

**First Sunday of Lent
MASS SCHEDULE
February 17 – February 25**
*In Christ, we have redemption by his
Blood and forgiveness of our sins, in accord
with the riches of his grace.*



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

Monday, February 19, 2024

10:00 AM Mass

Tuesday, February 20, 2024

8:30 AM Mass
5:15 PM For Robert Cook

Wednesday, February 21, 2024

8:30 AM For Nathan Freeburn

Thursday, February 22, 2024

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

Friday, February 23, 2024

10:00 AM For Sara Saraiva Melo
10:30 AM Prayers for Vocation

Saturday, February 24, 2024

4:00 – 4:30 PM Confessions
5:00 PM For Jose Rodrigues

Sunday, February 25, 2024

9:00 AM For Barsilisa Alcantara
11:00 AM For the People

GOSPEL REFLECTION

One way of understanding Lent is to see it as the time when we try to give in to the many ways that God may be trying to touch our lives. We often think of Lent as a time when we try to give up things. There can be a real value in that. However, more fundamentally and more positively we might think of Lent as a time when we give in to the Lord, who is always present to us and calling out to us. The Church sets aside this season of Lent in the springtime of the year as a reminder that we need to awaken spiritually. Although the Lord is present to us, we are not always present to him. Although the reign of God is at hand, we don't always entrust ourselves to that good news. As we awaken spiritually, as we give in to the Lord, as we become more aware of the Lord who is around me, above me, below me, at my right hand and at my left hand, then we may experience a new desire to give up whatever is not serving our relationship with the Lord. We enter this season of Lent not just as individuals but as a community of faith. It is as a community that we are called to turn more fully towards the Lord and to walk together in his company towards Holy Week. We are a pilgrim people. This Lent we let the Holy Spirit lead us into the wasteland, as he led Jesus. We need the experience of the desert wilderness to realize how helpless we are by ourselves and how close God is toward us in our times of need. God does not keep us in the wasteland—just long enough to revive our hunger and thirst for holiness.

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

Please see Archdiocese of Kingston website for other opportunities for Lenten series and devotions at parishes in Kingston @ <https://romancatholic.kingston.on.ca/>



World Day of Prayer 2024 Friday, March 1
@ 1:30 pm Our Lady of Lourdes Church
490 Days Road - I Beg You... Bear with One
Another in Love Ephesians 4:1-3

All are welcome and invited to join in fellowship, for an Ecumenical Worship Service. Refreshments to follow in parish hall. For additional information email ourladyoflourdes@archkingston.ca or call 613-389-3532

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 11 MY SACRIFICE AND YOURS

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

Fr. John Hibbard

March 18 CELEBRATING THE SACRED TRIDUUM

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

Prayer teams available.

Our parish prayer teams will be available for individual prayer again Sunday, Feb 18, between the 9:00 am and 11:00 am masses. Come see one of our teams with any prayer needs you may have. We will be stationed in the Church as usual, starting after the end of the 9 o'clock mass.

Take a course on Personal Prayer
with Fr. Boniface Hicks, O.S.B.

A 6-session course on Personal prayer on Tuesdays, starting Feb 20 at 7:00 pm via zoom. Anyone who is interested, please email Michael Mombourquette at michael@mombourquette.com to receive your information and zoom link. Each session will involve a 25 min video followed by some discussion time.



***Monthly Meeting for Secular Franciscan Order**

First Thursday of the month 7:00 pm;

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

***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).

National March for Life in Ottawa

A bus will leave Kingston for the National March for

Life on Thursday, May 9th, 2024, from St. Joseph's

parking lot at 392 Palace Road at 7:00 am to arrive

on time for Mass at St. Patrick's Basilica,

220 Kent St. at 10 am. The cost is \$25.00 per

person. For more information about the March,

see www.campaignlifecoalition.com and click on

March for Life. You can reserve your seat by

registering in person with Susan at St. Joseph's

Parish Office Monday-Friday 8:30 am-12noon and

1:00 pm-4:30 pm OR by e-transfer at

kingstonmflbus@proton.me

The Parish Office will be closed on Monday,

February 19 due to the Family Day Holiday. It will

reopen on Tuesday morning.