

**Sixth Sunday in Ordinary Time
MASS SCHEDULE**



February 10, 2024 – February 18, 2024 Return to the Lord, your God, for he is gracious and merciful, slow to anger, and abounding in steadfast love, and relents from punishing.

Saturday, February 10, 2024

4:00 – 4:30 PM Confessions
5:00 PM For Genoveva Barbosa

Sunday, February 11, 2024 - World Day of the Sick

9:00 AM For Gina Catapang
11:00 AM For the People

Monday, February 12, 2024

10:00 AM For Paul Kromer
6:30 PM Syro Malabar Mass (in church)

Tuesday, February 13, 2024

8:30 AM For Rosaria Giangrosso
5:15 PM For Gerard Tuepah

Wednesday, February 14, 2024 - Ash Wednesday

8:30 AM For Loretta Sheridan
5:30 PM For Sara Saraiva Melo
7:00 PM For the People

Thursday, February 15, 2024

8:30 AM Mass
4:30 – 5:00 PM Confessions
5:15 PM For Susan Serran

Friday, February 16, 2024

10:00 AM For Nathan Freeburn
10:30 AM Prayers for Vocation

Saturday, February 17, 2024

4:00 – 4:30 PM Confessions
5:00 PM For Antonio & Caterina Buragina

Sunday, February 18, 2024

9:00 AM For Anastacio & Roberta Viquiera
11:00 AM For the People



GOSPEL REFLECTION

In the silence after Communion, we are able to reflect on the great gift that God has given us. We were taught to pray in thanksgiving for the gift of Jesus in holy Communion from the time of our First Communion, but we should also pray that the Communion we have received may be effective in our lives. This time of prayer is more a time to realize that God continues to act in our lives. Thus, in Communion, the saving presence of Jesus continues the process of our salvation and transformation in Christ. The new life, which we received in Baptism is strengthened in Communion by our renewed encounter with the risen Lord. In other words, the real presence of Christ in the Eucharist is to transform us more and more into the one Body of Christ. For this reason, the Prayer after Communion itself rarely give thanks to God for the gift of Communion, but most often it prays that what we have received may be effective in our lives. What we have done in praising God and what we have received for our transformation into Christ is given not just for us alone, but for the transformation of the whole world.

ST PAUL PRAYER LINE: Our team of *Prayer Warriors* will join with you to intercede for your intentions. Simply call Lucienne (613-634-0375) or Miriam (905-979-1189), or email: StPaulsPrayerLine@gmail.com. "I call upon you, for you will answer me, O God" (Ps 17:6)

PLEASE PRAY FOR THOSE WHO ARE ILL: Orlando Miguel, Nicole McKechnie, Linda McKechnie, Raymond Koenders, Meghan Bennett, Nellie Rutten, Stephen Noonan, Ursula Connell, Alex Dermott, Lynn Bales, Silvia Peter Mawalla, Rosie Soni, Joan MacLeod. Aiden Bedard, Rose Miguel, Kay Bonvie, Laura DeNoble, Greg and Conrad Van Eyken. and Linda Viola.

PLEASE PRAY FOR THOSE WHO HAVE RECENTLY DIED: Anne MacEachen, Tim Seitz, and Phil Healey

Dear Church Community,
Thank you very much for collecting stuffed animals for me to ship and distribute here in the Dominican Republic. The children will be so thrilled to receive them. It is absolutely joyous, to see the smiles of little children who are unfortunately sick and in hospital. These small gestures mean so much. Thank you for allowing me to help them.
Shawna Robbins

Celebrating
40 *years*



Wednesday, February 14, 2024

Mass Times: 8:30 AM 5:30 PM 7:00 PM

Ash Wednesday is a day of fasting and abstinence for all Catholics. The law of *abstinence* (not eating meat) is binding for all Catholics above the age of 14. The law of *fasting* is binding for all Catholics between the ages of 18 and 59. Fasting is defined as having no more than one full meal and two small meals (though themselves not equal to a full meal), Of course, women who are pregnant or anyone with a medical condition are not bound to the law of fasting but should consider another suitable penance. Ash Wednesday is a day to prayerfully reflect on our Lord as we begin a season (Lent) of prayer and penance.

**Lenten Lecture Series Monday Mornings
(after the 10 am Mass)**

Saint Paul the Apostle Parish

10:45 am to 11:45 am in the Parish Hall

February 19 THE SPIRITUALITY OF LENT

This opening conference will explore spiritual themes associated with Lent by drawing on Church teachings, Scripture and the writings of Saint Ignatius of Loyola. **Deacon Bill Gervais**

February 26 THE LENTEN CALL TO PENANCE

A look at the practices of Fasting, Prayer and Almsgiving in the Christian Life

Fr. Michel Quenneville

March 4 LITURGICAL PRAYER

How do we pray at Mass and how is it different from Devotions or our personal prayer?

Fr. John Hibbard

March 4 MY SACRIFICE AND YOURS

How to understand the concept of sacrifice at the Mass and how do we offer ourselves?

Fr. John Hibbard

March 11 CELEBRATING THE SACRED TRIDUUM

A look at the ceremonies of the Easter Triduum and how to participate in them **Fr. John Hibbard**



***Monthly Meeting for Secular Franciscan Order**
First Thursday of the month 7:00 pm;

St. John the Apostle Parish Hall (88 Patrick Street)

***ALPHA is Coming! (Presented by Holy Family Parish)**

Mondays, starting February 5 - April 8, 2024; 6:15 pm - 8:30 pm Our Lady of Fatima Parish Hall (588 Division Street, Kingston) This is a FREE course and dinner will be served. ALPHA is a series of 10 videos, about 30 minutes long, that explore the big issues around the Christian Faith, Registration is required. Please contact Holy Family at 613-548-8587 or holyfamily@archkingston.ca

***Lenten Faith Sharing Series Wednesdays,
February 14 - April 3, 2024; 7:00 pm Our Lady of Lourdes Parish (490 Days Road, Kingston ON)**

For one hour each evening, we will pray, read a Gospel passage, watch a short video then discuss in small groups. For more information, please contact Karl Kadwell (613-888-7824) or Matej Goc (matejgoc@gmail.com).

***Take Heart: By His Wounds we are Healed
(Lift Jesus Higher Rally) Saturday, March 2,**

2024; 9:00 am – 5:30 pm Metro Toronto

Convention Centre (North building) For Youth and for Adults led by Fr. Mathias Thelen, co-founder of Encounter Ministries, Mass celebrated by Archbishop Francis Leo. Join the largest Catholic Rally in Ontario on Saturday, March 2, 2024 9:00 am to 5:30 pm at the Metro Toronto Convention Centre (North building). For tickets and more information, visit <https://www.ljhr.ca/> (Adult \$30, Youth \$15).

Collection for the St. Vincent de Paul Society:

As is traditional in the Kingston Deanery a collection for the work of the St. Vincent de Society is taken up on Ash Wednesday. Envelopes in your box are.

Lenten Lecture Series Monday Mornings after the 10am Mass in Parish Hall sponsored by Saint Paul the Apostle Parish, please use Hall entrance.

