



The Parish of the Good Shepherd

645 Murray Avenue, Suite 1, Bathurst, NB

Office Hours: Monday to Friday from 9am to 12 Noon and 1pm to 4pm

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Vicar: Rev. Anthony Umunna • Deacon: Mr. Christopher Kingston

March 11th & March 12th, 2023 – 3rd Sunday of Lent (Year A - The Gospel of Matthew)

(1st Reading: Exodus 17:3-7 - 2nd Reading: Romans 5:1-2,5-8 - Gospel: John 4:5-42)

CHURCH TODAY

The Popes and the Lenten fast: A soul training exercise

The magisterial teaching of modern Popes provides answers to contemporary questions about the traditional penitential discipline of fasting during Lent. *By: Amedeo Lomonaco*

There are *three key elements* of the *Lenten journey* that begins each year with Ash Wednesday: *prayer, fasting, and almsgiving*. **Fasting**, in particular, should not be understood only in its formal dimension. It has real significance, as Pope Francis repeatedly reminds us, if one follows the example of the Good Samaritan. *It has value if one adopts a sober lifestyle, if one lives “a way of life that does not waste, a way of life that does not ‘throw away’.”*

What is the fasting the Lord desires?

Lent is a privileged time of fasting and penance. But what kind of fasting does God want from us? Pope Francis answered this question on February 16/2018 during his morning meditation in the Chapel at the Domus Sanctae Marthae: it is not just a matter of making choices about food, but a lifestyle where one has the humility and consistency to recognize and correct one's sins.

Pope Francis explains that the answer comes from Scripture, where we read: *“Bow down your head like a rush,”* that is, *“humble yourself,”* and think about your sins. This, Pope Francis emphasizes, is *“the fasting that the Lord desires: truth, consistency.”*

In his homily during the Ash Wednesday Mass in the Basilica of Santa Sabina on February 22/2023, the Pope recalls that, *“Fasting is not a quaint devotion, but a powerful gesture to remind ourselves what truly matters and what is merely ephemeral.”*

The value of fasting

At this time of Lent, we can ask ourselves what meaning there is for us Christians *“in depriving ourselves of something that in itself is good and useful for our bodily sustenance.”* In his Message for Lent 2009, Benedict XVI recalls the teachings of Sacred Scripture and Christian tradition: They teach us, *“that fasting is a great help to avoid sin and all that leads to it.”* For this reason, he adds, *“the history of salvation is replete with occasions that invite fasting. In the very first pages of Sacred Scripture, the Lord commands man to abstain from partaking of the prohibited fruit.”*

Benedict goes on to say that, *“since all of us are weighted down by sin and its consequences, fasting is proposed to us as an instrument to restore friendship with God.”* And turning to pages of the New Testament, he concludes that *“the true fast is thus directed to eating the ‘true food’, which is to do the Father’s will.”*

What does fasting represent?

Fasting, in the Lenten journey, is therefore not a simple abstinence from food or material food. In fact, it represents *“a complex and deep reality,”* as John Paul II emphasized on March 21/1979 addressing young people in St. Peter's Square. Fasting, he said, *“is a symbol, a sign, a serious and stimulating call to accept or to make renunciations. What renunciation? Renunciation of the ‘ego’, that is, of so many caprices or unhealthy aspirations; renunciation of one’s own defects, of impetuous passion, of unlawful desires.”*

Fasting, he continues, *“means putting a limit on so many desires, sometimes good ones, in order to have full mastery of oneself, to learn to control one’s own instincts to train the will in good.”*

Finally, he said, fasting means, *“depriving oneself of something in order to meet the need of one’s brother, becoming, in this way, an exercise of goodness, of charity.”*



Don Forget – Change your CLOCKS

Sunday March 12th at 2:00 am clocks are moved forward one hour to Daylight Saving Time.

PRAYER WHILE AWAITING OUR NEW BISHOP

God our Father,
your Son, Jesus, himself chose the
Apostles

to sanctify your people to lead
them, and preach the Gospel to
them. We beg you, grant to our
Diocesan Church a gentle and
humble pastor of heart,
who will know, in the light of the
Gospel, how to guide us in the
search for Your will and accompany
us in our mission as baptized
persons.

Prepare our hearts to welcome the
one who will be chosen as Bishop
of Bathurst and successor of the
apostles.

