

“BREATHE IN THE SPIRIT”

Last week, Rob Bell's reflection on the Spirit “breathing” within us concluded with an invitation to “slow down, and become aware that it is in the Divine Name, in ‘Yod,’ ‘Heh,’ ‘Vav,’ ‘Heh’ that we live, and we move, and we breathe.” Easier said than done, you might say! Here is a practical exercise to help us get in touch with the indwelling Spirit of God:

A Breathing Prayer

As a means of entering into prayer, the rhythm of our breathing can be a useful tool. This is so for several reasons. On a practical level, since we're always breathing, it is a constant presence in our lives. This fact calls to mind, secondly, the connection between breathing and God, since God is the giver of all life. Finally, because we “breathe in the good air and breathe out the bad,” the rejuvenating process of breathing calls to mind a deeper, spiritual cleansing that comes through prayer: moving from willfulness to willingness, from resistance to surrender.

Instructions: Sit somewhere comfortably and quietly where you will not be disturbed.

Breathe somewhat more deeply than usual, becoming more conscious of the air entering your lungs when inhaling—and then, after a brief pause, also the air that leaves when exhaling.

As you develop this rhythm, focus your mind upon God, guided by the following reflection:

Breathe in the breath of God -	Breathe out your cares and concerns
Breathe in the love of God -	Breathe out your doubts and despairs
Breathe in the grace of God -	Breathe out your fears and frustrations
Breathe in the breath of God -	Breathe out your tensions and turmoil
Breathe in the love of God -	Breathe out your haste and hurry
Breathe in the grace of God -	Breathe out your waste and worry.

Sit quietly before the Father who gives life and love to all creation.

Sit in adoration before the Son who redeems us from all our sins.

Sit in peace filled with the breath of the Holy Spirit who renews every fiber of our being.

Sit in awe before the Glory of the One God: Father, Son and Holy Spirit. AMEN!

NOOMA Breathe (014) Rob Bell

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**PANCAKE BREAKFAST ON SUNDAY, FEBRUARY 7th AFTER 11:00 A.M. MASS**

"As Lent approaches, the Communications Committee in conjunction with this year's RCIA candidates for Confirmation would like to invite all parishioners to join us for breakfast in the church hall on Sunday, February 7th after the 11 o'clock mass. We will be serving a hearty meal of pancakes, eggs and sausages to give everybody a final boost of energy before Lent. We encourage everyone to bring their friends and family to break bread with us: the more the merrier! A suggested \$5 donation from those who attend will go straight to our food pantry to help feed even more people. We can't wait to see you there after mass!"

CALLED TO SERVE: LITURGICAL MINISTRIES

Did you know that the Vatican II Constitution on the Liturgy calls ALL Catholics to “full, conscious, and active participation” in the liturgical life of the Church? We do this first and foremost as actively participating members of the Eucharistic assembly. But some among us are called to exercise specific liturgical ministries: lectors, Eucharistic ministers, choir members, altar servers, and ministers of hospitality. If you are thinking you might like to serve in one of these ministries, consider this your personal invitation! Please phone and leave a message at the parish office, or better, speak to Fr. Raymond or one of our Mass co-ordinators (4 PM – Patricia Lawrence; 8:30 AM – Raquel Galvan; 11:00 AM – Sheila Moriarty) after Sunday Mass. We will provide the guidance and training – just bring your faith and love, and your desire to serve the Lord and this parish through the sharing of your gifts.

MASS INTENTIONS FROM JAN. 30 TO FEB. 7, 2016

Saturday, January 30: Our Lady's Saturday

4:00 Maria Cardilli By Agnese Cicciarelli
Antonio Bei By his wife Gabriella Bei
Ermando Giuseppie Nudo By his wife Elvira Nudo

Sunday, January 31: Fourth Sunday in Ordinary Time

8:30 In Loving Memory: Alba & Luigi Paliotti and Emma & Colombo Salvati

11:00 Louise Smith By Mary & Joe Supino
Leonard McKenna By Judy Young

Monday, February 1: Weekday Mass

8:00 Steven Lohnes By Tomasso & Santina Michetti

Tuesday, February 2: The Presentation of the Lord

8:00 Jonathan Castilho By Olivia Johnson
Ienco & Maiolo Family By the Family

Wednesday, February 3: St. Blaise & St. Ansgar

8:00 For Special Intentions of all Parishioners

Thursday, February 4: Weekday Mass

8:00 Antonio & Annunziata Castelli By Piccolino Family

Friday, February 5: St. Agatha

8:00 Cruciano Nardinocchi By his mother Edda

Saturday, February 6: St. Paul Miki & Companions

4:00 Vittoria & Giuseppe Caucci By Teresa Caucci
Francesca & Sante La Posta By Concetta La Posta
Adamo Francesca By his Sister & Family

Sunday, February 7: Fifth Sunday in Ordinary Time

8:30 Agnese, Martino & Antonio Gagliardi By the Family
Special Intention for May Fong By Glen & Mary Smith
11:00 In Loving Memory: Deceased members of the Cullen Family

Your Generosity...

Thank you for your on-going support of our parish... Collection for the weekend of January 23/24, 2016 totalled \$3,402.80

WHAT IS "MENTORSHIP MINISTRY?"

We are excited to inform you of the launch of an all new Ministry called "Mentorship Ministry".

"Mentorship Ministry" is a group of Catholic Christian friends journeying through life with God and with each other. We embrace our lives as gifts from God and we are seeking to respond authentically to the gifts of life. Our goal is to become authentic human beings and to help others who are striving towards that same goal while beginning their career spiritually. For further details, please refer to the enclosed invitation "Mentorship Ministry" in this Bulletin.

**PASTORAL HOME CARE * GROUP MEETING
TUESDAY, FEBRUARY 2, IN THE RECTORY BASEMENT
AFTER THE 8:00 A.M. MASS**

REFUGEE SPONSORSHIP

We are discerning as whether or not to sponsor a refugee family. If we do, we will need a committed team to see the project through. We will hold a meeting to explore this possibility on **Sunday, Feb. 23 after the 11:00 a.m.** mass in the rectory. If you are interested to participate in this venture, please come join us at the meeting. All welcome to attend.

GENERAL BLESSING OF THE THROATS NEXT WEEKEND

At all the weekend Masses of February 6 & 7, there will be a general blessing of the throats after the masses.

Adult Faith Enrichment Upcoming events

Coffee and Conversation

Join us on **Sunday, February 7 from 9:50 to 10:50 am**, in the rectory dining room to view the **NOOMA** film "**Dust – What does God see in us?**" Free babysitting is available for pre-school aged children, and all are welcome.

The Two Feet of Love in Action: Social Justice and Charitable Works

In our parish mission statement, we commit ourselves to put into practice the Lord's invitation through the prophet Micah: "*To act justly, to love tenderly, and to walk humbly with God.*" Love builds upon a foundation of justice. Charity implies giving what is mine to others, but justice calls us to give to others what is rightfully already theirs because of who they are as children of God. Please join **Brian McDonough** on **Wednesday, February 17 from 7:00 to 9:00 p.m.** in the parish hall to learn how justice and love interact with each other to promote the common good! Free babysitting is available upon request at registration. Please register by **February 15**.

Please refer to our website and the posters at the Church entrances for additional information. If registration is required, kindly use the appropriate sign-up sheets at the main church entrance or contact Anna at the office.