



St. Charles Garnier Parish



February 18, 2024

The Kingdom of God has come near; repent and believe in the good news.

Mark 1:12-15

CONTACT US:

3645 Benvoulin Road, Kelowna, B.C. V1W 4M7
Website: www.stcharlesgarnier.ca
Pastor: Fr. Gerald
Pastor's direct line: 778-478-6288
Pastor's email: scgpastor@shaw.ca
Office Manager: Carmen
Office Phone: (250) 860-6776
Office e-mail: scgkelowna@nelsondiocese.org
Office hours: 9:00 am—2:00 pm Tuesday to Friday

SCRIPTURE MESSAGE

'How to resist our temptation' is the key topic as this week's gospel from Mark 1:12-15 explores. Apostle James in his letter 1:13-14 makes this strong point: No one, when tempted, should say, "I am being tempted by God; for God cannot be tempted by evil and he himself tempts no one". But one is tempted by one's own desire, being lured and enticed by it. Prof. Dr. Angela Duckworth from the Pennsylvania State University had written about 'resisting our temptations'. According to her, Lent offers a Sacred Time for developing Willpower & Self-control'. She offers three steps to realize Self Control and develop Willpower. 1. Establish Motivation for a change & set goals for transformation. 2. Monitor your behaviors and attitudes towards that goal. 3. Achieve Willpower which will lead to healthy & happy living.

She suggests the following measures for our consideration. a) Eating Habits: Right eating & regular exercise. Alcohol in moderation. Lent is not for dehydration or starvation. It is to develop a plan to have the right amount of food at the right time. Therefore, develop a food plan that fits your needs & lifestyle. Avoiding junk food is essential for a healthy life. Better to avoid harmful drinks which are not healthy and are not beneficial to one's health & wellbeing. b) Losing weight: It does not come automatically. Weight needs to be controlled through regular activities and monitoring our intake habits. Weight loss is good for achieving greater health benefits. It increases our awareness about obesity and related concerns. c) Time Management: Rather than talking endlessly, can we be brief. Serenity of heart and mind is achieved through time management. Not to engage in unproductive talk, especially gossip at this time.

WEEKLY MASS INTENTIONS

Mon	Feb 19	8:30 am	Int. Mary Ducharme & Family
Tue	Feb 20	8:30 am	Int. Allison Knittig & Family
Wed	Feb 21	8:30 am	+ Luigi Pagliaro
Thu	Feb 22	8:30 am	Int. Asia Wilson & Family
Fri	Feb 23	8:30 am	Int. Janine Harnet & Family
Sat	Feb 24	5:00pm	Int. Laura Smith & Family
Sun	Feb 25	8:30am	+ Clarence Roberts
		10:30 am	Parishioners of St. Charles Garnier

Next Week's Readings

1	Genesis —	22:1-2, 9-13, 15-18
2	Romans —	8:31b-35, 37++
Gospel	Mark —	9:2-10

(Pope Francis' advice to practice 'fasting of the tongue' at this time') Apostle James in his letter 3:5-6 writes about the tongue. "The tongue is a small member, yet it boasts of great exploits. How great the forest is set ablaze by a small fire. And the tongue is a fire".

Willpower does not come automatically. We need to strive, learn, and develop over time in order to gain and own it. Willpower is the ability to resist short term temptations (gratifications) for a long-term benefit, says the Professor. Once we have mastered Willpower, we can achieve great things in life. It promotes self-control. It is the ability to resist, withstand and override an unwanted thought, feeling, emotion or impulse. It gives us the ability 'to play cool / keep calm' even in adverse situations, rather than showing how 'hot /troubled' we are emotionally. Conscious, effortful regulation of self through motivation, awareness and goal setting are the themes that the Scripture is advising today. These tenets help us develop a deep and abiding relationship with God and with our communities. We are encouraged to try. Let us make the following prayer our own during this time: 'God give me the courage to change the things, I can. The serenity to keep calm over the things that I cannot and help me to know the difference'.

