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

Responsorial Psalm (Psalm 25): Lord, make me know your ways.

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:

3rd Sunday in Ordinary Time

Saturday Jan 20 7:30 p.m. Russell **Liturgy of the Word**
+ Duncan Spurway Funeral Mass offering

Sunday Jan 21 9:00 a.m. Russell **Zoom on-line Mass 9:00 a.m. & YouTube after 10:15 am**
Liturgy of the Word
For all parishioners by Father Paul

11:00 a.m. Rossburn **Liturgy of the Word**
Myrna Kostecki req by St Theresa's Parish

Monday Jan 22 Health of family & friends req. by Jean Goba

Tuesday Jan 23 - No Mass – Father Paul is away

Wed Jan 24 + Emilienne Mangin req by George Mangin & family

Thurs Jan 25 + Frank Mangin req by Madeline & family

Friday Jan 26 + Deceased family members req by Madeline & family

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**
Liturgy of the Word
For Elizabeth Neuhofer req by Martin Neuhofer

11:00 a.m. Rossburn - **Liturgy of the Word**
For all parishioners by Father Paul

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 is a paid position. Please call the office or Gary Petz for more information. Thank you.

The week of January 18th to January 25th is the week of prayer for Christian Unity. The ministerial committee is planning a prayer service to be held on **Wednesday January 24th at 7 p.m. at the Grace Lutheran Church in Russell** with coffee and cookies afterwards. All are invited to attend!

On Tuesday, January 23rd some volunteers from our Parish will be at the Brandon **Helping Hands Soup Kitchen** to help assist giving out food at their lunch buffet.



Coffee Sunday is next 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 next Sunday 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.

I have lost count of the number of times I have heard people say at the beginning of January, "This year I'm going to pray more!" The tone in their voice is often insistent, and the words "pray more" said with great force, as if they are reproaching themselves.

Although some people eschew making resolutions at the start of the new year, I think it is a noble goal. But there is a danger: If we make a resolution that is unattainable and then fail in our resolve, it can make us feel bad about ourselves. In the case of failed resolutions about our prayer life, we may also feel guilty before God—and even worse than we did before we made our resolution.

With that in mind, here are five tips for putting your prayerful resolution into practice.

1) Pray Less. I know that sounds counterintuitive, but it is a way of guarding against making a resolution you cannot keep. In my experience, people often end up setting lofty goals that are nearly impossible to fulfill with their busy schedules.

"I'm going to pray for an hour a day without fail!" says the young mother or father with children to care for. Then, the first time that they hear crying during their prayer, and they halt prayer to care for their child, they may give up on prayer entirely. And, again, they feel needlessly guilty.

Even if you have the time for it, the prospect of 60 continuous minutes of prayer every day can seem overwhelming.

In that case, I often suggest beginning with more modest goals. Take it easy at first. (This is especially helpful for someone who has not been praying at all.) Start with 15 minutes a day. Or 30 minutes. This is not only more manageable, but has the advantage of seeming so doable that the person relaxes and enjoys it more—and ends up praying longer than planned. So to pray more, try to pray less. At least at first. Then pray more.

2) Mix it up. Often people get stuck in a rut, especially if they have been praying for a while. One of my spiritual directees (a person who comes to talk about how God is active in their daily life and private prayer) once told me, glumly, how monotonous prayer had become. Then he recounted his routine, which included the rosary, reading the Gospel for the day and then some Ignatian contemplation. You could hear the boredom in his voice.

In response, I suggested that he try some new ways of prayer. That goes for us all. If you are in a rut with centering prayer, try some Ignatian contemplation. If you feel tired of Ignatian contemplation, try some lectio divina. If you are bored with lectio, try centering prayer. It helps from time to time to shake things up.

This should not be surprising. It is like any relationship. If you and your friend want to stay connected (a good goal) but you meet with your friend in the same way every single time, you might find things getting stale. If you see your friend every week for dinner on a Friday night for months on end, with the intention of staying in touch, it may start to feel "old hat." In that case, you'd both say, "Hey, let's do something different. Let's go for a walk on the beach or in the park one day. Let's see a movie." Then you might find yourself relating to your friend in a new way.

