



Star of the Sea

STELLA MARIS PARISH NEWSLETTER

Washing of the Feet: An Example Given & Received



Father Rob Reflects...

As we move through this sacred season of Lent and enter into Holy Week, we are reminded of one of the most humble, tender and powerful gestures of Jesus during the Last Supper: He washed the feet of His disciples. It was an act of humility, love, and deep service—one that left His followers with both a gift and a challenge: “For I have set you an example, that you also should do as I have done to you” (John 13:15).

In this issue of the parish newsletter, we highlight how members of our own community have taken up that towel and basin, so to speak, in spirit and in action.

David Hansen shares his heartfelt testimony about the transformation he has experienced through serving the hungry, the homeless, and the vulnerable in our midst. His story reminds us that when we serve others, we don't just meet their needs, we encounter Christ Himself, and our own hearts are changed in the process.

Monica, from the Catholic Women's League, invites us into a ministry of presence and compassion, ensuring that beloved parishioners who can no longer join us around the Altar in Eucharistic celebration remain connected to our parish family. Her new role as Hospital Pastoral Care Coordinator deepens this mission, reminding us that no one should suffer alone or feel forgotten.

These are the foot-washing moments of today, quiet, faithful, and full of love. May they inspire each of us to see the need around us, bend low, and serve with the hands and heart of Christ.

Fr. Francesco and I are honoured to serve you.

God Bless You,

Fr. Rob Elford

This Month's Issue:

**SHARING OUR FAITH,
HOPE & LOVE**
By *Monica McNamara*
.....p. 2

**LIVES TRANSFORMED:
DAVID'S STORY**
.....p. 3

**STEPPING OUT:
AN INVITATION FOR YOU**
.....p. 3

THE BULLETIN
.....p. 4

CONTACT INFORMATION
.....p. 4

Mass Times

Saturday Mass: 4pm
Sunday Mass: 8am/10am/4pm
Tuesday/Thursday: 7pm
Wednesday/Friday: 9am
First Saturday: 9am





Sharing Our Faith, Hope & Love

Written by Monica McNamara

“Here I am Lord, send me!” - Isaiah 6:8

This is the theme for the CWL across Canada for 2024-2026. This is a theme that the CWL at Stella Maris has embraced in our commitment to provide Care and Compassion to our shut-in members and parishioners.

As our population ages, more and more of our friends are becoming less and less able to remain actively connected to the parish. Whether through illness, age or infirmity, people become separated from their parish community, and feelings of isolation and loneliness are very prevalent.

In our council, we have approximately 10 members who are no longer able to attend Mass or council events. Our active members have committed to regular contact with these ladies, either through phone calls or visits, some bringing Communion to them, some taking them grocery shopping, to doctor’s appointments or providing drives to Mass.

The message in this connection is simple: “We miss you, we care about you and we want to accompany you on your life journey.”

We are also pleased to be able to offer this connection to members of the parish. CWL members attend all of the 4 masses offered throughout the weekend, and many serve in the hospitality ministry, so it’s a little easier to pick up on someone who’s missing from the congregation and reach out to see what’s happening with them. Once this connection is made, the CWL will designate someone to be their contact person on an ongoing basis. This will also facilitate pastoral visits when necessary, as parishioners will be in regular contact and can notify the pastor of any spiritual or sacramental needs.

The diocese has instituted a new program for patients requiring hospitalization. Each parish has been asked to designate a coordinator of Pastoral Care to the Sick. This position will be a liaison between the parishioner going to hospital and the hospital chaplain. They will be responsible for notifying the chaplain when a parishioner is admitted, and notifying the parish when the parishioner has been discharged home so follow up care can be provided.

I felt a desire to volunteer for the position when I read about it. As a retired nurse, I know how difficult it can be to track down busy hospital chaplains and some patients do get missed by the Spiritual Care Team while they are in hospital, despite their best intentions. The aim of this position is to ensure that no one gets missed, and that necessary sacraments are accessible. To that end, if you or someone from your family have a planned hospital admission, please contact myself or the parish office to arrange to have the sacrament of the sick prior to admission to hospital. That way we can let the hospital chaplains know that you are in hospital.

This position will work nicely with our Care and Compassion focus within the CWL, as we will be able to keep in touch with those parishioners who have been in hospital and provide follow up through our members to make sure that these parishioners remain connected with the parish when they are discharged home.

