

# St. Joseph's Catholic Church



## Fifth Sunday in Ordinary Time

*"He cured many who were suffering."*

**4 February 2024**

392 Palace Road, Kingston, Ontario K7L 4T3 Tel. 613-547-5004

Email: [stjoseph.kingston@archkingston.ca](mailto:stjoseph.kingston@archkingston.ca)

Parish Website: [www.stjosephskingston.ca](http://www.stjosephskingston.ca)

Rev. Cosmas Ajawara, Pastor ~ Rev. Mr. Robert Wojcik, Deacon ~ In Residence: Rev. Charles Ogbuagu

### **Mission Statement**

*Grounded in the gospel of Jesus Christ through liturgy, Eucharistic worship and outreach, St. Joseph's Parish calls the faithful to an active involvement in parish life and responsible participation in extending Christ – like values to the wider community.*

### **Liturgy Schedule**

#### **Weekend**

Saturday: 5:15 p.m.  
Sunday: 9:00 a.m., 11:00 a.m.

#### **Weekday**

Monday 5:15 p.m.  
Tuesday 9:00 a.m.  
Wednesday 9:00 a.m.  
Thursday 9:00 a.m.  
Friday 5:15 p.m.

#### **Holy Hour and Divine Mercy Prayers**

Monday and Friday 4:00 p.m.

#### **Sacraments**

##### **Baptism**

Sunday after the 11:00 a.m. Mass – Registration required, please contact the Parish.

##### **Confession**

Monday, Friday & Saturday 4:00 p.m. – 5:00 p.m.

##### **Marriage**

Six months' notice is required, as well as a Marriage Preparation Course. Please contact the Parish.

##### **Anointing**

Please contact the Parish.

**Parish Office Hours: Monday to Friday**

**8:30 a.m. – 4:30 p.m. (closed 12:00 – 1:00 p.m.)**

### **Parish Organizations**

Parish Finance Committee  
Parish Pastoral Council  
Catholic Women's League

Knights of Columbus, 11670  
Lectors  
Eucharistic Ministers  
Ministry to Sick & Homebound

Ministry to Seniors (Cards)  
Ministry at Extendicare  
Ushers  
Sacristans  
Culture of Life  
Social Justice & Outreach  
Funeral Choir  
Junior Liturgy  
Sacramental Preparation  
Altar Servers  
Youth Group  
Music Ministry

Rev. Cosmas Ajawara  
Sandra Fragoso  
Kathi Colwell & Susan  
Conway Williamson  
Patrick Greenwood  
Carol Kavanaugh  
Carol Kavanaugh  
Chris Jones & Monna  
Splinter  
Judy Saunders  
Mary Clancy  
Ian Stewart  
Fran Price  
Ben Krasna  
Stephen Ottenhof  
Dorothy Stanley  
Sandra Fragoso  
Alison Bogle  
Deacon Robert Wojcik

Shirley Kelliher,  
Theresa Whalen-Witjes

### **Parish Schools**

St. Thomas More Catholic School  
Sandra Fragoso, Principal  
234 Norman Rogers Dr., Kingston, ON K7M 2R4  
613-542-1575

St. Paul's Catholic School  
Louise Trudeau, Principal  
266 McMahon Ave., Kingston, ON K7M 3H2  
613-542-6101

## Fifth Sunday in Ordinary Time

February 4, 2024

### **Introduction**

Life can often be burdensome, but Jesus offers us the Good News of salvation. We come together, praying that our community and the Gospels will sustain each of us on our journey of faith, with our eyes always on the Lord who promises redemption.

### **First Reading: Job 7:1-4, 6-7**

Life is a burden for the melancholy who have no hope.

### **Second Reading: 1 Corinthians 9:16-19, 22-23**

To preach the Gospel is a duty, even if it's one that is not chosen.

### **Gospel: Mark 1:29-39**

He cured many who were suffering.

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### **Father Cosmas' Reflection**

#### **Engaging in Spiritual Renewal**

Today's Gospel taken from Mark 1:29-39 reminds us that our journey of faith involves both active service and intentional moments of communion with God. Through this balance, we can more effectively embody the transformative love and healing power of Christ in our interactions with others.

