

Fr. Allan MacPhie, Pastor Rectory: 234-2387 / Church: 234-3505
Mary Williams, Religious Education Coordinator, Home 234-3118 or 870-2168/Church 234-3505
Email: mary_florence47@hotmail.com Bulletin Notices: must be in no later than 10:00 a.m. every Friday

Masses:	Tuesday, October 2,	Willie & Berk Webb	6:00 p.m.	St. Paul's
	Wednesday, October 3,	Joe & Anna Melong	6:00 p.m.	St. Paul's
	Thursday, October 4,	Paul Almeda	9:00 a.m.	St. Paul's
	Friday, October 5,	Kathleen Landry	9:00 a.m.	St. Paul's
	Saturday, October 6,	Jerome Landry	11:00 a.m.	St. Paul's
		Sam Haywood	4:00 p.m.	St. Francis
		pro populo	6:00 p.m.	St. Lawrence
	Sunday, October 7,	Berkly & Sadie Breen	10:00 a.m.	St. Paul's

Holy Hour: Friday, October 5, 11:00 a.m. St. Paul's Church

Weekly Collection Sept. 22/23, 2018	St. Francis	St. Lawrence	St. Paul's
Sunday Collection	\$307.00	\$420.00	\$1485.00
Loose	\$18.00	\$23.00	\$31.30
Pastor's Dues			\$20.00
Needs of the Church	\$100.00	\$61.00	\$218.00

October 6/7, 2018	Lectors	Eucharistic Ministers
St. Francis	Kelly Lynn	Beverly / Jean
St. Lawrence	Allison / Gloria	Beryl / Ruth / Charlie
St. Paul's	Ruthie Innis / Danielle Pellerine	Lynn Whalen / Debbie White / Estrella Melong

Guidelines on Communion Reception Catholics, fully participate in the celebration of the Eucharist when they receive Holy Communion. A Catholic should not receive Communion if they are conscious of grave sin and normally should have fasted one hour. A person who is conscious of grave sin is not to receive the Body and Blood of the Lord without prior sacramental confession except for a grave reason where there is no opportunity for confession.

Our fellow Christians (Anglicans, Protestants) are welcome to the celebration of Mass as brothers and sisters. We pray that our common baptism and action in the Holy Spirit will one day heal our divisions. Because Catholics believe that Mass is a sign of the reality of the oneness of faith, life and worship, members of those churches with whom we are not yet fully united are not admitted to Holy Communion. If one day we achieve true unity, then we will all receive from the one Body and Blood of Christ. But until that day, Anglicans, Protestant and other churches cannot receive communion in a Catholic Mass, nor should Catholics receive communion in non-Catholic churches.

Burial Plots at St. Lawrence Cemetery: Our policy states that a new plot at St. Lawrence Cemetery costs \$200.00, regardless of whether that new plot is used for a full casket or the remains of the deceased. If remains are buried in an existing grave, the cost is \$100.00. We ask that you pay by cheque to St. Lawrence Cemetery Fund. Receipts will be issued. This is necessary for the upkeep of the cemeteries. **Please Note:** It is forbidden to bury remains in our cemeteries without permission of the pastor. Such unauthorized burials are disrespectful to the Church and to the deceased.

Burial Plots at St. Francis of Assisi cemetery: Our guidelines indicate that a new plot at St. Francis of Assisi cemetery is \$200.00 for parishioners and for non parishioners \$300.00. We ask that you pay by cheque to St. Francis of Assisi cemetery fund. Receipts will be issued. Donations/fees are necessary for the maintenance of our cemetery.

Community Prayer Tree: A group of individuals would love to pray for your intentions. They pray for parishioners in need of prayer daily and at the Cenacle following Friday Mass each week when possible. They are very confidential would encourage you to either leave your petitions in the sealed box located in the Church or please phone Lucille Fougere at 234-2320. We would love to know when prayers have been answered.

Bible Study: Wednesday, 10:30 a.m., St. Paul's Church. All are welcome.

