

Seventh Week of Ordinary

On the **Seventh Week of Ordinary Time**, Jesus gives us one of the biggest challenges to living the Christian life: Love Your Enemies. "I say to you, offer no resistance to one who is evil. When someone strikes you on your right cheek, turn the other one as well."

Wednesday is the **Ash Wednesday** and the beginning of Lent..

The **Season of Lent** begins with four days that serve as an introduction to the four Lenten practices of Prayer, Fasting, Repentance and Almsgiving.

Ash Wednesday is a day of fasting and abstinence. We wear ashes on our foreheads to remember who we are and express our desire to turn away from sin and to believe the Good News. The Prophet **Joel** helps us begin our journey: "return to me with your whole heart." "Rend your hearts, not your garments," reminds us that this is an interior journey. The **Responsorial Psalm, Psalm 51**, has the antiphon: "Be merciful, O Lord, for we have sinned." Paul, in his **Second Letter to the Corinthians** says, "be reconciled to God ... we appeal to you not to receive the grace of God in vain ... Behold, now is a very acceptable time; behold, now is the day of salvation." In **Matthew's Gospel** Jesus gives us a guide for our Lenten practices, "Take care not to perform righteous deeds in order that people may see them."

Daily Prayer the Week of February 19, 2023

In the first part of this week we see Jesus healing and teaching his disciples about the challenges of following him.

In these few days before Lent begins, we can begin to prepare our hearts by asking ourselves how we want Lent to be different this year. What do we want to ask the Lord to give us - and more importantly, we can ask *what the Lord wants for us* this Lent. What gift of generosity, love or attention can we share with others in the weeks ahead? How can we focus on the Lenten season and ask that our hearts be opened to what is real - not to the externals that distract us so much. How will *I be* with my family and friends this Lent? What will I do that sets this season apart from my normal routines? How can I name, anticipate and feel the gifts the Lord showers on me with such love in the weeks ahead?

And every morning, we can begin by sitting at the side of our beds with our hands open on our laps, asking God to help us receive these gifts with open hearts. We can carry that focus with us throughout the day, remembering in the quiet moments what we are asking for. Always, we end our day simply, thanking God for the love and gifts of the day.

Each week of Lent, enjoy the resources on the [Praying Lent](#) website. It offers a simple Daily Prayers each day, and dozens of resources, retreats, audio discussions and even recipes that will help us enter more deeply into the spirit and practice of Lent.

For these first four days it will be a great help to set aside some time, even if it means getting up a half an hour earlier each morning, to read about what Lent can mean and to let that soak into our hearts. The key is not to be somber or severe in any way, but to know that this is a time of great grace so that we can be attentive to it. The first thing to remember is that these 40 days are a **gift** to us. We are not trying to save ourselves by our Lenten practices. God has already saved us. We are only trying to let God get our attention and to give grace a chance to work in us.

These days are critically important for choosing to establish some Lenten patterns. Depending upon our age or health, we will want to do some fasting and abstinence, in regard to food. But, each of us can choose what else we can fast and abstain from during Lent. What practices of mine get in the way of my being open to hearing God's Word and responding freely? That's what needs transforming. Giving up needing to be right, fasting from my impatience, totally abstaining from escapist fantasies will open our hearts to God's grace. None of that takes extra time. It just takes desire. Adding new acts of kindness, gratitude and love each day for family and friends will open our hearts to the greater acts of charity and generosity for the poor.

Finally, Lent is the perfect time to choose to grow in gratitude. Every night, before going to bed, let us be faithful to giving thanks to the Lord who has given us so many blessings and offers us new graces each and every day.

[Creighton U Online Ministries](#)

Holy Spirit parish is pleased to announce our Lenten theme for 2023 is "Enlarging the space of your tent," (Isaiah 54:2). This theme title is taken from our global Synod. I want to thank the Liturgical Committee for their input and support. ~Fr. David

MASS SCHEDULE 2023

Feb 21, 2023	Tue	St. Matthews Worship Site	7pm	NO MASS
Feb 22, 2023	Wed	St. Rose Worship Site (ASH WEDNESDAY)	12:10apm	Eldora & Leonard Martin
Feb 22, 2023	Wed	St. Matthews Worship Site (ASH WEDNESDAY)	7pm	Malcolm McGovern
Feb 23, 2023	Thur	St. Rose Worship Site	12:10pm	NO MASS
Feb 25, 2023	Sat	St. Rose Worship Site	4pm	Debra Gogan Wayne Guitard Flor Miriam Herrera
Feb 26, 2023	Sun	St. Rose Worship Site	9am	Parishioners
Feb 26, 2023	Sun	St. Matthews Worship Site	11am	Rev. Brian Hansen

****PLEASE NOTE: IF SCHOOL IS CANCELLED SO IS THE WEEKDAY MASS FOR THAT DAY****

Ashes to Fire: Lenten - Easter Journey in Ignatian Spirituality

The Atlantic Ignatian Spirituality ministry is offering a free six-session on-line series in Lent 2023.

Fr. Charles Pottie, SJ and Fr. Earl Smith, SJ will guide the sessions. Both are guides in Ignatian Spirituality.

