

ONLINE BULLETIN March 22,2020

The following is an excerpt from a message sent out by Albert LeGatt Archbishop of Saint Boniface. The full document can be found on the St Michael's website.

“Assemblies for Sunday masses and celebrations of solemnities (i.e. Holy Week celebrations) are **cancelled until the end of April 2020**. For the duration of this period, I grant to all the Catholic faithful of the Archdiocese of Saint Boniface dispensation from their Sunday obligation (cf. Code of Canon Law, 87). All pastors are of course to celebrate the Sunday mass (privately or with a very very small group of people) for all their parishioners (i.e. pro populo). They may consider live streaming their celebration of the mass to their parishioners if the parish is equipped to do so.”

Other Spiritual Resources

Daily Mass

Salt + Light TV has daily mass, streamed live that you can view anytime at www.saltandlighttv.org/mass

Virtual Stations of the Cross

Visit the Busted Halo site that presents the traditional devotion in a virtual way to help you reflect on the mystery of Jesus' death and what it still means to us today: <https://bustedhalo.com/video/virtual-stations-of-the-cross>

Daily Prayers

The Pray as You Go site: <https://pray-as-you-go.org/home/>

Novenas

A Coronavirus Novena is available here: <https://www.praymorenovenas.com/pandemic-novena>

- THE 4th SUNDAY OF LENT YEAR A -

Theme: Jesus, the of light of the World

Today's Gospel story is about Jesus giving sight to a man born blind. It was a miracle that happened in the street of Jerusalem before the public and was not requested either by the man or anybody on his behalf. The whole story sends us a strong message about Jesus, who says: "I am the light of the world" (*John* 9:5). Jesus is the only one who can give us the light we need to see things as they really are. He alone enables us to understand the truth about ourselves, others and the world. As he led the man born blind out of darkness, so he leads out of fear, loneliness and gives direction to our lives. May he lead us out of the present forces of darkness enveloping the world!

1st reading: *1Samuel* 16:1b,6-7,10-13. The story of the anointing of David as future king of Israel.

Responsorial Psalm: *The Lord is my Shepherd; I shall not want.*

2nd reading: *Ephesians* 5:8-14. We called to live as children of light.

Gospel: *John* 9:1-41. Jesus heals a man born blind.

SUNDAY MASS INTENTIONS:

March 22nd: Mass is for the happy repose of the soul of Walter Banash as requested by the children at

April 5th: Aileen & family are praying for the repose of the soul of Vincent Obirek at St. Michael.

April 11th, Easter Vigil: Children of Edward & Dolores pray for the repose of the souls of Edward & Dolores Sitarz at St. Michael

April 12th: Aileen & family pray for the repose of the soul of Carolyn Obirek at St. Michael.

April 19th: Mass at St. Michael is offered for the repose of the soul of Allan Obirek as requested by Aileen & family.

WEEKDAY MASS INTENTIONS:

March 25th: Catherine Bylo prays for the repose of the soul of Cindy Einfeld (one year anniversary of death) at Garson.

April 1st: Mass is for the repose of the soul of Roman Bylo as requested by Catherine Bylo at Kin Place Oakbank.

Please use special envelopes for Mass Intentions. Please, consult the bulletin or find out from the priest to know which Sunday is free for Mass intention

St. Michael's.

Our annual **Seniors' Supper** scheduled for Sunday, April 5th. Has been **CANCELLED**

Forty Days – Forty Items

Our Lenten journey has begun. It's not too late to take the challenge!. Each day of Lent, remove one item from your closet that you no longer wear or need and put it in a trash bag. At the end of the forty days, bring these items to church for donation to the Centre Flavie – Laurent. You can also do this for small kitchen gadgets.

St. John Paul II

A huge thank you goes out to Glen Adams for keeping our steps and ramps clear of snow all winter! It was a relief to know that we didn't have to worry about snow blocking our entrance to evening Mass or any events held at the church. Glen never failed to clear the snow. Thank you, Glen!

We are in need of a volunteer to wash the linens once a month. Please see Larry if you are able to take on this task. It's only once a month and doesn't sound like an onerous task.

Also, with the Easter Triduum coming soon, we are in need of volunteers in the following areas: 2 people to attend the Chrism Mass and obtain the Holy Oils for our church, a reader for the Second reading on Good Friday, a reader for the 7th reading on Holy Saturday. Please see Larry to volunteer for any of these.

Please remember that we need to update our records with your new mailing address, whether it be just a postal code or a complete address change. You can write your name and address on a paper and place it in the collection basket. Thank you all.

St. John Paul II has a membership number with the **Red River Co-op**. If anyone wants to donate their fuel purchases, our number is **500286**.

