

## FIFTH SUNDAY IN ORDINARY TIME ~ FEBRUARY 4, 2024

### STAR OF THE SEA, CANSO ST. AGNES, LITTLE DOVER ST. VINCENT DE PAUL, QUEENSPORT ST. JOSEPH'S, PORT FELIX

**PASTOR: FR. JONATHAN NNAJIOFOR, 366-2927**  
**CONGREGATION OF NOTRE DAME 358-2346**

#### PARISH PASTORAL COUNCIL MEMBERS

Donna Jackson, Janet Delorey, Cynthia Creamer, Calvin Harnish, Agnes Casey,  
Corrine Munroe, Gerry Parker, Gelly Parker, Paul Horne, Sr. Alma

*The complete text of this bulletin is also available on the parish's website at [www.cansoparishes.org](http://www.cansoparishes.org)*

#### WEEKEND MASS INTENTIONS

Saturday, February 10 - Port Felix - ♥*For the Faithful*

Sunday, February 11 - Star of the Sea - 11:00 am - †*Ed Roberts*

#### NO WEEKDAY MASSES      Feb 5<sup>th</sup> - 9<sup>th</sup>

#### REFLECTION TODAY'S READINGS - *The God Who Can Heal and Save*

*Jesus' disciples freely brought their troubles to him because they found him ready and able to deal with any difficulty, affliction, or sickness which they encountered. When Simon brought Jesus to his home, his mother-in-law was instantly healed because Jesus heard Simon's prayer. Do you allow Jesus to be the Lord and Healer in Your life, family, and community? Approach him with expectant faith. God's healing power restores us not only to health but to active service and care of others. There is no trouble he does not want to help us with and there is no bondage he can't set us free from. **Do you take your troubles to him with expectant faith that he will help you?** In our search for Christ, we should not allow problems to undermine our search for intimacy with Jesus. Jesus wants us to always be by his side just as the apostles were so that wherever we go or wherever we are, we have Jesus as a companion. **Let the worries of this world not be our only reason for God.***

#### What is Lent? Wednesday, February 14, 2024 - Thursday, March 28, 2024

Lent is a 40 day season of prayer, fasting, and almsgiving that begins on Ash Wednesday and ends at sundown on Holy Thursday. It's a period of preparation to celebrate the Lord's Resurrection at Easter. During Lent, we seek the Lord in prayer by reading Sacred Scripture; we serve by giving alms; and we practice self-control through fasting. We are called not only to abstain from luxuries during Lent, but to a true inner conversion of heart as we seek to follow Christ's will more faithfully. We recall the waters of baptism in which we were also baptized into Christ's death, died to sin and evil, and began new life in Christ. Many know of the tradition of abstaining from meat on Fridays during Lent, but we are also called to practice self-discipline and fast in other ways throughout the season. In addition, the giving of alms is one way to share God's gifts—not only through the distribution of money, but through the sharing of our time and talents. As St. John Chrysostom reminds us: "Not to enable the poor to share in our goods is to steal from them and deprive them of life. The goods we possess are not ours, but theirs." (Catechism of the Catholic Church, no. 2446). - USCCB

#### STAR OF THE SEA NEWS

Property/Finance Committee - will meet Tuesday, March 5, 2024 at 6:15 p.m.

Ministries Schedule, February 11

Lector - Paul Smith

Church Cleaning - February 4 - 10 - Baker girls

#### WAYS & MEANS EVENTS

Events Calendar 2024 - is available in the entrance of the church. Please pick one up. Please contact a committee member if you want to donate or are interested in helping out. An important note: if you belong to other organizations, please share the calendar and consider the events that are already scheduled.

Tickets on Heat Certificate - are available from committee members, value is \$300.00, draw date is February 27.

Trivia Night is scheduled for Saturday, February 17 at 7:00 p.m. in Canso Hazel Hill Fire Hall. Preregistration is required. Pizza, chips and drinks will be available. Thank you

**ST. AGNES NEWS**

Bingo - Sundays at 7:00 p.m. in the parish hall

**ST JOSEPH NEWS**

Card Plays - continue Tuesdays, at 7:30 p.m. All are welcome

**SUNDAY COLLECTIONS**

<b>Star of the Sea (28)</b>	507.50
Loose	5.00
<b>St. Agnes (5)</b>	160.00
<b>St. Joseph (16)</b>	172.00
Loose	5.00

**NOTES**

Mass for Shut ins - now airing its 61st season. Mass for Shut Ins airs Sunday mornings on the CTV channel and is available for viewing on demand on our Diocese of Antigonish YouTube Channel.

