

**the little servants of Christ The King prayer community  
Sudbury, Ontario**

.... proclaiming the power of the Holy Spirit and a personal relationship with Jesus Christ

# **February 2022**



**Our Mission Statement:** *"If we live by the truth and in love, we shall grow in all ways into Christ, who is the head by whom the whole body is fitted and joined together, every joint adding its own strength, for each separate part to work according to its function. So the body grows until it has built itself up, in love."* - Ephesians 4:15-16

# the little servants of Christ the King prayer community

proclaiming the power of the Holy Spirit - and a personal relationship with Jesus Christ

## VISION

The little servants of Christ the King prayer community is a spiritual group within the Catholic Church in the Diocese of Sault Ste. Marie. It is incorporated and designated as a registered charity under the income tax act. Our goal is to advance and teach the Message of Jesus Christ as announced and practiced by the Catholic Church with an emphasis on having a personal relationship with Jesus and expressing the gifts of the Holy Spirit.

Our time and resources are dedicated to the work of **EVANGELIZATION**.

In everything we do, everyone is invited from the different Sectors of our Diocese (English, French, and Native). Although, all our activities are conducted in English, we do everything possible to reach out to all.

Outside our weekly meetings, we use the Diocesan office, regular mail, E-mail (for approximately 350 members), phone calls, Facebook, YouTube, and our website for all our outreach.

The prayer community is divided into **THREE STREAMS**:

**STREAM 1.** Building our faith through Weekly prayer meetings and the celebration of the Holy Eucharist (Mass).

**STREAM 2.** Promoting Our Chapel of Perpetual Adoration of the Holy Eucharist.

**STREAM 3.** Teaching through special days of reflection.

- a.** Lenten Mission of 5 weeks.
- b.** Annual Pentecost, Trinity and Corpus Christi Retreats.
- c.** Life in the Spirit and Future Growth seminars.
- d.** Special Fall Retreats.

We are a group that rely wholly on the guidance of the Holy Spirit and the patronage of the Blessed Virgin Mary, our Mother of Perpetual Help.

**QUOTE: “FOR NOTHING IS IMPOSSIBLE TO GOD” - Luke 1:37**

## **THE POPE'S MONTHLY INTENTIONS FOR 2022 FEBRUARY**

### **For Religious Sisters and Consecrated Women**

We pray for religious sisters and consecrated women; thanking them for their mission and their courage; may they continue to find new responses to the challenges of our times.



Knights of Columbus Council 1387  
Supporting your Church and the little servants of  
Christ The King prayer group

[kofc.org/joinus](http://kofc.org/joinus)



## Guidelines for our Prayer Meetings During Covid Times

>>> We must follow the guidelines set by our Diocese and do so with prudence and caution. <<<

**Before coming to church:** • Please check temperature of all family members before coming to church. If any family members have a fever, please remain home.

**Arriving at church** • Maintain physical distancing at all times – two metres (six feet) from others – in the parking lot, church entrance and in the church itself.

- Put on mask/face covering before entering church. It must cover both nose, mouth and chin.
- Follow directions of the volunteers, sign in your name. No shaking of hands, hugging.
- Sanitize hands upon entry and regularly wherever possible
- Pews and aisles will be marked to note physical distancing requirements. Families and households living at the same residence may sit together; the same two metre (six feet) distance should be maintained concerning others.

**Celebration of the Eucharist** • Masks/face coverings should be removed only after you have first received Holy Communion in your hand and after you arrive at the space designated for you to receive the Host. Do not take your mask off before arriving at the designated area and put it back on after consumption of the Host and prior to returning to your pew.

- Under the guidance of local medical health officials, the faithful are asked to receive Holy Communion in the hand by placing one on top of the other, allowing the Eucharistic Minister to safely place the Body of Christ in one's hand without contact. Communion is not to be taken on the tongue at this time or by other means.
- Follow directions of the ushers. We must follow physical distancing at all times. • There will be no congregational singing at Mass. • There will be no offertory or collection. Please leave donation in the designated basket upon entry/departure as directed.
- We ask that people do not hold hands or shake hands during any portion of the celebration of the Eucharist. At the Sign of Peace, a nod or bow to others is appropriate.
- Follow directions provided for dismissal and departure – exits may be different than those you are accustomed to. • Following Mass, please depart the church so that cleaning may commence. While it is our nature to congregate/socialize in the foyer or parking lot, we ask you NOT to do so at this time. Please maintain physical distancing.
- If you suddenly feel ill, start coughing or sneezing, please leave the church for the health and safety of others gathered.

