

February 4th, 2018 - Fifth Sunday of the Year

[Jesus] approached, grasped her hand, and helped her up.

Then the fever left her and she waited on them.

Rising very early before dawn,

[Jesus] left and went off to a deserted place, where he prayed.

Mark 1: 29-39



Your own out-of-the-way basket

We would all like a deserted place of our own, an out-of-the way escape from the constant demands on our time and energy to be alone with ourselves and God.

Sadly, few of us can possess a "desert" of our own - even setting aside a small room in our own homes is a non-starter for most of us.

So make your "deserted place" a basket. Or a box. Put in it whatever things give you peace: a photograph of your beloved, a small icon of Christ or Mary, a rosary, a few of your favorite prayers.

Or maybe your "out-of-the-way place" can be a photograph album: pictures of the people you love; landscapes you've visited; tranquil, peaceful places. All the better if you've taken the photos yourself. When you need to get "away," spend a few minutes flipping through your photos.

Your deserted place may not even be a place but something tangible - like a recipe. Bread or soup is best. Pray as you knead the dough, retreat into the cutting of the vegetables. Make your prayer complete by giving away what you've made.

So make or find your own "deserted place," where you can get away from the busyness of your days and re-connect with God. One important element of any good "deserted place:" it requires that you unplug, turn off, and not answer. There are no screens in a good deserted place.

[Suggested by the article "Prayer Basket" by Virginia Ann Froehle, Spirituality & Health, September-October 2008.]

Our spirits need quiet places and sacred time where and when we can escape the clamor of the marketplace and the tyranny of our calendars and things-to-do lists to experience the peace of being alone with God, to re-connect with God in the quiet of our hearts, to know the joy of doing simple, humble things for others. Jesus invites us to find spaces for prayer and make quiet time in our days to re-center our lives in the life and love of God, to hear again the voice of God calling us to lives of joyful gratitude and fulfilling service to others.

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February 4, 2018
The Fifth Sunday in Ordinary Time

Sacred Heart Parish

A Stewardship Parish in Union with Christ



Parish Information

Parish Administrator: Monsignor Jim Robertson

Office Hours: Mon, Wed, 9:00 am to 1:00 pm

Tues, Thurs 1:00 pm to 5 pm

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

curlingparish@hotmail.com
www.sacredheartrcparish.ca

Weekend Masses: Saturday 4:30 pm, Sunday 11:00 am

Reconciliation: Wednesday after Mass, or by request

Mass During the Week: Tues at 7:00 pm Wed, Thurs, Fri at 10:00 am
First Fridays - 2:00 pm at the Lohnes Complex

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

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

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

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

RECEIVED WITH THANKS (Jan 27/28, 2018)

Regular Collection	2158.65
Pastoral Dues	75.00
New Year's Day	5.00
Building Fund	20.00
Votive Candles	55.00
Mass Stipends	20.00
Calendars	30.00
Baptism stipend	25.00
Sunday Missals	20.00
St. Vincent de Paul	20.00

MASS INTENTIONS

Feb 3	Late Michael, Ada, Lorena & Lawrence George
Feb 4	Parish Community
Feb 5	No Mass
Feb 6	Late Joseph and Margaret Jennex
Feb 7	Special Intention
Feb 8	Late Ellen Pottle
Feb 9	Late Basil Donahue
Feb 10	
Feb 11	Parish Community

LITURGICAL MINISTERS

February 10	
Lynette Taylor Dennis Bruce	Gerard Brake Marie Byrne Joe Byrne
February 11	
Don Gallant Sherry Lynn Brake	Hedy Kenny Patsy Payne Calvin Gillis
Communion to the Sick – Tony Griffin	

WINTER WEEKDAY MASS SCHEDULE:

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

2018 CONTRIBUTION ENVELOPES:

These are now available at the rear of the church. Please note that some numbers have changed. To avoid confusion, please discard any unused envelopes from previous years.

