

The Epiphany of the Lord

January 6, 2019



MASS SCHEDULE AND INTENTIONS: JANUARY 5 TO JANUARY 13

| | | |
|------------------|-----------------------|--|
| Saturday | Jan. 5 | The Epiphany of the Lord |
| 4:30 pm | Connie Powers | Atwell D'Souza & family |
| Sunday | Jan. 6 | |
| 9:00 am | Mabel Oliveira | The Family |
| 11:00 am | Our Parishioners | |
| Monday | Jan. 7 | |
| 8:30 am | Emil Levering | The Children of the Light Prayer Group |
| Tuesday | Jan. 8 | |
| 8:30 | Angelo Francescutti | The Family |
| Wednesday | Jan. 9 | |
| 8:30 am | Jenny Gallo | Rose & Julia |
| Thursday | Jan. 10 | |
| 8:30 am | Bernice Bartholomew | Donna Ellis Bernier |
| Friday | Jan. 11 | |
| 8:30 am | John & Enid Fernandes | Paschal, Marie, Dylan Fernandes |
| Saturday | Jan. 12 | The Baptism of the Lord |
| 4:30 pm | Gregorina Martins | The D'Cruz family |
| Sunday | Jan. 13 | |
| 9:00 am | Christopher Sebastian | Suzanna, Tobias & Family |
| 11:00am | Our Parishioners | |

SANCTUARY LAMP (Week)

January 6: Barbara Kray, requested by Helen & Manfred Adam

January 13: Chris Kolodnicki, requested by Alf and Willy Kolodnicki

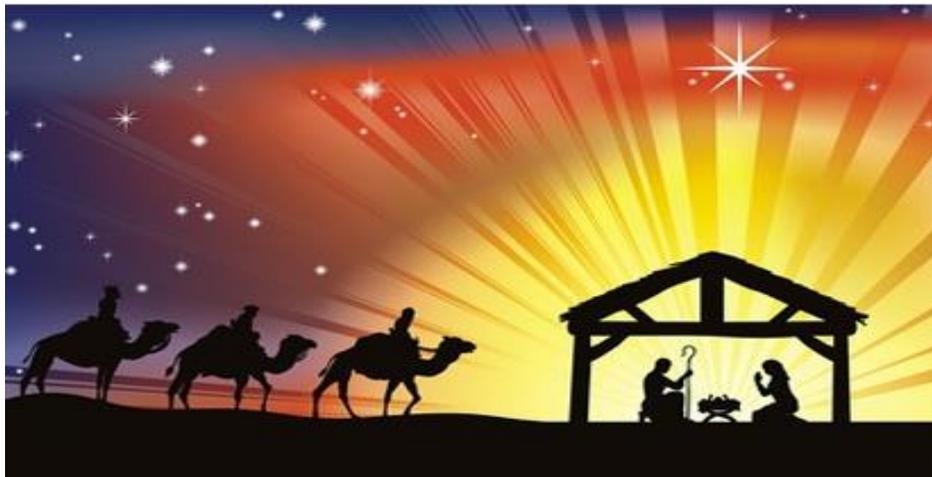
LORD GRANT MERCY AND LASTING PEACE to those who have died recently and strength and comfort to those who mourn them:

Jose de Melo, husband of the late Elvira, father of Margarida, Grace, Robert, John & Fatima; *Thomas Yossef*, husband of Ireene Silva Pathinathan; *Thankamma Jose*, mother of Leena George (Jijo), grandmother of Nigel and Neil.

CELIAC DISEASE, GLUTEN SENSITIVITY?

If you or someone you know is avoiding receiving Holy Communion because of Celiac disease or gluten sensitivity, keep reading. Did you know that it is possible to receive the Eucharist from low-gluten hosts (99.99% gluten-free) approved by the Vatican? There is an extraordinary minister of Holy Communion with low-gluten hosts standing near the tabernacle at every weekend Mass.

Other parishioners who can tolerate a little gluten request a small portion of the host when they approach the priest or another Communion minister (Christ is fully present—body, blood, soul and divinity—in whatever amount of the consecrated bread and wine). Reception of the Eucharist is central to our faith and is a source of strength and spiritual nourishment. Communion should be received unless you have serious sin on your conscience and have not received absolution in individual confession. For more information, contact Fr. Sabbath at the parish office or at psabbath@gmail.com



EPIPHANY OF THE LORD

Three actions of the magi guide our journey towards the Lord, who today is revealed as light and salvation for all peoples. The Magi see the star, they set out and they bring gifts.

Seeing the star. Why did the Magi alone see the star? Perhaps because few people raised their eyes to heaven. ... Do we know how to dream, to long for God, to expect the newness he brings, or do we let ourselves be swept along by life, like dry branches before the wind? . . . We may ask ourselves what star we have chosen to follow in our lives. Some stars may be bright, but they do not point the way. So it is with success, money, career, honours and pleasures when these become our life. ... The Lord's star, however, may not always overwhelm by its brightness, but it is always there, ever kindly: it takes you by the hand in life and accompanies you. It does not promise material reward, but ensures peace and grants, as it did to the Magi, "exceedingly great joy" (Mt 2:10).

