the forty days of Lent?**