MASS INTENTIONS: Again, our records show very few Mass Intentions requested for the future. It is our tradition to pray for one another and to pray particularly for our faithful departed. We welcome the masses requested for Special Intentions and for the deceased.

4YOUTH: February 8 is the feast day of St Josephine Bakhita, a woman who was kidnapped as a child and sold into slavery in Sudan. After being freed, St. Josephine became a Canossian Sister and dedicated her life to sharing her testament of deliverance from slavery and comforting the poor and suffering. She was declared a Saint in 2000 and is the patron saint of human trafficking victims. Her feast day was chosen as the International Day of Prayer and Awareness against Human Trafficking. There are an estimated 21 million victims of trafficking for sexual exploitation, forced labour, illegal organ removal, domestic servitude, forced marriages, illegal adoption and other forms of exploitation. The victims are the very poor and the vulnerable - woman, youth and children.

ASH WEDNESDAY - LENT IS COMING!

Ash Wednesday is just 10 days away! That's right! Ash Wednesday is February 14th. Mass, with the distribution of ashes, will take place at 7:00 pm. Even now we should be preparing our hearts and bodies for the discipline of Lent. What is it that we want to change in our relationship with others or with the church? What is it that we need to look at in our families, our communities and our places of gathering?

PARISH COUNCIL: Our next meeting will take place on Monday, February 5th at 7 pm in the Church Meeting Room.

PARISH BINGO: Our next parish Bingo will take place on Sunday, February 4th. We are asking for prize donations from those with last names G-M. The list is posted in the rear of the church.

RELIGIOUS CALENDARS: We have 2018 calendars featuring beautiful religious artwork available for \$5. All monies received will be donated to Catholic Missions.

ST VINCENT DE PAUL SOCIETY:

Thank you for your generous support. There have been 16 requests for food and/or furniture in January. Please continue to be generous.



LAY VISITORS TO THE CORNER

BROOK LONG TERM CARE: We are in need of church visitors for the Corner Brook Long term facility. The work involves practical visitation with provision for reception of the Eucharist. There will be gathering for any parishioners who might like to act as lay visitors to the Long Term Care Unit. This will take place at the Cathedral Residence in Corner Brook on Tuesday, February 6th at 2pm.

ADVANCE NOTICE: MARRIAGE

PREPARATION COURSE: Friday, March 9th at 7:00 pm and Saturday, March 10 at 9:00 am at the Cathedral. The cost to attend is \$50.00 and lunch will be provided.. If you plan to get married in 2018, call the parish office at 634-5161 to register.

ADULT FAITH FORMATION: Are you over sixty years of age? Would you like an opportunity to nurture your faith and your spirituality? Well, the Diocese of Corner Brook and Labrador (Office of Evangelization and Catechesis) will be offering an adult faith formation program entitled Beloved Disciples, a DVD course for the over sixties. This program will be held from 2:00-3:30 in the lower level of All Hallows Church on the first five Thursday afternoons of Lent – February 15, February 22, March 01, March 8 and March 15. Why not come along and check it out? (PS: No ID cards necessary!)

BEREAVEMENT: Have you recently experienced the death of a loved one? Would you like support from peers and professionals? Do you have questions about grief? You do not need to walk through your journey with grief alone... Western Health in Corner Brook will be offering a free 8 week bereavement support program beginning in mid/late February. For more information or to register call 634-4506.

HUMOUR - Outport Home

My husband and I purchased an old home in a northern outport town from two elderly sisters.

Winter was fast approaching, and I was concerned about the house's lack of insulation.

My husband confidently declared "If they could live here all those years, so can we!".

One November night the temperature plunged to below zero, and we woke up to find our interior walls covered with frost.

My husband called the sisters to ask how they had kept the house warm. After a rather brief conversation, he hung up looked at me and said "They told me that's why for the past 30 years they've gone to Florida every winter."