

## WEEKLY BULLETIN FOR BLESSED TRINITY PARISH – February 21, 2024

<b>POSTED MASS TIMES:</b>	<b>Saturday – Feb. 17th</b>	<b>St. Anthony’s, Upham</b>	<b>4:00 p.m.</b>
	<b>Sunday – Feb. 18th</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. 20th</b>	<b>Evening Liturgy</b>	<b>6:30 p.m.</b>
		<b>Rosary after Mass</b>	
	<b>Wed., Mar. 13<sup>th</sup></b>	<b>Reconciliation Service</b>	<b>6:30 p.m.</b>
		<b>St. Alphonsus, Hampton</b>	

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

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.

March 15<sup>th</sup> – The Age Friendly Committee has several initiative approved for action. They will provide an update and talk about the “8 Pillars”: transportation, housing, communication and information, respect and social inclusions, civic participation and employment, community support and health services and outdoor spaces and buildings. Guest speaker: an Age Friendly Committee representative.

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

**CMHA SAINT JOHN OFFICE cont.**

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

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) – Wednesday, February 28<sup>th</sup>. 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.

**Last Wednesday of the month: Mar 27 \* Apr 24 \* May 29 \* June 26**

**TAIZE EVENING OF PRAYER** – This Sunday, February 25th, at 6:30 p.m. (Storm date: Sunday March 3rd) at St. Alphonsus Church, Hampton (22 Church Street). Join us in an ecumenical prayer service. 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.

**COOKIES FOR ROMERO HOUSE** – Last Friday of this month is February 23rd. Shelagh and Don. sincerely appreciate your help with their monthly “Cookies for Romero House” campaign. **ALL** donations gladly accepted. Contact Shelagh or Don. at (506) 943-3493.

**2023 INCOME TAX RECEIPTS** – I have dispersed **all** the tax receipts for St. Anthony’s and St. Alphonsus. If you are missing a receipt or have a question about the one you received, please contact Tara Worden at (506) 763-2149 or [stbridgets@nb.aibn.com](mailto:stbridgets@nb.aibn.com). Tara is the one with the record of your donations and prepared the receipts based on those records.

**MILESTONE:** Please join me in wishing Scovil Brown a happy birthday! Scovil celebrated his 90<sup>th</sup>, this week.

Be safe

Wendy McGee,

Parish Secretary,

BLESSED TRINITY PARISH

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