

St. Stanislaus & St. Pius X & St. Christopher

Parish Administrator :
Rev. Father John Suresh

Parish Secretary :
Ellen Austin

Office Hours :
Tuesday to Thursday
09:30 AM to 2 PM

Sunday Masses :

St. Pius X - Lively

Saturday : 4:30 PM

St. Christopher - Whitefish

Sunday : 9:00 AM

St. Stanislaus - Copper Cliff

Sunday : 11:00 AM

Sacrament of Reconciliation :

St. Stanislaus - Copper Cliff

Sunday : 10:30 AM to 10:45 AM

St. Pius X - Lively

Saturday : 4:00 PM to 4:15 PM

St. Christopher - Whitefish

Sunday : 8:30 AM to 8:45 AM

Baptism :

Usually on the 3rd Sunday of the month.
Please make arrangements one month in
advance by contacting the Parish Office.

Marriages :

Please make marriage arrangements
9 months in advance by contacting the
Parish office. Saturday weddings are
scheduled at 1:00 PM.

Other Sacraments :
Contact Parish Office

Bulletin Announcements :

Email yours to
ststans@eastlink.ca
Before 12 PM Wednesday

Prayer line :

St. Stanislaus : Ellen Austin
705-682-4596

St. Pius X : Eleanor Williams 705-692-4061
or Denise Stewart 705-692-4883

St. Christopher : Adrienne McIntyre
705-866-2235

Mission Statement :

By our Baptism, we are committed to
celebrate the presence of Christ in Word
and Sacrament and are continually
called to build our lives in the image of
Christ. Through liturgy and ministry,
we strive to bring ourselves closer to
God and to each other, by building a
strong community of believers and
a joyous family of God.

78 Balsam Street, P.O. Box 910 Copper Cliff, ON P0M 1N0

Tel: 705-682-4683

Email: ststans@eastlink.ca

Website: www.sts-spc.com

FIRST SUNDAY IN LENT

MARCH 09, 2025

FORGIVENESS

1. Understanding Why We Hold Grudges

When we're hurt, our instinctive response is to shield ourselves from further pain. We erect a mental barrier, pledging to never again let our guard down. This defense mechanism can provide temporary protection but reinforcing it can have unintended consequences. By fortifying this barrier, we inadvertently trap our own emotions, stifling our ability to process and heal.

Moreover, holding a grudge can provide a sense of agency and control. Refusing to forgive can feel like a means of regaining power over the situation, allowing us to exact a subtle form of revenge. This perceived control can be seductive, making us feel like we're mastering our circumstances. Yet, it's essential to question whether this control is genuine or merely an illusion that ultimately perpetuates harm.

What if, instead of controlling the situation, our grudge is controlling us?

A 'grudge' refers to:

- A feeling of resentment:** A lingering sense of anger, bitterness, or ill will towards someone or something.
- A past grievance:** A past hurt, injustice, or offense that is still remembered and resented.
- Unforgiveness:** A refusal to forgive or let go of a past wrong or hurt.

2. The insidious Effects of Resentment

Resentment can have subtle yet damaging effects on our well-being and relationships.

Here are some insidious effects of resentment on us:

- Erodes mental health:** Resentment can lead to anxiety, depression, and stress.
- Damages relationships:** Unaddressed resentment can create tension and conflict with others.

Mass Intentions

FOR THE WEEK



Tuesday, March 11, 2025

10:00 AM - St. Christopher, Whitefish

†Alice Zaleski by Theresa Matheson
Followed by Stations of the Cross

Wednesday, March 12, 2025

10:00 AM - St. Pius X, Lively
Followed by Rosary and Social

†Robert Williams by C. Regimbal

Thursday, March 13, 2025

10:30 AM - Meadowbrook, Lively
NO MASS

Friday, March 14, 2025

09:30 AM - Stanislaus, Copper Cliff
†Zel Girolametto by Nadine & Gus Principi

SECOND SUNDAY IN LENT

Saturday, March 15, 2025

04:30 PM - St. Pius X, Lively
†Felix, Raymonde & DeniseBourgeois by Diane B.
Followed by Stations and Social

Sunday, March 16, 2025

09:00 AM - St. Christopher, Whitefish
†Rheal & Therese Campeau by Ron & Julie Denomme

11:00 AM - St. Stanislaus, Copper Cliff
For the people entrusted to the pastor

The Rosary is recited before
Saturday and Sunday Mass.

