

January 27, 2019

THIRD SUNDAY OF ORDINARY TIME

Tue., Jan. 29 <sup>th</sup>	1:30 pm	Seniors' Group (in Rectory Meeting Room)
	6:00 pm	R.C.I.A. (in Rectory Meeting Room)
Wed., Jan. 30 <sup>th</sup>	7:00 pm	10:30 am Mass Choir rehearsal
Thur., Jan. 31 <sup>st</sup>	6:00 pm	8:30 am Mass Choir rehearsal
Fri., Feb. 1 <sup>st</sup>		First Friday Masses (9 am & 12:10 pm)
Sat., Feb. 2 <sup>nd</sup>	8:30 am	Men Breakfast Group (in Cathedral Auditorium)
	12:10 pm	Candlemas Day Mass and Anointing of the Sick



The Presentation of the Lord February 2



Bishop Colli's Schedule Feb. 2-17 Away



Coffee Sunday: This Weekend



We thank Tim Horton's (Waterloo) for the coffee and the Roussin Family for serving it at the 10:30 am

Mass and Cheryl DeLorenzi & David Ronchi for making and serving it at our 8:30 am Mass. If you can help with Coffee Sunday, please call the Office: 622-5389.

FOR GOD AND CANADA!



We express our appreciation to the Catholic Women's League of our Parish this weekend. Throughout our history, these women have provided dedicated leadership and service to our parishioners. May Our Lady of Good Counsel, their Patroness, continue to guide them in the good work that they do for us, for God and for Canada!

PRAYING AND SINGING FOR CHRISTIAN UNITY!



Christians from our four neighbourhood Churches together with Bishop Colli and persons from different other City Parishes joined in a chorus of prayer and song for harmony and unity, echoing the words of Christ: "MAY THEY ALL BE ONE, FATHER, AS WE ARE ONE."



MONTHLY MEN'S BREAKFAST

'Encouragement, Inspiration and Fellowship for Men'

WHEN? Sat., Feb. 2<sup>nd</sup>, 8:30 - 10:30 am

WHERE? Cathedral Auditorium (Donald St. entrance, downstairs)

THIS MONTH'S SPEAKER

Deacon Derek West,

Deputy Grand Knight, Council 1447 TOPIC

'The Knights of Columbus: Christian Principles in Action'

Suggested Donation: \$5. Contact: Doug McClure at: 807-708-4143



PLEASE REMEMBER

On February 2<sup>nd</sup> we celebrate the Presentation of the Lord ('Candlemas Day'). We will anoint the sick, bless church candles and distribute purification candles at the 12:10 pm Mass on that Saturday.

# YOU WERE ASKING by Msgr. P. Stilla

Q. I find daily private prayer difficult and monotonous. Is there a simple formula of prayer I can use to make it more satisfying?

A. It is important to remember that there is no magic formula to facilitate personal private prayer. This is because an individual's prayer experience is always unique to each person. Therefore, although there are many authentic forms and styles of private prayer that the Church presents to us, it is ultimately up to you to decide which form is best for you.

To this end, I recommend that you first consider your unique personality and temperament. Both will have a bearing on your prayer mode choice. Also, since you state that your private prayer has become monotonous, I suggest that you try using not just one but a variety of different prayer modes, postures or prayer locales for your daily prayer. After all, unless it is helpful to you, it is not necessary to always recite the same prayers each day or pray in the same place or use the same posture. Remember that kneeling is not necessarily the best prayer posture for everyone. Perhaps for you, standing, walking, sitting or even lying down when you pray may be much more spiritually uplifting in your case!



## Possible Choices

◆ If touch, soothing sounds and the visual aspects of life are important to you then sacred images, icons, candles, colourful paintings, prayer books, natural vistas or reflective music will help you in your prayer. However, if you prefer to concentrate on the inner sense of things (i.e.: creative imagination), then little or no external objects are needed for you to experience the Lord's presence.

.. If you are conscious of timelines or are bound by certain life responsibilities, then your personal prayer periods should reflect these constraints but, if this is not the case, then a spontaneous and timeless discourse with God will be your most satisfying prayer experience. So, what is the Answer?

There is no universal and perfect answer to your question because, when it comes to personal prayer, the solution must be arrived at by each individual. Spiritual Directors can counsel and guide you in finding the best way to pray but they can never know or decide what is ideal for you. *'Poetically speaking'*, *'your heart will let you know once you find the right answer for you!*



## Catholic Women's League

### OUR MANY THANKS TO YOU!



The CWL would like to thank all those who participated in our Warmth and Comfort Project. Your generosity will be most appreciated by the clients of Grace Place.

We collected 65 boxes of crackers; 60 jars of peanut butter; 140 pairs of socks, 10 scarves and 10 hats.

Awesome job everyone!!!



### Membership Cards

Your 2019 membership cards are available for pick up at the main doors of the Cathedral.

The Annual 2019 C.W.L. Membership Fee is \$25.



## Knights of Columbus



The 'Knight Cap', Calendar of Events & photos are all found online on our Parish website: [www.stpatrickscathedral.ca](http://www.stpatrickscathedral.ca)



Our gifts on this Hamper Sunday Weekend will assist St. Agnes' 'St. Vincent de Paul Society'