We ask you in thanksgiving,
through
Jesus the Christ, our Lord.
Amen

PARISH ANNOUNCEMENTS

Bible Study on Holy Week: On Wednesday, March 15th at 10:00am, Bible study with Father Keith at Sacred Heart Cathedral (basement). Please bring your Bible if you have one.



Healing Mass: This special Mass includes the Anointing of the sick, which joins the sick person to the passion of Christ. Gives power, peace, and the courage to endure suffering. Forgives sins. Restores health (if conducive to the soul's salvation) and prepares for the passage to eternal life.

Healing Mass schedule will be as follows:

- Friday, March 24th at 2:00 pm at St. John Bosco in Dalhousie.
- Friday, March 31st at 2:00 pm at Sacred Heart Cathedral in Bathurst.

HOLY-WEEK AND EASTER MASS SCHEDULE

Palm Sunday - April 1st & April 2nd:

Same Schedule as regular weekend Mass time.

Chrism Mass - April 5th

Sacred Heart Cathedral - Bathurst - 2:00 pm (Bilingual)

Holy Thursday - April 6th:

Sacred Heart Cathedral - Bathurst - Mass at 7:00 pm.

St. Thomas Aquinas - Campbellton - Mass at 7:00 pm

Good Friday - April 7th:

St. Gabriel the Archangel - Belledune - Service at 11:00 am

St. Thomas Aquinas - Campbellton - Service at 11:00 am

Holy Family - Bathurst - Service at 3:00 pm

St. John Bosco - Dalhousie - Service at 3:00 pm

Holy Saturday-Easter Vigil - April 8th:

St. John Bosco - Dalhousie - Vigil at 8:00 pm

Easter Sunday - The Resurrection of the Lord - April 9th :

Sacred Heart Cathedral - Bathurst - Mass at 9:00 am

St. John the Evangelist - Belledune - Mass at 9:00 am

St. Thomas the Aquinas - Campbellton - Mass at 11:00 am

St. Gabriel the Archangel - Belledune - Mass at 11:00 am

Holy Family - Bathurst - Mass at 11:00 am

Bulletin Announcements: Announcements for the bulletin must be emailed to churchesgoodshepherd@gmail.com by **Wednesday 11:00 am** to appear in the upcoming bulletin if room is available.

Baptism 2023: Parents who wish to have their child baptized can complete and submit the online registration form and mandatory baptism preparation course, both found on our website goodshepherdparish.faith



Wedding 2023: Couples who wish to celebrate the Sacrament of Marriage should contact the Parish Office at 506-547-4737 before making any other arrangements. **Please note that only the couple themselves can book their wedding date and make the necessary arrangements.**



RECOMMENDED TO OUR PRAYERS

May the Lord console their families and lead them safely home.

† Please pray for **Dorothy Hamilton** of Dalhousie who passed away on March 2nd at the age of 84. A Funeral Mass was held at St. John Bosco Church.

† Please pray for **Irene MacLellan** of Bathurst who passed away on February 26th at the age of 91. A Funeral Mass was held at Sacred Heart Cathedral.

IN LOVING MEMORY

- ✠ **Special Favor-Blessed Virgin Mary** (Margaret Guimond) **STA**
- ✠ **Andrew Kingston** (Aline Levesque) **SJB**
- ✠ **Dot Hamilton** (Susie, Peggy & Debby Phillips) **SJB**
- ✠ **Della Doucett** (Nelson & Patricia Talbot & Family) **SG**
- ✠ **Floyd Legacy** (Judy Spurrell) (Nelson & Patricia Talbot & Family)
- ✠ **Allan Moriarty** (Theresa McDonnell) **SG**
- ✠ **Doris Roy** (Steve & Jeannine White) (Allan & Irene White) **HF**

What are the Stations of the Cross?

From the earliest days of Christianity, pilgrims journeyed to Jerusalem to walk in the footsteps of Christ's passion on the road to Calvary. Tradition holds that Mary, the mother of Jesus, herself led by example in making daily visits to the sites of her Son's sufferings, death and resurrection following his ascension into heaven. More than 2,000 years later, however, Christians are still trying to grasp the saving gift of Jesus by meditating on or reenacting his crucifixion through what has come to be known as the **stations of the cross**.

Also known as "**way of the cross**" or "**via crucis**" this private devotion has consisted of 14 stations, taken both from Scripture and tradition, since the 18th century when the Church officially approved the now common Lenten practice. Through the stations, Christians have been able to spiritually journey to the *via dolorosa* (Latin for "way of sorrows" or "way of suffering") in Jerusalem without actually going there. Beginning with Christ's condemnation all the way to his body being laid in the tomb, each "**station**" or "**stop**" allows modern-day pilgrims to meditate through various methods of reflection and prayer that are fitting to a particular community.

