Office of Communications

WEEKLY MAILING
February 24, 2017
weekly.mailing@portlanddiocese.org

Office of the Moderator of the Curia
- Varia (March 2017)
- Varia—Special Edition: Lent & Easter 2017
- Liturgy Notes: Lent & Easter Reminders
- Liturgy Notes: Celebration of the Sacraments During Holy Week

Office of Communications
- Ash Wednesday Mass Listings (March 1)
- Lenten Resources Section of Diocesan Website

Office of Missions/CRS
- Prayer for Blessing of Rice Bowls on Ash Wednesday (March 1)

Office of Ministerial Services
- Clergy Institute 2017

Office of the Chancellor
- Diocesan Directory Changes

Office of Lifelong Faith Formation
- “Save the Dates” for 2017

Office of Human Resources
- Current Openings

From the Catholic Community
- Events and Announcements

For updated news and features from the diocese, visit: www.portlanddiocese.org.
For Adobe Reader, visit get.adobe.com/reader.
To: All Priests, Deacons, Seminarians and Pastoral Associates
Date: Friday, February 24, 2017
Re: VARIA – March 2017

GENERAL ANNOUNCEMENTS

Chancery Office Hours: Monday through Friday, 9:00 AM to 4:30 PM.

Daylight Savings Time: Clocks are set ahead one hour beginning at 2:00 AM on Sunday, March 12, 2017.

Holidays: In observance of the following holy days/holidays, the Chancery will be closed:

- **Good Friday – Day of Prayer:** Friday, April 14, 2017
- **Patriots’ Day:** Monday, April 17, 2017
- **Memorial Day - Observed:** Monday, May 29, 2017

Friday Abstinence and St. Patrick’s Day 2017: In honor of St. Patrick, a secondary patron of the Diocese of Portland, and recognizing that St. Patrick’s Day, March 17, 2017, falls on a Friday of Lent this year, the Most Reverend Robert P. Deeley, Bishop of Portland, is authorizing individuals who choose to eat meat (i.e., such as is found in a traditional corned beef and cabbage dinner) on that Friday to commute (that is, transfer) their abstinence from meat to another day within that same week.

Rest in Peace: Please pray for the repose of the soul of:

- **Robert J. Michaud**, 70, father of Dean Michaud (he worked at Chancery during the transition of accounting and parish management software), who died on Sunday, January 22, 2017, in Van Buren. A graveside service will take place in the spring.
- **Mr. Real L’Heureux**, 93, brother of Reverend Ernest L’Heureux (a retired priest of the Diocese of Portland), who died on Tuesday, January 31, 2017, in Springvale. A Mass of Christian Burial was celebrated on Friday, February 3, 2017, at Holy Family Church of St. Thérèse of Lisieux Parish, Sanford.

Please pray also for the consolation of their friends and families, natural and religious.

Diocesan Directory: Go to www.portlanddiocese.org/diocesandirectory13. As changes are made and/or submitted, they are included in the Weekly Mailing (please see the Diocesan Directory Changes page in this Weekly Mailing).
Clergy Events


- **Annual Priests’ Retreat 2017**: Sunday, October 8, through Thursday, October 12, 2017, Marie Joseph Spiritual Center, Biddeford Pool. *Rev. James F. Quigley, O.P., who is in residence at Providence College, will lead the retreat.*

- **Annual Day of Prayer for the Sanctification of Priests**:
  - Friday, June 23, 2017, at St. Charles Borromeo Church of All Saints Parish, Brunswick.
  - Presenter: Rev. David P. Skillman, Ph.L., of the Archdiocese of St. Louis, MO.

NEW Mileage Reimbursement Rate: Effective January 1, 2017, the Diocese has adopted the already approved IRS standard mileage reimbursement rate of **$0.53.5/mile**. For more information, click on this link: [New Standard Business Mileage Rate January 2017](#). Upon presentation of documentation that indicates the day, the main points of travel, the distance, and the nature of the business travel, parishes and diocesan offices are permitted to reimburse at the rate of $0.53.5/mile. The travel must be related to one’s assigned duties for the parish or the diocese, have proper documentation, and cannot include commuter miles (that is, miles driven between your residence and primary office/place of work).

**LITURGICAL NOTES & UPCOMING EVENTS**

Liturgy of the Hours:

- **Ordinary Time**: Begin using Volume III on Tuesday, January 10, 2017, through Tuesday, February 28, 2017, the day before Ash Wednesday, March 1, 2017 (Lent).

- **Lent-Easter Seasons**: Begin using Volume II on Ash Wednesday, March 1, 2017, through Sunday, June 4, 2017 (the Solemnity of Pentecost).

**Resource - Lent-Easter VARIA**: Please see the special edition of the Lent-Easter VARIA sent out earlier by the Office of the Bishop and also included in this mailing. This document provides information about items such as THE LIGHT IS ON FOR YOU, the TIME of the EASTER VIGIL, RCIA-related Masses, retreats, etc.

**Resource - Echoing God’s Word in the Catholic Faith Community**: Each week, in “Echoing God’s Word in the Catholic Faith Community,” Father Clement Thibodeau shares reflections on the Scripture passages read at Mass, offering insight into the readings, and providing historical context for them. The weekly reflections also include a prayer, questions to ponder or discuss, and related Catholic doctrine. Echoing God’s Word is a valuable resource for both individuals and small faith-sharing groups. The reflections may be found year round at [www.portlanddiocese.org/echoing-gods-word-reflections](http://www.portlanddiocese.org/echoing-gods-word-reflections). If your parish would like to receive the reflections as word documents, please email: lois.czerniak@portlanddiocese.org.

**New Location: Regional Confirmation Masses for Already Baptized Catholic Teens and Adults**
– Because “the ordinary minister of confirmation is the bishop” (Canon 882), the Most Reverend Robert P. Deely, J.C.D., Bishop of Portland, invites teenagers and adults who already have been baptized in the Catholic Church to receive the Sacrament of Confirmation at one of the following three locations throughout the diocese:

- Friday, April 28, 2017 @ 7:00 PM – Cathedral of the Immaculate Conception, Portland
- Friday, May 5, 2017 @ 7:00 PM – Nativity of the Blessed Mary Church, Presque Isle
- Friday, May 19, 2017 @ 7:00 PM – St. Teresa Church, Brewer
If some of these already baptized Catholic candidates for the Sacrament of Confirmation also require the reception of First Eucharist/Holy Communion, they, too, should be included in one of these celebrations.