# *Pope Francis: Let Us Place The New Year Under The Protection Of Mary*

By Courtney Mares

Vatican City, January 1, 2022

On New Year's Day, Pope Francis encouraged people to place their lives under the protection of Mary, the Mother of God.

"The new year begins under the sign of the Holy Mother of God, under the sign of the Mother. A mother's gaze is the path to rebirth and growth. We need mothers, women who look at the world not to exploit it, but so that it can have life," Pope Francis said in St. Peter's Basilica on January 1.

"At the beginning of the New Year, then, let us place ourselves under the protection of this woman, the Mother of God, who is also our mother. May she help us to keep and ponder all things, unafraid of trials and with the joyful certainty that the Lord is faithful and can transform every cross into a resurrection," the pope said.

Pope Francis' first public act of 2022 was to offer Mass for the Solemnity of Mary, Holy Mother of God. In his homily, the pope said that the Virgin Mary teaches us how to "keep and to ponder," to reflect upon and accept life as it comes, in times of both joy and suffering. "Mary's pensiveness ... is the expression of a mature, adult faith, not a faith of beginners. Not a newborn faith, it is rather a faith that now gives birth," he said.

"For spiritual fruitfulness is born of trials and testing. From the quiet of Nazareth and from the triumphant promises received by the Angel – the beginnings – Mary now finds herself in the dark stable of Bethlehem. Yet that is where she gives God to the world."

The pope asked people to reflect on how Mary had to endure "the scandal of the manger."

"How can she hold together the throne of a king and the lowly manger? How can she reconcile the glory of the Most High and the bitter poverty of a stable? Let us think of the distress of the Mother of God. What can be more painful for a mother than to see her child suffering poverty? It is troubling indeed," he said.

"We would not blame Mary, were she to complain of those unexpected troubles. Yet she does not lose heart. She does not complain, but keeps silent. Rather than complain, she chooses a different part: For her part, the Gospel tells us, Mary 'kept all these things, pondering them in her heart.'"

Pope Francis encouraged people to have the same attitude of Mary when faced with unexpected problems, or troubling situations. "She shows us that it is necessary: it is the narrow path to achieve the goal, the cross, without which there can be no resurrection. Like the pangs of childbirth, it begets a more mature faith," he said.

"The new year begins with God who, in the arms of his mother and lying in a manger, gives us courage with tenderness. We need this encouragement. We are still living in uncertain and difficult times due to the pandemic," the pope said.

Pope Francis said that the thought of Mary holding Jesus in the stable is a reminder that "the world can change, and everyone's life can improve only if we make ourselves available to others."

## FEBRUARY the month of THE HOLY FAMILY



The month of February is dedicated to the Holy Family. The Holy Family models for us what family life should exemplify. It is a school of virtue for both parents and children. This is where we find God, and learn how to connect with God and with others. The family is where love is freely given without self interest. It is where we learn to love, to pray and to practice the gift of charity. Pope John Paul II has said, "The family, more than any other human reality, is the place in which the person is loved for himself and in which he learns to live the sincere gift of self." (Nov. 27, 2002)

We should ask ourselves if our own families model that of the Holy Family. We need to be open to God's grace to value the positive and to accept our mistakes — and to be willing to rectify them. Parenting is a very challenging responsibility and at times errors are made despite the best intentions. Recognizing this, children should trust their parents and never forget that parents want only what is best for them, which leads us to what may be the most important family virtue — forgiveness. Living so intimately within the family nucleus naturally gives rise to unpleasant situations where someone is apt to be offended.

St. Paul knew this when he told us to "bear with

and forgive one another". The health of our family may depend on how quickly we learn to forgive without harbouring feelings of resentment.

