

February 20, 2022

February 27, 2022

Please note: The church is open to a capacity of approx. 140. No reservations are required. You must continue to social distance and wear a mask.



MASS INTENTIONS

Wednesday Feb 23- 9:00 am – Kay Somers
Friday Feb 25 – 9:00 am – Bernie Dugas
Saturday Feb 26 – 5:00pm – Theresa Benduha, Frank McCarvell, Tom Beers, Rich Tessier, Vincent Marino

MASS INTENTIONS

Wednesday March 2, 9:00 am – Ash Wednesday
Vonnie Quinn
Friday March 4, 9:00 am – Daniel Repic
Saturday March 5 – 5:00pm – Giacinto Scime, John Rocchi, Genelyn Barriatos, Georgina & Robert Fogarty, Clyde Watkins

DIOCESAN PRAYER CALENDAR

Feb 21-26, 2022

MON – Rev. Jerry Punnassery
TUE – Rev. Nishil Varghese
WED – Society of the Sacred Heart of Jesus
THU – Very Rev. Cornelius O’Mahony
FRI – Rev. Felix Nwatu
SAT – Rev. Piotr Machnacki

DIOCESAN PRAYER CALENDAR

Feb 28- March 5, 2022

MON – Rev. Ranjan D’Sa
TUE - Rev. Joseph Ahilan
WED – Ash Wednesday
THU - Rev. Louis Lenssen
FRI – Rev. Fernando Ferreira Pinto
SAT – Rev. Allen Varlaki

Collections: Feb 5/6, 2022 – \$2800.00
Feb 12/13, 2022 - \$2400.00

WE THANK YOU FOR YOUR CONTINUED SUPPORT AND GENEROSITY AT THIS TIME

Mount Mary Immaculate Retreat Centre is now open and accepting group and personal retreat bookings for 2022! With a large Chapel and acres of untouched green space Mount Mary is an ideal location for those seeking a retreat experience. Groups of all types are welcome for a day or for an overnight stay. For more information please visit: www.mountmary.ca



Preparing Before Lent Begins

Lent is a time of renewal

Taking some time to get ready for Lent will ensure that we aren’t going to miss the first week or two of Lent. Lent begins on this Ash Wednesday (March 2). “What does God want to give me this year?” this question may require that I slow down a bit and listen to my inner spirit. For example, I realize I’m hungry when I hear my stomach start “growling”. We need to listen to our “growling spirit”. Too often, Ash Wednesday is like every other day, except that I manage to get to church and get ashes on my forehead. Is there anything else I can do on Ash Wednesday? How will Lenten fasting/abstaining happen for me and my family? A Catholic in good standing (presuming one is healthy) will fast and abstain from meat at least on **Ash Wednesday** and **Good Friday**.

It doesn’t take a lot of time to prepare for Lent. It just takes desire and focus. God can do so much with that. We can give God more of a space to touch our hearts if we begin to establish some simple patterns.

These 40 days of Lent give us time to do just that in three traditional and helpful ways:

Prayer, Fasting, & Almsgiving.

PRAYER helps us to renew and deepen our relationship with Him.

FASTING allows us to simplify our lives – which is always good for the soul. Put

Jesus Christ ahead of all other desires!

ALMSGIVING the primary attitude for Jesus’ disciples, tells us over and over again to share “time, talent & treasure”!

The Catholic Women's League of Canada

has started a National Food Drive program aimed at increasing food donations to local food banks.

The CWL of Most Blessed Sacrament Church is participating in this food drive and we need your help! This month our focus is on SOUP!

Canned soup, dry packaged soup, any kind of soup! Please drop off your donations in the narthex and help those who are in need during the cold winter months.



A message from Neighbour 2 Neighbour

Dear Friends of Blessed Sacrament

Thank you for your donation to our foodbank and for believing in what we do and for supporting those in our community who need it most. You are truly proving that community thrives when we take care of each other.

Sincerely,

Denise Arkell/Executive Director N2N.

Attention Youth and Young Adults! We want to hear from you! The Catholic Church is seeking input from around the world for the 2023 Synod to allow for the opportunity to share their voices about the mission, communion and participation of the Church. Here at Most Blessed Sacrament, we will be hosting two virtual sessions for young people to share their thoughts and feelings. To register and receive the link, please email Rachel or scan a QR code at one of the entrances.

Youth (High School)- Tuesday, March 8th @7:00 p.m.

Young Adults (18-39)-Tuesday, March 15th @7:00 p.m.

