

~~JUNE 22~~APRIL 27, 2025



LITURGY SCHEDULE FOR JUNE 29~~MAY 4, 2025~~

<i>Mass</i>	<i>Communion</i>	<i>Lectors</i>
<b>5:00PM</b>	D. Haggerty	S. Michelli
	V. HaggertyS. Donohue	
	V. HaggertyS. Wilson	

<b>6:30AM</b>	S. Brown	S. Brown	J.
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RobbinsM. Konopka

<b>8:00AM</b>	J. Sweeten	J. Sweeten	
	R. JulianoR. Juliano		
	J. Teson		

J. Teson

<b>10:00AM</b>	B. Waganer	C. Comly	
T. Cullen	P. Kolman	C. Mulray	
	J. Lynch		
	N. Burnosky	P. Cullen	

<b>12:00PM</b>	R. Spear R. Spear	B.	
GibbonsB. Gibbons	J. SpearJ. Spear		

PRIEST MASS SCHEDULE FOR  
SUNDAY, JUNE 29~~MAY 4, 2025~~

5:00M	Fr. Kirk
6:30AM	Fr. KirkKirk
8:00AM	Fr. Kirk
10:00AM	Fr. John
12:00PM	Fr. John

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**P R A Y E R**  
*for the infirm of our parish*

**All sick parishioners, their relatives, and friends:**

~~Theresa Fochtman~~—friend of Kilrain Family  
~~Carmen Bianco~~—friend of Kilrain Family

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~~Edward Jacobs~~—husband of Marie JacobsPat  
~~Erdman~~—friend of Zegarski Family

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~~Mary Jane DeSalvo~~—sister of Bill Kilrain  
~~Tina Dunleavy~~—relative of Mary Ann & Karen Zegarski  
~~Caroline Conway~~—friend of Joyce Rainier  
**All deceased parishioners, their relatives, and friend:**  
~~Marie Murray~~—parishioner  
~~Frank Daley~~—husband of Lillian Daley

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**Monday** June 23~~April 28, 2025~~

6:30 Joan Dufner req. by Fran & Ed Kubala6:30  
~~Frances E. Marinucci~~ req. by Janda Family

8:00 Christopher Reilly req. by Reilly Family8:00  
~~Mark Burgmann~~ req. by Susan Guest

**Tuesday** June 24~~April 29, 2025~~

6:30 Ronald Ditzler req. by Hartzell FamilySadie & Ed  
~~Devlin~~ req. by Monica/Fred Bloesch

8:00 John J. Dolan, Sr req. by Kathy CassettaAnne  
~~O'Shea~~ req. by Husband Ron

**Wednesday** June 25~~April 30, 2025~~

6:30 Ryan Comas req. by Kutschera FamilyCarolyn  
~~McCann~~ req. by Fred & Monica Bloesch

8:00 Michael Lenahan req. by FamilyTiffanie Polidoro  
~~req. by Colleen & Mike Frisco~~

**Thursday** June 26~~May 1, 2025~~

6:30 Gerard Ryder req. by Emily & EricDr. Alisa  
~~Devlin~~ req. by Monica & Fred Bloesch

8:00 Mary Dahms req. by R. Ricci & D.  
~~Daughen~~Carolyn DeSautel req. by Susan Guest

**Friday** June 27~~May 2, 2025~~

6:30 Joan Liston req. by Fred & Monica BloeschLinda  
~~Dluoik~~ req. by Marianne & Paul Klein

8:00 Earl Devine req. by Daughter DebbieTiffanie  
~~Polidoro~~ req. by Jessica & Dennis McKee

9:00 Leon Flanagan req. by Mom & Dad

**Saturday** June 28~~May 3, 2025~~

8:00 Frances Lempa req. by FamilyRose Ricciardi  
~~req. by Colleen & Patrick Ricciardi~~

5:00PM Phyllis Kliber req. by Nora KramerRichard Dittert  
~~req. by Mena Dittert~~

**Sunday** June 29~~May 4, 2025~~

6:30 Joan Marie Melnichuk req. by Hennessey  
~~Fam~~Sheila Malone req. by Kathryn & Chris Hanratty

8:00 JoAnne Capriotti req. by Durrant FamilyHoly  
~~Soules in Purgatory~~ req. by Mary Elmer

10:00 William O'Connell req. by Cehlar FamilyMarilyn  
~~L. Fluehr~~ req. by Susan Guest

12:00 Andrew E. Little req. by Tony & EleanorHelen &  
~~Gerard Boecklet~~ req. by Family

