

MARCH 6, 2022: First Sunday of Lent

Filled with the Holy Spirit, Jesus returned from the Jordan and was led by the Spirit into the desert for forty days, to be tempted by the devil.

Luke 4: 1-13

Charting Your Desert Experience

So, let's say you decide that this is the Lent you're going to drop the 20 pounds that have taken up permanent residence around your middle.

Good for you.

Now comes the hard part: How do you do it?

Eating less, of course.

But how do you go about "eating less"?

Anne-Marie Slaughter writes in The New York Times [January 4, 2022] that merely resolving to eat less "rarely works in the long term. It means changing my eating habits and having healthy tasty food readily available. To have healthy, tasty food available I have to plan my meals every week. I also have to make time to cook in advance so that I don't open the fridge when I'm really hungry and realize that cooking something healthy will mean that it won't reach my plate for another hour.

"To have that weekly planning and cooking time, I have to free up a big chunk of Sunday. To free up a big chunk of Sunday, I need to work less so that I don't spend so much of my weekends catching up on work I could not get to during the week. To work less means summoning the honesty to remove a whole set of psychological barriers to saying no. And changing all of these patterns will affect my family and my colleagues, requiring them to adapt and adjust their own habits."

The decision to "eat less" is only the beginning — to actually "eat less" requires a change in the very way we approach food.

Many of our Lenten resolves fail because we think denial and sacrifice alone will lead to conversion. To travel our Lenten deserts takes more than "stop doing" and "giving up" — it means rethinking how the many pieces of our lives fit together as a whole. So may we "chart" our Lenten journey this year, following the same Spirit of God that leads Jesus to his moment of decision and now leads us to meaningful conversion — "turning" — in our lives: finding our way out of our winters of cynicism, our deserts of self-absorption, our wildernesses of despair and hopelessness by reordering our time and priorities. These days before Easter's dawning are a time for deciding what we want our lives to be and discerning how we can realize the purpose and meaning of this blessed time God has given us.

www.connectionsmediaworks.com

**March 6, 2022
1st Sunday of Lent**

Sacred Heart Parish

A Stewardship Parish in Union with Christ

Parish Information

Pastor: Monsignor Jim Robertson
Office Administrator: Position Vacant

Office Hours: Closed.

465 Curling Street
Corner Brook, NL, A2H 3K8
Tel: (709) 785-5025
curlingparish@hotmail.com

e-transfers: sacredheartrcparish@gmail.com
Password "Church"
www.sacredheartrcparish.ca
Diocesan website: rcchurch.com

Weekend Masses: Saturday 4:30 pm, Sunday 11 am
To Register, please call the house Tuesday to Friday between 9 am and 2 pm.

Mass During Week: Tuesday, Wednesday, and Thursday at 7 pm.
Friday at 10 am.

Daily mass is cancelled any day schools are closed due to bad weather.

Lohnes Complex First Fridays - 2 pm at the Lohnes Complex, **closed to public.**

Bible Study: Cancelled due to Covid regulations.
Holy Hour of Adoration: Discontinued until further notice.
Reconciliation: By request.
Marriages: Six months' notice required. A year's notice is recommended.
Baptisms: Please call the Parish Office to schedule preparation session.
Family Connections: At www.rcchurch.com you will find a link to family connections.
St. Vincent de Paul: To assist those in need. Call 638-9010.

**Masks are again mandatory at all indoor public gatherings
As well please maintain physical distancing at all times.**



MASKS THAT COVER BOTH THE NOSE AND THE MOUTH MUST BE WORN AT ALL TIMES WHEN ATTENDING SERVICES OR FUNCTIONS IN THIS CHURCH.

**RECEIVED WITH THANKS
February 26-27th, 2022**

Regular Sunday	\$1,1458.10
Building Fund	35.00
Sunday Missals	11.00
Votive Candles	19.00
Mass Stipends	110.00
CMIC	10.00
St. Vincent de Paul	130.00

MASS INTENTIONS

Tue. 7 pm	Late Frank & Mary Mullins
Wed. 7 pm	Late Dorothy Gregway
Thu. 7 pm	Late Percival & Mary Joyce
Fri. 10 am	Late Leo Desmarteau
Sat. 4:30 pm	Late Joe Gallant & Deceased Members of the Gallant Family
Sun. 11 am	Parish Community

PARISH DUES: Received with thanks: Patsy Payne.

