

February 24th , 2019

Seventh Sunday in Ordinary Time

A Word from our Pastor

Dear Friends,

Prayer is at the heart of what we do here. The Mass is the greatest prayer we have. And prayer is what sustains our relationship with God. But I know that many people find it hard to make time for prayer in their busy lives. Mass on Sundays becomes a refuge, but Jesus taught us to pray "Give us this day our DAILY bread." God wants to sustain us every day. So how do we carve out the space for God daily?



While I would certainly recommend setting a regular time of prayer with God, and even putting it your calendar, there are some great ways to check in with God throughout the day that are super easy. If you're struggling to pray, try these first. When you get up, say a quick thank you to Him for another day of life. And while you're at it, tell Him your day belongs to Him. And that you belong to Him. Before each meal, take the extra minute or two to ask God's blessing upon your food and to thank him for it. It's your physical "daily bread."

At the hour of mercy, 3pm, thank Jesus for dying on the cross for you. Before you go to bed, do two things. First, are there people in your life who need your prayers? Of course! Maybe it's your children, your parents, a close friend, or a colleague. Pick one and say a prayer for them. Second, thank God for your day.

If you haven't had prayer as a regular part of your daily routine, adding all these things at once may seem overwhelming. So start with one or two. Whatever you think is going to stick right away if you add it.

And for those hoping to go next level, try adding one of these practices to your spiritual life:

1. Find a 20 min block of time that you can free up daily to spend time with God, reading the Scriptures and listening to what He is saying through them.
2. Pray the rosary. It's the prayers we know and love, combined with meditating on the major events of the life of Christ. To Jesus through Mary.
3. Duck into the chapel at SJV for a time of Adoration. We have exposition of the Blessed Sacrament after Mass on Thursdays and Fridays for an hour, and on Wednesdays, from the end of mass until 10pm.

We welcome David Deane, professor of theology at AST, for a presentation on the New Evangelization. He will highlight how the restructuring in our Archdiocese of Halifax-Yarmouth will open up some exciting opportunities. He will be speaking at St. John Vianney at 7pm, on Wednesday, February 27th. All are most welcome!

~Fr. Bryan Sabourin, CC

Happening Hub



Holy Hour with Eucharistic Adoration for Alpha and for Church Renewal

During the time that Alpha is running at our parish, we invite you to join us in the Chapel on Thursday evenings from 7:30pm - 8:30pm at St. John Vianney to pray for the participants and team of our Alpha program and for church

Presentation on the New Evangelization

The New Evangelization represents an exciting time in the life of the Church. It's a time that we all are called - you and I - to make a key difference in reforming the Church and proposing Christ to the world. On Wednesday February 27th at 7pm, Dr David Deane will be giving a presentation about the New Evangelization and the role our Archdiocesan restructuring plays in it. The presentation will emphasize the crucially important role each one of us has in proclaiming Christ's kingdom and will discuss how an exciting program at Atlantic School of Theology can help us as we prepare to play this role. All are welcome! And needed! Please do join us!

Shrove Tuesday Pancake Supper

St. Elizabeth Seton Church on Tuesday March 5th from 4-6:30pm. Volunteers needed. Call Carmy @902-865-4622

Ash Wednesday Mass Schedule Wednesday March 6th

8am Mass	St. John Vianney Church
4:30pm	St. John Vianney Church
7pm	St. Elizabeth Seton Church
7pm	St. Francis of Assisi Church

The Way of the Cross starting on March 8th

St. Elizabeth Seton Church
Tuesdays after 7pm Mass

St. John Vianney Church
Fridays @ 7pm

St. Francis of Assisi Church
Fridays @ 7pm



Discipleship Corner



Mercy is being treated better than you can really justify. When we are forgiven by someone who has every right to be angry, that is mercy. When someone we've never met spots us bus fare because we left it in our other coat, that is mercy. With mercy, we get better than we deserve and this week's readings explore God's place in this gift.

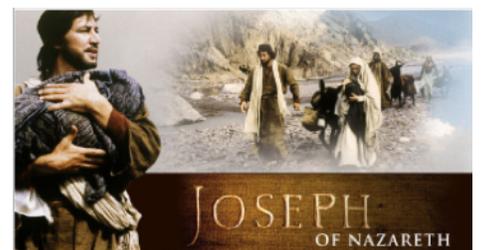
The First Reading tells of (not-yet-King) David as an outlaw, pursued by the murderous King Saul. David and his attendant sneak into Saul's camp and find themselves in a place where they can kill Saul directly without any witnesses. David killing Saul would be justifiable, understandable in the circumstances (read Psalm 58 if you *really* want to know what David thinks of Saul!), yet David spares him and takes only his equipment that Saul might have proof of David's mercy in sparing his life.

In the Gospel Jesus' teaching focuses us on how God's mercy pours out on us, and in turn how we can turn it to others. The kind of love Jesus encourages is exceptionally generous, forgiving, and selfless. Rather than seeking retribution, it chooses goodness for the other and does so selflessly; in doing this we imitate God and become Children of God!

Paul's epistle shows the common thread between the two ways we have: the earthly and the heavenly. We can act based on natural impulses, striking back when struck, demanding repayment, and tending our own ego; yet this way leads to dust! The alternative is to mimic God, selflessly emptying ourselves out for the sake of others and utilizing our will to choose goodness and mercy even when our ego wants something else.

