

1st SUNDAY OF LENT

FEBRUARY 21, 2010

1st Sunday of Lent, February 21, 2010

by Father Greg Friedman, O.F.M



Knowing your roots—it's become an obsession for many of us. There's a wealth of resources available for researching one's family history; people enjoy knowing about their ancestors and where they came from. When we learn about our family's past we can appreciate the cultural riches our ancestors brought to us, their descendants. In today's first reading, Moses makes knowing the family history a part of the worship of Israel—and so it is to this day. As part of every Seder service, Jewish families retell the story of the Exodus from Egypt. We Catholics also bring our **"family history"** into our liturgy. Our Lenten season chooses some of the most basic stories of faith to remind us where we've come from. More importantly, these stories lead us directly to Jesus, and the story of our redemption in his death and resurrection. Today, as we hear of the Lord's temptations in the desert, let's let this very human portrait of Jesus remind us of how we're called to respond in times of temptation: To depend upon God's grace, and allow it to support and sustain us. It's the living story of our faith, our Baptismal commitment, which we reaffirm in this Lenten season.

SCHEDULE of MASSES

Monday, Feb. 22 nd	Prescott	8:00 A.M.	Helen Robichaud ++++++ Edna McGee
Tuesday, Feb. 23 rd	Prescott	8:00 A.M.	Hedy Leins ++++++ Tony & Diane Jozefowicz
Wed., Feb. 24 th	Prescott	4:00 - 7:00 P. M. - ADORATION	
	Prescott	7:00 P.M.	Glenn Mallett ++++++ Bill & Rosaleen Mallett
Thursday, Feb. 25 th	Prescott	8:00 A.M.	Vince Bonneau ++++++ Ed & Virginia Murdock
Friday, Feb. 26 th	Cardinal	8:40 A.M.	"STATIONS of the CROSS"
	Cardinal	9:00 A.M.	Yvonne Patterson ++++++ Diane & Jack Hoy
	Prescott	6:40 P.M.	"STATIONS of the CROSS"
	Prescott	7:00 P.M.	Deceased Family Members ++ Bernard & Theresa Bolger
Saturday, Feb. 27 th	Prescott	5:15 P.M.	Yvan Gagnon ++++++ Len & Etienne Theriault
Sunday, Feb. 28 th	Cardinal	9:00 A.M.	Intentions of all St. Mark & Sacred Heart Parishioners
	Prescott	11:00 A.M.	Henk Melissen (12 th Anniv.) ++++++ His Wife, Ann

Sunday Offertory : FEBRUARY 07 - 10 St. Mark - \$1593.21 Sacred Heart - \$ 361.51

Thank you for your Generosity

PARISH MINISTRIES' SCHEDULE FOR MASSES ON FEBRUARY 27th & 28th, 2010 - (4th Sunday)



MASS	USHERS	READERS	EUCCHARISTIC	GIFT BEARERS
Sat. 5:15 - Feb. 27 St. Mark	Norm Fortier, Pat Warren, Anelie Norton	Bernie Currier	Bev Currier Sharon Schoemaker	Bev & Bernie Currier
Sun. 9:00 - Feb. 28 Cardinal	"To be determined"	Cathy MacPherson	Joanne Esson Joan Toupin (C)	"To be determined"
Sun. 11:00- Feb. 28 St. Mark	Tom Campbell, Paul Girard Need Volunteers	Chris Walasek	Micheline Cook, Rosita MacDonald, Tony Jozefowicz (C)	Currier-Goodberry Family
CHILDREN'S LITURGY - SECOND SUNDAY OF LENT			SUNDAY FEBRUARY 28 th - ERIN WARREN	

**LAST CALL - SPAGHETTI DINNER
AND SILENT AUCTION/RAFFLE
TABLE: Proceeds go towards
Grade 7 Quebec City Trip -
Thursday, February 25th, at St.**

Mark Parish Centre - there will be 2 sittings at 5:00 & 6:00 PM. Adults \$8, Seniors \$6, Children 3-10 \$5 Take-out dinners available. Call 613-925-5019 (Cheryl)



LAST CALL - MARRIAGE PREPARATION: All couples intending to be married in our Church are expected to attend this Marriage Preparation Course; it will be held at **St. John Bosco Parish** on Friday-Saturday March 5th and 6th. **This course is obligatory.** Please, pick up a registration form at **St. Mark Rectory**, or call **Fr. Appelman** at 613-925-2944.

CATHOLIC MISSIONS IN CANADA / SCARBORO

FOREIGN MISSIONS - We are now receiving donations for this collection. It will remain open until **Sunday, March 7th**. Donations received after this date will be considered individual Parish donations. Please make cheques payable in the name of your Parish. This collection is used to support Catholic Parishes in Northern Canada as well as the works of the Scarboro Mission Society. **Please be generous**

ST. PATRICK'S HAM SUPPER Thursday, March 11th, 2010 Sacred Heart Catholic Parish Centre : **BUFFET: 4:30 TO 6:00 P.M.** - Ham - Casseroles - Desserts Adults: \$12.00 - Children 5-12 yrs. \$ 4.00 - Children under 5 Free.
COME ENJOY GOOD FOOD AND FELLOWSHIP.

