

Youth Group...

GET ON THE BUS—Friday 18th February from 7:00pm to 10:00pm @ Sacred Heart Parish. Bus transportation will be provided to and from the outing. For more information contact Mrs. Julie Ritchie-Bingham @ 322-8919 or 322-7711 or email rcayouthoffice@rcadon.org.

Celebrating the Eucharist Missallettes

On Sale

February 22nd, 2023 to April 29th, 2023 period, are on sale for a small fee of \$5.00 at the parish office. Imagine having your own copy at your fingertips, day and night!!! Follow the Eucharist from sun up to sundown. :-)

NB. Funds to defray cost of purchasing.

St Thomas More Parish says BINGO IS BACK.

Come out and play BINGO on Friday 10th February from 6:30pm to 11:00pm on the Church grounds. \$10.00 in advance. Ticket includes one free game. Food and drink will be on sale. Call 432-7100 for more info.

Ways to be Salt & Light

Know Christ. Know that Christ is the Son of God who provides eternal life (1 John 5:20).

Grow in Christ. Always stay in contact with Christ through reading His Word and through constant prayer.

Share Christ. After Christ resurrected from the dead, He commanded His disciples to share His gospel (Mark 16:15), which also applies to all followers of Christ.

Serve Christ. To be honest, God doesn't need our service, because He can do anything possible simply by His Word (Colossians 1:16); but we need to serve Him because He first loved us so that we may be saved.

Prayer for the Week

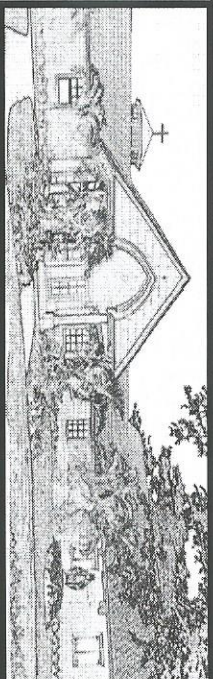
Dear Lord, as we start this week, please help us to find your joy in the midst of mundane. May we live with an attitude of gratitude, take nothing for granted and live life to the fullest. Help us to focus on you and not the turmoil around us. Thank you in advance for your strength, energy and grace that will sustain us. In Jesus name we pray. Amen.

K T Q N Z W I A T D L V R Z O E P
B C Y H S X U F D A H I O M R T B
L G O J N O K F C P V E G U S F K
N R N U F E H G L Z M P P H P N G
J N O Q K I N G D O M A S K T E S
X L F K I L C P H E Q W L Y P V V
Y K D I Y L G R E J O I C E D A O
V O H O V I S R E K A M E C A E P
E T Q V F A O G T T K M H M Z H P
M D R A W E R L I E Y R E S Q L
R E N I H S M O R W E B N R L A W
E K K E E M H R I K V I W C D X X
H A R J V E L I P D Z B P I W D H
T P L I H P Q F S C T P P F W B Q
A T X M E I J Y N G Y L L U N N O
F Y B L E S S E D T L A S L M Z N
K V G X P W B X F J X V Y P T F H

father	glorify	shine	lamp
salt	heaven	reward	rejoice
peacemakers	pure	merciful	meek
spirit	kingdom	blessed	light

ST. ANSELM'S

BERNARD ROAD, FOX HILL / P.O. Box FH 14389, Nassau, Bahamas
address: stanselm@batelnet.bs; Website address: stanschannel.com; Facebook address: Facebook



St. Anselm's
congregation
welcomes you

*"You are the Salt of the Earth
Light of the World"*

"O come, let us worship God and bow before the Lord our God." ~Psalm 96

February 5th, 2023

5th Sunday in Ordinary Time

1st Reading Isaiah 58:7-10

2nd Reading 1 Cor. 2:1-5

Gospel Matthew 5:13-16

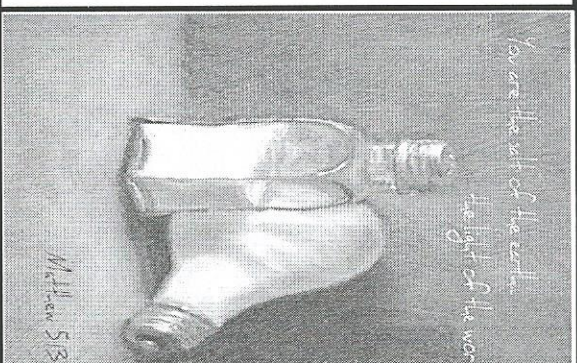
February 12th, 2023

6th Sunday in Ordinary Time

1st Reading Sirach 15:15-20

2nd Reading 1 Cor. 2:6-10

Gospel Matthew 5:17-37



A WARM AND LOVING WELCOME TO

Please come again and if you would like to become a member

To our members, We always thank God for all of you and continue to love you

Let us Pray

Father, your Son accepted our sufferings to teach us the virtue of patience in human illness. Hear the prayers we offer for our sick brothers and sisters. May all who suffer pain, illness or disease, realize that they are chosen to be saints and know that they are joined to Christ in his suffering for the salvation of the world. Amen.

