

## EXPLORING OUR FAITH: FIRST SUNDAY OF LENT

This first Sunday of Lent is a time to reinvigorate ourselves as Catholics. It enables us to step back from the usual habits and distractions and give particular attention to God. It leads us to the Easter Sunday celebration of our risen Christ. It is a time for prayer (justice towards God), fasting (justice towards self) and almsgiving (justice towards neighbours).

Common practice for me when I was a child was giving up sweets, candy, trying to attend daily Mass, putting a dime every day in a Lenten folder, etc. Then years later, when I was teaching in a Catholic inner-city school, the children (who weren't used to getting candy anyway) practised their faith in Lent by "acts": helping to look after younger siblings and trying not to fight with them, inviting others to play at recess, helping out doing chores etc. Now, as a senior, I look for ways to "do" not just to "give up". I'd like to share some rather good Lenten activities that I read about, that provoke more actual growth as a Catholic.

- Don't buy anything that you don't need.
- Throw away/ give away 40 things for 40 days.
- No gossiping.
- Work out daily to take care of the body God gave you.
- Say 3 nice things to your spouse and children daily.
- Appreciate more what I have.
- Make a list of people who have touched my life in one way or another. Each day of Lent, write a person on the list a letter of thanks for how they touched my life and pray for that person on that day.
- Give up complaining.
- Perform an act of kindness for 40 days.
- Try to improve my spirit of giving.
- Give up the radio in the car in order to focus more on the things that are around me that God created.
- Spend more time with family/friends. We cherish time. We spend to save time. We rush to save time. Yet none of us have the time we long for. So, try using our time with others.

### Ideas for children/young people:

- Avoid asking for toys when going to the store with mom/dad.
- Do a child-friendly chore that you don't like to do.
- Be positive and do not complain (I am bored! I don't like this or that! I don't have any toys! etc.)
- Teach a younger sibling something new and cool.
- Offer to teach a skill to a peer.
- Make a package of school supplies and bring them to your teacher to give to a needy student.
- Write a prayer for all the kids sick and hungry in the world. Read it at night.

### Pope Francis has suggested:

- FAST from hurting words and say kind words.
- FAST from sadness and be filled with gratitude.
- FAST from anger and be filled with patience.
- FAST from pessimism and be filled with hope.
- FAST from worries and trust in God.
- FAST from complaints and contemplate simplicity.
- FAST from pressures and be prayerful.
- FAST from bitterness and fill your heart with joy.
- FAST from selfishness and be compassionate to others.
- FAST from grudges and be reconciled.
- FAST from words and be silent so you can listen.

If we try to practise many of these suggestions, we will grow in our relationship with God. It won't be just the usual "giving up sweets" practice but true, thoughtful practices that show that we are true followers of Christ.

~Cathy Kierstead, St. Elizabeth of the Trinity Parish Grouping

# Our Lady of Hope Pastoral Unit

First Sunday of Lent  
February 21, 2021

Immaculate Conception Church, Rexton

St-Peter's Church, South Branch



### Parish Office:

12 School Street Rexton, NB E4W 2E5

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### Office Hours:

Tuesday 4:00 pm - 8:00 pm,

Wednesday & Thursday – 8:30 am - 12:30 pm

**Priest-Moderator:** Fr. Bill Bernard, C.S.s.R. 523-9788 (house) 233-6587 (cell)

**Assistant:** Fr. Bernard Gauthier, C.S.s.R. 523-9788 (house)

### Immaculate Conception Mass Times

Sunday – 9:00 am & 4:00 pm

Tuesday & Thursday – 4:00 pm (Sacristy)

### St. Peter's Mass Times

Saturday – 4:00 pm

### *Scripture Readings for Upcoming Week*

<b>Mon</b>	2 Peter 5:1-4	Psalm 23	Matthew 16:13-19
<b>Tue</b>	Isaiah 55:10-11	Psalm 34	Matthew 6:7-15
<b>Wed</b>	Jonah 3:1-10	Psalm 51	Luke 11:29-32
<b>Thur</b>	Esther C:12-25	Psalm 138	Matthew 7:7-12
<b>Fri</b>	Ezra 18:21-28	Psalm 130	Matthew 5:20-26
<b>Sat</b>	Deuteronomy 26:16-19	Psalm 119	Matthew 5:43-48
<b>Sun</b>	Genesis 22:1-18 Romans 8:31-34	Psalm 116	Mark 9:2-10



FIRST SUNDAY  
*in*  
LENT

## PARISH CONTRIBUTIONS FROM LAST WEEK

### Immaculate Conception

Loose: **\$33.65**; Envelopes: **\$1586.00**; Share Lent: **\$20.00**; Easter Offering: **\$20.00**; Needs of Holy Land: **\$10.00**; Hospital Chaplains: **\$20.00**; Mass Stipends: **\$33.00**; CEWS Subsidy: **\$281.03**  
**TOTAL: \$2003.68**

### St. Peter's

Loose: **\$27.00**; Envelopes: **\$90.00**; Mass Stipends: **\$9.00**  
**TOTAL: \$126.00**

### St. Peter's Cemetery

Donation IMO Dickie Murphy: **\$20.00**  
 Donation IMO Mary Morton: **\$20.00**  
**TOTAL: \$40.00**

## THANK YOU FOR YOUR GENEROSITY!

Please note your envelope donations can also be left in the locked box outside the parish hall.

