

This Wednesday is the first day of Lent, Ash Wednesday. Lent is a special time when we prepare ourselves for Good Friday and Easter Sunday.



If you go to Mass on Ash Wednesday, the priest will make a little cross on your forehead with ashes. The ashes remind us that

LENT

REQUIESCAT

PACEM

people were made from the dust of the ground and that some day we will die and go back into the ground.

It is good for us to remember that we will die one day. It helps us realize that God put us here and that we need Him all the time. If we remember how much we need God then we will think of Him more and love Him more.

What is something you can do this Lent to remind yourself every day that you need God?

grow, house, God, fruit, green, rock

SACRAMENT OF BAPTISM:

Baptisms are usually celebrated on the fourth Sunday of every month. Please contact the Parish Office at least **6 weeks** before the date.

SACRAMENT OF MARRIAGE:

Couples must contact the Parish Office to arrange at least **6 months** before the desired date.

MASS INTENTIONS:

Intentions must be booked at least by the Wednesday, one week before the desired date.

FILL IN THE BLANKS

Lk.6:39-45 Complete the sentences by filling in the blanks with the correct words from the word bank at the bottom of the page.

1. A good tree can't produce ______ fruit.

- . A ______ tree can't produce good fruit.
- A tree is identified by its _____

4. A good person produces good things from the ______ of a good heart.

5. An evil person produces evil things from the treasury of an evil

6. What you ______ flows from what is in your heart.



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CONFESSIONS

Every Saturday

9.00 - 10.00 a.m

by appointment

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Remember that you are dust, and to dust you shall return. ECCLESIASTES 3:20

PARISH OFFICE HOURS

Monday, Wednesday, Thursday & Friday: 9:00am to 2:00p.m. Closed Tuesdays

Synod 2021-2023:Communion/Particpation/Mission 8TH SUNDAY IN ORDINARY TIME - 2ND MARCH 2025 - YEAR C From the Heart. **First Reading** In today's readings we hear Jesus speaking in Galilee, as well as Sir.27:4-7 a Jewish sage named Sirach writing in Jerusalem more than a Second Reading century earlier. The two of them touch upon a single truth: the words that come out of us make known the hidden thoughts 1Cor.15:54-58 within us. Speech reveals the secrets of the heart. Gospel Sirach teaches that speaking is the test of men and their character. One who is upright will utter words that are truthful Lk.6:39-45 Panish on and encouraging to others. But one whose heart is cluttered with "rubbish" will be exposed, since the "fruit" of his mouth speaks MASS TIMES Ž volumes about the "tree" that produces it. Sirach also compares **Gros Islet**

the testing of our words to clay fired in a kiln; if properly prepared, a useful vessel emerges; but if the clay is not fully ere In a similar way, Jesus insists that a person speaks "from the store of goodness in his heart" He to: whether good or bad, to what grows on a tree: "no sound tree **u** that produces rotten fruit, nor again a rotten tree that produces sound fruit." Both readings urge us to make wholesome speech a habit. After all, much about who we are is brought to light through what we say. But there's an additional step. The Lord is asking us to look inward, to examine our hearts and fill them with the good treasure that God desires. Ù Why do purity of heart and speech matter so much? Because, as Isl Jesus declares elsewhere, "by your words you will be justified, and by your words you will be condemned". They matter 2 because they help to decide our final judgment, and this is where the Second Reading comes in. Paul reminds us that God U will destroy death forever, and if we are to share in this victory and live forever with the Lord, then we must take all steps necessary to give our hearts and lips to what is good.

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THURSDAY 6:00 a.m./12:30 p.m. ÷ FRIDAY 6:00 a. m./12:30 p.m. 42 SATURDAY 6:30 a.m./6:00 p. m. ት SUNDAY Gros Islet/G. Riviere 7:30 a.m. **Gros Islet/Monchv** 10:00 a.m. ት HOLIDAY Variable

(excerpt: stpaulcenter.com)

Morning Prayers:

Mon -Fri

5:45 a.m.

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MONDAY

6:00 a. m./12:30 p.m.

TUESDAY

6:00 a.m.

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6:00 a.m./12:30 p.m.

G/Riviere: 6:00 p.m.

WEDNESDAY

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Your Lenten Journey.

Lent begins in just a few days. It not only beckons us to reflection, but also promises the hope of the resurrection. Are you a bit deeper in love with the Holy Trinity than you were last year? Has the person you are changed a bit since the last Lenten experience? If you are trying to come up with answers then you are probably in about the same place you were last year. So how will that ever be different? It's all up to you.

We still hear the question "What did you give up for Lent?" Beer, chocolate, cake or cookies, maybe some time without TV, phones etc. All of this is good. Every time the desire to indulge pops into your head you must fight it because you have "given it up" for Lent. You choose to deny certain pleasures for the sake of remembering how much of a lowly sinner you are and how many more times those moments must be amplified to even come close to understanding suffering.

