

Our Lady of the Visitation Catholic Church

305 N. Prince St. Shippensburg, PA 17257
Pastor and Campus Minister- Rev. Ben Dunkelberger—frbdunkelberger@hbgdiocese.org

Weekend Masses: Saturday 5:00 pm, Sunday 8:00 am and 11:00 am
Daily Mass: Tuesday, Thursday & Friday 8:30 am, Wednesday 6:30 pm
First Saturday of the Month..9:00 am

(Only During the College Fall and Spring semesters: Weekday Mass: Mon. 9PM & every Sat. 9AM)

Seventh Sunday in Ordinary Time



"Do to others
as you would
have them
do to you."

Luke 6:31



© Diocesan

Rosary:
Tuesday—Friday 8:00am

Morning Prayer:
Wednesday.....8:30am

**Adoration of the Most
Blessed Sacrament:**
1st Fri. of the Month
7:30am —8:20 am
Fridays.....9:00am—7:00pm
Wednesdays..5:30pm-6:20pm

Reconciliation:
Saturdays...3:30pm—4:30pm
Wednesdays..5:30pm—6:20 pm
1st Fri. of the Month....7:30—8:20 am
1st Sat. of the Month....8:00—8:45 am

*(Only During the College Fall & Spring
semesters: Sacrament of Penance:
Mon. 8:30pm- 8:50pm &
every Sat. 8-8:50am)*

"Be merciful,
just as your
Father is
merciful."

Parish Staff Contact Info.

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Office Hours Monday-Thursday 9:00am—4:00pm Closed Holy Days & Holidays



Prepare for the 40 days of Lent: **Fasting & Abstinence**

What are the actual rules/requirements and the meaning behind it?!

What are the minimum fasting rules for Catholics during Lent?

Catholics are required to do two things during the Lenten season: fast on two particular days (**Ash Wednesday and Good Friday**) and to be abstinent from meat on Ash Wednesday and all Fridays during the Lenten Season.

First of all, during each of the two days where Catholics are asked to fast, this has specific minimum requirements: the fasting requirement only applies to Catholics that are between the ages of 18 and 59. *On the other hand, if someone has any health conditions or illnesses that could endanger health, then these requirements are automatically lifted or dispensed for those situations.* When it comes to age, if someone is 17 or 61 or close in age to that required age for fasting, it is still obviously a good thing to try to fast if they are healthy and able to fast in this way.

Overall, the rules for fasting are as follows:

- (a) Only required on two days during the Lenten season – Ash Wednesday (March 5th) and Good Friday (April 18th)
- (b) no red meat or poultry {fish is ok, but try to make it simple not extravagant},
 - a. *technically, this first point refers to abstinence...see below*
- (b) you are asked to have **only one regular sized meal**, and if you need it...
- (c) then you can have 2 snacks, when added together, don't equal the regular sized meal
- (d) there is no limitation on drinks, but please consider drinking only water if possible

What does it mean to be abstinent during Lent?

This is referring explicitly to eating meat, and the rules are very simple. Any Catholic who is 14 years or older, should refrain from eating meat on all Fridays during Lent as well as on Ash Wednesday (and even Holy Saturday if possible).

What is the purpose/meaning behind fasting and abstinence rules?

The entire season of Lent is meant to be a reminder to us of our complete dependence on God for every good that we possess, and these little sacrifices can remind us of that dependence, keep us growing in self-control and discipline for greater freedom, and help us offer our sacrifices to God as a prayer. Friday is the day that Christ died for our sins, so try to remember His closeness, mercy, and love for you during the day when you are participating in these ancient practices of the church! Next week, I will discuss the big three in general – prayer, fasting, and almsgiving – and hopefully, I will shed some light the meaning of these this Lent!



LAST WEEKEND TO SIGN UP FOR CRAB CAKES!!

For the next 3 weekends, the Knights of Columbus are taking orders for their homemade Crab Cake sale. The signup sheet will be in the back of the church until the weekend of February 22nd and 23rd. The cost remains at \$6.00 per crab cake.

They will be available for pick up after mass on March 1st and 2nd in the social hall kitchen.

The Diocese of Harrisburg is pleased to share a new and exciting fundraiser event to support our local pregnancy resource centers. Biking for Babies will host a local Ride for Life on the Cumberland Valley Rail Trail on Saturday, April 26, 2025, from 8:30 am-12:00 pm. Holy Mass will be celebrated at Our Lady of the Visitation Catholic Church, Shippensburg, at 7:30 am. The Biking for Babies program will follow Mass. Join us!



SAVE THE DATE!