Something similar can be at work in prayer. Shake it up a bit. **Will be continued in Next Week's Bulletin**

-After putting her grandchildren to bed, a grandmother changed into old slacks and a droopy blouse and proceeded to wash her hair. As she heard the children getting more and more rambunctious, her patience grew thin. Finally, she threw a towel around her head and stormed into their room, putting them back to bed with stern warnings. As she left the room, she heard the three-year-old say with a trembling voice, "Who was THAT?"

Dear Padre,

While on vacation, I attended Mass at a church where many people left right after Communion. Why would they do this?

Canon law says the faithful are bound to participate in the Mass on Sundays and other holy days. We are expected to attend the entire Mass.

A misunderstanding of this law may be traced to a pre-Vatican II teaching. Some theologians taught that the Mass had three main parts: offertory, consecration, and Communion. Some people reasoned that their obligation would be fulfilled by attending only those parts of the Mass. They felt justified in coming late and leaving early.

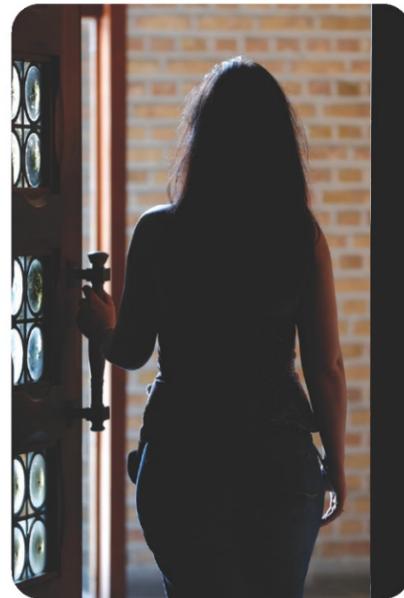
This changed with the Second Vatican Council (1962–1965). The Mass is divided into four sections (introductory rites, Liturgy of the Word, Liturgy of the Eucharist, concluding rite), and Christ is present throughout the Mass. Attending Mass means being there from the processional hymn through the recessional hymn.

Some people have valid reasons for leaving Mass early, such as feeling ill or taking a crying child from church. Perhaps they are traveling and need to get to the airport on time. Still, I also wonder why there is a great exodus before the Mass has ended in some churches. In my opinion, people who are in the habit of leaving early should reconsider that practice. ●

Fr. Victor Karls, CSsR / DearPadre.org

Do you have a question for the Padre?

Go to DearPadre.org to send your question and to learn more about *Dear Padre*.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
January 22 <i>Day of Prayer for the Legal Protection of Unborn Children</i> 2 Sm 5:1–7, 10 Mk 3:22–30	January 23 <i>Weekday</i> 2 Sm 6:12b–15, 17–19 Mk 3:31–35	January 24 <i>St. Francis de Sales, Bishop and Doctor of the Church</i> 2 Sm 7:4–17 Mk 4:1–20	January 25 <i>Conversion of St. Paul the Apostle</i> Acts 22:3–16 or Acts 9:1–22 Mk 16:15–18	January 26 <i>Sts. Timothy and Titus, Bishops</i> 2 Tm 1:1–8 or Ti 1:1–5 Mk 4:26–34	January 27 <i>Weekday</i> 2 Sm 12:1–7a, 10–17 Mk 4:35–41	January 28 <i>Fourth Sunday in Ordinary Time</i> Dt 18:15–20 1 Cor 7:32–35 Mk 1:21–28



A WORD FROM POPE FRANCIS

Brothers and sisters, before the Lord's call, which can reach us in a thousand ways—through others, happy or sad events—our attitude at times might be rejection. But God's call is always love: we have to try to discover the love behind each call, and it should be responded to only with love.

ANGELUS, ROME, JANUARY 17, 2021

Pope Francis meets with "Phone Friend" volunteers of the Samaritans Italy in 2017. © L'OSSERVATORE ROMANO



