



THE SFSC MESSENGER

St. Francis and St. Clare of Assisi Parish

6th Sunday in Ordinary Time

February 11, 2024

Weekend Mass Schedule

Saturday 4:00pm
St Stephen

Sunday 9:30am
St Stephen

Sunday 9:30am
St Patrick

Sunday 11:00am
St Catherine of Siena

Sunday 1:00pm
St Catherine of Siena
(Polish - English Mass)

Sunday, 7:00pm
St Catherine of Siena

Live-Stream Mass:
[Sunday February 11, 2024](#)
9:30am Mass
St Stephen

Weekday Mass Schedule

Tuesday—Friday 7:00am
Tuesday—12:00pm
Saturday—9:00am
St Catherine of Siena Church

Friday—9:00am
St Stephen Church

CONFESSION TIMES:

First Wednesday of the month 7pm (includes a Holy Hour)
St Stephen Church

New: Saturday 3:00-3:45pm St Stephen Church

Thursday 7:30pm (includes a Holy Hour)
Saturdays 9:30am
St. Catherine of Siena Church

ASH WEDNESDAY FEBRUARY 14TH, 2024 MASS SCHEDULE

7:00 AM	St Catherine of Siena (FOH mass)
12:00 noon	St. Stephen Church
7:00 PM	St Patrick Church
7:00 PM	St Catherine of Siena Church

Ash Wednesday and Good Friday are obligatory days of fasting and abstinence for Catholics. In addition, Fridays during Lent are obligatory days of abstinence.

For members of the Latin Catholic Church (that's us), the norms on fasting are obligatory from age 18 until age 59. When fasting, a person is permitted to eat one full meal, as well as two smaller meals that together are not equal to a full meal. The norms concerning abstinence from meat are binding upon members of the Latin Catholic Church from age 14 onwards.

Who is exempt from fasting?

People who are physically or mentally ill might be exempt from fasting. This includes:

- People with chronic illnesses like diabetes
- Women who are pregnant
- Women who are breastfeeding
- People who are taking medications that require food
- People who have suffered from disordered eating

People whose work would be seriously impacted (like those who do intense physical labor)

If you cannot limit the *amount* of food you consume, you could still look for other ways to be intentional about the *types* of food you consume.

1. Do not have any beverages besides water.
 2. Skip snacks.
 3. Skip dessert.
 4. Fast from all animal products.
 5. Eat more simple meals.
 6. Don't use salt.
 7. Don't sweeten your coffee or tea.
 8. Pick meals that aren't your favorites.
 9. When you eat, stop to pray for those who are not able to eat through no choice of their own.
 10. Practice mindful eating: don't use distractions, be thoughtful about what you're eating, avoid eating out of boredom, avoid eating because of negative emotions, etc.
- Take a moment in the next week to pray about fasting and discern if you are able, and if not, consider the above options or something suitable.

Hope

SVDP

Food support

St Catherine of Siena
902-455-6525

St Patrick
902-405-3806

St Stephen
902-405-3686

St Theresa
902-414-4625

Adoration

1st Wednesday
of the Month
7:00pm - Holy Hour of
Eucharistic Adoration,
Confession available
St Stephen's Church

Wednesdays/Fridays
Eucharistic Adoration
8:00am—4:00pm
St Catherine's Church

Thursdays
7:30pm - Holy Hour of
Eucharistic Adoration,
Confession available
St Catherine's Church

Mass Intentions

Tuesday, February 13th.
Anthony Blanchard+
Noon St Catherine of Si-
ena

Friday, February 16th
Intentions of Linda Far-
rell (L)
9:00am St Stephen

Saturday, February 17th
Domienica Liberatoe+
9:00am St Catherine of
Siena

Brenda Comstock—
Thomson+
4:00pm
St Stephen



Religious Education

(GRADES PRIMARY TO SIX)

St. Catherine's Church -As we missed our class last Sunday because of the winter storm, we will be holding a class this Sunday, February 11th, in the Church Hall from 10:00-10:45 am. Next Sunday, February 18th, a Children's Liturgy will be celebrated during the 11:00 am Mass. .

