

February 9, 2020 – 5<sup>th</sup> Sunday in Ordinary Time

*“You are the salt of the earth . . . You are the light of the world . . . ”*

*Matthew 5: 13-16*

Why you should teach your kids to cook

Every child should eat good, nutritious meals — no one would argue that.

But there’s a movement to kick that up a notch: to teach children how to cook good, nutritious meals.

Molly Birnbaum is editor-in-chief of America’s Test Kitchen Kids. Her company develops recipes and resources to make the kids in the family part of not just the meal but the preparation of the meal. Birnbaum writes in TIME Magazine [December 16, 2019] that cooking is not just an “art form” but a “way of teaching vital 21st century skills, such as critical thinking, creativity and collaboration. It invites kids to make connections to the broader world by asking *Where does our food come from?* and *What is the history of this recipe?* And it allows them to apply what they are learning in school in a new context.”

Cooking makes scientific concepts real to kids — how different ingredients work together (or not) to create different foods and cuisines. Cooking is an opportunity to learn from one’s mistakes (*So why didn’t the cake batter rise like the picture in the cookbook?*). But most important of all, Birnbaum believes, cooking enables kids to experience “the joy of sharing the food [they make] with others, from muffins for [your friends] to cookies for [the] soccer team.” Cooking “encourages kids to work with others to produce the final result and boost their confidence as they take the lead in packing their own lunches, baking holiday treats or helping to get dinner on the table. It also encourages them to be open to foods they otherwise might not have tried.”

“Cheesy as this might sound,” Molly Birnbaum writes, “it’s the memories you make together in the kitchen.” This past Christmas, Molly and her daughter Olive — who’s only three — did a lot of holiday baking, including Olive’s favorite chocolate-chip cookies. “Yes, it required that I keep an extra set of clothes (for each of us) nearby,” Mom says, “but if [Olive] remembers the moment she realized that sneaking bites of dough is both acceptable and delicious, I will happily forget the mess that accompanied that experience.”

**Jesus calls all who would be his disciples to learn how to be “salt” (literally and figuratively) for our hungry world, how to master the art of bringing out the “flavor” and richness of compassion, mercy, peace and forgiveness in our lives and the lives of those we love. As Molly Birnbaum writes, it’s a matter of possessing not just the skills of cooking but the attitude of joy and fulfillment in doing for others, of working together, of daring to be messy and willing to try to new things for the sake of bringing the love of God to life.**

connectionsmediaworks.com

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# Sacred Heart Parish

**A Stewardship Parish in Union with Christ**



Parish Information

Pastor: Monsignor Jim Robertson

Office Administrator: Dianne Russell

Office Hours: Monday to Friday 9 a.m. - 1 p.m.

465 Curling Street  
Corner Brook, NL, A2H 3K8  
Tel: (709) 785-5025

curlingparish@hotmail.com  
www.sacredheartrcparish.ca

**Weekend Masses:** Saturday 4:30 p.m., Sunday 11 a.m.

**Reconciliation:** By request

**Mass During the Week:** Tues & Thurs at 7 p.m. and Wed & Fri at 10 a.m.  
First Fridays - 2 p.m. at the Lohnes Complex

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

**Daily mass is also cancelled any day there is a funeral in our parish.**

**Holy Hour of Adoration:** Third Sunday of the Month at 2 p.m.

**Marriages:** Six months’ notice required. A year’s notice is recommended.

**Baptisms:** Please call the Parish Office to schedule preparation session.

**St. Vincent de Paul:** To assist those in need. Call 638-9010.

**RECEIVED WITH THANKS**

February 2, 2020

Regular Sunday	\$1711.35
Initial Offering	10.00
Building Fund	175.00
In Memorium (Late Rita Hall)	490.00
Votive Candles	46.00
Word Among us	5.00

**MASS INTENTIONS**

Tues, 7 p.m.	Late William & Ada Myles
Wed, 10 a.m.	Late Patrick Joyce
Thur, 7 p.m.	Late Marie Pennell
Fri, 10 a.m.	Late Alex Noseworthy
Sat, 4:30 p.m.	Late Laura Wells
Sun, 11 a.m.	Parish Community

**LITURGICAL MINISTERS**

February 15	
Carol Reid Joan Penney	Patsy Payne Amelia Dicks Wayne Dicks
February 16	
Sherry Lynn Brake Don Gallant	Mike Leonard Doreen Jones Elizabeth Carew
Communion of the Sick	
Eileen Moore	

**PARISH DUES:** Received February 2, 2020 with thanks from: Gerry and Bernice Rowsell.

**TAX RECEIPTS FOR 2019:** Tax Receipts for 2019 are available at the back of the Church. If there are any issues, please contact the Parish Office from Monday to Friday between 9 am and 1 pm.

