

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

UNITED IN FAITH

Parish Priest

Fr. Tom Stephan

Cell: (437) 366-0731

Glebe: (902) 783-2631

Email: tomstephan1june@gmail.com

St. Joseph's Church

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

Mass Time:

Saturday 4:00 pm

Parish Council Chairperson:

Carl MacDonald: (902) 863-3714

StJosephParishAntigonish@outlook.com

Website:

www.saintjosephscatholicchurch.org

St. Patrick's Church

590 Highway 7, Lochaber, NS B2G 2L3

Phone: (902) 783-2631

Mass Time:

Sunday 10:00 am

Parish Council Chairperson:

Carol Young: (902) 867-6367

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



First Sunday in Lent

February 18th, 2024

🙏 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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THE SJ HILLSIDE

CEMETERY ASSOCIATION

Established in 2018 under the NS Societies Act

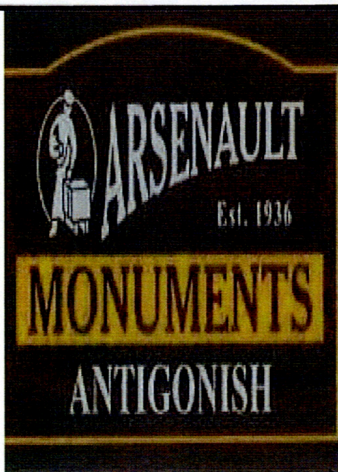
For the long-term care of St. Joseph's cemetery

Main sources of funding are Donations & Bequests.

Charity Registration No: 76698 8711 RR0001

Contact: Phone—902867-1160

Email: hillsidecemeteryassociation@gmail.com



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 Parish

Revised Covid -19 Protocols

St. Joseph's Parish Council continues to support the wearing of masks and sanitization of hands.

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.

Collections for February 10th

Regular \$1,231 (28); Loose \$45; Missals \$5; Fuel Fund \$450 (6); Initial Offering \$20 (1); Cemetery Fund IMO Hubert & Mary Klein \$500 (1); Renovation Fund IMO Angus Jerome MacDonald \$40 (1)

Lector

Saturday, February 17th - 4:00 pm - Jerome Grant

Our Deepest Sympathy

**To the family and friends of
Calum Reginald Gillis**

May he rest in peace

**Please keep them all in your
thoughts and prayers during this
difficult time**

Thank You!

To all those who helped with the funeral and reception. Your care, compassion, contributions and support were very much appreciated.

Praying the Rosary Together

Praying the rosary together is a comforting and uplifting experience. If you would like us to pray a rosary together after any Saturday mass for someone who is sick or for a special intention, please contact Jean Collins at **902-863-2482** or **jpcollins@eastlink.ca**

Church Repairs

Interior repairs on the church ceiling and wall have been delayed awaiting insurance approval for the additional equipment required. We are still hoping to get started as soon as possible.

Our Parish Priest

Fr. Tom Stephan

In addition to serving at Mass and on our Parish Councils, Fr. Tom has organized Religious Education programs for First Holy Communion and Confirmation candidates. He is also available for baptisms, weddings, and funerals, to bless your home, to pray for yourself and your loved ones, to hear confessions, to anoint the sick and dying, to visit with those who are isolated and lonely, and to bring communion to those who are unable to attend Mass.

Fr. Tom can be reached at:

(437) 366-0731 (cell); **(902) 783-2631** (glebe);
and **tomstephan1june@gmail.com**

LENT

Lenten Prayer Challenge

Please find some information from Hallow, a Catholic prayer App which can be downloaded to your computer or phone. They are offering a 40-day Lenten Prayer Challenge, for anyone who would like to participate. Posters and cards are available at the back of the church.

Please contact me if you would like more information:
Jean Collins **902-863-2482** or **jpcollins@eastlink.ca**



Website

Resources for Prayer and Reflection

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

Recent addition: Seven Ears of Grain, February 12, 2024; Witness to Hope, Lent 2024; Lenten Message from Bishop Wayne Kirkpatrick.

Go to: **www.saintjosephscatholicchurch.org**

Diocese of Antigonish

Lenten Message from Bishop Kirkpatrick

This forty-day Season of Lent is a time for fasting, almsgiving and prayer. Fasting is an act of self-denial and a way of directing our thoughts away from ourselves and towards our God. Almsgiving is the act by which we give of ourselves in order to assist someone in need. Prayer should be the centre of our Christian lives lifting up our hearts in praise and thanksgiving to our God who loves us. The exercise of these virtues keeps us close to God and keeps us focused on service to others. We deny ourselves because we love.

May this Season of Lent lead us to renewal in our faith.

Sincerely in Christ,

Bishop Wayne Joseph Kirkpatrick

<https://www.antigonishdiocese.com/our-lenten-journey-2024/>

Daily Meditation

Living Lent Daily

<https://www.loyolapress.com/catholic-resources/liturgical-year/len/living-lent-daily/>



<https://www.dynamiccatholic.com/len.html>

Prayer

Stations of the Cross

Video



<https://www.crsicebowi.org/stations-of-the-cross>

Text



<https://www.usccb.org/resources/scriptural-way-cross-lent>

Living Lent

Fasting

Fast from judging others; feast on Christ in them.
Fast from wanting more; feast on being thankful.
Fast from anger; feast on patience.
Fast from worry; feast on trust.
Fast from complaining; feast on enjoyment.
Fast from negatives; feast on positives.
Fast from stress; feast on prayer.
Fast from anger; feast on forgiveness.
Fast from self-concern;
feast on compassion for others.
Fast from fear; feast on truth.
Fast from discouragement; feast on hope.
Fast from gossip; feast on silence.
Fast from fighting; feast on peace.

An adaptation from the poem "A Lenten Prayer"
By William Arthur Ward (1921-1984)

Almsgiving

Family Activity for Lent

Make a giving jar

Make a list of small acts of giving that your kids can perform throughout the day. Encourage them to keep track of their acts of giving. Later, count up their acts of kindness and allow them to deposit a coin in a "giving jar" for every act of giving. On Good Friday, count up the coins and give them to the poor; on Easter Sunday, fill the jar with candy (one piece for each coin).



Neat Facts About Lent – Loyola Press

<https://catechistsjourney.loyolapress.com/2009/02/len-faq-with-joe-paprocki-a-short-video>

Jubilee Year 2025

December 24th, 2024 through January 6th, 2026

To prepare for the Jubilee Year 2025, Pope Francis has announced that we will begin a **Year of Prayer**. It will be "a year dedicated to rediscovering the great value and absolute need for prayer in one's personal life, in the life of the Church, and in the world."

<https://www.vatican.va/content/francesco/en/angelus/2024/documents/20240121-angelus.html>

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 risk of infection 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

Now airing on **Sunday mornings** on the CTV channel. Recorded Masses can also be viewed anytime 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.