Setting out. His star demands a decision to take up the journey and to advance tirelessly on our way, that we free ourselves from useless burdens and unnecessary extras . . . and accept unforeseen obstacles along the map of life. ... If we want to find Jesus, we have to overcome our fear of taking risks, our self-satisfaction and our indolent refusal to ask anything more of life. ... in finding that Child, in discovering his tenderness and love, we rediscover ourselves. . . .

Bringing gifts. The Gospel becomes real when the journey of life ends in giving. To give freely, for the Lord's sake, without expecting anything in return: this is the sure sign that we have found Jesus. . . . To do good without counting the cost, even when unasked, even when you gain nothing thereby, even if it is unpleasant. That is what God wants. ... We give a gift pleasing to Jesus when we care for a sick person, spend time with a difficult person, help someone for the sake of helping, or forgive someone who has hurt us. These are gifts freely given, and they cannot be lacking in the lives of Christians. Today let us look at our hands, so often empty of love, and let us try to think of some free gift that we can give without expecting anything in return. That will please the Lord. And let us ask him: "Lord, let me rediscover the joy of giving".

~ by Pope Francis

PRAYER BEFORE MASS

Come, Holy Spirit, quiet my heart and my head, as I gather with my family, friends and neighbors to celebrate Mass.

Quiet the thoughts and distractions that will keep me from worship.

Open my mouth in prayer and song.

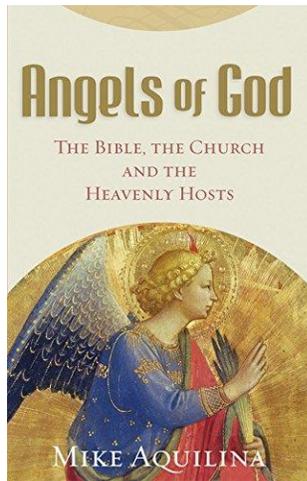
Open my ears to hear God's word.

Open my eyes to the mystery of the Eucharist.

Open my heart to receive Jesus with love.

May I go forth strengthened to take the Mass into my life this week. Amen.

WORTHWHILE READING



Angels of God: The Bible, the Church and the Heavenly Hosts, by Mike Aquilina

“Angels are a large part of reality and, as with other large parts of reality—speeding Mack trucks, for example, or looming brick walls—we benefit greatly from their service, and we ignore them at our peril.”—From the Introduction Angels are everywhere—as a matter of fact, right at your side. Forget the sweet-faced cherubs of popular culture, however, and brace yourself for a far more potent reality: powerful heavenly beings who play a significant role in the personal drama of daily life—your life. Drawing on Scripture (where angels appear often, carrying out crucial tasks), the words of the saints and Church teaching, Mike Aquilina

shows how developing our “fellowship with the angels is not an ornament on our religion, it’s a life skill.”

FAITH FIRST

Eucharist Gathering #4 Tuesday, Jan 8

Level 1/2 (SP3) Gathering #2 Friday, Jan 11

MEET AND GREET after Tuesday morning Mass resumes February 5.

MISSION JEUNESSE HOLY LAND PILGRIMAGE JUNE 26 TO JULY 8

Jerusalem, Nazareth, Bethlehem... Walk in the footsteps of Christ! For all young adults aged 18-35 years who wish to deepen their Christian identity and discern their calling in life. With Archbishop Christian Lépine. Registration is now open: <https://tinyurl.com/yaajdh9>

WORDS TO PONDER

"The saints have not "fallen from heaven." ...They are men and women like us, with complicated problems. Holiness does not consist in not making mistakes or never sinning. Holiness grows with the capacity for conversion, repentance, willingness to begin again, and above all with the capacity for reconciliation and forgiveness."
~ *Pope Emeritus Benedict XVI*

PRAYER FOR THE FAMILY

Heavenly Father, you have given us the model of life in the Holy Family of Nazareth.

Help us, Loving Father, to make our family another Nazareth where love, peace and joy reign. May it be deeply contemplative, intensely Eucharistic, revived with joy.

Help us to stay together in joy and sorrow in family prayer.

Teach us to see Jesus in the members of our families, especially in their distressing disguise. May the Eucharistic heart of Jesus make our hearts humble like his and help us to carry out our family duties in a holy way.

May we love one another as God loves each one of us, more and more each day, and forgive each other’s faults as you forgive our sins.

Help us, O Loving Father, to take whatever you give and give whatever you take with a big smile.

Immaculate Heart of Mary, cause of our joy, pray for us. St. Joseph, pray for us.

Holy Guardian Angels, be always with us, guide and protect us. Amen

~ *St. Teresa of Calcutta*