

# The Catholic Communities of St. Joseph's St. Patrick's & St. Paul's

## UNITED IN FAITH

### Parish Priest

Fr. Tom Stephan

Cell phone: 437-366-0731

Email: [tomstephan1june@gmail.com](mailto:tomstephan1june@gmail.com)

### St. Joseph's Church

2730 Ohio East Rd., PO Box 1022,  
Antigonish, NS B2G 2S3

#### Mass Times:

**Saturday 4:00 pm**

Parish Council Chairperson:

Jerome Grant: (902) 867-1160

[jerome.grant@ns.sympatico.ca](mailto:jerome.grant@ns.sympatico.ca)

Website:

[www.saintjosephscatholicchurch.org](http://www.saintjosephscatholicchurch.org)

### St. Patrick's Church

590 Highway 7, Lochaber, NS B2G 2L3

Phone: (902) 783-2631

#### Mass Times:

**Sunday 10:00 am**

Parish Council Chairperson:

Carol Young: (902) 867-6367

[youngcarip@gmail.com](mailto:youngcarip@gmail.com)

### St. Paul's Church

8033 Hwy 7, Sherbrooke, NS B0J 3C0

#### Mass Time:

**Sunday 11:30 am**

Parish Council Chairperson:

Rennie Beaver: (902) 833-2341

[aubrey.carol@ns.sympatico.ca](mailto:aubrey.carol@ns.sympatico.ca)

## The Transfiguration

Matthew 17:1-9



## Second Sunday of Lent

**March 5<sup>th</sup>, 2023**

🙏 **Prayer Requests** 🙏

**Father God**

**We lift up all those who are facing illness today. We ask that you would bring healing, comfort, and peace to their bodies, calm their fears, and let them experience the healing power of your Love.**

**In Jesus' name. Amen**

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MONUMENTS  
ANTIGONISH

### St. Joseph's Lakeside Community Center

*It's a beautiful facility. Excellent for banquets,  
weddings, and conferences.*

**Phone: (902) 867-2626**

*St. Joseph's Parish thanks all our weekly Bulletin Sponsors.  
We encourage all Bulletin readers to support our Sponsors.*

\* Creation and original printing of our Bulletin Ads by

CACL (902)863-5024 Email: info@caclantigonish.ca

## St. Joseph's Church

### Revised Covid -19 Protocols

St. Joseph's Parish Council has made some changes to it's Covid-19 precautions. We continue to support the wearing of masks and sanitization of hands. **Please see Page 5.**

**Please be kind and considerate** of our many elderly and vulnerable parishioners, and stay home if you are coughing or sneezing, or have any other symptoms of Covid-19.

### Lector for Mass

**Saturday March 4<sup>th</sup>** - 4:00 pm - Donnie Dewar

### Collections for Ash Wednesday & February 25<sup>th</sup>

Regular \$685 (23); Fuel Offering \$30 (1); Loose \$5; Ash Wednesday/Church Maintenance \$490 (16); Antigonish Food Bank \$300 (2); Cathy's Place Cancer Resources \$100 (1); Cemetery Fund \$20 (1);

### Special Collection for Lent

Consistent with our past thoughtful practices, we are initiating a special collection for Lent for those who wish to make a donation to a local charity. This year, Parish Council recommends two organizations in need of funds:

**Antigonish Food Bank**  
**Cathy's Place - Cancer resources**

Please place your donation in an envelope, with your name, envelope #, and the charity of your choice, and place it in the regular collection at Mass. Special envelopes are available at the back of the Church for your convenience.

## Website

The bulletin, scripture readings, homily, and resources for prayer and reflection, are available each week on our website by **Friday** evening.

Go to: [www.saintjosephscatholicchurch.org](http://www.saintjosephscatholicchurch.org)

## Bulletin Submissions

Please send to Jean Collins at [jpcollins@eastlink.ca](mailto:jpcollins@eastlink.ca) or call **902-863-2482** before **Thursday**.

**Bulletins are available once again at the entrance to the Church. Please let me know if you would also like to receive a copy of the bulletin each week via email.**

## Parish Priest



*Thank you Fr. Stephan for joining us as parish priest.*

*We are fortunate to have you, and wish you all the very best.*

## Community Events

### Nova Scotia Government

#### Heating Assistance Rebate Program

The Heating Assistance Rebate Program helps low- and moderate-income Nova Scotians with the cost of home heating. Rebates are **\$1,000 for each household**. You can apply until March 31<sup>st</sup> 2023.

To qualify for the rebate, you need to pay for your own home heating costs and have a household income of \$85,000 or less.

To check eligibility requirements and to apply online, go to:

<https://beta.novascotia.ca/apply-heating-assistance-rebate-heating-assistance-rebate-program>

### Grief Group For Survivors Of Suicide

When someone dies by suicide, grief is complicated. There are unique struggles and questions.

This is normal... and you're not alone.

These facilitated meetings are open for anyone who has lost someone to suicide.

