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Parish Ministries

Liturgical Ministries:

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Extraordinary Ministers
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Readers
Ushers

Music Ministry:

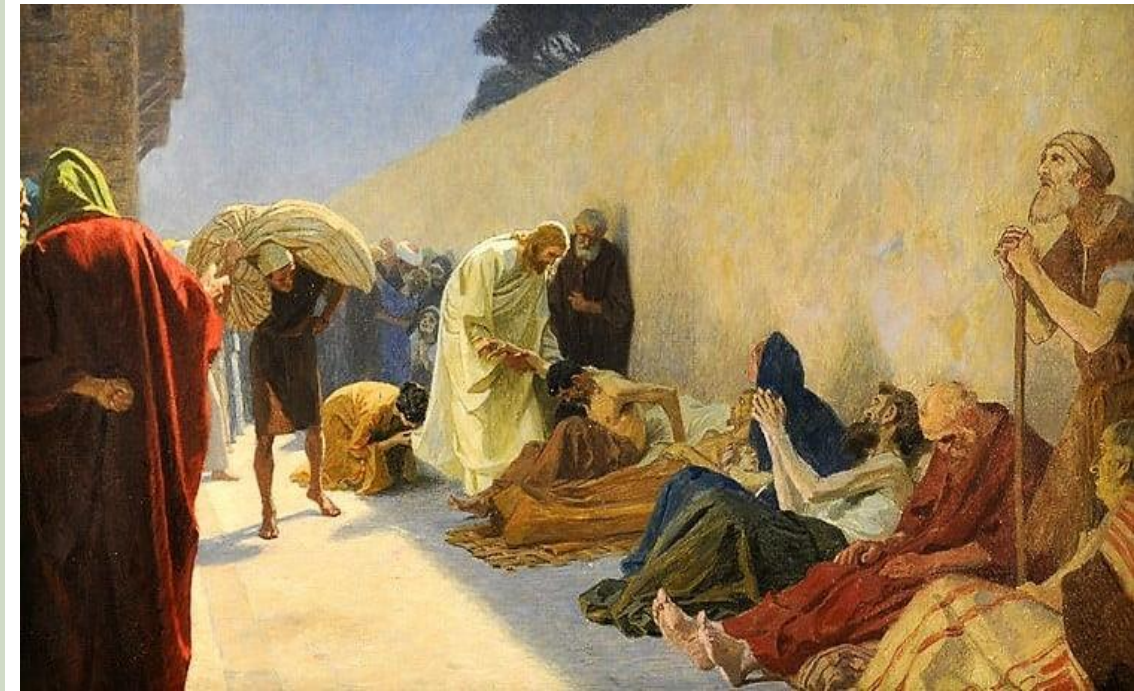
Saturday Vigil Music
Sunday Choir & Organist

Parish Groups

Altar Society
Friends of St. Kateri
Friends of St. Mary's
Gospel Reflection Group
Holy Communion to Shut-ins
Hot Lunch Program
Parish Finance Committee
Parish Screening Committee
St. Mary's Parish Friends
Sacramental Prep

Catholic Organizations

Catholic Women's League
Children's Rosary Program
Development and Peace
Knights of Columbus
St. Vincent de Paul Society



A Lonely Place

Jesus was constantly surrounded by needy people. We have a good example in today's gospel. After preaching in the synagogue where he also cured a sick man, he retired to Peter's house for refreshments. But he didn't get much peace there either. Peter's mother-in-law was sick and he attended to her.

But it was after sundown, when the Sabbath officially ended, that the real trouble began. People came crowding round the door, bringing with them all those who were suffering from diseases of one kind or another. He cured many of them. It must have been all hours by the time he got to bed.

Jesus 'made himself all things to all men' - to use St. Paul's expression (second reading). How did he cope with all of this pressure? Today's gospel tells us how. It says that after that busy sabbath, he rose early next morning, and went off to a lonely place to pray. This was

(Continued on next page...)

