

# St. Joseph's Parish

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## 1<sup>ST</sup> SUNDAY OF LENT

**Weekend Masses at St. Joseph's** ~ 30% Capacity (First come basis)

Saturday Feb. 20<sup>th</sup> @ 4:00pm

Sunday Feb. 21<sup>st</sup> @ 9:00am

@ 11:00am

*“Well here we are. Lent has begun and we are still struggling away with the pandemic. It has been a year of Lent! But I write to encourage you all to take on the spiritual challenge that Our Lord Jesus gives us to become more DEVOUT. God Bless you all during this Lenten Season!” Fr. Oswin*

### **FASTING AND FEASTING:**

As we begin this great season of Lent it is important to take some time to reflect on how we plan to best spend this time to grow as stewards of Christ. We often associate Lent with fasting and penances, which are undoubtedly good. However, it is important that if we are going to give something up, we should strive to replace it with something good as well, for Aristotle famously said that “nature abhors a vacuum.”

This leads us to the practice of “fasting and feasting” in Lent. Through this practice we are able to cultivate strong stewardship through fasting from things that are unvirtuous and feasting on charitable and wholesome acts. Let us take some time to prayerfully reflect on how we can implement the following list this Lenten season.

Fast from judging others; Feast on the Christ dwelling in them. Fast from emphasis on differences; Feast on the unity of life. Fast from words that pollute; Feast on phrases that purify. Fast from discontent; Feast on gratitude. Fast from anger; Feast on patience. Fast from complaining; Feast on appreciation. Fast from negatives; Feast on affirmatives. Fast from self-concern; Feast on compassion for others. Fast from problems that overwhelm; Feast on prayer that strengthens. In essence, let us fast from anything that prevents us from being good stewards and feast on those practices that strengthens us.

### **LENTEN FASTING AND ABSTINENCE**

Catholics over 14 years of age are bound to the obligation of abstinence from meat at all meals on Ash Wednesday and on all Fridays of Lent. Fasting: Catholics over 18 and up to the beginning of their 60th year are bound to the obligation of fasting on Ash Wednesday and Good Friday. On these days, only one full meal is allowed. Two other meatless meals, sufficient to maintain strength, may be taken according to each ones' needs, eating between meals is not permitted, but liquids, including milk and fruit juices are allowed.

## **TODAY'S GOSPEL**

*Jesus came to Galilee proclaiming the gospel of God: "This is the time of fulfillment. The kingdom of God is at hand. Repent, and believe in the gospel." Mark 1:14 15*

**REFLECTION:** St. Peter's letter gives an explicit explanation of what our baptism means: it is an appeal we make to God for a clear conscience. How do we obtain this clear conscience? The words proclaimed by Jesus immediately following his temptation show us the way: "Repent, and believe in the gospel" (Mark 1:15) & Isaiah 58:1-9a. It might be a good spiritual exercise to keep these readings before us throughout the entire season of Lent, a means to help us return to a life lived by our baptismal promises.

## **IN MEMORIUM**

The parish offers sincere condolences to the family of Anges Pronk who passed away at the age of 88 at Lakeview Manor on February 14, 2021. A private family service will be held at St. Joseph's Church. *May her soul rest in eternal peace*

## **STATIONS OF THE CROSS**

Throughout the season of Lent, **every Friday evening after the 6:00pm Mass** there will be Stations of the Cross. Father Oswin will conduct without singing/response during COVID 19 times. **Friday morning Mass is cancelled until after Lent.**

## **CONTINUED SUPPORT OF YOUR PARISH**

Sunday offerings are critical to the ongoing vitality and sustainability of our parish to carry out the Mission of Jesus Christ. We understand the financial strain that many of our parishioners are now experiencing. We ask those who are able to please continue to support your parish. You can make your donations electronically via E-Transfer ([st.joseph.church@rogers.com](mailto:st.joseph.church@rogers.com)) or sign up for PAG (Pre~Authorized Giving) OR

- Give your offering at Mass,
- Mail and/or drop your envelopes at the Rectory Office.

Thank you for your continued financial support during this pandemic!

## **VIRTUAL WORLD DAY OF PRAYER 2021**



There will not be a public service held this year. Instead, click on the webinar link, <https://us02web.zoom.us/j/82984987516>. A video will also be available for viewing on Feb. 15, at [www.wicc.org](http://www.wicc.org) ~ just click on the one hour service video button to view this year's theme. The theme this year, ***Build on a Strong Foundation***, has been prepared by Vanuatu, a chain of islands to the east of Australia. Attendees are asked to reflect on the challenges Vanuatu has faced, as it moves towards independence, a process that has been going on for the past four decades. The writing team has shared the injustice obstacles that the women of Vanuatu have met, and the hopes they have for the future. These experiences unite everyone in prayer and solidarity.

## **POPE FRANCIS PROCLAIMS “YEAR OF ST. JOSEPH”**

With the Apostolic Letter “*Patris corde*” (With a Father’s Heart), Pope Francis recalls the 150 anniversary of the declaration of Saint Joseph as Patron of the Universal Church. To mark the occasion, the Holy Father has proclaimed a “Year of Saint Joseph” from December 2020 to December 2021.

The Holy Father wrote *Patris corde* against the backdrop of the Covid-19 pandemic, which, he says, has helped us see more clearly the importance of “ordinary” people who, though far from the limelight, exercise patience and offer hope every day. In this, they resemble Saint Joseph, “the man who goes unnoticed, a daily, discreet and hidden presence,” who nonetheless played “an incomparable role in the history of salvation.”

At the same time, Joseph is “an accepting Father,” because he “accepted Mary unconditionally” — an important gesture even today, says Pope Francis, “in our world where psychological, verbal and physical violence towards women is so evident.” But the Bridegroom of Mary is also the one who, trusting in the Lord, accepts in his life even the events that he does not understand, “setting aside his own ideas” and reconciling himself with his own history.

“Fathers are not born, but made,” says Pope Francis. “A man does not become a father simply by bringing a child into the world, but by taking up the responsibility to care for that child.” Unfortunately, in today’s society, children “often seem orphans, lacking fathers” who are able to introduce them “to life and reality.” Children, the Pope says, need fathers who will not try to dominate them, but instead raise them to be “capable of deciding for themselves, enjoying freedom and exploring new possibilities.”

### ***A daily prayer to St Joseph... and a challenge***

In his letter, Pope Francis notes how, “Every day, for over forty years, following Lauds [Morning Prayer]” he has “recited a prayer to Saint Joseph taken from a nineteenth-century French prayer book of the Congregation of the Sisters of Jesus and Mary.” This prayer, he says, expresses devotion and trust, and even poses a certain challenge to Saint Joseph,” on account of its closing words: “My beloved father, all my trust is in you. Let it not be said that I invoked you in vain, and since you can do everything with Jesus and Mary, show me that your goodness is as great as your power.”

At the conclusion of his Letter, he adds another prayer to St Joseph, which he encourages all of us to pray together:

*Hail, Guardian of the Redeemer,  
Spouse of the Blessed Virgin Mary.  
To you God entrusted his only Son;  
in you Mary placed her trust;  
with you Christ became man.*

*Blessed Joseph, to us too,  
Show yourself a father  
and guide us in the path of life.  
Obtain for us grace, mercy, and courage,  
And defend us from every evil. Amen.*

**PLEASE STAY SAFE WHEN ENTERING THE CHURCH!  
MASKS, SANITIZE AND SOCIAL DISTANCE ARE MANDATORY**