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

Responsorial Psalm 112: Light rises in the darkness for the upright.

St. Joseph's Russell needs volunteers to read and usher on Sunday Morning Mass, please choose which Sunday and sign up on the Ministry Schedule – found on the table where the donation envelopes are located. Thank you!

Did you Know! The National Catholic Broadcasting Council offers Sunday & Daily TV Mass on the Web, visit the website at www.dailytvmass.com or www.youtube.com/dailytvmass to watch Mass each day.

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

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.

First Communion – Next class will be February 9th from 3:30 – 4:30 p.m.

Praying with Pope Francis, February: For Parishes: We pray that parishes, placing communion at the center, may increasingly become communities of faith, fraternity and welcome towards those most in need.

Beloved: Finding Happiness in Marriage You are invited in the New Year at St. Joseph The Worker ****Starting Feb 8th at 7:00 p.m.****

In 6 stunning sessions, BELOVED uncovers the mystery and the meaning of the sacrament of marriage.

What if marriage is more than you think it is? What if God has woven into the very fabric of your humanity a purposeful need and desire that can only be fulfilled in your marriage?

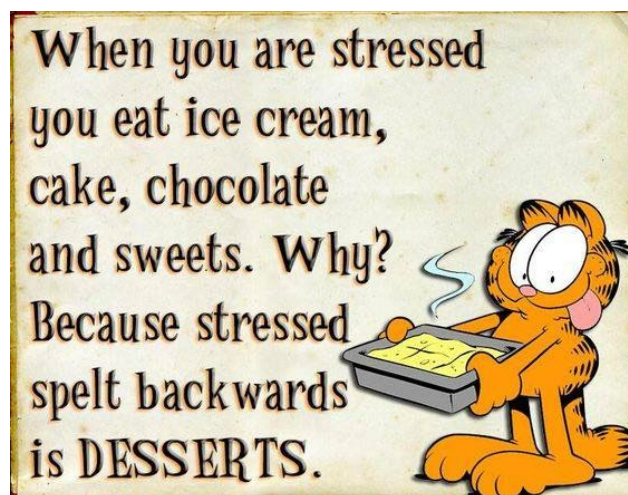
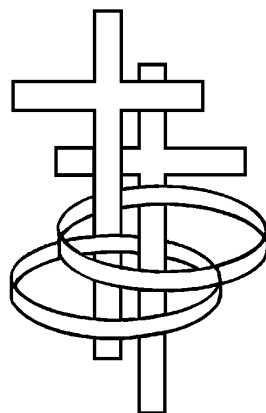
BELOVED invites all couples to experience firsthand the wonder, mystery, and joy behind that first "I Do".... whether you said it last year or many years ago.

For more information contact Father Paul Bisson, 204-773-2924, or Deacon Darin Douglas, 204-532-2157.

Coffee Sunday schedule is now available at the back of the church for anyone who wants to pick one up!

St. Joseph's CWL will have a meeting Feb 14 at 1p.m. in the church basement. This meeting is opened to everyone in our parish as we are hosting the World Day of Prayer on March 3. Your help would be very much appreciated. Thank You. Margaret Mushumanski

😊 *The best sermons are lived, not preached.*



Mass Intentions For This Week:

Fifth Sunday in Ordinary Tme

Saturday Feb 4 10:00 a.m. Rossburn **First Saturday** Immaculate Heart of Mary
7:30 p.m. Russell + Jutta Leven req. by Anne & Ubald Deschambault
Sunday Feb 5 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 For the health of Margaret Sanders
req by the Shwaluk & Shaw families

Monday Feb 6 Health of family & friends req. by Jean Goba

Tuesday Feb 7 6:30 p.m. Russell Fr Paul req. by Irene Deschamps
7:00 p.m. **Russell PPC Meeting**

Wed. Feb 8 + Deceased Family req. by Frank & Madeline Mangin
7:00 p.m. **Beloved: Finding Happiness in Marriage** at St Joseph the Worker

Thurs. Feb 9 10:30 a.m. Rossburn Adoration
11:00 a.m. + Norma Kaskiw req. by Joe & Shirley Slobodian & Family

Friday Feb 10 8:30 a.m. Russell Adoration
9:00 a.m. Health of family & friends req. by Irene Deschamps
10:15 a.m. Rossburn Personal Care Home Music & Mass

Sixth Sunday in Ordinary Time World Day of the Sick

Saturday Feb 11 7:30 p.m. Russell + Duncan Spurway from Funeral Mass offering

Sunday Feb 12 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 + Suffering Souls in Purgatory req. by Rose & family

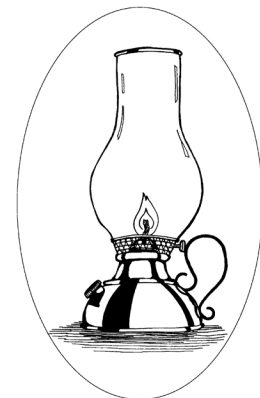
31st World Day of the Sick, Saturday, 11 February 2023

On February 11th and 12th the Anointing of the Sick will be offered at each Mass for those who wish to partake in the gifts and Graces God offers to us all.