Paul Barnett Sr., Rosemary Black, Guy-Philippe Berlin, Pauline Christie, Donnalee Colebrooke, Sonia Darville, Carol & Sylvia Edgcombe, Michael Farrington, Hartman Johnson, Edward Kerr, Ann Treco-Knowles, Patricia Knowles, Paula Lundy, Ida Major, Deloresse McPhee, Vanessa Moss, Derek & Donell Musgrove, Martha Roberts, Kyndre Sands, Jayle Smith, Mable Smith, Lucinda Symonette, Anstina Wilson, and Jacinta White, the imprisoned, the homebound, the hospitalized and persons in the Geriatrics Hospital. (If you, or a member of your family ill, or if you know of a parishioner that is ill, please notify the parish office).

Daily Scripture Reading

Monday 6th	St. Paul <i>Mk 1 & Companions, Martyrs</i> 1st Reading: 1 <i>Galatians</i> 2:19-20 or <i>Genesis</i> 1:1-19 Resp Ps: 126 or 104:1-24, 5-6, 10 and 12, 24 and 35c Gospel: <i>Matt.</i> 28:16-20 or <i>Mk</i> 6:53-56
Tuesday 7th	1st Reading: <i>Genesis</i> 1:20 - 2:4a Resp Ps: 8: 4-5, 6-7, 8-9 Gospel: <i>Mk</i> 7:1-13
Wednesday 8th	St. Jerome <i>Emilian, Priest</i> 1st Reading: <i>Genesis</i> 2:4b-9, 15-17 Resp Ps: 104: 1-24, 27-28, 29b-30 Gospel: <i>Mk</i> 7:14-23
Thursday 9th	1st Reading: <i>Genesis</i> 2:18-25 Resp Ps: 128: 1-2, 3, 4-5 Gospel: <i>Mk</i> 7:24-30
Friday 10th	St. Scholastica, <i>Virgin</i> 1st Reading: <i>Genesis</i> 3:1-8 Resp Ps: 32: 1-2, 5, 6, 7 Gospel: <i>Mk</i> 7: 31-37
Saturday 11th	1st Reading: <i>Genesis</i> 3:9-24 Resp Ps: 90: 2, 3-4ab, 5-6, 12-13 Gospel: <i>Mk</i> 8:1-10

Weekly Memory Verse (Challenge Yourself)

"The Lord is not slow in keeping His promise, as some understand slowness. He is patient with you, not wanting anyone to perish, but everyone to come to repentance. ~ Lamentations 3:22-23 ~

Happy Birthday Greetings to... Tristan Tucker

(Today), Annette Bain, Jacklyn Sealey, Raymond Johnson (Tues), Pedro Demeritte, Barbara Marshall, Lothario Rose, Infinity Hamilton, James King, Valicia Demeritte, Shiloh Flowers (Wed), Delvin Cooper, Enskilla Davis, Vincente Demeritte, (Thurs), Lulamae Greaves, Jude Smith, Dr. David Barnett, Renando Fawkes (Fri), Tiana Miller, Eulase Stuart-Johnson (Sat). and to all celebrating this week!

~Commentators & Lectors~

5th Sunday in Ordinary Time - 5th February, 2023	
7:00 am Deline Gittens	1st Reader/Commentator
Nathan Gittens	2nd Reader
9:00 am Anthony Butler	1st Reader/Commentator
Ashton Butler	2nd Reader
6th Sunday in Ordinary Time - 12th February, 2023	
7:00 am Vann Gaitor	1st Reader/Commentator
Kenna Knowles	2nd Reader
9:00 am Ricardo Taylor	1st Reader/Commentator
Chaunece Saunders	2nd Reader

Please purchase a raffle book from the parish office for Holy Redeemer Catholic Church New Bight, Cat Island's raffle under the Theme: "FEED THE PEOPLE". Drawing takes place in Cat Island on Saturday 18th, February 2023. Tickets are \$2.00 each or one book for \$20.00. Prizes are food vouchers:

1. New Bight Food Market—\$500.00
2. Avernia Foods—\$400.00
3. Neighbourhood Convenience—\$400.00
4. Courtesy Supermarket—\$300.00
5. Supervalve—\$400.00
6. BUY 4 LESS—\$400.00

~~~"The Lord Loves a cheerful Giver"~~~

## Reflecting on the Light For The World

In today's Gospel Matthew applies to Jesus the prophetic words of Isaiah: "I am the light of the world; the man who follows me will not walk in darkness, but will have the light of life." In like manner, the psalmist's assertion that the Lord's light is about light. Just as Jesus is light to the world, so his darkness. Light enables the beauty of things to be seen, and the world shine. But we are not to call attention to ourselves, it is too bright. Our vocation is for others, not ourselves. Surrounded by discrimination, oppression and war, Christ mind and judgment," and they are directed by God's love to peace." The light we bring to the world should lead in time the alienation and oppression of peoples, the attacks on humankind for God's creation. "A people living in darkness has seen a light and as a kind of soul for human society as it is to be into God's family. ... the Church not only communicates the reflected light of that life over the entire earth. Vatican in the Modern World, 1965: 40 Gerald Daring

### Happy Wedding Anniversary

Frederick & Dominique White celebrating their 48th David & Doris Wood celebrating their 48th

### Altar Servers Recruitment

How about serving your Church in a new capacity? The Altar Servers are held the 1st Saturday in every month. Next meeting is on 9:00 am.

### St Anselm's Fundraising

Get Ready for FISH FRY FRIDAYS every Friday during February from 8 pm to 10pm. Vouchers will be sold at the door. Lent. Your support is appreciated.