

Remind yourself of certain things...

As you examine where you are at this point in your life, take into account some grounding attitudes to clothe yourself in, especially when things seem to be groundless.

First, never forget how marvelous and precious life is – all life; your life, the lives of others, the life energy of the planet; of all creation.

Next, be aware that human life, this life that we live and walk upon on this earth, is especially precious and blessed, because eventually, it will end – at least as we know it. This is a reality. Death is real.

Third, with this reality in mind, let it enter your consciousness and allow it to guide how you move forward in your life; now, in the coming times, and in the future, no matter how far off it may seem to be. Whatever you do, whatever choices you make – they have consequences, there are results of your actions.

Finally, try not to spend an overabundance of your time and energy and thoughts on your sense of self-importance. Yes, you are the beloved; God's work of art, and precious. But do not get too caught up in whether or not you are a good or bad person. That kind of obsessive thinking will, for the most part, be the source of suffering and anxiety for you. Yes, you are good. Yes, you do not always make the best choices for you or toward others. But do not get too hung up on such things – because God really does not care, to be honest.

Don't over strive for trying to achieve what you want or trying to avoid what do not want.

Just choose to be happy. Be present to this moment.

And give thanks.

Keep reminding yourself of these things. You will live longer. And better.

David Haas

SURVEY

For the last several weeks we have been asked to consider, to pray, and to reflect on the direction our new community is taking. This was in preparation for the survey we completed last week. Therefore, there were no surprises in the questions that were asked. I want to take this opportunity to thank all of you who took the time to prepare and to fill out our survey. I assure you that the results of this survey, including your comments, will be taken into consideration by the Revitalization Committee. On behalf of the Revitalization Committee I want to thank you for your ongoing openness and trust as we move forward under the patronage of the Holy Spirit. Your commitment is vital if we are going to be an evangelized Church...a Church of the here and now.

Fr David

Holy Spirit Women's Society, for the month of September, is asking for food donations to help stock the Sunshine Cafe at Harbour View High School, where students in need who would otherwise go hungry, can access food. The cafe is specifically in need of canned chunky soups (tomato soup is not popular!), canned stew & chili, bottled or canned pasta sauce, pasta, ranch dressing, crackers, granola & other healthy cold cereal. Thank you!!

Holy Spirit Rectory Hall Prayer Shawl Ministry Prayer shawl every Wednesday in the Holy Spirit Rectory basement in Grand Bay-Westfield, 10am until 1pm. All the yarn is provided; please bring whatever tools are needed. Everyone from both worship sites is welcome. Contact Joanne Spencer – 506-486-1800

St. Rose Place Prayer Shawl Ministry Prayer shawl is Every Wednesday at St. Rose Place from 11am – 1pm. Everyone from both worship sites is welcome. Contact Cecile Deschamps @ 506-898-2349

Bible Study – The bible study group meets at St. Rose Place every 2nd Monday evening of the month from 7pm – 8:30pm. For more information contact Jim @ 651-1689 or Tilda @ 672-5046.

Chase the ACE Chase the Ace every Friday evening from 6:30 – 8pm at St. Matthew's Hall. Jackpot is over \$3,200.00. Advance tickets can be purchased at Scholten's Grand Bay-Westfield from Monday – Friday Noon. **If your contact info is on your ticket you do not have to be present for the draw!!!**

K OF C Council 9176 - Wednesday Night Crib at St. Matthew's Worship Site Hall Wednesday Evening @ 7pm. All are welcome!

There will be an **Alzheimer Café** on September 29, 2019 at St. Mark's United Church, Westside. Guest speaker will be Dr. Rose McClosky. Entertainment – We Sing. Come enjoy free coffee/tea, sandwiches and sweets. All Welcome.

Youth Group Invitational – scheduled for Sunday October 6th, between 6:30pm and 7:30pm at St. Rose Place. An orientation to the Youth Group Program and a discussion of the up-coming year's activities will take place as well as refreshments and snacks. Following this event our Youth Minister Kenneth Fury will implement a regular schedule of Youth Group meeting, most likely on Sunday evening from 6:00 – 8:00 at St. Rose Place.

RELIGIOUS EDUCATION – ST. ROSE OF LIMA WORSHIP SITE ANNOUNCEMENT

Religious Education classes are on Monday evenings 6:30pm – 7:30pm at St. Rose Place. If you have any interest in helping out with a class please call or text Andrea McGrath at 651-6074 or email her at stroselima.religioused@gmail.com.

Registration for grade 1 students and/or any new students can be completed by contacting Andrea or filling out the sheet at the front of the church.

