

# St. Stanislaus & St. Pius X & St. Christopher

Parish Administrator :  
Rev. Father John Suresh

Parish Secretary :  
Ellen Austin

Office Hours :  
Tuesday to Thursday  
09:30 AM to 2 PM

## Sunday Masses :

St. Pius X - Lively  
Saturday : 4:30 PM  
St. Christopher - Whitefish  
Sunday : 9:00 AM  
St. Stanislaus - Copper Cliff  
Sunday : 11:00 AM

## Sacrament of Reconciliation :

St. Stanislaus - Copper Cliff  
Sunday : 10:30 AM to 10:45 AM  
St. Pius X - Lively  
Saturday : 4:00 PM to 4:15 PM  
St. Christopher - Whitefish  
Sunday : 8:30 AM to 8:45 AM

## Baptism :

Usually on the 3rd Sunday of the month.  
Please make arrangements one month in  
advance by contacting the Parish Office.

## Marriages :

Please make marriage arrangements  
9 months in advance by contacting the  
Parish office. Saturday weddings are  
scheduled at 1:00 PM.

Other Sacraments :  
Contact Parish Office

## Bulletin Announcements :

Email yours to  
ststans@eastlink.ca  
Before 12 PM Wednesday

## Prayer line :

St. Stanislaus : Ellen Austin  
705-682-4596

St. Pius X : Eleanor Williams 705-692-4061  
or Denise Stewart 705-692-4883

St. Christopher : Adrienne McIntyre  
705-866-2235

## Mission Statement :

By our Baptism, we are committed to  
celebrate the presence of Christ in Word  
and Sacrament and are continually  
called to build our lives in the image of  
Christ. Through liturgy and ministry,  
we strive to bring ourselves closer to  
God and to each other, by building a  
strong community of believers and  
a joyous family of God.

78 Balsam Street  
P.O. Box 910 Copper Cliff, ON P0M 1N0

SECOND SUNDAY IN LENT  
MARCH 16, 2025

## FASTING

For millennia, fasting has been a ubiquitous practice, deeply ingrained in diverse cultures, religions, and spiritual traditions worldwide. Fasting has been serving to seek spiritual growth and enlightenment, develop self-discipline and willpower, atone for sins, and seek forgiveness, connect with the divine, ancestors, or nature, improve physical and mental health. This historical purview of fasting highlights its significance as a **transformative practice** that transcends cultural and religious boundaries.

### 1. Fasting and Self

Consequently, it is evident that fasting and self-awareness are inextricably linked, as the practice of fasting can profoundly influence an individual's relationship with themselves, fostering a deeper understanding of their thoughts, emotions, and behaviors. The symbiotic relationship between fasting and self is unmistakable, revealing an indissoluble bond between the two. Fasting serves as a catalyst for introspection, self-discovery, and personal growth, thereby profoundly impacting one's understanding of themselves. A few crucial factors should be considered, specifically:

- ♥ Fasting has a profound impact on the **physical self**, eliciting a range of beneficial effects that enhance overall well-being. Through its multifaceted functioning, fasting facilitates detoxification, cellular recycling and rejuvenation and improved digestive function.
- ♥ Fasting precipitates a profound metamorphosis in the **mental self**, yielding a myriad of cognitive and emotional benefits that tangibly enhance overall psychological well-being through augmenting mental lucidity, amplifying focus and concentration, mitigating mental turbulence, and fostering inner serenity.
- ♥ Fasting triggers the **emotional self** through tuning in to one's emotions, thoughts, and behaviors by promoting self-reflection, releasing emotional blockages, and allowing oneself to heal, thereby developing greater emotional resilience and stability.
- ♥ Fasting facilitates the **spiritual self** by connecting with one's inner self, promoting self-love and acceptance, and cultivating spiritual growth through introspection and self-reflection. This process clarifies one's greater sense of purpose and meaning, including values, goals, and life purpose.

### 2. Fasting and Prayer

The synergy between fasting and prayer has been a perennial and ubiquitous feature of spiritual praxis, traversing cultural and religious divides with remarkable consistency. Across diverse faith traditions, this binomial discipline has been leveraged to cultivate spiritual fortitude, lucidity, and piety, while facilitating a profounder communion with the Divine.