The Cenacle of the Marian Movement of priests
is held each **Tuesday at 10:45 AM**
at **St. Christopher's Church, Whitefish.**

A **Prayer Line** is available for parishioners.
Anyone wishing to pray for a
special Intention, for someone who is **ill**,
having **surgery**, for the **deceased**, or
any other intention may contact
the **Prayer Line** or the **Parish Office.**

Mass Intentions

Offering Masses is a long standing
tradition in the Catholic Church.

**An Individual may ask a priest to offer a
Mass for several reasons.**

For example, in Thanksgiving, for the
intentions of another person (such as on a
Birthday or an **Anniversary**), for someone
who is **sick** or for the **repose of the soul** of
someone who has died.

Call the Parish Office: 705-682-4683

FIRST SUNDAY IN LENT

Psalm: 92.1-2

**Be with me, Lord, when I am in
trouble.**

Weekdays Scripture Readings: March 10 to March 16, 2025

Day	Reading	Gospel
Monday	Leviticus 19.1-2, 11-18	Matthew 25.31-46
Tuesday	Isaiah 55.10-11	Matthew 6.7-15
Wednesday	Jonah 3.1-10	Luke 11.29-32
Thursday	Esther 14.0, 3-5, 12-14	Matthew 7.7-12
Friday	Ezekiel 18.21-28	Matthew 5.20-26
Saturday	Deuteronomy 26.16-19	Matthew 5.43-48
Sunday	Genesis 15.5-12, 17-18/ Philippians 3.17-4.1	Luke 9.28b-36

Sunday Collection - March 02, 2025

Thank You for Your Continued Generosity!

Church	Envelopes	Loose	PADP
St. Stanislaus, Copper Cliff	\$ 871.00	\$ 112.00	
St. Pius X, Lively	\$ 625.00	\$ 60.00	
St. Christopher, Whitefish	\$ 675.00	\$ 152.00	

3. **Impairs emotional intelligence:** Resentment can make it challenging to recognize and manage emotions.
4. **Undermines self-esteem:** Holding onto resentment can lead to negative self-talk and self-doubt.
5. **Affects physical health:** Chronic resentment can contribute to physical health problems, such as headaches and digestive issues.
6. **Creates a sense of victimhood:** Resentment can foster a sense of powerlessness and helplessness.
7. **Fosters anger and bitterness:** Unaddressed resentment can escalate into anger and bitterness.
8. **Impedes personal growth:** Resentment can prevent us from moving forward and achieving our goals.
9. **Damages spiritual well-being:** Resentment can create a sense of disconnection from our inner selves, others, and the divine.
10. **Perpetuates a cycle of hurt:** Unforgiveness and resentment can create a cycle of hurt and retaliation.

3. The spirituality of forgiveness

According to Jesus, forgiveness is.....

1. **God's unconditional love:** Jesus taught that God loves us unconditionally, and we should extend that same love and forgiveness to others (Matthew 5:48, Luke 6:36).
2. **The Father's forgiveness:** Jesus emphasized that God is a forgiving Father, who desires to forgive and restore us to a right relationship with Himself (Luke 15:11-32, Matthew 6:14-15).
3. **The power of mercy:** Jesus demonstrated the power of mercy and forgiveness through His teachings and actions, such as the parable of the Prodigal Son (Luke 15:11-32) and the story of the woman caught in adultery (John 8:1-11).
4. **The importance of humility:** Jesus taught that forgiveness requires humility, recognizing our own sinfulness and need for forgiveness (Matthew 5:3-4, Luke 18:9-14).
5. **The command to forgive:** Jesus explicitly commanded His followers to forgive others, just as God forgives us (Matthew 6:14-15, Mark 11:25, Luke 6:37-38).

4. Some key Bible verses on the spirituality of forgiveness:

'Forgive us our debts, as we also have forgiven our debtors' (Matthew 6:12).