Jubilee Year 2025 Dec. 24, 2024 through Jan. 6, 2026. To prepare for the Jubilee Year 2025, Pope Francis has announced that we begin a Year of Prayer. It will be “a year dedicated to rediscovering the great value and absolute need for prayer in one’s personal life, in the life of the Church, and in the world.”

National Catholic Health Care Week, Feb. 4 - 10

This recognizes the important work of Catholic health organizations in our province and across Canada. The week leads into the World Day of the Sick, February 11, a Catholic day of observance established by Pope John Paul II to encourage prayers and reflections for those who are ill and for those who care for them.

Come Celebrate "350 years of Meaning and Action" in Quebec City! - From December 8, 2023 to December 8, 2024, the Catholic Church in Quebec City will celebrate the 350th anniversary of the founding of its Diocese.

# It Feels Good to Go Back to Work

*This Week's Readings at Mass*

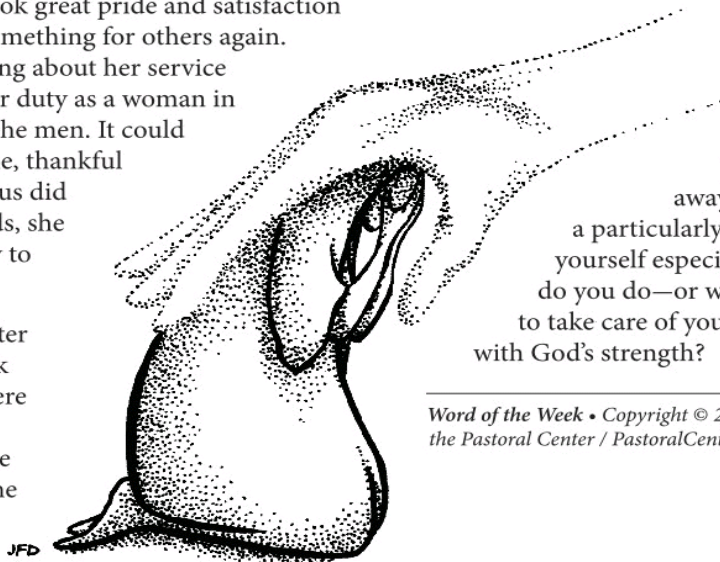
- ▶ Job 7:1-4, 6-7 · Job's first reply
- ▶ 1 Corinthians 9:16-19, 22-23 · Paul's recompense
- ▶ Mark 1:29-39 · Cure of Peter's mother-in-law and other miracles

People sometimes take notice that as soon as Jesus heals Simon's mother-in-law, she gets up and begins to wait on him and his friends, presumably including her own son-in-law. There she was sick in bed, and when she is healed, she had to go right back to work serving others? It doesn't quite seem fair to us now.

Yet there's another way to look at this scene. If you or anyone you know has been seriously or chronically sick, injured, or disabled, you may recognize the feeling of humility of not being able to help one's self and needing to rely on others for basic care. Being dependent on others can easily wound people's pride and make them question their self-worth. For some people, it leads to despair that they aren't "contributing" to the family or society and they may feel like they are a burden, even questioning why they are alive.

We don't know how long Simon's mother-in-law was sick or what exactly her illness was, but perhaps after she was healed she took great pride and satisfaction in being able to do something for others again. Maybe she wasn't going about her service just because it was her duty as a woman in that culture to serve the men. It could have been her genuine, thankful response for what Jesus did for her. In other words, she may have been happy to go back to work.

The next morning, after all Jesus' healing work with so many who were sick or possessed by demons, he must have been exhausted, but he still gets up early to



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"The whole town was gathered at the door. He cured many ... and drove out many demons."  
**Sheepish Question:**  
Where is God in my concerns? Where am I in his?

go off by himself to pray. His time alone might have been short-lived because the apostles found him and they headed off to other villages to continue his work.

## Questions of the Week

- 1 Have you had the experience of being sick or injured and having to rely on others to do things for you that you wish you could do for yourself? What is it like?
- 2 Jesus gives us a great example of self-care in this passage when he goes away by himself to pray after a particularly busy day. When you find yourself especially busy or stressed, what do you do—or what would you like to do—to take care of yourself and get re-connected with God's strength?

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