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

Responsorial Psalm 47: God has gone up with a shout, the Lord with the sound of a trumpet.

St. Theresa's Parish News & St. Joseph The Worker Parish News:

Due to Covid-19, both parishes are closed for Mass' until further notice.

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. **Daylight savings Time****

Staying Spiritually Resilient during this pandemic

The Principle and Foundation (why God created me) ... (More Information to Be Continued in upcoming bulletins) - St. Ignatius of Loyola, The Spiritual Exercises

1. I am created to praise, reverence, and serve God our Lord, and by this means to save my soul.
2. All other things on the face of the earth are created to help me in the pursuit of the goal for which I am created.
3. From this it follows that I am to use all things as much as they help me attain that end. Likewise, I must rid myself of them insofar as they prevent me from attaining it.
4. Therefore, we must make ourselves indifferent to all created things, in so far as it is left to the choice of our free will; in all things we should desire and choose only those things which will best help us attain the end for which we are created.

When in Consolation: Enjoy. Remember. Journal.

When is Desolation: Increase your prayer & examens. Be patient with yourself. It passes. Don't make major changes to previously-made good decisions. Seek out Sacramental Grace. Resist firmly any suggestion that you are not good enough, holy enough, smart enough, etc. Any thought that says "you can't". (From the evil one. Talk to someone and bring struggles to the light. Know your main weakness and grow there)

Remember: You are fearfully and wonderfully made.

*****Come to know how much You are beautiful, beloved and blessed. *****

Discernment of Spirits: a Primer

Consolation: "some interior movement in the soul which causes it to be inflamed with love of its Creator and Lord, such that it can love no created thing on the face of the earth in itself, but only in its Creator. "When one sheds tears inspired by love of the Lord." "Finally, I call consolation any increase in hope, faith, and love and any interior joy that calls and attracts to heavenly things, and to the salvation of one's soul, with quiet and peace in Christ our Lord."

Desolation: "darkness of the soul, turmoil in the soul, inclination to low and earthly things, restlessness resulting from several disturbances and temptations which lead to loss of faith, without hope and without love, when the soul finds itself completely lazy, tepid, sad, and as if separated from its Creator and Lord."

Fr. John O'Brien, S.J. 2021

Mass Intentions For The Week:

Ascension of the Lord – World Communications Day

Saturday May 15 Special intentions req. Albina Kozak

Sunday May 16 **Zoom on-line Mass 9:00 a.m.**

+Brother Paul & Dad Erich Leven req.

Anne & Ubald Deschambault &

For All Parishioners req. Father Paul

Monday May 17 Health of family & friends req. Jean Goba

Tuesday May 18 Special Intentions req. Albina Kozak

Wed. May 19 Banmon Family req. Don Bisson

Thursday May 20 **Zoom on-line Adoration 10:30 a.m. & Mass 11:00 a.m.**

John & Lynda Ryshtylo May 22, 50th

Wedding Anniversary req. Connie & Paul Hamel

Friday May 21 Special intentions req. Simone

Pentecost Sunday

Saturday May 22 +Emilienne Mangin req. George Mangin & family

Sunday May 23 **Zoom on-line Mass 9:00 a.m.**

+Suffering Souls in Purgatory req. Rose & family &

For All Parishioners req. Father Paul

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.

Pope Francis Prayer Intention for May: *The world of finance:* Let us pray that those in charge of finance will work with governments to regulate the financial sphere and protect citizens from its dangers.

World Communications Day

Today Catholics are invited to reflect upon the media of social communications (films, radio, TV, newspapers, etc.) and how these influence our lives. The media can promote values that lead to a more fully human society. The Church's ministry is two-fold. The media can be used to help promote the gospel. At the same time, as receivers of the materials presented by the media, the faithful have a duty to support and promote worthwhile presentations on media and reject those which promote values contrary to spiritual growth.

Prayer for the Year of St. Joseph

Hail, Guardian of the Redeemer, Spouse of the Blessed Virgin Mary. To you God entrusted his only Son; in you Mary placed her trust; with you Christ became man. Blessed Joseph, to us too, show yourself a father and guide us in the path of life. Obtain for us grace, mercy, and courage, and defend us from every evil. Amen.

Newsletter of our Seminarians - Volume 1, Issue 2

Archdiocese of Winnipeg - The Archdiocese of Winnipeg's three seminarians give us a glimpse of their life in the seminary and offer us words of spiritual reflection in their latest newsletter. [Read more.](#)

Canadian Reporting System for Sexual Abuse or Cover-up by a Catholic Bishop

Archdiocese of Winnipeg - Disclosing an experience of sexual abuse can be very unsettling and deeply painful; however, it can also be an important step toward healing and justice for victims-survivors, and is necessary for the Church in its commitment to responsibility, accountability and transparency. Sexual abuse or other sexual misconduct by a Bishop, or whose actions or omissions intended to interfere with or avoid civil investigations or canonical investigations regarding sexual abuse, can be reported to Church authorities using the *Canadian Reporting System for Sexual Abuse or Cover-up by a Catholic Bishop*. [Read more.](#)

AN ASCENSION DAY PRAYER

Dear Lord Jesus Christ, right before your Ascension into heaven you told your apostles to be His witnesses to the ends of the earth upon receiving the Holy Spirit. May I be similarly inspired to spread your Gospel message in word and deed, according to your will for me. And may I do so prudently and joyfully, with your help, your guidance, and your grace! And remembering this glorious event, help me to seek what is above, Heaven, where you are seated at the right hand of God the Father! Amen.



