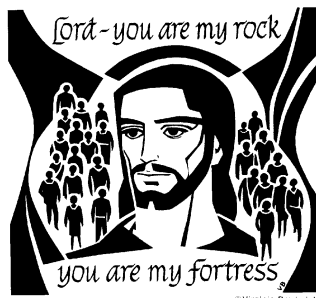


4th SUNDAY IN ORDINARY TIME

JANUARY 31, 2010



4th Sunday in Ordinary time, January 31, 2010 by Father Greg Friedman, O.F.M
 A favourite Christian writer of mine, Frederick Buechner, once wrote that there's no record of anyone inviting a prophet home to dinner more than once. Buechner's quip was his way to define the role of the biblical prophets—certainly they were controversial figures! Today we hear God choose Jeremiah for that role. God warns the prophet that his message to the kings and priests of Judah will be so challenging that he'll meet with opposition. Biblical prophets weren't out to make enemies, but felt impelled to speak the truth, God's truth, with love. It just so happened that their message was often **"tough love."** Jesus, in our Gospel today, is a prophet visiting his hometown. He anticipates resistance, stating clearly that no prophet is ever accepted in his native place. His words prove true as the people rise up to throw Jesus over a cliff! Few of us are called to be prophets—but I suspect we can identify some contemporary figures who fit that role. Pope John Paul the Second has often challenged the Church and the secular world with his teaching of the Gospel, on a variety of subjects from abortion to capital punishment to social justice. How do we accept the prophetic message we hear proclaimed each Sunday? And would we invite the bearer of that message home for Sunday dinner? _____

SCHEDULE of MASSES

Monday, Feb. 1 st	Prescott	8:00 A.M.	Special Intention ++++++ A. J. & Patsy Gillis
Tuesday, Feb. 2 nd	Prescott	8:00 A.M.	Family Intentions ++++++ Glenn & Betty Morris
Wednesday, Feb. 3 rd	Prescott	4:00 - 7:00 P. M. - ADORATION	
	Prescott	7:00 P.M.	Lee de Granville ++++++ Denise Gauthier
Thursday, Feb. 4 th	Prescott	8:00 A.M.	Beatrice Anderson + Alberta, Robert, Donald & Sherri Byers
First Friday, Feb. 5 th	Cardinal	8:00 - 9:00 A.M. - ADORATION & BENEDICTION	
	Cardinal	9:00 A.M.	Pontbriand Family +++++ Estate of Jeannine Pontbriand
	Prescott	6:00 - 7:00 P.M. - ADORATION & BENEDICTION	
	Prescott	7:00 P.M.	Pat & Eileen Lacey ++++++ Tom & Carmel Glynn
First Sat., Feb. 6 th	Prescott	5:15 P.M.	Saverna Florio ++++++ Carmella Giruzzo
Sunday, Feb. 7 th	Cardinal	9:00 A.M.	Intentions of all St. Mark & Sacred Heart Parishioners
	Prescott	11:00 A.M.	Frank Dove (10 th Anniv.) ++++++ His Wife, Dorothy

Sunday Offertory : JANUARY 24 - 10 St. Mark - \$1885.34 Sacred Heart - \$ 437.00

Thank you for your Generosity

PARISH MINISTRIES' SCHEDULE FOR MASSES ON FEBRUARY 6th & 7th, 2010 - (1st Sunday)



MASS	USHERS	READERS	EUCCHARISTIC	GIFT BEARERS
Sat. 5:15 - Feb. 6 St. Mark	Tony Boileau, Norm Fortier Olivia Dixon	Laura Lee Scott	Marion Laton Kathy Laushway	Denise Gauthier & Marie Lambert
Sun. 9:00 - Feb. 7 Cardinal	"To be determined"	Marylyn Adams	Joanne Esson Joan Toupin (C)	"To be determined"
Sun. 11:00- Feb. 7 St. Mark	Ed Murdock, Daniel Norton, Brent Norton	Victoria Boyd	Anne Wade, Gerry Botting, Kathy Putman (C)	Ushers will Carry Gifts (Need Volunteers)
CHILDREN'S LITURGY - FIFTH SUNDAY IN ORDINARY TIME			SUNDAY FEBRUARY 7 th - SHANNON JONES	

CWL Appreciation Lunch will take place **Sunday, Feb 7th**, at **St. Mark Parish Centre** immediately following the 11:00 AM Mass. All parishioners from both Sacred Heart & St. Mark churches are cordially invited to this **FREE** lunch. Each executive member will have a display table set up outlining their convectorship and activities. Following our theme of the year - **Women of Peace and Hope**--In the Footsteps of Mary we look forward to seeing you there to enjoy lunch and great fellowship.