No family can thrive and grow without constant work. Even the material details that take time and effort are essential to keeping the family strong. Everyone has to pull together for the good of the family — even to the point of putting ahead of our own needs and ambitions the happiness of other family members, setting aside our own selfish desires.

It is also important to pray as a family, especially the holy rosary. Prayer will help us to intensify our closeness with each other, and to learn to forgive. The Eucharist is essential to nurture the relationship between the Eucharist and family life. Pope John Paul II wrote, "In the Eucharistic gift of charity the Christian family finds the foundation and soul of its communion and its mission." It is not surprising that February is designated as the month of love.

***O dear Jesus, I humbly implore you to grant your special graces to our family.  
May our home be the shrine of peace, purity, love, labour and faith.***

***Amen.***

## Mary - What is Consecration to Mary?



Perhaps one of the clearest explanations of what this means was allegedly given by the Blessed Virgin herself in ecclesiastically approved messages to Father Stephano Gobbi, of the Marion Movement of Priests.

To be consecrated to me means to let yourself be led by me. It means to entrust yourself to me, like a child who lets itself be led by its mother. You must therefore accustom yourself to a new way of thinking, to a new way of acting. It is not your place to think of what is best for you; do not be making plans of building your tomorrow... it is enough for you to say as a child: "Mother, I trust you, I let myself be led by you. Tell me: what must I do?"

When a thing is consecrated, it is removed from all uses other than the sacred one to which it has been assigned, and so it is with an object designated for the divine worship. But this can also be the case with a person, when such a one is called by God to render Him perfect worship. Understand then how your true act of consecration is that of baptism.

By this sacrament, instituted by Jesus, grace is communicated to you, placing you in an order of life higher than your own, namely the supernatural life. Through this you participate in the divine nature, you enter into a communion of love with God, and your actions, accordingly, have a new value exceeding that of your nature, because they have a value which is truly divine.

After Baptism, you are then destined for the perfect glorification of the Most Holy Trinity, and consecrated to live in the love of the Father, in the imitation of the Son, and in full communion with The Holy Spirit. The fact that characterizes the act of consecration is its totality: when you are consecrated you are then wholly so, and forever!

When I ask you for the consecration to my Immaculate Heart, it is to make you understand that you must completely entrust yourselves to me, in a total and everlasting way, that I may dispose of you according to the Will of God.

You must entrust yourselves in a manner that is complete, giving me everything; you should not give me one thing and hold on to another; for yourselves; you should truly be wholly mine. And then you should entrust yourselves to me not on one day "yes," and on another day "no," or for a period of time as you would have it, but forever. It is to emphasize this important aspect of a complete and lasting dedication to me, your Mother, that I ask for the consecration to my Immaculate Heart.

In the message to Father Gobbi given on October 20, 1973, she further explains what it means to make our consecration to her Immaculate Heart.

This act has been taken seriously by me, and it has in itself the capacity of truly changing and transforming your whole life.

With the act of consecration, you have put your life in my hands. Now it belongs to me; it is mine. I have taken possession of it, and now, bit by bit, I am transforming it according to my will.

Gently will I lead you to that perfection which is pleasing to my Heart, and little by little I will transform you into a very faithful image of My Son Jesus.

I will give you a new way of seeing things: you will see with my own eyes. Everything that is of the world will no longer be able to interest you; it will even leave within you a profound sadness. You will say of these things: "How vain they are, how useless!"

I will also give you a new way of feeling: you will feel according to my Heart. Thus your capacity to love and to suffer will become extraordinarily more powerful, because you will feel, my Son, as the Heart of your Mother feels!

I will also give you a new way of thinking: you will think according to the Heart of Jesus and my motherly Heart, seeing everything in God and as God sees, according to the Spirit of Wisdom. I will give you wisdom of heart.

Well now, the priests of my Movement must be like this. Because they have consecrated themselves to me, they must feel, see and think as I do, together with me, because I want to take complete possession of their life. I want to transform it and make of it an image of My Son Jesus, the First Born of so many other sons of mine.

They must let themselves be formed by me, as little children, with much trust and abandonment! Then through them the light of the Gospel will shine anew in this world, so filled with darkness.

