



# St. Charles Garnier Parish

February 21, 2021

## First Sunday of Lent.

Jesus was tempted by Satan; and  
the Angels waited on him.

Mark 1

First Sunday of Lent



### CONTACT US:

3645 Benvoulin Road, Kelowna, B.C. V1W 4M7

**Website:** [www.stcharlesgarnier.ca](http://www.stcharlesgarnier.ca)

**Pastor:** Fr. Gabriel

Pastor's direct line: 778-478-6288

**Office Manager:** Carmen Pryce

**Office Phone:** (250) 860-6776

**Office e-mail:** [charlesgarnier@gmail.com](mailto:charlesgarnier@gmail.com)

**Office hours:** 9:00 am—2:00 pm

### PASTOR'S MESSAGE

Dear Sisters and Brothers in Christ!

"Resisting Temptation" seems to be very Challenging.

Professor Angela Duckworth of Pennsylvania State University recommends that we need to develop and foster a 'Strong Will power' to resist temptation. According to her, Lenten Season offers a Sacred Time for developing a Strong Willpower and self-control. She offers three steps such as 1. Establishing motivation for change by setting goals. 2. Monitoring our behaviors and attitudes towards that goal and 3. Activating our Willpower which will lead to a healthy lifestyle and happy living.

She explains the basic requirements for achieving the above goals.

1. Check your eating habits. Promote right eating, regular exercise and alcohol moderation. Lent is not for dehydration and starvation. It is to develop a plan to have the right food at the right time. Therefore, we need to develop a food plan that fits our needs and style of life. Avoiding junk food is essential for a healthy life. It's a good idea to avoid harmful drinks which are not healthy and are not beneficial to our health and well-being.

2. Losing Weight does not come automatically. Weight needs to be controlled through regular daily activities like proper sleep. Don't roll in your bed endlessly with sleepless nights. It causes stress and depression only. Weight loss is good for achieving greater health benefits because it increases our awareness about obesity and other concerns. 3. Time Management is to be practiced in all sincerity. Better to be brief than to go on talking endlessly.

### WEEKLY MASS INTENTIONS

Mon	Feb 22	8:30am	✚ Jack & Joe Finegan
Tue	Feb 23	8:30am	✚ Wladyslaw Plachta
Wed	Feb 24	8:30am	✚ Barbara Schepenski
Thu	Feb 25	8:30am	✚ Cornelius & Carolina Pyne
Fri	Feb 26	8:30am	✚ Margaret Horner
Sat	Feb 27	5:00pm	✚ Maria Kacic
Sun	Feb 28	8:30am	✚ Bernard Mohan
		10:30am	Int. Lindsay Rowe & Family
		7:00pm	Parishioners of St. Charles Garnier

### NEXT WEEK'S READINGS:

**1st Reading:** - Genesis 22:1-2,9-13,15-18

**2nd Reading:** - Romans 8:31b-35,37++

**Gospel:** - Mark 9:2-10

Continue on page 2...

Serenity or calmness of heart and mind is achieved through time management. Avoiding gossip or unprofitable talk would promote self-respect and decorum to one's life.

Willpower does not come automatically. We need to strive and learn to develop it over time in order to gain and own it for our betterment. "Willpower is the ability to resist short term temptations or gratifications for a long-term benefit" says Prof. Angela Duckworth. Once we have developed Willpower, we can master over selves. This is how we gain 'Self Control'. It is the ability to resist, withstand and override an unwanted thought, feeling, emotion and impulse. It is the ability to play 'cool or keep calm' even in adverse situations rather than to show our hot temper and become hot under the collar for no reason at all. These are the themes the Scriptures explore this Sunday. They in fact help us develop a deep and abiding friendship and relationship with God and our families and friends.

Lent extends an opportunity to pray this beautiful prayer:

"God give me the courage to change the things I can. The Serenity/Calmness to keep quiet over things that I have no control. Help me God to know the difference through your grace"... Covenant relationships such as Marriage and Religious life depend upon this analogy of "Trust & Determination" Trust is to believe the other and Determination to sustain and to support. The unique, awe inspiring relationship with our God becomes a reality only when we believe in Him and Trust in Him despite our challenges.

Lent offers a special time to get into our wilderness to explore the unknown. Where did we or when did we go wild or when did we behave like a beast? Can we be able to come back to the Normal life through self-control and willpower through God's grace? Let us ask the good Lord to help us this week.

Blessings in the Lord!

