

Celebrating the Eucharist Missalette

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.

But why do Christians fast, and what's so significant about fasting in Lent?

1. **Jesus says so-** In Matthew 6:16, he says: 'When you fast, do not look gloomy like the hypocrites, for they disfigure their faces that their fasting may be seen by others...' Instead, do it in secret; it's between you and God. He doesn't explain what fasting is for, he just assumes people will do it. So there is a strong biblical warrant for this kind of spiritual discipline.

2. **We follow in his footsteps** - Jesus himself fasted for 40 days (Matthew 4:2; Luke 4:2). The 40 days of Lent are a way of identifying ourselves with him during the days leading up to his crucifixion and resurrection. Denying ourselves a favourite food or some other luxury is a sign we are walking with him to the cross.

3. **Fasting is a form of offering** - When we deny ourselves something we enjoy, and which it isn't wrong to want, we are saying there is something more important in our lives than purely physical pleasure. If we fast because we're dieting for our health, it's because how we feel and look is more important. Fasting in Lent means that God is more important.

4. **It's a spiritual discipline** When we fast, we are exercising our spiritual muscles. When we refrain from a basic physical desire such as eating, we're saying we refuse to be dominated or controlled by the needs of our bodies. If we can deny ourselves food, we can learn to deny ourselves other things too, which may be much more harmful or morally questionable.

5. **It reminds us of God** Many of us get through the day without thinking much about God. But knowing we have to be alert and in control of our instincts, having to fight the temptation to indulge in something we enjoy, reminds us of our discipleship and of his reality in our lives. Most of us, rightly, won't try the 'extreme' fasting practised in some traditions or by the great saints of old. But giving up even small pleasures is a way of drawing nearer to Christ on his way to the cross.

~Taken from the internet~

Prayer for the Week

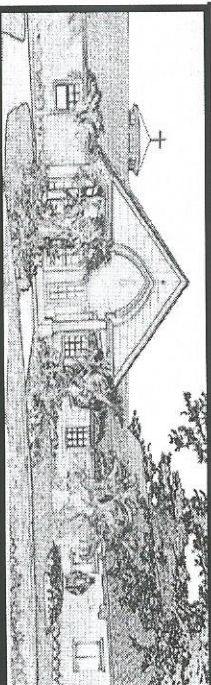
Father, send me help from above this week. Before my needs will ever arise let help come in Jesus name. Lord, let this week speak all round goodness for me. I will never experience a better yesterday in Jesus name. Lord, visit me this week and turn my tears to joy, my mourning into dancing in Jesus name. Amen.

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

BLESSED	CHILDREN	EARTH	HEAVEN
HUNGER	INHERIT	KINGDOM	WEEK
MERCIFUL	MOUNTAIN	MODERN	PEACEMAKERS
PERSECUTED	POOR	REJOICE	REWARD
RIGHTOUSNESS	SPRIT	THIRST	

ST. ANSELM'S

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St.
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"Be perfect as your heavenly Father is perfect."
"O Lord, I trust in your merciful love. I will sing to the Lord with me." (Psalm 131)

February 19th, 2023

7th Sunday in Ordinary Time

1st Reading Lev 19:1-2, 17-18

2nd Reading 1 Cor 3:16-23

Gospel Matthew 5:38-48

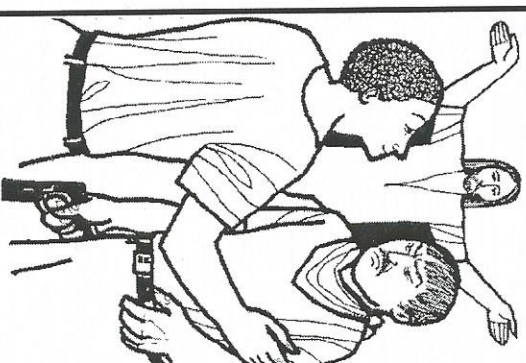
February 26th, 2023

1st Sunday of Lent

1st Reading Genesis 2:7-9; 3:1-7

2nd Reading Romans 5:12-19

Gospel Matthew 4:1-11



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 con

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-Phillipe Berlin, Pauline Christie, Donnalee Colebrooke, Sonia Durville, Carol & Sylvia Edgcombe, Michael Farrington, Hartman Johnson, Edward Kerr, Ann Treco-Knowles, Patricia Knowles, Paula Lundy, Ida Major, Bellarese McPhee, Vanessa Moss, Derek & Donnell Musgrove, Martha Roberts, Kyandre Sands, Jayde Smith, Mable Smith, Lucinda Symonette, Anastina 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 parishoner that is ill, please notify the parish office).

