

# St. Mary's & Our Lady of Lourdes

Serving the Roman Catholic Communities of Fort Frances and Couchiching First Nation

## LENT

40 Days  
of  
Renewal

PRAY - FAST - GIVE ALMS

### Parish Office

209 Victoria Avenue, Fort Frances,  
Ontario P9A 2B8  
Tel: 807 274-5233  
Fax: 807 274-7966  
Hours: Monday - Friday  
9:00am - 3:00pm  
Web: [www.stmarysfortfrances.com](http://www.stmarysfortfrances.com)  
Email: [stmarys@tbaytel.net](mailto:stmarys@tbaytel.net)

### Pastoral Team

Reverend Gino Mathias, Pastor

### Parish Staff

Mrs. Tina Roth, Administrative Secretary  
[stmarys@tbaytel.net](mailto:stmarys@tbaytel.net)  
Mr. Gerald Cousineau, Custodian

### Join Us!

To become a parishioner, please  
complete a Parish Registration form  
at the entrance of the church.

### Mass Schedule

Saturday - 5:00pm  
Sunday - 9:00am OLOL, 11:00am  
Tuesday - 6:00pm  
Wednesday, Friday, Saturday - 9:20am  
Thursday - 10:00am @ Rainycrest

### Confessions

Tuesdays - Saturdays - 9:00am  
Saturday 4:00 - 4:30pm  
Sunday 10:00 - 10:40am  
8:20 - 8:50am OLOL  
or by appointment

### Eucharist Adoration

Friday 9:45 - 10:30am

### Holy Hour

First Friday 9:45 - 10:45am

(Events celebrated at Our Lady of  
Lourdes Parish are denoted by OLOL)

### Baptisms

Please call 3 months in advance  
Baptism Preparation Class every 2nd  
Tuesday of the month at 6:30pm

### Children's Liturgy

During Sunday Masses  
September thru May

### Rosary

Weekdays **before** Mass  
Sunday 8:40am OLOL

### Anointing of the Sick

Please call to request a visit, or in an  
emergency ask hospital staff for  
"Roman Catholic Priest on call"

### Marriage

Please call 6 months in advance

### Becoming Catholic (RCIA)

Process begins in  
September, please call at  
any time

\*\*\*\*\*OUR MISSION\*\*\*\*\*



We are bonded together by a deep, personal faith in Jesus Christ,  
and called to the fullness of Christian life by virtue of  
Baptism and Confirmation and the perfection of love.



## MASSES FOR THE WEEK

**Tuesday 20<sup>th</sup>**

**6:00pm** Intentions of Margaret Gail Lajiness  
– Jeannie & Bob

**Wednesday 21<sup>st</sup>**

**9:20am** + Julia Chabot – Deloras Chabot

**Thursday 22<sup>nd</sup> @ Rainycrest**

**10:00am** + Victoria Handorgan – Marg Rousseau

**Friday 23<sup>rd</sup>**

**9:20am** Intentions of Dan & Kathy Loney

**Saturday 24<sup>th</sup>**

**9:20am** + Becky Ball – Melvin Ball Family

**5:00pm** + Madeline Martin – Kathy & Leo Pruys  
+ Therese King – Gemma Lamonato

**Sunday 25<sup>th</sup>**

**9:00am** + Dr. Angus MacKintosh – Mel &  
Jeannette DeGagné

**11:00am** + Waclaw & + Jozefa Zielonko – The  
Family

**February 18, 2024**

**1<sup>st</sup> Sunday of Lent**

**1st reading:** (Genesis 9.8-15)

**2nd reading:** (1 Peter 3.18-22)

**Gospel:** (Mark 1.12-15)

### Ministry Schedule

Feb. 17 – Gilles/Georges (Lectors), Monique (EMHC)

Feb. 18 – Anne Z./Dale (Lectors), Noble (EMHC)

Feb. 24 – Gemma/Kim (Lectors), Karen (EMHC)

Feb. 25 – Michael/Marie (Lectors), Gina (EMHC)

### What's going on?!

Feb. 16 – March 22 – Lenten Fish Fry Fridays

Feb. 19 – Family Day – Parish Office closed

Feb. 24/25 – Development & Peace Info Meeting  
– After the weekend masses

Mar. 1 – World Day of Prayer – 2:00pm

Mar. 6 – CWL General Meeting – 6:30pm

*Thank You  
for your support*

We'd like to thank everyone  
that came out to support the  
Shrove Tuesday Pancake  
supper and to all the

members of the K of C's and their families that  
made it possible by helping from the setup to the  
cleanup and everything in between!

We hope to see you at our future events!

God Bless and have the Blessed Lent and  
Easter this year!

Knights of Columbus Rainy Lake Council 2766



## From the Pastor's Desk

### How Not to Pray

During the Lenten season, we tend to spend more  
time in prayer. Here are some suggestions on how not  
to pray and how to pray.

