

THIRD SUNDAY IN ORDINARY TIME

MASS SCHEDULE: *January 21-22nd*

SATURDAY -Hastings

5:00 PM **Deceased & Living Members of the Hoffman & Jessup Families/Colleen**

SUNDAY -Hastings

9:00 AM **The People of the Parish**

SACRED HEART-Harwood

11:00 AM **For the of David Hoffman & Colleen Murphy/Colleen**

LATIN MASS-Hastings

11:00 AM **Int of Celebrant**

WEEKDAY MASSES: *January 23-28th*

Monday

8:30 AM **Int of Celebrant**

Tuesday *(St. Francis de Sales)*

8:30 AM **Paul + Mary Marrocco**

Wednesday *(The Conversion of St. Paul, Apostle)*

8:30 AM **†Jim MacDonald/Bill + Mary McDonnell**

Thursday *(St. Timothy & St. Titus, Bishops)*

8:30 AM **Int. of Kevin Hoffman/Colleen**

Friday *(St. Angela Merici)*

4:00 PM **Adoration**

7:00 PM **Int. of the Clovis Family/Chris Clovis**

Saturday *(St. Thomas Aquinas)*

8:30 AM **Andrea A. Brygidyr/Anne Brygidyr**

PARISH STEWARDSHIP

Offertory Collection for-Jan 8th=\$2,076.65

Offertory Collection for-Jan 15th=\$1,578.45



LA VERNA PROGRAMS

Programs offered for spiritual growth and enrichment especially the Catholicism program.

We also welcome your Prayer Intentions - which will be included in our Morning and Evening Prayer as well as Mass Intentions, please call or email for further information. laverna@capuchins.ca or 705.243.9131



THROATS AND CANDLES

As Catholics we sometimes embrace devotions without truly understanding them. So, we light candles, sprinkle Holy Water, and have our throats blessed.

These devotions and many others are part of our upbringing. Where do they come from? What is their purpose?

Jesus was certainly concerned for the sick. There are so many instances in Scripture where Jesus reaches out to help those in need of healing. [The Blessing Saint Blaise](#), given on 3rd of February (the Feast Day of Saint Blaise) is something that we as Catholics take for granted. Many of us wouldn't think of missing it. Church attendance even seems to improve when there are ashes, palms, or candles.

Saint Blaise was a fourth century bishop in Armenia. We don't know much about his life, but we know by tradition that he saved a small boy from choking on a fish bone. Because of this, people through the ages have sought his help, especially those who are afflicted with ailments of the throat. On February 3rd, the feast of Saint Blaise, the church continues its ministry to the sick through the blessing of throats. This blessing, which can take place during or after Mass, asks God's healing and protection. Two blessed candles, joined in the form of across and usually tied with a red ribbon (as sign of the martyrdom of Blaise), are placed around the throat of each person asking a blessing. The minister then prays, "Through the intercession of Saint Blaise, bishop and martyr, may God deliver you from ailments of the throat and from every other evil: In the name of the Father, and of the Son, and of the Holy Spirit." Our limitations and weaknesses help us turn to God for protection and care. Many of us wouldn't think of missing the Blessing of Saint Blaise. It has become so popular that, in many Churches, it is given at the Sunday Masses on the weekend before or after Blaise's 3rd of February Feast Day.

Candles are used in the administration of all the Sacraments except Penance. It has become customary for Catholic families to have blessed candles in their homes. Our Mothers and grandmothers would light them during storms and other troubled times. Blessed candles are often lit when the priest comes to the home to bring the Eucharist or to Anoint the Sick.

We can light candles too when we come to Church. They are called votive candles. They are not blessed, nor are they usually made of bee's wax. We can light them to give honor to a particular saint. We can light them in memory of a deceased loved one too, or for someone who is facing illness or other troubled times. As they continue to burn in Church, it can comfort us to know that the light of our candle continues to honor God. We are usually asked to make an offering to the Church when we light candles, usually to cover the cost of the candles.

Candles have a rich history in our Church. May the flame of faith in your heart be undimmed. When the Lord comes may you go out to meet him with all the Saints in the Heavenly Kingdom!