Psalm 25 Invites us to pray in the following words: "Make me know your ways Lord & Teach me your paths". The 'ways are the disciplines and the paths are the methods of achieving that grace'. Temptation is a 'war between good & evil' (God & evil spirits) The tempter is the evil...Satan, Devil & Evil desire /Lure... Jesus overthrew Satan's empire by his amazing self-control by the grace of God. He did not complain like the Israelites when they were in the desert grumbling, murmuring, and complaining. Today we are given an opportunity to follow the good example of our master. Let us 'repent' to have a change of heart, transformation, and renewal. So that God's grace may flow in us to build up once again the unique and awesome relationship with our God & with our friends & families.

All the best.

In the service of the Word!

Gabriel



SECULAR FRANCISCANS

You are invited to witness the Eucharistic Celebration with the Rite of Permanent Profession to the Gospel Life with Bishop Gregory Bittman for the Secular Franciscans Order (OFS) of The Little Flowers of St. Francis Fraternity for: Anne Engel - Paulette Froh - Wilma Lucia Suarez-Pinzon - **24 February 2024 at 11:00 AM**

Our Lady of Lourdes Parish

2547 Hebert Road,
West Kelowna, BC.

Any inquiries contact:
Fraternal Minister:

Sandra Kavanaugh OFS

250-212-3596—Pax et Bonum



K OF C—BREAKFAST



Pancake Breakfast



St. Charles Garnier Parish

You are invited to the Best Breakfast in town!

Sunday, February 25, 2024

after 8:30 am & 10:30 am Masses

If you could please buy your tickets before Mass to have a better number of people.

Tickets are \$ 9.00 per person and \$ 25.00 per family!

Breakfast is served by the Knights of Columbus!

All funds raised go to Knights Charities!

Rachel's Vineyard



Now accepting registrations for our Spring Retreat: April 12-14, 2024

Are you or someone you know suffering the heartbreak of an abortion experience? Take courage and consider attending a Rachel's Vineyard Retreat. Women, men, couples or anyone affected by an abortion experience are welcome. This retreat offers an opportunity to experience hope and healing.

Call 250-762-2273 or email info@rachelsvineyardkelowna.com for information and registration. Visit www.RachelsVineyardKelowna.com. Confidentiality assured.

Healing the pain of abortion...one weekend at a time

Roman Catholic Diocese of Nelson website:

<https://www.nelsondiocese.org/>

Holy Sacrifice of the Mass & Devotions

Live stream click [here](#)

St. Charles Garnier Parish

<http://stcharlesgarnier.ca/>

**Holy Sacrifice of the Mass is being
live-streamed Sunday 8:30**

Livestream click [here](#)

NEWS & ANNOUNCEMENTS—DIOCESE OF NELSON



News and Announcements from Diocese of Nelson please click [here](#).



For Canadian Conference of Catholic Bishops website click [here](#).

CHALICE



[Ukraine Regional Assistance](#)

TAX RECEIPTS 2023



**2023 Income Tax Receipts are ready to pick up
at the church foyer!**

STEUBENVILLE NW YOUTH CONFERENCE

Spokane, Washington -- July 10-14, 2024

If you are a Catholic student currently in grade 8 to 12 and are from one of the Catholic parishes in Kelowna, W. Kelowna or Lake Country, we invite you to apply for this sacrament-soaked weekend! This youth conference is filled with talks, small group discussions, lively worship music, the Sacrament of Reconciliation, Eucharistic Adoration, and Mass to help us see the importance of our relationship with the Lord.

Trip cost: \$640.00 (additional funding may be available please contact your parish office.) Cost includes bus ride from ICC Kelowna, four nights' accommodation, all conference activities, 11 meals, travel medical insurance and entry into Silverwood Theme Park. Space is limited!

Complete these three application steps by March 13:
1. Email David Z at: snw.kelowna@gmail.com to express interest in this trip
2. Parish commitment form signed by teen's parish priest
3. School-based character reference.

For more information about the conference and application process, go to:
www.kelownacatholicyouthgroup.ca.



FORMED



Week One | Restore:

Lent with Sr. Miriam James Heidland, SOLT

In the Week One video for the Restore Lent series, Sr. Miriam James, reflects on the theme of the week—the desert. She explains that Jesus is inviting you to move beyond your comfort zone and into the deepest places of your heart with him. It is Jesus who helps you root out the sin, sickness, and self-hatred in your life, Sr. Miriam assures us that we can look to him for comfort, love and healing.