Parish Pastoral Team

Alison Coort / Office Administrator

Marguerite Goodfellow / Parish Nurse

Judith Gottschalk / Ministry Rep (contact the parish office)

Jan Sirek / Deacon /jsirek54@gmail.com

Fr. Dominick Mbah/

FrDominickMbah@peterboroughdiocese.org

Office Hours: Tuesday - Thursday / 9:30AM - 2:30PM

Confessions: Saturdays 3:15 p.m. - 3:45 p.m.

Parish Office: 705-789-2348

Email: office@stmaryshuntsville.ca

website: maryassumptionparish.com

St Mary's Elementary School / 705-789-6481

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(...continued from previous page)

not a once-off event. This was his customary practice. In the midst of the hectic activity which filled his days, he found time to withdraw by himself to lonely places. One of the places he often used was the garden of Gethsemane, so much so that Judas knew where to look for him when he wanted to betray him into the hands of his enemies.

What did the lonely place do for him? It enabled him to get some much-needed rest. It helped him to keep focused on his mission. But, above all, it gave him time to pray. It was prayer that enabled him to maintain and foster the most important thing in his life—his relationship with his heavenly Father. That relationship was the ground beneath his feet all life long, and the secret of his successful ministry. Jesus’ entire ministry arose from his prayer, and was sustained by it.

We too need to withdraw from our activities from time to time in order to care for ourselves. Yet how many of us manage to do this on a regular basis? Even though we may be convinced of its benefits, we don’t find it an easy thing to do. Why is this?

One reason is: we don’t know how to cope with stillness. To withdraw means to stop our activity. But as soon as we stop our activity, we begin to feel empty, perhaps even useless. Hence the compulsion to keep busy. Activity can become a disease.

Another reason is: we are afraid of self-examination. Self-examination is something few of us find easy but which can be enormously beneficial. Merely to reflect on the transience of our lives and our undertakings, is a kind of purification.

A third reason is: we can’t cope with loneliness. What makes loneliness painful is not the absence of people—one can be lonely in a crowd—but the emptiness we feel. Therefore, we fill the void with endless distractions.

If we knew how to withdraw, *we* would benefit, and so too would *our work*. *We* would benefit because just as we can lose ourselves in work, we can also find ourselves in work. *Our work* would benefit because the quiet time would enable us to draw ourselves together, so that we are able to work from our purest and deepest springs. Action that is rooted in the shallow soil of a life without prayer can be dangerous.

A quiet space is absolutely necessary in order to maintain our connection with God. Each day we should try, if only for a short while, to withdraw to a quiet place in order to seek the face of God. Just to sit in such a place is a good thing. In it we not only find God but ourselves too.

McCarthy, Flor. “Fifth Sunday of the Year”. *New Sunday & Holy Day Liturgies, 2011*, pp. 198-199.

Next Weekend Ministry Schedule - February 10th/ 11th, 2024

4:00PM MASS 9:00AM MASS 11:00AM MASS

Lectors	Jim Waters	Judith Gottschalk	June Mac Donald Bob Lacroix
EMC	Diana Snowden	Gisele Neigel	Jillian Febbo
Ushers	Ben Boivin Alison Coort	Mary Kudryk Al Kudryk Jerzy Lenart Krystyna Lenart	Hugh Knox Bob Lacroix, Linda Lacroix

Counters Tuesday, February 6, 2024 Mary Kudryk & Wanda Roberts

Hot Lunch Program / In order to keep this program running, we need your financial support. Our Parish volunteers **serve 35 to 40 people every week**. Any monetary donations are greatly appreciated. You may use the Poor Box at the entrance of the church, or any envelope designated as Hot Lunch. Again, thank you for making this possible!

Parish Nurse News / The clinic will be on **Tuesdays** from 11:30 a.m. to 1:00 p.m. in the Knights of Columbus room in the Parish Hall. If you would like to see me, I will check your blood pressure, review your medication, discuss chronic disease management, discuss pain management, review your lab and x-ray results, discuss matters of mental health concerns, or any other issues that may be on your mind. I can also help you with your knitting! Please take advantage of this clinic, it is a ministry offered here at St. Mary’s.

The **“Let’s Get Physical” Exercise Class** has resumed on **Wednesdays**, from 9:30 to 10:30 a.m. in the Parish Hall. All are welcome, there is no charge for these classes. We will concentrate on gaining Strength and Balance using a Yoga based program. Please dress comfortably and bring a yoga mat.