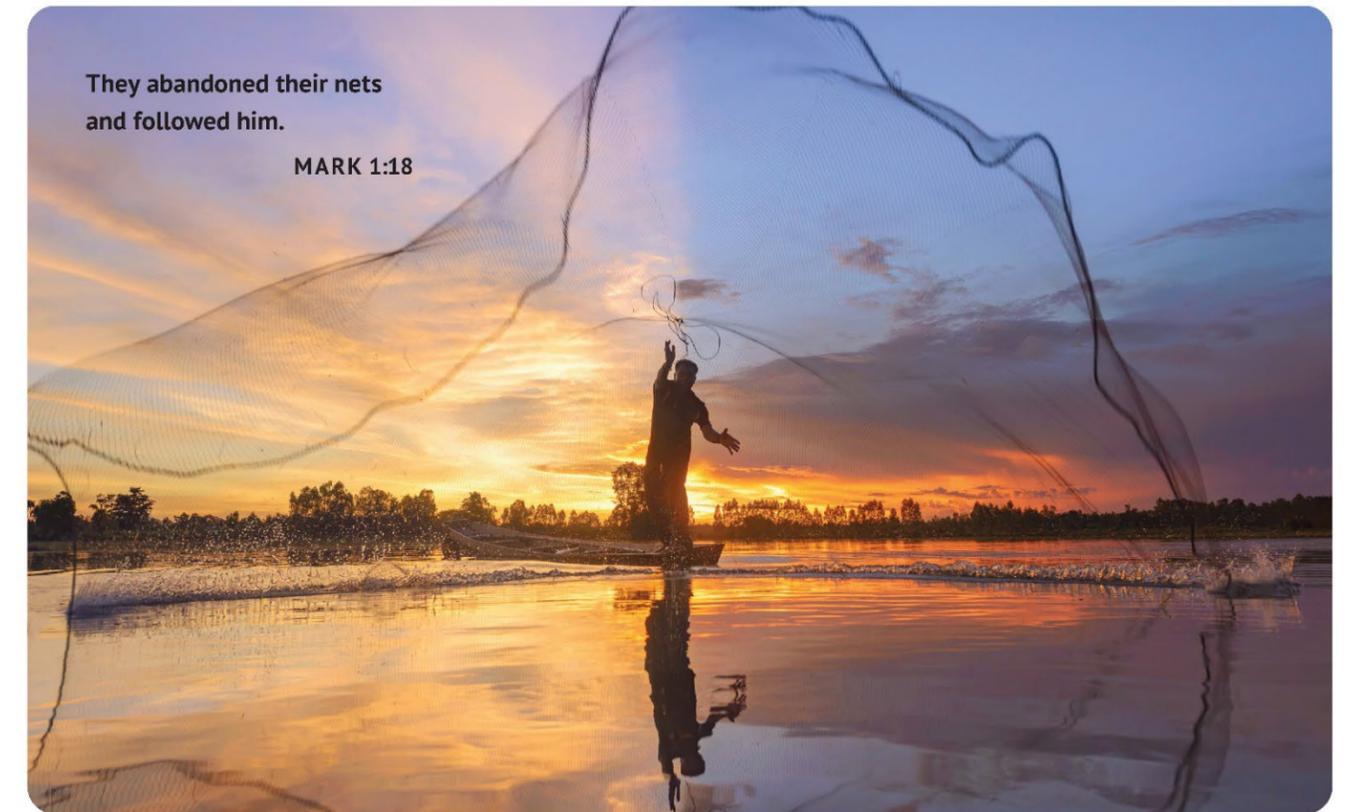
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Our Parish COMMUNITY

January 21, 2024

Third Sunday in Ordinary Time (B)

Jonah 3:1–5, 10 / 1 Corinthians 7:29–31 / Mark 1:14–20



A New World Is Coming

FR. JOSEPH JUKNIALIS

Our lives are filled with calls of one kind or another. Phone calls, text messages, teachers who call on us in class, those who call us for supper, people behind a counter who call out, "Next!" And, sooner or later, death will call each of us.

Jonah was once called to go to Nineveh, and the people of Nineveh were called to repent and change their lives. Simon and Andrew, John and James were called to follow Jesus. And today God calls each of us, but it is never easy to sort out what it is we are called to do.

Saint Paul took pains to tell us that "the world in its present form is passing away" (1 Corinthians 7:31). That being true, then God's call is always into a new way of life, which seems to imply leaving something behind, not unlike the four followers in Sunday's Gospel leaving their fishing nets and their father Zebedee in his boat.

The world that is passing away may be childhood, or productivity as we age. The new world may require confronting addiction and leaving a life of what we thought we couldn't live without. Or, like the people of Nineveh who were called to repent, it might be a call for our nation to confront our failure to engage in dialogue about and find solutions to injustice in its many forms at home and abroad. Who knows what God's new world will be? ●

Reflect

To what is God calling you, your community, our nation?

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