Prayer is not just repeating words by rote. Avoid  
simply reciting prayers without sincere thought or  
feeling. Prayer has no place for selfishness. Avoid  
approaching prayer solely with self-centered requests  
or demands. Prayer is not a time for letting your mind  
wander or focusing on unrelated tasks. Avoid  
distractions or multitasking while praying.

Prayer is not a magic formula for getting what you  
want immediately. Prayer is not a quickfix. Prayer  
time is not to experience doubts or negative  
emotions. Prayer does not confine to a specific  
formula or set of prayers if they don't resonate with  
you.

Ultimately, the key to meaningful prayer lies in  
sincerity, authenticity, and a genuine desire to  
connect with our God who is all forgiving,  
compassionate and merciful. Let us use our prayer  
time to ask for guidance and strength to help us  
overcome challenges, grow in faith, and live out the  
values of the Lenten season.

Prayer is an opportunity to examine our conscience,  
seek forgiveness for any wrongdoing, and reconcile  
with others. Remember that Lent is a time of spiritual  
renewal and growth, so we may approach our prayer  
with openness, humility, and a willingness to be  
transformed by the grace of God.

In love and truth,  
Fr. Gino Mathias



CWL: Thinking of ways to go beyond  
giving up something for Lent? Something  
that will do good for you or for others? A  
suggestion for CWL members who are  
non-active - why not make a point of  
joining at CWL gatherings? The next general meeting  
will be held on Wednesday, March 7 at 6:30 and the  
World Day of Prayer is at St. Mary's on Friday, March 1.  
Also members are very welcome to join in the  
Rainycrest masses and rosaries when Rainycrest is open  
to the public. And, of course, having members come out  
to the week day masses would be greatly appreciated.  
Watch the church bulletin for details. Thank you for  
your consideration to participate!

# World Day of Prayer

March 1, 2024

2:00pm @ St.

Mary's



**"I Beg You... Bear With One Another in Love" Ephesians 4:1-3**

For more information, please contact

Karen @807-274-6321

or Tina @807-274-5233

## ST. MARY'S CHURCH



FRIDAYS, Feb. 16 – Mar. 22, 2024

PICK-UP STARTS AT 4:00PM,

DELIVERY 4:30PM

Deadline for orders is 3:00pm the Thursday before.

For more information contact

Barb @807-276-1226

PRE-SALE TICKETS AVAILABLE AT THE PARISH OFFICE:

**\$20.00** (Price includes walleye and all the fixings!)

St. Mary's Fish Fry dinners will once again be available on the 6 Fridays during Lent – Feb. 16 & 23, Mar. 1, 8, 15 & 22. Included with each dinner will be two muffins. We are looking for volunteers to donate 2 dozen muffins on a Friday of their choosing. Please contact Tina Gurski at 807-271-5234 (text or call) to donate or for more information. Thank you for your open-handedness. We are so fortunate to have such a generous and dedicated church community!



6:00pm  
The Way of the Cross

Fridays during  
*Lent*

**Feb. 23 Knight's of Columbus**

**March 1 Assoc. of St. Marguerite**

**March 8 Blessed Is She**

**March 15 Weekday Warriors**

**March 22 Lectors**

## This Lent, let's work toward

### Reaping our Rights

This year, Development and Peace — Caritas Canada's *Create Hope: Reaping our Rights* campaign calls you to stand with small-scale farmers and peasant communities who feed the world while caring for the Earth. Do this by:



**1. Donating** online at [devp.org/give](https://devp.org/give) or during the Solidarity Sunday collection on **March 17**, the fifth Sunday of Lent. Your generosity helps support over 73 projects in 36 countries around the world!

**2. Learning more by reading the Mini-magazine** and other resources available in the Church foyer or at [devp.org/lent/resources](https://devp.org/lent/resources).

**3. Meeting our solidarity visitors and participating in the [campaign launch webinar](#) on February 17 at 1:30 p.m. ET.**

For more information, contact Marie Brady at 807-274-5105 or [mabradyff@gmail.com](mailto:mabradyff@gmail.com). We welcome you to join the D&P parish team anytime! An information session will be held after the weekend masses of February 24-25.

### ST. MARY'S

**In your prayers, please remember those who are sick:**

Shirley Fraser, Maurice DeGagné, Noella Hamilton, David Whalen, Isabella Keuler, Julie Halvorsen, Patrick McColeman, Frank Strain, Bridger Hands, Ewan MacKintosh, Father Ben Hadrich, Kathleen DeGagné, Greg Gustafson, Casey Hendriks, Linda Blanc, Dave Egan, Rosanna Tweedie, Allison George, Lillian Bodnar, Sue Sivonen, Anna Busch, Murray Gibson, Lorraine Smith, Diane Gibson



