



Served By: Fr. Paul Bisson  
 Box 776, Russell, MB R0J 1W0  
 Phone Office: 204-773-2924  
 Deacon Darin Douglas: 204-532-2157  
 Email: [stjoewkr@gmail.com](mailto:stjoewkr@gmail.com)  
 Website: [www.stjosephrussell.com](http://www.stjosephrussell.com)  
 Archdiocese of Winnipeg [www.archwinnipeg.ca](http://www.archwinnipeg.ca)



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

**Responsorial Psalm 121:** Our help is in the Lord, who made heaven and earth.

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 downstairs by the church entrance. 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](http://www.dailytvmass.com) or [www.youtube.com/dailytvmass](http://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 is 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.

**1) Russell and Area Food Connections Inc are in need of donations of food.** Each year at this time our shelves are low and we need your help to restock them. Donations of food can be dropped off at various locations around town. Items that we are most in need of at this time are; Cereal, peanut butter, canned fruit, canned meat, canned veggies, pasta, spaghetti/tomato sauce, and canned beans. Donations of garden produce are also gladly accepted. If you have a large number of items to donate, call David at 204-821-5442 and arrangements will be made to receive them directly at our location of Grace Lutheran Church.

We also gladly accept cash donations, cheques can be made payable to “Russell and Area Food Connections Inc” and mailed to Box 118 Russell MB, R0J 1W0.

**2) Coats for Cold: If you have a gently used, laundered Winter coat that you would be willing to donate to someone in need, it can be dropped off here, after mass at St. Joseph The Worker (by Sunday, Oct. 16<sup>th</sup>). All sizes would be appreciated. We also gladly accept all winter apparel, (Ski pants, boots, mitts, toques, scarves etc.).**

**3) Coats for Cold Pick Up:** If you or someone you know would like a gently used coat, you may pick up on Oct 24<sup>th</sup> and Oct 25<sup>th</sup>, at Grace Lutheran Church From 3:30 p.m. to 7:00 p.m.

Russell & Area Food Connection's Basket is located at the church entrance for your food donations, please help those less fortunate in our communities.

**First Communion-** Glenda will be contacting those that registered last time. If anyone doesn't hear from her or is new to the parish and wishes to have their child receive the sacrament to contact Glenda at 204-821-5216 or email at [glenda\\_stasiuk@hotmail.com](mailto:glenda_stasiuk@hotmail.com). **Next class Thursday Oct 20<sup>th</sup> 3:30-4:30 pm.**

**Praying with Pope Francis, October: For a Church open to everyone:** We pray for the Church; ever faithful to, and courageous in preaching the Gospel, may the Church be a community of solidarity, fraternity and welcome, always living in an atmosphere of synodality

**October is also a month dedicated to the Most Holy Rosary.**

For September, I deposited \$112 for Children collection. Year to date for 2022 is \$888.00.  
 Thanks Gary



**COFFEE SUNDAY IS BACK!** Mark your calendars for **Sunday, October 30<sup>th</sup> after 9 a.m. Mass** when everyone is invited downstairs for coffee and snacks! Emelinda's group has graciously offered to be our host group for that Sunday. Plan to come and visit with fellow parishioners as you enjoy some warm drinks and tasty food! Please note: We are still searching for a Coffee Sunday Co-Ordinator so please consider helping out with this ministry. If you would like to be included in a group, please check out the sign-up sheet located at the church entrance.

### Mass Intentions For This Week:

#### Twenty-Ninth Sunday in Ordinary Time World Food Day

Saturday Oct 15 7:30 p.m. Russell +Jutta Leven req. by Anne & Ubaldo Deschambault

Sunday Oct 16 9:00 a.m. Russell **Zoom on-line Mass 9:00 a.m. & YouTube after 10:15 am**  
 +Duncan Spurway req. by Funeral Mass offering

11:00 a.m. Rossburn For all parishioners by Father Paul

Fr Paul is from away Monday October 17<sup>th</sup> to Friday October 21<sup>st</sup>

Leave Message on Church answering machine. And **if an emergency** call Donaldda Wishart at 204-773-2528 or Cell at 204-773-6345.

#### Thirtieth Sunday in Ordinary Time

Saturday Oct 22 7:30 p.m. Russell Special Intentions req. by Noella Porath

Sunday Oct 23 9:00 a.m. Russell

+Deceased Family req. by Rita Fleury

11:00 a.m. Rossburn For all parishioners by Father Paul

#### Five Steps to Transform Negativity Through Prayer By Brendan McManus, SJ

God is always trying to reach us, and we need to be open to this. Ignatius outlines a process for disposing ourselves to God, based on his experience stumbling across God's leadings while daydreaming.