'If you forgive those who sin against you, your heavenly Father will also forgive you' (Matthew 6:14).

'Love your enemies, do good to those who hate you, bless those who curse you, pray for those who mistreat you' (Luke 6:27-28).

Jesus' teachings on forgiveness emphasize the importance of:

Recognizing our own sinfulness and need for forgiveness

Extending mercy and forgiveness to others

Humbling ourselves before God and others

Trusting in God's unconditional love and forgiveness

Lent is a season of divine grace, inviting us to embark on a journey of forgiveness. As we surrender to this transformative process, may we rejoice in the boundless blessings of the Risen Lord.



Longbeed Funeral Homes
and
Jackson & Barnard
Funeral Home

Please E-Mail Pictures and any Obituary
information to:
jacksonsinfo@lougheeds.ca
Thank You

PHARMASAVE
Wilson Pharmacy PS # 682

Lori Shannon, B.Sc.Pharm.
Pharmacist

WILSON PHARMACY
10 Serpentine Street, Copper Cliff, ON P0M 1N0
Phone: 705.682.2841 • Fax: 705.682.2938
Email: pharmacist@wilsonphm.com

CHARITY  UNITY
FRATERNITY  PATRIOTISM
Fr. JE REGAN Council 3909
WALDEN, COPPER CLIFF & ST. PATRICK
45A Street Lively, ON P3Y 1M9
(705) 698-9077

Roger & Nancy's YIG

65 Regional Road 24
Lively, ON P3Y 1C3

Roger & Nancy Beaulieu

705-692-3514
rbeaul3@yourindependentgrocer.ca
nbeaul8@yourindependentgrocer.ca



Celebrate Life!

SUDBURY | CHELMSFORD | HANMER



705-566-2100
WWW.COOPERATIVEFUNERALHOME.CA

**Be not afraid!
Open wide the
doors to Christ!**

- St. Pope John Paul II

Miss no single opportunity of making
small sacrifice, here by a smiling look,
there by a kindly word; always doing the
smallest right and doing it all for love.
Therese of Lisieux



Lonnie Doherty
Dealer - Owner

lonnie.doherty@homehardware.ca

Walden Home Hardware
130 Regional Road 24
Lively, Ontario P3Y 1J2

T 705-692-3697 F 705-692-4247



Valérie Michel

Dealer - Owner
Merchandising

A & J
Home
Hardware
469 Beuchard
Street
Sudbury
Ontario
P3B 2K8

T 705 522 3780
F 705 522 3272



First Week of Lent

On the **First Sunday of Lent**, as we begin our Lenten journey, we recall in the reading from the book of **Deuteronomy** how God was faithful to Israel, leading them out of Egypt to a land of “milk and honey.” **Luke's gospel** gives us the temptation of Jesus when he was “led by the Spirit” into the desert. Jesus resists the devil. “You shall not put the Lord, your God, to the test.”

After last week's first four days, the next three weeks of Lent represent a period of instruction, originally designed for the Catechumens (those preparing for Baptism at the Easter Vigil). We can read these readings as a catechism of renewal for us all.

The first weekday reading of week one is the great giving of the Commandments: “Be holy, for I, the LORD, your God, am holy.” Jesus gives the great parable about the last judgment - separating the charitable from the uncharitable: “whatever you did for one of these least brothers of mine, you did for me.” Then, Jesus teaches his disciples to pray. He says that it is an evil generation that looks for “signs.” He is the sign - a call to repentance. On the day we hear the desperate but faith-filled prayer of **Esther**, Jesus tells us to pray confidently. And he sums up the whole law and the prophets for us: “Do to others whatever you would have them do to you.” Jesus says our holiness has to go beyond the letter-of-the-law holiness; it must touch our anger, our judgments of others, and be reconciled with those we've wronged. The holiness Jesus proposes for us calls us to love our enemies, even to pray for those who persecute us. We are called to love the way God does.

For the **Second Sunday of Lent** we read of how God made a covenant with Abraham. In **Luke's gospel** we witness how Jesus showed his disciples his glory, to prepare them for what is to come. A voice from a cloud said, “This is my chosen Son; listen to him.” All we need to do for the journey ahead is to listen to him.