BIBLE STUDY: The Bible study program continues on Sunday, Feb 27 at 7 pm.

PARISH MEETING ON THE SYNOD: Tuesday, March 15, 2022 at 7:00 pm in the church. Come and share your ideas.

EASTER FLOWERS: If you wish to donate to the purchase of flowers for the altar in memory of a loved one, please put the name of your loved one and an offering in an envelope and drop it in the collection.

COVID 19: For right now everything will remain the same. A letter will be distributed in the next week our two regarding the Church's response to mandates being lifted on March 14.

FASTING THIS LENT? (In the words of Pope Francis): Fast from hurting words & say kind words. Fast from sadness & be filled with gratitude. Fast from anger & be filled with patience. Fast from pessimism & be filled with hope. Fast from worries & have trust in God. Fast from complaints & contemplate simplicity. Fast from pressures & be prayerful. Fast from bitterness & fill your heart with joy. Fast from selfishness & be compassionate to others. Fast from grudges & be reconciled. Fast from words & be silent so you can listen.

VOTIVE CANDLES: Votive candles are available at the church. Cost \$5.00 each.

UKRAINIAN RELIEF: Development and Peace is accepting humanitarian donations for the Ukraine. This is a special appeal. The humanitarian aid will be distributed through Caritas Ukraine, an affiliate of Caritas International. If you wish to support those who are suffering due to the war, you can place your donation in a blank envelope with the words "Help for Ukraine". Any cheques should be made payable to the parish so that the parish can sent the entire amount the Diocese for payment to Development and Peace. Tax receipts will then be issued by the parish. If you want to send your support directly to Development and Peace, you will get a tax receipt from them.

DEVELOPMENT AND PEACE-SHARE LENT:

Week 1 - Development and Peace: a movement of solidarity. Established in 1967, Development and Peace - Caritas Canada is the official international solidarity organization of the Catholic Church in Canada. We partner with organizations in the Global South that promote alternatives to unjust social, political and economic structures and support women in their quest for equality and justice. With the help of our 11,000+ volunteer members, we inform Canadians about the root causes of impoverishment and mobilize them to act for change. Our Lenten campaign, People and Planet First, offers you the opportunity to help protect vulnerable communities and ecosystems. To learn more about and to join our movement, visit devp.org. You can donate online at devp.org/give or during the Solidarity Sunday collection on April 3rd, the fifth Sunday of Lent.

LENTEN FOLDERS/ENVELOPES: Folders are normally distributed and filled with quarters that would total \$20.00. The Lenten folders are no longer being produced. You will now see Lenten Envelopes on the tables at the Cathedral that can be used for your Lenten offering. Those envelopes are also available at the Parish office.

POPE'S PRAYER INTENTION FOR MARCH

2022: For a Christian response to bioethical challenges - We pray for Christians facing new bioethical challenges; may they continue to defend the dignity of all human life with prayer and action.

MARY'S KITCHEN: Because of restrictions being eased by Public Health this week, Mary's Kitchen has begun again.

REFLECTION - REPENTANCE ALONE IS NOT

ENOUGH: Repentance of itself is not enough - grace must be available. But if grace is offered and not accepted, then nothing comes of that either. There is no point in putting up a sail if there is no wind. There is no point in planting a seed if the ground is frozen. There is no point in pruning the tree if spring does not come. It is not enough to cut into people's hearts in order to save them - they must be touched by grace. Lord, touch our hearts with your grace, so that we may produce the fruits of repentance. (Taken from Flor McCarthy, New Sunday & Holy Day Liturgies: Year C, Dominican Publications, Dublin (Ireland), 2000, p.74)

BINGO – Our Lady Star of the Sea: Our Lady Star of the Sea Parish will be having a bingo on **Sunday, March 13 at 2:00 pm** in the Church basement. Your support and generosity are greatly appreciated.

