

MASS SCHEDULE - Sacred Heart

Sat., Feb 3 Vigil 5th Sunday in OT

5:30 PM For all parishioners

Sun., Feb 4 5th Sunday in Ordinary Time

9:00 AM + Oscar Uson from the Martignetti family.

Latin Mass 5:00PM Latin Mass

Mon., Feb 5 St. Agatha Virgin, Martyr

St J 8:00 AM For Mariana and Matthew Acton from the Francis Family.

Tue., Feb 6 St. Paul Miki and Companions, Martyrs

SH 8:00 AM + Rick Siegel.

Wed., Feb 7 Ferial Weekday

St J 8:00 AM + Rita and Leonard Johnston from the family.

Thu., Feb 8 St. Jerome Emiliani, Priest

SH 8:00 AM + Rick Siegel.

Fri., Feb 9 Ferial Weekday

SH 8:00 AM + E. Muir from Janette & Julie.

Sat., Feb 10 Vigil 6th Sunday in OT

5:30 PM Dan and Pat Burke.

Sun., Feb 11 6th Sunday in Ordinary Time

9:00 AM For all parishioners.

Latin Mass 5:00PM Latin Mass

Weekly Collection

January 21 \$ 1,750.10

PASTOR'S MESSAGE

Dear Friends,

Lent is just around the corner; we are less than two weeks away. Lent is a yearly observance, and over time we may be tempted to simply go through the motions thus forgetting its purpose and its spiritual benefits. Lent is more than simply decorating the Church in purple linens, and more than simply giving up something for 40 days.

Lent has two major purposes:

- It recalls our baptism
- It emphasizes the reminder that penance is purification and preparation

Our baptism was our first disposition in allowing God to be involved in our lives. But this is not a one-time existential choice; but this is a choice that needs to be constantly renewed. Just because I was baptized at the age of 3 months by my parents does not necessarily save me, but it's the constant renewal of these baptismal promises in the attendance of Holy Mass, frequent

confession and – *in this case* – the observance of Lent that renews these baptismal promises.

There are four elements that we should observe throughout the season of lent; (1) Prayer, (2) Abstinence (3) Fasting and (4) Almsgiving. It may appear overwhelming to think we have to do all of them. But in reality, we don't necessarily have to do 5 of each, we simply can do one or two of each and do them well. *For example; for Prayer (I will pray the Rosary daily or attend mass during the weekdays), for Abstinence (I will limit my time on the phone or skip watching sports), for Fasting (I will skip a snack I usually eat mid-day or skip meat on Fridays) and for Almsgiving (I will consider observing faithfully my tithes to the church or help the Charitable groups). Other propositions could be to arrive to Sunday Mass early or stay a little after in prayer.*

Although we may do all of these things – the fruitfulness of this penitential observance is the joy and the faith with which we observe them. I won't say, 'It does not profit us at all', but rather 'It profits us little' if we do these penances and prayers with a reluctant heart. Otherwise, what is supposed to help us open our hearts to God is instead closing it.

Together in prayer!

WEEKLY NEWS

Palms for Ash Wednesday

Please bring in your palms so that they may be burned for Ash Wednesday. You can bring them to the church, office or give them to the sisters.

Shrove Tuesday (Pancake Supper)

Join us on February 13 from 4:00PM – 6PM. Tickets will be sold at the door at \$10 per person.

And please consider volunteering for this year's Shrove Tuesday by contacting Fr. Alex Salazar at FrAlexSalazar@peterboroughdiocese.org

Support the parish through donations

In weekly Sunday collections, using envelopes (feel free to pick one that does not have a name and fill all your info and phone # on your first donation), via pre-authorized offerings plans, please fill out a form. Thank you for your support.

Sacred Heart Choir

Christine Helferty will be taking direction of the choir for the 9am Holy Mass at Sacred Heart Parish. All voices (including children aged 10+) are invited to join! No previous experience necessary. Rehearsals will take place on Monday evenings at 7pm. Please contact Christine by call or text at 343-369-8739 to learn more or to sign up.

Casting Call for 16th Annual Way of the Cross

Casting Call for ages 14-24 for the Peterborough Diocesan live Passion Play, Way of the Cross. Be part of the 16th edition on Good Friday (March 29th) of this year. Rehearsals are on Saturday, February 3rd at the St. Alphonsus Church Hall (810 Frank Street) at 10 AM. Call Fr. Stephen DeCarlo at 705-745-5123 or the director, Tom Wigglesworth at 705-313-9846 for details.

Spiritual Exercise according to St. Ignatius of

Loyola (both in English and Spanish)

February 23-26th 2024 for Men

March 1-4th 2024 for Women

Location: Fair Haven Conference Centre

B2215 Durham Regional Hwy 48,

Beaverton, ON LOK 1A0 Cost: \$300

To Fill out first inquiry please go to:

<https://forms.gle/i1kd7cqRSYdxzkJz7>

For questions or more Information please email Fr.

Alex Salazar at alexsalazar@ive.org

Lift Jesus Higher Rally---March 2, 2024

This year's Lift Jesus Higher Rally will take place on March 2, 2024, from 9am-5:30pm at the Metro Toronto Convention Centre, Toronto. This year's theme is both relevant and hopeful: *TAKE HEART: By His Wounds We Are Healed*. Ticket sales are online this year and should be ordered at the website, www.ljhr.ca

FORMED Sign-up

1. Visit Website – formed.org, select "Sign Up".
2. For Parish Name type in "Saint John the Baptist 300 Wilson Street" *both parishes (Sacred Heart & St. John are using the same account)*
3. Then after selecting the Church, click on "Next".
4. Fill in your name & email to create an account. *This will allow you to log in to the same account on multiple devices (like iPads, Phone, laptops or smart TVs) Then Select "Sign Up"*

Catholic Missionary Children Oratory

For Children 7-12 years old. Saturdays 10:30 AM to noon at St. John the Baptist. For info or to register contact Sr. Inmaculada at stjohnandsacredheart@gmail.com

Friday Adoration at Sacred Heart

Every Friday there is adoration of the Blessed Sacrament at Sacred Heart in reparation for the offences made to the Sacred Heart of Jesus from 1:30 to 6:30PM and confessions from 5:00 to 6:30PM.

Altar Boy Group at Sacred Heart

1st & 3rd Fridays of the Month, 6:15 - 8:30 PM.

Young Adult Group at Sacred Heart

Every 2nd, 4th and 5th Friday of the Month. Please join us at 6PM for 30 minutes of adoration followed by dinner in the basement hall, talk and games.

GOSPEL Mark 1.29-39 of Sunday February 4

As soon as Jesus and his disciples left the synagogue, they entered the house of Simon and Andrew, with James and John. Now Simon's mother-in-law was in bed with a fever, and they told Jesus about her at once. He came and took her by the hand and lifted her up. Then the fever left her, and she began to serve them.

That evening, at sunset, they brought to Jesus all who were sick or possessed with demons. And the whole city was gathered around the door. And he cured many who were sick with various diseases, and cast out many demons; and he would not permit the demons to speak, because they knew him.

In the morning, while it was still very dark, Jesus got up and went out to a deserted place, and there he prayed. And Simon and his companions hunted for him. When they found him, they said to him, "Everyone is searching for you."

He answered, "Let us go on to the neighbouring towns, so that I may proclaim the message there also; for that is what I came out to do." And Jesus went throughout Galilee, proclaiming the message in their synagogues and casting out demons.

