

5th Sunday of Ordinary Time - February 4, 2024

5th Sunday in Ordinary Time

There is no understanding why good-living people are asked to suffer and carry heavy crosses. Nothing threatens our confidence in a caring God more than the sight of suffering. Often, we neglect God until we are struck down and driven to trust him totally. Sickness and suffering forces us to focus on the home which is offered us by our heavenly Father. This gospel assures us that God is with us however great our suffering may be. – Desmond Knowles-

Office Hours: The Parish Office is open Tuesday to Friday 8:30 am to 1:30 pm

If you would like to receive the weekly bulletin by email please email Christine at HolyNameofJesus@archkingston.ca

The Sanctuary Lamp burns to remind us of Christ's presence in the Blessed Sacrament.

This week the Sanctuary Lamp burns

**FOR THE SICK AND SUFFERING OF OUR PARISH COMMUNITY
(OFFERED BY THE KNIGHTS OF COLUMBUS)**

If you wish to sponsor the sanctuary lamp for one week the stipend is \$10.00

Mass Intentions

5th Sunday in Ordinary Time – February 4, 2024

Sat.	Feb.	3 - 5:00 pm - for the people
Sun.	Feb.	4- 9:30 am – Mary Boyle (Jack) 11:00 am - Polish Mass
Tues.	Feb.	6- 9:00 am – No Intention
Wed.	Feb.	7 – 9:00 am – No Intention
Thurs.	Feb.	8 – 9:00 am – No Intention
Fri.	Feb.	9– 9:00 am – No Intention

5th Sunday in Ordinary Time – February 11, 2024

Sat.	Feb.	10- 5:00 pm -for the people
Sun.	Feb.	11- 9:30 am – Mary Boyle (Jack) 11:00 am - Polish Mass

Ash Wednesday Masses: Feb. 14, 9:30 am and 6:30 pm

Trinitas Youth Singers coming to Holy Name

This 16-voice choir, featuring children from Kingston and the surrounding areas, will lead music for the 9:30am Mass on Sunday, February 11. Hear a sample of their beautiful voices on their [Facebook page](#)! Contact the director, Jeffrey Moellman, at Trinitas.Singers@gmail.com for more information.

Adoration in our chapel on Thursdays from 3 to 6 pm: Our Knights of Columbus are arranging Adoration on Thursdays from 3 to 6 pm. If you can commit to the same time every Thursday please contact Bob Bouvier or Christine at the parish office. If you can't commit but would like to stop in and spend time with Our Lord you are welcome and encouraged to visit!

KNIGHTS OF COLUMBUS PANCAKE BREAKFAST

SUNDAY FEBRUARY 18

AFTER ALL MASSES

Location - St. Joseph Room, Msgr. Raby House

Cost - Donations welcome!

Veronica's Veil Overnight Shelter: Men, your help is needed.

We need your generosity. Shifts will run 8:30 pm to 12:30 am, 12:30 am to 4:30 am and 4:30 am to 8:30 am seven days a week. If you could volunteer for one of these shifts one day each week it would be a great help. Training will be provided. Please contact Ann Lyng at veronicasveil@stmaryscathedral.ca to sign up or for more information.

Monthly Meeting for Holy Rosary Franciscan Fraternity

First Thursday of the month (beginning February 1): following 5:30 pm Mass

Queen of the Most Holy Rosary Parish (169 North Park Street, Belleville, ON)

Come and See! Holy Rosary Franciscan Fraternity gathers monthly on the 1st Thursday, following 5:30 pm Mass. ALL are welcome! **Meeting Dates:** February 1, March 7, April 4, May 2, June 6, July 4, August 1, September 5, October 3, November 7, December 5.

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 613-548-8587 or holyfamily@archkingston.ca. For more information check out alphacanada.org.

Melos Chantuary: Additional Session

Saturday, February 3, 7:30 pm - 9:00 pm

St. John the Apostle Church (88 Patrick Street, Kingston)

An additional session is now offered on February 3rd. Focusing on the chant of Hildegard von Bingen. As time permits we will review the previous weeks' beautiful chants. Come sing with us or just relax and listen! Suggested free-will offering of \$10.

Romanian chants led by Alexandru Sonoc and Holly Gwynne-Timothy: Lumina Lina (Phos Hilaron/ O gracious light) and "Agni Parthene = Pe tine te ferimim. As time permits we will review previous chants: Persian Shab-e Mahtaab, Hildegard's O aeterne Deus and other chants to date: Liber usualis Puer nobis nascitur; Lamentations x2 - Toledal and Mozarabic.

Each year, the Holy Father asks for our prayers for a specific intention each month. You are invited to answer the Holy Father's request and to join with many people worldwide in praying for this intention each month.



February

For the Terminally Ill

We pray that those with terminal illness, and their families, receive the necessary physical and spiritual care and accompaniment.

Save the date: St. Barnaby's 150th Anniversary, June 9th

St. Barnaby Parish, 5307 Hwy #15, Seeley's Bay, will be celebrating their 150th Anniversary on June 9th. Mass will be celebrated at 2 PM. Following Mass a celebration dinner will take place. Please tell your family members, former parishioners and friends to save the date! Further information will be coming in the months to come.

Knights of Columbus News for all Parishioners:

What – **A learning opportunity you cannot miss**. General Presentation on Life Insurance, Long Term Care, and other financial topics for parishioners.

Why – consider Life Insurance in some form. We have car insurance, house/rental insurance, but we sometimes forget about life insurance and other products to protect our families.



When – **Mon 5 Feb 7 PM**, 7:45 -8:30 Coffee, tea, snack Alternate Weather Date Mon 12 Feb in St. Joseph Room, Basement floor entrance, in Mgr Raby House on Holy Name of Jesus Church Grounds.

Who is the presenter – Daniel Gimpel, FIC, EPC, CPCA KofC Field Agent,

The Knights of Columbus (KofC) is a fraternal benefit society, which means we can provide financial security to members and their families, while turning premiums into charitable impact.

KofC Insurance was Founded by a priest to help provide financial aid to Catholic families. It is now one of the largest life insurers in North America. The KofC also helps support a multitude of charitable causes. In the last decade, the Order has given more than \$1.55 billion to charity. For over a decade they have been known as the **most Ethical Insurance Provider** in North America. In the last year it has been named to the **Forbes America's Best Insurance Companies** List for the third consecutive year! Daniel brings over 27 years of experience to the provider.

Register by forwarding number name to: robertcharest84@gmail.com or telephone 613-453-7888 & leave a message to reserve your seat. Attendees do not have to be a member of the KofC.

What will be covered in 50 minutes:

Permanent Life Insurance – Options (4): Beneficiary Options, Additional Features and Benefits.

- Term Life Insurance
- Retirement Annuities
- Long – Term Care
- Disability Insurance
- Estate preservation
- Insurance Frequently Asked Question