Judith Bojko – parishioner

Theresa Fochtman – friend of Kilrain Family

▲ **For those in the armed forces:** Jack Coffey-Air Force; Jacob Gizzi-Marines; Joseph Pitts-Air Force; Brendan Vizza-Marines; Andrew Morrison, Marine Corp; Eric Charles Taylor-Navy; Emma Marks-Navy; Ryan Sylvester-Air Force; Kyle Higgins-Army; Justin T. Erbrick-Army; Sean Conroy-Navy; Joseph Erbrick, III-Marines; Joseph Costick-Coast Guard; Christopher Smith-Navy; Alex McAneney-Air Force; Brian McGinty-Marines; Dan O'Brien-Air Force; Ashley O'Brien-Air Force; Daniel Patty-Navy; Michael Sheppard-Air Force; Hoku Teson-Army; John McFillin-Navy; Trevor O'Malley-Army; Daniel Taylor-Air Force; Stephen Winther-Marines; Bobby Winther-Navy; Amanda Smith-Navy; Joseph Patty-Army; Christian Curtis-Marines; Thomas Campbell-Marines

**Divine Mercy Prayers** are on the third Sunday of each Month after the 10 AM Mass. All are welcome.

**Hospital Visits** - If you are in the hospital and would like a visit from a priest, please call the rectory office at 215-637-7515. Due to HIPPA laws we are unable to get information from the hospital - we must hear directly from the patient/family.



▲ **The Weekday Daily Mass – beginning on Wednesday, July 1<sup>st</sup> the daily mass Monday through Friday will be at 8:00AM ONLY. The 6:30 AM daily mass will resume on Tuesday, September 2<sup>nd</sup>.**

**RECTORY OFFICE will close at 12:00 Noon on Fridays in the summer.**

▲ **CONGRATULATIONS** to the following Calendar winners for the month of May : #816, 723, 826, 123, 517, 568, and 527.

▲ **Divine Mercy Novena**—starting Good Friday (immediately following the Good Friday 3PM service) as our Lord instructed St. Faustine to Pray! The Novena will continue thru Divine Mercy Sunday on April 27.

Archdiocese of Philadelphia Office for Life and Family is sponsoring WEDDING ANNIVERSARY MASS on May 3, at 5:15PM at the Cathedral Basilica of Ss. Peter and Paul, 1723 Race Street. This is celebrating couples who have been married 1-5 years, 10, 25 and 50 years. Register at [Phillycatholiclife.org](http://Phillycatholiclife.org)

**TEMPORARY ENVELOPES** – Please remember before placing a temporary envelope in the Offertory basket at Mass to write your name and address on the front of the envelope. Temporary envelopes are located right inside the front doors of the Church. Thank you for your continued support of Our Lady of Calvary Parish.

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**JUNE 22, APRIL 27, 2025**

**CALVARY SENIORS** meet every Tuesday at Regina Coeli Hall (across from Torresdale train station), 9617 James Street. Doors open at 9:30 and the meeting starts at 10:30.

**Run for the Roses**—Fundraiser to benefit Sr. Joan Ames Scholarship Endowment (Little Flower High School) on May 3, 2025 at The Brookside Manor at Somerton Springs from 5-9PM. Live viewing of the 151<sup>st</sup> Kentucky Derby, Buffet dinner, dress to impress contest, silent auction, Raffles & DJ Bananas entertainment—tickets \$75/person—cash bar. Tickets <https://bit.ly/RosesEvent>

**Retrouvaille: Rediscover the Love in your Marriage**—Tens of thousands of couples have healed their marriages through Retrouvaille. If you know anyone who could benefit from this program, please pass this on. Couples learn to build communication skills and to increase intimacy. It provides help for marriage problems, difficulties or crises. The next program will be held August 1-3, 2025 at the Family Life center in Malvern, PA. For more information, or to register, visit [www.HelpOurMarriage.org](http://www.HelpOurMarriage.org) or call 215-766-3944. All inquiries are strictly confidential.

**CALLING ALL CRAFTERS AND VENDORS!** Saint Thomas Aquinas Parish is now accepting applications for our **2025 Christmas Craft and Vendor Show**, taking place on Saturday, November 1<sup>st</sup> and Sunday, November 2, 2025. \$40.00 fee covers the weekend! For more information, please contact Cindy Kay-Salmon by text at 267-566-2477.