RELIGIOUS EDUCATION – ST. MATTHEWS WORSHIP SITE ANNOUNCEMENT

Religious Education classes are on Sunday morning 10am – 10:45am at St. Matthews Hall. If you have any interest in helping out with a class or you have any questions please feel free to contact me or find me before or after Mass - Linda Spinney 506-636-0677 or linspin@nbnet.nb.ca

MASSES

Oct 01, 2019	Tue	St Matthew's Worship Site	7pm	Angus Landry
Oct 02, 2019	Wed	St Matthew's Worship Site	6pm	Nancy Bonnell
Oct 03, 2019	Thur	St. Rose of Lima Worship Site	12:10pm	Rita Melanson
Oct 05, 2019	Sat	St. Rose of Lima Worship Site	4pm	William (Bill) Parent Rita Melanson
Oct 06, 2019	Sun	St. Rose of Lima Worship Site	9am	Gerry LeBlanc
Oct 06, 2019	Sun	St Matthew's Worship Site	11am	Parishioners Mental Health Awareness

In the fall of 2019 and the Spring of 2020, **YOU ARE INVITED** to make the First Spiritual Exercises of St. Ignatius..... and find **INNER PEACE IN GOD'S LOVE**. Sponsored by the Saint John AASEA (Atlantic Association of the Spiritual Exercises Apostolate), this FSE retreat in daily life will be offered in **two Modules** with a four month winter break between them.

The Fall and Spring journey includes 11 group sessions at Villa Madonna Retreat House on Sunday afternoons from 2:00-4:00. These communal gatherings are a core element of the FSE Retreat and a powerful experience of grace and spiritual growth. If you wish to receive more information or an **application form** for this FSE retreat journey, contact Pam Daigle: 214-5699 or yvesdaigle75@gmail.com **Application Deadline is October 3, 2019**

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Handi Bus Service

We are planning to offer a free transport service to the **St. Rose of Lima Worship site 4:00 p.m. Saturday Mass**. The goal of this service is to facilitate attendance at this Mass for any who are facing transportation barriers or who may not be able/or wish to drive. In order to gain an understanding of the level of interest please complete the sign-up sheet located at the church entry, If you have any questions please contact **David Black at 643-7004 or 651-1808** or at davidblack@nb.aibn.com or **Moira Wilson at 651-2233** or at moirawilson4@gmail.com.

COLLECTIONS

Sep 21 & 22, 2019 - Regular - \$4,315.65 Loose - \$466.60
PAD - \$1,739.00 (weekly average)

Thank you for your generosity!

LITURGICAL MEETING

OCTOBER 1, 2019 AFTER 7PM MASS AT ST. MATTHEWS WORSHIP SITE

Holy Spirit Parish

St. Matthew & St. Rose of Lima Worship Sites

26th Sunday of Ordinary Time - Sep 29, 2019

"When we have the Holy Spirit we have all that is needed to be all that God desires us to be" ~Aiden Wilson Tozer

*** OFFICE HOURS***

Mon - Thurs.: 9 am to 4 pm

Office Number - 738-2320

Office Number - 653-6850

Friday: both offices closed

CONTACT INFORMATION

Email: holyspiritparish@nb.aibn.com

Pastor – Rev. David J Martin

Mailing Address: 279 Nerepis Rd, Grand Bay-Westfield, NB E5K 2Z9

St. Matthew Worship Site – (506)738-2320 Fax: (506)757-2948 Website www.holyspiritparish.ca

Civic Address: 45 Dollard Drive

St. Rose of Lima Worship Site – (506)653-6850 Fax: (506)653-6865 Website www.holyspiritparish.ca

Civic Address: 541 Milford Road

**Confessions - The Sacrament of Reconciliation 3:15pm Saturdays at
St. Rose of Lima Worship Site**

RELIGIOUS EDUCATION CONTACT INFORMATION

St. Matthew Worship Site – Please contact Linda Spinney at 636-0677 or email her at linspin@nbnet.nb.ca

St. Rose of Lima Worship Site – Please contact Andrea McGrath @ 672-4733 or text 651-6074, or email her at stroselima.religioused@gmail.com

*Sanctuary Light at St. Rose of Lima Worship Site - Week of Sep 29, 2019 is in memory of
Monique Pineau donated by Jean Brideau*

*St. Matthews Worship Site for Month of September
Bulletin, Altar Wine, Bread is in memory of Jimmy LaViolette donated by LaViolette Family
Sanctuary Light is in memory of Jackie Pitre*