*Offertory Collection for St. Mary's  
Weekend Of  
Feb. 11 – \$1868.60*



### OUR LADY OF LOURDES

**In your prayers, please remember those who are sick:**

Curtis Jourdain, Mary Lou Parks, Dale Krueger, Roger Fillion, Gwen Beadle

*Offertory Collection for Our Lady Of Lourdes  
Weekend Of  
Feb. 11 - \$645.25*



<p><b>Nicole D.S. Miller</b> BARRISTER &amp; SOLICITOR</p> <p>Practicing Family Law, Criminal Law, Wills and Estates, Corporate Law, and Real Estate</p> <p>274-8525   nicole@millerlawoffice.ca</p>	<p>M.L. admin@mlcaronelectric.ca fax: (807)274-3996</p> <p><b>CARON ELECTRIC LIMITED</b> (807)274-7945</p> <p>Electrical Contractor www.mlcaronelectric.ca</p> <p>900 Fifth St. W. Fort Frances ON P9A 3C7</p>	<p><b>NOR-WEST ANIMAL CLINIC</b> 411 McIrvine Avenue Fort Frances, ON P9A 3X7 807 274-7393 www.norwestanimalclinic.com</p>
 <p><b>We are blessed to serve you!</b></p> <p>(807)274-2727</p>	<p><b>La Place RENDEZ-VOUS</b> HOTEL. DINING. EVENTS</p> <p>807-274-9811 rendezvoushotel.com</p> <p>Facebook and Instagram icons</p>	<p><b>SUNSET PROTECTION SYSTEMS</b></p> <p>Suppression Systems • Fire Extinguishers Fire Alarms • Cameras • Locks &amp; Doors Security Alarms • Access Control</p> <p><b>SALES SERVICE INSTALLATION</b></p> <p>P: (807) 270-5625 www.sunsetsystems.ca</p>
 <p>Northridge Funeral Home Ltd 6446 Hwy 11 Emo, Ontario P0W 1E0 807-482-3788 northridge@sympatico.ca Licensed Funeral Director Jason C. Lilley Class 1 #201992</p> <p>Serving the District since 2006</p>	<p><b>Daryl's Custom Landscapes Ltd.</b></p>  <p>881 Sixth Street West Fort Frances, ON P9A 3W6</p> <p>Tel: 807 274-0458 Fax: 807 274-1449 Cell: 807 275-9563</p> <p>darylscustomlandscapes@shaw.ca</p>	<p><b>KNIGHTS OF COLUMBUS</b> IN SERVICE TO ONE. IN SERVICE TO ALL.</p> <p>Council #2766</p> <p><i>Regular Meeting:</i> 2nd Tuesday of the Month 6:30pm at St. Mary's</p>
 <p><b>The Catholic Women's League of Canada</b></p> <p>Answer the call to service and enjoy the sisterhood of faith, fun, and fulfillment call Diane Revus @ 481-9787</p>	<p><b>Westland Insurance</b> Home • Auto • Business westlandinsurance.ca</p> <p><b>1-800-465-7797</b> Formerly Gillons Insurance</p> <p>Proud Supporters of St. Mary's and Our Lady of Lourdes Churches</p>	 <p><b>CLOVERLEAF GROCERY</b> EST. 1932</p>
<p>Northwest Unit <b>Ontario English Catholic Teacher's Association (OECTA)</b></p>  <p><b>Nathan Cousineau</b> CO, BSc PRESIDENT</p> <p>400 Scott Street, Suite C Fort Frances, ON P9A 1H2</p> <p>807 276 7142 nwoceta@gmail.com</p>	<p><b>Northwest Road Management</b> A Division of Leon DeGagne Ltd.</p> <p><b>Dust Suppression, Culverts and Equipment Rental</b></p> <p>R.R. #2, Site 204-25 Fort Frances, ON P9A 3M3</p> <p>Tel: 807 274-9112 Fax: 807 274-0319 info@leondegagne.com</p>	<p><b>NOR-FAB SYSTEM BUILT HOMES</b></p> <p>offers high-end quality built homes at affordable prices</p> <p>Choose from our designs or send us your ideas and we will design a dream home for you.</p> <p><b>www.nor-fabsystembuilthomes.com</b> sales@nor-fab.com (800) 465-2918</p>
 <p><b>The Northwest Catholic District School Board</b> Fort Frances Board Office (807) 274-2931 Toll Free 1-888-311-2931 Dryden Board Office (807) 223-4663 Toll Free 1-877-235-4663</p> <p><b>St. Mary School, 755 Flinders Ave.</b> (807) 274-7756</p> <p>Jackie Robinson, Director of Education Cathy Piotrowski, Board Vice-Chair Don Marquis, Trustee David Sharp, Trustee Amanda Levesque, First Nations Trustee</p>	<p><b>Cousineau Real Estate Ltd.</b> Let us help you move!</p>  <p>Use our trailer FREE of charge to help you move! www.cousineau realestate.com</p>	<p><b>Belluz</b> CONCRETE &amp; RENTALS LTD.</p> <p>For all your equipment needs <b>Rob or Mike</b></p> <p>1530 King's Highway, Fort Frances, ON P9A 3W8 belluzconcrete@shaw.ca Tel: 807 274-9288 Fax: 807 274-4322</p>
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