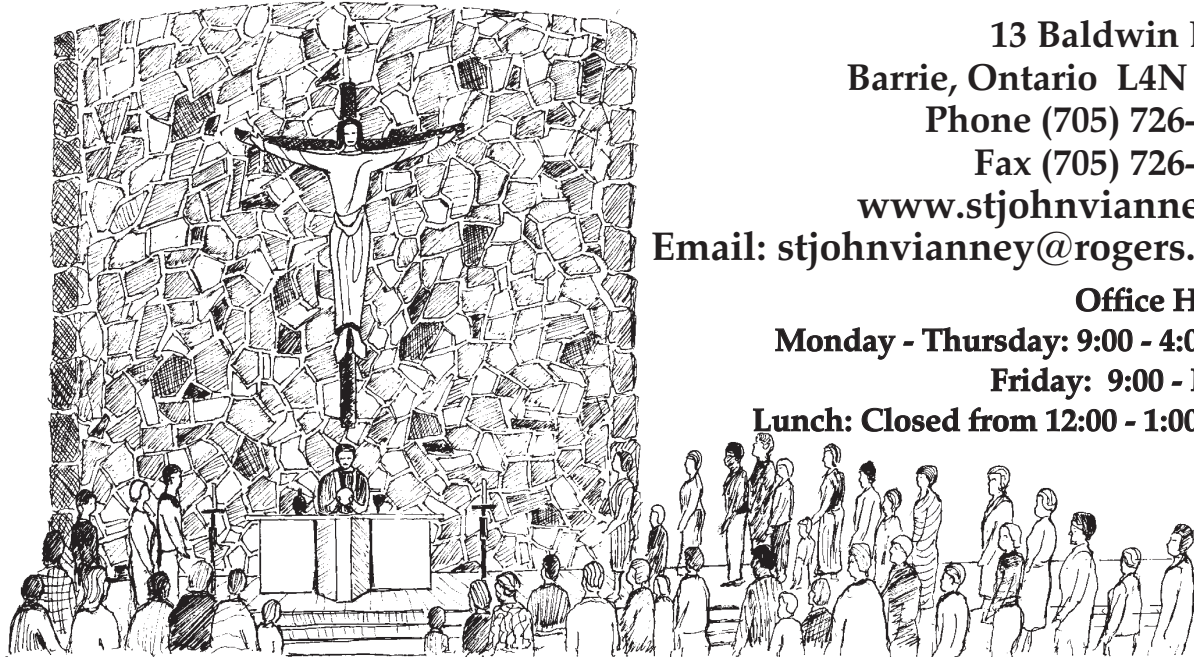


St. John Vianney Church



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Fax (705) 726-4543
www.stjohnvianney.ca
Email: stjohnvianney@rogers.com

Office Hours:
Monday - Thursday: 9:00 - 4:00 pm
Friday: 9:00 - Noon
Lunch: Closed from 12:00 - 1:00 p.m.

As followers of Jesus Christ, and as full members of the Roman Catholic Church, we, the Parish Community of St. John Vianney, joyfully proclaim our Saviour risen. Through prayer and sacramental celebration of life in Jesus, we join as co-creators in his mission of justice and peace, through the power of the Holy Spirit for the glory of God.

Parish Priests:

Fr. Biju Kannampuzha, C.M.I., Pastor
Fr. Jose Koluthara, C.M.I., Associate Pastor
Fr. Saji Thomas, C.M.I., Associate Pastor

Celebration of the Eucharist

Sunday Eucharist

Saturday at 5:00 p.m. (Life Teen Mass)

Sunday at 8:00, 9:30 and 11:30 a.m.

Weekday mass times

Monday, Tuesday, Thursday, Friday at 8:30 a.m.

Wednesday Adoration at 6:00 p.m., Mass at 7:00 p.m.

Saturday at 8:30 a.m.

Celebration of Reconciliation

Saturday from 4:00 - 4:30 p.m.

Sunday 11:00 - 11:30 a.m. or any time by appointment.