In today's world, how often do we see or hear the sick experiencing deep loneliness and abandonment? In our families and close-knit circles, we can be particularly confronted by our human fragility and vulnerability, especially when a loved one falls ill or grows older. Pope Francis, in his message for this year's World Day of the Sick, reminds us that it only "takes a moment of our attention, of being moved to compassion within us" to overcome the throwaway culture and bring loving tenderness to someone in need. The Parable of the Good Samaritan reminds us of our call to approach, listen, and tend proactively to the sick. The Samaritan does not 'go it alone,' but asks the Innkeeper for help and says, "care for him." Face-to-face encounters are essential avenues for the healing ministry of the living Christ. As a faith-filled community, let us not be indifferent to suffering and find ways to pray for and accompany the sick, lonely and abandoned.

A day of fasting for peace in Ukraine

Friday February 24th, marks one year of the tragic war in Ukraine. The entire Ukrainian Greco-Catholic Church globally has been asked to participate in a day of fasting for peace in Ukraine. So, on that day, abstain from meat and keep your meals simple and to a minimum. Let us offer this small sacrifice in our own lives in order to bring peace and solidarity to the Ukraine.



Dear Padre,

Sometimes I become pretty disgusted with my life and myself. I wonder if anyone really loves me. Is there any way I can know that God loves me?

Every human person is made in the image of God. This means that your life is infinitely precious in God’s eyes. God values and loves you beyond anything you could ever imagine.

God has also placed into our hearts a yearning for love and happiness that cannot be satisfied by anything less than God. True love will not be found in riches or well-being, in fame or power. True happiness will be found in God alone, the source of all life and all love.

In New Testament times, many people believed that wealth and success were signs of favor and love from God. If disaster struck, you would assume that God was angry with you, or that you had done something wrong. Ill-fortune was a “sign” that God’s love had been withdrawn from you.

Jesus turned this sort of thinking on its head. Jesus taught that God truly loves all people, including those who are down on their luck. God’s love is not based on wealth, fortune, or success. Rather, God loves you because you are God’s own creation, God’s child, and heir to God’s own kingdom.

You might find it helpful to talk over those feelings of self-disgust with a spiritual director or a confessor. Meanwhile, take comfort in the words of Isaiah: Do not fear, for I have redeemed you; I have called you by name: you are mine (Isaiah 43:1). ●



CREATIVA IMAGES / SHUTTERSTOCK

The Redemptorists / DearPadre.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
February 6 St. Paul Miki and Companions, Martyrs Gn 1:1–19 Mk 6:53–56	February 7 Weekday Gn 1:20–2:4 Mk 7:1–13	February 8 Weekday Gn 2:5–9, 15–17 Mk 7:14–23	February 9 Weekday Gn 2:18–25 Mk 7:24–30	February 10 St. Scholastica, Virgin Gn 3:1–8 Mk 7:31–37	February 11 Weekday Gn 3:9–24 Mk 8:1–10	February 12 Sixth Sunday in Ordinary Time Sir 15:15–20 1 Cor 2:6–10 Mt 5:17–37 or 5:20–22, 27–28, 33–34, 37
Know Someone Overly Anxious About Sin?						
Since 1964, the Redemptorists’ <i>Scrupulous Anonymous</i> free monthly newsletter has ministered compassionately to those struggling with scrupulosity. To subscribe, visit ScrupulousAnonymous.org .						



CNS PHOTO / VATICAN MEDIA

A WORD FROM POPE FRANCIS

God changes the world by transforming our hearts, and this he cannot do without us. The Lord wants us to open the door of our hearts in order to enter into our lives....For when God finds an open and trusting heart, he can work wonders there.

HOMILY BAKU, AZERBAIJAN, OCTOBER 2, 2016

Our Parish COMMUNITY

February 5, 2023
Fifth Sunday in Ordinary Time (A)
Isaiah 58:7–10 / 1 Corinthians 2:1–5 / Matthew 5:13–16



No More Than Enough

FR. JOSEPH JUKNIALIS

“You are the salt of the earth.” Prior to industrialization, salt was a highly valued commodity. In the Middle Ages, a ton of salt sold for thirty-three gold ducats. Much earlier, Roman soldiers were often paid in salt. Hence our word *salary*. “You are the light of the world.” Like salt, light also is a valuable and necessary part of life. Without light, living plants die and human beings grow depressed.

Curiously, we only become aware of salt and light when they are absent. Food tends to be less tasty and bland without salt. And without light in the room we stumble and trip. Yet too much salt ruins food, while too much light blinds us, like when we drive facing headlights at night or stare at the sun. As valuable as salt and light are, both are at their best when unnoticed.

I offer these realities as images for persons of faith. Too much of “us” in the mix and we become the center of life, our egos blinding others to the workings of God. Yet absent, a world without persons of faith grows flat for lack of values and wisdom.

Likewise, the Church. Whenever the Church draws attention to itself, whenever it is clothed with pomp and majesty, God recedes to the background. Without the Church’s wisdom, however, a world hungry for meaning grows lost; charity is forgotten. We are called to be salt and light, no more than enough. ●



Your light must shine before others, that they may see your good deeds and glorify your heavenly Father.

MATTHEW 5:16

Reflect

How do I keep a balance between too much of me in the picture and too little?