**BISHOP’S REFLECTIONS:** After reading all the Pastoral Advisory Committee Surveys submitted by the parishes and missions of the Diocese over the last few years, I would like to respond to the request for more regular communication by making a conscious effort to visit all the parishes and missions on a regular basis and by using the diocesan website ([www.rcchurch.com](http://www.rcchurch.com)) as a platform for my weekly reflections. Please free to approach me with any concerns that you may have or questions you would like me to address. I do not claim to have the answers; my thoughts are often meant to lead to further discussion and ongoing discernment. I have faith that the Spirit will lead us, if we but learn to listen together.

**WORLD DAY OF THE SICK:** Tuesday, February 11<sup>th</sup> marks the 28<sup>th</sup> World Day of the Sick. Coinciding with the optional Memorial of Our Lady of Lourdes, this date is set aside by the Church to remember those who are ill, their caretakers and those who minister to them. In his message for this day, Pope Francis reflects on Jesus’ words: “Come to me, all you who labour and are burdened, and I will give you rest” (Mt. 11:28). “Why does Jesus have these feelings (of mercy and love for those who suffer)?” The Pope asks. “Because he himself became frail, endured human suffering and received comfort from his Father.” (The Pope’s complete message can be found at: [www.cccb.ca](http://www.cccb.ca) (scroll down the main page)).

**PAPAL PRAYER INTENTION:** We pray that the cries of our migrant brothers and sisters, victims of criminal trafficking, may be heard and considered.

**DEVELOPMENT AND PEACE:** In response to Pope Francis’ concern for the Amazon and its peoples, we are invited to heed the cry of the poor and the cry of the Earth through the testimonies of indigenous and traditional communities who are struggling to protect the Amazon forest from shameless plunder. Your Diocesan Council for Development and Peace invites parishioners to join us on **Wednesday, Feb. 12<sup>th</sup> at 10:30 a.m. at Holy Redeemer rectory on Mt. Bernard Ave in Corner Brook** for a workshop and sharing session to learn how we can take concrete actions to preserve the future of our Earth and of present and future generations.

**NET MINISTRIES:** Sacred Heart and Holy Redeemer parishes are co-sponsoring events with NET Ministries for the weekend of March 20<sup>th</sup> - 21<sup>st</sup>. This is a great event for all youth in grade seven and higher. More specific details to follow. Confirmation candidates are expected to take part in these NET Ministries activities.

**ADVANCE NOTICE: PRE-MARRIAGE SEMINAR:** Couples planning to marry this year are advised of a special seminar being held Friday, March 6<sup>th</sup> starting at 7:00 pm and continuing on Saturday March 7<sup>th</sup> at 9:00 am. We cover topics of Sacramentality of Marriage, communication, financial considerations, relaxation and meditation as well as an overview of challenges to the goals and objectives of the Sacrament. This promises to be a pleasant experience as you prepare spiritually to celebrate your marriage. The fee is \$50.00. Kindly call Holy Redeemer parish office at 634-5161 to register.

**BINGO:** Bingo that was cancelled on February 2<sup>nd</sup> will now take place SUNDAY, FEBRUARY 16<sup>TH</sup> AT SACRED HEART SCHOOL Bingo begins at 2pm.

**ADORATION AND BENEDICTION:** Adoration and Benediction has been rescheduled from February 16 to **SUNDAY FEBRUARY 23<sup>rd</sup>**. Adoration begins at 2pm and concludes with Benediction at 3pm. Please come join us in pray.

**ADVANCE NOTICE: Ash Wednesday** is February 26, 2020. Please mark this date on your calendar. Come celebrate with us this Mass and the Distribution of Ashes.

**PARISH MISSION- ADVANCE NOTICE:** Sacred Heart Parish will be taking part in a special mission during Lent. Retired Archbishop Sylvain Lavoie will be with us on the weekend of March 28<sup>th</sup>, 29<sup>th</sup> and will lead us in a mission from March 29<sup>th</sup> to 31<sup>st</sup>. This will be a tremendous time to celebrate our faith with an Archbishop who has undergone great spiritual healing and has assisted many others in that same journey.

**HUMOUR:** Why was the Snowman rummaging through the bag of carrots? He was picking his nose.