Gabriel

**"God give me the courage to change the things I can. The Serenity/Calmness to keep quiet over things that I have no control. Help me God to know the difference through your grace."**



Society of St Vincent de Paul National Housing Campaign has officially launched February 7, 2021.

Pope Francis said," In today's world, voices are being raised which we cannot ignore and which implore our Churches to live deeply our identity as disciples of the Lord Jesus Christ. The first of these voices is that of the poor..."

Frederic Ozanam, our founder, said, "You must not be content with tiding the poor over the poverty crisis; you must study their condition and the injustices which brought about such poverty with the aim of long-term improvement."

SSVP is expanding the breadth and depth of our Vincen-tian works, both charity and systemic change. We have the opportunity to act on housing issues in a variety of ways. We can listen to what persons in need have to say about their housing concerns, connect persons in need with community housing services, and help them navigate those services effectively, advocate for change among government and other service providers and create solutions to fill gaps in services. Safe, secure and affordable housing is a human right.

Through the financial and prayer filled support of Kelowna parishes and their congregations we strive to work this mission. Home visits and food delivery have extended to housing issues in the last few years.

InVincible Housing tries to provide connection to several local services and, if possible, small rent supplements to keep our neighbours in their homes. Also, we have been at the table of Kelowna's 'Journey Home' initiative to end homelessness.

Thank you for your support.



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**RACHEL'S VINEYARD**

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"He pulled me up from the seething chasm, from the mud of the mire. He set my feet on rock and made my footsteps firm." - Psalm 40:2

Before your involvement in an abortion decision, you may not have known how you would feel afterwards. Maybe you thought she would be the only one. Join the men and women on a Rachel© Retreat and discover how you can get your feet back on solid ground and be free from any burden you still carry since that day.

[www.RachelsVineyardKelowna.com](http://www.RachelsVineyardKelowna.com)

[info@rachelsvineyardkelowna.com](mailto:info@rachelsvineyardkelowna.com)

250-762-2273

Like us on Facebook: Rachel's Vineyard Kelowna

## St. Charles Garnier Parish

<http://stcharlesgarnier.ca/>

**Holy Sacrifice of the Mass is being  
live-streamed Sunday 8:30 & 10:30am**

Livestream click [here](#)

### ST. CHARLES FACEBOOK

**St. Charles Garnier has a new Facebook page!**

Please join our online community at:

[www.facebook.com/groups/stcharlesgarnier/](http://www.facebook.com/groups/stcharlesgarnier/)

We look forward to virtually connecting with you.



### FORMED

**WATCH**



**THE WILD GOOSE:**  
**EPISODE 10 THE SPIRIT AND THE DESERT**  
Sometimes we might feel like we're stuck in spiritual deserts. In this episode of The Wild Goose, Fr. Dave Pivonka shares how the Holy Spirit is present even in these times of desolation.

**FORMED** provides amazing content 24/7 for you to learn and grow in your faith.

Enjoy a free subscription:

[stcharlesgarnier.formed.org](http://stcharlesgarnier.formed.org)

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

Please contact Nicole Horsman at:

[nicolehorsman@telus.net](mailto:nicolehorsman@telus.net) if you have any further questions about Formed.org

## Roman Catholic Diocese of

## Nelson website:

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

Holy Sacrifice of the Mass & Devotions

Live stream click [here](#):

### RECEPTION OF THE EUCHARIST (PARKING-LOT)

\* Kindly participate in the Live-Stream Mass in your residence or in our daily mass through the radio reception at 100.3 AM Monday to Saturday from our parking lot.

Reception of the Eucharist @ 9:00 am

**Sundays live-stream:**

8:30am Eucharist/Mass (Communion at 9:15)

10:30am Eucharist/Mass (Communion at 11:15)

\* When the Priest approaches your car in the parking lot, roll down your window and extend your hands to receive communion.

\* When you receive the Eucharist just say "Amen" (Please don't offer thanks to father)

\* We encourage our parishioners to avoid getting out of their cars and engage in dialogue with others.

### MARRIAGE ENCOUNTER

The Worldwide Marriage Encounter virtual weekend experience is coming to you!

**February 26-28, 2021**

If you desire to restore communication & rekindle romance, this weekend is for you; no travel required and from the comfort of your own home! Registration deadline Feb. 19. 2021

**Click here for registration:**

<https://beholdvancouver.org/events/virtual-worldwide-marriage-encounter-5>

**Click here for info video:**

<https://www.youtube.com/watch?v=VvQUEZ35Ufg&feature=youtu.be>



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## UPCOMING DATES

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 Palm Sunday	Sun - March 28, 21
 Holy Thursday	(Sacred Triduum) Thu - April 1, 21
 Easter Sunday	Sun - April 4, 21

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## SEASON OF CREATION

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The story of Noah tells us that we are all in the same boat, animals, people, and plants, and that God wants to save us all. We are also learning from the pandemic that we are all in one boat, waiting for the vaccine, waiting for social gatherings with families and friends and parish community.

