

THE BULLETIN FOR March 9/10, 2019

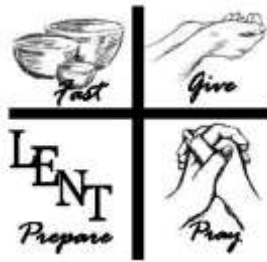
Parish Office: 1769 Frenchvale Road, Frenchvale, NS B2A 4E2

Parish Priest: Rev. Paul Abbass
Associate Pastor: Rev. Vargheese
902-794-2741 or 902-301-4120 (cell)
Deacon Wally Ivany
902-595-4497

E-Mail: abbassp@me.com
E-Mail: vargheseims@gmail.com
E-Mail: ivamy1957@hotmail.com

Bulletin: stcolumba.iona@ns.sympatico.ca
Website: www.heartofcapebretonparishes.com

FIRST SUNDAY OF LENT



WEEKEND MASS SCHEDULE

Saturdays	St. Columba, Iona	4 p.m.
Saturdays	St. Andrew's, Boisdale	5:30 p.m.
Saturdays	Holy Trinity, Waycobah	6 p.m.
Saturdays	St. Mary's, Frenchvale	6 p.m.
Sundays	St. Michael's, Baddeck	9 a.m.
Sundays	Queen of the World, Wagmatcook	10:30 a.m.

POPE FRANCIS' WORDS

Do you want to fast this Lent?

Fast from hurting words and say kind words.

Fast from sadness and be filled with gratitude.

Fast from anger and be filled with patience.

Fast from pessimism and be filled with hope.

Fast from worries and trust in God.

Fast from complaints and contemplate simplicity.

Fast from pressures and be prayerful.

Fast from bitterness and fill your heart with joy.

Fast from selfishness and be compassionate to others.

Fast from grudges and be reconciled.

Fast from words and be silent so you can listen.

THE PARISH COMMUNITIES OFFER PRAYER AND SYMPATHY TO:

The Family of Fannie MacDonald, Queen of the World Parish, Wagmatcook.

May she rest in peace. Amen.

ST. MARY'S PARISH: All candidates for First Communion are asked to contact Sheila at 902-794-4198 to register.

ST. MARY'S CONFIRMATION: The first of the preparation sessions for Confirmation will be held on Sunday, March 10, at 3 p.m. in St. Mary's Church. It is very important for all candidates to attend. If you have questions please contact Sheila Gillis at 902-794-4198.

MASS FOR SHUT-INS: Sundays on CTV at 11:30 a.m.

SHARE LENT: Did you know that every minute, 31 people are forced to flee their homes to seek refuge and safety in another village, city or country? There are currently more than 68.5 million children, women and men in this situation around the world. From climate change to extreme poverty and armed conflict, there are many different reasons why people flee. This Lenten season, Development and Peace – Caritas Canada invites you to "**Share The Journey**" with people forced to seek refuge, and to reach out and encounter them. Together, let's walk on the path of solidarity. The Annual Solidarity Sunday collection for Development and Peace will be on Sunday, April 7, the Fifth Sunday of Lent. Your generous solidarity is vital to the mission of Development and Peace and its ability to help, respect, and promote the poor.

THANK YOU: Many thanks to all who participated in or brought food to World Day of Prayer at Alderwood. A donation of \$341 will be forwarded to the Women's Inter Church Council of Canada, whose mission is to restore hope to women suffering injustice.

CULTURAL GAELIC GATHERING: Songs and Stories in Irish, Gaelic and English. Special Guest Fr. Sean Coyle, Dublin Ireland. An afternoon of culture, music, songs and stories. Sunday, March 10, at 2 p.m. Boisdale Fire Hall. Admission by Donation.

ANNUAL MEETING: The Annual Meeting for the Iona Volunteer Fire Department will be held at the St. Columba Church Centre on Sunday, March 10, at 6 p.m.

ST. PATRICK'S DANCE will be held on Saturday, March 16, at the Frenchvale Senior's Club, 3099 Frenchvale Road, from 8:30 p.m. until 12 Midnight. Adm. \$10 (includes Beef Stew and Tea Biscuits). Pay at the door. Please call 902-794-2940 for information.

