

ST. GEORGE

ROMAN CATHOLIC PARISH

THE REVIEW

March 29, 2020

More information at www.stgeorgelondon.ca

MESSAGE SERIES

CATHOLIC ATHEIST: REMEMBERING GOD WEEK #5



This weekend Fr. John concludes this message series by inviting us to CHOOSE GOD as the top priority in our lives because he can change us. This is the greatest way we can be reconnected and truly remember God. This is most especially evident during this time of the COVID-19 pandemic. May we choose the Lord in our lives and allow his Spirit to dwell within us today and always.

CHECK OUT THE WEEKLY GOSPEL REFLECTION

Go to the parish website or have it downloaded weekly to your smart phone or mobile device. Fr. John offers short reflections on the Sunday Gospel.



Mass Schedule - March 30 - April 5, 2020

**** All services below are livestreamed only ****

Monday March 30

1:00 PM: Rosary

6:30 PM: Mass

Intentions of Delfina Galizia
Marie Byrne
Ann Hamilton

Tuesday March 31

1:00 PM: Rosary

6:30 PM: Mass

Intentions of Bruce & Yvonne Lambert
Joseph Ernest Henderson
Karyn Cornakovic

Wednesday April 1

10:00 AM: Mass

Intentions of Fr. James DeVita
Patricia Doig
Ken Ives

6:30 PM: Rosary

Thursday April 2

1:00 PM: Adoration & Devotions

6:30 PM: Mass

Ken Ives
Jocelyne Sibert
Mary Ellen Wettlaufer

Friday April 3

6:30 PM: Mass

Intentions of Fr. James DeVita
Intentions of Natalia & David Gracious McNamee
Americo Gorizzan
Marie Matz

7:15 PM: Stations of the Cross

Saturday April 4

5:00 PM: Mass

For the Parishioners of St. George Parish

Sunday April 5

11:00 AM: Mass

For the Parishioners of St. George Parish

7:00 PM: Rosary



The Review Feature...by Development & Peace and Mike Bellamy

Lent prepares us for the heart of the Christian faith - the great Easter celebration of the Resurrection of Jesus Christ, our Lord. It is a time to have a heart to heart with god; to let oneself be more inhabited by Jesus, the Savior; to ask for peace for oneself, one's family and the peoples of the Earth; and to seek inner transformation through prayer, fasting and almsgiving. In keeping with this seasonal spirit of Lent, Development and Peace - Caritas Canada calls us to reaffirm our commitment *FOR OUR COMMON HOME*.



The Share Lent appeal recognizes that this solidarity alone is not enough. The larger cause is building a world of justice and peace in Amazonia and beyond. It means helping the voiceless and the oppressed rise and defend their dignity. Generously giving to Share Lent allows Development and Peace to continue to support marginalized communities across the Global South in their commitment to transform the world, thus nourishing us with the spirit of Lent, which prepares us to celebrate the Resurrection of Jesus Christ, our Lord.

One of St. George Parish's parishioners, Mike Bellamy writes of his experience with Development and Peace:

Why do I participate in development in peace? A good question? Mary Catherine asked me to share of my experience with development and peace. It made me stop and think.

There are many quality charities out there, but I was drawn to "Development and Peace". Why? I am not a "cradle Catholic", so the mysteries of faith were really a mystery to me. Saints, Novenas, Litanies...Oh My! All this Catholic stuff, how would it help me on my faith journey? I had no idea!

Then I learned that Catholic Social Teaching is rooted in scripture. Caring for the poor is not just a good thing to do, but the foundation of our faith. Then I discovered Development and Peace, a fully Canadian Catholic charity.... and there was a bonus! Not only do they provide help to the global south, but a part of their mandate is to educate Canadians about the causes of injustice and provide action for change. I was in hook line and sinker. Development and Peace has been a part of my faith journey ever since.

Development and Peace brings their message to our parish twice a year, in the fall for education and during Lent to raise funds for our partners in the global south. I encourage you to be generous with your Share Lent donation, but I feel it is more important that you learn about this wonderful Canadian organization, and perhaps become a member. You can find their website through a link on our parish website. Good luck on your Lenten Journey!