Pope Francis, in *Laudate Si* (no.139), tells us: "Nature cannot be regarded as something separate from ourselves or as a mere setting in which we live. We are part of nature, included in it and thus in constant interaction with it."

With that in mind, let us consider the earth when we make our Lenten resolutions.

Two ways we can fast from overconsumption:

1. Turn down the heat in our homes a couple of degrees and wear warmer clothing.
2. Choose not to keep our car idling in parking lots or drive-throughs.

Next week we will consider the other two elements of Lent: almsgiving and prayer.

Please see YouTube video from *LaudatoSiLent*:

<https://youtu.be/IP9aVSC2SIA>

If you would like to become involved in our Green Team, known as Care of Creation Circle, you will be very welcome. More people = more ideas. Please contact Karen @ [karenjkroust@gmail.com](mailto:karenjkroust@gmail.com)

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## 2020 INCOME TAX RECEIPTS

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Income Tax Receipts are available for pick up from the table in the foyer. If you have any questions regarding your receipt from the parish, please call Carmen in the Parish Office 250-860-6776.

Tax receipts from The Society of St.

Vincent de Paul are also included in your envelope.

Our Pilgrimage of Faith receipts will be mailed separately from the Pilgrimage of Faith office.

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## JOURNEY THROUGH LENT

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Given the positive feedback received about the video series *Journey through Advent*, we are pleased to inform you that we have produced a new series for Lent 2021. Beginning on Ash Wednesday, 17 February 2021, *Journey through Lent* offers an introduction to the Season and reflections on Gospel readings of each Sunday in Lent. It is the result of a joint project between the CCCB's Office for Evangelization and Catechesis, the National Liturgy Office and the Office national de liturgie.

This short video series will be posted on the CCCB website and accessed through the rolling banner image at the top of the homepage entitled *Journey through Lent: Video Series for Lent 2021*. You are invited to post the links on your diocesan/eparchial website, as well as on your other social media platforms, and to share them broadly with pastors and pastoral teams who work in diocesan offices and parishes.

The links to the videos, in French and English, will be available on the CCCB website. Each Monday, the link for the upcoming Sunday celebration will be released.

To access the video series in [English](#).

To access the video series in [French](#).

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## CWL

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Want to Join Us? Every woman has her reasons. What are you looking for?

**The Catholic Women's League of Canada is many things to many people:**

- A Sisterhood of Support and Understanding
  - A Way to Act on Important Social Justice Issues
  - An Opportunity to be of Service in your Community, to your Country, and to God
  - A Chance to Live Your Faith with those Who Share it
- Go to <https://cwl.ca/to-inspire/> to learn how you can join over 70,000 women of Faith, Service, and Social Justice!

**And follow us on social media at:**

Instagram: <https://www.instagram.com/CWLNational>

Facebook: <https://www.facebook.com/cwlnational>

Twitter: <https://twitter.com/CWLNational>

Pinterest: <https://www.pinterest.ca/cwlnational>

The Catholic Women's League of Canada

National Office:

C-702 Scotland Ave.

Winnipeg, Manitoba



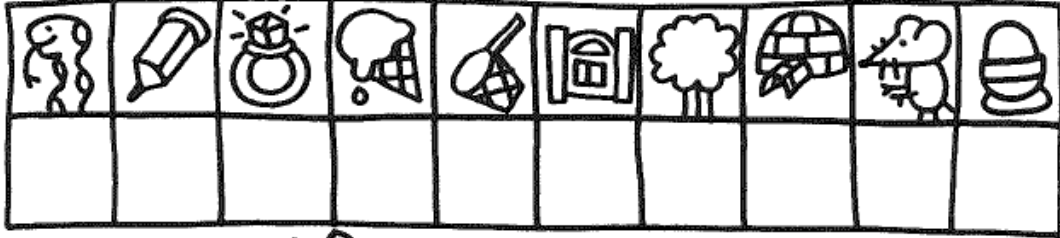
Jesus in the wilderness

First Sunday of Lent (B)

