

Sixth Sunday in Ordinary Time

February 11, 2018

*Let us come with jubilation into the presence of the Lord,
who calls us and gives fullness of life.*

ASH WEDNESDAY SERVICE – The Ash Wednesday Service on Wednesday, February 14th will be at 7:00 pm.

CWL - You are invited!! The CWL cordially invites you to join us for a Lenten Reflection. This will be presented by Fr. Shroff on **Tuesday February 13** at 7:30. It will be followed by light refreshments. For this evening our meeting will be very curtailed. What a wonderful opportunity for all of us to become better informed regarding the true purpose of Lent and its possible impact on our faith life.

SHROVE TUESDAY - The Knights of Columbus is hosting the Pancake Supper on Shrove Tuesday, 13 February 2018, between 5-6:30 PM. Tickets are \$5 per person and \$15 for a family of four. Everyone is invited. It will be followed by Fr. Shroff's presentation on Lenten Reflection, at 7:30 PM, hosted by the CWL.

Lenten Notice

Wednesday, February 14 is Ash Wednesday. Ash Wednesday is a day of prayer, fasting, and abstinence throughout the Catholic Church around the world. Fasting means partaking of only one principal meal during the day, with two smaller snacks permitted (together not greater than the quantity of the principal meal). During fasting, we also do not eat or drink anything (except water) between the meal and the snack times. Any necessary medication does not break the fast and is permitted for the sake of one's health. Abstinence refers to abstaining from eating meat. Fish, however, is permitted. The Church's laws of fasting and abstinence oblige those who are between the ages of 14 and 59 to fast on Ash Wednesday and Good Friday, and those who are 14 years of age or older to abstain from meat. Apart from Ash Wednesday and Good Friday, every Friday of Lent is also to be observed as a day of abstinence from meat. Both fasting and abstinence are ways of expressing to God our desire for conversion and penance, as we unite ourselves more intimately to the sufferings of Jesus on the Cross.

The Parish Lenten Penitential Service will be held Friday March 9 at 7 pm.

The Stations of the Cross will be held:

Fridays at 7 pm.

Feb. 16 Lead by the Legion of Mary

Feb. 23 Lead by the Christian Meditation

March 2 Lead by Deacon Dan

March 9 - Penitential Service

March 16 Knights of Columbus

March 23 Catholic Women's League - followed by a Lenten Supper

March 30 Good Friday - Father Shroff

Thank you to all Leaders for supporting the prayerful life of our parish.

Making these Devotions part of our Lenten journey is an excellent way to enrich our life and the life of our Parish.

Offering for February 4, 2018

Sunday Envelopes:	\$ 3495.00
PAC/Visa/MC	\$ 2660.00
Loose:	\$ 341.00
Total Collection:	\$ 6496.00

Our financial requirements are approx. **\$8,000** per week to support our approx. **\$2,000** a week mortgage payment.

Fr. Shroff's Corner

The Sunday before Ash Wednesday (the beginning of the Lenten season) was traditionally known as Quinquagesima Sunday. Quinquagesima is a word in Latin that means "fifty." It is the Sunday that falls approximately fifty days before Easter. Since the modernizing of the liturgical calendar in 1970, this is simply a Sunday in Ordinary Time. This particular Sunday this year (the 6th in Ordinary Time) contains a beautiful prayer after Holy Communion: "Having fed upon these heavenly delights, we pray, O Lord, that we may always long for that Food by which we truly live. Through Christ our Lord." The Holy Eucharist that we receive in Holy Communion is referred to, in this prayer, as the "heavenly delights" by which we are fed. The divine nature of the Holy Eucharist (it is truly the Body and Blood of Christ), its powerful effects within us, and the resulting joy that it gives, are the reason why we refer to it as "heavenly delights." The Holy Eucharist has God as its author, and it is meant to feed us with His Divine Life, which is also the source and origin of every grace. It is truly "the Food by which we live" because the Holy Eucharist nourishes our soul, as regular food nourishes our body.

St. Paul, and after him the entire Church, says that we are to be in a state of grace before approaching Holy Communion. A state of grace means that we do not have any unconfessed mortal sins in our soul. In order to discern this, we need to make an appropriate examination of conscience before we approach Our Lord for Communion. Saint Paul, speaking to the early Christians, tells them that if they eat the Body of Christ while in a state of grave sin, they eat to their own condemnation and that the Body of Christ, in that case, will have no beneficial effects for them.

