

**THE BULLETIN FOR
ST. BARRA PARISH (ST. COLUMBA, ST. ANDREW'S)
ST. MARY'S, FRENCHVALE
ST. MICHAEL'S, BADDECK
QUEEN OF THE WORLD, WAGMATCOOK
HOLY TRINITY, WAYCOBAH**

**Parish Office: 1769 Frenchvale Road, Frenchvale, NS B2A 4E2
Phone: 902-565-0631 Fax: 902-794-2049**

**Parish Priest: Rev. Paul Abbass
E-Mail: pabbass@ca.inter.net
Deacon: Wally Ivany
E-mail: ivamy1957@hotmail.com
902-595-4497**

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

**FOURTH SUNDAY OF LENT
March 26, 2017**



REGULAR WEEKEND MASS SCHEDULE:

- Saturdays - St. Columba, Iona - 4 p.m.**
- Saturdays - St. Mary's, Frenchvale - 6 p.m.**
- Sundays - St. Michael's, Baddeck - 9 a.m.**
- Sundays - Queen of the World, Wagmatcook - 10:15 a.m.**
- Sundays - Holy Trinity, Waycobah - 11:30 a.m.**
- Sundays - St. Andrew's, Boisdale - 4 p.m.**

THE PARISH COMMUNITIES OFFER PRAYER AND SYMPATHY TO: The Family of Michael Joseph (Mickey) Woodford from St. Michael's Parish, Baddeck. May he rest in peace. Amen.

ST. BARRA PASTORAL COUNCIL MEETING on Thursday, March 30, at 6:30 p.m. at the Boisdale Fire Hall.

FOOD BANK COLLECTION: A reminder that the first weekend of each month we will be collecting non-perishable items for the local Food Banks in our parishes with the exception of St. Michael's, Baddeck, which will be collected on the last weekend of the month.

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

LENTEN MISSION: "Words of Wisdom for an Age of Anxiety"
The Parish of Saint Leonard is offering a Lenten Mission from April 1 - 5, at the Parish Church of Saint Leonard, Mount Carmel Avenue, New Waterford. Fr. Ray Huntley will lead the Mission, which will focus on some insights from contemporary spiritual writers which offer consolation and hope during difficult and uncertain times. The Mission will begin with homilies at weekend Masses on Saturday, April 1, at 4 p.m. and Sunday, April 2, at 9 & 11 a.m. The Mission will continue with a Mission Session & Healing Service on Monday, April 3, at 6:30 p.m. Mission Session & Reconciliation Service on Tuesday, April 4, at 6:30 p.m. and conclude on Wednesday, April 5, at 6:30 p.m. with a Mission Session and Closing Mass. This will be followed by a social at the Parish Hall (Convent Street). Everyone is welcome!

DIOCESAN GROUP FOR STEUBENVILLE ATLANTIC:
Steubenville Atlantic returns to Halifax, at Dalhousie University on July 8 - 10 for the 10th Anniversary. The conference is for young people in Grade 8 to 12 and is a gather of 600 young people from all over Atlantic Canada. There is rocking praise music, great teaching and lots of food. All that is required is a \$50 non-refundable deposit. For further details on how to register contact Nolan Conrad, 902-539-6188, ext. 241, or via email at nolan@dioceseofantigonish.ca. For more information on the conference www.steubenville.ca

THANK YOU: Thank you Fr. Abbass and your parishioners for all the help you gave us with our Christmas boxes. I know there were many OHS and AHS' and laughter when the bags were opened and the candy came out! The donations of food and others sweet would all take second place. Thank you one and all for your help and kindness. Northside Food Bank.

GAELIC IMMERSION SESSIONS every Friday from 10 a.m. to 4 p.m. at 335 Farrell Road, Benacadie. \$10/day. Bring your own lunch. Please call Stacey for further information, 902-622-2888.

WINTER YOGA takes place on Tuesdays at 7 p.m. at the Boisdale Fire Hall. Classes are \$5 per session. Please bring a mat and blanket and wear comfortable clothing. If you have any questions, contact Anita MacKinnon at 902-871-2074.

ADULT CHAIR FITNESS CLASS continues on Tuesdays from 10:30 - 11:30 a.m. **BACK TO BASICS FITNESS CLASS** continues on Thursdays from 10:30 - 11:30 a.m. Cost is \$5 per class. All classes held at St. Columba Parish Centre with Instructor Theresa MacLean, PTS, FIS.

CARD GAMES: Tuesdays – Senior's Club, Frenchvale – 7:30 p.m.
Wednesdays – Boisdale Fire Hall – 8 p.m.

MINISTRIES - ST. COLUMBA - Saturday, April 1 - 4 p.m. -
Readers - Elizabeth MacNeil, Neil MacNeil. Eucharistic Ministers - Francis MacKinnon (The Bread), Anne MacKinnon-Parks (The Cup), Angela MacDougall (The Cup). Hospitality - Austin & Cynthia MacKenzie, Timmy & Rory MacNeil. Altar Servers - Riley, Hannah K., Grace.

MINISTRIES - ST. MICHAEL'S - Sunday, April 2 - 9 a.m. -
Readers - Bernie MacDonald, Mary Ivey. Eucharistic Minister - Mary Ivey. Church cleaning for the week of March 26 - Bernice Grant.

MINISTRIES - ST. ANDREW'S - Sunday, April 2 - 4 p.m. -
Readers - Anita, Blaine. Eucharistic Minister - Jane. Hospitality - Kenny, Joe. Altar Server - Gerard.

**OFFERINGS St. Columba St. Mary's St. Andrew's St. Michael's
(Mar. 19)**

Envelopes	\$ 622.00	\$ 285.00	\$ 290.00	\$ 483.00
Loose	58.75	28.50	23.60	107.50
Building Fund	30.00	10.00		
Weekly DD		245.00		
St. Barra Cem. Cemetery	100.00		10.00	

LENTEN PRACTICES

For nearly two thousand years the 40-day season of Lent has been used by God's people to remember the events of Jesus' crucifixion and resurrection. We encourage you to take on these daily spiritual practices as well, which can help protect from distraction and increase our ability to hear from God.

Monday: Make no purchases. Most of us can buy things whenever we need them. Take a day to fast purchases.

Tuesday: Make a personal contact. Our lives can be so busy. Many of us are in such a rush that we don't have time for relationships.

Wednesday: Fast noise. Take a break from social media. Keep the television off today. As you do, sing a worship song, or speak out your prayers, and listen for God's still small voice.

Thursday: Add an extra hour of sleep. We are designed to need sleep. Rest is one of the greatest gifts God gives us. Some of us are exhausted from burning the candle at both ends.

Friday: Fast a food of your choice. Recognize your dependence on God, and be thankful for the things you enjoy by choosing to fast a meal or a food of choice. As you do, focus on your dependence on God for your most basic needs.

Saturday: Add an hour of physical activity. When we take care of our bodies we take care of the temple of the Holy Spirit.

Sunday: Celebrate in worship!