

# THE SHIELD

## March 21, 2021

A publication of St. George Parish - sharing the life and faith of our parish

*Rooted in Christ, we are called as faithful disciples to build a thriving and inclusive parish family reaching out with compassion and love to all, bearing witness to the Good News.*

### WELCOME!!!

Thank you for joining us. We are so blessed to have you part of our parish family. If you are new to the parish or a visitor and would like more information please call us at 519-471-4220 or visit our website at:

[www.stgeorgelondon.ca](http://www.stgeorgelondon.ca)



### Look inside!

Lots of great info on:

- Holy Week Schedule
- Roman Roadhouse Series
- Feature Article by Fr. John
- 33 Days to Morning Glory
- Lectio Divina Series

#### FAITH CARDIOLOGY—SESSION #6



We continue in our Lenten message series called COME BACK TO ME by focusing on our hearts. Our Lenten practices are not just rituals or simply going through routines. Our call to prayer, service and sacrifice needs to affect and come from our hearts. The only way we can truly experience conversion during this most holy season is

to have this powerful time of renewal transform our hearts. In order to be a follower of Jesus we need a heart that is healthy. Just like all of us need physical activity to keep our heart in tip top shape, we need to strengthen and exercise our spiritual hearts to truly experience the power of Easter and be faithful messengers of the Good News. How can we allow God's love to be written on our hearts? How can we develop a strong faith regimen during Lent that will carry us through Easter and beyond?

#### 4 WAYS TO DONATE TO THE PARISH

Your ongoing financial support is crucial for the parish to share the Good News. Your donations help in our ministry, outreach and sacramental programs.

**Go to [www.stgeorgelondon.ca](http://www.stgeorgelondon.ca) and click DONATE for all the options or call the parish office at 519-471-4220.**

Consider these four options:

1. E-Transfers simply send funds from your account to our parish email address [stgeorge@dol.ca](mailto:stgeorge@dol.ca)
2. PAD Monthly Sign up and donate from your account monthly. Simply complete the online form.
3. PAYPAL Donate with your credit card via our Paypal link at the parish website under **DONATE**
4. Envelopes We can deliver parish envelopes to you. During the pandemic you can mail or drop them off at the parish in our mail slot.

#### 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



#### OFFICE HOURS

Monday to Friday  
OFFICE IS CURRENTLY CLOSED BUT ARE MONITORING PHONE MESSAGES

#### WEEKEND MASSES

Sat. 5:00 PM Sun. 11AM (live-stream)

**SUNDAY FRIENDS: Children's Liturgy**  
POSTPONED UNTIL FURTHER NOTICE

#### KIDZONE: Babysitting

POSTPONED UNTIL FURTHER NOTICE

#### PASTORAL TEAM

Fr. John Jasica, *Pastor*  
Fr. Saleem Amir, OFM, *Parochial Vicar*

Deacon Mark Castanier,  
*Permanent Deacon*  
Deacon Dennis Rivest,  
*Permanent Deacon*

Mary-Catherine Bishop, *Pastoral Minister*

#### PARISH STAFF

Allison Powell, *Office Administrator*  
RoseMary Cleary, *Financial Secretary*  
Jason Howlett, *Maintenance Manager*  
Eddie Mercer, *Office Support*  
Jenn Reiniger, *Office Support*  
Wilson Hernandez Parra, *Office Care*



@St. George  
Catholic Church



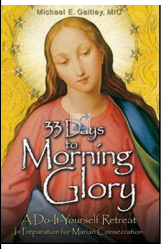
@stglondon



sgtvllondon.ca

# The Big 3

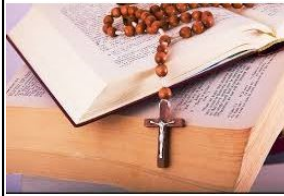
## 33 DAYS TO MORNING GLORY



St. George is hosting a special journey, a powerful journey into the heart of our Blessed Mother - Mary. The program can be found online at FORMED.ORG. The journey includes 5 ONLINE discussions as well as the sessions on FORMED.ORG. Daily reflection materials will also be provided.

Group sessions take place weekly on WEDNESDAY evenings at 7:00 PM, from APRIL 12th and MAY 10th. There is a \$15 material fee. Registration takes place on the parish website.

## LECTIO DIVINA



St. George is offering a new Lectio Divina series. Beginning APRIL 19th and continuing until MAY 5TH

this online scripture faith sharing opportunity will examine "FAMILY - THE JOY OF LOVE; THE CHRISTIAN NATURE OF FAMILY". A new session will be posted each week for personal reflection. Each session will be followed by an online discussion. Registrations take place on the parish website.