Religious Ed. Program at St. Paul's: We have started our program, if there is anyone from St. Paul's Havre Boucher not yet registered in grade 1 please do as soon as possible. We are still missing a few from different grades please let others know that the program started. Thank you. **Unfortunately we are unable to take anyone from outside our cluster parishes due to limited space which includes St. Francis, St. Lawrence and St. Paul's.**

The Diocese of Antigonish is preparing to celebrate its 175th anniversary and the anniversary committee is seeking for parish photos for 1844-1910; 1910-1960; and 1960-2013. Could you lend your photos to Fr. Allan, or send them to chanery.ant@ns.sympatico.ca

Attention Ladies: A Meeting will be held on **WEDNESDAY, October 3** at 6:30 pm in the MacGillivray Room for anyone interested in helping with the Funeral Luncheons for St Paul's Parish.

Cursillo weekend schedule for the fall of 2018, Women's – October 18-21, 2018 and Men's November 1-4, 2018, if interested in attending please call Kevin or Karen MacSween at 902-862-8517, Bert or Claudia Aucoin at 902-578-1266 or Betty Lahey at 902-270-0891.

St. Paul's Parish Council Meeting: Wednesday, October 3 at 6:30 p.m. in the Parish Centre

Mass for Shut Ins is back on the air starting **October 14, at 11:30 AM**. However, Mass will be airing at **9:30 am**, on **October 21, and 28**. After that Mass for Shut Ins will return to the regular schedule.

St. Francis of Assisi Parish will hold our annual Thanksgiving Food Bank Collection on SEPTEMBER 29 and OCTOBER 06. Donations may be left in the entry of the church. Thanks in advance for your generosity.

"Choose Life" presentation and discussion at St. John the Baptist Parish Hall, New Glasgow, on Sunday, October 21, 2:00-3:30 pm. Choose Life is an informative, inspiring, non-judgmental conversation focusing on life, not abortion. All welcome, suitable for ages 12 and up, or at parents' discretion. Free will offering to purchase much needed baby food and diapers for the food bank. Refreshments provided.

The Havre Boucher Veteran's Association wishes to advise that the Remembrance Day Ceremony will be held on Sunday, November 4, 2018. Church service will be held at 10:00 am and lay of the wreaths @ 2:00 pm. Wreaths will be sold during the month of October. **PLEASE NOTE:** A meeting of the Havre Boucher Veteran's Association will be held on Monday, October 1st @ 7 pm at the MacGillivray room, St. Paul's Church. Anyone can join the Havre Boucher Veteran's Association and new members are more than welcomed to attend.

Country Music Night will be at the Havre Boucher Community Center Saturday, October 13th. There will be Ty Wallace , Gary Williams, and East Bound performing. Doors open at 8, start time 8:30. Tickets are \$10.00 per person and can be purchased at Gary's store, the Havre Boucher Community Bar or any members of the Recreation group. Tickets are limited so be sure to get your tickets soon.

Hot Breakfast: Sunday, September 30, in the Auld's Cove Fire hall beginning at 8:00 a.m. Adults \$7 Children \$4

The Annual National Life Chain will take place at the Port Hastings Rotary on Sunday Sept. 30 from 2-3pm.

Thank-you for your generous support of the Mother of Sorrows Pioneer Shrine this year. The Shrine remains open year round. The gift shop will be closing for the season on October 20, 2018. If you have a request please call 902-945-2221. We are planning for our annual fund raiser for Sunday, October 14th, **Country Music Concert, Sunday, October 14th at 2:00** pm In the St. Mary's Parish Hall Mabou, Cape Breton Door Prizes & 50/50 Draw, Refreshments provided, Admission \$10 Proceeds to maintenance of the Shrine.