Please note that it is always appropriate to include already baptized Catholic teens and adults in the local parish celebration that Bishop Deeley also will celebrate. For registration information, visit www.portlanddiocese.org/olff/confirmation-baptized-teens-and-adults.

**FINANCE & ADMINISTRATION**

Special Collections: These collections will be taken in all churches of the diocese on the designated weekend. Unless otherwise indicated, all collections must be remitted to the Diocesan Finance Office by the second Friday after the collection. Links are provided as resources to assist you in promoting these collections through bulletin inserts, pulpit announcements, prayers, etc. *Please encourage parishioners to be generous stewards by supporting the important needs that exist in your parish, at the diocesan level, and for the universal Church.*

Reminders for Collections to be taken in March & April:

**Church of Central-Eastern Europe & Solidarity Fund for Africa**
- **Date of Collection:** Wednesday, March 1, 2017 (Ash Wednesday)
- **Deadline to Remit:** Friday, March 17, 2017

**Solidarity Fund – Support the Church in Africa**

- **Resources:**
  - Central/Eastern Europe Collection - Restore the Church Build the Future
  - Solidarity Fund – Support the Church in Africa

**Native American & Black Missions**
- **Date of Collection:** March 4, 2017 (First Sunday of Lent)
- **Deadline to Remit:** Friday, March 17, 2017

**Collection Black & Indian Ministry - Our Mission to the Missions**

***This national collection returns $50,000 annually to the Diocese of Portland for direct ministry to the Native American reservations at St. Ann at Indian Island; St. Ann at Indian Township/Peter Dana Point; and St. Ann at Perry/Pleasant Point; and for ministry with African immigrants at Sacred Heart/St. Dominic Parish and Cathedral Parish in Portland. The monies collected at the parish level have a direct impact in our diocese. Thank you for your support in promoting this collection.***

**Catholic Relief Services**
- **Date of Collection:** March 25/26, 2017
- **Deadline to Remit:** Friday, April 7, 2017

**CRS Collection 2017 - Help Jesus in Disguise**

**Church in the Holy Land**
- **Date of Collection:** April 14, 2017 (Good Friday)
- **Deadline to Remit:** Friday, April 28, 2017

**Support Christians in the Holy Land Now**

**Easter Collection****
- **Date of Collection:** April 15/16, 2017 (Easter Vigil & Easter Sunday)
- **Deadline to Remit:** Friday, April 28, 2017

**Important Info:**
- 75% of this collection supports the Diocesan Priests Health & Pension Plans
- 25% of this collection supports Diocesan Emergency Needs
Please encourage support of this collection, which supports our retired priests who have been generous in their service to the faithful of this diocese.

SACRAMENTS & RELATED INFORMATION

Resource Page on Diocesan Website – Recurring VARIA Items: Certain VARIA features recur and do not change from month to month; therefore, they have been re-created on the diocesan website at the following link: http://www.portlanddiocese.org/recurring-VARIA. As these items are updated, they will be reissued in the VARIA and on the website. For example, the items appearing on this specially created page of our diocesan website include:

Sacramental Registers
- Handling Requests Made for Information Recorded in Sacramental Registers
- Recording Sacraments Celebrated in Institutions – Hospitals and Colleges
- Recording Sacraments Celebrated in Joint Parish Celebrations
- Using Death Registers
- Disposing of Old/Outdated Liturgical Books

Marriage-Related Matters
- Need for Delegation of a Priest/Deacon for a Catholic Wedding
- Annulments and the Setting of Wedding Dates
- Requesting & Processing of Marriage Dispensations
- When Annulments are Pending and/or Restrictions Have Been Imposed
- Sacramental vs. Valid Marriages in Church and Civil Law

Celiac Sprue Disease & Low-Gluten Hosts
- Requirements for Using & Availability of Low-Gluten Hosts

MISCELLANEOUS

Policy RE: Extending Invitations to International Clergy to Exercise Ministry in the Diocese: Please note that extending invitations to international clergy is reserved to the Bishop and his delegates. While we are all aware of the very real need for priests to provide coverage during vacations, retreats, or other time away, we must also be conscious that international clergy must receive an invitation from the Bishop to serve in this Diocese, and then, that invitation includes an extensive vetting process that follows the procedures and regulations of the United States Department of Homeland Security and other federal agencies. International clergy must have the correct type of VISA (all VISAs are not created equal; for example, some are for visitor or tourists, others for students, and others for work and, more specifically, for “religious workers”). A VISA does not automatically allow a priest to exercise ministry in the USA. Of course, the vetting process must also include diocesan procedures related to Safe Environment and the Code of Ethics. If you have any questions, please do not hesitate to contact Msgr. Andrew Dubois.

Advisories: Please contact the Chancery (either the Chancellor or the Moderator of the Curia) if you are contacted by or have information about the following individuals or organizations about whom the Office of the General Secretary of the USCCB has issued the following advisories:
- New and/or Current Advisories – None to report at this time.
- Recurring Advisory
  - Solicitations: Please beware of any and all mailings that you may receive (both through electronic sources and the postal service) that promise your parish, school, cemetery, or other organization a bequest, inheritance, grant, or other sum of money in exchange for a “good faith/gesture donation or commission.” Such offers are “too good to be true”; please do not respond in any fashion.
Pilgrimages: If you are planning a pilgrimage or have been approached by a travel agency to lead a pilgrimage, please note that there are “travel or touring” companies that do not always fulfill their obligations, and in some cases, they have failed to return payments already received. If you have any questions or concerns about a particular vendor, please do not hesitate to contact the Diocese.

Direcives for Visiting Priests (clarification) - Distinction between the need for a Celebret vs. a Letter of Suitability: Please remember that pastors should always exercise caution in admitting priests to ministry in the parish, especially when they are unknown to them or their parishioners. Even if known personally by the priests of the parish, a visiting priest must have his canonical superior (bishop or religious superior) send a letter of suitability to Bishop Deeley. If the letter is sent directly to the parish, then a copy must be provided to the bishop. If the bishop receives the letter, a COPY of the original will be emailed to the parish, and the original will be kept in the parish file at Chancery. The only time a celebret suffices is if the cleric is visiting the area (i.e., relatives) and will be in attendance as a concelebrant (neither as the principal celebrant nor as the homilist). The celebret must be dated within the year. If there are any concerns relative to the status of a visiting priest, please consult Sr. Rita-Mae Bissonnette, Chancellor.
Conversely, if a priest or deacon of the Diocese of Portland is going to exercise ministry outside our diocese, then a Letter of Suitability should be requested from the Bishop’s Office, ideally two to three weeks before the event. It is understood that advance notice may not be possible if you are going to celebrate a funeral, but all other requests should be planned.
Season of Lent

Lent begins on Ash Wednesday, March 1, 2017, and goes until the evening Mass of the Lord's Supper on Holy Thursday, April 13, 2017.

