

## WEEKLY BULLETIN FOR BLESSED TRINITY PARISH – February 7, 2024

<b>POSTED MASS TIMES:</b>	<b>Saturday – Feb. 10th</b>	<b>St. Anthony’s, Upham</b>	<b>4:00 p.m.</b>
	<b>Sunday – Feb. 11th</b>	<b>St. Alphonsus, Hampton</b>	<b>9:30 a.m.</b>
		<b>St. Bridget’s, Chapel Grove</b>	<b>11:30 a.m.</b>
	<b>Tuesday – Feb. 13th</b>	<b>NO TUESDAY EVENING MASS</b>	
	<b>Wed. – Feb. 14<sup>th</sup></b>	<b>ASH WEDNESDAY, St. Alphonsus 6:30 p.m.</b> (Day of fast and abstinence)	

### **KNOWLEDGE CAFE – Hampton Resource Centre (Fridays at 11:00 a.m. - noon):**

February 16<sup>th</sup> – Nancy Drury, Owner/Operator of Nancy’s Tours will talk about their new 2024 calendar - many exciting bus day-tours and many overnight adventures to wonderful places in North America. The new 2024 calendar will be available.

March 1<sup>st</sup> – “Eating Well for Diabetes Prevention and Management”. Guest speaker: Martha MacLean of Horizon Health. Come learn more about good nutrition to support brain and body health.

Everyone is welcome. Refreshments are provided. If schools are cancelled due to the weather, the Knowledge Café is also cancelled.

### **CANADIAN MENTAL HEALTH ASSOCIATION (CMHA) SAINT JOHN OFFICE – Message from Dawn O'Dell, Community Program Coordinator:**

Here is the current schedule regarding upcoming sessions along with the re-scheduled December session. The ***Making Wellness a Priority*** is a monthly series that addresses the 8-dimensions of wellness and helps individuals in achieving whole-person wellness.

📍 Tuesday, March 12 @ 230 PM - **Environmental Wellness** with Amy Cleveland from @ Cedarcrest Gardens;

📍 Tuesday, April 2 @ 230 PM - **Physical Wellness** with Diane O’Connor with @Rothesay Hive Walkie Talkies; and

📍 Tuesday, May 7 @ 230 PM - **Intellectual Wellness** with Daniela Fernandez with 211 New Brunswick / 211 Nouveau-Brunswick.

## CMHA SAINT JOHN cont.

The ***Making Wellness a Priority*** sessions are held at the Kennebecasis Public Library. Invite a friend and to pre-register call (506) 652-1447. For more information: [www.cmhanb.ca](http://www.cmhanb.ca)

**EVENING PRAYER IN CARMEL CHAPEL** (103 Burpee Avenue, Saint John) - Last Wednesday of each month until June 26<sup>th</sup>, 2024. The evening starts at 6:00 p.m. with instrumental music by a local musician. Prayer ritual begins at 6:30 pm. **PARKING:** Both sides of Burpee Ave. and Rocmaura lot off Park Street. Weekday contact info: (506) 634-4970.

**Feb 28 \* Mar 27 \* Apr 24 \* May 29 \* June 26**

**PANCAKES and all the trimmings, VILLA MADONNA RETREAT HOUSE, SHROVE TUESDAY Feb. 13<sup>th</sup>** – Delicious homemade buttermilk pancakes and pure maple syrup, blueberry sauce, sausages, beans, brown bread, coffee or tea. Cost: \$12.00 adults, children 5 – 12 yrs. \$6.00 and children under 4, free. Family of four (2 adults + 2 children under 12): \$30.00.

Four sittings: 11:00 a.m., 12:15 p.m., 4:00 p.m. or 5:15 p.m. **Please call (506) 849-5125 to reserve.**

Also, **Shrove Tuesday Pancake Supper** - February 13<sup>th</sup>, 4:00pm - 6:30pm at **St. Mark's Parish Hall** (Men of St. Mark's will be cooking!) Cost: Adults \$10, \$30 for a family of 4. Youth ages 5-12 are \$6, and children under 5 are free. Tickets sold at the door – reservation not necessary. Also included is: syrup, sausages, beans coffee, tea, and juice.

