



Monday Memo

Diocese of Thunder Bay

News ♦ Notices ♦ Upcoming Events

January 29, 2024

Ash Wednesday: On February 14, 2024 we will celebrate Ash Wednesday which begins the holy season of Lent. Ash Wednesday is a holy day of fast and abstinence for Catholics in which, by receiving ashes, fasting from full meals, and eliminating, in most cases, any meat consumption as abstinence, we show our desire to enter into this holy time to seek forgiveness and mercy from God in order to prepare us for Easter joy. May the Holy Spirit guide us during this special time of prayer.

St. Andrew's Parish invites you to **CHILI SUNDAY** on **Sunday, February 11th from 11 a.m. to 1 p.m. in Saunders Hall**. Beat the Winter chill and enjoy a delicious bowl of Beef, Chicken or Vegetarian Chili with French Fries and Bun for \$10.00. A take-out option is also available. All are welcome.

MARRIAGE PREPARATION PROGRAM: St. Anthony's Parish will be running a two-day Marriage Preparation Program on Friday, February 9th (7-10pm) and Saturday, February 10th (9am-6pm) for all engaged couples. The cost is \$100 per couple and includes all materials and meals. You may register by contacting St. Anthony's Parish by phone at 807-768-1878 or by email at reception@stanthonysparish.ca. The deadline for registration is Wednesday, January 31st.

Join St. Joseph's Care Group Volunteer Team: St. Joseph's Care Group is a Catholic organization that identifies and responds to the unmet needs of the people of Northwestern Ontario. We are currently seeking volunteers to spend time with our residents and clients or to help bring them to church services within our long-term care homes and hospital site.

If you are interested in sharing your time with our clients, contact us today.

(807)768-4448 or volunteers@tbh.net

www.sicg.net/careers/volunteers

Four Sacred Medicine Teachings: Part 1 Cedar: Cedar has been and still is very important to our Native peoples. It has held many uses and healing benefits. It represents the "West" on the Medicine Wheel. Cedar is traditionally picked in the forest away from highways and living area, so it is fresh and clean. Tobacco is placed on the ground to say thank you to our Creator for such a gift. Cedar should be washed before boiling the boughs to make teas or sanitize your home. The tea is used for bad colds, pneumonia, respiratory inflammation, bronchitis. It is used in ceremony and the traditional smudge to rid oneself of negative energies and is often used with Tobacco, sweetgrass, sage to make ties at funerals. Cedar oil is also made for sacred blessings. There is a warning with drinking Cedar Tea to drink it sparingly for a short period of time.