We extend a warm welcome to all visitors in our church community and invite you to register and join our parish. To register, please complete the form that is available at the back of the church and is also on our website at www.stjohn-paulii.org. Completed forms can be left with a greeter at the door or placed in the offertory basket. We are happy to have you be a part of our church community and to share our spiritual journey together.

The next **Board meeting** is Thursday, May 7th, 2020 at 7:00 p.m.

Sacred Heart

St. Michael's CWL

A lot of fresh perogies for sale. Still only \$ 5.00 a dozen.

[Cooks Creek Heritage Museum](http://www.cchm.ca) www.cchm.ca

"Polski Czat is cancelled until further notice

Social Action - Development & Peace.

Development and Peace Share Lent Collection

During these uncertain times because of COVID-19, we are in solidarity with our partners in the Global South that will be all the more affected by this pandemic. We encourage you to give from the heart, more than ever, for Share Lent. Please give to Development and Peace by making a DIRECT donation:

1. Online: devp.org/give
2. By phone: 1-888-234-8533 or 1-888 664-3387
3. By mail : 1425 Rene-Levesque Blvd W, 3rd floor, Montreal, QC, H3G 1T7

Community Notices

Human coronaviruses cause infections of the nose, throat and lungs. They are most commonly spread from an infected person through:

- respiratory droplets generated when you cough or sneeze
- close, prolonged personal contact, such as touching or shaking hands
- touching something with the virus on it, then touching your mouth, nose or eyes before washing your hands

Current evidence suggests person-to-person spread is efficient when there is close contact.

If you have travelled outside of Canada

Federal and provincial public health leaders have recommended that all travellers from outside of Canada self-isolate for 14 days. These efforts will contribute to slow the introduction and spread of COVID-19 in Canada.

If you have COVID-19, reduce contact with others

If you are sick, reduce contact with others by:

- staying at home and [self-isolating](#) (unless directed to seek medical care)
 - if you must leave your home, [wear a mask](#) or cover your mouth and nose with tissues, and maintain a **2-metre distance** from others
- avoiding individuals in hospitals and long-term care centres, especially [older adults and those with chronic conditions or compromised immune systems](#)
- avoiding having visitors to your home
- covering your mouth and nose with your arm when coughing and sneezing
- having supplies delivered to your home instead of running errands
 - supplies should be dropped off outside to ensure a 2-metre distance

Social distancing

Together, we can slow the spread of COVID-19 by making a conscious effort to keep a physical distance between each other. Social distancing is proven to be one of the most effective ways to reduce the spread of illness during an outbreak. With patience and cooperation, we can all do our part.

This means making changes in your everyday routines to minimize close contact with others, including:

- avoiding non-essential gatherings
- avoiding common greetings, such as handshakes
- avoiding crowded places such as concerts, arenas, conferences and festivals
- limiting contact with people at higher risk like older adults and those in poor health
- keeping a distance of at least 2 arms-length (approximately 2 metres) from others

Hygiene

Proper hygiene can help reduce the risk of infection or spreading infection to others:

- wash your hands often with soap and water for at least 20 seconds, especially after using the washroom and when preparing food
 - use alcohol-based hand sanitizer if soap and water are not available
- when coughing or sneezing:
 - cough or sneeze into a tissue or the bend of your arm, not your hand
 - dispose of any tissues you have used as soon as possible in a lined waste basket and wash your hands afterwards
- avoid touching your eyes, nose, or mouth with unwashed hands
- use [approved disinfectants](#) when cleaning hard high-touch surfaces
- clean the following high-touch surfaces frequently with regular household cleaners or diluted bleach (1 part bleach to 9 parts water):
 - toys
 - toilets
 - phones
 - electronics
 - door handles
 - bedside tables
 - television remotes

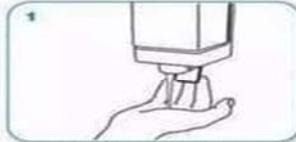
How to handwash Catholic Style!



30-45 second wash time



0
Our Father, Who art in heaven,
Hallowed be Thy Name.



1
Thy Kingdom come.
Thy Will be done,
on earth as it is in Heaven.



2
Give us this day our daily bread.



3
And forgive us our trespasses,
as we forgive those who trespass
against us.



4
And lead us not into
temptation, but deliver us
from evil. Amen.



5
Hail Mary, Full of Grace,
The Lord is with thee.



6
Blessed art thou among women,
and blessed is the fruit
of thy womb, Jesus.



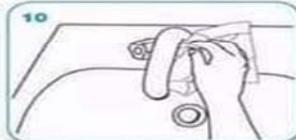
7
Holy Mary, Mother of God,
pray for us sinners



8
now, and at the hour of
our death. Amen.



9
Glory be to the Father,
and to the Son,
and to the Holy Spirit.



10
As it was in the beginning,
is now, and ever shall be,
world without end.



11
Amen.

*Clean hands are life savers
... and prayers save souls!*