Fast & Abstinence

- **Ash Wednesday & Good Friday** - Both March 1, 2017, and April 14, 2017, are days of fast and abstinence (from meat) in the universal Church.
- **Every Friday of Lent** - All Fridays of Lent are days of abstinence (from meat) in the Church in the United States.
- **The Law of Abstinence** - Binds Catholics aged 14 and older.
- **The Law of Fasting** - Binds Catholics aged 18 and over, until the beginning of their 60th year (through age 59).

Lenten Environment & Music - During Lent, the decoration of the altar with flowers is not permitted; musical instruments may be played only to give necessary support to the singing. Exceptions to these rules include Laetare Sunday, Solemnities, and Feasts.


Ash Wednesday - The following rubrics are to be followed:

- The Penitential Act is omitted. After the usual greeting, the priest offers the Collect.
- The Blessing and Distribution of Ashes take place after the homily.
- The approved words for the Distribution of Ashes are:
  - "Repent, and believe in the Gospel." OR
  - "Remember that you are dust, and to dust you shall return."

Rite of Election & Call to Continuing Conversion 2017 – The Most Reverend Robert P. Deeley, J.C.D., Bishop of Portland, will be the principal celebrant and homilist at the Masses in Caribou and Waterville; Reverend Msgr. Andrew Dubois, Vicar General, will be the principal celebrant and homilist at the Mass in Portland (due to a prior commitment for the Bishop). Please note the times and locations of each Mass:

- **Saturday, March 4, 2017 @ 4:00 PM** – Holy Rosary Church, Caribou (Precious Blood).
- **Sunday, March 5, 2017 @ 10:30 AM** – Notre Dame Church, Waterville (Corpus Christi).
- **Sunday, March 5, 2017 @ 5:00 PM** – Cathedral of the Immaculate Conception, Portland.

More information, including the registration process, has been emailed to all parishes, priests, and RCIA Coordinators. To register online, please click on the following link: [www.portlanddiocese.org/olff/rite-election](http://www.portlanddiocese.org/olff/rite-election)

In the event of cancellation because of a storm, the Rite of Election will take place the following weekend (2nd Sunday of Lent), at the same times and in the same churches/locations.
RCIA Retreat Days for Elect & Candidates
The Office of Lifelong Faith Formation is pleased to announce the following "regional" pre-Easter retreat day opportunities for the elect and candidates, their sponsors and godparents, as well as RCIA team members:

- Saturday, April 1, 2017 – St. Charles Borromeo Church Hall, Brunswick
  - Theme: “Rituals of Holy Week” by Fr. Thomas Murphy, presenter
- Saturday, April 1, 2017 – Holy Rosary Parish Center, Caribou
  - Theme: “Let There Be Light” by Very Rev. Jean-Paul Labrie, presenter
- Saturday, April 1, 2017 – Most Holy Trinity Church Hall, Saco
  - “Theme: “Celebrating the Triduum” by Rev. Msgr. Michael Henchal, presenter
- Saturday, April 8, 2017 – St. John Church Hall, Bangor
  - “Theme: “You did not choose me, I chose you” (John 15:16) by Rev. Augustine Nellary, presenter

For more information, including the registration process, please click on the following link: www.portlanddiocese.org/content/rcia-lenten-retreat.

The Light is On for You – Our diocese has designated/dedicated the week of Monday, April 3, through Friday, April 7, to host "The Light is On for You" during Lent 2017. All parishes/clusters are asked to offer the Sacrament of Penance (confessions) in at least one of their parish churches from 6:00 PM to 7:00 PM, on any four (4) nights between Monday and Friday. Please note the following:

- Based upon local needs and available personnel, extended times, dates and locations are permissible.
- As in previous years, the Diocese will promote “The Light is On for You” through a press release, the website, Harvest magazine, and if possible, The Presence Radio Network.
- We encourage local parishes to make use of local newspaper ads, bulletin articles and inserts, and pulpit announcements.
- In a special way, many thanks to our retired priests who help our priests and parishes in so many ways, including with this grace-filled sacramental moment.

The Annunciation of the Lord – This Solemnity is celebrated on Saturday, March 25, 2017, prior to Evening Prayer I of the Fourth Sunday of Lent (before 4 PM). This is not a holy day of obligation. During the recitation of the Creed, all should genuflect at the words: “…and by the Holy Spirit, was incarnate of the Virgin Mary.”

Holy Week & the Sacred Triduum*
*Please see the special insert entitled, "Lent & Holy Week Rubrics."

Palm Sunday of the Passion of the Lord - Saturday, April 8, and Sunday, April 9, 2017. Please note the various options (i.e., The Procession, The Solemn Entrance, The Simple Entrance) that are available in the Roman Missal (¶2-18) for the blessing of the palms and processions.

Chrism Mass - Please reserve the date! A separate email will be sent regarding the availability and distribution of Chrism Mass tickets! With the clergy serving in the diocese, the Most Reverend Robert P. Deeley, J.C.D., Bishop of Portland, will preside and preach at the annual Chrism Mass on Tuesday, April 11, 2017, at 5:45 PM, at the Cathedral of the Immaculate Conception, Portland. All priests and deacons are asked to wear their white diocesan vestment (including an alb and matching white stole).

Mass of the Oils – Please reserve the date! With the clergy serving in northern and eastern Maine, the Most Reverend Robert P. Deeley, J.C.D., Bishop of Portland, will preside and preach at the
annual Mass of the Oils on Wednesday, April 12, 2017, at 6:30 PM, at St. David Church of Notre Dame du Mont Carmel Parish, Madawaska.