ST. PATTY'S IRISH NIGHT of entertainment and food on Saturday, March 16, 7:30 p.m. to 10 p.m. at the Boisdale Fire Hall with Darryl Keigan. Adm. \$10. Chilli, biscuits, Irish soda bread and sausages available.

FOOTCARE & WELLNESS CLINIC will be held at the Christmas Island Fire Hall on **Thursday, March 28** (Please note the change of date for this time only ...normally it is the 4th Wednesday of the month). For appointment and/or information phone Pauline, 902-725-2698 or Paula, 902-871-2810. Sponsored by CCBCV Inc.

WINTER YOGA RETURNS – St. Columba Church Centre, Iona - daytime classes, on Tuesdays, 10 - 11 a.m. and evening classes on Wednesdays, 7 - 8 p.m. Wear comfortable clothing and bring a yoga mat, blanket and water. Certified Yoga Instructor: Amber Buchanan. If school is cancelled at Rankin School of the Narrows the class will be cancelled for the day. Cost: \$5 per class. Sponsored by: CCBCVI, Wellness Committee. For further information email: ccbcvi@gmail.com

ADULT CHAIR FITNESS CLASS: Thursdays until April 11, 10:30 - 11:30 a.m., St. Columba Church Centre, Iona. Participants will do aerobic, strength training and stretching exercises while seated in a chair. Bring light weights or two bottles of water to use as weights. Class suitable for persons with all ranges of mobility. Wear comfortable clothing and sneakers. Bring a bottle of water. Instructor: Theresa MacLean, PTS, FIS. If school is cancelled at Rankin School of the Narrows the class will be cancelled for the day. Cost: \$5 per class. Sponsored by: CCBCVI, Wellness Committee. For further information email: ccbcvi@gmail.com

YOGA is back for the winter session at the Boisdale Fire Hall on Tuesdays at 7 p.m. & on Fridays at 10 a.m. Classes are \$5 per session. Bring a mat, blanket & wear comfortable clothing. Call Anita at 902-871-2074 for more information.

EXERCISE CLASSES have resumed at the Boisdale Fire Hall on Thursdays at 10 a.m. Please wear comfortable clothing and appropriate footwear, and bring a water bottle. If you have any questions please call Marie MacSween at 902-578-9070.

ALCOHOLICS ANONYMOUS: Meetings are held in Boisdale, St. Andrew's Church - upstairs - every Friday night from 8 p.m. to 9 p.m. Iona Parish Hall - every Tuesday night from 7 p.m. to 8 p.m. Please call 902-562-8019 for more information.

CARD GAMES: Tuesdays – Senior’s Club, Frenchvale – 7:30 p.m. Wednesdays – Boisdale Fire Hall – 7:30 p.m.

ST. PATRICK'S DAY VARIETY CONCERT: Sunday, March 17, at the North Sydney Firemen's Club at 2 p.m. 50//50 Draw and canteen featuring fiddlers, musicians, vocalists and dancers. Goodwill donations accepted . Fundraiser for St. Joseph's CWL.

MINISTRIES - ST. COLUMBA - Saturday, March 16 - 4 p.m. - Readers – Neil MacNeil, Liz MacNeil. Eucharistic Ministers – Bernadette MacDougall (The Bread), Florence MacNeil (The Cup), Angela MacDougall (The Cup). Hospitality - Buddy MacNeil, John Neil MacLeod, Brad Parks, Timmy MacNeil. Altar Servers – Grace, Simon. **MINISTRIES - ST. ANDREW'S - Saturday, March 16 - 5:30 p.m.** - Readers - Blaine, Anita. Eucharistic Minister - Blaine. Hospitality - Len. Altar Server - Emma. **MINISTRIES - ST. MICHAEL'S - Sunday, March 17 - 9 a.m.** - Readers - Marie Hanam, Mary Ivey. Eucharistic Minister - Charlene Ivany. Church cleaner for the week of March 10 - Kim Cameron.

OFFERINGS	St. Columba	St. Mary's
(Mar. 2/3)		
Envelopes	\$ 809.00	\$ 170.00
Loose	33.00	14.05
Direct Deposit	50.00	245.00
Building Fund	5.00	
St. Columba Cem.	35.00	
Fuel		10.00