Enjoy a free subscription:

stcharlesgarnier.formed.org

Don't have an account? Click on Register and enter your email and create a password.

Contact Nicole Horsman at:

nicolehorsman@telus.net

If you have any further questions about

Formed.org

DEVELOPMENT AND PEACE

Week 1: February 18

Development and Peace

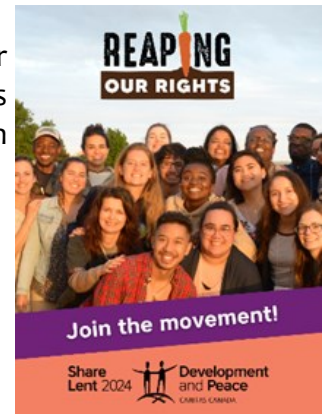
Caritas Canada: a movement of solidarity

Established in 1967, Development and Peace — Caritas Canada is the official international solidarity organization of the Catholic Church in Canada.

We address the root causes of poverty, oppression, and inequality by working with partners in the Global South and by mobilizing Canadians in the common struggle for justice and dignity. We champion women and social movements as key agents of lasting change. Our transformative work is possible **thanks to the generosity and support of our members** and Canadians who stand by us.

Join the movement of over 12,000 members and help us bring our campaigns to life in your community.

Visit devp.org/membership.



PARISH EVENTS

DATE	TIME	EVENT
Friday, February 16	6:30 pm	Stations of the Cross—Lead by Fr. Gerald
Saturday, February 17	5:00 pm	Sunday Mass
Sunday, February 18	8:30 am 10:30 am 2:00 pm	Sunday Mass Sunday Mass—Children's liturgy K of C—4th Degree Meeting
Monday to Friday	8:30 am	Morning Mass Rosary after Mass
Tuesdays and Wednesdays		Confessions after 8:30 am Mass
Monday, February 19	1:00 pm	Card Social group Office Closed
Tuesday, February 20	7:00—9:00 pm	Women's Ministry Refresh
Wednesday, February 21	9:30 am 4:30—5:30 pm 5:30—7:00 pm 7:00—8:00 pm	Catholic Mom's Connect Soup and Stations Catechism—1st Reconciliation/1st Communion Catechism—Confirmation
Thursday, February 15	9:30 am	Bible Study—Church Hall

RACHEL'S CORNER

“God, you are my God, I pine for you; my heart thirsts for you, my body longs for you, as a land parched, dreary and waterless.”- Psalm 63:1

Come on a Rachel's Vineyard™ Retreat and discover the oasis of His love and mercy which will satisfy all your longings and thirst in a way nothing else possibly can.

info@rachelvineyardkelowna.com
www.rachelvineyardkelowna.com

f Rachel's Vineyard Kelowna 250-762-2273






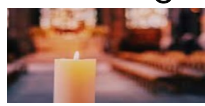

PRESCRIPTION EYGLASSES WANTED

If you have extra prescription eyeglasses that you no longer need, please bring them to the church foyer and place them in the basket provided.



LENTEN CONFESSION SCHEDULES

Parish/School	Date/Time
IMAC High School	Tuesday March 5, 2024 10:00 am – 2:30 pm
St. Joseph's School	Thursday March 14, 2024 10:30 am and 12:40 pm
LOLO School	Thursday March 7 th , 2024 10:45 am – 11:40 am 12:45 pm – 1:40 pm
Our Lady of Lourdes Parish	Wednesday March 20, 2024 @ 4:00 pm
St. Pius X Parish	Monday March 11, 2024 @ 5:30 pm
Corpus Christi Parish	Wednesday, March 6 th , 2024 @ 6:00 pm
St. Edwards Parish	Wednesday March 13, 2024 @ 5:30 pm
St. Charles Garnier Parish	Wednesday March 13, 2024 @ 5:00 pm
Immaculate Conception Parish	Thursday March 21, 2024 @ 3:00 pm
St. Francis of Assisi Parish	Monday March 19, 2024 @ 5:00 pm