**Holy Thursday & the Evening Mass of the Lord’s Supper** - Thursday, April 13, 2017

- **Reminder regarding Funeral MASSES:** Other than the Chrism Mass (in dioceses where it is celebrated on Holy Thursday) and the Mass of the Lord’s Supper, “…other Eucharistic celebrations on Holy Thursday are entirely forbidden.” Therefore, funeral Masses are forbidden on Holy Thursday, Good Friday, Holy Saturday, and Solemnities that are Holy Days of Obligation (Resources: USCCB Newsletter, Volume XXIV, February 1988; Revised GIRM, 3rd Edition of the Roman Missal © 2010/2011, ¶380).

- **Reminder regarding the Celebration of the Sacraments during the Sacred Paschal Triduum:** During the Triduum, the sacraments of penance and anointing of the sick may continue to be celebrated. Holy Communion may be given to the sick and homebound immediately after the liturgies of Holy Thursday and Good Friday but only as viaticum to the dying on Holy Saturday.

**Good Friday & the Passion of the Lord** - Friday, April 14, 2017

**Holy Saturday & the Easter Vigil**

>`In the shadows of the passion, crucifixion and death of Jesus on Good Friday, the new fire of the Easter Vigil on Holy Saturday pierces the darkness of a world that waits for and anticipates the Light of the Risen Christ on Easter Sunday. –AD`

- Easter Vigil on Saturday, April 15, 2017 - Based upon the estimated time of sunset in various locations throughout the state (from 7:15 PM to 7:28 PM), the Easter Vigil may begin no earlier than 7:45 PM (post-twilight).

- **Advisory on the Time of the Easter Vigil**
  - Concerns have been submitted to the Office of the Bishop that the time announced for the proper celebration of the Easter Vigil has not been followed uniformly throughout the diocese. Times varied from as early as ½ to 1 ½ hours ahead of actual time.
  - As is noted above, the Easter Vigil 2017 is to be celebrated no earlier than 7:45 PM throughout the diocese, after nightfall (i.e., not sunset but after the sky has grown completely dark), in order to be in compliance with liturgical law. In regard to the proper time of the celebration of the Easter Vigil, the Roman Missal states, “The entire celebration of the Easter Vigil must take place at night, so that it begins after nightfall and ends before daybreak on Sunday” (#3).
  - The Circular Letter Concerning the Preparation and Celebration of the Easter Feasts from the Congregation for Divine Worship (1988), says, “This rule is to be taken according to its strictest sense. Reprehensible are those abuses and practices that have crept into many places in violation of this ruling …” (#78) and the USCCB Committee on the Liturgy has stressed on numerous occasions that it is a misunderstanding of the nature of the celebration of the annual Pasch to have an untimely scheduling of the Easter Vigil. It's (almost) annual advisory notes that nightfall actually takes place 45 minutes to 1 hour after sunset for setting the time of the celebration of the Easter Vigil, which is how this year’s (2017) time of 7:45 PM has been determined.
  - If you have any questions, please do not hesitate to contact me at Chancery.

**Season of Easter**

**Easter Sunday** is on April 16, 2017; the season of Easter runs through Evening Prayer II of the Solemnity of Pentecost on Sunday, June 4, 2017.
**Easter Duty** - In the dioceses of the United States, the obligation to receive Holy Communion at least once a year may be satisfied from the First Sunday of Lent (March 4/5) to Most Holy Trinity Sunday (June 10/11). For a just cause, the Easter duty may be fulfilled at some other time of the year (Canon 920).

**Divine Mercy Sunday (Second Sunday of Easter)** – April 23, 2017

**New Location: Regional Confirmation Masses for Already Baptized Catholic Teens and Adults** – Because “the ordinary minister of confirmation is the bishop” (Canon 882), the Most Reverend Robert P. Deeley, J.C.D., Bishop of Portland, invites teenagers and adults who already have been baptized in the Catholic Church to receive the Sacrament of Confirmation at one of the following three locations throughout the diocese:

- Friday, April 28, 2017 @ 7:00 PM – Cathedral of the Immaculate Conception, Portland
- Friday, May 5, 2017 @ 7:00 PM – Nativity of the Blessed Mary Church, Presque Isle
- Friday, May 19, 2017 @ 7:00 PM – St. Theresa Church, Brewer

If some of these already baptized Catholic candidates for the Sacrament of Confirmation also require the reception of First Eucharist/Holy Communion, they, too, should be included in one of these celebrations.

Please note that it is always appropriate to include already baptized Catholic teens and adults in the local parish celebration that Bishop Deeley also will celebrate.


**The Solemnity of the Ascension of the Lord** - Thursday, May 25, 2017. This is a holy day of obligation. A vigil Mass may be celebrated on the evening of Wednesday, May 24, 2017. A *pro populo* Mass (for the people) must be offered. Funeral and nuptial/wedding Masses are not permitted.

**The Solemnity of Pentecost** - Saturday Vigil, June 3, & Sunday, June 4, 2017. Please review the rubrics in the *Roman Missal*, which provide details for both options of the Vigil of Pentecost (i.e., "Extended Form" and "Simple Form").

**Neophyte Mass** – A Neophyte Mass will be celebrated by the Most Reverend Robert P. Deeley, J.C.D., Bishop of Portland, at the 10:00 AM Mass on Sunday, June 11, 2017, at the Cathedral of the Immaculate Conception, Portland. All of the newly baptized, as well as those who completed their initiation at the Easter Vigil, are invited to join Bishop Deeley for this special Mass at which they will be prayed for and blessed. Priests and deacons are invited to concelebrate and assist, respectively; please bring an alb and a green stole.
Liturgy Notes: Lent & Easter Reminders from the Roman Missal, 3rd Edition*

Ash Wednesday & Sundays of Lent - The Prayer over the People at the Final Blessing is obligatory, concluding with: "And may the blessing of almighty God, the Father, and the Son, + and the Holy Spirit, come down on you and remain with you forever. Amen." On weekdays of Lent, the Prayer over the People is optional.

Palm Sunday of the Passion of the Lord - For convenience, the opening Gospel text (all options, all cycles) used at the Procession with Palms have been printed in full in the Missal, eliminating the need for more than one book to be used before the procession. However, use of the Book of the Gospels is still permitted.

Chrism Mass - The Rites of the Blessing of Oils and Consecrating the Chrism are no longer included in the Missal. The Holy See has provided provisional texts in a recent reprinting of the Roman Pontifical.

The Sacred Paschal Triduum

- General Notes - Please review the rubrics and special notations beginning on page 154.
  - Throughout the Sacred Paschal Triduum, it is important to note that the Sacraments of Penance and the Anointing of the Sick may continue to be celebrated.
  - Holy Communion may be given to the sick and homebound immediately after the liturgies of Holy Thursday and Good Friday.