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)



A BI-CENTENNIAL CHOIR is being assembled to commemorate the **200TH ANNIVERSARY** of Prescott. If you are interested in participating in this choir, the first meeting will be held on **Monday, February 8th at 7:00 PM** at **St. Andrew's Presbyterian Church**

in Prescott. Performance will be **May 16th**. For more information contact **Grace Scott at 925-3556** or **Ann Carr 925-4930.**



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.**

HAITI RELIEF: from **Archbishop Brendan O'Brien:**

"I invite you to join with me in responding to the Holy Father's request for support for the Haitian people. The Canadian Conference of Catholic Bishops and the Canadian Organization for Development and Peace--- which is also officially Caritas Canada---are launching an emergency campaign for Haiti. The Federal Government announced that it will match dollar- for-dollar any donation made to Canadian organizations between January 12 and February 12, 2010". You may make your contribution to this charitable initiative by placing an **envelope with your name and envelope number on it and marked "Haiti Relief"** in the Sunday collection.

Please make cheques payable to your respective Parish. This collection will remain open until **Sunday, February 7th** in order to meet the deadline for matching funds.



FAITH ENRICHMENT: We will resume these special classes this **Wednesday, February 3rd** after the Evening Mass. All are welcome. Church history is mighty interesting.

FIRST FRIDAY: You are invited to take part in the monthly First Friday Mass and devotions in both our parishes at the usual times, this **Friday February 5th.**

ST. BLAISE: His feast is this **Wednesday, February 3rd**; and I will offer the **BLESSING of THROATS** to all in both parishes after the Masses on the coming weekend, **February 6th and 7th.** Don't miss.

We need all the blessings we can get!



OLD PALMS: Please, drop off your old palms so they can be burned to ashes for **Ash Wednesday, February 17th.**

Pastor's Message

January 31, 2010

Who was it that said: "**January is a slow and dull kind of month**". I never said such a thing.. In the parish we know that many things are happening in January: not only the resuming of all kinds of meetings and programs and planning, but January is also the month of **REPORTING.** That means we have to give an account of what we have done in the past year, check all our books, records and the finances, and then make the balance of all this and see how we have done compared to the previous year.

Beginning with the Spiritual Reports, we notice that apart from the celebration of the Holy Eucharist, the number of baptisms and marriages in both parishes has been very low indeed. We bless the parents who bring new children into our world and we welcome the new children into our faith community. Many things are happening in our parishes, not only material things of maintenance, special events and finances, but very central to every parish is the celebration of the Sacraments, all seven of them, and also the sacramentals like the ashes, the palms, the blessings of the throats and the funeral masses offered for our deceased parishioners.

This is the Sunday of our annual Financial Reports and adding some words of our Spiritual Report. Usually I myself take care of the Spiritual Report, and Brent Laton takes care of all the Financial statements and the tallying of the books. A special word of thanks to him for keeping all the items in good order so we can send this report to our Archbishop's office this week together with the spiritual report. Some of these following words refer to either of our two parishes or to both. As always it is worth some extra time to look at all the details of income and expenses. I will briefly comment on some of the items. You probably notice that because of our lower numbers of people in our parishes, for various reasons, our Sunday income has also come down, although as you know, there are several other sources of income too, and in particular we were extremely fortunate and grateful that we received two beautiful bequests from two families. And in the column of the expenses you will see the great expense on the new church furnace; that was indeed a major expense but as you will agree we have enjoyed the benefit of this in the winter-months so far. It was good that we made this big decision which we hope will serve us well for many years to come.

In conclusion I wish to thank everyone who has made these reports possible and has been a regular contributor to the upkeep of our parishes. As the old saying goes: A parish will be what its members make of it, and that includes all of you. May God continue to bless our parishes with an enrichment of faith and love for the Lord and his Holy Church and a continued dedication to all the works of prayer and mercy and solidarity.