## **ACT OF CONSECRATION TO MARY**

I, (Name) a faithless sinner, renew and ratify today in thy hands, O Immaculate Mother, the vows of my Baptism. I renounce forever Satan, his pomps and works, and I give myself entirely to Jesus Christ, the Incarnate Wisdom, to carry my cross after Him all the days of my life, and to be more faithful to Him than I have ever been before.

In the presence of all the heavenly court, I choose thee this day for my Mother and Mistress. I deliver and consecrate to thee, as they slave, my body and soul, my goods, both interior and exterior, and even the value of all my good actions, past, present and future; leaving to thee the entire and full right of disposing of me, and all that belongs to me, without exception, according to thy good pleasure, for the greater glory of God, in time and in eternity.

Amen.

Saint Louis de Montfort

# Lent is Coming, Ready or Not



Ash Wednesday is the call to “Repent and believe in the gospel” (Mark 1:15). For the next forty days, the faithful willingly submit to fasting and self-denial in imitation of Our Lord’s forty-day fast in the desert. It is in these dark and still nights, these desert times, that the soul experiences its greatest growth. There, in the inner arena, the soul battles the world; the flesh and the devil, just as Our Lord battled Satan’s triple temptation in the desert. His battle was external, for Jesus could not sin; our battle is internal, but with a hope sustained by the knowledge of Christ’s Easter victory over sin and death.

During this holy season, we are connected to the Paschal Mystery, the Catechumens prepare for Christian initiation, and current Church members prepare for Easter by a recalling of Baptism and by works of penance, that is, prayer, fasting and almsgiving. If you are one who cannot wait for Lent to be over so you can go back to the way you were, then what does that say about your 40 days of Lent? Do you just go back to sinning after Lent is over? No, that would be unthinkable, but we do not realize that Lent is a 24 hours a day, 7 days a week, 365 days a year event. We do not stop in our quest to “Repent and believe in the Gospel” until our last breath has left our bodies.

Lent begins at our baptism and ends at death. That is why children should do the external Lenten sacrifices to learn how to begin to turn away from their sins, while adults do more works of charity and turn away from their sins. Most adults become frustrated after the third day of Lent because they cannot keep their external Lenten practices. They end up becoming discouraged and just stop. This shows us how weak our human nature really is, and what does that say about any possibility for us to give up our sins.

We need Jesus, without Him we fail. In this penitential season we have the opportunity to make an annual spiritual “tune-up”, a 40-day retreat with Our Lord. Both silence and stillness can help you turn your heart and mind to God in a more intentional way during Lent. It is important to detach ourselves from the busyness of everyday life to find stillness and silence — even if only for a few minutes of prayer each day. A merciful heart does not mean a weak heart. Anyone who wishes to be merciful must have a strong and steadfast heart, closed to the tempter and open to God. A heart which lets itself be pierced by the Holy Spirit so as to bring love to our brothers and sisters; one which realizes its own poverty and gives freely for others.

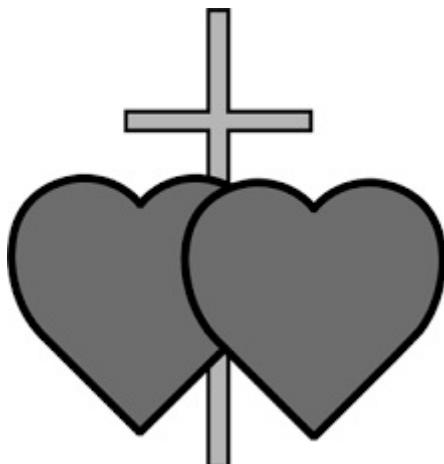
Have you allowed worldly cares and the “daily drama” to obscure your call to holiness? Have self-love and materialism eroded your relationship with God? Then let us renew our efforts, and through our Lenten observance, discipline the body and master it as we “follow in the footsteps of the poor and crucified Christ.”