- Holy Thursday - For pastoral reasons, the Ordinary may permit another Mass to be celebrated in the evening; and, in the case of genuine necessity, [at an earlier time in the day], but only for the faithful who are in no way able to participate in the evening Mass (p. 155; no. 3).

- Good Friday - Two changes of note are highlighted:
  - At the Celebration of the Lord's Passion, deacons are no longer permitted to preside, noting that "This liturgy by its very nature may not...be celebrated in the absence of a Priest" (p. 169; no. 4).
  - Multiple crosses are no longer permitted for adoration by the faithful. Two options may be pursued: (1) a larger Cross may be approached by the people from different sides, or (2) a smaller representative group of the faithful conduct the adoration on behalf of the assembly, after which the Cross is lifted up for a time by the Priest to allow all to adore in silence (pp. 184-85; nos. 14-20).

- Holy Saturday & Easter Vigil
  - Holy Communion - Holy Saturday: Only the dying may receive Viaticum.

(continued)
Holy Communion - Easter Vigil: In regards to rubric on Holy Communion (page 238, item #65), all the faithful, including the newly baptized, are encouraged to receive Holy Communion under both kinds (presuming the availability of sufficient and properly trained ministers of Holy Communion and the safeguarding of the Sacred Species against profanation).

Preparation of the Paschal Candle: Preparation of the candle using a stylus (i.e., for the "cutting" of the cross †, the A and the Ω, and the numerals of the current year) must be done at the beginning of the Vigil. The insertion of the grains of incense may occur thereafter (pp. 199-200; nos. 11-14).

Easter Sunday: The text for the Renewal of Baptismal Promises is found at the Easter Vigil (pp. 235-237).

*Some items from USCCB Newsletter, Committee on Divine Worship, Volume XLVII, May 2011, p. 19 [with permission].
Liturgy Notes: Celebration of the Sacraments During Holy Week

Sacrament of Penance/Confession: During the Sacred Triduum, this sacrament may be celebrated.

Sacrament of the Anointing of the Sick: During the Sacred Triduum, this sacrament may be celebrated.

(Funeral) Masses of Christian Burial: During the Sacred Triduum, funeral Masses are not permitted.

Distribution of Holy Communion:

- **Holy Thursday:** Per the **Roman Missal** and **Ordo**, Holy Communion is distributed to the faithful during [the] Mass [of the Lord’s Supper]; it may be brought to the sick at any hour of the day.*

- **Good Friday:** Per the **Roman Missal** and **Ordo**, Holy Communion is distributed to the faithful only within the celebration of the Lord’s Passion**; it may be brought at any hour of the day to the sick who cannot participate in this celebration.

- **Holy Saturday:** Per the **Roman Missal** and **Ordo**, Holy Communion may be given only as VIATICUM to the dying on this day (prior to the celebration of the Easter Vigil).

*In regards to Holy Thursday, the Ordo also states, “It is more appropriate that the Eucharist be borne directly from the altar by the deacons, acolytes, or extraordinary ministers at the moment of communion for the sick and infirm who must communicate at home.”

**The above rubric would indicate that Holy Communion is not to be distributed at other prayer services (Office of Readings & Morning Prayer) and devotions (Stations of the Cross).

Celebration of the Sacred Triduum: Mass of the Lord’s Supper, Passion of the Lord & Easter Vigil:

In the rubrics of the **Roman Missal**, Third Typical Edition, English Translation, it states:

“The celebrations of the Sacred Triduum are to be carried out in cathedral and parochial churches and only in those churches in which they can be performed with dignity, that is, with a good attendance of the faithful, an appropriate number of ministers, and the means to sing at least some of the parts.

“Consequently, it is desirable that small communities, associations, and special groups of various kinds join together in these churches to carry out the sacred celebration in a more noble manner.”

“Care should, nevertheless, be taken that [additional] celebrations of this sort [Mass of the Lord’s Supper] do not take place for the advantage of private persons or special small groups, and do not prejudice the evening Mass.”

The above paragraphs would indicate that the Sacred Triduum is not to be celebrated in hospitals or other institutions that cannot supply the above-mentioned requirements.
Roman Catholic Diocese of Portland

Online Listing of Ash Wednesday Masses Across Maine Now Available

To mark the beginning of the Lenten season, Bishop Robert P. Deeley will celebrate Ash Wednesday Mass at the Cathedral of the Immaculate Conception in Portland on March 1 at 7 p.m. Listings of Ash Wednesday Masses scheduled for Catholic churches in Maine are now available on the Diocese of Portland's website (will be updated through Ash Wednesday). To search by city or town, visit www.portlanddiocese.org/ashwednesday. To search by parish, visit www.portlanddiocese.org/ash-wednesday-masses-parishes.

Lenten Resources Section of Diocesan Website

A special section has been created on the Diocese of Portland’s website featuring resources to assist you during your Lenten journey, including Mass times, special event listings, presentations of the Stations of the Cross, a Lenten calendar, faith formation and Scripture reflections, retreat information, ways to share your gifts, and Lenten messages from Pope Francis. To visit the site, which will be updated throughout Lent, visit www.portlanddiocese.org/lent-resources.
Prayer for Blessing of Rice Bowls on Ash Wednesday

Parishes and schools in the Diocese of Portland combined to raise over $45,000 for the Catholic Relief Services’ (CRS) Rice Bowl program during the forty days of Lent in 2016. The faith-in-action program encourages Catholics to fill cardboard bowls with monetary donations, giving alms to those in need and honoring Jesus’ call to serve our neighbors.

Bishop Deeley will be blessing rice bowls for distribution at the Ash Wednesday Mass at the Cathedral of the Immaculate Conception (7 p.m.) and encourages other priests to join him in promoting the Rice Bowl program.

The Office of Missions/CRS has prepared a prayer resource for priests who plan to bless and distribute the rice bowls on Ash Wednesday. To view the prayer, click on this link: www.portlanddiocese.org/sites/default/files/files/RiceBowlPrayer.pdf.