In the Diocese of Little Rock, communities young and old from every walk of life have taken part in this devotion. Styles ranging from the traditional meditations of St. Alphonsus Liguori to contemporary reflections using Top 40 pop songs have been employed. The stations have been prayed in the beauty of the outdoors, reenacted live and contemplated through the silence of pantomime. Though the methods vary widely, all of them have the common goal of bringing people into a closer connection with Christ's sacrifice. In places where permanent "stations" or visual markers for the devotion are displayed, like on the walls of a church, the images usually found on each station also tell the story of salvation without using words.

Born out of widespread devotion to the passion of Christ in the 12th and 13th centuries, the **stations of the cross**, as a devotion, did not begin to develop until the Franciscans were granted custody of Christian sites in Jerusalem in 1342, according to the New Catholic Encyclopedia. St. Leonard of Port Maurice became known as the "**Preacher of the Way of the Cross**" in the 18th century because he is credited with erecting more than 572 stations between 1731 - 1751.

Today almost all Catholic churches have a set of the stations somewhere on the church grounds. In recent years, the Church has supported a set of stations that are more scripturally based. The common form contains five stations from Church tradition: *Jesus meets his mother, Veronica wipes the face of Jesus and his three falls*, according to the Catholic Prayer Book.

In addition, the Church has also said recently that even though the stations is a private devotion focusing on the passion of Christ, it should end in such a way as to convey hope in the resurrection. This has led some to consider a 15th station or simply a concluding prayer focusing on the resurrection.

SACRED HEART CATHEDRAL

123 Saint Andrew Street, Bathurst, NB

St. Brother André Candle: Doucet Family (*Claudette Lavigne*).
Adoration of the Blessed Sacrament: Every Thursday during Lent after the 12:10 pm Mass until 2:00 pm.

Bible Study-Holy Week: Father Keith will have a *Bible Study on Holy Week, Wednesday, March 15th at 10:00am* at Sacred Heart Cathedral (basement). Please bring your Bible if you have one. *Welcome to all.*

Weekday Mass: Weekday Mass will be at 12:10 pm for the Season of Lent. English Mass is on Tuesday and Thursday and French Mass is on Monday, Wednesday, and Friday.

HOLY FAMILY

430 St. Peter Ave. Bathurst, NB

Sanctuary Lamp: Sheila & Roger Daigle (*Kelly Doucet & Danielle Daigle*)

Toonie Sunday: Last Sunday of every month.

ST. THOMAS AQUINAS

43 Andrew St., Campbellton, NB

Stations of the Cross: During the Season of Lent, St. Thomas Aquinas will have Stations of the Cross on Wednesday at 1:30 pm.

Share Lent: In the Spirit of sharing during Lent, parishioners from St. Thomas Aquinas and St. Anthony are invited to donate non-perishable items for the less fortunate of our Christian community. A donation box is available at the entrance of the church to collect your donations. Many thanks and bless you for your generosity.

The House of Agape Prayer Group: Prayer group will meet every Tuesday evening at 7:00 pm in the church basement. For more information contact Mike Guitard at 753-5805. *All are Welcome.*

Spring Yard Sale: Thinking about spring cleaning, if you have any items that we could use in our yard sale to be held later this Spring, we will gladly accept them. Items may be brought to Church on Sunday's from 10:00 am until Mass time. We would also pick up items that you are unable to deliver. **Contact Tom Callaghan at 506-753-7527 to make arrangements.**

Toonie Sunday: Last Sunday of every month.

ST. JOHN BOSCO

470 Victoria Street, Dalhousie, NB

Sanctuary Lamp: Dorothy Hamilton (*Rose & Raymond Chiasson*).

Way of the Cross: You are invited to join us every Friday at 9:30am during Lent for the "Way of the Cross". Journey with us as pilgrims from the Cross to the Resurrection." For more information contact Deacon C. Kingston at 506-684-2810.

Toonie Sunday: Last Sunday of every month.

ST. GABRIEL THE ARCHANGEL

4114 Main Street, Belledune, NB

Food Bank Donations: During the Season of Lent St. Gabriel's CWL are inviting parishioners to bring non-perishable food items to church. All will be delivered to our local food bank in time for Easter. Your generosity is greatly appreciated – God Bless.