Today is the First Sunday of Lent. Lent last for forty days before we celebrate

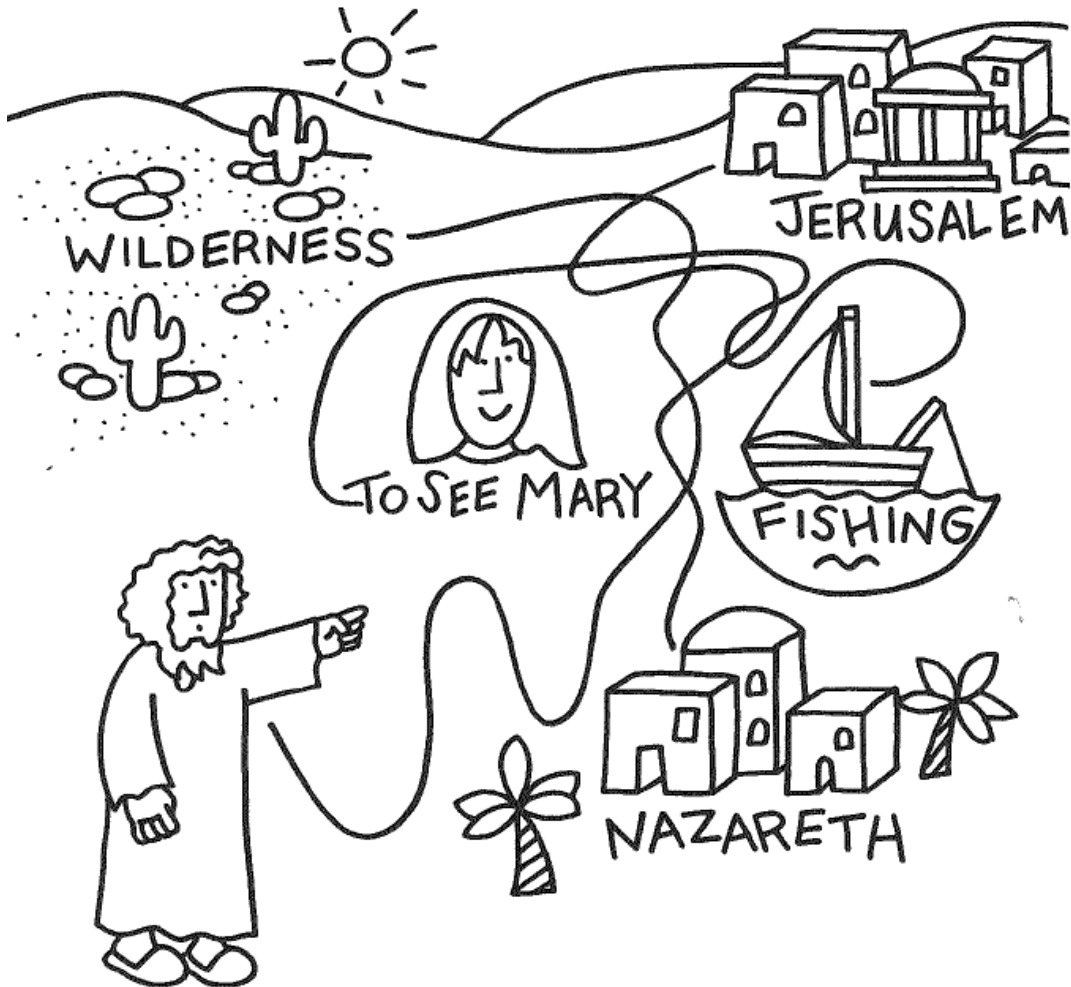
Easter

Write the first letter of each picture in the boxes to find out what the word 'Lent' means



Follow the path and see where it leads!

Where did Jesus go for forty days?



## PARISH ORGANIZATIONS

### CATHOLIC WOMEN'S LEAGUE

Meet second Tuesday of the month at 9:30 am  
 Contact: . . . . . Diane Cey . . . . . 250-868-9636  
 Membership inquiries: . . . Betty Ann Richard  
[bettyannrichard@gmail.com](mailto:bettyannrichard@gmail.com)

### DEVELOPMENT AND PEACE . . . .

**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](http://www.stcharleskoc.com)

Meet second Thursday of the month at 7:30 pm.  
 Grand Knight: . . . . . Paul King . . . . . 250-868-1311  
 Email: [paul.king33@shaw.ca](mailto:paul.king33@shaw.ca)

### - ST. PEREGRINE PRAYER CIRCLE *(An Apostolate of The Little Flowers of Saint Francis Fraternity of the Secular Franciscan Order).*

St. Peregrine is recognized as the Patron Saint of Cancer Patients and Other illnesses.  
 St. Peregrine's Feast Day is celebrated on May 4. If you have friends/family members with cancer or other illnesses we will add them to our list and pray for them & their family daily. We meet once a month and pray together.  
 All are welcome to join us. Also, once a month we offer Mass Intentions for the St. Peregrine prayer list.