	Date	Mass Times
Palm Sunday 	Sunday, March 23 Sunday, March 24	5:00 pm 8:30 am & 10:30 am
Holy Thursday 	Thursday, March 28	6:30 pm
Good Friday 	Friday, March 29	12:00 pm (TBD) & 3:00 pm
Easter Vigil 	Saturday, March 30	6:30 pm
Easter Sunday 	Sunday, April 31	8:30 am & 10:30 am



STATIONS OF THE CROSS

Every Friday during Lent
@ 6:30pm

Lead by Fr. Gerald

St. Charles Garnier Women's Ministry

REFRESH

*I will refresh the weary & satisfy the faint
Jeremiah 31:25*

Relent

Make your life a prayer

February 20
7 - 9 PM

Begin Lent with a women's retreat facilitated by Fr. Gerald (Part 2 will be a full day on March 9). Our retreat will focus on invigorating your prayer life. We will have the opportunity to learn and pray together, including exposition of the Blessed Sacrament (Adoration). A small social will follow in the hall. A light snack will be provided.

ST. CHARLES GARNIER

LENTEN FAMILY NIGHTS:



SOUP & STATIONS

JOIN US FOR A POTLUCK SUPPER OF SOUP,
FOLLOWED BY PRAYING THE
STATIONS OF THE CROSS

WEDNESDAYS @ 5:30

*STARTING FEB 21 THROUGH LENT

PIC•COLLAGE



ALMSGIVING SUNDAY MARCH 2 & 3

Go through your pantry and share your non-perishable food items with those in need.

DROP-OFF LOCATION:

Non-perishable food items can be brought to the altar before any of the Masses on March 2nd & 3rd



First Sunday of Lent (B)

Mark 1:12-15

Jesus in the wilderness

Use the clues below to help you to answer the questions

Today is the First Sunday of Lent. For forty days before Easter we think about the life of Jesus—and also our own lives.



1. When does Lent begin?

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2. What does 'Lent' mean? (Write the first letter of each picture)

Jesus went into the wilderness for forty days. What happened to him there?

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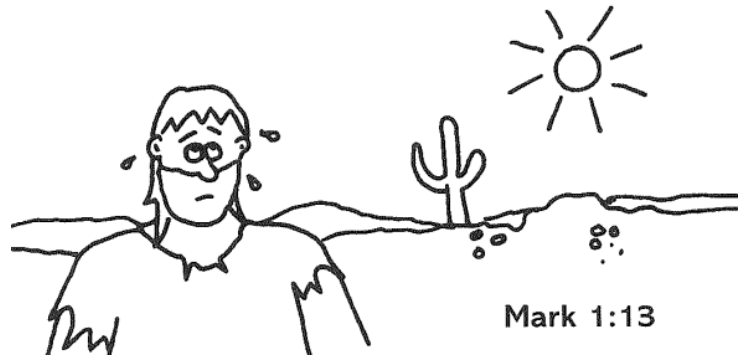
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PARISH PASTORAL COUNCIL



Pastor—Fr. Gerald
Chair—Stephen Horsman
Co-Chair—Christine Schmidt
Liturgy—Marlene Crane
Financial—Kevin Schmidt
Maintenance—Don Korby/Margaret Radi
SSVP—Arnie Schneider
K of C—Paul King
CWL—Debbie Cloutier
Outreach— Abbey Ackerman
Recorder—Leah Drebit
Special Activities—Carmen & Alan Walisser

PARISH ORGANIZATIONS

CATHOLIC WOMEN'S LEAGUE

Meet second Tuesday of the month—**NOTE:** Sep-Oct-Nov @ 6:30 PM
 Contact: Diane Cey 250-868-9636
 Membership inquiries: Betty Ann Richard bettyannrichard@gmail.com

FR. PANDOSY 4TH DEGREE ASSEMBLY—Knights of Columbus

Meet third Sundays of the month at 2:00 pm
 Inquiries: Gino Servedio 250-764-3182

KNIGHTS OF COLUMBUS www.stcharleskoc.com

Meet second Thursday of the month at 7:30 pm.
 Grand Knight: Paul Schembri pjaas@gmail.com

St. Peregrine Prayer Circle *(An Apostolate of The Little Flowers of Saint Francis Fraternity of the Secular Franciscan Order)*

If you have friends/family members with serious illnesses we will add them to our list and pray for them & their family daily. We meet once a month and pray together.

