

REFLECTION for Fourth Sunday in Ordinary Time

Fr. Don

Recently, Pope Francis gave a homily in which he challenged us to authentically live our faith. He said: *"The Christian life does not come to any of us wrapped up like a gift, rather, we need courage to go forward and to endure. Those who go forward make mistakes...when you can't walk because everything is dark, everything is closed, you need to endure, to persevere. Lazy Christians who do not have the will to go forward, who don't fight to make things change, new things, things that would do good for everyone if these things would change, are lazy. They are lazy, 'parked' Christians: they have found in their Church a good place to park. And when I say Christians, I'm talking about laity, priests, bishops."* Like Jesus in today's Gospel, the Pope is calling us to new life and to a radical conversion or, going Greek, to *metanoia*. *Metanoia* means to convert, to change, to repent, to choose to live a new kind of existence. In living our Catholic faith, it means to enter the Reign of God, to allow *'thy Kingdom come, thy will be done'*, and to fully embrace the Paschal Mystery. Translated, it means let go and let God be our guide. It means choosing Jesus, choosing to follow Him. It is choosing to be the Good News. Hearing the Good News is one thing, living/practicing it is another. It should enflame and empower us to action. Let us ask ourselves whether this is true of our present way of living: *'They'll know we are Christians by our love?'*

Faith is faith when it manifests itself in active Christian living and loving. Jesus knows if our Yes is Yes.

Only then will we come to church and not be 'parked.' We will come to refuel and to renew our trust in the power of Jesus. We will anticipate being drenched with the knowledge that Mass is an essential source of nourishment for us: The holy Mass sustains us, equips us, sends us forth into the 'mission fields' of our world. Out in that world of light and darkness, saints and sinners, hope and despair, is where, filled with spiritual graces, we can achieve our salvation and help lead others to their salvation. Proudly, we can 'shout from the rooftops' that we are living our faith, we have taken on the challenge of a new existence and we can be Jesus- for ourselves and for others. Yes, this is a lofty goal but, Jesus expects it of us.

Our first reading encourages seeking this new existence: *'seek the Lord, seek righteousness, seek humility, seek refuge.'* From where comes our help in this quest? How can we know how to become this active, not 'parked', type of true Christian? Well, Jesus assures that *'seek and you shall find'* and we find our answers in today's Gospel in one of Jesus' most glorious commentaries in all the scripture.

It is part of the Sermon on the Mount found in Chapters 5, 6, 7 of Matthew's Gospel. Shortly after Jesus began his public ministry, he presented the totality of his moral teachings in one long discourse. The Beatitudes are a key teaching. Some have labelled them as the New Law. The Ten Commandments, arising from the Old Testament, are the Old Law. Together, taken as a blueprint from proper Christian living, they are to be our guide, our sourcebook, our Way. If one could eat them and forever feed of them, then that would be salvific. If we seek to *'be perfect, as your heavenly Father is perfect'*, then the Sermon summarizes the essence of what it will take. It outlines the characteristics found in a true disciple of Jesus.

Such a person is blessed or happy because he/she shows mercy, is poor in spirit, comforts the mourning, is meek, is pure in heart, is hungry and thirsty for righteousness, is a peacemaker, and is steadfast in faith. Such a person performs the Spiritual and Corporal Works of Mercy. These works arise from the teachings given at this Sermon. St. Augustine said: *'I think that Christians will find in it, so far as regards the highest morals, a perfect standard of the Christian life.'* A believer cannot remain parked.

Sacred Heart Parish

A Stewardship Parish in Love with Christ



Parish Information

Parish Administrator: Fr. Don Leonard

Office Hours: Tuesday to Friday 1:00 p.m. to 4:00 p.m.

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Weekend Masses: Saturday 4:30 p.m. Sunday 11:00 a.m.

Reconciliation: Wednesday after Mass, or by request

Mass During the Week: Wednesday, Thursday at 7:00 p.m.

Friday 2 pm (Lohnes) and at 7 pm (Church)

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

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

Baptisms: Celebrated at Weekend Mass after preparation session.

January 29, 2017

The Fourth Sunday in Ordinary Time

RECEIVED WITH THANKS (Jan 21. 22)

Collection	1,617.00
Bldg. Fund	10.00
Votive Candles	63.00
Dues	60.00
Mass Stipends	30.00

MASS INTENTIONS

Jan 30	No Mass
Jan 31	No Mass
Feb 1	Bernadette & Anthony George
Feb 2	Patrick Quilty
Feb 3 2pm	Intentions Rita Hall/John Mendes
Feb 3+ 7 pm	Fr. John Collins
Feb 4	Margaret Jennex
Feb 5	Parish Community

LITURGICAL MINISTERS (Feb 4,5)

READERS	EUCCHARISTIC MINISTERS
Joan Penney	Art Hall, Barbara Neville
Jerome Dicks	Marie Byrne
<u>Communion to Sick</u>	<u>Tony Griffin</u>
Hedy Kenny	Wayne Dicks, Amelia Dicks
Mike Leonard	Calvin Gillis

MASS REQUESTS NEEDED

Right now, we do not have enough requests to complete next week's Mass schedule. So, once again, we invite you to request Masses for your deceased or sick loved-ones. Either call the Office or put your request in your Sunday envelope.