**SAINT JOHN CHAPTER – NB RIGHT TO LIFE (NBRL):** On Saturday, February 17<sup>th</sup> there will be a General Meeting at St. Mark's Church (171 Pettingill Rd., Quispamsis). Guest speakers: Heather Hughes, Executive Director NBRL and Ewart Kenney, President of the Board of Directors NBRL. Refreshments will be served; all are welcome. For more information call (506) 653-6828 or email [sjrighttolife@gmail.com](mailto:sjrighttolife@gmail.com).

**TAIZE EVENING OF PRAYER** – Sunday, February 25<sup>th</sup>, at 6:30 p.m. (Storm date: Sunday March 3<sup>rd</sup>) at St. Alphonsus Church, Hampton. Join us in an ecumenical prayer service, and make this a part of your Lenten journey. All are welcome.

For further information: Brenda Renaud at (506) 849-0125 ([brendalee.renaud@gmail.com](mailto:brendalee.renaud@gmail.com)) or Blessed Trinity Parish Office (506) 832-3327.

**2023 INCOME TAX RECEIPTS** – Receipts are now available for **pick up** at either St. Anthony's, St. Alphonsus or St. Bridget's. If you prefer that I mail your receipt, just let me know.

**Naturalist Jim Wilson will share his insights into the fascinating world of owls** – Jim’s talk covers some of the intriguing and amazing features of our New Brunswick owls. Silent fliers, they can hunt by day or in total darkness and their specialized senses and physical adaptations make them very efficient predators. Why don’t we see them more often? Where do they live? What do they sound like?

**WHEN:** this Saturday, Feb. 10<sup>th</sup> starting at 2:00 p.m.;

**WHERE:** St. Paul’s Anglican Church, 486 Kennebecasis River Road, Hampton;

All are welcome.

Be safe

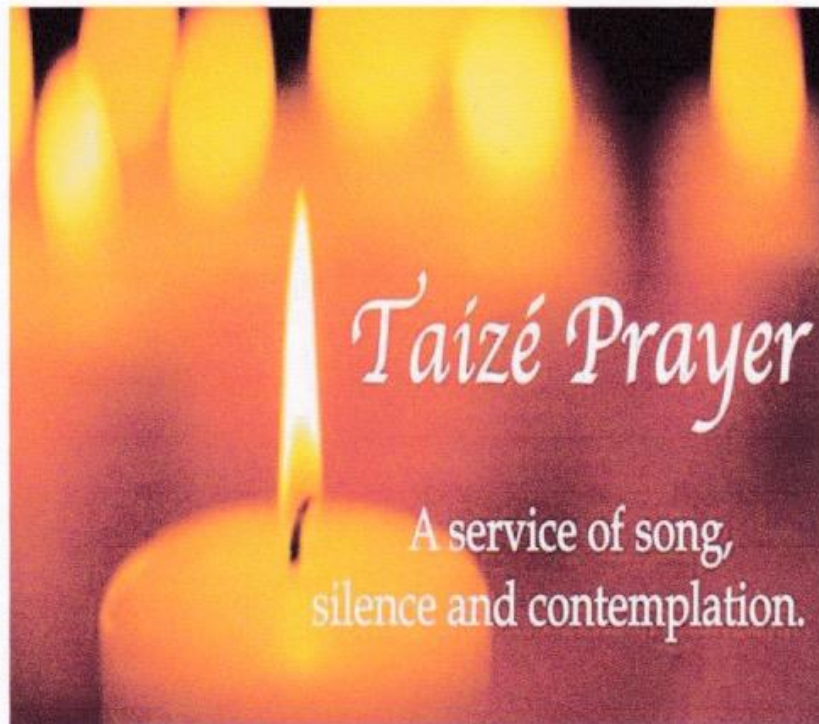
Wendy McGee,

Parish Secretary,

BLESSED TRINITY PARISH

(506) 832-3327 or [stalphonsusparish@nb.aibn.com](mailto:stalphonsusparish@nb.aibn.com)

## *Evening Prayer with Songs of Taizé*



*When: Sunday February 25, 2024 at 6:30 p.m.  
(Storm date: Sunday March 3rd)*

*Where: St. Alphonsus Church, Hampton*

*Join us in an ecumenical prayer service,  
and make this a part of your Lenten journey.  
All are welcome.*

*For further information, contact  
Blessed Trinity Parish Office 506-832-3327  
or Brenda Renaud 506-849-0125 (brendalee.renaud@gmail.com)*