The 2023 Lenten Series will be offered on Thursdays from 7:00 to 8: 15 p.m. Atlantic time (AT), that is 7:30 to 8:45 p.m. Newfoundland Time (NT). February 23, March 02, 09, 16, 23, and 30.

The sessions are designed to help you to:

- Prayerfully reflect on the Gospel passages for the Sundays of Lent.
- Discover the grace of listening to each other in spiritual conversation on the prayer experience.
- Appreciate the richness and bond of an online faith community.

If you are interested in participating in this Lenten Series, or would like more information, you can send a note to lentenjourney2023@gmail.com

Eternal Rest Grant unto them O Lord... Our prayers and condolences go out to the families of Deanne Blizzard, Roger Sullivan, Bob McCashion and Duncan Keenan



Knights of Columbus 17984 Breakfast: Sunday, Feb 19, 2023 from 9am – 1pm at the Assumption Centre. Adults - \$10, children (12 years and under) - \$4.

WE ARE LOOKIN FOR.....

It has become apparent that we are in need of a Technology Committee. We'd prefer a little diversity with a couple of adults and a couple of youth. We need some experience with IT as well as people with an aptitude and desire to learn. Editing and photo editing skills would be helpful. This team will be led by Matthew Tingley, a member of the Revitalization Committee. This subcommittee will work closely with a soon to be established Communications Committee. Duties will include:

- Maintenance of our website (learning and implementing the technology)
- Setting and delivering on a social media presence
- Implementation, utilization and upkeep of audio-visual tools

Interested parties, please contact the office – 506-738-2320 or 506-653-6850

K of C council 17984 will be having their monthly Rosary and Adoration service on Thursday, Feb.23, 2023 at 6:30 pm, at St. Rose Worship Site. Our theme for February is praying for the sick. All are welcome.

HVHS: the donations were delivered to Harbour View this past week. The school is very appreciative of everyone's generosity. Thank you for your kindness, it goes along way.

COLLECTIONS - THANK YOU FOR YOUR GENEROSITY!!!

Jan 29, 2023 - Regular - \$2,487.00 Loose Collection \$282.50 Initial Offering - \$15.00
New Year's Day - \$15.00
PAD Weekly Average - \$1,694.00 PAD BLDG - \$179.00

Feb 05, 2023 - Regular - \$2,426.00 Loose Collection \$263.30 Initial Offering - \$20.00
Food Bank- \$40.00 Building Fund – \$640.00
PAD Weekly Average - \$1,694.00 PAD BLDG - \$179.00

Feb 12, 2023 - Regular - \$2,385.00 Loose Collection \$182.50 Initial Offering - \$30.00
Food Bank - \$100.00 Building Fund - \$220.00
PAD Weekly Average - \$1,694.00 PAD BLDG - \$179.00

eTransfers - \$130.00

THANK YOU TO THOSE WHO CONTINUE TO DROP OFF OR MAIL THEIR MONETARY DONATIONS. WITHOUT THIS EFFORT WE WOULD NOT BE ABLE TO MEET OUR EXPENSES.

The Prayer Shawl Group meets weekly at the Rectory from 10am to 12pm. We provide all the materials as well as lots of fun. New people are always welcome! Prayer shawls, hats, and mittens can also be made from the comfort of your own home.

Please contact Jill if interested: 639-0007

OFFICE HOURS

Tuesday - Friday: 9 am to 4 pm
SMWS - Office Number - 738-2320
SRWS - Office Number - 653-6850
Monday: 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 (SMWS)
(506)738-2320 Fax: (506)653-6865
Civic Address: 45 Dollard Drive

St. Rose of Lima Worship Site (SRWS)
(506)653-6850 Fax: (506)653-6865
Civic Address: 541 Milford Road

WEBSITE: www.holyspiritrcparish.ca

HOLY SPIRIT PARISH

ST. MATTHEWS & ST. ROSE WORSHIP SITES

We are a welcoming community of growing disciples who share our faith, support one another, and lead others to Jesus.

7th Sunday in Ordinary Time - Feb 19,2023

HAPPY FAMILY DAY WEEKEND

Sunday Exposition/Adoration: Feb 19, 2023 at St. Rose Worship Site 1 – 2pm

RELIGIOUS EDUCATION CONTACT INFORMATION

Holy Spirit Parish –Please contact Linda Spinney at 636-0677 or email her at holyspiriteducationsj@gmail.com

Gentle Path – Counselling Services – Pathways to Hope

Gentle Path Counselling Services provides counselling at the 28 Richmond Street Office and is now scheduling appointments at Horizon's Market Place Wellness Centre in the Lower West Side

We offer counselling for:

Anxiety	Addictions	Grief & Loss	Domestic Violence
Couples Counselling	Sexual Assault Trauma	Self Esteem & Body Image	Sexual Identity & Orientation
PTSD	Parenting	Depression	First Nations
Kids & Teens	Blended Families	Anger Management	Work Related Issues

(Subsidies are available)

Gentle Path Counselling Services, Ltd.
Phone (506)652-7284 Toll Free 1-888-394-4022

www.gentlepathsj.com

Facebook: Gentle Path Counselling Services
<https://www.facebook.com/gentlepathcounselling-services/>

Charitable # - 85377 7175 R0001