FOURTH SUNDAY IN ORDINARY TIME

MASS SCHEDULE: *January 28 -29th*

SATURDAY -Hastings

5:00 PM **The People of the Parish**

SUNDAY -Hastings

9:00 AM **David + Janice Holmquist**

SACRED HEART-Harwood

11:00 AM **+Beverly McConvey/Bill + Mary McDonnell**

LATIN MASS-Hastings

1:00 PM **Michele Chittenden/M. Coyne**

WEEKDAY MASSES: *January 30th - February 4th*

Monday

8:30 AM **Int of Celebrant**

Tuesday *(St. John Bosco)*

8:30 AM **Natalia + Louis Tavakoli/Gisele St. Jacques**

Wednesday

8:30 AM **Mark + Carole Joban & Family/The Marrocco Family**

Thursday *(The Presentation of the Lord)*

8:30 AM **Friends of my Youth/Des Faria**

Friday *(St. Blaise & St. Ansgar)*

6:00 PM **Adoration & Benediction**

7:00 PM **+Einar + Donna/The Holmquist Family**

Saturday

8:30 AM **Tracy Boak/Matthew + Ena Les**
Latin Mass

FORMED

- Enjoy a free subscription to formed.org an incredible online gateway to the best Catholic content, all in one place.
- Visit signup.formed.org
- Enter "**Our Lady of Mount Carmel**"
- Type your name and enter your e-mail address.
- No more passwords to remember!
- Enjoy and share with others in local community.

LIFT JESUS HIGHER RALLY 2023

Lift Jesus Higher Rally is back in person on **March 4, 2023, from 9am-5:30pm** at the Metro Toronto Convention Centre, Toronto, as we explore this year's theme: "**EMPOWERED TO STAND**" - "**Keep alert, stand firm in your faith, be courageous, be strong.**" (1Corinthians 16:13)

Our keynote speakers are Renewal Ministries' **Ralph Martin and Chris Stefanick**. They will be joined by Renewal Ministries' **Peter Herbeck, Rachel Herbeck, and Angèle Regnier**.

Website link: www.ljhr.ca

COFFEE

A group of alumni, highly established in their careers, got together to visit their old university professor. The conversation soon turned into complaints about stress in work and life. Offering his guests coffee, the professor went to the kitchen and returned with a large pot of coffee and an assortment of cups - porcelain, plastic, glass, crystal, some plain-looking, some expensive, and some exquisite-- telling them to help themselves to the coffee. After all the students had a cup of coffee in hand, the professor said: "If you noticed, all the nice-looking expensive cups were taken up, leaving behind the plain and cheap ones. While it is normal for you to want only the best for yourselves, that is the source of your problems and stress. Be assured that the cup itself adds no quality to the coffee. In most cases, it's just more expensive and in some cases even hides what we drink. What all of you really wanted was coffee, not the cup, but you consciously went for the best cups and then began eyeing each other's cup. Now consider this: Life is the coffee. The jobs, houses, cars, things, money, and position in society are the cups. They are just used to hold and contain life. The type of cup we have does not define nor change the quality of life we live. Sometimes, by concentrating only on the cup, we fail to enjoy the coffee God has provided us. God brews the coffee, not the cups*. enjoy your coffee. Being happy doesn't mean everything's perfect. It means you've decided to see beyond the imperfections. Live in peace and peace will live!

Without Mary, there would be no Church, or reverence for women, or holy priests.

Three lessons from Pope Benedict XVI's writings on Mary, the Mother of God, are part of his legacy to the Church.

First lesson: No Mary, no Church. No Mary, no foundation.

Second lesson: No Marian devotion, no reverence for women and mothers.

Third lesson: No Mary in liturgy and no Marian feasts, no holy priests.



Please remember those who are sick in your

prayers: James Murphy & Bonnie Young

Please remember in your prayers the repose of the souls –Bob West, Tom Connell, Frank Schlechter, Walter

Langlois, Beverly McConvey, Michael McDonell, John Manduca and Pat Coe.

VISITATION OF THE SICK Anyone who cannot attend Mass with us in the Church, because of illness, handicap or age, or anyone who wishes to receive the Sacraments Confession, Communion, Anointing for the Sick, please call the Parish Office.