## COME FROM AWAY



COME FROM AWAY online gatherings return on THURS. MARCH 25TH. Join us from 7:30 to 8:30 PM for our online discussion as we meet MEMBERS

OF THE TRANSITION TEAM. Go to the parish website for the link to the online gathering or you can also call in to participate — just call 1-855-212-2015 and press 435 534 548# These gatherings will transition from bi-weekly to monthly, with the next gathering taking place April 22nd.

## ROMAN ROADHOUSE



Everyone is welcome to join in online for the next Roman Roadhouse on MARCH 23RD AT 7:30 PM. DR. ANDREW APPLETON will present "How to Take Charge of Your Health & Well-Being". A graduate of the Schulich School of Medicine at Western, with a Masters from University of Toronto, Dr. Appleton now practices as a specialist in general internal medicine, teaches and collaborates on research projects at Western and leads one of the acute medicine inpatient teams at UH. He is a husband and a father with an insatiable curiosity for how to optimize health and well-being

## BUILDING FAMILY - SPOTLIGHT



As we work towards becoming a family of parishes, get to know the staff of St. George and St. John the Divine Parishes with the SPOTLIGHT INTERVIEWS. Available on the BUILDING FAMILY website, these interviews introduce you to the staff. Through these snapshots, get to know Fr. Saleem, Deacon Don St. Onge, Bridget Corneil, Mary Catherine Bishop, and Nives Davies. Be sure to stay tuned for more interviews to come.

## TRIDUUM CELEBRATIONS

Everyone is welcome to join in the celebration of the Triduum. Registration is required and can be done online or by calling the office beginning Monday March 22nd.

### HOLY THURSDAY—APRIL 1, 2021

Mass of the Lord's Supper  
7:00 PM

### GOOD FRIDAY—APRIL 2, 2021

Solemn Service  
11:00 AM  
3:00 PM

### EASTER SATURDAY-APRIL 3, 2021

Easter Basket Blessing  
Drive-thru (back parking lot)  
12:00 to 1:00 PM

Easter Vigil  
8:00 PM

### EASTER SUNDAY-APRIL 4, 2021

Celebrating the Resurrection  
8:30 AM  
10:30 AM  
12:30 PM  
7:00 PM



We will be using the **WORSHIP SPACE** and the **PARISH HALL** at our celebrations to make sure as many people as possible can attend these very important and powerful liturgies.

## WEEKEND MASS RESERVATIONS

Everyone is welcome to reserve seats for our weekend Masses from Tuesday at 8:30 AM to Friday at 12 Noon by going to the parish website or by calling the office at 519-471-4220. **Please feel free to book each week to attend in person.**



Be sure to follow St. George Parish On Twitter and Facebook for ongoing updates!



## Liturgy Schedule March 21 - 28, 2021

\*\* All weekday Masses are live-streamed at [sgtv.london.ca](http://sgtv.london.ca) & phone-streamed 226-781-7977\*\*

### Sunday March 21 - 5th Sunday of Lent

9:00 AM **Mass** (Worship Space - Live & Phone Stream)  
11:00 AM **Mass** (Worship Space & Live Stream)  
7:00 PM **Mass** (Worship Space & Live Stream)

### Tuesday March 23

6:30 PM **Mass** (Live & Phone-stream only)  
Mary Ann Robbins  
Ingrid Leona McDermott  
Jordan Robert Marchand

### Wednesday March 24

6:30 PM **Mass (open to all-no RSVP needed)**  
Intentions of the Myers Family  
Max Heidel  
Glenn Russell (Hyslop)

### 7:15 PM: CONFESSIONS

### Thursday March 25 - Annunciation of the Lord

6:30 PM: **Mass** (Live & Phone-stream only)  
Intentions of the Rivest Family  
Intentions of Paul & Claire McDermot  
Judy Bechard & Deceased Family Members

### Friday March 26

6:30 PM: **Mass**  
Intentions of the Priamo Family  
Sheila Stuppiello  
Pomme Zier

7:15 PM: Stations of the Cross (Live & Phone-stream)

### Saturday March 27 - Palm Sunday

5:00 PM: **Mass** (Worship Space - Live & Phone Stream)  
7:00 PM: **Mass** (re-streamed only)

### Sunday March 28 - Palm Sunday

9:00 AM **Mass** (Worship Space - Live & Phone Stream)  
11:00 AM **Mass** (Worship Space & Live Stream)  
7:00 PM **Mass** (Worship Space & Live Stream)

We continue to pray for all those affected by the COVID-19 virus at all of our celebrations.

