

**Sixth Sunday in Ordinary Time
MASS SCHEDULE**

February 15, 2025 - February 23, 2025

For you are my rock, my stronghold!

Lead me, guide me, for the sake of your name.

Saturday, February 15

4:00 – 4:30 pm Confessions

5:00 p.m. For the People

Sunday, February 16

9:00 a.m. For Ronald Torres.

11:00 a.m. For Rosamma Antony & VM Joseph

Monday, February 17- Family Day

10:00 a.m. For Loretta Sheridan

Tuesday, February 18

8:30 a.m. Mass

9:00 – 9:20 a.m. Confessions

5:15 p.m. Mass

Wednesday, February 19

10:00 a.m. For Intention of Margaret Veitch

Thursday, February 20

8:30 a.m. Mass

4:30 – 5:00 pm. Confessions

5:15 p.m. Mass

Friday, February 21- St Peter Damian

10:00 a.m. Mass

Saturday, February 22

4:00 – 4:30 p.m. Confessions

5:00 p.m. For Jim Murphy

Sunday, February 23

9:00 a.m. For Kazimierz Pacyniak

11:00 a.m. For the People

*Join livestreamed Mass Sundays at 9:00 a.m. on our website
St Paul the Apostle.com*

PRAYERS FOR THE DECEASED

You are asked to remember in prayer those recently deceased
Ben Laduca and Carmo Fernandes

PRAYERS FOR THOSE WHO ARE ILL

Please remember in your prayers the following:

Aiden Bedard, Samara Lively, GF Miller, Lynn Bales, Tony Waller, Matilda Sarzotti, Linda MacKechnie, Mateo Miguel, Claudette Winchester, Sean Sayle, Debra Milette, Elwood Hodgkin, Maricel and Maverick Kian Andres, Andrew Asselstine, Frances Campbell, Ken Burns, Thomas Callery, John Callery, Jagat Soni, Joyce Bauan., Florentina Soriano and Fhely Catapang.

If there are members of your family or friends who are ill or recently died, and for whom you wish prayers, please contact the parish office at 613-389-8222

REQUESTED A BOX OF ENVELOPES?

Please check in the gathering space for your box of envelopes and take them home.

Gospel Reflection

While the Ten Commandment are phrased in the negative, the Beatitudes are positive statements, which build on and complete the Ten Commandments. The Beatitudes raise the bar for those who seek to be disciples of Jesus. They invite us to have the courage to be counter cultural in this world. They also invite us to meditate on Christ's words, to delight in them, and to apply them to our daily decisions. The Psalm reminds us that if we do so, we will be like trees planted near the flowing waters that provide nourishment and strength even in times of drought in order that we may produce the good fruits of the Kingdom. The Beatitudes also stretch our vision beyond this life to the promise of life eternal in heaven. We need to be far sighted and know the ultimate goal of our lives as Christians. This may involve sacrificing some good pleasures now, in order to achieve future pleasures. Let us pray that we may always know that we are truly blessed, even when trials and difficulties arise. Jesus our Saviour walks with us in our passion.

CONFIRMATION PARISH SESSIONS BEGIN:

Session 3: February 16 at 12:15 pm or February 20 at 6:30 pm

Session 4: February 24 at 12:14 pm or February 27 at 6:30 pm

Session 5: March 2 at 12:15 pm or March 6 at 6:30 pm

JUBILEE YEAR 2025

Jubilee: Quoting the prophet Isaiah, the Gospel of Luke describes Jesus' mission in this way: "The Spirit of the Lord is upon me, because he has anointed me to bring good news to the poor. He has sent me to proclaim liberty to captives and recovery of sight to the blind, to let the oppressed go free, and to proclaim a year acceptable to the Lord" (Luke 4:18-19; cf. Isaiah 61:1-2). Jesus lives out these words in his daily life, in his encounters with others and in his relationships, all of which bring about liberation and conversion. In 1300, Pope Boniface VIII called the first Jubilee, also known as a "Holy Year," since it is a time in which God's holiness transforms us. The frequency of Holy Years has changed over time: at first, they were celebrated every 100 years; later, in 1343 Pope Clement VI reduced the gap between Jubilees to every 50 years, and in 1470, Pope Paul II made it every 25 years. There have also been "extraordinary" Holy Years: for example, in 1933 Pope Pius XI chose to commemorate the 1900th anniversary of the Redemption, and in 2015 Pope Francis proclaimed the Year of Mercy as an extraordinary jubilee. The way in which Jubilee Years are marked has also changed through the centuries: originally the Holy Year consisted of a pilgrimage to the Roman Basilicas of St. Peter and St. Paul, later other signs were added, such as the Holy Door. By participating in the Holy Year, one is granted a plenary indulgence.