Stella Maris strives to be a Beacon of Faith, Hope and Love within our community. This is one of the ways that we are able to share our faith, our hope and our love with the homebound within our parish and ensure that they continue to feel the connection and love from their fellow parishioners.

Lives Transformed: David's Story

As a Christian, I am called to serve those in need. For a multitude of reasons, there are many people in our midst who need a helping hand. Whether they are hungry, homeless, struggling with illness, or simply lonely. Christ directs us to offer them a helping hand.

For the past year I have been working with various outreach ministries here at Stella Maris. I started with 12 Baskets – a community meal program which takes place in the hall every Friday. I then took on a part-time staff position providing support to our shelter residents.



At the beginning of this year, my position was expanded to Coordinator of Community Outreach. In this role I am responsible to coordinate and support our parish outreach ministries, as well as to act as a community navigator to connect clients with other community resources and services.



Working with those in need, as well as liaising with other service providers in our community, I have been able to experience the positive impact of helping others. And as a result, I have personally benefited. I have felt my heart grow. My desire to help is stronger than ever. It feels satisfying to be a witness of Christ's calling. Providing compassionate care to others has fostered within me a deeper connection to my faith and has made me feel closer to God.



Stepping Out

AN INVITATION FOR YOU:

HOLY WEEK AT STELLA MARIS PARISH

As we prepare our hearts, minds and souls for Easter, join us as we enter into Holy Week and reflect on Christ's Passion, Death, and Resurrection.

Tuesday, April 15th: Chrism Mass at St. Mary's Basilica, 12PM (no Mass at Stella Maris Parish)

Wednesday, April 16th: 9AM

Holy Thursday: 7PM

Good Friday: 3PM (Stations of the Cross at 6:30pm)

Easter Vigil: 8PM

Easter Sunday: 8AM & 10AM (there will be no 4PM Mass at Stella Maris Parish on Easter Sunday)

The Bulletin

LENTEN DAY FOR RECONCILIATION & ADORATION: Thursday, April 10th 12-7PM

Need some time to pause and reflect on your Lenten journey? Stop by the Church on April 10th from 12-7pm to spend some time in front of the Blessed Sacrament in Eucharistic Adoration. The Sacrament of Confession will also be available. The day will end with Mass being said at 7pm.

STATIONS OF THE CROSS & FILM SCREENING: Friday April 11th 6:30PM

After Stations of the Cross at 6:30pm in the Church, join us downstairs in the hall for a screening of the film, "Of Gods and Men." Refreshments will be provided.

BLESSING OF THE CEMETERIES: April 24th, Starting at 10AM

On April 24th, we will be having our annual Blessing of the Parish Cemeteries. The schedule is as follows:

- **Garden of Gethsemane** - 10AM
- **Holy Sepulchre** - 10:20AM
- **Mount Calvary** - 10:40AM
- **Our Lady of Sorrows** - 11:10AM
- **St. Patrick's** - 11:30AM
- **St. Paul's** - 11:50AM

EVENTIDE: April 29, 2025

Join us for Eventide, a candle-lit hour of contemplative music, prayer, and inspiring talk on April 29th, at 7pm.

FRASSATI ACADEMY: Accepting Applications

Apply now for admission to Frassati Academy for the 2025-2026 academic year! Families may apply for Pre-Primary through Grade 7 with the understanding that the grades offered at Frassati Academy will be dependent on enrollment. For more information on Frassati Academy (an independent, classically-inspired Catholic school), visit our website: www.frassatiacademy.ca or contact: admissions@frassatiacademy.ca

PLEASE SUBMIT BULLETIN ITEMS FOR OUR NEXT ISSUE BY APRIL 21ST, 2025

PARISH RESOURCES

Funeral Information and Bookings: funerals@stellamarishalifax.com

Immigrant Support Committee: newcomers@stellamarishalifax.com

Community Outreach: outreach@stellamarishalifax.com

Home Communion: homecommunion@stellamarishalifax.com

Responsible Ministry: office@stellamarishalifax.com

St. Vincent de Paul: 902-479-0630

Giving: e-transfer to the Parish at: giving@stellamarishalifax.com

GET CONNECTED

Facebook: facebook.com/stellamarishalifax

YouTube: youtube.com/@stellamarishalifax

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MEET THE TEAM!

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Text "hi" to +1 (833) 230-3288 and add us to your contacts!