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

**Responsorial Psalm 63:** My soul thirst for you, O Lord my God.

**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** **September:** *For people living on the margins: We pray for those persons living on the margins of society, in inhumane life conditions; may they not be overlooked by institutions and never considered of lesser importance.*

**Mass Intentions For This Week:**

**Twenty Second Sunday In Ordinary Time**

Saturday Sept 2 7:30 p.m. Russell For all parishioners by Father Paul

Sunday Sept 3 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 + John Ryshytylo req. by Michael & Myrna & family

Monday Sept 4 Fr Paul is away

Tuesday Sept 5 Fr Paul is away

Wed. Sept 6 10:00 a.m. Mass & Music Russell Personal Care Home  
For Fr Paul req. by Darin & Carlene

Thurs. Sept 7 10:30 a.m. Rossburn Adoration  
11:00 a.m. Mass John Ryshytylo req. by St Theresa's Parish

Friday Sept 8 8:30 a.m. Russell Adoration  
9:00 a.m. Mass  
10:00 a.m. Mass & Music Rossburn Personal Care Home  
+ John Ryshytylo & all the Souls in Purgatory req. by Lynda & family

**Twenty Third Sunday In Ordinary Time**

Saturday Sept 9 7:30 p.m. Russell + Paul Leven req. by Anne & Ubald Deschambault

**Sunday Sept 10 9:00 a.m. Rossburn** + John Ryshytylo req by Mervin Koscielny  
**11:00 a.m. Russell** For all parishioners by Father Paul **Zoom on-line Mass 11:00 a.m.**

**September 10<sup>th</sup>** The Knight's of Columbus will be hosting our parish BBQ along with St. Mary's Church Parish. Picnic after **11:00 a.m. Mass at St. Joseph's** with St. Mary's invited to join us. So, **no Sunday 9:00 a.m. Mass in Russell** as Fr Paul will be in Rossburn.

Be sure to mark your calendars and please remember to bring your lawn chairs for the picnic!

**Our sincere condolences** to Edward Twardowski on the passing of his wife Leona. May she rest peacefully in the arms of our Lord and Saviour.

**Nicolette Jordyn Osborne** was Baptized Sept 1<sup>st</sup> at St. Joseph's Parish child of Wesley Osborne and Ritchell Manoop.



**We would like to remind everyone** to please use their 2023 donation envelopes and not envelopes from previous years. The number that has been assigned to you for 2023 will probably not be the same number that was assigned to you in previous years. We want to make sure that the donations are correctly recorded. If you have misplaced your envelopes for 2023, please let the parish office know and a new set will be provided. Thank you.

**Our coffee Sundays** will be starting up again and this month it will be on September 24<sup>th</sup>. Eme and our Filipino parishioners will be providing the food for us this month. It will be nice to once again join together in fellowship.

**IF WORRY KEEPS YOU UP AT NIGHT, CONFESSION IS HELPFUL SPIRITUALITY By Luba Sigaud**

Let's be honest: Confession is absolutely terrifying.

At least, that's what I used to tell myself. And, since moving to France, the thought of going to confession in French for the first time was even more terrifying. I knew I wouldn't have the courage to get in line during regular confession times with people waiting behind me, adding to the pressure.

So instead, I sent my new parish priest an email to set up an appointment. I explained that I had never gone to confession in French before and that I might need a little help. He agreed to see me the very next day.

When I arrived, the church was basically deserted, which eased my stress. I knelt down and waited for him in the magnificent little side chapel dedicated to St. Joseph, whose feast day it was.

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And I'll never forget how that saintly priest looked at me as he came in through the sacristy. It was a look of infinite kindness, understanding and compassion. It was the kind of look I imagine Jesus might have given Mary Magdalen when she sat at his feet and cried because she was desperately sorry for the life she had been leading.

I emerged from that confessional wondering why I had been so anxious and why I had put it off for so long. I had asked Jesus to forgive me, and he had. It was that simple. And I was free.

**No one is beyond God's reach**

Maybe you haven't been to confession in a while, and the thought of getting in line scares you more than tax season. Maybe you're thinking what you've done is much too embarrassing to say out loud or that there's no point in going because you'll just slip back into the same old sins as soon as you've finished your penance anyway.

Or, maybe the devil has slipped a terrible thought into your head: That it's too late. That what you've done is too serious and that you can't be forgiven.

If so, remember this: St. Peter denied Jesus three times. And yet, he became one of the greatest saints in history — not because he had never sinned, but because he showed genuine remorse for what he had done.

Ultimately, one key to overcoming our fear of confession is thinking more about how much we've hurt Jesus than about our embarrassment and discomfort. The focus should be on him, not on us.