For more information, contact Ruth Oakley, Director of Missions/CRS, at (207) 321-7817 or ruth.oakley@portlanddiocese.org.
Clergy Institute 2017
Monday, May 15, through Thursday, May 18
Atlantic Oceanside Conference Center, Bar Harbor
Institute begins at 1 p.m. on Monday and ends at noon on Thursday

Program: Year 3 of Catholic Leadership Training

**Active Priests & Deacons:** $700  **Wives:** $260  **Retired Priests & Deacons:** $460

*Some guest rooms may not be available until 3 p.m. on Monday.*

Special one-day rate for jubilarians on Tuesday: $100
*(includes lunch, presentations, dinner, room for Tue. evening, and breakfast on Wed.)*

Please make checks payable to: **Roman Catholic Bishop of Portland**

To register, mail payment and form below to: Mrs. Rachel Daigle, Office of Ministerial Services, 510 Ocean Avenue, Portland, ME 04103-4936. If you should have any questions, call (207) 321-7874 or email rachel.daigle@portlanddiocese.org.

**Please bring your diocesan vestments.** The registration deadline is **Friday, April 7**.

---

**Registration---Clergy Institute 2017**

**Name:** ___________________________________________________________________

**Address:** ___________________________________________________________________

**Phone:** ____________________________ **Email Address:** ____________________________

**Special Needs:** ___________________________________________________________________

How you like your name to appear on name badge? ___________________________________________________________________

On your wife’s name badge? ___________________________________________________________________

☐ Wife attending  ☐ I wish to arrive on Sunday, May 14
*($113 for the additional night with breakfast included. Must be paid in advance.)*

☐ Special Jubilarian Rate

Entrée Selection on Monday: ☐ Lobster ☐ Chicken ☐ Steak

Wife Entrée Selection on Monday: ☐ Lobster ☐ Chicken ☐ Steak
Diocesan Directory Corrections
www.portlanddiocese.org/diocesandirectory13

Please note that the page numbers correspond to the latest version of the directory. If page numbers in your printed version do not match the ones given here, you may need to go to the website and see if you have the latest version. At the bottom left of each page is the date of the last update. You may not want or need to reprint every time there is a correction; however, periodically, this will be necessary. It is your responsibility to keep your copy of the directory updated. Only printed copies of new sections will be provided on a first-time basis.

For February 24, 2017

Parishes:

Alpha Clergy List:
  D-3: After Rev. Msgr. Ford, add: Fornkwa, Hyacinth Ndifon. Tel. # (207) 236-4785. St. Brendan the Navigator Parish, 7 Union Street, Camden, ME 04843-2015 (mailing); St. Francis Rectory, 81 Court Street, Belfast, ME 04915 (residence).

  D-5: Remove Father Donal MacVeigh, SJ – no longer ministering in Maine.

  D-8: Add to end of list: Wirsiy, Anthanasius Sangnyry, Tel. # (207) 773-7746. Pastoral Center, 307 Congress Street, Portland, ME 04101-3695.

  Correct address for Rev. Msgr. Richard S. Sniezyk: PO Box 727, Wells, ME 04090-0727 (summer); 112 SW 15th Street, Cape Coral, FL 33991-8030 (winter).
“Save the Dates” in 2017

For more details on these events, click on the links next to the titles.
If the event has no link, details will be coming in the near future.

Rite of Election (www.portlanddiocese.org/olff/rite-election)

The Rite of Election and Call to Continuing Conversion will be celebrated at three churches across the Diocese of Portland during the first weekend of Lent, March 4-5. During the Rite of Election, catechumens (those who have not been baptized in any faith) are welcomed into the Order of the Elect. At the same time, candidates who were baptized in another ecclesial community will celebrate the Call to Continuing Conversion. All are welcome and encouraged to join in the celebrations, which will be held during Masses at the follow times and locations (snow dates are the following weekend at the same times/locations):

Sat., March 4, Holy Rosary Church, 34 Vaughn Street, Caribou (4 p.m. Mass celebrated by Bishop Robert P. Deeley)

Sun., March 5, Notre Dame Church, 116 Silver Street, Waterville (10:30 a.m. Mass celebrated by Bishop Robert P. Deeley)

Sun., March 5, Cathedral of the Immaculate Conception, 307 Congress Street, Portland (5 p.m. Mass celebrated by Monsignor Andrew Dubois, Vicar General)

Middle School Rallies (www.portlanddiocese.org/middleschoolrally)

All sixth, seventh, and eighth graders and their parents are invited to attend middle school rallies scheduled for March 4 and 5 in Augusta and Presque Isle. The rallies will provide an opportunity for younger adolescents to gather with peers around the diocese to celebrate their faith and the gifts that they bring to the Church and their parish communities. Parents of middle-school students will have the opportunity to be nurtured and encouraged in their role as parents through the changing tides of adolescence. The rallies will be held at St. Michael School on 56 Sewall Street in Augusta (Saturday, March 4, 9:30 a.m.) and at the Knights of Columbus Hall on 12 Chapman Road in Presque Isle (Sunday, March 5, 9 a.m.). The featured presenter will be Mike Patin, who has offered workshops and presentations to groups ranging from 10 to 23,000 people in over 130 dioceses in the U.S. and Canada.
Evening for Catechists [www.portlanddiocese.org/olff/evening-catechists]

**Mon., March 20**, Holy Rosary Parish Center, 31 Thomas Avenue, Caribou (5:30 p.m. to 8 p.m.)

**Tue., March 21**, St. Augustine Parish Hall, 75 Northern Avenue, Augusta (5:30 p.m. to 8 p.m.)

**Wed., March 22**, St. Maximilian Kolbe Parish Hall, 150 Black Point Road, Scarborough (5:30 p.m. to 8 p.m.)

Winter Regionals for Teens [www.portlanddiocese.org/olff/winter-regionals-2017]

**Sat., March 25**, Guild Hall at the Cathedral of the Immaculate Conception, 307 Congress Street, Portland (Starts at 12:30 p.m. and concludes with Mass at 4 p.m.)

**Sat., March 25**, St. David Church, 774 Main Street, Madawaska (Starts at 12:30 p.m. and concludes with Mass at 4 p.m.)

**Sat., March 25**, St. John Regional Catholic School, 15 South Garand Street, Winslow (Starts at 12:30 p.m. and concludes with Mass at 4 p.m.)

