

**THE BULLETIN FOR MARCH 6/7, 2020**  
**Parish Office: 1769 Frenchvale Road, Frenchvale, NS B2A 4E2**

**Parish Priest: Rev. Vargheese**

**E-Mail: [vargheseims@gmail.com](mailto:vargheseims@gmail.com)**  
**902-794-2741 or 902-301-4120 (cell)**  
**E-Mail: [ivamy1957@hotmail.com](mailto:ivamy1957@hotmail.com)**  
**902-595-4497**

**Deacon Wally Ivany**

**Bulletin: [stcolumba.iona@ns.sympatico.ca](mailto:stcolumba.iona@ns.sympatico.ca)**  
**Website: [www.parishesofcentralcapebreton.ca](http://www.parishesofcentralcapebreton.ca)**

**REGULAR WEEKEND MASS SCHEDULE**

<b>Saturdays</b>	<b>...</b>	<b>St. Columba Church, Iona</b>	<b>...</b>	<b>4 p.m.</b>
<b>Saturdays</b>	<b>...</b>	<b>St. Mary's Church, Frenchvale</b>	<b>...</b>	<b>6 p.m.</b>
<b>Sundays</b>	<b>...</b>	<b>St. Michael's Church, Baddeck</b>	<b>...</b>	<b>9 a.m.</b>
<b>Sundays</b>	<b>...</b>	<b>Queen of the World, Wagmatcook</b>	<b>...</b>	<b>10:30 a.m.</b>
<b>Sundays</b>	<b>...</b>	<b>St. Andrew's Church, Boisdale</b>	<b>...</b>	<b>5:30 p.m.</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.

**ST. BARRA PARISH PASTORAL COUNCIL MEETING** will take place on Monday, March 8, at 7 p.m. at St. Columba Parish Centre.

**LENTEN CONFESSIONS:** Following the Solemnity of St Joseph, the deanery priests will be hosting Northside Confessions at Holy Family Parish Sydney Mines on Saturday, March 20, from 11 a.m. to 4 p.m. All parishioners are invited to make their annual confession before Easter. 11 a.m. - Fr. Angus; 12 p.m. - Fr. Fabian; 1 p.m. - Fr Michel; 2 p.m. - Fr. Doug; 3 p.m. - Fr. Leo. Northside Victoria Deanery

**NORTHSIDE VICTORIA DEANERY MISSION:** Friday, March 19, 2021 from 7 to 8 p.m. live on Saint Joseph Parish North Sydney facebook page. Pope Francis declared this year the year of St. Joseph for the universal church. For the Solemnity of the St Joseph, Husband of the Blessed Virgin Mary, St Joseph Parish in North Sydney will host a Northside Victoria Deanery Holy Hour live on facebook. Bishop Wayne Joseph Kirkpatrick is our homilist for the Deanery Lenten Mission. Adoration of the Blessed Sacrament will be celebrated by priests and deacons of the diocese. We are inviting parishioners in all parishes in the deanery to pray with us and your bishop on line on Friday, March 19, at 7 p.m. from your home. Given the pandemic we advise people to watch and pray from home, but a maximum of 100 people are permitted in the church on a first come basis. Please consider saying the Novena to St Joseph using the Litany in the bulletin nine straight days before March 19, starting Wednesday, March 10.

**LITANY OF SAINT JOSEPH:** During the Year of Saint Joseph. This litany is ordinarily enriched with a partial indulgence (*Manual of Indulgences*, conc. 22). During the Year of Saint Joseph, however—which lasts from December 8, 2020 to December 8, 2021—the use of the Litany of Saint Joseph has been included among other prayers to St. Joseph enriched with a plenary indulgence (see Decree of the Apostolic Penitentiary issued Dec. 8, 2020, section E), which may be earned once a day subject to the usual conditions: sacramental confession, reception of Holy Communion, prayer for the intentions of the Pope, and a total detachment to all sin, including venial sin. *Let us pray. O God, who in your inexpressible providence were pleased to choose Saint Joseph as spouse of the most holy Mother of your Son, grant, we pray, that we, who revere him as our protector on earth, may be worthy of his heavenly intercession. Through Christ our Lord. Amen.*