Supported by
THE DIOCESE OF
HARRISBURG

Shippensburg PA Ride for Life Saturday April 26, 2025

On the Cumberland Valley Rail Trail
Starting at Our Lady of the Visitation Parish

Program begins at 8:30 a.m.

Join us in supporting moms and families served through local pregnancy resource centers and young adults committed to renewing a culture of life!



Scan to register today or visit
www.bikingforbabies.com/events

Contacts:

Greg Ernst - ernstgj67@gmail.com
Phil Mobley - pmmobleyb4b@gmail.com



Please join us for our next coffee hour on Sun. Feb. 23rd in Mary's Kitchen after the 8am Mass. If you would like to host coffee hour please sign up in the lobby of the church.



Hersheypark Discount Ticket Offer!

Discount tickets to Hersheypark are available to the friends and families of the parish for significant savings.

Gate admission for Regular is \$90.80; our price is \$44.95 (ALL ages 3+) valid until 1/4/26.

*ADD-ON Hersheypark Single Use Meal Deal Tickets for \$19.06 each and

*ADD-ON Parking Pass - \$26.00 pre-ordered or pay \$35.00 onsite

Tickets purchased in 2025 are valid for any 1 public operating day throughout the 2025 calendar year, but will not be valid past their expiration date. Refunds, extensions or upgrades will not be offered

Orders forms are in the lobby of the church and must be received at the parish by Friday, April 25, 2025.

Parishes will receive tickets on or before the week of May 19, 2025.

BEGIN YOUR LENTEN JOURNEY WITH US!

MARCH 5TH

8:30AM MASS @ OLV

NOON: LITURGY OF THE WORD @ THE SPIRITUAL CENTER

6:30PM: MASS @ OLV

ash
Wednesday

February 15-16, 2025 (in pew)

Weekend Collection:	\$3,343.25
Building Improvements:	\$154.00
Parish Youth Education:	\$65.00
Social Outreach:	\$40.00
Votives/Donut Hour	\$105.50
Propagation of Faith:	\$15.00
Poor Missions:	\$105.00
TOTAL INCOME:	\$3,827.75



If you would like to give to the Sunday collection online either with an individual gift or with a recurring donation of your choice, please visit olvshippensburg.weshareonline.org

AN INVITATION TO COME AND SEE

Interested
in Becoming
Catholic ?

Please join us for
the next RCIA meet-
ing on **Tuesday,**
February 25th from
7pm-8:15pm in the
social hall.

Becoming Catholic

A Journey of Faith

THE THREE ORDINARY VOICES OF GOD

NEW YORK TIMES BESTSELLING AUTHOR
MATTHEW KELLY

The Book of the Month for both January and February 2025 is ***The Three Ordinary Voices of God*** by Matthew Kelly. We gave this book away as a Christmas gift to everyone at the parish, and we will have more copies of the book to give away as well as we begin the month of February. It is a very easy, enjoyable, and engaging read at just over 100 pages. Matthew Kelly, as usual, does a wonderful job of helping us to access the deep topic of prayer using gifted story-telling, analogies and examples that come to life, and practical tips to help us follow

through with this most essential habit of our faith. Sometimes we do overcomplicate how we approach our spiritual lives, and recognizing how God speaks through three of our most fundamental human experiences: our needs, our talents, and our desires; Matthew Kelly brings to life how often and profoundly God wants to speak to us and move us closer to Him. This all leads to our ultimate desire, which is our desire for God Himself, so I encourage you to give this book a chance and please consider coming to our book discussion on **Wednesday, February 26th from 7:30 – 8:30 pm** in the Church social hall. This is just a quick reminder, but you don't have to read or book or be an expert in prayer to attend this meeting! It is a great way to simply hear my favorite parts, get a quick summary of the book, and talk to some other parishioners about prayer and how to live our Catholic Faith in a deeper way. Thank you again, and God Bless you all as we continue through the beginning of 2025 and Ordinary Time in the Church year!

47th Men's Retreat - August 1 - 3

**Mount St. Mary's
University**

**Retreat Leader:
Monsignor Charles Pope**

**Pastor: Holy Comforter – St.
Cyprian Catholic Church,**

Washington, DC

[More Information to Follow](#)



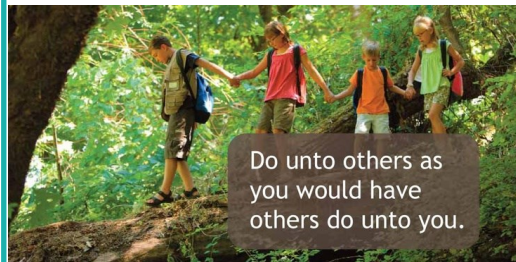
The Word of God Alive:

Discussing the Readings with your children.