Dear Padre,

My neighbor, a fundamentalist Christian, said I won't be saved unless I accept Jesus as my personal savior. Didn't Jesus become my savior when I was baptized?

Your neighbor is probably referring to John 3:7, when Jesus said, "You must be born anew" (*Common English Bible*). Jesus is talking about a spiritual rebirth; we must have a spiritual birth in order to be saved. As you noted, Catholics believe this happens at baptism. In John 3:5, Jesus says,

"Unless someone is born of water and the Spirit, it's not possible to enter God's kingdom."

We are saved by the waters of baptism. But for Catholics, it's not merely a one-time event. We continue to accept or reject the salvation offered us by the decisions we make every day.

Your neighbor used the words "personal savior." Catholic Christians go even deeper through the sacraments. We develop and nurture a very personal relationship with Jesus by regularly receiving the Eucharist. In the sacrament of reconciliation, we admit we have sinned and ask Jesus to forgive us. And in the sacrament of confirmation, our relationship is "sealed" with the gift of the Spirit.

Many Catholics also celebrate the sacrament of marriage. The couple's personal relationship with Jesus is deepened through the love the couple shares.

So, tell your neighbor you are indeed saved by Jesus. And because you are saved, you deepen that relationship with Jesus by living a sacramental life.

Fr. Patrick Keyes, CSsR
Sundaybulletin@Liguori.org



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A WORD FROM *Pope Francis*

The Ascension tells us that Jesus, although he ascended to heaven to dwell gloriously at the right hand of the Father, is still and is always among us: this is the source of our strength, our perseverance, and our joy, from the presence of Jesus among us with the strength of the Holy Spirit.

ASCENSION SUNDAY, MAY 24, 2020

Calendar

Monday
MAY 17

Easter Weekday
Acts 19:1–8
Jn 16:29–33

Tuesday
MAY 18

Easter Weekday
Acts 20:17–27
Jn 17:1–11a

Wednesday
MAY 19

Easter Weekday
Acts 20:28–38
Jn 17:11b–19

Thursday
MAY 20

Easter Weekday
Acts 22:30; 23:6–11
Jn 17:20–26

Friday
MAY 21

Easter Weekday
Acts 25:13b–21
Jn 21:15–19

Saturday
MAY 22

Easter Weekday
Acts 28:16–20, 30–31
Jn 21:20–25

Sunday
MAY 23

Pentecost Sunday
Acts 2:1–11
1 Cor 12:3b–7, 12–13
or Gal 5:16–25
Jn 20:19–23
or Jn 15:26–27;
16:12–15

**Know Someone
Overly Anxious About Sin?**
Since 1964, the Redemptorists' *Scrupulous Anonymous* free monthly newsletter has ministered compassionately to those struggling with scrupulosity. To subscribe, visit ScrupulousAnonymous.org.



A Redemptorist Ministry



Our Parish COMMUNITY

May 16, 2021

Ascension of the Lord (B)

Acts 1:1–11

Eph 1:17–23 or Eph 4:1–13 or 4:1–7, 11–13

Mk 16:15–20

Up in Heaven

The message of this feast is that Jesus was taken up into heaven. Just what does this mean? Is heaven "up there" along with the moon and the stars? Cosmology would question that. Today's readings also say that Jesus is seated at God's right hand. Is this science, or is it a concrete image used to explain something more marvelous than words can describe?

Traditionally the place of honor is at the dignitary's right hand (decided by a right-hander, no doubt). That Jesus sits at God's right hand means he enjoys the place of highest honor. The psalm response refers to this exalted place as the throne of God. "Throne" suggests king. Thus, the readings tell us that Jesus, who is now exalted with divine honor, is above everything else. Finally, to say that heaven is above means that it is beyond earth, perhaps not in actual distance but in distinction and glory. Thus, Jesus' ascension means that the risen Lord is no longer limited by the

restrictions of earth's space and time but now enjoys the highest honor with God everywhere and always.

This is the message the disciples were sent to preach. This is the message we also are sent to preach. But how are we to do it? By the way we live our lives. Emmanuel Célestin Cardinal Suhard of Paris (1874–1949) wrote: "To be a witness...means to live in such a way that one's life would not make sense if God did not exist." Do our lives show that we believe this?

Sr. Dianne Bergant, CSA

FOR *Reflection*

- ★ *Thank God for people in your life who mirror God's generosity, forgiveness, and kindness to you.*
- ★ *Think about ways you might mirror God's goodness to others.*



*[Jesus] said to them,
"Go into the whole world and
proclaim the gospel to every creature."
MARK 16:15*

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