

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

Our Lady of Hope Pastoral Unit

First Sunday of Lent 18 February 2024

Immaculate Conception Church, Rexton

St-Peter's Church, South Branch



Parish Office:

12 School Street Rexton, NB E4W 2E5

Phone: 506-523-6817

Email: icprexton@rogers.com

Web: <https://ourladyofhope.weebly.com/>

Office Hours:

Monday - 9:00 am - 3:00 pm, Tuesday 1:00 pm - 7:00 pm,
Wednesday to Friday – 9:00 am - 3:00 pm

Priest-Moderator: Fr. Bernard Gauthier, C.Ss.R. 523-9788 Cell Phone: 889-0344

Immaculate Conception Mass Times

Sunday – 11:00 am

Tuesday – 4:00 pm (Sacristy)

St. Peter's Mass Time

Saturday – 4:00 pm

Scripture Readings for Upcoming Week

	Leviticus 19:1-18	Psalm 19	Matthew 25:31-46
Mon	Leviticus 19:1-18	Psalm 19	Matthew 25:31-46
Tue	Isaiah 55:10-11	Psalm 34	Matthew 6:7-15
Wed	Jonah 3:1-10	Psalm 51	Luke 11:29-32
Thu	1 Peter 5:1-4	Psalm 23	Matthew 16:13-19
Fri	Ezekiel 18:21-28	Psalm 130	Matthew 5:20-26
Sat	Deuteronomy 26:16-19	Psalm 119	Matthew 5:43-48
Sun	Genesis 22:1-18	Psalm 116	Romans 8:31B-34 / Mark 9:2-10



PARISH CONTRIBUTIONS FROM LAST WEEK

Immaculate Conception

Loose: **\$119.45**; Envelopes: **\$735.00**; Ash Wednesday Offering: **\$190.00**; Mass Stipends: **\$255.00**
TOTAL: \$1,299.45

St. Peter's

Loose: **\$55.00**; Envelopes: **\$140.00**;
TOTAL: \$195.00

Thank you for your generosity!

MASS INTENTIONS FOR UPCOMING WEEK

Sat	17	SP	4:00 pm	Lillian Vautour †	Phyllis Shortall
Sun	18	IC	11:00 am	Mina Richard †	The Richard Family
Tue	20	IC	4:00 pm	William & Mary Carter †	Dick & Family
Sat	24	SP	4:00 pm	David Harnett †	Dale & Debbie
Sun	25	IC	11:00 am	Roseline Martin †	Alverie & Huguette

LITURGY SCHEDULE FOR UPCOMING WEEK

				Lectors		Eucharistic Ministers
Sat	24	SP	4:00 pm	1 st Reading & Psalm 2 nd Reading / Intentions	Lois	Stella
Sun	25	IC	11:00 am	1 st Reading & Psalm 2 nd Reading & Intentions	Gloria / Jocelyn Pat	Louise

ROSARY SCHEDULE FOR IMMACULATE CONCEPTION

				Leader	Intentions
Sun	25	IC	10:30 am	Vina	1 st Decade: For our Clergy; 2 nd Decade: For our parishioners;
Sun	3	IC	10:30 am	Gail	3 rd Decade: For our youth; 4 th Decade: For peace in our world; 5 th Decade: For the intentions of parishioners.



WE PRAY FOR STRENGTH FOR THOSE WHO ARE SICK:

ALVERIE ROBICHAUD. CHRISTIAN ROBICHAUD
ROGER MAZEROLLE
ALL RESIDENTS LIVING IN SPECIAL CARE HOMES

SEASON OF LENT - The highest point in the Church's year of prayer is the Sacred Paschal Triduum celebrating the dying and rising of the Lord Jesus. We prepare for this three-day period during the Season of Lent and prolong it for the great 50 days of the Easter Season.

Lent has a dual purpose. It helps catechumens prepare for celebrating Baptism, Confirmation, and Eucharist at the Easter Vigil and it invites those who are baptized through penance and prayer to prepare to renew their promise of baptismal faith at Easter.

During Lent, God's people do not sing "Alleluia" until the believing community has undergone conversion and is ready to sing this chant with renewed meaning during the Easter Vigil.

CATHOLIC WOMEN'S LEAGUE - Catholic Women's League members know faith is important to women. Members are called to grow in faith, and to witness to the love of God through ministry and service. We are Catholic and Living It! Come grow with us! Our first meeting of the year will be held on Monday, February 26th at 1:30 PM in the parish hall. A social will follow a brief business meeting. Looking forward to seeing you.
 ~Louise Ong

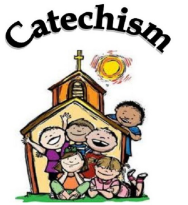
UPCOMING CATECHISM LESSONS & CELEBRATIONS:

CONFESSION & COMMUNION

Mar. 5th ~ Elsipogtog @ 7pm
 Mar. 15th ~ Rexton @ 6:30pm – Confession Celebration
 Apr. 2nd ~ Elsipogtog @ 7pm
 Apr. 16th ~ Elsipogtog @ 7pm
 May 14th ~ Elsipogtog @ 7pm
 May 19th ~ Rexton @ 4pm – Communion Celebration

CONFIRMATION

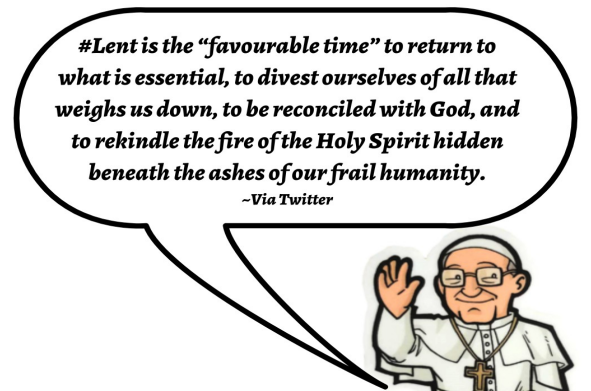
Feb. 27th ~ Elsipogtog @ 7pm
 Mar. 26th ~ Elsipogtog @ 7pm
 Apr. 30th ~ Elsipogtog @ 7pm
 May 28th ~ Elsipogtog @ 7pm
 June 2nd ~ Rexton @ 11am – Confirmation Celebration



FROM THE ARCHDIOCESE OF MONCTON

Lenten Walk with the Lord – 40 Acts of Kindness:

The Moncton Archdiocese is presenting an additional or optional way to enhance and enrich your Lenten commitment and experience. "Lenten Walk with the Lord" invites you to do one (1) simple act of kindness for each of the 40 days of Lent. There is a calendar which will be placed in the bulletin to help you keep track of your kindness along with some simple instructions to help guide you. For example, kindness can be as simple as a 'smile' and often begins at home.



#Lent is the "favourable time" to return to what is essential, to divest ourselves of all that weighs us down, to be reconciled with God, and to rekindle the fire of the Holy Spirit hidden beneath the ashes of our frail humanity.

~Via Twitter

