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

Responsorial Psalm (Psalm 95): O that today you would listen to the voice of the Lord. Do not harden your hearts!

St. Joseph The Worker News:

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.

Praying with Pope Francis January: *For the gift of diversity in the Church: We pray that the Holy Spirit may help us to recognize the gift of different charisms within the Christian community and to discover the richness of different traditions and rituals in the Catholic Church.*

Mass Intentions For This Week:

4th Sunday in Ordinary Time

Saturday Jan 27 7:30 p.m. Russell - **Liturgy of the Word**

Sunday Jan 28 9:00 a.m. Russell **Zoom on-line Mass 9:00 a.m. & YouTube after 10:15 am**
 Mass Russell
 For Elizabeth Neuhofer req by Martin Neuhofer
 11:00 a.m. Rossburn - For all parishioners by Father Paul

Monday Jan 29 No Mass

Tuesday Jan 30 No Mass

Wed Jan 31 No Mass

Thurs Feb 1 10:30 a.m. Rossburn Adoration
 11:00 a.m. Mass Health for Gordon L. req. by Rose & family

Friday Feb 2 8:30 a.m. Russell Adoration
 9:00 a.m. LOW

5th Sunday in Ordinary Time

Saturday Feb 3 11:00 a.m. **Immaculate Heart Of Mary** & Mass
 7:30 p.m. Russell Special Intentions req. by Irene Deschamps

Sunday Feb 4 9:00 a.m. Russell **Zoom on-line Mass 9:00 a.m. & YouTube after 10:15 am**
 For all parishioners by Father Paul
 11:00 a.m. Rossburn + Frank & Nellie Kaskiw req by the Kaskiw family

We are still looking for someone who would like to shovel snow for St. Joseph's the Worker Parish. This would be to clear sidewalks throughout the winter and also to cut grass in the summer. This is a paid position. Please call the office or Gary Petz for more information. Thank you.

Father Jay from St. Mary's is heading up "**Assumption Alpha**" on Thursdays from February 1st to April 11th at 6:30 p.m. at St. Mary's Parish. It is a series of group conversations that freely explore the Christian faith in an open, friendly environment. You're invited, no matter your background or beliefs. It's free and there's no pressure to come back.

Last Tuesday on January 23rd some volunteers from our Parish were in Brandon at the Helping Hands Soup Kitchen to help assist in serving at their lunch buffet. In all, 162 people were served!



Coffee Sunday is today Sunday, January 28th after 9 am Mass and *everyone is invited!* **Please note...** If you haven't already done so and would like to be added to a group, please contact Brenda Robin at 204-564-2646 or cell 204-937-0270. To start the new year off Bev Roszell's group will be busy in the church kitchen downstairs handing out the coffee and juice and providing us with some delicious goodies! Coffee Sunday is part of the Ministry of Hospitality, a time to gather

together, greet one another and visit after Mass while enjoying coffee and snacks. **We hope to see you there!**

Resolving to pray more in 2024? Here are 5 tips for following through.

By James Martin, S.J.

Continued from Last Week's Bulletin

3) Let go if it is not working. Another common complaint is that prayer feels like a burden. This is sometimes the case with devout people who have set up a busy schedule of prayer for themselves. One woman a few years ago told me that the list of people for whom she was praying daily (a good goal) ended up being a 30-minute commitment. Between that, the rosary, the daily Gospel, her examination of conscience and some spiritual reading, she was starting to dread prayer. Prayer had become a burden, and she started to avoid it.

In these cases, I advise people to let something go. For this directee, I reminded her that while praying for other people is important, if it has led you to abandon prayer, then perhaps it is time to forgo the list of names for a while. She could still pray for all of them with one common intention.

Now, of course, simply because some parts of prayer might be difficult does not mean that we always need to "let go" of something. But in some cases, especially if it is making you dread, avoid or even fear prayer, it is time to review what is on your "prayer plate."

4) Get a spiritual director. Few things are as encouraging to the life of prayer as a spiritual director, someone who helps you notice where God is active in your prayer and daily life. In the past, this ministry was often seen as something reserved for clergy or members of religious orders. But today hundreds of thousands (millions?) of lay people see spiritual directors, who are often lay people themselves.

That begs the question: Where do I find one, and how do I know what to look for? My book Learning to Pray covers this in more detail but, in short, start by seeking someone who has been professionally trained for the job. St. Teresa of Avila famously said if she had to choose between a director who was wise and one who was holy, she would pick wise. In other words, trained in direction. That is essential. It would be like saying of a physician: Do you want someone who is healthy or smart?