In today's Gospel, Jesus challenges us, as his disciples, to go the extra mile.

What does it mean to go the extra mile?

Going the extra mile is when we do more than what is expected of us, or when we do more than just the bare minimum. When we go the extra mile, it usually makes us happy to know that this extra effort will make someone else happy. We do not do it for our own benefit and we do not expect anything in return.



Instead of saying, "Go the extra mile," Jesus says, "Do unto others as you would have them do unto you." Then he explains that we must

love our enemies, give generously without expecting anything in return, and not seek revenge,

How can we love our enemies?

We show love for our enemies when we resolve disagreements peacefully or when we listen to the other person's point of view. Often when we stop arguing and begin listening, we find out that we share some of the same viewpoints.

Jesus tells us that when someone strikes us on the cheek, we are to offer the other cheek to be slapped as well.

Is Jesus teaching us to let people hit us?

No, he is teaching us not to be violent. Jesus wants us to be peacemakers. When someone is violent or a bully, Jesus teaches us to respond peacefully. Reacting with violence or seeking revenge is not a peaceful response.

Living our Faith: Think of one thing you will do this week to be a disciple of Jesus and go the extra mile.

Be Truly
Christlike
Go the
Extra Mile

The next potluck will
be Sunday March 16th

Following the
11am Mass.

Potluck Sunday

Please bring own place settings
and a dish to share. Water, juice &
coffee will be provided.





Knights of Columbus & The Ladies Auxiliary



The next KofC meeting is Thursday, March 6th at 7pm in the parish hall. Please see Pat Shay at 732--319-6132 for more information on the KOC.

The next Ladies meeting is Wednesday, March 5th at 2pm in the parish hall. For more info. on the Ladies Aux. please contact Donna Bonitz at 717-860-4909 or ddbonitz@gmail.com.



All students in grades 6-12 are invited to our next Youth Group Meeting on **Saturday March 29th from 6-8pm** in the social hall. **Bring your friends!**



Mardi Gras Tea

All women of the parish are invited to attend Sunday, March 2nd 3:00 pm to 5:00 pm. This is an afternoon of sharing and fun to celebrate before the beginning of Lent. Those attending are asked to bring: a tea cup or mug, some finger food to share, a happy and joyful spirit, a friend.

The theme this year is **BAKING**. Questions or for more information contact Mary Poffenberger 301-639-3297 email missmary@lockfarm.net

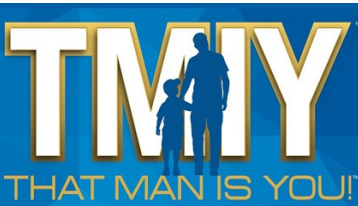


Run with a Priest! (...or walk or bike!)

Every 1st & 3rd Saturday we will meet outside the social hall around 9:45am. Take a short run (walk or bike) on the Rails to Trails.



The next choir practice will be **Wednesday, February 26th** from 7:15pm-8:30pm.



For All Men 18 Years or Older SCHEDULE:

- 7:00am Breakfast
- 7:30am Presentation (Video)
- 8:00am Small Group
- 8:30am Closing Prayer and Dismissal

Next meeting will be Sat. March 1st in the social hall.



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|--------------------------------------|---|
| Saturday,
9:00am
5:00pm | February 22
Intentions of Pat Emmons
In Memory of Theresa Fremer Schlenker |
| Sunday,
8:00am
11:00am | February 23
People of the Parish
In Memory of Steven P. Grezner |
| Monday,
9:00pm | February 24
Private Intentions |
| Tuesday,
8:30am | February 25
Intentions of Dolores Davies |
| Wednesday,
6:30pm | February 26
Intentions of Jolene Cramm |
| Thursday,
8:30am | February 27
Intentions of Christine Bondi |
| Friday,
8:30am | February 28
Intentions of Jill Smeltzer |
| Saturday,
9:00am
5:00pm | March 1
Intentions of Jill Lear
Intentions of Father Ben Dunkelberger |
| Sunday,
8:00am
11:00am | February 23
Intentions of the Scalavino Family
People of the Parish |



You may sign up for a weekend to have flowers placed at the tabernacle in honor or in memory of someone. The flowers cost 40.00.

The flowers will be ordered and delivered from Fishers Florist. The sign up sheet is in the lobby of the church. Envelopes are provided near the sign up sheet for payment that you may put in the collection bin. Please contact Sue German at 717-816-0552 with questions.



All are welcome to join us in the social hall after the 8:30am Mass on Thursday mornings.



If you would like to be part of a prayer group to help the Poor Souls in Purgatory through prayer, please call Michelle at 717-552-7252.