**ARCHBISHOP RYAN 2025 SUMMER SOCIAL PARTY with a purpose!**  
Saturday, July 26, 2025  
2PM to 7PM  
Seaport Pier, North Wildwood, NJ  
Tickets include live entertainment, buffet & drink special  
[www.arhs.me/summersocial](http://www.arhs.me/summersocial)  
email [friendsofryan.team@gmail.com](mailto:friendsofryan.team@gmail.com) for questions

**Tackle Football Registration**—We are currently taking registration for the 2025 fall football season. For information regarding JV & Varsity CYO football contact—Sam DuMond at [samueldumondjr@gmail.com](mailto:samueldumondjr@gmail.com) Registration for Calvary AA youth/age football can be done at [calvaryaa.org](http://calvaryaa.org)

**VOLUNTEERS for FOOD CUPBOARD** at Catholic Social Services Food Cupboard at 7340 Jackson Street, Phila, 19136 on Monday, Wednesday & Friday from 9AM-12PM. Requirement—clearances & trainings are required. Must be able to lift 25 pounds. If interested, call Rebecca Thompson at 215-624-5920 or email [rthompson@chs-adphila.org](mailto:rthompson@chs-adphila.org)

**COMMUNITY RESOURCES**—Do you need information about home care services, transportation options, financial benefits, health insurance, legal documents, social activities, home-based therapies, housing, etc...? There are a variety of community resources available that provide services to seniors and disabled adults. If you are interested in finding out what community resources are available for you, your family, or your friend, please call the St. Katherine Elder Care Program at 267-251-7766.

**ARCHBISHOP RYAN HIGH SCHOOL 50<sup>th</sup> YEAR REUNION**—1975 will be held on Friday, May 30, 2025 from 7PM to 11PM at the Southampton Room, 2980 Southampton Road. Tickets on sale at [www.arhs.me/class75reunion](http://www.arhs.me/class75reunion) Email [friendsofryan.team@gmail.com](mailto:friendsofryan.team@gmail.com) for questions.

**Alumni Mass & All-Class Reunion for St. Charles Borromeo School, Bensalem, PA** on Saturday, May 17, 2025—5:00PM Mass—gathering immediately following Mass in the Cafeteria. BYOB, appetizers, hoagies and wraps, dessert, music, school tours, 50/50. Suggested donations \$ 10 per person. RSVP to Colleen at 215-606-5396 /

**Al Anon** meeting at 7:00PM on Sundays (in person) in the lower church meeting room.

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The concerns regarding yoga largely revolve around whether one has a partial or a full understanding of what yoga is. A partial understanding of yoga is likely to support the notion that yoga is merely a physical posturing and stretching regimen with deep breathing intended to relieve anxiety and stress. A fuller understanding of yoga, however, recognizes that it is a spirituality, extending beyond mere exercises to certain aspects of Eastern spirituality ranging from meditation to mantras to physical posturing and symbolic hand gestures designed to “awaken the power of the divine,” where “divine” is often construed and pursued in a self-referential way. Yoga is a philosophical and spiritual practice developed in India and has its roots in Hinduism. It is often associated with Eastern spirituality, even if it is not always practiced in an explicitly religious way. Certain yoga traditions still retain strongly spiritual or religious components. Some yoga teachers or studios, additionally, may incorporate elements of Hinduism or other Eastern spiritual traditions into their practice, which can make it difficult to separate yoga from religion.

Dave Fetcho, formerly of the Ananda Marga Yoga Society, has argued, “Physical yoga, according to its classical definitions, is inheritably and functionally incapable of being separated from Eastern religious metaphysics.”

It is precisely those metaphysical and spiritual beliefs that raise concerns for faithful Christians. The Christian faith differs in fundamental ways from Eastern religious beliefs; ultimately, the two perspectives make highly divergent claims about the nature of God, the human person, their relationship, and the person’s ultimate destiny.

One example involves the notion of “kundalini”. Yoga scholar Hans Rieker declares, “Kundalini (is) the mainstay of all yoga practices.” Researcher John White describes a problematic “elevation” of man and an intense focus on man himself through the kundalini experience, which he describes as something akin to “divinizing” a person: “The word itself may not appear...but the concept is there...as a key to attaining godlike stature.”

A popular image of kundalini is of a serpent slithering as divine energy from the lower regions of the spine through all the subtle body centers and making its way to the crown. This Kundalini energy is portrayed as an awakening of a dormant spirit, said to be coiled at the base of the spine waiting to be released through yoga.

Swami Vivekananda summarizes the experience of Kundalini as follows: “When awakened through the practice of spiritual disciplines, it rises through the spinal column, passes through the various centers, and at last reaches the brain, whereupon the yogi experiences samadhi, or total absorption in the Godhead.” In describing this kundalini awakening of

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The Chaplet of Divine Mercy is recited using ordinary Rosary beads of five decades. The Chaplet is preceded by two opening prayers from the Diary of Saint Maria Faustina Kowalska and followed by a closing prayer.

1. Make the Sign of the Cross Is there any reason I shouldn't do yoga?

Fr. Tad Pacholczyk Apr 29, 2025

In the United States, there are roughly 30 million practitioners of yoga alongside an expanding industry providing yoga-related products and services, classes, workshops and equipment. But many Christians ask whether Christians should be practicing yoga. Are there any spiritual issues raised by the practice?