## **"COME BACK TO ME" FAITH CARDIOLOGY**

### **WHY LENT?**

Why do we need a Lenten season? Lent is a super important time to return to the Father.

Like Advent, it calls us back to the story of salvation that has to become our own. Advent brings us back to the glory of Christmas as the Word is made flesh and the fulfillment of God's promise for the Messiah is complete.

Lent brings the mission of salvation right before us through the gift of Easter and transfers the responsibility of sharing the story and life of the Risen Christ for each of us in our homes, workplaces and the world. Lent draws us close to the passion, death and resurrection of Christ, not simply in historical terms, but brings it alive in us again and again so that we can be true messengers of glory in our day to day lives. For us to be true disciples of the Risen Lord, we need to truly seek transformation, renewal and change so that Easter is not simply a season we mark liturgically, but one that we embody in our actions and sacrifices. We need to experience the love, healing and new life of Christ that so overwhelms us we cannot help but share that joy and light with others. How can this really happen?

### **A GLIMPSE OF GRACE**

This past week I experienced something that I initially thought was a sign of normalcy, but in fact it was a true sign of grace.

Fr. Saleem and I have had the great privilege of hearing First Reconciliations of our young people who have already completed three weeks of preparation. On one particular evening of celebrations, we had a few things happening at the parish—I have not seen so much activity in over a year—and it

was wonderful to see!!

We had about 20 First Reconciliation candidates come over the span of ninety minutes (socially distanced and safe thanks to our amazing

volunteers) while also having a small choir group

prepare music for the Easter

Triduum

celebrations

in the

Worship

Space. It

was so

wonderful to see people!! I

thought that I was

finally experiencing

something that was normal for the parish—something that we have all longed for and hopefully soon can return to. Things were busy and in the midst of it all, people were thankful for the opportunity to experience grace and healing through the Sacrament of Reconciliation.

Following the confessions and after the choir left and once again everything was silent, I sat back and thought—what a moment of grace that was, to see anew the glory, power and hope of the Holy Spirit!! My heart was filled with gratitude because the night reminded me that God is the only one who can fill our hearts!! I saw it in the faces of the young people who received First Reconciliation, the parents who introduced their candidate by sharing at least one gift their child has, to the gratitude of each candidate and family that attend the First Reconciliation. This was not just a glimpse of getting back to normal but a true glimpse of grace. The gift and act of faith fills us up and overflows our hearts!!

### **HEART HEALTH**

Lent is a time for us to allow the Lord to fill our hearts. This takes time, patience and an openness and attentiveness to grace. We have to seek out those opportunities of prayer, sacrifice and service for the sake of others and the Good News so that we and those around us can truly see tangible signs of the Lord's presence. The more we do this the greater the effect for all of us. But in this, we need to allow God's grace to

touch our hearts. How can we be sure to welcome Christ's love and grace into our hearts this Lent as we are getting closer and closer to Easter?

### **(1) REMOVE BARRIERS**

What in our lives right now take us away from God's grace or blocks the opportunities for God to support us? Often times these are subtle, unseen barriers to God. We may not dedicate enough time to prayer or we can be too distracted with other things. We may be just way too busy to spend some time allowing Christ to be with us. Maybe we are afraid or don't know where to start. Please remember, the parish staff is always ready to help!! Every barrier can be removed with the help of others!!

### **(2) EXPLORE NEW THINGS**

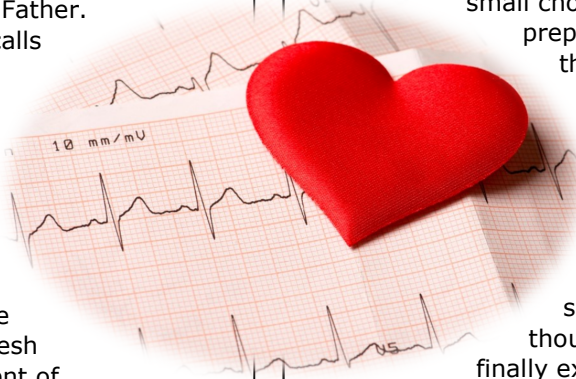
When trying to change habits we often need to try new things. Pick up your Bible or check out the daily readings which you can access via our parish website. Explore our RETREATS & PRAYERS section for different ways to pray and reflect or visit FORMED.ORG and see the variety of ways you can pray, learn and deepen your faith. When we search for Christ we will always find Him. When we find Him our lives are made new!!