**Dates: March 22<sup>nd</sup>, April 26<sup>th</sup>, May 24<sup>th</sup>, June 28<sup>th</sup>, from 7:00 pm to 9:00 pm at St. Paul's Anglican Church**

Call **(902) 863-5089** or email [rector3harbours@gmail.com](mailto:rector3harbours@gmail.com) for more information.

## Lenten Reflections

### Lent 2023: Care For Our Common Home

Lent comes at a time when the daytime hours are ‘lengthening’, as spring approaches, and so it is a time when we too can ‘lengthen’ spiritually, when we can stretch out and grow in the Spirit.

**Bishop Wayne Kirkpatrick**

Read Bishop Kirkpatrick's letter, download our Lenten poster and calendar, and reflect with diocesan hermit Sheila O’Handley, all on Our Blog:

<https://www.antigonishdiocese.com/lent/>

### Lenten Book Study

#### A Journey of Love and Hope: The Inspirational Words of a Mi’kmaw Elder

**Sister Dorothy Moore, CSM**

**Sundays in March (March 5, 12, 19, and 26) at 2:00 pm**  
**Bethany Resource Centre Gathering Room, Antigonish**  
**Hosted by Martha Justice Ministry**

This book invites readers into greater clarity as we engage with the complex issues of truth and reconciliation. Our companion is a woman who chose love and hope as her guiding stars helping her to make sense of life’s journey.

To register, please contact Darlene at [justice@themarthas.com](mailto:justice@themarthas.com) or call **902-863-3218**

### Canadian Conference of Catholic Bishops

#### Journey Through Lent

This video series includes reflections on the readings on Ash Wednesday and each Sunday in Lent.

Bishop Brian Dunn will provide reflections in English, and Cardinal Gérard Cyprien Lacroix in French.

<https://cccb.us2.list-manage.com/track/click?u=60a646aaa3adcf048918acebd&id=8f9e25b178&e=6224a14c1a>

### Development & Peace - Share Lent Campaign

**Create Hope — Stand For the Land — 2023**  
**begins Ash Wednesday and ends on**  
**Solidarity Sunday, March 26<sup>th</sup>.**

To learn more and support our mission, call us toll free at **1-888-234-8533** or visit our website:

<https://www2.devpo.org/en/civicism/contribute/transact?reset=1&id=4>

## Diocese of Antigonish

### A Message From Bishop Wayne Kirkpatrick

Most current Public Health restrictions and mandates have ended, but this does not mean that the pandemic has ended. It will be important to use personal public health measures, both individually and collectively, to help keep each other safe, especially those who are at risk of severe disease due to age and/or underlying health issues.

**Masking and social distancing** are no longer required. However, we still encourage masking and social distancing in our churches. We need time to make the adjustment to the “new-normal” as we learn to live with COVID.

**Those who may not be able** to attend church for health reasons or due to other COVID-19 restrictions are dispensed from the obligation to attend Sunday Mass.

### Online Masses

#### Weekly Mass - Livestream (Video)

From St. Ninian’s Cathedral

**Every Sunday - 10:30 am**

**On our website:** <https://www.saintninian.ca>

**On our Facebook page:** <https://www.facebook.com/stninian.cathedral/>

#### Mass for Shut-Ins

Mass for Shut-Ins is aired on **Sundays at 11:30 am** on CTV, or it can be viewed on demand on our Diocese of Antigonish YouTube channel.

#### Diocese of Antigonish YouTube Channel

<https://www.youtube.com/channel/UCPYevnyrNU6zIWHdH8KJ71w>

#### Churches Online

<https://www.antigonishdiocese.com/churches-online/>

#### Daily TV Mass:

from the National Catholic Broadcasting Council  
<https://dailytvmass.com/>

### An Act of Spiritual Communion

**My Dearest Jesus, I believe that You are present in the most Holy Sacrament. I love You above all things, and I desire to receive You into my soul.**

**Since I cannot, at this moment, receive You sacramentally, come at least spiritually into my heart. I embrace You as if You were already there and unite myself wholly to You. Never permit me to be separated from you. Amen.**

## ST. JOSEPH'S CHURCH COVID-19 PRECAUTIONS

**Effective March 21<sup>st</sup>** the mandate for Covid-19 regulations was lifted by the Provincial Dept. of Health.

**This is news that many people** will be glad to hear; however, there are many others who may be nervous about it.

**In an effort to continue to control** the spread of the Covid-19 virus we offer the following recommendations for weekly Mass attendance for your consideration. We do recognize these recommendations are optional, and the final choice is yours as to whether you accept or reject any or all of them.

....continue to wear Face masks

....continue to sanitize hands at the church entrance and before receiving communion

....continue to maintain social distancing for procession to and from receipt of communion

**Hand sanitizing stations** are available at the entrance to the church, and in the center isle for use before receiving communion. Extra bottles of sanitizer are also available at the back of the church for those who prefer to use them.

**In summary**, we are simply giving parishioners an opportunity and hopefully a comfort level to help you feel safe attending Mass, and at the same time attempt to control/prevent the spread of the Covid-19 virus.