



**ST. PATRICK OF THE ISLAND  
BULLETIN for WEEK OF JANUARY 31, 2021  
4<sup>TH</sup> SUNDAY IN ORDINARY TIME**

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**This Week's Readings:**

*In today's Gospel, they were amazed at Jesus' message and his actions.*

**Deuteronomy 18: 15-20 – The Lord tells Moses that He will raise up for them a prophet from among their own kin.**

**1 Corinthians 7: 32-35 – Paul tells us to promote good order and unhindered devotion to the Lord.**

**Mark 1:21-28 – Jesus cured a man of an unclean spirit.**

**JOIN US FOR VIRTUAL MASS**

Each Sunday at 10am, we are livestreaming Mass to You Tube. There is a direct link on our website [www.st-patrick-of-the-island.ca](http://www.st-patrick-of-the-island.ca) - we hope you can join us.

Communion will be offered after Sunday Mass, from 10:45 until 11:00 am, in front of the church.

**MASS INTENTION**

**Sunday January 31, 2021 @ 10 am**

**Frank Panek from Marie & Family**



**THIS WEEK THE SANCTUARY LAMP BURNS FOR:**

**- Pastoral Staff - Fr. Pierre, Deacon Nic, & Anne**

### **From St Patrick With Love!**

Join us Wednesday afternoons for a time of prayer and reflection with Fr. Pierre, Anne and Deacon Nic. Go to [www.st-patrick-of-the-island.ca](http://www.st-patrick-of-the-island.ca) and follow the link.



#### IS ISOLATION GETTING TO YOU?

*Do you need to talk to someone? In these difficult times, some days can be stressful and your faith tested. If you need to talk, we are here to listen. You can call Deacon Nic at 514-703-3736 or Anne Coulter at 514-453-8634.*

St Pat's would like to thank...

Eric, Melissa and Heather for their efforts in bringing weekly Mass and Wednesday's Reflections to our community through social media.



#### Pope Francis' Message For These Times:

*"The prayer of praise is helpful to us... It must be practised not only when life fills us with happiness, but above all in difficult moments, in moments of darkness when the path becomes an uphill climb... Giving praise is like breathing pure oxygen: it purifies the soul, it makes you look far ahead, it does not leave you imprisoned in the difficult and dark moment of hardship."*

- Pope Francis

**THANK YOU FOR CONTINUING YOUR COLLECTIONS**

Many have dropped off their collections and we would like to take this opportunity to thank those who, through this difficult time, have reached out to support their parish. Our prayers go out to those who are struggling during this time and we pray that we will soon be back together.

God Bless you all.

**LET US PRAY FOR THOSE WHO ARE SICK:**

Louise Eddington, Barbara Guimond, Talia Chevrier, Diana Pinto, Lara Barron, Denyse Cochrane, D. Davis, Ronnie Laporte, Adrian MacDonald, Rex Padida, Bernice Miller, Audrey Angelozzi, Jean Gabriel, Edward Bertrand, Maria Linck, Jacques R., Heather Coulter, Val, Ben & Anthony Hulse, Noah & Bailey Santos, Jean Clifford, Kayla Cordeiro, Helene Larose Pullin, Allison Latham, Caron Rothwell, Caiti Dore, Andria MacDonald, Karen Descoeurs, Mary & Marian Lapchak, Gerry & Mary Guy, Elaine Kerr, Claude Bourbonnais, John Battaglia, Virginia Camus, Antanas, Nadia Lombardi, Cathy Good, Molly Gillette, Michel Leclerc, Ralph Jenkins, Kathleen Guy, Anyone affected by the virus.

**SOMETHING TO THINK ABOUT...**

“Ask Him to help you be successful in discovering the different ways each one in your family needs you.”

- Jane Trufant Harvey

## HOW TO MAKE A SPIRITUAL COMMUNION

- What is spiritual communion?
- It is Communion with Christ present in the Eucharist, not by receiving him sacramentally, but by the sole desire proceeding from faith. The value of spiritual communion rests on faith in the presence of Christ in the Eucharist as the source of life, love and unity. It is a privileged means of uniting with Christ for those who cannot commune physically. (John 4:15) The Samaritan woman says to Jesus, "Lord, give me some of this water, that I may not thirst any more...".
- A simple little method for living spiritual communion
- 1. Make an act of faith (say a prayer of your choice).
- 2. Make an act of desire, making oneself totally available to His Word and to what He wants to tell us. Desire that the Lord make his dwelling place in us. Here we recommend reading the Gospel of the day, meditating on it, and saying the inspired prayer of St. Alphonsus Liguori (below).
- 3. Give thanks in the same way as if we had really been in communion with the Body of Christ, giving thanks to the Father and asking him by his Spirit to unfold in us all the fruits of charity.
- Christ is always there with His Church (the people of God), especially in liturgical actions. He is there present in the sacrifice of the Mass. He is present, by his power, in the sacraments to the point that when someone baptizes, it is Christ himself who baptizes. He is there present in his word, for it is he who speaks while the Holy Scriptures are read in the Church. Finally, he is present when the Church prays and sings the psalms, he who promised: "Where two or three are gathered together (spiritually) in my name, there am I in the midst of them" (Mt 18:20). (From the Conciliar Constitution on the Liturgy SC7)

### *Prayer inspired by St. Alphonsus Liguori*

- *Lord Jesus, I believe in your presence in the Blessed Sacrament. I love you more than anything else and I desire that you come again today in my soul. Like many other Christians in the world, I cannot receive you sacramentally today in my Heart. Far from my community, however, I am with each one of my brothers and sisters, available today to Your Word. I know that You are there, truly present, listening to the clamor of the world. Come and visit me spiritually. Come and speak to me as to each one of your friends. Hold me in the communion of all the saints. Keep me united to the whole Church in heaven and on earth. I want to unite myself to you entirely. Do not allow me to be separated from you. Amen*