*Be ready this year!  
Wednesday March 2, 2022*

## *Did You Know*

- Jesus Christ is Love in person.
- With God, no one is an outcast, a reject, a loser, a marginalized person.
- Jesus Christ did what we hope to do one day - rise from the grave alive.
- To trust the will of God is to trust God's love.
- Love is the source of God's attributes. i.e. - What makes God, God.
- At creation, before words were said and beings were created, the source was God's love. Therefore, the Bible, you, and me.
- God's love is bigger than the heavens, the earth and all its content, because ALL comes from God's love.
- Jesus Christ is great and is loveable because Jesus Christ is full of God's love.
- When Jesus Christ revealed love, He revealed who God is.
- He revealed who the Father is, who the Son is and who the Holy Spirit is.
- When I reveal, I reveal who God is. I reveal my source. I reveal I am a product of love, a descendant of God's love.
- On the day I received the Holy Spirit, I received God's love.
- When I reveal that love, I reveal the Holy Spirit.
- The Father, the Son and the Holy Spirit is love, therefore full of love. You and I are inhabited by the Holy Spirit, therefore full of love.
- If Christians don't love like God loves, its because our love is not pure and not liberated from pride, selfishness, negative emotions, negative ideas, etc. Without these, Christians could love like God. The Holy Spirit can purify our love of all pollution.
- All the love in Jesus Christ, in the Holy Spirit, in angels, humans, and creation comes from God our heavenly Father, who is love.
- Jesus Christ said, "The Father sent me to bring the good news to the poor". Jesus Christ is saying, "The Father sent me to bring love to the poor".
- You reading this, you are a child of love. Your mission is to love.

## Lenten Examination of Conscience based on The Psalms



**Be merciful, O Lord, for we have sinned. (Psalm 51:3)**

In addition to my own sins, am I aware of sinful structures in my community and my relationships? Do I bring all these sins to the throne of grace? What steps can I take to make my relationships and my community more Christlike?

**Have mercy on me, O God, in Your goodness. (Psalm 51:4)**

Do I have God's goodness of heart to look beyond others' faults? Am I willing to help or walk with those who struggle to overcome some sinful behaviour? Can my family, friends, co-workers or classmates see God's mercy in my daily life?

**Let Your mercy be on us, as we place our trust in You. (Psalm 33:22)**

Is my attitude toward God one of trust? Do I really believe that God's mercy is freely given, or do I think that I have to perform penitential acts in order to "make" God act mercifully? Can I rely on the Lord and not myself?

**If today you hear God's voice, harden not your hearts. (Psalm 95:8)**

Have I truly opened my ears, mind, heart, and life to the voice of God? Do I take time to discern the many ways that God speaks to me and to others? Will I keep God's voice selfishly to myself, or will it spur me on to my own acts of mercy, compassion, and forgiveness?

**The Lord is my shepherd, there is nothing I shall want. (Psalm 23:1)**

How tied down am I by the things of this world? Do I mistakenly think that my position or possessions are signs of God's favour? What do I need to surrender in order to be more aware that the Lord alone is everything I need, that all else is gift?

**With the Lord there is mercy, and fullness of redemption. (Psalm 130:7)**

Do I completely and joyfully accept and believe in God's mercy? Or do I think that God somehow always holds on to my sins, even when I've been forgiven? Can I celebrate God's mercy by giving joyful witness to the Gospel?

## February Birthdays



- 2 - Marguerite Groulx
- 3 - Therese Brouse
- 4 - Agnes Dahl  
    Simone Loyer
- 6 - Marlene Walter
- 8 - Richard Brosseau
- 11 - Mona St. Jean
- 14 - Richard Knapp
- 19 - Marilyne Laronde
- 22 - Mariette Coulet  
    Sister Sandra Sandberg
- 24 - Adrian Ostache
- Msgr. André Tremblay
- 25 - Ann Bailey
- 26 - Diane Boustead
- 27 - Josephine Suorineni
- 28 - Ray Walter