Parish Information

Mass Times - Press 9

Baptismal Information - Press 7

St. Vincent de Paul - Press 8

Emergency due to death or serious illness - Press 6

Fr. Biju Kannampuzha, C.M.I., Pastor - 102
Fr. Jose Koluthara, C.M.I., Associate Pastor - 106
Fr. Saji Thomas, C.M.I., Associate Pastor - 108
Karen Price, Parish Secretary - 101
Bernadette Brock, Youth Minister - 104
Marilyn Reesor, Music Director - 121

FREEDOM FROM GUILT

There is a woman at the center of today's gospel drama. Scripture presents her to us as nameless and faceless, and we can only speculate about the circumstances that led to her predicament. What we do read is that she stood face-to-face with Jesus, guilty of a "sin of the flesh." Her fate rests in his hands, and most probably she's filled with terror, thinking that Jesus wants her stoned like all the other men who encircle her. How grateful and dumbstruck she must have been when Jesus received her with gentleness and mercy, sending her away with nothing more than an admonition not to sin again.

In a similar fashion, there are many people today, conscious of having sinned, who find themselves terrified at the prospect of facing Jesus. Like the gospel woman, they confuse Jesus with the stone throwers. And so they go to great lengths to avoid him, and run away if they think he's getting too close. Why is this? It's possible that they're literally overwhelmed with guilt. You might say that they're paralyzed by guilt. Maybe some of us are paralyzed with guilt!

But being paralyzed by guilt is not what Jesus wants for us. Instead, Jesus wants our guilt to be a "call to action." He wants us to face it and decide to make a real and positive change in our lives. Because Jesus knows that when we do this we will know freedom, enjoy peace, and restore our self-respect.

Guilt can be a good thing. Unfortunately, these days, pop psychology tries to convince us that guilt is unhealthy. It's something we need to ignore or eliminate so we can feel good about ourselves! In reality, however, a person unable to feel guilt is not healthy, but a sociopath.

Now this is not to say that there's not unhealthy guilt. There certainly is! Guilt is unhealthy when we cling to it long after we should have let it go. When we endlessly beat ourselves up for something we did long ago, and keep ourselves from getting on with life, our guilt is unhealthy.

Unhealthy guilt can also arise when we forget that although we are responsible for our actions, we are not responsible for how other people respond or react to what we do. In other words, just because someone is angry with us does not mean that we've actually done something wrong. Just because we feel guilty doesn't mean that we are guilty.

Another source of unhealthy guilt is perfectionism. When we set impossible standards for ourselves and fail to meet them, we feel guilty as a result. But if you think about it, this really is pride

at work, because sometimes it's easier to feel guilty than it is to admit that we're less than perfect.

Healthy guilt, on the other hand, is a sign that our conscience is active and that we're in touch with reality. It means, at a very fundamental level, that we can tell right from wrong. Healthy guilt leads us to change our behavior; it compels us to repair any damage we may have done, or heal any hurt we may have caused; and it moves us to seek the forgiveness of God, the forgiveness of others, and to forgive ourselves. Healthy guilt does not keep us trapped in the past. Instead, it inspires us to move forward and build a better future.

When we feel guilty, there are some things we can and should do to address the situation. First of all, we need to take a long, hard look at our guilt and see if it is healthy or unhealthy. If it is unhealthy, we need to make a conscious effort to gently, firmly, and consistently stop the thought patterns that contribute to our guilt.

If our guilt is healthy, however, we need to bring it before God by making a good confession in the Sacrament of Reconciliation. If guilt makes us feel bad, then making a confession can certainly make us feel good! But confession is more than just about feelings. It's about liberating us from the past and healing our friendship with God, which in turn gives us hope for the future.


Second, facing our guilt should impel us to try to make up for the wrongs we've done. Sometimes this springs from a penance given in confession. At other times, however, it comes from our own initiative. In practice, perhaps we can directly redress some harm we've caused, such as by asking forgiveness from a person we've hurt. Or maybe the best we can do is simply add to the world's goodness, knowing that we're responsible for some of the world's hurt.

If you are feeling guilty now, please don't ignore it, and please don't cling to it. Instead, give it to Jesus. There is nothing he cannot or will not forgive! And he can use your guilt to change you, so you in turn can change your world.

