

MASS INTENTIONS

Wed Feb 7– 9:00 am – special intentions for
Ray & Anita MacNeil
*(The Blessing of St. Blaise will take place
after Mass today!)*

Fri Feb 9 – 9:00 am – Annie Settimi
Saturday Feb 10 – 5:00 pm- Mary Smith

ASH Wednesday Feb 14 – 9:00 am *Liturgy
of the Word with distribution of ashes*
SACRED HEART 7:00 PM – MASS

Fri. Feb 16 -9:00 am – Joanne Lopato-Sullivan
Fri Feb 16 –11:00 am -*Stations of the Cross*
Saturday Feb 17- 5:00 pm – Annie Settimi,
Mr. & Mrs. Jose Monasterial SR.
Mrs. Liceria Abesamis

Jan 20/21- \$2600.00 including loose
Jan 27/28- \$2,625.00 including loose

THANK YOU! For your generosity
DIOCESAN PRAYER CALENDAR

Feb 5-10, 2024

MON – Rev. Robert Sims.
TUE – Rev. Charles Galea
WED – **Missionaries**
THUR – Rev. Robert Kiffman
FRI – Rev. Pablito Labado
SAT – Rev. Edward J. Mahony

Feb 12-17, 2024

MON – Rev. Michael McHugh
TUE - Rev. Msgr. Theodore Slaman
WED – **ASH WEDNESDAY**
THUR – Rev. William Trusz
FRI – Rev. Vincent Kim Van Toan
SAT – Rev. Msgr. Edward D. Sheridan

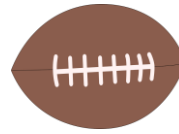
YOUTH NEWS

Confirmation Retreat: We pray for the young people
who had their Confirmation Retreat on February 3rd.

Youth Group Grades 7+ Join us on February 23rd for
Youth Group. Meet us at the parish hall at 7:00 p.m..
Download a permission form from our website, if you
have never attended before.

The Adult Choir is now accepting new members. We
are presently preparing for Lent, the Easter Vigil and
Easter Sunday. If you are interested in joining
(especially male voices) please call the parish office for
details or just come up to the choir loft on Tuesday
evenings at 5:30pm for our weekly one-hour practice!
We look forward to having you!

SUPERBOWL SUNDAY CHILI LUNCH



The CWL is running a Chili Lunch on
Sunday February 11 after the 11am
Sunday Mass in the parish
hall. Tickets are \$10 each and are now on sale after
each Mass and in the parish office. Come out and
enjoy a bowl of homemade chili, a beverage and
dessert. Tickets will NOT be available at the door;
only pre-sale tickets will be honoured

The Catholic Women's League of Blessed Sacrament
Church is continuing the monthly food drive. This
program is aimed at increasing food donations to
Neighbour to Neighbour, our local food bank. This
month our focus is on PASTA, PASTA
SAUCE/SPEGHETTI SAUCE and RICE! Any type of
pasta, pasta sauce or rice would be great! Please drop
off your donations in the narthex and help those who
are in need during these cold winter months.



CWL - meeting for the Catholic Women's
League will be held this Sunday **February
4th after the 11am Mass**, in the parish hall.
A light lunch will be provided. All ladies from both
Blessed Sacrament and Sacred Heart parishes are
invited to join us!

Join us at---**Incarnation of Our Blessed Lord**
400 Pottruff Road North

To Celebrate World Day of Prayer for the Sick, Elderly,
Care Providers and Ourselves for Mass and the
Sacrament of Anointing **Feb 17th, 2024 @ 11:00 am**
Saint Pope John Paul II established the WORLD DAY
of the SICK as a profound Occasion to pray for those
in need, for our family members, including ourselves
by celebrating the Sacrifice of the Mass, receiving the
Eucharist, and being anointed with the Grace of the
Holy Spirit. *Venerate Mary, and Receive the
Sacrament of Anointing*

"Say, Coach, I heard up in
the press box that you keep a
chaplain on the bench to
pray for your team during
games. Would you mind introducing me to
him?" "Glad to, Scoop, Did you want to meet
the offensive chaplain or the defensive
chaplain?"





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”!

In his poem, *The Art of Marriage*, Wilfred A. Peterson writes, “A good marriage must be created” and creating something requires time and attention. We invite you to take the time, with your spouse, to find new and creative ways to increase your connection with each other, to discover fresh techniques for being in relationship and to deepen the love you already share. Join us on Saturday, May 4th from 9:30 – 3:00 pm at the Mount Mary Retreat Center in Ancaster. Cost is \$50 per couple and includes lunch. To register on the website go to hamiltondiocese.com and look under Upcoming Events, or contact Sarah at 905-528-7988 ext. 2249.

Please pick up your 2024 Parish envelopes in the narthex.

The 2023 tax receipts will be in the narthex the weekend of February 10/11, 2024.

Thank you for your generosity. If you would like parish envelopes, please call the parish office and we can certainly help you. You can receive envelopes anytime during the year.

If you are new to the parish please complete a registration form and drop it into the office or in the Sunday collection.

Welcome to Most Blessed Sacrament Parish!

The Diocesan Wedding Anniversary Mass

Are you celebrating your 25th, 40th, 50th, 60th, or 60+ Wedding Anniversary in the year 2024? If you are, you are cordially invited to join couples from across the Diocese of Hamilton for a Wedding Anniversary Mass on Sunday, May 26, 2024 at the Cathedral Basilica of Christ the King in Hamilton at 1:30 pm. (Space allows room for Anniversary couples only - those married 60 years or more may bring one guest if you require assistance). Registration is now available online at hamiltondiocese.com.

Step/Blended Family:

Smart Steps for Building Family

Are you a parent or stepparent adjusting to blended family life? Smart Steps offers practical insights and suggestions on how to make the relationships work well for all. The next session will be held at the Basilica of Our Lady Immaculate in Guelph, 28 Norfolk Street. TIME: 9:15AM - 3:30PM. PRICE: \$50 per person (includes lunch). DATE: Saturday, March 9, 2024. Register on line at hamiltondiocese.com and look under Upcoming Events. For more information, contact the Family Ministry Office at 905-528-7988 ext. 2249.

ReSTART: MOVING FORWARD

Our 10 week program offers education and support to anyone seeking to heal and move forward after divorce or separation. The sessions will run on Mondays from April 7th to June 17th from 7-9 pm at the Chancery Office at 700 King St. West in person, or you are welcome to join our zoom classroom. Cost is \$35 for materials, but no one is turned away. Registration is required so please call Sarah at 905-528-7988 ext. 2249, e-mail familyministry@hamiltondiocese.com or register on line at hamiltondiocese.com and look under Upcoming Events.

The Fine Art of Being Happily Married

The bulletin has been printed in the parish office for many years. We were hoping to get Liturgical Publications to print our bulletin which costs us nothing. However, they do not have space for us.

Our advertisers have been on the back of the bulletin since before COVID. We do not have anyone to continue to follow up with the advertisers or get new advertisers , therefore there has been no funds to pay for the bulletin. The parish has been incurring this expense.

The bulletin will now cost money to operate for paper and the photo copying , with colour etc.

If anyone is interested in pursuing the bulletin advertisers and helping set up the back of the bulletin please call the parish office.

It would entail some calling and upgrading payments. Hopefully most of the advertisers now would continue to advertise.