Contact :Christine Reeves, OFS. 250-575-2043 E-mail: [breevesac@shaw.ca](mailto:breevesac@shaw.ca)

**SECULAR FRANCISCAN ORDER** - "The Little Flowers of St. Francis Fraternity" will be moving their Gatherings (and meetings) to ICC beginning September 15, 2019

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

Meet second and fourth Wednesdays at 9:00 am

### **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  
 Altar Servers . . . . . Rod Attwell . . . . . 250-212-3990  
 Children's Liturgy . . . . . Allison Knitting . . . . . 778-477-3790  
 Eucharistic Ministers . . . . . Dave Crane . . . . . 250-861-4085  
 Hospital Visitation & Eucharist. . . . . Ethel Robidoux . . . . . 250-860-2104  
 Catholic Moms Connect Group . . . . . Lindsay Rowe . . . . . 778-478-1133  
 Music . . . . . JoAnn Young . . . . . 250-764-0485  
 Readers . . . . . Kathleen Baldwin . . . . . 250-860-4098  
 Sacristans . . . . . Brenda Korby . . . . . 250-859-0840  
 Safe Environment Coordinator . . . . . Jeremy Orr - [jeremy@digitcontracting.ca](mailto:jeremy@digitcontracting.ca)  
 Ushers . . . . . George Jarrouj 10:30 mass  
 Campus Ministry (Kelowna Catholic Collective) email: [ubco.focus@gmail.com](mailto:ubco.focus@gmail.com)

## CONTACT NUMBERS

**CANADIAN FOOD FOR CHILDREN.** . . . Martha Calderer . . . . . 236-420-1970  
**CLUBHOUSE DAYCARE** . . . . . 250-860-4393  
**CREIGHTON MODEL FERTILITY CARE** . . . . . 250-491-1088  
**CURSILLO** . . . . . John Schlosser. . . . . 250-764-7007  
**DIOCESE OF NELSON—Catholic Pastoral Centre** . . . . . 250-448-2725  
**ELIZABETH SETON HOUSE OF PRAYER** . . . . . 250-764-4333  
**FREEDOM'S DOOR** . . . . . [freedomdoor@shaw.ca](mailto:freedomdoor@shaw.ca) . . . . . 250-717-0472  
**GRIEF TO GRACE** . . . . . [www.GriefftoGrace.org](http://www.GriefftoGrace.org) . . . . . 250-878-7603  
**KELOWNA RIGHT TO LIFE.** . . . [kelownarighttolife@telus.net](mailto:kelownarighttolife@telus.net) . . . 250-862-8202  
**OZANAM HOUSE** . . . [hope@ozanamhouse.com](mailto:hope@ozanamhouse.com) . . . 250-762-4673(HOPE)  
**PREGNANCY CARE CENTRE** . . . . . 250-763-2112  
**RACHEL'S VINEYARD** . . . [info@rachelvineyardkelowna.com](mailto:info@rachelvineyardkelowna.com) . . . 250-762-2273  
**REACH OUT YOUTH COUNSELLING & FAMILY SERVICES** 250-763-7892

**Please remember:**

OUR CHURCH IS A **SCENT-FREE ZONE!**

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

### WELCOME NEW PARISHIONERS!

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

Name(s): \_\_\_\_\_ **New Parishioner:**  **Information Change:**   
 Address: \_\_\_\_\_ Postal Code: \_\_\_\_\_  
 Phone: \_\_\_\_\_ Email: \_\_\_\_\_

CHILDREN	
Name(s)	D.O.B.— (yyyy/mm/dd)

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

- |  |                                 |
|--|---------------------------------|
| <input type="checkbox"/> CWL                 | <input type="checkbox"/> Music  |
| <input type="checkbox"/> Knights of Columbus | <input type="checkbox"/> Reader |
| <input type="checkbox"/> St. Vincent de Paul | <input type="checkbox"/> Usher  |

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.*

You may also register on-line @

[www.stcharlesgarnier.ca](http://www.stcharlesgarnier.ca) where you can

*sign up for the bulletin to be **emailed to you each week.***