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



CONGRATULATIONS to our Financial Administrator & CDSBEO Trustee, **Brent Laton** on being elected President of the Prescott & District Chamber of Commerce. Good luck in your term of office, **Brent**

EARTHQUAKE SURVIVAL 'TRIANGLE OF LIFE'

Simply stated, when buildings collapse, the weight of the ceilings falling upon the objects or furniture inside crushes these objects, leaving a space or void next to them. This space is what I call the 'triangle of life'. The larger the object, the stronger, the less it will compact.. The less the object compacts, the larger the void, the greater the probability that the person who is using this void for safety will not be injured. The next time you watch collapsed buildings, on television, count the '**triangles**' you see formed. They are everywhere. It is the most common shape, you will see, in a collapsed building.

TIPS FOR EARTHQUAKE SAFETY

- 1) Almost everyone who simply '**ducks and covers**' when buildings collapse **ARE CRUSHED TO DEATH**. People who get under objects, like desks or cars, are crushed.
- 2) Cats, dogs and babies often naturally curl up in the fetal position. You should too in an earthquake. It is a natural safety/survival instinct. That position helps you survive in a smaller void. **Get next to an object**, next to a sofa, next to a large bulky object that will compress slightly but leave a void next to it.
- 3) Wooden buildings are the safest type of construction to be in during an Earthquake. Wood is flexible and moves with the force of the earthquake. If the wooden building does collapse, large survival voids are created. Also, the wooden building has less concentrated, crushing weight. Brick buildings will break into individual bricks.. Bricks will cause many injuries but less squashed bodies than concrete slabs. Concrete slab buildings are the most dangerous during an earthquake.
- 4) If you are in bed during the night and an earthquake occurs, **simply roll off the bed**. A safe void will exist around the bed. Hotels can achieve a much greater survival rate in earthquakes, simply by posting a sign on the back of the door of every room telling occupants to lie down on the floor, next to the bottom of the bed during an earthquake.
- 5) If an earthquake happens and you cannot easily escape by getting out the door or window, then lie down and **curl up in the fetal position next to a sofa, or large chair**.
- 6) **Almost everyone who gets under a doorway** when buildings collapse is killed. How? If you stand under a doorway and the doorjamb falls forward or backward you will be crushed by the ceiling above. If the door jam falls Sideways you will be cut in half by the doorway. In either case, you will be killed!
- 7) **Never go to the stairs**. The stairs have a different 'moment of frequency (they swing separately from the main part of the building). The stairs and remainder of the building continuously bump into each other until structural failure of the stairs takes place. The people who get on stairs before they fail are chopped up by the stair treads ? horribly mutilated. Even if the building doesn't collapse, stay

away from the stairs. The stairs are a likely part of the building to be damaged. Even if the stairs are not collapsed by the earthquake, they may collapse later when overloaded by fleeing people. They should always be checked for safety, even when the rest of the building is not damaged.

8) ***Get Near the Outer Walls Of Buildings Or Outside Of Them If Possible*** - It is much better to be near the outside of the building rather than the interior. The farther inside you are from the outside perimeter of the building the greater the probability that your escape route will be blocked.

9) People inside of their vehicles are crushed when the road above falls in an earthquake and crushes their vehicles; which is exactly what happened with the slabs between the decks of the Nimitz Freeway. The victims of the San Francisco earthquake all stayed inside of their vehicles. They were all killed. They could have easily survived by getting out and lying in the fetal position next to their vehicles. Everyone killed would have survived if they had been able to ***get out of their cars and sit or lie next to them***. All the ***crushed cars had voids 3 feet high next to them***, except for the cars that had columns fall directly across them.

10) Paper does not compact. Large voids are found surrounding stacks of paper.

Spread the word and save someone's life... The entire world is experiencing Natural calamities so be prepared!
(Contributed by a Friend with our thanks)

+++++

The Influence Of Gossip

I cannot afford to overlook the influence that other people have on me.

There are cases where people quarrel, fight and even commit murder because they are influenced by gossip, influenced by the words of others.

To what extent do I check that I am not being influenced by gossip?

Negativity in the mind is like poison. Negative thoughts are the seeds of negative actions. It might seem like a simple everyday occurrence - my friends tell me in the strictest confidence that such and such a person is like this and does so-and-so.

I listen and accept without question because of the friendship. My attitude and actions now become influenced by my friends words, and I find myself acting and reacting in accordance with the information fed to me.

Gossip and guessing bring sorrow, heaviness and distrust.

Poison can come in many disguises, but poison is poison whether from an enemy or a friend. ~ unknown

+++++
Life is one great sweet song, so start the Music"
Ronald Reagan