

## MASS SCHEDULE

- Sat., Jan. 29 Eve of the 4<sup>th</sup> Sunday in Ordinary T**  
4:00 PM For all parishioners
- Sun., Jan. 30 4<sup>th</sup> Sunday of Ordinary Time**  
10:30 AM In thanksgiving for the blessing of the Le and Poquiz families from Maria Le.
- Mon., Jan. 31 St. John Bosco, Priest**  
8:00 AM In thanksgiving for graces received from a Parishioner.
- Tue., Feb. 1 Weekday Ferial**  
8:00 AM **Mass at Sacred Heart**  
For the souls in purgatory from the Auxiliary.
- Wed., Feb. 2 The Presentation of the Lord**  
8:00 AM + Clive and Bridget Bonner from Bruna.
- Thu., Feb. 3 St. Blaise, Bishop, Martyr**  
8:00 AM **Mass at Sacred Heart**  
For the intentions of Mary Porter from Pat Booth.
- Fri., Feb. 4 Weekday Ferial**  
8:00 AM **Mass at Sacred Heart**  
For the intentions of Jane Daniels from Donna Jongsma.
- Sat., Feb. 5 Eve of the 5<sup>th</sup> Sunday in Ordinary T**  
4:00 PM + Silvano Frank D'Altoe from his loving wife.
- Sun., Feb. 6 5<sup>th</sup> Sunday of Ordinary Time**  
10:30 AM For all parishioners

### Weekly Collections for Jan 23, 2022

Offertory	981.75
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## PASTOR'S MESSAGE

Dear Friends,

I would like to take a week – deviating from our talks on virtue – to answer a concern that has come to my attention recently. “The Distinction between Spiritual Communion and Physical Communion (Sacramental Communion/Eucharist).”

Spiritual Communion is a devotional practice that gained much popularity in the late 12th and early 13th century. In the Middle Ages when it was common for lay people to receive communion very infrequently due to various reasons, spiritual communion was encouraged. St. Thomas Aquinas recommended spiritual communion as a means of preparation for the actual reception of the Sacrament. When Holy Mass is deprived from us and/or it is impossible to attend Holy Mass spiritual

communion is extremely beneficial. As I've mentioned in a past homily – by personal experience – there are some Catholic communities in Guyana that can only receive the visit of a priest once or twice a year; and so only receive sacramental communion once or twice a year.

Although Spiritual Communion is a highly recommended devotional practice, encouraged by many of the Saints, its benefits are impossible to compare to the graces received in Sacramental Communion (the Eucharist). Spiritual communion is not exactly a ‘substitute’ for sacramental communion but a devotion to encourage great desire and disposition for actual Sacramental Communion. Otherwise, the Sacramental Communion becomes a type of a spiritual communion instead of being the actual reception of Jesus Christ. In Sacramental Communion we receive the source of all grace and virtue – Jesus Christ Himself, while spiritual communion is the desire to do so.

As our Lord says, “Truly, Truly, I tell you, unless you eat my flesh and drink the blood of the Son of Man, you have no life in you. Whoever eats my flesh and drinks My blood has eternal life, and I will raise him up on the last day.” (John 6:53-54).

Together in Prayer

## WEEKLY NEWS

### The Tax receipts are ready

Please pick up your receipts at the entrance of the church. Thank you for your support.

### Hours of service at St. John

We thank our Confirmations students for helping put away the Christmas decorations at St. John.

### Online Session - THE CALL TO SYNODALITY

How do we talk together as Church?

February 16, 2022 at 11 a.m.

Join authors Moira McQueen and Massimo Faggioli for a robust conversation on the topic of Synodality and how the faithful at all levels can participate in Pope Francis' call to solidarity and

contribute to a rich reflection on a vibrant future for the Catholic Church.

Sponsored by Bayard Inc., Twenty-Third Publications, Novalis Publishing, and La Croix International.

To register use the link below:

[https://us02web.zoom.us/webinar/register/WN\\_8v0EoBprQUOg\\_djMs1EIXA](https://us02web.zoom.us/webinar/register/WN_8v0EoBprQUOg_djMs1EIXA)

### Confession Times

Sacred Heart on Fridays from 5:00-6:30PM and Sunday from 8:00-9:00 AM

St. John the Baptist on Saturdays from 3-4PM

Also by Appointment.



### Friday Adoration at Sacred Heart

Every Friday there is adoration of the Blessed Sacrament at Sacred Heart in reparation for the offences made to the Sacred Heart of Jesus from 1:30 to 6:30PM and confessions from 5:00 to 6:30PM.

### Altar Boy Group at Sacred Heart

1st & 3rd Fridays of the Month  
6:15 – 8:00 PM at Sacred Heart Church.



### Catholic Missionary Children Oratory



For Children 7-12 year old.

We want to love Jesus and help other to love Jesus. We will do

this first with our prayers.

Saturdays 10:15 AM at St. John the Baptist. For info or to register contact Sr. Inmaculada [stjohnandsacredheart@gmail.com](mailto:stjohnandsacredheart@gmail.com)

### Catechism Classes

For more information about Baptism, First Communion and Confirmations contact Sr. Inmaculada.



## Bible and the Mass



Classes every 1st, 3rd, and 5th Wednesday of the Month from 4:15 – 5:15 PM at Sacred Heart.



**Young Adult Group** On the 2<sup>nd</sup>, 4<sup>th</sup> and 5<sup>th</sup> Friday of the Month from 6-8PM at Sacred Heart. It starts with half an hour of

Adoration, talk and recreation.

## GOSPEL Luke 4.21-30 of Sunday Jan. 30

Jesus, filled with the power of the Spirit, came to Nazareth, where he had been brought up. He went to the synagogue on the Sabbath day, as was his custom, and read from the Prophet Isaiah. The eyes of all were fixed on him. Then he began to say to them, “Today this Scripture has been fulfilled in your hearing.” All spoke well of him and were amazed at the gracious words that came from his mouth. They said, “Is not this Joseph’s son?”

Jesus said to them, “Doubtless you will quote to me this proverb, ‘Doctor, cure yourself!’ And you will say, ‘Do here also in your hometown the things that we have heard you did at Capernaum.’”

And he said, “Truly I tell you, no Prophet is accepted in his hometown. But the truth is, there were many widows in Israel in the time of Elijah, when the heaven was shut up three years and six months, and there was a severe famine over all the land; yet Elijah was sent to none of them except to a widow at Zarephath in Sidon. There were also many lepers in Israel in the time of the Prophet Elisha, and none of them was cleansed except Naaman the Syrian.”

When they heard this, all in the synagogue were filled with rage. They got up, drove Jesus out of the town, and led him to the brow of the hill on which their town was built, so that they might hurl him off the cliff. But Jesus passed through the midst of them and went on his way.