Due to general confusion today, it is important that we form ourselves properly when making an examination of conscience. If in doubt about whether or not a particular action is gravely sinful, we could always consult the *Catechism of the Catholic Church*. Apart from doing that, the best thing to do is to speak to a Priest in the Sacrament of Confession and thus bring to the Lord those things which are the subject of your doubt. Do not hesitate to say in Confession, "Father, I am not sure whether this is a grave sin or not, but in case it is, I would like to confess...." The Priest is there to guide you, and to help you to be properly disposed so that you can be reconciled fully with God through Jesus Christ, His Beloved Son.

May you all have a very blessed and holy Lent!

The Call for Conscience 2018 Campaign is underway. Archbishop Prendergast and bishops across Ontario are asking for an email address from every Catholic family in Ontario, with a goal of 100,000 email addresses collected by the end of February 2018. This information will be used to communicate periodically on issues of particular importance for the Catholic community. The first campaign of 2018 is the Call for Conscience, inviting our elected Members of Provincial Parliament (MPPs) and those seeking office this June to increase funding/access to palliative care; to protect health care workers wishing to abstain from any involvement in euthanasia/assisted suicide; and to protect faith based facilities from participation in euthanasia/assisted suicide. The work builds on a similar campaign in 2017. Please take a moment to provide your contact information on the sign-up sheets available in the Vestibule after all masses this weekend.

INTENTIONS

Saturday, February 10– Sixth Sunday in Ordinary Time (Anticipated Mass)

5:00 pm †Cletus & Alice Downey req by the family
†Pat MacPhee req by Joe & Elaine MacDonell
Deceased members of the Pereira family

Sunday, February 11 – Sixth Sunday of Ordinary Time

9:00 am For Our Parishioners
11:15 am †Chiarina Bacile req by James & Lea Dunne
†Eugenie Sylma req by Luzette
Souls in Purgatory req by Fadia Abdelnour
Birthday Intentions for Stase Danaitis req by Myrna Andrews

Monday, February 12 – Sixth Monday in Ordinary Time

9:00 am Intention of Sarah Sy req by Marian Sy
Souls in Purgatory and Joseph req by a Parishioner

Tuesday, February 13 – Sixth Tuesday in Ordinary Time

9:00 am Special Intentions req by a Parishioner

Wednesday, February 14 – Ash Wednesday (Day of Prayer, Fasting & Abstinence)

7:00 pm For Our Parishioners

Thursday, February 15 – Thursday after Ash Wednesday (Feria of Lent)

9:00 am Mass of Thanksgiving req by a Parishioner

Friday, February 16 – Friday after Ash Wednesday (Feria of Lent)

9:00 am Souls in Purgatory req by a Parishioner

Saturday, February 17 – First Sunday of Lent (Anticipated Vigil Mass)

5:00 †Kevin Ramsaran req by Jennifer Ramsaran
†Anna & Marion Folak req by Ted, Pat & family

Sunday, February 18 – First Sunday of Lent

9:00 am †Champaben Nanavati req by the Nanavati family
†Cecile Venus Jean Louis req by Luzette
†Maurice (Moe) Stafford req by Carol Faure
11:15 am For Our Parishioners

Please pray for our sick; Antoinette Tissaaratchy, Joe MacDonell, June Cheverie, Rose Dugandzic, Romina Andrews, Lorretta Dillon-Robinette, Jean-Ella Lemire, Michael Nortey and John MacDonald.

Please pray for our deceased, including Maurice (Moe) Stafford, that he may be received into God's love.

Saint Vincent de Paul

The Good Shepherd Conference of the **Saint Vincent de Paul** welcomes you to attend the monthly meeting this coming **Monday, February 10th at 7:30 pm** in the Boardroom.

Good Shepherd Parish Bible Study. The Spring session, beginning the week of April 9, 2018, for 11 weeks, will study Genesis. The course, using materials prepared by Little Rock Scripture Study, is offered 3 times a week - Monday evening, Wednesday morning and Wednesday afternoon.

Application forms can be found on the bookshelf at the back of the church.

Please apply by March 3, 2018. For further information contact

gsbiblestudy@rogers.com

PRO LIFE CORNER

Let us pray that the world and local leaders may seek the poor and forsaken giving them the dignity and assistance they deserve as children of God.

If you or someone you know is pregnant and needs support, confidential help is available www.stmaryshome.com www.miriamottawa.org 613-830-8623 www.birthingright-ottawa.org or visit: www.abortionincanada.ca www.adoptionincanada.ca or contact the parish office.