# Mass Intentions

FOR THE WEEK



**Tuesday, March 18, 2025**

10:00 AM - St. Christopher, Whitefish  
Martin Jolicoeur by Theresa Matheson  
Followed by Stations of the Cross

**Wednesday, March 19, 2025**

10:00 AM - St. Pius X, Lively  
Followed by Rosary and Social  
†Edith Wilson by Rosemary Frappier

**Thursday, March 20, 2025**

10:30 AM - Meadowbrook, Lively  
†All deceased residents

**Friday, March 21, 2025**

09:30 AM - Stanislaus, Copper Cliff  
†Sylvie Regimbal by Claude Regimbal

**THIRD SUNDAY IN LENT**

**Saturday, March 22, 2025**

04:30 PM - St. Pius X, Lively  
For the people entrusted to the Pastor  
Followed by Stations and Social

**Sunday, March 23, 2025**

09:00 AM - St. Christopher, Whitefish  
†Msgr Norman Clement by a parishioner

11:00 AM - St. Stanislaus, Copper Cliff  
†Hans Zuuring by Lisa & Ray Dicaire

**The Rosary** is recited before  
**Saturday and Sunday Mass.**

**The Cenacle of the Marian Movement** of priests  
is held **each Tuesday at 10:45 AM**  
at **St. Christopher's Church, Whitefish.**

A **Prayer Line** is available for parishioners.  
Anyone wishing to pray for a  
**special Intention**, for someone who is **ill**,  
having **surgery**, for the **deceased**, or  
**any other intention** may contact  
the Prayer Line or the Parish Office.

## Mass Intentions

**Offering Masses** is a long standing  
tradition in the Catholic Church.

**An Individual may ask a priest to offer a  
Mass for several reasons.**

**For example, in Thanksgiving**, for the  
intentions of another person (such as on a  
**Birthday** or an **Anniversary**), for someone  
who is **sick** or for the **repose of the soul** of  
someone who has died.

**Call the Parish Office: 705-682-4683**

## SECOND SUNDAY IN LENT

**Psalm: 27.1, 7-8**

**The Lord is my light and my  
Salvation.**

### Weekdays Scripture Readings: March 17 to March 23, 2025

Day	Reading	Gospel
Monday	Daniel 9.3, 4b-10++	Luke 6.36-38
Tuesday	Isaiah 1.10, 16-20, 27-28, 31++	Matthew 23.1-12
Wednesday	2 Samuel 7.4-5a, 12-14a, 16	Luke 2.41-51a
Thursday	Jeremiah 17.5-10	Luke 16.19-31
Friday	Genesis 37.3-4, 12-13a, 17b-28	Matthew 21.33-43, 45-46
Saturday	Micah 7.14-15, 18-20	Luke 15.1-3, 11-21
Sunday	Exodus 3.1-8a, 13-15/ 1 Corinthians 10.1-6, 10-12	Luke 13.1-9

Sunday Collection - March 09, 2025

Thank You for Your Continued Generosity!

Church	Envelopes	Loose	PADP
St. Stanislaus, Copper Cliff	\$ 1170.00	\$ 110.00	\$605.00
St. Pius X, Lively	\$ 640.00	\$ 55.00	\$840.00
St. Christopher, Whitefish	\$ 675.00	\$ 152.00	\$745.00

1. It deepens one's relationship with God, fostering a sense of intimacy and connection.
  2. It enhances clarity of thought and discernment, allowing individuals to navigate life's challenges with greater precision and spiritual awareness.
  3. It inculcates humility, enabling one to yield to God's sovereignty and recognize His providential direction.
- Therefore, to integrate fasting and prayer in our life, it is essential to establish clear intentions, devise a structured prayer schedule, and dedicate time to listening to God's guidance through both internal contemplation and external quietude.

### Types of Fasting for Prayer

1. **Total fast:** Abstaining from all food and drink for a specified period.
2. **Partial fast:** Restricting certain types of food or drink, such as meat or sweets.
3. **Daniel fast:** Eating only fruits, vegetables, and whole grains for a specified period.
4. **Media fast:** Abstaining from media, such as TV, social media, or video game.

### 3. Fasting in Catholic Church

Fasting has been an enduring and integral component of the Catholic Church's rich spiritual heritage, with a history spanning centuries and deeply rooted in the Church's traditions and devotional practices.

### Catholic Teaching on Fasting

- I. **Scriptural roots:** Fasting is mentioned in the Bible, particularly in the Old Testament (e.g., Levi 16:29-31, Nu 29:7-11) and New Testament (e.g., Matthew 4:1-4, Luke 4:1-4).
- II. **Discipline and self-denial:** Fasting helps Catholics develop self-discipline, detach from worldly desires, and focus on spiritual growth.
- III. **Penance and reparation:** Fasting can be a form of penance, making amends for sins and seeking forgiveness.
- IV. **Preparation for feast days:** Fasting can help prepare Catholics for significant feast days, such as Christmas and Easter.

### Catholic Fasting Traditions

- I. **Lent:** A 40-day period of fasting, prayer, and charity before Easter.
- II. **Ash Wednesday:** A day of fasting and abstinence from meat, marking the beginning of Lent.
- III. **Good Friday:** A day of fasting and abstinence from meat.
- IV. **Advent:** A four-week period of preparation for Christmas, which may include fasting and abstinence.

### Catholic Fasting Rules

- I. **Age:** Catholics between 18 and 59 years old are obligated to fast.
- II. **Days:** Ash Wednesday and Good Friday are obligatory days of fasting.
- III. **Meat abstinence:** Catholics are required to abstain from meat on Fridays during Lent.
- IV. **Exemptions:** Certain individuals, such as the sick, pregnant women, and those with certain medical conditions, may be exempt from fasting.