Peace, Mike B.

DONATE TO THE PARISH WITH YOUR PHONE



Your ongoing financial support helps our parish be a place that forms disciples who reach out to all through liturgical celebrations, formation programs, youth ministry, bible studies, faith nights, retreats, social events, outreach ministry and so much more!! If you already donate, thank you — but if not, consider a one time donation or ongoing support via this QR code, pre-authorized donations, the parish website or contacting the office to receive a box of offertory envelopes. Thank you!

BUIDLING UP OUR SPIRITUAL LIVES AT HOME

As we journey through this most difficult time dealing with the COVID-19 pandemic, we are all making changes, adapting to various circumstances and realizing hopefully what are the most important people and things in our lives. With stores, schools, businesses and churches closed in addition to the fact that we need to physically distance ourselves—we may feel lost, afraid and alone. Despite all of these things, our faith is one thing that doesn't need to fade away.

THE GIFT OF FAITH

Even though we cannot go to Mass and receive communion, nor can we go to Confession during this Lenten season—we need to make a choice about looking at this unfortunate time as an opportunity to build up different aspects of our spiritual lives at home.

I remember in elementary school a friend of mine prayed the rosary every night after dinner with his family. There were times that I tried to call him (rotary phone & landlines back then) and no one would answer. Later in the evening I would connect with him and he mentioned that no one can answer the phone while they prayed the rosary. This was a daily ritual they celebrated together. Something missing in most of our lives today. The chance to shut down everything else and pray with those around us.

Times have changed and technology has as well. We can use the tv and even more these days the internet to pray and strengthen our faith. We at St. George have many opportunities online at the [parish website](#) to deepen ones personal faith. For any of this to truly happen, we need to make the choice

to make time for God. I guarantee that if you do, your life will be more peaceful in the midst of crisis and be filled with more joy no matter what is going on around you. I want to share just a few ideas that may help you start.

(1) PRAY WITH SCRIPTURE

The Church teaches that when we are at Mass there are two tables—the Table of the Word and the Table of the Eucharist. At both tables we are fed by Christ. This means that at a time when we cannot receive communion, we can be filled with the presence of Jesus through the scriptures. Jesus still feeds our souls in this powerful way as we know His words are truth and life.

There are a number of apps and



websites that can help you pray with the bible today. All free and very easy to use. Find a quiet place, maybe light a candle or place a crucifix on a table. Quiet your heart and mind. Read the readings of the day or pick your favourite scripture

passage and ponder what Jesus is trying to tell you in that moment. With practice this form of *lectio divina* (sacred reading) will help you cherish the Word of God more.

(2) SPIRITUAL READING

Another powerful way to deepen one's faith and pray is spiritual reading. There are a lot of wonderful spiritual books out there that can help build your personal faith. Whether it is written by one of the saints, popes, theologians or amazing faith-filled authors, they can feed the soul and offer another angle on so many aspects of faith. Their reflections can help us deepen our understanding of God.

You can download books and read them with your iPad which I have done or subscribe to an online book club service like Audible and

listen to books. I have done that recently and truly enjoy listening to books while I am out for a walk or taking some quiet time to reflect. There are many options but again rooted in a choice we need to make.

(3) PODCASTS

Podcasts are another way to pray. We have [THE WARM UP](#) that comes out every Monday which takes time to reflect on the upcoming Sunday gospel. [Bishop Robert Barron](#) has a wonderful weekly homily series in addition to the Word On Fire show that talks about different aspects of faith. You can pray the rosary, litanies and the Way of the Cross right from your smart phone or computer. Yet another easily accessible method of deepening your faith at home, alone or with your family.

ROUTINE IS KEY

I have just shared a few ways to deepen your spiritual life. Regardless of what you do, the important thing is to create a routine or schedule of prayer. Consistency is important. Much like exercise, we need to pray regularly to build our relationship with God and strengthen our hearts!! This takes practice and repetition over a long period of time. Soon we will notice our prayer getting deeper and our lives becoming fuller.

Our own personal spiritual lives help strengthen the gift of our parish life. We really need both to become the faithful disciple God has called us to be. Don't be afraid to start—just go for it and see how God changes your life!!

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