If you're anxious, like I was, break down your fears into more manageable steps: Send an email to a priest you trust to set up an appointment. Believe me, that takes the pressure off. Or, if you prefer, find a priest who doesn't know you at all.

No matter what you've done, priests have heard it all, so don't let that worry you. I've confessed some terribly embarrassing sins and have never — not once — felt judged.

You know that feeling when you've been sweating all day and you finally get the chance to take a shower? A good confession is like that — except way better.

**Go to confession for the people you love:** We wouldn't dream of going out to meet friends covered head-to-toe in mud. But, all too often, we go about our days and interact with all kinds of people while being covered head-to-toe in spiritual mud.

And, because of that — let's face it — we're not the best people we could be. We're more irritable. We're more tired. We're less hopeful. And, just as being covered in mud rubs off on others, being covered in sin does the same thing.

Going to confession gets rid of that mud. It helps us be kinder and more joyful. It helps us forgive others and live the life we were created to live. It helps us be better Catholics who can lead others to the truth by our example.

Don't be afraid of confession. Be afraid of being covered head-to-toe in spiritual mud for days or weeks or months or even years on end. Be afraid of hurting your family and friends and the One who gave his life to save you. Be afraid of dying before you get the chance to apologize.

There's nothing more beautiful after falling into a huge puddle of mud than getting up again and going to sit at Jesus' feet — and crying because you're desperately sorry for how you've been living.

Let him comfort you and put all your worries and fears to rest. Let him take you in his arms and hold you close to his Sacred Heart, telling you he's forgiven you and that he loves you and that you can start over with a clean slate. Ultimately, that's what confession is all about.

Don't waste any more time. Go. You won't regret it.

**I'll leave you with this:**

"... there will be more joy in heaven over one sinner who repents than over ninety-nine righteous people who have no need of repentance" (Lk 15:7).



# Dear Padre,

*Are we supposed to pray a specific prayer after we genuflect and kneel in the pew before we take our seats? What about after Communion?*

There is no particular prayer to say when we genuflect, enter the pew, and kneel for a while. Genuflecting and kneeling are powerful expressions and prayers in themselves—we kneel only to God. But these gestures can become mere routine unless we accompany them with a moment of awareness and recollection and maybe a prayer like, “I adore you, O Christ, and I bless you, because by your holy cross you have redeemed the world.”

Neither are there required prayers to say in the moments after holy Communion as we return to the pew. But this is a most special time. “Holy souls endeavor to remain as long as possible in prayer after Communion,” wrote St. Alphonsus Liguori in *The Holy Eucharist*. “There is no prayer more agreeable to God, or more profitable to the soul, than that which is made during the thanksgiving after Communion.” Eucharist is from the Greek *eukharistia*, which means “thanksgiving,” and this is a time for giving thanks. We remain silently focused on the astonishing passion and affection of our Lord in giving himself to us to eat and make part of ourselves. So much depends on awareness; so much depends on gratitude. Prayer books may help us enter a time of thanksgiving. But we can also say simply, “Jesus, I love you.” ●



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*The Redemptorists / DearPadre.org*

## Do you have a question for the Padre?

Go to [DearPadre.org](https://dearpadre.org) to send your question and to learn more about *Dear Padre*.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
September 4 <i>Weekday</i> 1 Thes 4:13–18 Lk 4:16–30	September 5 <i>Weekday</i> 1 Thes 5:1–6, 9–11 Lk 4:31–37	September 6 <i>Weekday</i> Col 1:1–8 Lk 4:38–44	September 7 <i>Weekday</i> Col 1:9–14 Lk 5:1–11	September 8 <i>The Nativity of the Blessed Virgin Mary</i> Mi 5:1–4a or Rom 8:28–30 Mt 1:1–16, 18– 23 or 1:18–23	September 9 <i>St. Peter Claver, Priest</i> Col 1:21–23 Lk 6:1–5	September 10 <i>Twenty-third Sunday in Ordinary Time</i> Ez 33:7–9 Rom 13:8–10 Mt 18:15–20



## A WORD FROM POPE FRANCIS

*Let us make sure that the cross hanging on the wall at home, or that little one that we wear around our neck, is a sign of our wish to be united with Christ in lovingly serving our brothers and sisters, especially the littlest and most fragile. The cross is the holy sign of God’s love.*

