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*St. Joseph The Worker Parish, Russell, MB      St. Theresa's Parish Rossburn, MB*

**Responsorial Psalm 19:** The precepts of the Lord are right, and give joy to the heart.

The Archdiocese has issued new Protocols as of Saturday, August 28. The Provincial Government now allows a group of 50% presently in churches. **Please remember there are government rules in relation to COVID-19. Such as Wearing a mask is mandatory. •Everyone has to Hand Sanitize entering the Church and leaving the Church. •Social distancing is mandatory (stay 6 feet apart)**

***Zoom Along with Us* you can use it on your computers, tablets, i-pads & smart-phones**  
We still have **Thursday**, zoom adoration at 10:30 a.m. followed by **Mass at 11:00 a.m. & Sunday zoom Mass is at 9:00 a.m.**

## **Staying Spiritually Resilient during this pandemic**

– continued from last week

### **Anxious about returning to regular life? 6 Jesuit discernment tips for the post-Covid world:**

All the options (literally) re-opening before us may cause choice overload and cognitive exhaustion. Noises will be louder, colors brighter, touch more tactile. We will experience traffic on Sunday as weekday rush hour; shopping at the mall in May will feel like Black Friday after Thanksgiving. Returning to normal social spacing and large group interactions will lead to social fatigue. All the options re-opening before us (literally) will cause [choice overload](#) and cognitive exhaustion.

What can be done to ease the transition back to regular life? The answer may lie in the guidance offered to Ignatian retreatants: Continue following an Ignatian way of proceeding. **Within this framework, here are six suggestions for an effective transition to post-pandemic wellness: (continuing next week also)**

**5. Focus on those you love.** One difference between transitioning after a spiritual retreat and after Covid is that everyone around us has also experienced the pandemic. But each of our reactions are distinctive and individualized. Talking to partners, family, friends and co-workers about reactions builds companionship and provides opportunities to be a supportive person for and with others—both of which relate to spiritual, mental and physical well-being.

**6. Rejuvenate** In the same way that we feel tired after sitting for hours in a car or on a plane, sheltering in place was not restful. Instead, it made us restless. As we begin to spend more time outside the home again, anticipate mental and physical fatigue, and engage in activities that will restore your energy and vitality.

**Condolences** to family and friends of Barbara Tucker, she has recently passed away, may she rest in peace in the arms of our Father in heaven.

**Pope St. John Paul 11:** “*The Church and the world have a great need for the Eucharistic worship. Jesus awaits us in this sacrament of love. Let us not refuse the time to go to meet him adoration, in contemplation full of faith, and open to making amends for the serious offenses and crimes of the world. Let our adoration never cease.*”

**Please remember in your prayers** those who are sick in hospitals, care homes, or in their homes & those who care for them. If you wish to receive the Sacraments of Anointing, Confession, or Holy Communion – please call the parish office & leave a message: 204-773-2924.

**\*\* 1st Communion Enrollment List is set up at entrance table. Respond by Sunday, October 3rd**

**\*\* Confirmation Enrollment List** is also being started at entrance table.

**This is to enable us to obtain enough resources for these classes**

### **Mass Intentions For The Week:**

**Twenty-Sixth Sunday in Ordinary Time** World Day of Migrants & Refugees  
National Collection for the Needs of the Church in Canada

**Deacon Conrad Plante** will be celebrating:

Saturday Sept 25 7:30 p.m. Russell **Liturgy of the Word**

Sunday Sept 26 9:00 a.m. Russell **Liturgy of the Word & Zoom on-line 9:00 a.m.** only this week\*  
11:00 a.m. Rossburn **Liturgy of the Word**

Monday Sept. 27 +Emilienne Mangin req. George Mangin & family

Tuesday Sept.. 28 Health of family & friends req. Jean Goba

Wed. Sept.. 29 + Albina Kozak req. Family

Thurs. Sept.. 30 **Zoom on-line Adoration 10:30 a.m. & Mass 11:00 a.m.**  
+ Suffering Souls in Purgatory req. Rose & family

Friday Oct. 1 8:30 a.m. Russell Adoration  
9:00 a.m. Mass  
  
10:30 a.m. Rossburn Adoration  
11:00 a.m. Mass  
+Joe Zegalski req. Gord Lyshyshyn

### **Twenty-Seventh Sunday in Ordinary Time**

Saturday Oct. 2 7:30 p.m. Russell Mass + Elisabeth Neuhofer req. Julie Schatt

Sunday Oct. 3 9:00 a.m. Russell Mass & **Zoom on-line Mass 9:00 a.m.**  
+ Marla Borsa req. Marlene & Lorne and family  
11:00 a.m. Rossburn For all Parishioners

**Sunday October 3rd** Eucharistic Procession & Blessing for Rossburn town and area. This time we will be starting at the UK Church at 3:00 p.m. and end our journey at Saint Theresa's

**Saturday October 10th** Rosery in front of town hall at 12:00 noon. Will move to St Theresa's if weather is inclement.

### **A Statement From The Canadian Conference of Catholic Bishops (CCCB)**

*September 24, 2021, Ottawa* - "We, the Catholic Bishops of Canada, gathered in Plenary this week, take this opportunity to affirm to you, the Indigenous Peoples of this land, that we acknowledge the suffering experienced in Canada's Indian Residential Schools. Many Catholic religious communities and dioceses participated in this system, which led to the suppression of Indigenous languages, culture and spirituality, failing to respect the rich history, traditions and wisdom of Indigenous Peoples. We acknowledge the grave abuses that were committed by some members of our Catholic community; physical, psychological, emotional, spiritual, cultural, and sexual. We also sorrowfully acknowledge the historical and ongoing trauma and the legacy of suffering and challenges faced by Indigenous Peoples that continue to this day. Along with those Catholic entities which were directly involved in the operation of the schools and which have already offered their own heartfelt apologies[1], we[2], the Catholic Bishops of Canada, express our profound remorse and apologize unequivocally."