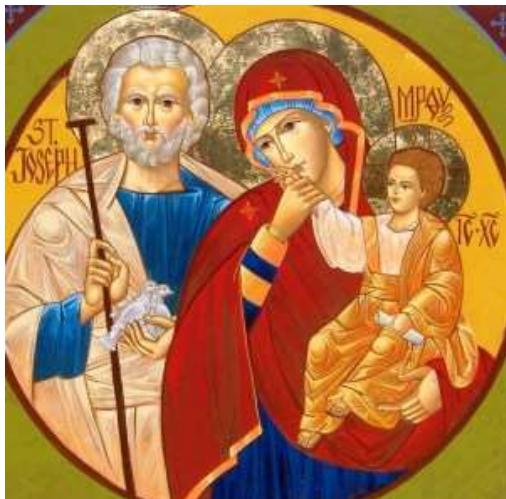
*Happy Birthday  
and  
God's Blessings*



- Marie Marshall - February 19, 1977
- Aledge Leclair - February 16, 1984
- Fr. Rosario Vento - February 10, 1986
- Edna Roseli - February 14, 1987
- Mary Connors - February 2, 1990
- Dorothy Kennedy - February 21, 1991
- Angela Orasi - February 5, 1992
- Ralph Walter Arseneau - February 26, 1992
- Exilia Belisle - February 23, 1993
- Maureen Crema - February 15, 1994
- Fr. Raymond Van Berkel - February 15, 1994
- Lillian T. Thibault - February 23, 1998
- Denise Blais - February 14, 2000
- Theresa Lackmanec - February 2, 2001
- Myles Shaw - February 14, 2001
- Patricia Helen Murdoch --February 20, 2001
- Leo McCoy - February 4, 2002
- Bishop Alexander Carter - February 17, 2002
- Elaine Dupuis - February 14, 2003
- Doreen Dowdall - February 27, 2003
- Leo McCoy - February 4, 2003
- Barbara Dixon - February 29, 2004
- Theresa Korpela - February 25, 2006
- John-Douglas Basha - February 7, 2007
- Cecilia Anne Delorey - February 20, 2007
- Rene Portelance - February 15, 2008
- Angela Roesli - February 15, 2010
- Hugh McEachern - February 24, 2010
- David Felhaber - February 1, 2012
- Anne Kuchma - February 9, 2012
- Joyce Paravano - February 8, 2013
- Albert William (Ab) Fricker - February 11, 2013
- Lucy Decosse - February 28, 2014
- Norma Scagnetti - February 28, 2016
- Sister Madeline Rochin - February 28, 2016
- Msgr. Theodore Pryjma - February 28, 2017
- Stella Kawa - February 13, 2018
- Maria Prez - February 16, 2018
- Ethel M. Hickey - February 3, 2019
- John Mealey - February 19, 2019
- Carol D'Angelo - February 6, 2021

*Eternal rest grant unto them, O Lord  
and let perpetual light shine upon them.  
May their souls and the souls of all the faithful  
departed, through the mercy of God,  
rest in peace. Amen.*

## Prayer To The Holy Family



O Heavenly Father, our loving God, you have given us Your Holy Family as our patrons to bless and guide our families by the fruit of the Holy Spirit. May love, joy, peace, patience, kindness, goodness, faithfulness, humility, and self-control – reign in our homes.

As husbands and wives, teach us to love our spouses more. As parents, give us wisdom and knowledge to raise our children to be responsible and successful Christians forever. As brothers and sisters, may we learn to care and support one another and be of inspiration to each other.

As Christians, melt & mold us, fill us, and use us,

that all may see Christ in us as we spread Your good news throughout the world. When trials come, help us to face them with trust, faith and confidence that all things work out for the good for those who love God. May we have a happy, holy family forever, through Jesus, Mary, and Joseph, Your Holy Family. Amen



### the little servants of Christ The King prayer community Follow us on one or more of the following:



We still provide Mail Outs to those who prefer this method only.  
Our official address is:  
**the little servants of Christ The King prayer community**  
**1935 Paris Street**  
**Box 21056**  
**SUDBURY ON P3E 6G6**



Official E-Mail Address Is:  
[ckprayergroup@bell.net](mailto:ckprayergroup@bell.net)



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Please visit our website at [www.lsckpg.wordpress.com](http://www.lsckpg.wordpress.com) to find information about our prayer group, our meeting times and our upcoming events.

*Artwork by Donna Gelsinger, Prints and gifts available at Glowdecor.com*