RCIA Lenten Retreats [www.portlanddiocese.org/olff/rcia-retreats]

**Sat., April 1**, Holy Rosary Parish Center, 31 Thomas Avenue, Caribou (9 a.m. to noon)

**Sat., April 1**, St. Charles Borromeo Church Hall, 132 McKeen Street, Brunswick (9 a.m. to noon)

**Sat., April 1**, Most Holy Trinity Church Hall, 271 Main Street, Saco (9 a.m. to noon)

**Sat., April 8**, St. John Church Hall, 217 York Street, Bangor (9 a.m. to noon)
Morning of Reflection for Administrative Professionals
(www.portlanddiocese.org/olff/morning-of-reflection)

**Tue., April 18**, St. Pius X Church Hall, 492 Ocean Avenue, Portland
(9 a.m. to 1 p.m.)

**Mon., April 24**, Holy Rosary Parish Center, 31 Thomas Avenue, Caribou (9 a.m. to 1 p.m.)

**Tue., April 25**, St. Mary Church Hall, 768 Ohio Street, Bangor
(9 a.m. to 1 p.m.)

Rachel’s Vineyard Retreat in Southern Maine
www.portlanddiocese.org/projectrachel

The Rachel’s Vineyard Retreat weekend on **April 21-23**
(ending on Divine Mercy Sunday) offers a supportive, non-judgmental process for those personally wounded because of an abortion. The grief and pain that you or a loved one has carried for years will be unburdened. The retreat will transform the hurt through Scripture meditations, opportunities for the sacrament of reconciliation, a memorial service, Mass, and sharing with others personally affected by abortion. Rachel’s Vineyard provides a safe place to grieve the loss and to understand the effects of abortion and how to grow beyond it. **Preregistration is needed, and the deadline to register is Friday, April 14.** To discuss registration, contact Annette Rioux in the Office of Lifelong Faith Formation at (207) 321-7885 or annette.rioux@portlanddiocese.org.

Confirmation for Baptized Catholic Teens & Adults
(www.portlanddiocese.org/olff/confirmation-baptized-teens-and-adults)

**Fri., April 28**, Cathedral of the Immaculate Conception, 307 Congress Street, Portland (7 p.m.)

**Fri., May 5**, Nativity of the Blessed Mary Church, 331 Main Street, Presque Isle (7 p.m.)

**Fri., May 19**, St. Teresa Church, 425 South Main Street, Brewer (7 p.m.) **LOCATION CHANGE**
TeamRCIA Catechist School (www.portlanddiocese.org/olff/team-rcia)

**Fri., June 23, and Sat., June 24**
Chancery on 510 Ocean Avenue in Portland
(Videoconferencing available in Bangor and Caribou)

**Silver & Gold Mass**
(www.portlanddiocese.org/olff/silver-gold-mass)

**Sat., June 24**
St. John Church, 217 York Street, Bangor (4 p.m.)
All couples celebrating milestone anniversaries invited.
RSVP by June 16 at (207) 321-7885 or annette.rioux@portlanddiocese.org. You can also register at the link above.
Employment Opportunities

For job descriptions, requirements, and details on how to apply for any opening, visit: www.portlanddiocese.org/human-resources/job-openings.

**Director of Missions/Catholic Relief Services**
Diocese of Portland

The Diocese of Portland has an immediate opening for a director of the Office of Missions and Catholic Relief Services (CRS). Through collaboration with parishes and schools, the director promotes awareness and develops a sense of commitment to the missionary work of the Church throughout the world. The director also advocates for local financial support to benefit the Pontifical Mission Societies and Catholic Relief Services. The successful candidate will have a passion for the work of the office, the ability to maintain simple financial records, and at least five years of experience (volunteering or paid) working in the Church. To apply, send a cover letter, resume, and three professional references to: Ms. Elizabeth Allen, Director of Human Resources, Diocese of Portland, 510 Ocean Avenue, Portland, ME 04103-4936. Interested parties can also email their materials to hr@portlanddiocese.org.

**Development Associate**
Diocese of Portland

The Diocese of Portland has an immediate opening for a development associate to work in the Office of Development. The development associate is responsible for managing the diocese’s database, preparing queries and reports, communicating with donors, resolving various issues, and providing support for all Office of Development activities. The successful candidate will have strong communication and computer skills as well as the ability to work independently and as part of a team. Experience with Raiser’s Edge or similar fundraising software is preferred. To apply, send a cover letter, resume, and three professional references to: Ms. Elizabeth Allen, Director of Human Resources, Diocese of Portland, 510 Ocean Avenue, Portland, ME 04103-4936. Interested parties can also email their materials to hr@portlanddiocese.org.

**Foreman**
St. Francis Catholic Cemetery, Waterville

St. Francis Catholic Cemetery in Waterville seeks a foreman to work with and supervise the cemetery’s grounds crew. The successful candidate will be a dedicated, self-motivated individual who is a team player. At least one year of working in a cemetery is preferred. To apply, send a cover letter and resume to: St. Francis Catholic Cemetery, PO Box 575, Waterville, ME 04903-0575. Interested parties can also email their materials to stfrancem@portlanddiocese.org.
Executive Assistant
Catholic Foundation of Maine

The Catholic Foundation of Maine seeks an executive assistant responsible for performing a variety of administrative and accounting functions. This position requires a high level of professionalism, flexibility, and confidentiality as well as sensitivity in handling funds, documentation and information. The Foundation is a non-profit charitable organization which provides opportunities for people to charitably invest in Catholic entities in Maine and enhance the work of the Church in Maine. Qualified candidates will have exceptional organizational skills, outstanding interpersonal skills, strong computer skills, and excellent written and verbal communication skills. Practicing Catholics are preferred. To apply, please send a cover letter and resume to: Ms. Elizabeth Badger, Executive Director, Catholic Foundation of Maine, PO Box 799, Portland, ME 04104. Interested parties can also email their materials to elizabeth.badger@portlanddiocese.org.

Other Current Openings (Listed Previously)

Safe Environment Manager
Diocese of Portland

Business Coordinator (One Position)
St. Kateri Tekakwitha Parish, Calais, and St. Peter the Fisherman Parish, Machias

Business Coordinator
Parish of the Precious Blood, Caribou

Organist/Piano Accompanist
St. John and Holy Cross Parish, South Portland

Organist/Pianist/Choir Director
St. Rose of Lima Parish, Jay

Pre-Kindergarten Teacher’s Aide
St. John’s Catholic School, Brunswick

Pre-Kindergarten Teacher’s Aide
St. Brigid School, Portland
From the Catholic Community

Online Lenten Reflection Series from Ignatian Solidarity Network

The Ignatian Solidarity Network is pleased to offer an online Lenten reflection series entitled “Rise Up! A Lenten Call to Solidarity.” From Ash Wednesday through Easter Sunday, a daily reflection exploring responses to injustice through the lens of daily readings and Ignatian spirituality will be sent to subscribers. Individuals can receive the daily reflections on Facebook, Twitter, or to their email addresses. To sign up to receive the daily reflections via email, visit www.ignatiansolidarity.net/lent-2017/ and enter your email address in the “Rise Up!” box on the right side of the page.