As Jesus heals, the crowds grow, seeking his transformative presence. Early the next morning, before dawn, Jesus withdraws to a solitary place for prayer. This intentional retreat exemplifies the significance of spiritual solitude in the midst of demanding ministry. It serves as a profound lesson for us, highlighting the importance of finding moments of quiet reflection and communion with God amidst life's busyness.

In our modern, bustling lives, this passage challenges us to examine our own rhythms of service and self-care. It prompts reflection on whether we are allowing ourselves the necessary time for spiritual rejuvenation, ensuring that our actions flow from a place of deep connection with the divine.

In this Gospel passage we see the balance between compassionate service and intentional retreat for spiritual nourishment. It encourages us to emulate Jesus' example, engaging in acts of kindness and healing while prioritizing moments of solitude, prayer, reflection and renewal.

When was the last time you intentionally engaged in a personal spiritual journey of renewal?

## MASSES FOR THIS WEEK

### **Monday, 5 February**

5:15 p.m. Intentions of Marie Ubdegrove – Yvonne & Lenna Sonneveld

### **Tuesday, 6 February**

9:00 a.m. Intention of Barbara Balon – Toni Alexandrowicz

### **Wednesday, 7 February**

9:00 a.m. Eileen Sutton – Larry & Terry Cornwall

### **Thursday, 8 February**

9:00 a.m. Anne Garrett – Leon Garrett

### **Friday, 9 February**

5:15 p.m. Intention of Dwight Neddow – St. Joseph's Catholic Women's League

### **Saturday, 10 February**

5:15 p.m. Genevieve Vidal – Rose Griffin

### **Sunday, 11 February**

9:00 a.m. Ron Smith – Shirley McDougall

11:00 a.m. People of the Parish

*To join our online Mass each Sunday at 11:00 a.m. visit [www.stjosephskingston.ca](http://www.stjosephskingston.ca).*

## PRAYERS FOR THE DECEASED

You are asked to remember in prayer those recently deceased.

## PRAYERS FOR THOSE WHO ARE ILL

Please remember in your prayers the following: Marcus Hacault; Brenda Camp; Joanne Senlon; Donna and Joe V.; Mary Jackson; Raymond Doyle.

*If there are members of your family or friends who are ill or recently died, and for whom you wish prayers, please contact Susan at the parish office at 613-547-5004.*

## OUR PARISH

KNIGHTS OF COLUMBUS MEETINGS will be held on February 6, 2024. The Executive Meeting will be at 7:00 p.m. followed by the General Meeting at 7:30 p.m. in the Parish Hall.

HOSPITALITY SUNDAY This Sunday is Hospitality Sunday after the 9:00 a.m. & 11:00 a.m. Masses. Please join us in the parish hall for fellowship and refreshments.

2024 CONTRIBUTION ENVELOPES are available at the main entrance. Please pick up your package before or after Mass. Please do not use the previous year's envelopes as the number may be different. Thank you.

This week's bulletin is sponsored by:



**RETIREMENT OF OUR BELOVED ORGANIST AND A FEW CHOIR MEMBERS**

After many, many years Shirley Kelliher, Dorathy Stanley and Lou Saulnier are retiring. Lou retired at the end of December 2023, one of the most devoted singers in our choir. Dorathy, our beautiful singing cantor, started with our choir when the church was on Regent Street, she was extremely young when she started. And Shirley, for over 25 years has shared her talents with our Parish, playing the organ, directing the Sunday and Funeral Choir's. We want to honour their years of dedication. They would be delighted if you could join them for cake and refreshments in the Parish Hall after today's 11:00 a.m. Mass. More importantly to wish them well. Thank you Shirley, Dorathy and Lou, your musical talents, will be greatly missed.



**MUSICAL AFTERNOON** On Thursday, March 7, 2024, from 1:00-3:00 p.m., the Social Committee of St. Joseph's Pastoral Council will provide an afternoon of musical entertainment, featuring Chris Murphy, Jon McLurg, Noah St. Amand and Jess Walton (of Turpin's Trail), for those who are Irish and for those who "wish they were." Light refreshments will be served in the parish hall. A free-will monetary offering would be appreciated, proceeds for Birthright Kingston.

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**2023 INCOME TAX RECEIPTS** are available this weekend and next weekend February 10-11, income tax receipts will be at the main entrance of the church for pick-up after Mass. Remaining receipts will be mailed out on February 16, 2024.