Under One Umbrella-Cape Breton Winter Wear Donations Request Under One Umbrella Cape Breton is a special event designed to give people, who are homeless or at risk of being homeless, access to a wide range of health and other support services all under one roof in one day. Our goal is to provide easy access to services people may not otherwise have an opportunity to access. The range of services offered at this event could vary from foot care, dental screening, eye care, hearing, medical, mental health and addiction services, , housing, haircuts, legal information, food security information, winter clothing, a hot meal and more. Last year many churches gave donations of warm socks (**new only**) which we included in our comfort kit (500 kits). Because of the demand last year three hundred people did not receive a comfort kit or hot meal. Here's what we need: **warm winter wear for all ages including mitts, gloves, winter hats, jackets, boots or other foot wear (winter boots are in high demand), jeans, sweaters, etc. There is also a need for blankets and linens. A total of 825 people (Men, Women & Children) were able to get winter wear. We will be collecting donated items Oct. 23- Nov. 1st.** We hope your faith community will once again answer our call for help. If any of your parishioners wish to make a financial donation we would greatly appreciate it. If you have any questions, please do not hesitate to call, Eileen MacNeil, Coordinator Under One Umbrella at 902-371-0101 or email underoneumbrella@nshealth.ca.

Roast Beef Supper, Saturday, October 13th: 4:30 - 6:00 p.m. Eat in, take out or delivery. \$12.00 adults, 6.00 children. Trinity United Church, Mulgrave.

Bake Sale and Flea Market, Saturday, November 3: 9:00 a.m. - 12:00 noon. Door prizes. No admission. Come early! Trinity United Church, Mulgrave.

Havre Boucher 4H is preparing for the 2018-2019 year. An information session for any potential new leaders will be held on October 2nd from 7 to 7:30 p.m. below the funeral home at St. Paul's Church, followed by a registration for new and returning members from 7:30 to 8 p.m. A second registration night will be October 9th from 5 to 6 p.m. If you or someone you know is interested in becoming a leader but would like more information please join us. ashley.allain@hotmail.com

Chase the Ace will take place every Friday night from 7 PM to 9 PM at the Havre Boucher Community Centre.

Chase the Ace at the Mulgrave Fire Hall on Saturday evenings from 7:00 - 9:00.

The Al-Anon Family Groups are a fellowship of relatives and friends of alcoholics who share their experience, strength and hope in order to solve their common problems. We believe alcoholism is a family illness and that changed attitudes can aid recovery. Al-Anon has but one purpose; to help the families of alcoholics. We do this by practicing the Twelve Steps, by welcoming and giving comfort to families of alcoholics, and by giving understanding and encouragement to the alcoholic. If you think we can help there is a meeting each Wednesday at 8:00 pm at **St. Paul's Parish Basement**. Meetings last for approximately one hour. Anonymity is stressed. **Please Note change of location.**

Mulgrave Legion Card Plays: twice weekly. Crib - Sundays at 1:00 p.m. 45's-Wednesdays at 7:30 p.m.

Antigonish Lions Club Pancake & Sausage Breakfast Sunday, September 30, 2018 9:00am to 1:00pm Lions' Den Highland Drive Extension Donations at the Door **MONIES TO GO TO HELP A PERSON FOR MEDICAL EQUIPMENT**

October is Respect Life Month: Cherish all God's creation

Mondays

October 22nd to November 26th 2018

12:30pm – 2:45pm

Please sign up before October 15th by contacting:

Laurie Smith at (902)870-3925 or laurie.smith@nshealth.ca

Do you live with a chronic disease or are you caring for someone with one?

Are you interested in improving or at least maintaining your health?

Are you looking for coping mechanisms or want to learn to live a healthy lifestyle?

Your Way to Wellness Program

Get tips to:

- **Set goals and problem solve**
- **Improve communication with health care providers, family and friends**
- **Eat healthier and become more active**
- **Manage symptoms and difficult emotions (fear, anger, frustration).**
- **Make daily tasks easier**
- **Improve self-confidence**

“This program not only changed how I manage my chronic condition but how I live my life.”

— Your Way to Wellness Program Participant

Upcoming Program

Mulgrave Medical Centre

403 Murray Street, Mulgrave