The members of St. Vincent de Paul Society in our parish thank you for your continued and gracious donations to the Food Bank.

Nothing is ever too small or too little.

Peace, Good Will, and Thank you!

SVDP SOCIETY

Hotline:

In advance, we thank you for whatever you have been able to share with us in the way of monetary donations. The money we collect from you, helps us to buy some perishable food items that we are able to add to their food hampers. Those coming to our food bank receive not only food, but kindness and the encouragement to remain hopeful. *Shalom*

There will be Ash Wednesday services at 12:00 p.m. and 7:00 p.m. on Wednesday, February 14, 2024.

Fr. Dominick is on vacation, he will be returning on February 12th. Scammers often take advantage of priests going on holidays to try to get money from parishioners. If you receive an email claiming to be from Fr. Dominick asking for money, please note that this is a scam. Fr. Dominick will never email a parishioner asking for money.

Book Study / Have you ever wondered about the presence of Mary Magdalene as one of the early believers and followers of Jesus? Was she really this “scorned” woman she has been portrayed to be? Why would Jesus choose her as a follower? How did she earn the traditional title of “Apostle to the Apostles”? Starting on **Wednesday, February 28th** these questions and more will be explored in the book, **The Meaning of Mary Magdalene, Discovering the Woman at the Heart of Christianity** written by Cynthia Bourgeault. The sessions will be from **6:30-7:30**. All are welcome! If interested, the book may be purchased through Amazon.

St. Mary’s 2023 Tax Receipts / are now available at the back of the Church. They will be here until February 25, 2023. After this date they will be mailed out. Please pick up your tax receipt to save us the cost of postage. Thank you for your continuing support.

CAP Money Course at the Huntsville Library February 8, 15, & 29. from 6:30 p.m. –8:30 p.m.. If you are interested in learning how to manage your money better register at: capcanada.org/budgethelp

5th Sunday of Ordinary Time

Parish Group Meetings /Events

Tuesdays	11:30AM -1:00 PM	Parish Nurse Available / Knights of Columbus Room
Tuesdays	12:00 PM - 1:00PM	Hot Lunch / Parish Hall
Wednesdays	9:30 AM	Gentle Exercise Class / Parish Hall
Wednesdays	6:00 PM	Choir Practice / Choir Loft
Thursdays	6:00 PM	Huntsville Community Band Practice / Parish Hall
Tuesday	February 6th	SVDP Meeting / Parish Hall / 6:30 p.m.

Mass Schedule

Week of February 5th – 11th

Tuesday, February 6th / 12:00 Noon

No Mass

Wednesday, February 7th /

Exposition & Adoration / 11:00AM

No Adoration

Mass 12:00 Noon -

No Mass

Thursday, February 8th / 9:00AM

No Mass

Friday, February 9th / 12:00 Noon

No Mass

Saturday, February 10th / 4:00PM

+Andre Laflamme & +Rebecca Muzzi

(Req. By: Dian Snowden)

Sunday, February 11th / 9:00AM

+Joan Gottschalk

(Req by: The Knights of Columbus)

Sunday, February 11th/ 11:00AM

SI For the People of the Parish

Let us pray for those who have died and for those who have asked for our prayers ...

Jaymie Ward, Phillip Tomkin, Joe Hanrath, Bianca Laurie de Hernandez, Ron & Margaret Smith, Angela & Stephanie Braithwaite, Robert Foley, Ruth Anne Foley, John Dunbar, Doris Lane, Connie Gregory, Sharon & Ben Boivin, Timothy Pelyk, Pat Morra, Kirsten MacDonald, Marion Majkot, Peter Poustie, Pam and Don Mackenzie, Esther Phillips, Carole Ruttan, Kevin Phillips, Stephanie Jarvis, Ian Bruce, Mabelle Claer, Janine Wright, Edward and Claire Hortensius, Anna Maria Ertler, Mike & Loretta Pearson, Doris Cristiano, Karl Richter, and Wayne Arbeau

Sunday Offertory

January 28, 2024 \$3,872.00

Thank you for your continued generosity.