Missions Information Session in Fort Kent on March 5

The Social Justice & Peace Commission at St. John Vianney Parish in Fort Kent will host an informational session for attendees to learn about how they can make a difference in the lives of others in some of the most impoverished regions of the world. The gathering is scheduled for Sunday, March 5, at 6 p.m. at St. Louis Church on 26 East Main Street in Fort Kent. Participants from previous parish missions will share their experiences from trips to Brazil, Bolivia, Haiti, and other areas. All are welcome, and refreshments will be served. For more information, contact the parish at (207) 834-5656.

“Living the Gift of God’s Mercy” Parish Mission in Cherryfield and Machias on March 6-8

A three-day parish mission entitled “Living the Gift of God’s Mercy” will be held from Monday, March 6, to Wednesday, March 8. The presentations will be offered at St. Michael Church (5 Elm Street in Cherryfield) each day after the 9 a.m. Mass and at Holy Name Church (10 Free Street in Machias) each evening from 7 p.m. to 8 p.m. The themes of each day are: Accepting the Gift of God’s Mercy (Monday), Sharing the Gift of God’s Mercy (Tuesday), and Witnessing to the Gift of God’s Mercy (Wednesday). The program will be led by Fr. Andy O’Reilly, C.PP.S., a member of the Missionaries of the Precious Blood. A popular preacher, Fr. O’Reilly has primarily engaged in parish ministry with nearly 25 years as a pastor. Fr. Paul Marquis, pastor of St. Peter the Fisherman Parish in Machias, will offer a Mass at 6:30 p.m. before the Machias presentations each night. For more information, contact the St. Peter the Fisherman Parish at (207) 255-3731.

An Introductory Workshop/Retreat on Centering Prayer in Biddeford on March 10-12

Fr. Joseph Manship will offer an introductory workshop and retreat on centering prayer on March 10-12 at the Marie Joseph Spiritual Center in Biddeford. Centering prayer is a simple method of Christ-centered, silent prayer. It is a renewal of an ancient Christian contemplative practice, updated for our time. Centering prayer can lead to a deeper prayer life, personal healing, spiritual transformation, and a closer union with God. The program begins on Friday, March 10, at 7:15 p.m. and concludes with lunch on Sunday, March 12. The cost of the retreat is $200 ($210 if you wish to participate in an evening meal on Friday). There is limited space for overnight accommodations, but commuters are welcome. The retreat cost for commuters is $100. To register, call (207) 284-5671 (Monday through Friday, 8:30 a.m. to 4:30 p.m.) or email mjscreg@gmail.com.
“Praying as a Family” Workshop in Fort Kent on March 19

St. John Vianney Parish will welcome two Dominican Sisters of St. Cecilia from Nashville, Tennessee, for a workshop entitled “Praying as a Family” on Sunday, March 19, from 1:30 p.m. to 3:30 p.m. at St. Louis Church, located on 26 East Main Street in Fort Kent. All are welcome. Registration is $25, which includes the hardcover version of the book that the workshop is based upon. Free childcare is available. For more information or to register, call (207) 834-5656.

Next Worldwide Marriage Encounter Weekend
Set for Lewiston on March 24-26

Register now for the encounter weekend scheduled for March 24-26 in Lewiston and look forward to a weekend of discovery and a lifetime of deepening love! The registration fee is $50, and a freewill donation will be accepted at the end of the weekend. For more information or to register, contact Bill and Coco Watkin at (207) 668-4885 or go to www.wwmemaine.org.

Choose Life Maine License Plate Project in Maine

Choose Life Maine (CLM) is a specialty license plate project aimed at satisfying the state’s legal requirements to make a CHOOSE LIFE MAINE specialty license plate available for Mainers. The license plates will aim to raise awareness about the culture of life in Maine and serve as a silent witness to women who are troubled by their pregnancies and who may be encouraged to keep their babies. If motorists maintain their CLM license plate, the state will allocate $10 from the annual renewal fees to CLM, which will allocate the fees to Maine’s pregnancy support centers. The Maine Bureau of Motor Vehicles requires that at least 2,000 specialty plates are pre-sold ($25 fee) before the bureau can submit a bill to the state legislature for its consideration. If the legislation is approved, buyers will receive a voucher from the Maine Bureau of Motor Vehicles to pick up their new license plate. If the legislation is rejected, the money will be refunded. According to the Maine Right to Life Committee, abortions in Maine are down 30% since 2008. This is no time to stop the progress. For more information or to reserve a plate, visit www.mechoose-life.org or contact David Alexander at (207) 272-6883 or david@mechoose-life.org.

Bulletin Item for The Presence Radio Network

Enrich your Lenten journey this year by listening to the inspiring programs on Maine’s only Catholic radio network. Whether you are a regular or new listener, download the Presence Radio app, listen on your computer, or dial 605-475-8037 on your cell phone. You’ll be thankful you tuned in! The Presence Radio Network can also be heard on 106.7 FM in Portland; 105.7 FM in Springvale/Sanford; 97.5 FM in Fort Kent; 90.3 FM in Bangor; 89.7 FM in Bath/Brunswick; 89.5 FM in Augusta; and 1390 AM in northern Maine. For more information, visit www.thepresenceradio.org.
Join Fr. Brad Morin, parochial vicar at St. Paul the Apostle Parish in Bangor, and other parishioners on a trip to Medjugorje in Bosnia and Herzegovina. The trip (October 13-21) includes round-trip airfare from Bangor; seven nights at Mirjana Soldo’s home in Medjugorje; daily breakfast and dinner; local, professional Catholic guides; transfer and admission fees; daily Masses and spiritual activities; a visit to Community Cenacolo; meetings with visionaries; luggage handling; flight bag and travel document portfolio; and a copy of Mirjana Soldo’s book, *My Heart Will Triumph*. The total cost of the trip is $2,299 per person. The pilgrimage will be limited to 45 people. To reserve a spot, visit www.pilgrimages.com/frmorin or www.stpaulbangor.me.