To find one, inquire at a local retreat house, ask someone who already sees a spiritual director for a recommendation, or see what you can find at Spiritual Directors International or the Office of Ignatian Spirituality.

5) Trust in God. Yes, that is a given, but often when we make resolutions about our spiritual life, we are tempted to think the results are up to us. (That kind of thinking has a special heresy all its own: *Pelagianism*.)

A Franciscan monk in Australia, so one story goes, was assigned to be a sort of guide and "gofer" to Mother Teresa as she visited New South Wales. He was thrilled at the prospect of being so close to this great and holy woman. What would they talk about in the many hours they would spend together, he wondered? Yet as her visit unfolded, he became frustrated. Although he was constantly near Mother Teresa, the Franciscan brother never had an opportunity to speak more than a few words to her — and then, always about practical matters. There were always so many other people for her to meet.

Finally, her tour was over and she was due to fly on to New Guinea, her next stop. In desperation, the Franciscan friar approached Mother Teresa and pleaded, "If I pay my own fare to New Guinea, could I sit next to you on the plane, so I can talk with you and learn from you?"

Mother Teresa looked at him. "You have enough money to pay airfare to New Guinea?" she asked.

"Yes," he replied eagerly. "Then give that money to the poor," she said. "You'll learn more from that than anything I can tell you."

Dear Padre,

Why is the Old Testament part of Christian worship? Parts of the Old Testament seem to be opposed to the teachings of Christ.

The *Catechism of the Catholic Church* says it best: “The Old Testament is an indispensable part of Sacred Scripture. Its books are divinely inspired and retain a permanent value, for the Old Covenant has never been revoked” (CCC 121).

The Old Testament, also referred to as the Hebrew Scriptures, is the only Bible Jesus ever knew. That is an important reason to try to understand these Scriptures. The Pentateuch (first five books), the prophets, the Book of Psalms, and the wisdom writings all had a profound impact on Jesus. His image of God as Father, his preaching, his parables, and his proclamation of the reign of God were all influenced by the Hebrew Scriptures.

It is true that Jesus’ preaching also goes beyond the Old Testament. At times he substitutes what the law has to say with an even more demanding requirement (see, for example, the Sermon on the Mount). In general, however, the Old Testament forms a context for understanding what Jesus was doing. His passion and death made no sense to his first followers except in light of the Suffering Servant of the Old Testament (Isaiah 52:13–53:12). There are many more examples like this one. Thus, the *Catechism* says “the Old Testament bears witness to the whole divine pedagogy of God’s saving love” (CCC 122). ●

The Redemptorists / DearPadre.org



VOLODMIR ZAKHAROV / SHUTTERSTOCK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
January 29 Weekday	January 30 Weekday	January 31 St. John Bosco, Priest	February 1 Weekday	February 2 Presentation of the Lord	February 3 Weekday	February 4 Fifth Sunday in Ordinary Time
2 Sm 15:13–14, 30; 16:5–13 Mk 5:1–20	2 Sm 18:9–10, 14b, 24–25a, 30–19:3 Mk 5:21–43	2 Sm 24:2, 9–17 Mk 6:1–6	1 Kgs 2:1–4, 10–12 Mk 6:7–13	Mal 3:1–4 Heb 2:14–18 Lk 2:22–40 or 2:22–32	1 Kgs 3:4–13 Mk 6:30–34	Jb 7:1–4, 6–7 1 Cor 9:16–19, 22–23 Mk 1:29–39



CHAT KAREN STUDIO / SHUTTERSTOCK

A WORD FROM POPE FRANCIS

Do we listen to Jesus’ words, which are authoritative? Always...carry a small copy of the Gospel...to read throughout the day, to listen to that authoritative word of Jesus. And then...let us ask Jesus: “Jesus, you are the prophet, the Son of God, the one who was promised to us to heal us. Heal me!”

ANGELUS, ROME,
JANUARY 31, 2021

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Our Parish COMMUNITY

January 28, 2024

Fourth Sunday in Ordinary Time (B)

Deuteronomy 18:15–20 / 1 Corinthians 7:32–35 / Mark 1:21–28



Love Takes Work

FR. JOSEPH JUKNIALIS

If you believed your own natural death was imminent, would that affect the decisions you make? When St. Paul wrote to the church in Corinth, that was his expectation—that the Lord’s return was going to take place quickly, that the Second Coming was just about to occur and could happen at any time.