Often in acts of mercy we deny ourselves in some way. We follow Paul's description of bearing the image of Heaven rather than that of earth. We lend, we do good, and without any expectation of repayment. And this is often at our cost both physically and egotistically! We give physically, but we also we give up our ego by giving up our right to be angry, our desire for retribution, or some other selfish concern. God does not require our acts of mercy to be huge acts of sacrifice, but they do need to be chosen by us, making us a little more like the Person we worship each Sunday. ~Alex Craven

STEUBENVILLE FUNDRAISER MOVIE NIGHT – All are invited to come to support our Steubenville youth and attend our upcoming movie night at **7 PM FRIDAY MARCH 15TH** at SES! We will be showing the movie Joseph of Nazareth via our FORMED Subscription and in anticipation of the feast day of St. Joseph, Patron of Canada! Refreshments will be available for purchase and all proceeds go to support our youth preparing to attend Steubenville this summer! A children's room will be available for families with younger children! Please contact Alex at 902-865-2112 ext. 23 or faithformation@holyltrinityns.ca if you are interested in attending!



Ministry Minute

Holy Trinity Family Brunch

Next Sunday March 3rd in the Hall at St. John Vianney from 11am-1pm. On the menu is scrambled eggs, bacon, sausages, beans, toast, coffee, tea, or juice. Cost is only \$5.00 /person, 3.00/children under 12 or \$15.00 for 2 adults +children under 12. Prepared by the KOC 7077! Looking forward to see you there!



STEUBENVILLE 2019 REGISTRATION - Hey you. Yes you. Are you age 14-18, or do you know someone who is? Would you like to develop and grow your relationship with Christ through inspiring talks, dynamic worship, sacramental life and a whole lot of fun? Then Steubenville Atlantic is just what you're looking for!

Holy Trinity will be sending a group of teens to Steubenville and we want to invite any of our young people who are interested to consider joining us this year! Please contact Alex at 902-865-2112 ext. 23 or faithformation@holyltrinityns.ca if you are interested in attending!



HTPU Summer Picnic Leader Needed

In order to continue the tradition of our family summer picnic at Acadia Park in August, we are in need of a leader to coordinate an existing team in the planning of this great event. If you are interested, please contact Catherine for more details and information on the role as Summer Picnic Team Leader.



CWL Bake Sale next Weekend

Join us next weekend on March 2nd and 3rd at St. John Vianney Church before and after the 4:30pm Saturday Mass and the 10:00am Sunday Mass for a bake sale in the foyer.



Holy Trinity Pastoral Unit

1 Church Family, 3 Locations

St. Elizabeth Seton - St. Francis of Assisi - St. John Vianney

Parish Office: 4 Beaver Bank Road
Lower Sackville, NS. B4E 1G3

Phone: 902-865-2112

Fax: 902-864-8645

For emergency Anointing of the Sick: 902-865-6133

Office hours: Monday-Friday 8:30 am – 12:00 pm

Email: office@holyltrinityns.ca

Website: www.holytrinityns.ca

Facebook: Holy Trinity Pastoral Unit

OUR STAFF

Fr. Ken Lao CC. ext.0

Pastoral Administrator

Fr. Bryan Sabourin CC. ext.0

Associate Pastor

Rod Rowlands. ext.0

Deacon

Parish Office: ext.0

Liz Muller ext 21

Receptionist and Bookkeeper

Catherine Kidson ext 24

Director of Operations

Alex Craven ext 23

Coordinator of Family Faith Formation

Kate Pinto ext.33

Coordinator of Evangelization & Ministries

Stephen McDonald ext.0

Coordinator of Stewardship

MASS TIMES

SUNDAY, THE DAY OF THE LORD

Saturday	4:30 pm	St. John Vianney
Sunday	8:00 am	St. Francis of Assisi
Sunday	10:00 am	St. John Vianney
Sunday	12:00 pm	St. Elizabeth Seton

WEEKDAY MASSES

Tuesday	7:00 pm	St. Elizabeth Seton
Wednesday	9:00 am	St. John Vianney
Thursday	9:00 am	St. John Vianney
Friday	9:00 am	St. John Vianney

SACRAMENT OF RECONCILIATION

Tuesday 6:30-6:45pm St. Elizabeth Seton Wednesday
8:30am-8:45am St. John Vianney Saturday 3:45-4:15pm St
John Vianney or by appointment at any of our three Churches.

EXPOSITION OF THE BLESSED SACRAMENT

Wednesday at SJV following 9 am Mass and concludes at 10
pm with Reposition.Thursday & Friday at SJV following 9 am
Mass concluding at 10:30 am

PRAY THE ROSARY

Tuesday 6:30 pm	St. Elizabeth Seton
Wednesday (Pro-Life) 8:00 am	St. John Vianney
Thursday & Friday 9:40 am	St. John Vianney
<i>On Friday, recited for Peace in the World, as per Pope Francis'</i>	
Saturday 9:00 am	St. John Vianney
<i>(Marian Movement of Priests Cenacle with Rosary)</i>	

MINISTRY OF CARE & COMPANIONSHIP If you know
someone who is seriously ill, in the hospital or homebound
that would like a Parish Visitor or to receive Communion,
please contact the Parish Office.

GOT LIFE QUESTIONS? RCIA might be just for you. Come
journey with us as we explore the meaning of life and the
Catholic spirituality. Contact Anne Marie Reid at
reid.am@bellaliant.net to find out more about the R.C.I.A (Rite
of Christian Initiation of Adults) Program.

BAPTISM AND MARRIAGE PREPARATION: Contact the
Parish Office for details.

NO SCENTS MAKES GOOD SENSE! Please refrain from
wearing perfume/cologne to Mass. Thank you!