Understanding the suffering of Christ is probably something we will never grasp in its fullest. Jesus went willingly to the cross for our sins. With a swipe of his hand or with a word to His Father, Jesus could have brought about our salvation. Yet His act of suffering and dying at Calvary was His message of love for us. His willingness to endure torture, humiliation, pain and ultimately human death was His way of demonstrating the power of sin and what it took for Him to overcome it. Demonstrated for us lest we forget. That is what Lent is about - not forgetting and remembering every year the why, how and who of the Cross. It is about reconnecting with the dynamic of not deserving something, and yet, receiving the best gift of all time.

The "giving up" part is one way to honor that memory, to refocus and re-instill that sense of grace that comes from the knowledge of how blessed we are to be living in the light of Christ. Another way to honour Jesus' selfless act of love is to "do" during Lent. Taking yourself out of your daily routines and adding an act, a task, a chore or a goal for the sole purpose of performing a Lenten duty that you have imposed upon yourself can accomplish the same reconnection. These "doings" do not have to be things that make you suffer in anyway, but allow do you to look outward and embrace an act that causes you to perform for your own good and possibly the good of others.

The act of doing can be as simple as going to Mass during the week, saying special prayers everyday for the souls in Purgatory, the poor, the Pope, or looking for and finding an opportunity everyday to commit a charitable act, or making a small donation everyday to a good cause. You can visit a nursing home, a prison, elderly seniors that are housebound or mentor a child. Let you heart be your guide. The Holy Spirit will surely intercede and help you discern your path.

Anything you do for the love of Christ will keep you mindful of your efforts to advance your relationship with God during Lent and throughout the year. If you can dedicate yourself to a special "doing" for Lent and keep as true to that commitment as possible, your Lenten experience will be fruitful and uplifting. You will arrive at Easter with renewed vigor, drive and purpose.

(excerpt: huffpost.com/Gregory Demetriou

PLEASE PRAY FOR THE SICK

Patsy Crafton Iris Macauldy Martha Mason Marie Joseph

DECEASED

Andrew Flood Stephen Alfred Nicholas Aurelien Rosmina Alexander Felicite Hetty Lucien

WEEKDAY READINGS ዮ MONDAY Sir:17:20-28 Mk.10:17-27 ÷ TUESDAY Sir.35:2:15 Mk.10:28-31 ÷ **WEDNESDAY** J1.2:12-18 2Cor.5:20--6:2 Mt.6:1-6.16-18 ÷ **THURSDAY** Dt.30:15-20 Lk.9:22-25 ÷ **FRIDAY** Is.58:1-9 Mt.9:14-15 ዮ SATURDAY Is.58:9-14 Lk.5:27-32 ዮ

MASS INTENTIONS		
GROS ISLET	CLERGY/RELIGIOUS	INTENTIONS
8TH SUNI	DAY IN ORDINARY TIMI	E - YEAR C
Sat Mar 1 - 6:00 p.m.	THOSE THAT BE PLANTED IN THE HOUSE OF THE LORD SHALL FLOURISH IN THE COURTS OF OUR GOD	B'day: Kevin Williams Thks: Augusta Toussaint, Glace family Sancha James, Rhyland Joseph
Sun Mar 2 - 7:30 a.m.		MISSA PRO POPULO
10:00 a.m.		Thks: Felicia Hyacinth & family B'day: Stella Actie Mario & Jean Claude Severin
Grande Riviere - 7:30 a.m.	INCOMPANY AND	Thks: Josephine Louis
Monchy - 10:00 a.m.		Thks: Thaddeus Simon & family
WE	EKDAY MASS INTENTI	ONS
Mon Mar 3 - 6:00 a.m.	Arch Bishop Malzaire Msgr. Michel Francis Fr. Arthur Zalewski	B'day: Shera Griffith-Jackson Thks: The Griffith family
12:30 p.m.		Dc'd: Josephine & Felix Remy Mavis & Peter Jackson, Winston Springer
Tue Mar 4 - 6:00 a.m.	Fr. Vinoth Santhappan	Int: Dionysia Sealy-Compton
Wed Mar 5 - 6:00 a.m. Ash Wednesday	Fr. John Wilson Fr. Joseph Raj Sr. Mary Lee Cox	Conversion of Sinners
12:30 p.m.		Conversion of Sinners
Grande Riviere - 6:00 p.m.		Conversion of Sinners
Monchy - 6:00 p.m.		Conversion of Sinners
Thu Mar 6 - 6:00 a.m	Arch Bishop Rivas OP Msgr. Patrick Anthony Sr. Mary Mutwiwa	Thks: Diane & Richard Palton
12:30 p.m.		Thks: Auto Masters Lawrence Hyacinth
Fri Mar 7 - 6:00 a.m.	Sr. Frances Nosbisch	Dc'd: Teresa Huntley
12:30 p.m.		Dc'd: Viviana Chastanet
Sat Mar 8 - 6:30 a.m.	Fr. Albert Smith Mother Rosaria Joseph Sr. Christine Alphonse	Dc'd: Ingrid d'Auvergne