1. The first step is affirming that we are in the presence of God. This means making a prayer or petition of our deepest desire: to connect with the loving God who holds us in being. Our superficial desires abound, of course—desires for comfort, security, wealth, or fame—but these are ultimately unsatisfying and deceptive. By contrast, our deepest desires are those things that really satisfy: helping others, changing our world, being an instrument of God's love, or living free of our addictions and petty likes or dislikes. The amazing thing about starting prayer by acknowledging God's presence is that, even when we don't feel it, it taps into our deepest desire for God and orients us to what will really satisfy us. There is something profound that occurs when I align my often weak and feeble desire with the great and constant desire that God has for me.

2. The second step is acknowledging that often we are not acting in freedom. We have attachments, addictions, or other dependencies that pull us away from God. Ignatius knew this reality of the problem of vanity and egoism that is so much a part of being human and which we need to work through if we are to move beyond ourselves and away from negativity. The Ignatian approach is to name our attachments and to ask for God's help in overcoming them.

3. The third step is consciously reflecting on the past, reminding ourselves of how God has worked with us in the past. We are part of an ongoing story or relationship that is developing and moving. The story will always have highlights and lowlights, peaks and troughs, but there is always a thread that indicates progress. It is often a matter of finding something to be grateful for despite the negativity that exists. We can choose to believe that there is purpose and meaning, and this choice changes the way we act and live. By remembering the past positively, I can affirm how God works for our good and trust that the future will also be good.

4. The fourth step is reading the Word of God, which reminds us how God has worked in the lives of the faithful throughout history. This is especially evident in the person of Jesus, as we see how God is compassionately present in the Gospels, relating to our humanity, person to person. Ignatius recommends using our human faculty of imagination to make the scenes come alive, especially using our senses. The goal is to place ourselves in the presence of Jesus and recreate the dialogue and the interaction. The Word comes alive for us to transform our experience.

5. The fifth step is inviting Jesus to have a two-way conversation with us. We can speak of our lives and reality and have dialogue about it. This is the conversation that we so want when we realize God's great love and desire for us. Sweeping away all the distractions and distance, this is the prayer of the heart, speaking heart to heart with the beloved. *For more information follow link* [Five Steps to Transform Negativity Through Prayer - Ignatian Spirituality](#)

# Dear Padre,

**I'm a recovering heroin addict. Do I need to confess my addiction? Addiction is a disease, not a sin, right?**

**R**ight, but addiction and using drugs are two different things. As you know, recovering addicts who don't use drugs are still addicts, and that in itself isn't a sin. But it's against the law to use heroin in the United States, so even if you never committed a secondary crime to get it, the "getting it" was a crime.

More important, though, the body is a temple of the Holy Spirit, and it's a sin to abuse ourselves in any way. Even if it weren't against the law, your use of heroin is certainly an abuse of your body.

The sacrament of reconciliation is more than just receiving absolution for sins. It also helps us look more deeply at our lives. Before you go, examine your conscience: Ask yourself how your addiction has affected your body, your life, your relationship with God, and the welfare of others.

If you bring honest answers to those questions as well as an open heart and an open mind, your conversation with your priest at reconciliation will help you heal your relationship with God and others.

You will also receive the grace to improve your life and do things like overcome addiction so you can be a better person.

Fr. Patrick Keyes, CSSR  
Sundaybulletin@Liguori.org

Even if it weren't  
against the law, your  
use of heroin is certainly  
an abuse of your body.

## A WORD FROM Pope Francis

*I encourage all of you...to pursue your commitment to increasing awareness and offering support to those who have emerged from the tunnel of drug addiction....They need our help and accompaniment so that they in turn will be able to ease the pain of so many of our brothers and sisters in difficulty.*

ADDRESS TO CONFERENCE ON DRUG ADDICTION,  
DECEMBER 1, 2018

## Calendar

**Monday**  
OCTOBER 17  
St. Ignatius  
of Antioch,  
Bishop and Martyr  
Eph 2:1-10  
Lk 12:13-21

**Tuesday**  
OCTOBER 18  
St. Luke,  
Evangelist  
2 Tm 4:10-17b  
Lk 10:1-9

**Wednesday**  
OCTOBER 19  
Sts. John de  
Brébeuf and Isaac  
Jogues, Priests, and  
Companions, Martyrs  
Eph 3:2-12  
Lk 12:39-48

**Thursday**  
OCTOBER 20  
Weekday  
Eph 3:14-21  
Lk 12:49-53

**Friday**  
OCTOBER 21  
Weekday  
Eph 4:1-6  
Lk 12:54-59

**Saturday**  
OCTOBER 22  
Weekday  
Eph 4:7-16  
Lk 13:1-9

**Sunday**  
OCTOBER 23  
Thirtieth Sunday in  
Ordinary Time  
Sir 35:12-14, 16-18  
2 Tm 4:6-8, 16-18  
Lk 18:9-14

# Our Parish COMMUNITY

October 16, 2022

Twenty-ninth Sunday in Ordinary Time (C)  
Ex 17:8-13  
2 Tm 3:14-4:2  
Lk 18:1-8

## Keep at It

**W**e ask something of God because we recognize that we are needy and unable to meet the need for which we plead. This itself is a good prayer because it acknowledges our human limitation, an acknowledgement that might be very difficult for us to voice. Such prayer is also an admission of our dependence on God and our trust in God's loving care. A prayer of petition can be profound. However, what is one to do when the request is not realized? Do you ask again? And if so, how many times? If it is never realized, do you stop asking? This is precisely the issue in today's readings.