ST. MARY CATHOLIC HIGH SCHOOL, Brockville invites all **Grade 8 Students and their Parents** to the **GRADE 9 INFORMATION NIGHT** for our 2010-2011 school year on **Thursday, February 25th, 2010** beginning at **7:00 pm**. This is an opportunity to acquire information about Secondary School Programs, preview Grade 9 classes, meet staff members, tour our facilities, experience a carousel of co-curricular activities and come & enjoy our Crusader Spirit. We offer **QUALITY CATHOLIC EDUCATION IN A CARING ENVIRONMENT.**
Mr. John Healey , Principal - 613-342-4911

K. Of C. - 3rd DEGREE - COUNCIL 5880 will hold its regular monthly meeting on **Monday, February 22nd** at **7:00 PM** in **St. Mark Parish Centre (Upstairs)**. **All Brother Knights are invited to attend this important meeting.**

ST. PATRICK DINNER / ENTERTAINMENT on **Sunday, March 14th**, at **St. Mark Parish Centre**. A **Social Hour** will begin at **4:00 P.M.** with a full **Roast Beef Dinner** being served at **5:00 P.M.** Entertainment by the **"FIDDLERS' PLUS"** will follow. The cost is **ADULT: \$ 12.00; Children under 12: \$ 5.00;**



Children under 5 - FREE. Tickets W will be on sale at every weekend Mass beginning February 14th, at St. Mark Church. There are a limited number of tickets available so get your tickets early to avoid disappointment. **PLEASE NOTE: TICKETS ARE BY ADVANCE SALE ONLY.** This Annual Event is sponsored by the **Knights of Columbus, Council 5880.** **NOTE: Tables of "8"** may be reserved in advance by calling **613-345-6210 or 613-925-2207.**

ST. MARK PARISH PROPERTY & FINANCE COMMITTEE will hold its regular monthly meeting on **Tuesday, February 23rd** at **7:00 PM** in **St. Mark Club**. Members who were not able to receive their agenda package electronically are asked to contact **Brent Laton, Financial Administrator.**



Pastor's Message

February 21, 2010

We are right into it, yes the special grace-filled season of **LENT** has started; I want to thank all people who came to the Masses in our parishes on Ash Wednesday and received the **ASHES**, as a sign of our good intentions and of our determination to put into our life the **DISCIPLINE OF LENT**. It is the time of repentance, of sorrow for our sins, of a sincere Confession and of being reconciled with God and with our brothers and sisters too.

Just to remind us again, the church's rules of Lent are the following: **Fasting plus abstinence** are to be observed on these two days: **Ash Wednesday and Good Friday. Fasting is for those between the ages of 18 and 60, abstinence is for all over the age 14 till the end of our life.** Fasting means that on the two days, we take two snack-like meals, and one full meal and no eating between the meals; abstinence means we abstain from meat on the Fridays of Lent; and indeed, all the Fridays of the year are regarded as days of penitential observance. Regarding the law of abstinence we may substitute special works of penance or prayer like saying the Rosary of the Stations of the Cross or perhaps half an hour of quiet prayer before the Blessed Sacrament. Regarding this we must always remember that we do not just live by a minimalistic attitude, but should be ruled by our sincere love of God and do more, yes much more, than what is strictly prescribed. Also the **WORKS OF MERCY** are wonderful ways of expressing our faith and love of God, repentance for our sins and continue the practice of amendment of life.

Apart from all these things, as I said last Sunday: among our top-priorities are the faithful and active participation at the Sunday Eucharist and our daily prayer at home with our families or alone. How could we neglect to spend one hour with the Lord in thankfulness and praise for the countless gifts we receive every day. And speaking of active participation: are you all picking up a song book for the many invitations to participate as a congregation in praising the Lord with songs and acclamations. And we know the encouraging words of St. Augustine: **"When we pray our prayer is DOUBLED, has twice as much power before the Lord"**. Think of the endless praise we sing in the Psalms. Over the years we have come to know them by heart and to love them; and don't be afraid if you neighbour in the church hears you singing! The roof of our churches may be high, but we must aim at **"Raising the Roof"**.

In conclusion I wish you all a very holy and fruitful Season of Lent; and remember the beautiful readings of Ash Wednesday: **"Now is the time of salvation; now is the time of grace"**, the time to repent, to pray in public and in secret, no need to blow our trumpet and make a public spectacle of it, for our Heavenly Father who sees in secret will reward us.