### **(3) SACRAMENT OF PEACE**

I have often mentioned this in my reflections during Lent but I cannot help it. God's grace is powerful and the fastest way God can transform and fill our hearts is through the Sacrament of Reconciliation. We are offering General Absolution before each weekend Mass during Lent and have individual reconciliation on Wednesday nights. This sacrament removes barriers, offers healing and fills our hearts. What a gift of grace!!

### **HOW IS GOD FILLING YOUR HEART?**

Take some time this week and find out how God is filling you up with His love and grace? If there are areas that need conversion or healing—ask the Lord for help. If there are barriers too heavy to remove yourself, seek God's grace in the sacraments or ask for help. We are in this journey together and as one family we will renew our hearts!!





DIOCESE OF  
LONDON  
OFFICE OF THE BISHOP

1070 WATERLOO STREET  
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CANADA  
519-433-0658  
FAX: 519-266-4353

15 March 2021

**To: The Faithful of the Diocese of London**

Dear Brothers and Sisters in Christ,

Healthcare professionals need our prayers and support. Parliament has passed Bill C-7 and expanded access to assisted suicide across Canada. People with disabilities, those with mental illness and those with chronic conditions will qualify, even if they are not dying. This law will put vulnerable people at risk.

The federal legislation will have implications for healthcare in the provinces. Now, more than ever, we need doctors, nurses and other healthcare professionals who will ensure vulnerable patients have caring alternatives to lethal injections. But many healthcare professionals with moral convictions are being pushed out of their profession by provincial health regulators. Here in Ontario, you can support vulnerable patients by contacting the Ontario government and asking that legislation be introduced to protect the conscience rights of healthcare workers.

I invite you to visit [www.canadiansforconscience.ca/ontario](http://www.canadiansforconscience.ca/ontario) where you can send an email directly to the Ontario government and learn more about this critically important issue. If your MPP is Conservative it will be sent to him or her, and if you are represented by an MPP of another party it will be sent to the Premier and the Health Minister. To view a video with testimonies from healthcare providers, please click here: [bit.ly/2021ConscienceVideo](https://bit.ly/2021ConscienceVideo)

No one should ever be forced to participate by immoral means, for example, by making an effective referral, in ending the lives of patients. We need legislation in Ontario to protect the conscience rights of healthcare workers.

Let us continue to pray for those who are sick, vulnerable and alone. Thank you for all that you do to strengthen our faith community, especially during these challenging times.

Sincerely yours in Christ,

Most Rev. Ronald P. Fabbro, C.S.B.  
Bishop of London



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March 19, 2021  
The Solemnity of Saint Joseph

**To: The Faithful of the Diocese of London**

Dear Sisters and Brothers in Christ:

Pope Francis has announced that during 2021 the Church will observe a Year of Saint Joseph to mark the 150<sup>th</sup> anniversary of the saint's proclamation as Patron of the Universal Church.

Saint Joseph is a figure well-known to Catholics. His name has been attached to churches throughout the world, including six at present in our own diocese, as well as to schools and health care facilities. In addition to being the Patron of the Universal Church, Saint Joseph has been designated as the Patron of Canada and the Patron of Workers. He has been invoked in connection to a number of intentions, notably as the patron of a happy death.

Remarkably, this reverence for this central figure in the canon of saints and the invocation of his intercession in so many instances is for a man about whom we know very little in terms of the details of his life. He is mentioned in the infancy narratives in both the Gospels of Matthew and Luke. Yet nothing of what he said during these episodes in the early life of Jesus is even recorded. All that is given us in these accounts tells of an ordinary working man from the town of Nazareth who is clearly a person of righteousness and of compassion and, particularly, a man of faith, who was open to God's will for him and who was willing to believe, to trust, that the events that overtook him were, somehow, a part of God's overall plan.

Saint Joseph was a man who listened for God's voice in his life and who sought to respond to it as fully as possible even when it was difficult and demanding, requiring him to set aside his own hopes and dreams. Perhaps in what we see of Saint Joseph in the Gospels, it is this fact that stands out most of all: that he let go of his plans, his expectations for himself and his future in order to serve the Lord.