**SCREENING COMMITTEE NEW COORDINATORS** St. Joseph's Parish has new coordinators for our Screening Committee. Thank you to Colleen Purcell and Eric Bennett for volunteering to help us with this very important role in our Parish. Colleen and Eric are in the process of updating our volunteer files and in the coming months will be reaching out to our volunteers, your cooperation is appreciated.

**CATHOLIC WOMEN'S LEAGUE NEWS** Hi ladies! Our CWL Spring Bake Sale is on the February 10 & 11 weekend and we need helpers. Bake, set prices, man the tables or help clean up; it's up to you. Contact Joan McCann at 613-329-1568 if you forgot to sign up! Don't forget our **General Meeting** is February 12th at 7:00 p.m. in the Parish Hall. All are welcome!



**CONSECRATION TO THE HOLY FAMILY**

To help you prepare for our Parish Consecration to the Holy Family for the next 7 weeks, we will include in the bulletin a brief reflection.

*Week 2: Our Baptismal Consecration – we are beloved sons and daughters of God, freed from original sin and sharing in sanctifying grace (God's Life). We are members of the Mystical Body of Christ. Share the light of Christ with others.*

For a booklet outlining the 7-day Preparation for Family Consecration and to register contact the parish office.

**CATHOLIC MISSIONS IN CANADA COLLECTION** A special Diocesan collection for Catholic Missions in Canada will be taken up this weekend of February 3-4, 2024. This collection will be forwarded to the Archdiocese no later than March 5, 2024; please ensure that you have made your donation by this date.

**EVENINGS OF RECOLLECTION** Wanting to live your faith joyfully in your daily life at home and at work? Come be inspired by the teachings of St. Josemaria Escriva, founder of Opus Dei ([opusdei.ca](http://opusdei.ca)). Newcomers of all ages are welcome. Stay for a bit, or join us for the whole time. For more info contact Irene at 613-549-7421. **Recollection for Women:** Tuesday, Feb. 20 7-9pm at St. Joseph's Church. **Recollection for Men:** Wed. Feb. 21 7-9pm at St. James Chapel, St. Mary's Cathedral.

**OUR COMMUNITY**

**VERONICA'S VEIL OVERNIGHT SHELTER:** Men, your help is needed. Volunteers are needed! Shifts run 8:30 p.m. to 12:30 a.m., 12:30 a.m. to 4:30 a.m. and 4:30 a.m. to 8:30 a.m. seven days a week. Training will be provided. Please contact Ann Lyng at [veronicasveil@stmaryscathedral.ca](mailto:veronicasveil@stmaryscathedral.ca) to sign up or for further information.

**ALPHA IS COMING! (PRESENTED BY HOLY FAMILY PARISH)** Mondays, starting February 5 - April 8, 2024; 6:15 pm - 8:30 pm Our Lady of Fatima Parish Hall (588 Division Street, Kingston) This is a FREE course and dinner will be served. ALPHA is a series of 10 videos, about 30 minutes long, that explore the big issues around the Christian Faith, with a Catholic view and allow us to deepen our relationship with Jesus. These are followed by group discussions, to share thoughts and ideas on the topic. Everyone's welcome. No matter your background or beliefs, you're invited. Registration is required. Please contact Holy Family at 613-542-8587 or [holyfamily@archkingston.ca](mailto:holyfamily@archkingston.ca). For more information check out [alphacanada.org](http://alphacanada.org).

**Schedule for the week of February 10-11, 2024**

	Lectors	Eucharistic Ministers	Ushers
<b>Saturday 10 Feb. 5:15 p.m.</b>	J. Saunders S. Ottenhof	M-A. Wojcik	I. Stewart S. Harrigan R. Lachance P. Scott
<b>Sunday 11 Feb. 9:00 a.m.</b>	P. Evaristo P. Croxford	M. Tudin	I. Stewart F. Cuvelier R. Audet S. Eves
<b>Sunday 11 Feb. 11:00a.m.</b>	B. McIver F. Levesque	T. Donoghue	B. Krasna F. Asuncion F. Levesque L. Garrett I. MacKenzie
Junior Liturgy: K. Canning			

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