

## **Our Lady of Good Hope Roman Catholic Church**

P. O. Box 159, 671 Water Ave., Hope, BC V0X 1L0  
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Father Gordon A. Cook, OMI

### **Sixth Sunday in Ordinary Time – February 16, 2020**

#### **Weekday Masses**

Tuesday to Saturday 9:00 AM

#### **Sunday Masses**

Saturday – 4:30 PM (anticipated Mass)  
Sunday – 9:00 AM

#### **Confessions**

Weekdays Tuesday to Saturday – 8:30 AM to 8:45 AM  
Saturday - 3:30 PM to 4:00 PM  
Always available upon request.

#### **Please pray for all our parishioners who are ill, at home, or in the hospital, in particular:**

May Our Lord sustain, comfort and heal them through their faith.

Marilyn McKay, Galdino Berti, Yunha Kim, Dolores Azevedo, David De Beer, Brian Sparkes,  
Maxwell Paller, Art Pottie

#### **Last Sunday Offering**

\$ Envelopes      Number of envelopes:  
\$ Loose  
\$ Weekly Anticipated Expenses

Thank you for your generous support of your Parish.

#### **How to Pray with Scripture : Listening with the Mind and Heart**

If we are to read the Scriptures in a way that changes and transforms us, we need to know how to read in a particular manner. In his book *Shaped by the World*, Robert Mulholland gives an extensive description of two kinds of reading, namely, **informational** and **formational** reading.

He describes **informational** reading as a gathering of data and a seeking to cover as much material as possible as quickly as possible. This type of reading is meant to capture the essence of what is being said. We were taught to read this way in school, and so we tend to approach the Bible in the manner of informational reading. This is helpful if we wish to become acquainted with the content of each book of the Scriptures, or to become knowledgeable of the context in a Gospel is written. This type of information reading or Bible study is intended to master the text, rather than letting the text master us. If, however, we wish to pray the Scriptures, we need to engage in *formational* reading.

The **formational** reading is about quality, not quantity. It involves spending time with a word or phrase that catches our attention. It is listening “*with the ear of our heart*” as Saint Benedict encourages us to do at the beginning his Rule. When we listen from this stance, we are attentive to what stirs within us, to what touches us. It is a way of listening that engages both the mind and the heart. We might find ourselves asking: What is this passage saying to me? What would I learn if I spent a whole year with this book of the Bible? How is today’s Gospel speaking to you?

### ***Preparing for Lent***

The **Season of Lent begins on Wednesday February 26** with four days that serve as an introduction to the three Lenten practices of Prayer, Fasting, and Almsgiving.

**Ash Wednesday** is a day of fasting and abstinence. We wear ashes on our foreheads to remember who we are and express our desire to turn away from sin and to believe the Good News. The Prophet **Joel** helps us begin our journey: "return to me with your whole heart." "Rend your hearts, not your garments," reminds us that this is an interior journey. The **Responsorial Psalm, Psalm 51**, has the antiphon: "Be merciful, O Lord, for we have sinned." Paul, in his **First Letter to the Corinthians** says, "be reconciled to God ... we appeal to you not to receive the grace of God in vain ... Behold, now is a very acceptable time; behold, now is the day of salvation." In **Matthew's Gospel** Jesus gives us a guide for our Lenten practices, "Take care not to perform righteous deeds in order that people may see them."

**On Thursday** we read in **Deuteronomy** how Moses urges his people to turn away from sin. "Choose life, then, that you and your descendants may live, by loving the LORD, your God, heeding His voice, and holding fast to him."

**Friday** and **Saturday**: It is the long tradition of Lent to prepare us for our journey by having us reflect on **Isaiah, Chapter 58**, as we begin. "This is the fasting that I wish" gives us the true picture of fasting: letting God's Spirit transform us. It is a call to conversion. Jesus confirms His desire to help us, "I have not come to call the righteous to repentance but sinners."

### ***Ash Wednesday and Good Friday are days of fasting and of abstinence from meat.***

*The law of abstinence from meat binds those who are 14 and older; the law of fasting binds those from 18 to 59 years of age. Parents are reminded of their duty to introduce children gradually to the understanding and practice of penance. Adult example will be the greatest influence in this matter.*" (Pastoral Notes #29) The sick are excused from fasting and abstinence

### ***Building Your Future House***

An elderly carpenter was ready to retire. He told his employer-contractor of his plans to leave the house building business and live a more leisurely life with his wife enjoying his children and grandchildren. He would miss the paycheck, but he needed to retire. They would be able to get by.

The contractor was sorry to see his good worker go and asked if he could build just one more house as a personal favour. The carpenter says yes, he could, but in time it was easy to see that his heart wasn't in his work. He resorted to shoddy workmanship and used inferior materials. It was an unfortunate way to end his career.

When the carpenter finished his work the builder came to inspect the house, the contractor handed the front-door key to the carpenter. "*This is your house,*" he said, "*it's my gift to you.*"

What a shock! What a shame! If the carpenter had only known he was building his own house, he would have done it all so differently. Now he had to live in the home he had built none too well.

Think of yourself as the carpenter. Think about your house, that is, the life you are building *now*. Each day you hammer a nail, or place a board, or erect a wall. You must build wisely and not use inferior materials. This is the only life you will have the chance to build, and you are the one who chooses the materials to build it. Your life tomorrow, that is, your life in the Kingdom of God, will be the result of your future house you are building today.

### ***Living Moment by Moment***

One day a teenage daughter comes to her father and says, "Daddy, can a person go through their whole life without committing any sins?" The father answers, "*No, honey, I'm sorry, but that's just not possible.*" She continues, "What about a year, Daddy? Can a person go a whole year without sinning?" "*No, I don't think that's possible either.*" "What about a day, can a person go a day without sinning once?" "*It's very unlikely. No, I don't think they can.*" "What about one moment, Daddy, can a person go one moment without sinning?" "*Yes, that is possible.*" "Then, Daddy, I want to live my whole life, *moment by moment.*"

*And that's how we too should live our whole lives, moment by moment, making decisions not to sin and to always be in a loving relationship with our God and with one another.*