The path set out for him entailed being a stranger among strangers when the promised child was born; of being hunted by a tyrant and fleeing from his homeland, living as a refugee in a foreign country with the poverty and insecurity that occasioned; and of eventually returning home to pick up the pieces of his life. And throughout all these trials, there was the constant and anxious concern for the child and its mother entrusted to his care and protection.

The story of Saint Joseph echoes the lives of so many believers throughout the ages. It is for this reason, I believe, that the commemoration of Saint Joseph in this moment when we and the entire world are struggling through a pandemic that has caused untold distress, sickness and death is especially apt. At a time when the threat of a deadly virus has caused millions to live away, alone and in isolation, Saint Joseph is the model of a hidden life endured in confidence and hope. In a global event that has brought about immense suffering and loss, Saint Joseph is a figure who has likewise shared in the pain and loss so many are experiencing. And in the unseen death of Saint Joseph in the years before Jesus' public ministry, and the sorrow it undoubtedly provoked in Mary and the young Jesus, we have a link to the grief of multitudes of families who have lost loved ones to COVID-19, often away or at a distance from them. In a mysterious yet, nevertheless, unique way, Saint Joseph may also be the unofficial, the undeclared "patron of a struggling humanity in the present time".

In these days when we are unsure of what may come next, or where what is happening will lead, or, most importantly, where God is to be found in the tumultuous events we are presently living, we have the example of Saint Joseph and his humble, unflinching trust in the Lord's goodness, care and compassion for all his people.

Saint Joseph, pray for us.

Sincerely yours in Christ,

Most Rev. Ronald P. Fabbro, C.S.B.  
Bishop of London

# Share Lent - Development & Peace Caritas Canada



As Catholic Christians, we are called to help those in need. What better time to do so than during the season of Lent. Often we are uncertain of how or where to give Alms. Development and Peace offers us a wonderful opportunity to help those in the Global South and “support the poor in their struggle for justice”. You are invited to show solidarity with some of the most vulnerable people in the world by donating to our parish Share Lent Campaign. You can even join and donate year-round. Please explore the Development and Peace website. In addition, to compelling stories, you will find the Solidarity calendar of Lenten activities, videos and information. You can locate the Development and Peace website at the bottom of the Parish website under “Important links.” Your donation helps make a Big difference in the world. Thank you and God Bless.

<https://www.devp.org/en>

## A Prayer to the Creator

Lord, Father of our human family,  
You created all human beings equal in dignity:  
Pour forth into our hearts a fraternal spirit  
And inspire in us a drama of renewed encounter, dialogue,  
justice and peace.

Move us to create healthier societies  
and a more dignified world,  
A world without hunger, poverty, violence and war.

May our hearts be open  
To all peoples and nations of the earth.  
May we recognize the goodness and beauty  
That you have sown in each of us,  
And thus forge bonds of unity, common projects,  
And shared dreams.

Amen.

Prayer by Pope Francis,  
from the 2020 encyclical Fratelli Tutti





**Feeling a bit sad that Lent is ending? Are you going to miss those extra times of prayer, service and sacrifice? Consider something special during the Easter season that will boost your faith, strengthen your love for Christ and bring you to **MORNING GLORY!!****

St. George Parish is hosting a special journey called “**33 DAYS TO MORNING GLORY**” which is a powerful journey into the heart of our Blessed Mother – Mary. The program can be found online at FORMED.ORG. The journey includes 5 ONLINE sessions, you will watch the sessions on Formed.ORG on your own. Then we will gather online weekly for group discussion. Daily reflection materials in between the weekly sessions will also be provided.

**GROUP SESSIONS:**

- SESSION #1 - Wednesday April 12, 2021 - 7:00 to 8:00PM
- SESSION #2 – Wednesday April 19, 2021 -7:00 to 8:00PM
- SESSION #3 – Wednesday April 26, 2021 - 7:00 to 8:00PM
- SESSION #4 – Wednesday May 3, 2021 - 7:00 to 8:00PM
- SESSION #5 – Wednesday May 10, 2021 - 7:00 to 8:00PM

**FACILITATOR – MARJORIE BRAATZ**

Marjorie is a parishioner at St. George and is a spiritual director. She has been a high school chaplain in addition to being a youth coordinator at St. George Parish. She just finished leading a small group through these sessions and is ready to do it again for us!

**Testimonials**

“Felt a sense of peace and joy throughout the 33 days that was persistent and powerful”  
“The love and support of our group as we shared our stories was amazing.”