## MASS INTENTIONS FOR UPCOMING WEEK

Sat	20	SP	4:00 pm	Richard Murphy†	Lillian & Leon
Sun	21	IC	9:00 am	For the People of the Parish	Redemptorists
Sun	21	IC	4:00 pm	Ken Sawyert†	Dianne, Jeannine & Family
Tue	23	IC	4:00 pm	Special Intention	Emile Cormier†
Thu	25	IC	4:00 pm	Roseline Martin†	Huguette & Family
Sat	27	SP	4:00 pm	For the People of the Parish	Redemptorists
Sun	28	IC	9:00 am	Faye Hudson†	Betty Wilson & Family
Sun	28	IC	4:00 pm	Edward & Mary Hannay†	Donna & Family

## LITURGY SCHEDULE FOR UPCOMING WEEK

				Lectors		Eucharistic Ministers
Sat	27	SP	4:00 pm	1 <sup>st</sup> Reading & Psalm 2 <sup>nd</sup> Reading & Intentions	Lois / Sharon Terry	Stella
Sun	28	IC	9:00 am	1 <sup>st</sup> & 2 <sup>nd</sup> Reading Intentions	Joyce Gloria	Judi
Sun	28	IC	4:00 pm	1 <sup>st</sup> & 2 <sup>nd</sup> Readings Intentions	Ginny Stephen	Gerald

### WE PRAY FOR STRENGTH FOR THOSE WHO ARE SICK:

Alverie Robichaud, Roger Mazerolle, Brenda Beers, and all residents of nursing homes.

**CHANGE PARISH OFFICE HOURS THIS WEEK ONLY** Instead of Thursday morning from 8:30 am – 12:30 pm, the parish office will be opened Thursday evening from 4:00 pm – 8:00 pm. The other weekly office hours will remain the same.

**SERVERS NEEDED** With two masses each Sunday our dedicated group of liturgical ministers are stretched thin and we are currently in dire need of people who would be willing to assist as altar servers. If you feel called to this ministry once or twice a month, please contact the parish office. Training provided!

**THE PARISH MOURNS** the loss of another long-time member, Diana Savoy who died on February 15th. Our sympathy is extended to Fred, Juanita, Raymond, Rose, and Alex as well as those whose lives she touched. Please hold Diana's family in prayer.

**SNOW REMOVAL** A huge thank you is extended to those who have been attending to the snow removal at our church and hall this winter. Just a friendly reminder that the entrances to the church and hall need to be cleared even when mass is not held, such as during the Red Phase of COVID-19 recovery.

**MAKING A GOOD LENT** The Church suggests three traditional ways to make Lent a good one. The Church asks us:

- to pray more (so we can love God more deeply)
- to do some personal act of self-denial (to remind ourselves that Jesus asks us at times to put God and others ahead of our own self-centered interests)
- to share with those in need (because loving our neighbour with our actions is the second of the Great Commandments).

You'll find attached to your bulletins this weekend a label you can use to save up a donation to the Canadian Catholic Organization for Development and Peace (Caritas Canada). This is part of a world-wide organization to help the poor in underdeveloped countries. It would be hard to find a better way to help the poor. We encourage you to contribute to the good work that Development and Peace does this Lent.

## FROM THE ARCHDIOCESE

### Mondays at the Movies (for Lent)

Everyone is invited to join our film discussion series this Lenten season designed to connect popular films to our faith. On Monday, March 8th at 6:30 PM we will meet via Zoom to discuss the film, *My Sister's Keeper* (2009), based on the novel by Jodi Picoult. On March 29th, we will meet via Zoom at 10:00 am to discuss the film *Forrest Gump* (1994), based on the novel by Winston Groom. For each session, participants will have watched the film ahead of time. Contact Karen for more information and to register at or [ihmccatechism@rogers.com](mailto:ihmccatechism@rogers.com) or 387-4198.

**Mondays at the Movies** is a collaborative effort between St. Elizabeth of the Trinity Pastoral Unit and the Archdiocese of Moncton Office of Youth Faith Development.



### Lenten Reflections from the Canadian Bishops

The Canadian Conference of Catholic Bishops have produced a series of reflections for Ash Wednesday and the Sundays during Lent, in both English and French, which will be made available on their website each Monday during Lent. This link will take you to the (English) reflection for Ash Wednesday:

<https://www.cccb.ca/evangelization-catechesis-catholic-education/video-resources/journey-through-lent/>