**Here at St Joseph & St Theresa's we will be doing** our Adoration for Truth and Reconciliation instead of Vocations for September 30<sup>th</sup> giving an opportunity to listen to and reflect on the Indigenous and First Nations communities. This will be on our Zoom Thursday adoration at 10:30 a.m. Followed by our 11:00 a.m. Mass.



# Dear Padre,

**Isn't evangelization a role best left to religious professionals? I worry about being ridiculed if I try to spread the Good News. Any suggestions?**

**M**any Catholics incorrectly assume that evangelization is not their job but a task for priests, deacons, or others serving in an official capacity. But it is helpful to remember that evangelization is more a matter of commitment rather than a specialized competence. The Gospel proclaims that a disciple must go out into the world and spread the Good News.

Evangelization is the mission and purpose of the whole Church. It is doing God's will and work on earth.



Your anxiety about being ridiculed may arise from a notion that others will reject information about Jesus Christ. This fear may be underestimating the powerful attraction of the Good News. This worry may be based on your own lack of confidence rather than the response of others. There are several ways for dealing

with this concern: First, acknowledge this fear and seek counsel and advice from someone who has overcome it. Second, remember that to help us offset these negative emotions we are all given the fruits of the Holy Spirit: joy, love, peace, patience, kindness, generosity, faithfulness, gentleness, and self-control. Third, remember the future—God works in mysterious ways, and grace, though powerful, may take a long time to come to fruition.

*The Redemptorists / Sundaybulletin@Liguori.org*

**Do you have a question for the Padre?**

Go to [DearPadre.org](http://DearPadre.org) to send your question and to learn more about Dear Padre.



## A WORD FROM Pope Francis

*It is our great responsibility, as baptized persons, to proclaim Christ, to carry the Church—this fruitful motherhood of the Church—forward. Mary, during the persecution of the first Christians, prayed so much and moved those who had been baptized to go forward with courage.*

HOMILY, APRIL 17, 2013

## Calendar

**Monday**  
SEPTEMBER 27  
St. Vincent de Paul,  
Priest  
Zec 8:1–8  
Lk 9:46–50

**Tuesday**  
SEPTEMBER 28  
Weekday  
Zec 8:20–23  
Lk 9:51–56

**Wednesday**  
SEPTEMBER 29  
Sts. Michael, Gabriel,  
and Raphael,  
Archangels  
Dn 7:9–10, 13–14 or  
Rv 12:7–12a  
Jn 1:47–51

**Thursday**  
SEPTEMBER 30  
St. Jerome,  
Priest and Doctor  
of the Church  
Neh 8:1–4a, 5–6, 7b–12  
Lk 10:1–12

**Friday**  
OCTOBER 1  
St. Thérèse of the Child  
Jesus, Virgin and Doctor  
of the Church  
Bar 1:15–22  
Lk 10:13–16

**Saturday**  
OCTOBER 2  
The Holy Guardian Angels  
Bar 4:5–12, 27–29  
Mt 18:1–5, 10

**Sunday**  
OCTOBER 3  
Twenty-seventh Sunday  
in Ordinary Time  
Gn 2:18–24  
Heb 2:9–11  
Mk 10:2–16 or 10:2–12



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# Our Parish COMMUNITY

**September 26, 2021**  
Twenty-sixth Sunday in Ordinary Time (B)  
Nm 11:25–29  
Jas 5:1–6  
Mk 9:38–43, 45, 47–48



SHUTTERSTOCK

*[Jesus said,] "If your hand causes you to sin, cut it off. It is better for you to enter into life maimed than with two hands to go into Gehenna." MARK 9:43*

## Isn't That a Bit Extreme?

**N**o sacrifice is too extreme in pursuit of a dream. We will forego sleep, the enjoyment of a favorite pastime, the company of good friends—even the pleasure of good food. Ask anyone who has spent hours preparing for a recital, trying out for a position on an athletic team, or studying for an entrance exam. The same is true when one's livelihood is involved. Ask farmers, people in the military, teachers, or health-care workers. Ask new parents, or even those who have been at it for a long time. If we really value something or someone, no sacrifice is too great—at least for a while—when that cherished goal is in view.

We don't seem as willing to forfeit comfort when negative inclinations are involved, and we all have them: rivalry, jealousy, fury, selfishness, slander,

gossip, conceit, to name a few. We know that such pettiness or rank cruelty can harm us as well as those we offend, but too often we seem unwilling to restrain such inclinations.

In today's Gospel passage, Jesus speaks quite strongly to such reticence. Does he really expect us to maim ourselves? Isn't that a bit extreme? The fact is, when we try to purge ourselves of reprehensible behavior it is like cutting off our hand or plucking out our eye. Ask anyone who deals with an addiction. If Jesus asks this of us, it means that we certainly have the strength to do it.

*Sr. Dianne Bergant, CSA*

## FOR Reflection

- ★ Pray for the insight to recognize a bad habit that keeps you from being your best self.
- ★ What behavior might you have to give up?