REGISTRATION ONLINE AT THE PARISH WEBSITE

**[www.stgeorgelondon.ca](http://www.stgeorgelondon.ca)**

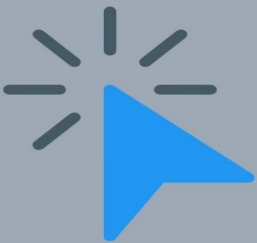
**\*\*\*MATERIAL FEE IS \$15.00 PER PERSON\*\*\***

# CONNECTING FOR FREE TO FORMED.ORG

ACCESS CATHOLIC NETFLIX

GO TO  
**FORMED.ORG**

Click on this info-graphic or simply go to [www.formed.org](http://www.formed.org) via your web browser to begin the registration process---registering is free.



## CLICK ON "SIGN UP"

You will see the "SIGN UP" button right in the middle of the screen. Press that button to register via your email address.

## CHOOSE SIGN UP AS A PARISHIONER

You are then presented with three choices. Please select the centre one that says "Sign up as a parishioner".



## FIND OUR PARISH FAMILY

In the search line type in **SJD-SG FAMILY** and you will find our family of parishes. Click on the family and press **NEXT**. Register your name and email address to enjoy movies, videos and programs for free.

**BEING FORMED TO BE A DISCIPLE READY  
AND WILLING TO SERVE OTHERS AND  
REACH OUT TO ALL.**

If you have any questions or difficulties in signing up then please contact Fr. John at [jjasica@dol.ca](mailto:jjasica@dol.ca)



# PHONE-STREAMING OF CELEBRATIONS

CONNECTING FAITH &  
BUILDING COMMUNITY

**CALL: 226-781-7977**



## STEP ONE:

St. George Parish is now phone-streaming celebrations. Simply pick up your phone and dial 226-781-7977. This is a local London number.

## STEP TWO:

When the call is answered, you will be greeted with a message. If you are not on the call list, you will be invited to press "1" to be called each time there is a phone-stream service automatically.



## STEP THREE:

After the initial greeting all you need to do is wait, and you will be connected to the phone-stream of Mass or other liturgical celebration.

## STEP FOUR:

Listen to the celebration with your phone or cell phone. If you have the "speaker" feature on your phone, you can listen hands free. Enjoy the celebration.



## STEP FIVE:



At the end of the celebration, simply hang up. Also, if you missed the live phone-stream, simply call the number any time to listen to the latest celebration.

For more information go to  
[www.stgeorgelondon.ca](http://www.stgeorgelondon.ca) or call 519-471-4220





# WEEKEND MASS SCHEDULE

## SATURDAY

**5:00 PM - Worship Space**  
(Live Streamed & Phone Streamed)

**7:00 PM - Re-Streamed**

## SUNDAY

**9:00 AM - Worship Space**  
(Live Streamed & Phone Streamed)

**11:00 AM - Worship Space**  
(Live Streamed)

**7:00 PM - Worship Space**  
(Live Streamed)

REGISTER TO ATTEND ONLINE AT  
[STGEORGELONDON.CA](http://STGEORGELONDON.CA)  
OR BY CALLING 519-471-4220



## PERIOD OF PERSONAL PREPARATION AND EXAMINATION OF CONSCIENCE FOR GENERAL ABSOLUTION

Do I make my relationship with God my first priority?

Do I take time for prayer and reflection?

Do I celebrate the sacraments well prepared and regularly?

Do I assist in the church's mission?

Do I give freely of my time, my resources and my prayer?

Do people come to know God through my words and actions?

Do I use the name of God to curse others?

Does my language build others up or tear them down?

Does my vocabulary give scandal to others?

Do I take time to nourish the relationships in my life?

Do I tend to the needs of my parents, my spouse, my children and my friends?

Do I allow the Gospel to influence how I engage the community?

Do I allow the Good News to affect my business practices and my engagement in politics?

Do I seek to live with integrity and justice?

Do I appreciate my sexuality as a gift and treat myself and others with dignity and respect?

Do I engage in behaviours which belittle others?

Do I work to promote the dignity of life from conception to natural death?

Do I seek to create an environment where life can flourish?

Do I choose to live simply so that I am able to share God's bounty with others?

Do I live in a way which is moderate and balanced through what I eat and drink?

Do I tend to the needs of my body with proper exercise and good living?

Do I engage in gossip or in other conversations which harm the reputation of others?

Do I belittle others to make myself feel bigger or to get ahead?

Do I hold on to grudges or resentments?

Do I extend forgiveness to others as I seek forgiveness from God?



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