Contact: Christine Reeves, OFS. 250-575-2043 E-mail: sforeec10@gmail.com

SECULAR FRANCISCAN ORDER — "The Little Flowers of St. Francis Fraternity"

Meeting the 2nd Sunday of the month @ St. Charles Garnier Parish Hall.

Contact Sandy: 250-212-3596.

SOCIETY OF ST. VINCENT de PAUL 250-860-2536

Meet second and fourth Wednesdays at 9:00 am St. Charles Garnier Parish—Hall

FIRST SUNDAY OF EACH MONTH—SSVP DONATIONS

SSVP DONATIONS-VEHICLE, RV & TRAILER- KEITH :250-300-1062

MINISTRY COORDINATORS

If you wish to become involved contact the Parish Office 250-860-6776

Children's Liturgy	Allison Knittig	778-477-3790
Eucharistic Ministers	Dave Crane	250-861-4085
CMC/Children Choir	Abbey Ackerman	250-899-4384
CMC/Children Choir	Julia Orr	250-718-0060
Women's Ministry	Joelle Schmidt	250-470-8901
Altar Servers	Jonathan Rowe	778-478-1133
Music	JoAnn Young	250-317-8965
Readers	Marlene Crane	250-861-4085
Sacristans	Brenda Korby	250-859-0840
Safe Environment Coordinator		
Ushers	Gino Servedio	250-764-3182
Pilgrimage of Faith	Rhonda Sali rhondasali@gmail.com	
Development and Peace	Karen Krout— karenkrout@gmail.com	
Hospital Visitation	Ethel Robidoux	250-860-2101
Care-Home Visitation	Christine Schmidt	250-763-4798
Youth Ministry	www.kelownacatholicyouthgroup.ca/	
Religious Ed Coordinator	Amanda Tian Seng	

250-860-6776 -Ext: 202 or formation.scg.kelowna@nelsondiocese.org

CONTACT NUMBERS

DIocese of Nelson—Catholic Pastoral Centre	250-448-2725
St. Joseph Catholic School	250-763-3371
Immaculata Regional High School	250-762-2730
Clubhouse Daycare	250-860-4393
Elizabeth Seton House of Prayer	250-764-4333
Freedom's Door . info@freedomdoorKelowna.com	250-717-0472
Grief to Grace www.GriefftoGrace.org	250-870-8517
Kelowna Right to Life . kelownarighttolife@hotmail.com	250-870-4103
Ozanam House . . . manager@ozanamhouse.com	250-762-4673
Pregnancy Care Centre	250-763-2112
Rachel's Vineyard . . . info@rachelvineyardKelowna.com	250-762-2273
Reach Out Youth Counselling & Family Services	250-763-7892
reachoutokanagan@gmail.com	
Canadian Food for Children . . . www.canadianfoodforchildren.ca	
Creighton Model Fertility Care . . https://creightonmodel.com/	

Please remember:
OUR CHURCH IS A SCENT-FREE ZONE! Avoid wearing perfume, after-shave or heavily scented personal care products

DEADLINE FOR SUBMITTING ITEMS TO BE INCLUDED IN THE BULLETIN IS THURSDAY NOON.



St. Charles Garnier Parish WELCOME NEW PARISHIONERS!

Please complete this form and leave it in the collection basket or at the Parish Office.

New Parishioner: _____ Information Change: _____

Name (s) : _____ & _____

DOB (yyyy/mm/dd): _____ & _____

Address: _____ Postal Code: _____

Phone: _____ Email: _____

CHILDREN

Name (s)	M/F	DOB (yyyy/mm/dd)

Would you like to be contacted by one of our parish groups?

CWL _____	Music _____
Knights of Columbus _____	Reader _____
St. Vincent de Paul _____	Usher _____
R.C.I.A. _____	Altar Servers _____
Sacristan _____ (Set up for Mass)	

You may also register on-line @ www.stcharlesgarnier.ca where you can sign up for the bulletin to be emailed to you each week.

Would you like to pick up Sunday Offertory Envelopes from the ledge in the foyer next week? Yes _____ No _____
 The label will have your name on it, the number identifies you and a tax receipt will be sent to you at the address that you registered with.