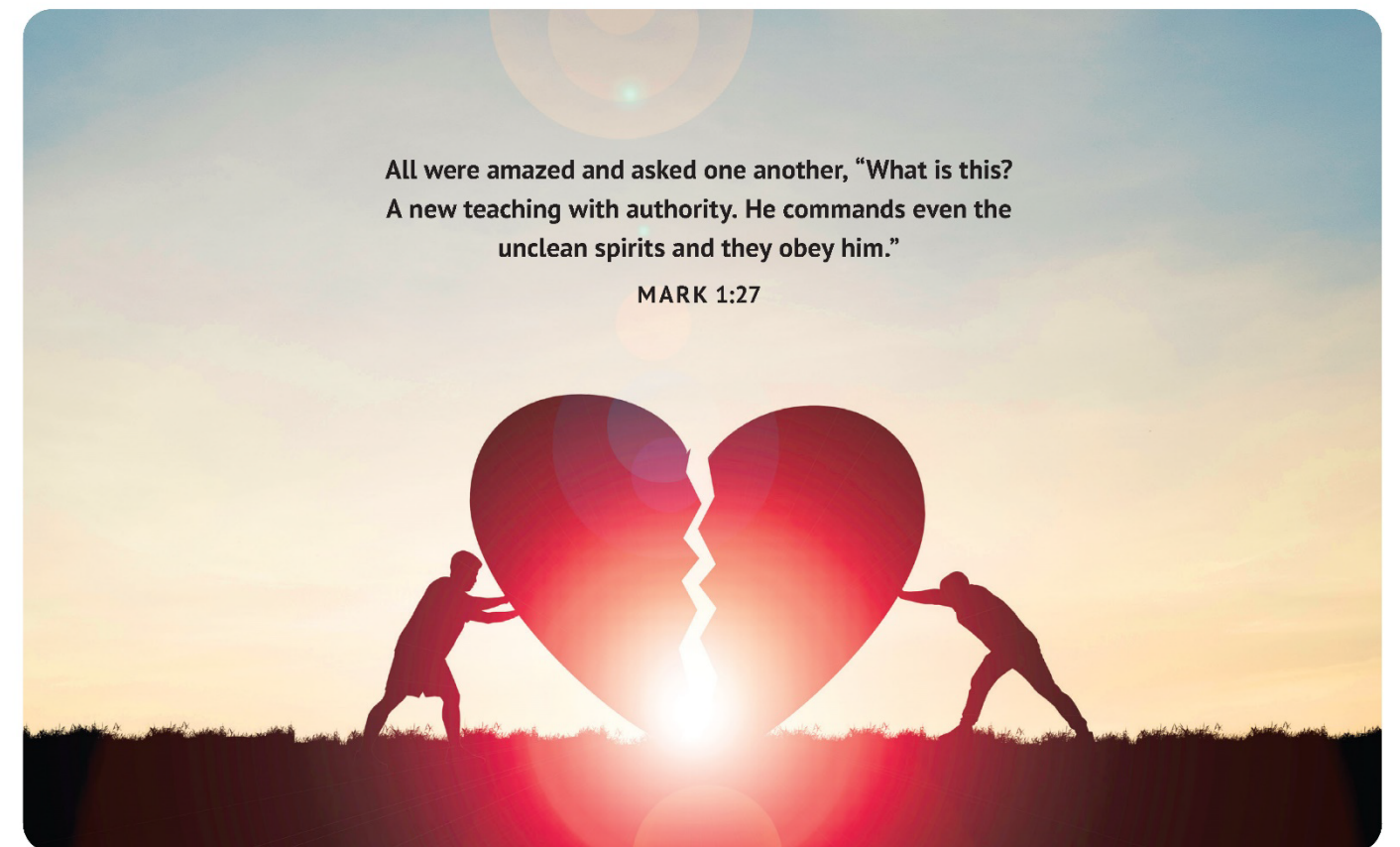
While St. Paul writes to the Corinthians that it is better to be unmarried than married, the purpose of this advice is to keep life simple and focused on what is important. Don’t make any long-term commitments like buying a field, or starting a business, or even getting married. Be ready and prepared because the end of the world could literally be tomorrow. “I should like

you to be free of anxieties,” he wrote. Much later, St. Paul realized the end was not going to happen as soon as originally expected.

Saint Paul was not against marriage. He would be the first to say that, ideally, marriage can and often does reveal the depths of human love, but he would also say that it takes work; it doesn’t happen all by itself. Just as readily, St. Paul would also note that, ideally, celibacy can and often does reveal the breadth of love given in service to others, whether the celibate person is lay, a priest, or a religious. It can seem, however, that the unclean spirit that Jesus cast out continues to roam human lives. All of us struggle to live out love as best we can, wherever we find ourselves in life. ●

Reflect

What in your life gets in the way of loving as well as you would wish?



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