

Third Sunday in Ordinary Time

January 24, 2016

Suggestions for Year of Mercy

- Forgive those who have hurt us or have wronged us. If possible, consider forgiving debts owed you or returning collateral.
- Go to Reconciliation regularly.
- Read or meditate on the Sacred Scriptures (especially Luke).
- Perform one or more works of mercy every day.
- Go on a pilgrimage.
- Share the Good News of God's mercy through your words and good deeds.
- Make the Stations of the Cross regularly (if possible at 3 pm, the Hour of Great Mercy).
- Pray the Chaplet of Divine Mercy daily imploring mercy on us and the whole world.

Go to OSV.com/YOM for free app with reflections, Scripture readings, Pope tweets, and daily inspiration.

Dominican Retreat Center 518.393.4169

February 12-17: Silent Retreat for Women & Men: *Deepening in the Experience of Centering Prayer*~ Centering prayer is a path of healing, purification, & transformation. Come and sink deeper into the mystery of God's Presence -- closer to us than we are to ourselves.

Director: Rev. Bill Sheehan, OMI.

Cost: \$425. Come for a day~ Per diem rate: \$65, \$90 with overnight accommodations.

OFFERINGS

St. John: \$1,359
Holy Family: 199
St. Peter: 1,096

Marriage Moments Susan Vogt

How to Change the One You Love:

Change is an inside job. It is hard enough to change yourself, much less make someone else change to meet your fancy, but that does not stop us from nagging.

What I have learned is that changing the way I act toward another, changes me. The more important thing is that my attitude changes, and a side effect and bonus is that by changing myself, I might end up indirectly changing the other!

Marriage Encounter

Tired of the winter cold? Think of heating up your marriage on the next Marriage Encounter weekend March 11 to 13. Call 518.279.3243 or check on albanyme.org for information.

Family Perspective Bud Ozar

Jesus was "praised by all" except at home in Nazareth where the "eyes of all were intently on Him." Acceptance can be hard to find at home due to unreal **expectations**. Jesus challenges us to "proclaim liberty" to anyone "oppressed" or "captive" by our **expectations**.

Walton Food Bank

Our continued support, along with other Churches, helps the Walton Food Bank serve approximately 350 people each month in the community. Please bring a listed item or two when you attend Mass:

spaghetti & sauces, tuna fish, egg noodles, pasta; soups: vegetable, tomato, chicken noodle, cream of mushroom, Ramen noodle etc.; saltines, canned fruit (peaches, fruit cocktail, applesauce); macaroni 'n cheese; peanut butter; cold & hot cereal; canned vegetables: corn, peas, green beans, pork 'n beans; Jell-O, pudding; Knorr rice/noodles; cake and cookie mixes; tea, cocoa, coffee.

Parenting Pointers Susan Vogt

The body is one,
though it has many parts. 1 Cor 12:12

Each part of our body is important and connected. So too, is each member of the human family. Remember today the value of each life, born/unborn, neighbor/refugee, friend - even enemy. Let us march to protect all human lives.

*The Spirit of the Lord
is upon me, because He
has anointed me
to preach good tidings
to the poor.*

Reflecting on the Word

Nehemiah 8:2-4a, 5-6, 8-10: This reading presents an interesting picture of the priest Ezra standing above the people to deliver his interpretation of the law of God. His reading goes on for hours and saddens the people as they consider how much they need to reform their lives. Perhaps their weeping finally convinces Ezra to "take it easy on them." He and Nehemiah, the governor of Judah, then encourage the people to celebrate their observance of the law. The people, they say, should have a great feast because "rejoicing in the Lord" will be their source of strength.

1 Corinthians 12:12-30: Human beings have a desire to belong -- to another person, to a community, or to God. Imagine how the Christians at Corinth welcomed Paul's letter assuring them that they were all "one body." They were not to create divisions among themselves by identifying as Jews or Greeks, slaves or free people, women or men because they had all been anointed by the Holy Spirit. They had become together the one body of Christ, and each was a member; no one was left out.

Luke 1:1-4; 4:14-21: Just as Ezra read from Scripture, Jesus reads from Isaiah about the Servant of the Lord. He announces that He is the fulfillment of Scripture, and then He tells the crowd in the synagogue that He is the one sent by God. His presence is their guarantee that a "year of favor," or time of salvation, has begun. All eyes are glued on Him as He puts down the scroll and takes His seat.