Lenten Reflection by Rev. Paul Acton



Lent is a season of reflection and preparation leading us to Good Friday and Easter. Please join us on **Friday March 18th at 7:00 pm** as we welcome our guest speaker, Fr. Paul Acton who will lead a reflection followed by Confessions. There will be up to six priests available to hear confessions. **The evening will begin with a poverty meal at 5:00 pm followed by the Stations of the Cross at 6:30 p.m.**

 Holy Week				
Palm Sunday	Holy Thursday	Good Friday	Easter Vigil	Easter Sunday
Saturday March 19th at 5:00 pm Sunday March 20th 8:00 am, 9:30 am, 11:30 am	Thursday March 24th The Mass of the Lord's Supper at 7:00 pm	Friday March 25th The Passion of the Lord 3:00 pm Living Stations of the Cross at 7:00 pm	Saturday March 26th 8:00 pm	Sunday March 27th 8:00 am, 9:30 am, 11:30 am



Saturday March 12th 5:00 pm † **Jack Kehoe**
 Requested by: Robert & Joanne Westhaver

Sunday March 13th 9:30 am † **Steve Perkić**
 Requested by: Agnes Perkić

9:30 am † **Vincent Mancinelli**
 Requested by: The Mancinelli Family

9:30 am † **Franca Bernardo**
 Requested by: The Mancinelli Family

9:30 am † **Nella Berlese**
 Requested by: Rita & Maurizio Padovan

9:30 am † **Barry Small**
 Requested by: Lito & Ralyn Mitra

11:30 am † **Bernie Schoutsen**
 Requested by: His Parents

Tuesday March 15th 8:30 am † **Louise Marr**
 Requested by: Jim & Phyl Taylor

Wednesday March 16th 7:00 pm † **Lucy Depew**
 Requested by: Cynthia & Michael Armstrong and Family

Thursday March 17th 8:30 am † **Hugh McCormick**
 Requested by: Bridie McCormick

Friday March 18th 8:30 am † **Louise Marr**
 Requested by: Jim & Phyl Taylor

Palm Sunday



St John Vianney Youth Ministry will be selling large wood palm crosses again this year after all Masses on Palm Sunday weekend. The Blessed Crosses will be sold for \$10 each. This year we will triple the amount made from last year so we have enough for all Masses.



Join us for The Stations of the Cross devotion during Lent. Our next Stations of the Cross will be on **Friday, March 18th at 6:30 pm** and will be led by the C.W.L.

YOUTH MINISTRY FOR SUMMER 2016



Check out our website for more information on the following Youth events.

www.stjohnvianney.ca

Steubenville Toronto (grades 8-12) July 22-24, 2016

St John Vianney Summer Day Camp

(grades 1-8) August 15-19, 2016

EDGE Adventure Camp (grades 5-8) August 29-September 2, 2016



BAND OF CHRISTIAN BROTHERS MEN'S CONFERENCE: March 19th

Among the most serious crises facing our society today is the lack of true men.

Women, children, the Church and the world are yearning for true men to setup and assist God in the mission of saving the world by saving souls. On March 19th, join Cardinal Collins, Matt Fradd and Deacon Harold in what is going to be an amazing day filled with prayer, fellowship and an opportunity to be emboldened and challenged in your faith. This is a full day retreat for men, 18 and over. The location is at the Canada Christian College, 50 Gervais Drive, Toronto from 9:00 am – 5:00 pm.

There will be a group from Barrie going to this event. If you are interested in going with the group, receiving a group rate and carpooling together, please see our poster on the back bulletin board or call the parish office.



The CWL General meeting will be held on Monday, March 14th at 7:00 pm. in the Fr. Blackwell Room. Speaker, Brock Godfrey from The Canadian Anti-Fraud Centre will be speaking about the latest frauds and scams especially those against women. All are welcome to attend. Following the talk, the 2016 financial plan will be discussed.



Please pray for those who are sick:

Patsy Parent-Johnston, Baby Oaklan Mallory, Herman Jacobs Sylvia Burch, Mary Dickson, Nathan Hobbs, John Durnin, Carl Wachowiak, Gina Racco, Gerald Borho, Lillian Pottage, Baby Avery Maset, & Carson Batters.

And for those who have died recently:

† Jack Kehoe, † Ernesto Turrin & † Roberta MacLeod



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