VERONICA IS RETIRING

As of Tuesday Jan 31, Veronica Stone will officially retire as our parish secretary. Again, we thank her abundantly for her many years of selfless service. We wish her good health. She will be missed. But really, she is not going too far. She is chair of our Parish Ladies Group and

will be fully involved in parish life; only now as a rested volunteer.

ON TUESDAY AFTERNOON at 2:30 pm, we are having an open-house with refreshments to say goodbye to Veronica and to welcome Katie.

INCOME TAX RECEIPTS 2016

Thank you for your generosity. These are now available at the back of the church. We have them in envelope number-order. Please try to keep them in order. If there are any discrepancies, they should be reported to the Parish Office.

PARISH BINGO

Our next Bingo is on **Sunday afternoon, Fe. 4, at 2 pm** in the School cafeteria. Please spread the news and plan to attend and encourage others to do so as well.

BIBLE STUDY

The group will next meet in the Parish house on **Monday evening Jan. 30 at 7 pm**. We encourage newcomers to join us in 'breaking open the Word of God' as found in the Gospels.

PRESENTATION OF THE LORD, Feb. 2

According to Jewish law, the firstborn male child belonged to God, and the parents had to "buy him back" on the 40th day after his birth, by offering a sacrifice of a pair of turtledoves, or two young pigeons in the temple (thus the "presentation" of the child). By this act, Jesus reveals Himself as the Light of the Nations. At Mass on this day, it has become tradition to bless candles (thus it is also called Candlemas Day. Secularly, it has become known as Groundhog Day- again, about light/shadow.

At our 7 pm Mass Thursday, we will distribute and bless candles.

FEAST OF ST. BLAISE, Feb. 3

The blessing of throats takes place on the feast

day of this 4th century saint. It always falls on the day after Candlemas. St. Blaise is traditionally believed to have saved a boy from choking on a fish-bone. Because of this and the many miracle cures attributed to him, we pray to him to intercede in cases of throat illnesses.

This Friday we will celebrate Mass at 7 pm in the church to provide this opportunity to receive this sacramental blessing of throats.

WORLD DAY OF PRAYER FOR THE SICK

This is advance notice of this special Day. It is celebrated on **Saturday Feb. 11** this year. This is also the Feast of Our Lady of Lourdes. We have a list of sick people we pray for regularly at Mass. However, on this Day, at our **4:30 Mass**, we invite you to contact us to add names of your sick. This way we can intercede for them on this Special Day for all the sick.

KATIE GREENWOOD, OUR NEW SECRETARY.

We have gotten younger. Katie, in her twenties, is already parish secretary in Benoit's Cove. She is a graduate of the CNA Business Administration program. She begins work here this week. I'm sure she would welcome anyone who wants to drop in to say hello. Because she works in both parishes now, we are in the process of rearranging our Office hours. Please pay attention to this detail in next week's bulletin.

CALLING PARENTS OF OUR YOUNG PEOPLE

We are planning to offer a Youth Mass on the last weekend of February. To do this, we require our young people to participate. At this Mass, they will take the lead in the many ministry roles. We hope to make this a monthly activity. *We have some more good news.* From Thursday March 16 until Saturday March 18, NET

Ministries will spend some time working with youth in our parish.

SOUP KITCHEN VOLUNTEERS NEEDED.

There are several local groups offering this ministry. One of the newer ones, The Community Mental Health Initiative, needs Volunteers to assist with preparing or serving a warm meal at their Soup Kitchen. Time: Wednesday's 4:00pm-5:30pm. Location: Salvation Army on O'Connell Drive. BTW, our church has a soup kitchen- *Mary's Kitchen*- operating out of the Cathedral basement at supper-time on Fridays. Participation in this work of mercy may be calling out to you.

World Day for Consecrated Life, Feb. 2

This is an opportunity to remember with gratitude the men and women who have chosen to live out their baptismal vocation by professing the evangelical counsels of poverty, chastity and obedience by joining a religious congregation, a secular institute, or through private vows. We pray for God's continued blessing upon them. In honour and celebration of Consecrated Life, Bishop Hundt will preside at the daily Mass at 9:30 am at the Cathedral of the Most Holy Redeemer and the Immaculate Conception on Thursday. All are welcome to come and join in this celebratory Mass.

St. Vincent de Paul Society

To assist those in need - 638-9010.

JESUS PRAYER

Lord Jesus Christ, Son of the living God, have mercy on me, a sinner.

Blessed at the poor in spirit.