Special Prayer Time during Lent: St. Gabriel's Church will be open at 3:15pm every Saturday during Lent for parishioners who wish to come before our 4:00 pm Mass to pray and meditate during Lent.

Toonie Saturday: Last Saturday of every month.

ST. JOHN THE EVANGELIST

2601 Main Street, Belledune, NB

Sanctuary Lamp: Leslie & Dolly Talbot (*Sue & Eddy DeGrechie*).

Food Bank Donations: Parishioners are invited to bring a non-perishable food item(s) to church during Lent. All will be delivered to our local food bank for Easter. Thank you for your kindness.

Mary's Way of the Cross: Come pray Mary's Way of the Cross Monday at 6:00 pm during Lent. Join us as we pray this beautiful prayer together for the 31st year in our parish. Everyone is Welcome.

Card Play: Card play every Monday at 7:00 pm in our Church hall. Welcome to one and all.

Development and Peace – Message

On this 3rd Sunday of Lent, the Gospel recounts the story about a conversation between a man (*Jesus*) and a Samaritan woman at a place that is important to the citizens of Samaria in Palestine. **It is the well**, an indispensable place that provides the water needed by a community. *A place of life, of meetings and of fruitfulness.*

In the Bible, the Word of God, there is water everywhere. There is a special place for water in the life of Jesus. In the encounter with the Samaritan woman, Jesus tells her that he is the source of living water. Many Old Testament stories speak of the importance of the well. It is, among other things, a propitious place for marriages. Jacob and Rachel, Moses and Zipporah, and Isaac and Rebekah all met near wells.

Just as in the time of Jesus, wells today are still important, especially for rural communities in the Global South. And just like wells, land and territory constitute vital elements for a community. People use land to build a shelter or a house to raise and watch their children grow. They use land to sow seeds in a field and harvest food after some months of hard work. To speak of territory and land means speaking of the bonds of life, of knowledge, and of alliances and traditions that the members of a community create with their territories and lands over years and generations. It is also a means of telling and transmitting their individual and communal stories.

It can thus be said that the territory is a kind of treasure. A treasure that deserves to be defended at all costs. That is why communities mobilize to protect their native territories or the territories that have been legally recognized as theirs.

For the *Asociación Campesina de Antioquia (ACA, Peasant Association of Antioquia)*, a Development and Peace, Caritas Canada partner in Columbia, defending the territory means: "*To continue to live, respecting the land and cultivating food whilst dignifying memory, defending life and building other possible relationships with the territory and within communities; all while valuing the diversity of stories and learning that coexist in the vast and complex territory.*"

As we can see, the concept of territory goes beyond geographical space. It includes all the diverse relationships through which people and communities appropriate, use and interact with space.

Thanks to your donations, Development and Peace – Caritas Canada is supporting ACA, which supports peasant communities in defending their territories and waters.

FINANCIAL INFORMATION – THANK YOU FOR YOUR CONTINUED SUPPORT

March 4th & March 5th	Holy Family	Sacred Heart Cathedral	St. Gabriel the Archangel	St. John the Evangelist	SMG/LOV Cemetery	Saint John Bosco	St. Thomas Aquinas	Saint Anthony
Collection	1740.25	1825.80	555.75	525.00		1007.25	1996.00	160.00
Initial Off/Dev. Peace	65.00					/100.00		
Earthquake Victim & Ukraine Relief						175.00 150.00	40.00	40.00
Donation	300.00					75.00 (Food Bank)	28.95	
N.Y. Day/Catechism	15.00/30.00							
Dues/Diocesan Tax	140.00	/10.00	60.00			40.00		
Fundraiser	613.00 (Online Auction) 175.35 (Toonie)							
Ash Wednesday		190.00						
Candles	73.65	320.40	155.00	31.00		52.00		
Heating	100.00	360.00						
Memorial/Cemetery	30.00		30.00	/5.00		20.00	45.00	
Living with Christ		65.80				15.00		
P. Pence/Pope Past.		60.00/20.00						

MASS SCHEDULE AND INTENTIONS (MARCH 11TH - MARCH 19TH)