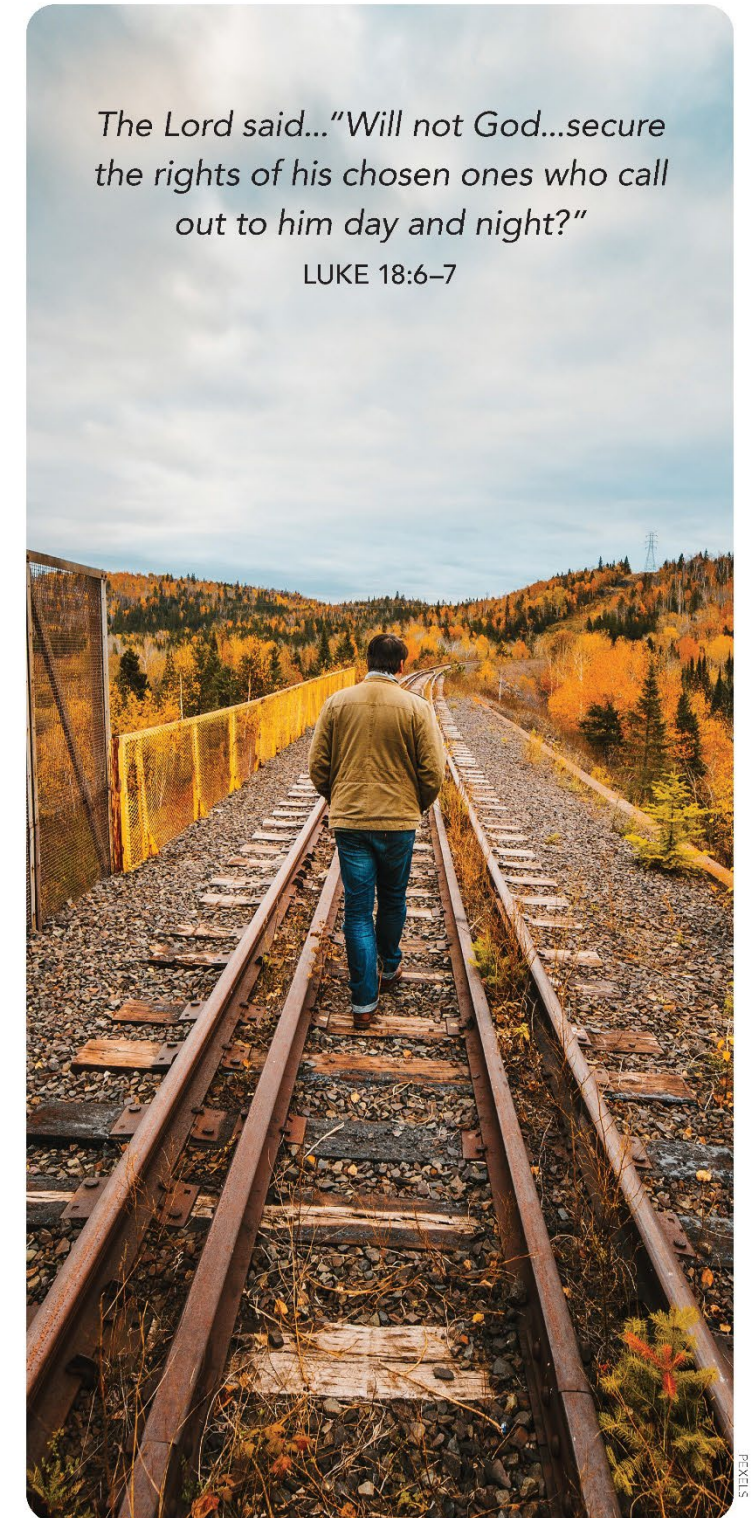
Moses held his hands up in prayer, and he grew tired. His prayer addressed a community need—victory over the Amalekites—and so two leaders of the community assisted him so that the plea for help could continue until victory was won. The Gospel passage tells a story about a woman whose need of justice made her bold. As a widow in a patriarchal society, she had no husband to speak on her behalf. She had to plead her own case again and again until a just decision was delivered. The moral of these stories is clear: Keep at it!

What happens when our prayer does not seem to be answered? It is still a good prayer, acknowledging our fundamental need and God's loving care of us. The moral of our story is the same: Trust and keep at it!

Sr. Dianne Bergant, CSA

## FOR Reflection

- ✦ **Make your needs known to God and trust that God will provide what you really need. You might be surprised.**
- ✦ **Be patient. God knows what you need.**



The Lord said... "Will not God... secure the rights of his chosen ones who call out to him day and night?"

LUKE 18:6-7