IF you are not able to join us virtually, you may complete the following survey https://www.surveymonkey.ca/r/Hamilton_Diocese_Synod

World Meeting Of Families Diocese Event – being held May 28, 2022 at Mount Mary in Ancaster. Pope Francis is urging diocesan administrators to begin preparations for the 2022 World Meeting of Families, and this is exactly what the Diocese of Hamilton has begun to do! The Pope has asked that, “wherever it is possible, I would like to invite diocesan communities to plan initiatives based on the theme of the meeting, and to use the symbols being prepared by the Diocese of Rome.” More information will follow, for now, we encourage you to keep Saturday, May 28th open. As Pope Francis reminds us, this is “a great opportunity for Catholics to renew their commitment to family ministry.”

From The Diocese -The 2021 – 2023 Synod of

Bishops brings an invitation from Pope Francis to embark on a journey together. How can you get involved? Offer your thoughts on how we can deepen our communion in the Lord and how all members of the Church can participate more fully in its mission.

Visit: <https://hamiltondiocese.com/synod/#about>

Those preparing for Confirmation, are reminded that the first online meeting will be next weekend. Parents will receive a link in their email later Sunday evening.



Sacred Heart Parish 100th Anniversary – This June 15th, Sacred Heart Parish in Hamilton, will be celebrating 100 years. We ask former and present parishioners to please send photos of memories at Sacred Heart either by email: sacred.heart@cogeco.ca or to bring them to the parish rectory. Bishop Douglas Crosby will celebrate Mass at Sacred Heart Church on Sunday, June 5th 2022 at 10:00 a.m., and this will be followed by brunch at Michelangelo’s. Further details to follow.

40 Days for Life is HERE! A first for Hamilton! We invite YOU (young and old) to participate in a PEACEFUL prayer vigil across the street from McMaster Children's Hospital, happening each day (March 2 - April 10) from 7am to 7pm. We will send a message of love to the community, to those who work for abortion, and those who may be seeking an abortion; showing them that there are other options.

SIGN UP ONLINE: <https://bit.ly/40dayshamilton> OR CALL 905-962-2864 (Volunteer hours to High School Students can be offered).

Re: Formation Workshops

The Liturgy Office is pleased to offer in-person formation at St. Paul the Apostle Parish, 2265 Headon Forest Road, Burlington, ON on Saturday, March 5th, 2022 for the following two Ministries:

Minister of the Word 10am to 12:30pm

Extraordinary Minister of Holy Communion 1:30 to 4pm

Registration is required as space is limited to 40 participants at each workshop. In keeping with the Government of Ontario Covid-19 protocols, we require all participants to adhere to social distance mask wearing protocols while attending the workshop. Please follow the link below to access the desired registration:

<https://hamiltondiocese.com/offices/liturgy/>

If you require further information, please do not hesitate to contact the Liturgy Office at liturgyoffice@hamiltondiocese.com.

@MSTBLSSDCRMNT! Follow Us @branchesoffaith! We are on social media. Stay up to date, with happenings in the parish, faithful posts, and much more! Spread the word that we have social media to your family/ friends, so they are also up-to-date. See you online



A boy ran into the drugstore very excitedly and shouted: “A bull’s chasing my dad.” “What do you want me to do about it?” asked the nervous clerk.

“Put film in my camera quick,” replied the boy.

Marriage Support - Is your marriage experience more trouble than joy, feeling stagnant or disconnected and/or causing you worries? The solution is Retrouvaille - a program for married couples facing difficult challenges in their relationship. Retrouvaille has one purpose: to help couples restore their marriage and rebuild a loving relationship. This is a practical program, where sharing is not required except between the couple themselves, designed to improve communication, build stronger marriages, and help couples reconnect. It also works well for couples who may be considering separation or divorce. The next Retrouvaille weekend begins March 13, 2022. For more information call 905-664-5212 or email teamrecine@gmail.com.

SACRED HEART PARISH, HAMILTON

100TH ANNIVERSARY

This September 12th, Sacred Heart Parish celebrated 100 years. We ask former and present parishioners to please send photos of memories at Sacred Heart either by email: sacred.heart@cogeco.ca or to bring them to the parish rectory. Due to ongoing pandemic uncertainties, it has been decided to extend our celebration into next year. Bishop Crosby has agreed to celebrate the Anniversary Mass on June 5, 2022 which is the Feast of Pentecost and which is in the month of June – the month dedicated to the Sacred Heart of Jesus. This will be followed by brunch at Michelangelo's. We hope to have a large gathering of former & present parishioners for such a momentous occasion.