St. Stephen's Church -This Sunday, February 11th, classes will take place in the Church Hall following mass. Next Sunday, February 18th, a Children's Liturgy will be

This Lent, let's work toward *Reaping our Rights*

This year, Development and Peace — Caritas Canada's **Create Hope: Reaping our Rights** campaign calls you to stand with small-scale farmers and peasant communities who feed the world while caring for the Earth. Do this by:

Donating online at devp.org/give or during the Solidarity Sunday collection on March 17, the fifth Sunday of Lent. Your generosity helps support over 73 projects in 36 countries around the world!

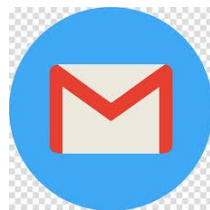
Learning more by reading the Mini-magazine and other resources available at devp.org/lent/resources.

Meeting our solidarity visitors and **participating in the campaign launch webinar** on **February 17 at 1:30 p.m. ET.**

For more information, contact Adah Ogbe at 902-4299489 ext 238 or email him at aogbe@devp.org



PARISH EMAIL CHANGES



We are in the process of changing our email addresses. The present email addresses still work for now but you can update the addresses and keep in touch!

Sr Teresa: (old) office@stfrancisandstclareparish.ca
(New) officestfsc@gmail.com

Cheryl: (old) admin@stfrancisandstclareparish.ca
(new) admstfsc@gmail.com



February 14, Ash Wednesday, there will be **no Youth Group** meeting. Everyone is encouraged to attend an Ash Wednesday mass! See this bulletin for times and locations of our masses.

For more information about Youth Group or to register, please contact Anna Irish

(annamichelleirish@gmail.com).

LOVE IN ACTION



CWL—The St. Mother Teresa CWL will be holding its monthly meeting Sunday, February 11, at 2:30 p.m. in the church hall. Use door off Robie Street. All women of the parish are invited to join us. For more information on the CWL or the meeting, please call Anita Ross at 429-7223.

RECEPTION—All parishioners are invited to attend a reception following the Sat. 4:00 pm Mass on **Feb 11th** at Stephen's church Hall to honor Deacon Len (and Mary Ann) on his retirement. We have been blessed by the work that Len and Mary Ann have done in our community and give thanks for their presence at St Francis and St Clare Parish.



Friday's during Lent, At St. Catherine's Church, Bayers Road, at 3:30pm, we will pray A **SHORT WAY OF THE CROSS** as used by Franciscan Friars on their Missions. Everyone is most welcome to join us in this prayerful Lenten devotion.

SVDP -Ash Wednesday Offerings

Lent begins on February 14, Ash Wednesday. Our parish's Ash Wednesday collection is held to support the Society of St. Vincent de Paul's mission: to serve Christ in the poor with love, respect, justice and joy.

Your donations are more important than ever as many of our neighbours live on the brink of homelessness, going hungry and cold.

Four St. Vincent de Paul groups are active in the parish. If you use envelopes please write on the envelope the SSVP group you are supporting with your donation: St. Catherine of Siena, St. Patrick, Blessed Mother Teresa or St. Theresa. Each needs all of the help you can afford to provide.

You can place your Ash Wednesday offering in a weekend collection if you are not able to attend Mass in the parish on February 14. Again, please indicate which SSVP is to receive your offering.

The loose collection on Ash Wednesday and unmarked envelopes will be given to the SSVP associated with the church where that money is contributed.

Thank you in advance for your generosity toward the people living all around us who are in great need.

A REMINDER: that your box of envelopes includes one to make an Ash Wednesday donation to the Society of St. Vincent de Paul.

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Anyone wishing to submit announcements for the bulletin is asked to send them to officestfsc@gmail.com by 9:00am each Wednesday morning. Thanks kindly!