ST PAUL'S YOUTH MINISTRY IS GROWING!

Youth Impact for Grades 5 -8,
Wednesday in the Parish Hall
@ 6:30 pm contact:

youthimpact@stpaulkingston.com

Ignite High School Group will generally
run on the 1st and 3rd Fridays of the month
in the Parish Hall @ 7:00 pm, contact:
ignite@stpaulkingston.com

PREPARING FOR LENT

Before Ash Wednesday catches you unawares, make a point of sitting down—at the kitchen table, or at the chapel—and give some thought to how you want to spend this Lent.

There are three holy practices which Catholics are called to embrace in penitential seasons like Lent. These three practices are **prayer, fasting, and almsgiving**.

As Catholics, we ought to pray every day. Prayer is conversation and communion with the God who made us and loves us. No relationship would flourish if we failed to spend time in the presence of a loved one, conversing with them and offering them genuine attention.

The Bible spells out specific spiritual benefits of fasting. It produces humility (Ps 69:10). It shows our sorrow for our sins (1 Sam 7:6). It clears a path to God (Dan 9:3). It is a means of discerning God's will (Ezr 8:21) and a powerful method of prayer (8:23). It's a mark of true conversion (Jl 2:12).

Lent is an important time for almsgiving, and each of us must give according to our situation. Almsgiving is not the tithing you're already doing—it's giving above and beyond what you normally give. It is a true penance.

POPE FRANCIS' PRAYER INTENTION FOR FEBRUARY

For vocations to the priesthood and religious life

Let us pray that the ecclesial community might welcome the desires and doubts of those young people who feel a call to serve Christ's mission in the priesthood and religious life.



Wednesday Night Reflections from Archbishop Mulhall:

St. Mary's Cathedral (279 Johnson Street) We have begun our Wednesday 7:00 pm spiritual reflections in the presence of the Blessed Sacrament again, I look forward to you joining me.

Steubenville 2025 June 27-29, 2025

Franciscan University of Steubenville, Ohio

St. Michael's Parish in Belleville is organizing another trip this year for teenagers to attend their youth conference, and opening this opportunity for youth across the archdiocese. Patrick Bailey is the coordinator. For more information, please contact him at 613-921-5236 or by email bailz77@yahoo.com

Jubilee Year of Hope Pilgrimage to Fatima, Lourdes, Rome and Assisi

Please join Father Justin Pulikunnel and Father Shawn Hughes who will travel November 5 to November 17 to Europe to receive the great graces of pilgrimage in this Jubilee Year. For further information please do not hesitate to contact Ann Lyng at ann@stmaryscathedral.ca

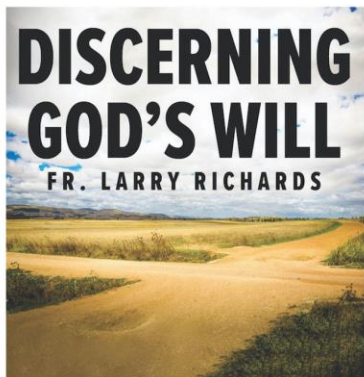
School of Identity (Our Lady of Divine Fire Mission)

Friday, March 7; 6:30 pm - 9:30 pm & Saturday, March 8; 8:15 am - 4:00 pm Holy Name of Mary Parish Centre (7288 Old Hwy 2, Marysville, ON)

A learning opportunity to help you grow in your identity as a beloved son or daughter of God. Learn about personal transformation, intimacy with God and hearing his voice. living the supernatural life and being baptized in the Holy Spirit! Registration required. Regular admission \$30, Couples \$50, Students \$20 (Lunch INCLUDED) Registration and details at: <https://ourladyofdivinefire.regfox.com/2025-school-of-identity>

OPUS DEI Recollection on how to find God in our work, relationships and life. *"It is in the midst of the most material things of the earth that we must sanctify ourselves, serving God and all mankind."* St. Josemaria Escriva

Women's Recollection Tuesday, Feb. 18 at St. Joseph's Church from 7-9pm **Men's Recollection** Wednesday, Feb 19 at St. James Chapel beside St. Mary's Cathedral from 7-9pm. Newcomers are always welcome. Come and go as you need. Learn more at opusdei.ca or call Irene at 613-549-7421



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Forming Catholics for Life.

Discerning God's Will by Fr. Larry Richards

Discovering the will of God can be an intimidating challenge in the spiritual life. Join Fr. Larry Richards as he guides us in this task through practical advice and personal stories!, Discovering the will of God can be an intimidating challenge in the spiritual life. Join Fr. Larry Richards as he guides us in this task through practical advice and personal stories!

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