Holy Family	Sunday, March 12th at 11:00 am (Mass) + Brian O'Neil (<i>Isabel Frigault</i>)	Sunday, March 19th at 11:00 am (Mass) + Frank Grennan & Eileen O'Neil (<i>Wednesday Lunch Girls</i>)
Sacred Heart Cathedral	Saturday, March 11th at 4:00 pm (English Mass) + Mary Anne Kenny (<i>Sacred Heart CWL</i>) + Souls in Purgatory (<i>Gerard Arseneau</i>)	Sunday, March 12th at 9:00 am (English Mass) + Deceased Family (<i>Alma Boudreau</i>) + Reginald Chiasson (<i>Lionel</i>) + Evelyne Gionet (<i>Gladys & Vernon Carrier</i>) + Claire Melanson (<i>Ray & Solange</i>)
Weekly Masses	Monday, March 13th at 12:10 pm (French Mass) + Elvina Dugas (<i>Daughter, Georgette Vienneau</i>) Tuesday, March 14th at 12:10 pm (English Mass) + David Duguay (<i>Holy Family Choir</i>) Wednesday, March 15th 12:10 pm (French Mass) + Donald Daigle (<i>Bernadette & Ron Caza</i>) Saturday, March 18th at 4:00 pm (Eng. Mass) + Ernest Boucher (<i>Margaret & Walter Sealy</i>) + Eileen Lavigne (<i>Husband, Herbert</i>) + Evangeline Lavigne (<i>Maria Furlotte</i>) + Vivian Aubie (<i>Maureen & Jack Brown</i>)	Thursday, March 16th at 12:10 pm (English Mass) + Shelly Cameron (<i>Roger & Florence Melanson</i>) Friday, March 17th at 12:10 pm (French Mass) + Elphéline Godin (<i>Ernest & Réjeanne</i>) + Roger & Denise Savoie (<i>Jackie Thériault</i>) + Personal Intentions (<i>Nicole & Raymond</i>) Sunday, March 19th at 9:00 am (Eng. Mass) + Special Intentions (<i>Huberte Lanteigne</i>) + Gerald & Gerry Cormier (<i>Bernard & Family</i>) + June Beaton (<i>25th Ann.</i>) (<i>Bryce & Family</i>)
St. Gabriel the Archangel	Saturday, March 11th at 4:00pm (Mass) + Cecil Mallaley (<i>Opal Lundy Boudreau & Family</i>)	Saturday, March 18th at 4:00 pm (Mass) + For All Parishioners (<i>The Pastor</i>)
St. John the Evangelist	Saturday, March 11th at 6:00 pm (Mass) + Lorraine Curry (<i>Carolyn Curry-Oldham</i>)	Saturday, March 18th at 6:00 pm (Mass) + Loza & Antoine Guitard (<i>Georgette & Family</i>)
St. John Bosco	Sunday, March 12th at 9:00 am (Mass) + Olive & Maurice Phillips (<i>Susan, Peggy, & Debbie</i>)	Sunday, March 19th at 9:00 am (Mass) + Andrew (Drew) Kingston (<i>Chris & Alice Kingston & Family</i>)
St. Thomas Aquinas	Sunday, March 12th at 11:00 am (Mass) + For All Parishioners (<i>The Pastor</i>)	Sunday, March 19th at 11:00 am (Mass) +Maureen Barry (<i>Bernie Barry & Family</i>)

<p style="text-align: center;"><i>Pope's Prayer Intention</i> <i>March 2023</i> <u>For Victims of Abuse</u></p> <p>We pray for those who have suffered harm from members of the Church; may they find within the Church herself a concrete response to their pain and suffering.</p>	WEEKLY READINGS – <i>March 13th – March 18th</i>	<p style="text-align: center;"><u>QUOTE OF THE WEEK</u></p> <p style="text-align: center;"><i>Lent is about</i></p> <p style="text-align: center;"><i>becoming, doing, and changing</i></p> <p style="text-align: center;"><i>whatever it is that is blocking the</i></p> <p style="text-align: center;"><i>fullness of life in us right now!</i></p> <p style="text-align: center;"><i>Sister Joan Chittister OSB</i></p>
	Monday – Lenten Weekday •2 Kings 5:1-15a/ Luke 4:24-30 Tuesday – Lenten Weekday •Daniel 3:25,34-43 / Matthew 18:21-35 Wednesday – Lenten Weekday •Deuteronomy 4:1,5-9 / Matthew 5:17-19 Thursday – Lenten Weekday •Jeremiah 7:23-28 / Luke 11:14-23 Friday – Lenten Weekday •Hosea 14:1-9 / Mark 12:28b-34 Saturday – Lenten Weekday •Hosea 5:15b, 6:6++ / Luke 18:9-14	