### Fasting and Spiritual Growth

- I. **Increased prayer:** Fasting can lead to increased prayer and communication with God.
- II. **Deeper reflection:** Fasting can facilitate deeper reflection on one's life, values, and priorities.
- III. **Greater self-awareness:** Fasting can help Catholics develop greater self-awareness, recognizing their strengths, weaknesses, and areas for improvement.

**St. Augustine:** "Fasting is the soul of prayer, mercy is the life of fasting."

**Pope Francis:** "Fasting is a means of spiritual purification, and it helps us to detach ourselves from worldly things."

Prepared by Fr. John Suresh  
St. Stanislaus, Copper Cliff, 2025



Lougheed Funeral Homes  
and  
Jackson & Barnard  
Funeral Home

Please E-Mail Pictures and any Obituary  
information to:  
jacksonsinfo@lougheeds.ca  
Thank You

**PHARMASAVE**  
Wilson Pharmacy PS # 682

Lori Shannon, B.Sc.Pharm.  
Pharmacist

**WILSON PHARMACY**  
10 Serpentine Street, Copper Cliff, ON P0M 1N0  
Phone: 705.682.2841 • Fax: 705.682.2938  
Email: pharmacist@wilsonphm.com

CHARITY  UNITY  
FRATERNITY  PATRIOTISM  
Fr. JE REGAN Council 3909  
WALDEN, COPPER CLIFF & ST. PATRICK  
45A Street Lively, ON P3Y 1M9  
(705) 698-9077

**Roger & Nancy's YIG**  
65 Regional Road 24  
Lively, ON P3Y 1C3

**Roger & Nancy Beaulieu**

705-692-3514  
rbeaul3@yourindependentgrocer.ca  
nbeaul8@yourindependentgrocer.ca



*Celebrate Life!*

SUDBURY | CHELMSTORD | HANMER



**705-566-2100**  
WWW.COOPERATIVEFUNERALHOME.CA

**Be not afraid!  
Open wide the  
doors to Christ!**

**- St. Pope John Paul II**

Miss no single opportunity of making  
small sacrifice, here by a smiling look,  
there by a kindly word; always doing the  
smallest right and doing it all for love.  
Therese of Lisieux



Lonnie Doherty  
Dealer - Owner

lonnie.doherty@homehardware.ca

Walden Home Hardware  
130 Regional Road 24  
Lively, Ontario P3Y 1J2

T 705-692-3697 F 705-692-4247



Valérie Michel

Dealer - Owner  
Merchandising

A & J  
Home  
Hardware  
469 Beuchanc  
Street  
Sudbury  
Ontario  
P3B 2R8

T 705 522 3780  
F 705 522 3272



**Second Week of Lent**

For the **Second Sunday of Lent** we read of how God made a covenant with Abraham. In **Luke's gospel** we witness how Jesus showed his disciples his glory, to prepare them for what is to come. A voice from a cloud said, "This is my chosen Son; listen to him." All we need to do for the journey ahead is to listen to him.

Each day the first reading is chosen to prepare for the gospel and the theme of both readings is complementary. Wednesday is the **Solemnity of Saint Joseph, husband of the Blessed Virgin Mary.**

The second week begins with Jesus telling us: "Be merciful, just as your Father is merciful. .. For the measure with which you measure will in return be measured out to you." All week we will be taught by Jesus about the simple lessons of being his followers. "Whoever exalts himself will be humbled; but whoever humbles himself will be exalted." Jesus predicts his passion again. Again, they misunderstand, and so he says, "whoever wishes to be great among you shall be your servant." Jesus tells the Pharisees a parable about a poor man and a rich man. The rich man asks Abraham to warn his brothers about the consequences of this behavior. Abraham answers: "If they will not listen to Moses and the prophets, neither will they be persuaded if someone should rise from the dead." Then Jesus tells the scribes and religious leaders the parable about the farmer whose servants were abused by his tenants. Finally, they killed his own son. Jesus concludes, "the Kingdom of God will be taken away from you and given to a people that will produce its fruit." While tax collectors and sinners are being drawn to Jesus the Pharisees complain, "This man welcomes sinners and eats with them." So Jesus tells them the wonderful parable of the Prodigal Son.

**Third Sunday of Lent** offers Moses' encounter with God in the burning bush. The Lord promises Moses that he will lead the captive Israelites out of Egypt and into "a land flowing with milk and honey." **Luke's Gospel** tells us of Jesus' warning that we must be willing to repent now and that our lives could end by accident or through the evil of someone else. The parable of the barren fig tree reminds us of God's patient love for us, even when we show no signs of changing our lives. In most parishes, there will be one Liturgy for the RCIA candidates, using the [Gospel of the Woman at the Well](#).