Parish Leadership Team

Claudette Carol
Charles Yochoff
Jim Evans
Elizabeth Clark

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MEET OUR TEAM

Fr Nathanael DesRoches
Administrator

Fr Robert Nicholas
Associate Pastor

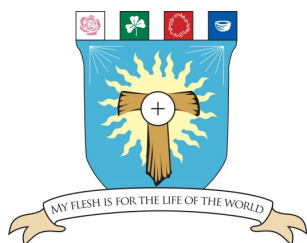
Rev Mr Len Moore
Rev Mr Paul Carnell

Brent Hopkins
Operations Manager

Sr Rita Hanna, FoH

Sr. Teresa MacDonald
Office Manager

Cheryl Delaney
Administrative Assistant



PARISH NEWS

WORLD DAY OF THE SICK – FEBRUARY 11TH



World Day of the Sick

On February 11th, the Feast of Our Lady of Lourdes, the faithful worldwide are invited to recognize the **World Day of the Sick**. The Holy Father's message for the 32nd year commemorating the World Day of the Sick is entitled: **"It is not good that man should be alone"- Healing the Sick by Healing Relationships.**

In Pope Francis' message for this day, he states:

"Brothers and sisters, the first form of care needed in any illness is compassionate and loving closeness. To care for the sick thus means above all to care for their relationships, all of them: with God, with others – family members, friends, healthcare workers – with creation and with themselves. Can this be done? Yes, it can be done and all of us are called to ensure that it happens. Let us look to the icon of the Good Samaritan (cf. Lk 10:25-37), to his ability to slow down and draw near to another person, to the tender love with which he cares for the wounds of a suffering brother.

"The sick, the vulnerable and the poor are at the heart of the Church; they must also be at the heart of our human concern and pastoral attention. May we never forget this!"

Here is a link to his entire message: <https://www.vatican.va/content/francesco/en/messages/sick/documents/20240110-giornata-malato.html>

The Catechism of the Catholic Church states: "the Church believes and confesses that among the seven sacraments there is one especially intended to strengthen those who are being tried by illness, the Anointing of the Sick". It is appropriate to receive the Anointing of the Sick for those suffering from a chronic condition detrimental to their health and well-being, and as soon as "anyone from the faithful begins to be in danger of death from sickness or old age", "just prior to an operation", or "for the elderly whose frailty becomes more pronounced". Through receiving this sacrament, the Holy Spirit will give strength, peace, and courage to help those overcome the difficulties of chronic sickness, serious illness, or old age. If you would like to receive this sacrament, please speak to either Fr. Nathanael or Fr. Robert, or you can call the Parish Office to make an appointment.

Seeds of Hope

The Society of Saint Vincent de Paul Helps Make Education Savings a Reality
The Society of Saint Vincent de Paul's (SSVP) Seeds of Hope initiative helps low-income families plan for their child's education by helping them access Canadian Educational grants designed to secure post-secondary education options for their children. The Halifax Particular Council for SSVP launched the Seeds of Hope Initial Launch Project in 2020 to support and encourage five families in the Halifax Particular Council area, including St. Francis and St. Claire of Assisi Parish, establish a Registered Education Savings Plan (RESP) for one of their children. SSVP also provided an initial financial contribution to the RESP and assisted parents with the RESP process. Vincentians worked with their churches and community partners to help identify candidate families and assisted the families in navigating the RESP process. The Seeds of Hope project was very rewarding for the Vincentians involved and the recipient families. We hope this inspires you to think about a possible role for you in the SSVP. We're always looking for people who are interested in making a contribution to their community. Contact information for each SSVP is in the bulletin, and on this website: <https://www.ssvphalifax.ca/>

St. Francis and St. Clare of Assisi Parish

PARISH WALK-IN HOURS: MON/WED/FRI 9:00AM TO 12NOON
(voicemail will be checked every day)

Email officestfsc@gmail.com

Parish Office: 902-454-8221

Address: 6351 North Street, Halifax, B3L 1P7