ANGELUS, ROME, AUGUST 30, 2020

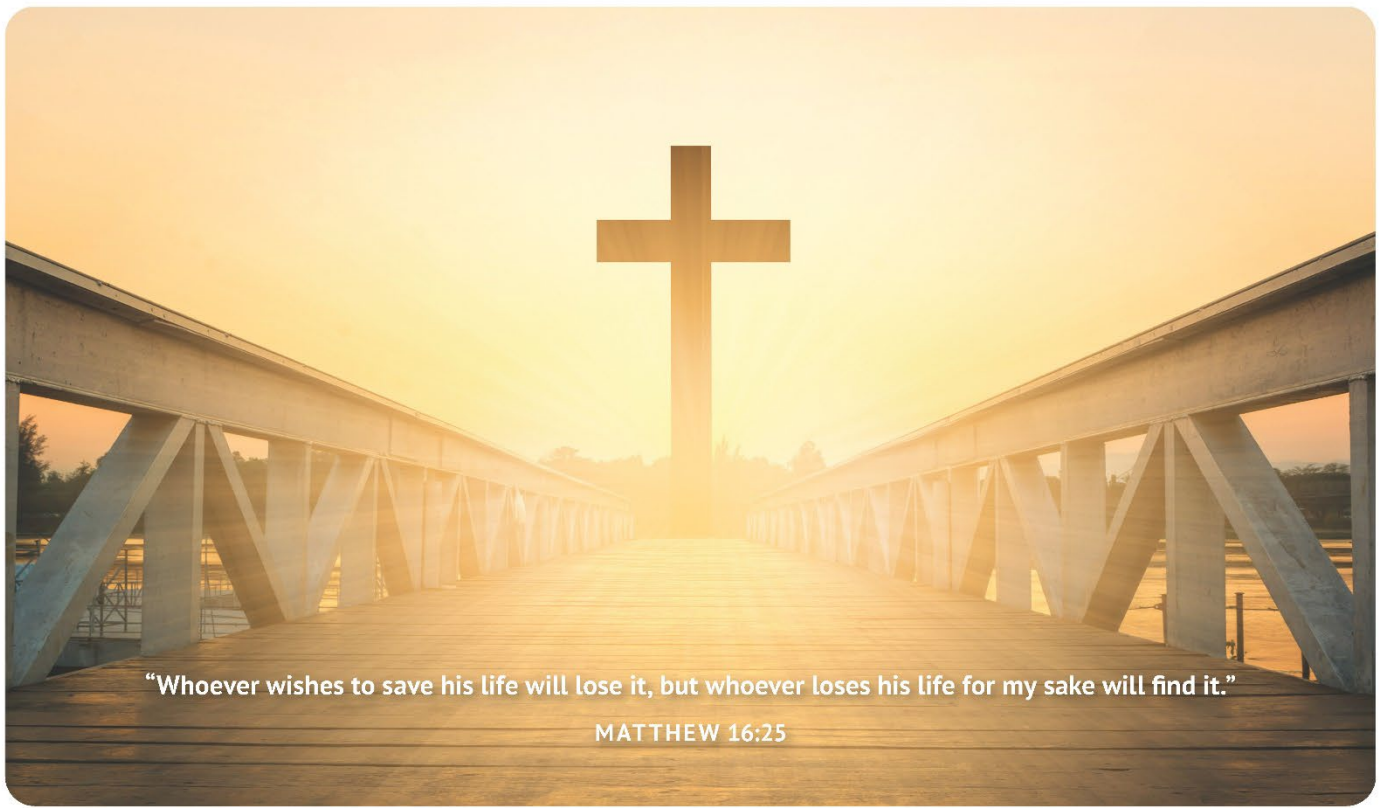
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# Our Parish COMMUNITY

September 3, 2023  
Twenty-second Sunday in Ordinary Time (A)  
Jeremiah 20:7–9 / Romans 12:1–2 / Matthew 16:21–27



“Whoever wishes to save his life will lose it, but whoever loses his life for my sake will find it.”

MATTHEW 16:25

## Called to Be Faithful

FR. JOSEPH JUKNIALIS

Somewhere in every life, along its twisting curving path, we find ourselves wondering if we would not be better off somewhere else doing something different, as if with the flip of the channel we could live a parallel life. Except that changing life is never that simple. And so we live on with our foibles and our insecurities. We make do for one more day in a job that is less than satisfying, or a relationship that is worn and fraying, or caring for aging parents as we juggle the needs of two households. In every niche of life, we may find ourselves dealing with difficult people, listening to others’ woes, wondering if anyone cares. Like

the prophet Jeremiah, we can feel we’ve been duped by the Lord God. We don’t need to go looking for crosses. They come our way. And it is our crosses that allow us to save our lives by losing our lives. It is these very same lives from which we wish we could escape that bring us to holiness, if for no other reason than that we *do* struggle not to have our own way all the time. Spirituality has been defined as an inner set of values by which we live an outer set of circumstances. As people of faith, we try to do just that: to live in the style of Jesus. Somehow, it seems that God brings us to places we should be. ●

## Reflect

*What does it mean to be faithful in the circumstances of your life?*