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the coiled snake energy in himself, Gopi Krishna writes. "It was variable for many years, painful, obsessive...I have passed through almost all the stages of...mediumistic, psychotic and other types of mind; for some time I was hovering between sanity and insanity."

*For Christians, this may call to mind the biblical and cunning serpent who flattered our first parents by assuring them that through their disobedience they would "be like God" (Gen 3:5). The pursuit of kundalini through yoga can be mentally and spiritually dangerous, as these practices induce altered states of consciousness that can render practitioners more susceptible or available to demonic deception.*

Approaching the question from another angle, the meditative dimensions of yoga also do not appear to be compatible with authentic Christian belief and prayer, which is a personal, communitarian and transcendent, seeking of the person of Christ.

Yoga embodies an impersonal approach that concentrates on the interior self. For example, a common mantra repeated in yoga is "So'ham," which roughly translates "I am the universal self. As noted in a 1989 Vatican Letter to The Bishops of The Catholic Church on Some Aspects of Christian Meditation, there is the risk that such forms of meditation "can create a kind of rut, imprisoning the person in a spiritual privatism" that excludes or locks out any real openness to the transcendent God.

Catholics ought to avoid yoga because of these many significant spiritual concerns. Yet some say that yoga helps them physically and psychologically. Jenny Dubay, a fitness professional and former avid yoga practitioner, has pointed out how we can get the benefits of yoga-like physical activity without the risks or harms. "Catholics," she said, "can and should stretch their bodies. There are many stretching techniques and movements that help enhance flexibility, release muscle tension after an intense workout, and promote relaxation. There's no need to engage in a yoga practice in order to gain these benefits." Among the alternatives to yoga are ballet, water ballet, simple stretching, Pilates, Barre classes (which use modified ballet and Pilates movements), or low-impact or water aerobics, as well as newer approaches which rely on explicitly Christ spiritual angles, such as PrayerMotion (developed by a Catholic physician who claims its roots come from Benedictine monastic practices), PraiseMoves, Pietra Fitness, SoulCore and Catholic Fit.

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

## 2. Optional Opening Prayers

St. Faustina's Prayer for Sinners

O Jesus, eternal Truth, our Life, I call upon You and I beg Your mercy for poor sinners. O sweetest Heart of my Lord, full of pity and unfathomable mercy, I plead with You for poor sinners. O Most Sacred Heart, Fount of Mercy from which gush forth rays

of inconceivable graces upon the entire human race, I beg of You light for poor sinners. O Jesus, be mindful of Your own bitter Passion and do not permit the loss of souls redeemed at so dear a price of Your most precious Blood. O Jesus, when I consider the great price of Your Blood, I rejoice at its immensity, for one drop alone would have been enough for the salvation of all sinners. Although sin is an abyss of wickedness and ingratitude, the price paid for us can never be equalled. Therefore, let every soul trust in the Passion of the Lord, and place its hope in His mercy. God will not deny His mercy to anyone. Heaven and earth may change, but God's mercy will never be exhausted. Oh, what immense joy burns in my heart when I contemplate Your incomprehensible goodness, O Jesus! I desire to bring all sinners to Your feet that they may glorify Your mercy throughout endless ages (Diary, 72).

You expired, Jesus, but the source of life gushed forth for souls, and the ocean of mercy opened up for the whole world. O Fount of Life, unfathomable Divine Mercy, envelop the whole world and empty Yourself out upon us.

(Repeat three times)

O Blood and Water, which gushed forth from the Heart of Jesus as a fount of mercy for us, I trust in You!

## 3. Our Father

Our Father, Who art in Heaven, Hallowed be Thy name: Thy kingdom come; Thy will be done on earth as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses, as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil, Amen.

## 4. Hail Mary

Hail Mary, full of grace. The Lord is with thee. Blessed art thou amongst women, and blessed is the fruit of thy womb, Jesus, Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death, Amen.

## 5. The Apostles' Creed

I believe in God, the Father almighty, Creator of Heaven and earth, and in Jesus Christ, His only Son, Our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried; He descended into hell; on the third day He rose again from the dead; He ascended into Heaven, and is seated at the right hand of God the Father almighty; from there He will come to judge the living and the dead. I believe in the Holy Spirit, the holy Catholic Church, the Communion of Saints, the forgiveness of sins, the Resurrection of the body, and life everlasting. Amen.

## 6. The Eternal Father

Eternal Father, I offer You the Body and Blood, Soul and Divinity of Your Dearly Beloved Son, Our Lord, Jesus Christ, in atonement for our sins and those of the whole world.

## 7. On the 10 Small Beads of Each Decade

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For the sake of His sorrowful Passion, have mercy on us and on the whole world.

**8. Repeat for the remaining decades**  
Saying the “

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