

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

FIRST SUNDAY OF LENT ~ FEBRUARY 18, 2024

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*

PLEASE NOTE - Ashes Distribution: Due to inclement weather conditions, we weren't able to have our Ash Wednesday Mass. Hence, Ashes will be distributed after every weekend Mass at Port Felix and Canso for those wishing to receive the Ashes.

WEEKEND MASS INTENTIONS

Saturday, Feb. 24 - Port Felix - 6:00 pm - †*Howie Cashin*

Sunday, Feb. 25 - St. Agnes Parish Hall - 9:30 am - †*Gerard & Marion Myatt*
- Star of the Sea - 11:00 am - †*Vince Cohoon*

**WEEKDAY STATIONS OF THE CROSS & MASS TIMES - EVERY WEEK
DURING LENT**

Wed., February 21 - 6:00 p.m. St. Joseph Church, Port Felix - ♥*For the Faithful*
Thur., February 22 - 6:00 p.m. - St. Anthony's Chapel - ♥*For the Faithful*

REFLECTION TODAY'S READINGS - *Temptation*

The Gospel of today is about the temptation of Jesus. In preparation to start his ministry, Jesus departed to the wilderness where he stayed for forty days. He sought detachment from the world to make a solid preparation for the reason why he came - the salvation of the world. His departure from the people presented him face to face with the devil, the very enemy of humankind that Jesus had come to salvage. There and then Satan approached the new man as he did the old (Gen 3:1-13). Mark, who likes being succinct and direct, did not record the dialogue between Satan and Jesus. He only presented the contest as that between good and evil. And in this contest, good overcame evil; Jesus defeated Satan and began to proclaim the kingdom of God. Hence, he declared: "The time has come; the kingdom of God is at hand. Change your ways and believe the Good News". Does this ring a bell? The Lenten season, with the six Sundays removed, comprises forty (40) days. Begin your journey to the desert; arm yourself with fasting, prayer, and works of mercy. Get involved in the affairs of the Church and you will conquer and be victorious in the end.

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 25

Lector - Martha Rhynold

Cleaning - February 18 - 24 - Theresa & Eileen

WAYS & MEANS EVENTS

Events Calendar 2024 - is available in the entrance of the church. All help is appreciated! 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 - a very special thank you to all who helped in any way, your generosity is much appreciated!

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

Star of the Sea (23)	480.00
Winter Fuel	60.00
St. Agnes (3)	40.00

NOTES:

Mass for Shut ins - 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."

Stay Strong

This Week's Readings at Mass

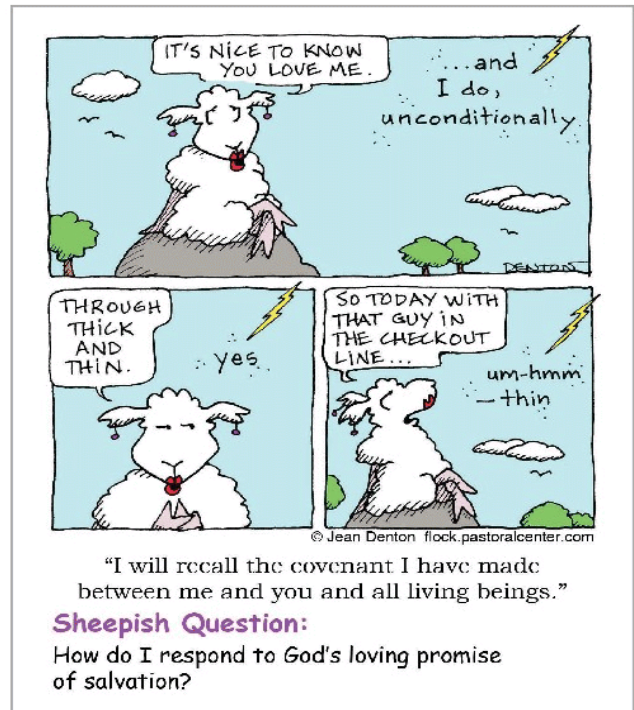
- ▶ Genesis 9:8-15 - Covenant with Noah
- ▶ 1 Peter 3:18-22 - The purpose of Christ's suffering
- ▶ Mark 1:12-15 - Jesus' temptation; the call to conversion

This is the first Sunday of Lent, and we have 40 days stretching ahead of us before Easter. Maybe by now you have settled on some sort of Lenten commitment for the next six weeks. We often think about Lent as a time to give up a bad habit or something that we know isn't good for us, such as coffee, sweets, or alcohol. Traditionally, Catholics are encouraged to commit to something in three areas: prayer, fasting, and almsgiving (giving to the poor).

We are encouraged to strengthen our prayer lives. If we have a prayer practice, maybe we can add a little time to it or add in something extra. If we haven't been good at making regular time for prayer, Lent can be the push we need to get a regular practice started. It could be as simple as following a Lenten prayer booklet or online daily retreat program, or getting up a few minutes early to pray and journal.



JFD



Also, we are called to fast from something that is unloving, unproductive, or just not good for us and the world community. That might mean fasting from gossip. It could mean fasting from social media that keeps us from connecting in-person in our daily lives. Or maybe it is fasting from buying things we don't need. Finally, with almsgiving, we are called to share our resources with the poor. It is exciting to think of all the good that can come from Lent if we can stick to our promises, and many other people do the same.

Of course there will be temptations. Satan, who tempted Jesus in the desert, doesn't want us to stay faithful to our commitments either, because he knows how much good we can do.

Questions of the Week

- 1 What are you committing to for a Lenten practice this year?
- 2 What do you think will be your greatest temptations to "cheat" or abandon your promises? How might you ask for help to stay strong?

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