Father J. Appelman, M .H.M, Your Pastor

IN MEMORIAM: Kindly remember in your prayers, the soul of **Gloria Levere**, nee **Lafontaine**, of **Sacred Heart Church**, who died this past week. **May she rest in eternal peace with God.**



ANNUAL EUCHARISTIC DEVOTIONS: This year instead of having the usual Forty Hours devotion, we will have Day of Eucharistic Devotion with adoration, prayer and preaching. It will be on Sunday afternoon and evening of **February 28th** And our guest preacher will be our Dean Father Brian Price speaking about the Holy Eucharist and the Year of the Priest. Parishioners are kindly asked to add their names to the list for the hours of **ADORATION** from **4:00 to 7:00 PM** and then for the **Holy Hour at 7:00 PM**. Fill in your favorite Hour or even Half Hour. This Eucharistic Day is a wonderful way of starting our Season of Lent.



The 16th ANNUAL Ron Black Memorial Curling Bonspiel will be held on Sunday, March 28th, 2010 at the Prescott Curling Centre - Henry St. W. Entry Fee: \$15.00/person - Pot Luck Supper at 5:30 P.M. (2

Draws - 11:30 A.M/1:00 P.M. - 24 Curlers Each) 2 Games Each - (Prizes) ***NOTE: Experience Is Not Necessary or Required! This event is sponsored by the K. Of C. in Ron's memory as a family event. *Teenagers are welcome as well . Sign-up in the Main foyer of St. Mark Church or call 613-657-4608*

MISSION WORKS AT HOME AND ABROAD - We are now receiving donations for this collection. It will remain open until **Sunday, March 14th**. Please make cheques payable in the name of your Parish. Last year, this collection was used to support **Sisters of Providence in Peru, Holy Childhood Association, World Vision, Catholic Missions in Canada, Spirit of Giving Campaign and the CDSBEO Good Samaritan Trust Fund. Please be generous.**

YOUTH MINISTRY: Just a reminder that we will be holding our monthly Youth Meeting this Sunday evening, Feb. 21st at Tony and Diane's place -101 Sophia St. Prescott, **925-5133. Dinner starts at 6:00 PM** and meeting will finish by **8:00 PM**. Just bring yourself - everything else will be provided.

2. We will continue with our series "**Theology of the Body for Teens**" (Discovering God's Plan for Love and Life). In this 12 part curriculum you will discover the beauty and purpose of your sexuality, and why it is such a major part of our ability to love. You'll learn that the Church actually teaches and believes that human sexuality is really important, and good, and beautiful. It is actually meant, in a sense, to point us to heaven. **Bring a friend.**

Parents of youth attending this curriculum are welcome to borrow the "**Parent's Guide for the Theology of the Body for Teens**".

FAITH ENRICHMENT: We continue our informative classes on **Wednesday, February 24th**, after the evening Mass.

FRIDAY SPECIALS: On all the Fridays of the Season of Lent there will be the **Celebration of the Eucharist** in both

our parishes, preceded by **Stations of the Cross** starting 20 minutes before the Mass. **Please, come to these special Lenten days of grace.**

ARCHBISHOP'S VISIT : Our Archbishop has been invited and has graciously accepted to come and visit **Sacred Heart Church** on **Tuesday, June 8th**. On this occasion a few children will receive the **Sacrament of Confirmation**. All parishioners are invited to this special visit. **In preparation there will be a first parents-plus-candidates for Confirmation meeting and instruction in Sacred Heart Church on Tuesday, March 2nd at 7:00 PM. More will follow about this special day.**

OUR LENTEN JOURNEY

Devotion: There are times in our lives, however, when we must let go. We have to come to grips with the reality that some things go and some stay, and that some things get done and others are left undone. The very notion that something is left or is not completed for many of us is extremely unsettling.

Today we begin the Lenten journey. One of the primary opportunities Lent provides for us is a time of self-examination. This is a time to take an honest look at our lives and to discern what is helping us to grow in our faith and what is holding us back. It may be the perfect time to discern what we leave and what we take, what gets done and what is left undone. Those choices will ultimately show where the real treasures lie.

Lenten Prayer: God, help me today to choose carefully, being reminded of where my true treasure is. Help me to find my treasure in you and what you are teaching me. Amen.

Go now, a child of **God**.
Choose well the road you take,
And the decisions you make.
Keep in mind always that
The **God** you serve
Continues to call to you,
Making you more and more every day
Into the faithful one
God wants you to be.

HANDBOOK 2010

Health:

1. Drink plenty of water
2. Eat breakfast like a king, lunch like a prince and dinner like a beggar.
3. Eat more foods that grow on trees and plants and eat less food that is manufactured in plants.
4. Live with the 3 E's -- Energy, Enthusiasm and Empathy
5. Make time to pray.
6. Play more games
7. Read more books than you did in 2009
8. Sit in silence for at least 10 minutes each day
9. Sleep for 7 hours
- 10 Take a 10-30 minute walk daily. And while you walk, SMILE.