

## THE BULLETIN FOR MARCH 27, 2022

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### 4<sup>TH</sup> SUNDAY IN LENT

**LENT**  
Pray + Fast + Give

### WEEKEND MASS SCHEDULE

Saturdays	St. Columba, Iona	4 p.m.
Saturdays	St. Mary's, Frenchvale	6 p.m.
Sundays	St. Michael's, Baddeck	9 a.m.
Sundays	Queen of the World, Wagmatcook	10:30 a.m.
Sundays	St. Andrew's, Boisdale	4 p.m.

**EASTER SCHEDULE FOR ST. COLUMBA CHURCH, IONA**

<b>Holy Thursday, April 14</b>	<b>5 p.m.</b>	<b>Fr. Ray Huntley</b>
<b>Good Friday, April 15</b>	<b>3 p.m.</b>	<b>Fr. Vargheese</b>
<b>Easter Vigil, April 16</b>	<b>8 p.m.</b>	<b>Fr. Ray Huntley</b>

**EASTER SCHEDULE FOR ST. ANDREW'S CHURCH, BOISDALE**

<b>Holy Thursday, April 14</b>	<b>4 p.m.</b>	<b>Fr. Vargheese</b>
<b>Good Friday, April 15</b>	<b>3 p.m.</b>	<b>Fr. Ray Huntley</b>
<b>Easter Sunday, April 17</b>	<b>10 a.m.</b>	<b>Fr. Ray Huntley</b>

**EASTER SCHEDULE FOR ST. MARY'S CHURCH, FRENCHVALE**

<b>Holy Thursday, April 14</b>	<b>6 p.m.</b>	<b>Fr. Vargheese</b>
<b>Good Friday, April 15</b>	<b>11 a.m.</b>	<b>Fr. Vargheese</b>
<b>Easter Vigil, April 16</b>	<b>8 p.m.</b>	<b>Fr. Vargheese</b>

**EASTER SCHEDULE FOR ST. MICHAEL'S CHURCH, BADDECK**

<b>Holy Thursday, April 14</b>	<b>5:30 p.m.</b>	<b>Fr. Angus MacDougall</b>
<b>Good Friday, April 15</b>	<b>3 p.m.</b>	<b>Deacon Wally Ivany</b>
<b>Easter Vigil, April 16</b>	<b>8 p.m.</b>	<b>Fr. Angus MacDougall</b>

**EASTER SCHEDULE FOR QUEEN OF THE WORLD, WAGMATCOOK**

<b>Holy Thursday, April 14</b>	<b>NO MASS</b>	
<b>Good Friday, April 15</b>	<b>1 p.m.</b>	<b>Deacon Wally Ivany</b>
<b>Easter Sunday, April 17</b>	<b>10:30 a.m.</b>	<b>Fr. Vargheese</b>

**DO YOU WANT TO FAST THIS LENT?** In the words of Pope Francis: Fast from hurting words ... and say kind words. Fast from sadness ... and be filled with gratitude. Fast from anger ... and be filled with patience. Fast from pessimism ... and be filled with hope. Fast from worries ... and have trust in God. Fast from complaints ... and contemplate simplicity. Fast from pressures ... and be prayerful. Fast from bitterness ... and fill your hearts with joy. Fast from selfishness ... and be compassionate to others. Fast from grudges ... and be reconciled. Fast from words ... and be silent so you can listen!

**MASS FOR SHUT-INS:** Sundays at 11:30 a.m. on CTV.

**STATIONS OF THE CROSS** takes place at St. Columba Church, Iona, 3:30 p.m. before the 4 p.m. Mass on Saturdays.

**EASTER FLOWERS:** All parishes ... Anyone wishing to donate towards the purchase of Easter flowers may do so by including it in a separate envelope and putting it in the weekly collection. Please include your name, parish and envelope number.

**A RECONCILIATION SERVICE** will be held at St. Columba Church, Iona, at 1:30 p.m. on Palm Sunday, April 10, with Fr. Ray Huntley. Private confessions will be available.

**ST. BARRA PARISH** is now able to accept e-transfers, by using our email address: [stcolumba.iona@ns.sympatico.ca](mailto:stcolumba.iona@ns.sympatico.ca) for the people who have been asking.

**FOOTCARE & WELLNESS CLINIC:** Wednesday April 6. We would like to welcome you to our first FOOTCARE & WELLNESS CLINIC in 2022 - The clinic will be held in Iona at the St. Columba Church Centre, on Wednesday, April 6. Cost is \$30 per person (cash only). All Covid-19 Public Health protocols will be followed – proof of full COVID-19 vaccination is required along with wearing a mask, and please bring ID. To book an appointment please contact: Anne MacKenzie at 902-322-4682. Sponsored by CCBCVI, Wellness Committee.

**AN EARLY NOTICE:** St. Barra Parish hopes to have the return of our Annual Yard & Bake Sale in early July. Please keep this in mind, and more information will be available later.

## **A KINDNESS A DAY DURING LENT**

Visit or call someone who is sick or elderly and bring them a simple meal, soup, or loaf of homemade bread.

Give someone a smile who needs it – spend some time with them to help cheer them up.

Yield the right-of-way to another driver or give up a parking space – give them a wave and a smile rather than a frown.

Bring someone a coffee who would appreciate it.

Help out at home where needed.

Help shovel someone's driveway or walkway.

Help an elderly person get their groceries or offer them a drive in the cold/slippery weather.

Run an errand for someone who needs it.

Open a door for someone.

Opportunities for kindness present themselves during every hour of every day – take advantage of them as often and wherever you can! Use your imagination. And don't forget to enjoy the journey! You'll be in the best of Company.