Daily Scripture Reading

Monday
1st Reading: *Stnach 1: 1-10*
Resp Ps: 93: 1ab, 1cd-2, 5

20th
Gospel: *Mark 9: 14-29*

Tuesday
21st
St. Peter Damian, Bishop, Doctor
1st Reading: *Stnach 2: 1-11*
Resp Ps: 37: 3-4, 18-19, 27-28, 39-40

Gospel: *Mark 9: 30-37*

Wednesday
22nd
Asif Wednesday
1st Reading: *Joel 2: 12-18*
Resp Ps: 51: 3-4, 5-6ab, 12-13, 14 and 17

2nd Reading: 2 Cor 5: 20 - 6:2
Gospel: *Matthew 6: 1-6, 16-18*

Thursday
23rd
St. Procop, Bishop & Martyr
1st Reading: *Deuteronomy 30: 15-20*
Resp Ps: 1: 1-2, 3, 4 and 6

Gospel: *Luke 9: 22-25*

Friday
24th
1st Reading: *Isaiah 58: 1-9a*
Resp Ps: 51: 3-4, 5-6ab, 18-19

Gospel: *Matthew 9: 14-15*

Saturday
25th
1st Reading: *Isaiah 58: 9b-14*
Resp Ps: 86: 1-2, 3-4, 5-6

Gospel: *Luke 5: 27-32*

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PARISH COUNCIL Monthly meeting is Tuesday 21st at 6:30 pm in the Parish Hall. All members are encouraged to attend and please be on TIME...

### Happy Birthday Greetings to.. Tyler Treco,

(Today) Wendisha Miller, Tunde Chino Jr Davis (Mon), Bryant Collie, Sonia Lunn, Stephanie Burrows, Felipe Major (Tues), Darren Antonio Sr., Bernadette Major, Danielle Williams (Wed) Shaker, Nesbitt (Thurs), Nichola Wilkinson, Jason Kemp, Ancilla Knowles (Sat). and to all celebrating this week!

### ~Commentators & Lectors~

#### 7th Sunday in Ordinary Time - 19th February, 2023

7:00 am Alexia Edgcombe 1st Reader/Commentator  
Bursel Wood 2nd Reader  
9:00 am Kevin Fernander 1st Reader/Commentator  
Mehelle Marinhoough 2nd Reader

#### 1st Sunday of Lent - 26th February, 2023

7:00 am Lee Duncombe 1st Reader  
Rose Burton 2nd Reader/Commentator  
9:00 am Kayon Rolle 1st Reader  
Rebecca Bingham 2nd Reader/Commentator

### Stations of the Cross

Stations of the Cross begins on Friday 24th at 7:00 pm in the Main Church and every Friday during Lent with the exception of Friday 3rd of March due to the Lenten Mission at Loyola Hall. Resumption on Friday 10th March at 7:00 pm.

The First FISH FRY FRIDAY will commence on Friday 24th, at 8:00pm. **ONLY VOUCHERS PAID FOR IN ADVANCED WILL BE HONORED.** Your support will be greatly appreciated. Next Fundraising Meeting, **Monday 20th** at 7:30pm in the Parish Hall.

## Reflecting on the

The commandment of Jesus with which today's Gospel just as your heavenly Father is perfect." Surely Jesus asks to perfect in the way that God is perfect. The shock of this comes before it—some of Jesus most demanding teachings: those who ask, and loving our enemies. How could any pet things? But we have no indication that Jesus does not mean to loving our enemies Jesus draws a direct parallel between Just as God does not discriminate in bestowing the goods of good. This may not seem to the world to be an obvious pat undeniably the way of God. In light of Jesus' command to reminds us in the second reading of two things that are imp follow the teachings of Jesus. First, though these teachings of others, they embody the deep wisdom of God. Second, to live these teachings; we have the Holy Spirit dwelling in out Jesus' teachings perfectly but will surely fail to live the that they are impossible. ~Living the Word~

### City Wide Mission and other upcoming events

The City Wide Mission will be held from February 27th, to March 1st from 7:00pm. The Theme is "Walking Together in Faith and attend. The Bus will leave the parish grounds at 6:30pm return The Midday Lenten Scripture Talks by Fr. Eugene Hensell, (Monday, March 27th to Friday, March 31st. It will be held at each day.

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The Rite of Election will take place at St. Francis Xavier 5:00pm. All are invited to attend. Please continue to pray for Hilda Johnson and Dr. Zenna Shurup; and our Catechumens Johnson, Krystal Johnson, Mulah Mondesir, Judy Monde Kristianne Rolle, Kai Simmons, Kailee Simmons and Wayne Confirmation.

Altar Servers Recruitment

How about serving your Church in a new capacity? The Altar sons to join. You are eligible once you have received the sacraments are held the 1st Saturday in every month. Next meeting to 9:00 am.