



Star of the Sea

STELLA MARIS PARISH NEWSLETTER



Father Rob Reflects...

As we approach the Archdiocesan Eucharistic Congress, this month's newsletter will focus on the sacrament of the Eucharist. The Eucharist is not only a sacred blessing for us but also a sacred calling for us to bless others. In receiving the Body and Blood of Christ, we are drawn to abide in Christ, experiencing His boundless love and grace. This sacrament nourishes our souls, strengthens our faith, and renews our hearts. Yet, the Eucharist is not meant to be kept within ourselves; it compels us to extend Christ's love to the world. Just as Christ gave Himself for us, we are invited to give of ourselves in faith, hope and love. Eucharistic celebration transforms us, making us living tabernacles of Christ's presence in the world.

This month, let us consider the Eucharist not only a personal encounter with Christ but also a mission to embody His love and mercy in every aspect of our lives. Through this sacrament, we are empowered to be Christ's hands and feet, bringing His blessings into the lives of others, just as He blesses us.

In Christ,

Fr Rob Elford

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The Living Church: Being a Eucharistic People

Written by Chris Lee

If someone were to ask you "where is your church?", what would be your response? I suspect that for many of us, the obvious answer would be to give a set of directions or a street address. Though a simple question, this invitation to reflect on our notions of "the church" provides us with an opportunity to deepen our faith and understanding of the Holy Eucharist.

While it is true that the formal gathering space where we celebrate together as a community in Christ is the church building, it can be easy to forget that these four walls and a roof are simply the meeting place in which we come together as God's people. Gathered around the table of the Lord during the Mass, we are reminded through praise, prayer, and scripture that each one of us is equally loved by God, and called to one communion with Him through His son Jesus Christ in the Eucharist.

Joined together in the Mass, united through Christ in the Eucharist, there is no longer any distinction between the sinner and the saint, the meek and the strong, the righteous or the lowly. In receiving the gift of the Eucharist, each of us are filled with one spirit in Christ and joined in God's abiding love. Through the gift of the Eucharist, God accomplishes what He has desired for humanity from the beginning; that we all be joined together as one people, united with Him in one perfect loving relationship; in a word, the church.

But does our encounter with God end "at church" for the week after Communion is finished with the Blessed Sacrament sent to the homebound and the rest returned to the tabernacle? Surely not. Our communion with God in the Eucharist does not end when we leave the building, somehow leaving Jesus behind in the tabernacle waiting for us again next week. For just as Jesus fed the 5000 and the leftovers were collected into baskets, the miracle was not the leftovers collected up, but the grace by which the many multitudes were filled. So too let us be reminded that as we leave the building each week, in receiving the Body of Christ, each of us is united into the living church, carrying with us the light of Christ as a Eucharistic people.

Lives Transformed: Maxine's Story

This summer my prayer group decided to read Matthew Kelly's book *33 Days to Eucharistic Glory*. We created a group chat to discuss this book together. Every day we read the five minute reflection and from the comments I could see how God was moving. There were healing of wounds, softening of hearts, and a deeper understanding of God's Eucharistic love. We met at mass at Stella Maris to receive the Eucharist together on the day of the consecration. As I watched each woman go to receive the Eucharist I was deeply moved. I could see the newfound love for Jesus that was in their hearts. After mass we all went in front of the tabernacle and prayed the consecration prayer together. We started standing up, but before long we were all on our knees. It was a beautiful moment. It truly felt like a new era was unfolding before our eyes.

The statistics are out there that say the majority of Catholics don't believe in the true presence. I pray that more people will read this book and be moved to adore and glorify Jesus in the Eucharist.



Stepping Out

INVITATIONS FOR YOU:

1. Mass & Adoration: Tuesday, October 22nd at 7pm

Following the Eucharistic Congress, let's make a special effort as a Parish to spend some time with Our Lord in the Holy Sacrifice of the Mass and Eucharistic Adoration on October 22nd at 7pm. We have Mass and Adoration on Tuesdays (7pm) and Fridays (9am).

2. Parish Book Study: *33 Days to Eucharistic Glory* by Matthew Kelly

This coming January, join us as a Parish as we read Matthew Kelly's *33 Days to Eucharistic Glory*. We will begin reading at the end of January and will be saying the consecration prayer together as a Parish on March 2nd during the Sunday Masses.

The Bulletin

UPDATED OFFICE HOURS:

The Parish office will be open on Wednesdays from 10am-2pm to answer in-person inquiries.

EVENTIDE: Tuesday, October 29th at 7pm

Join us for Eventide, a candle-lit hour of contemplative music, prayer, and inspiring talk, offered the last Tuesday of each month (September through May). Our speaker this month will be Father Al Ray, who will explore how the Eucharist strengthens and sustains believers in their discipleship journey. Come along and bring a friend. All are welcome.

EUCCHARISTIC CONGRESS: Join the Waiting List!

Registration for the Archdiocesan Eucharistic Congress has SOLD OUT! To join the waiting list, visit: <https://www.halifaxyarmouth.org/congress2024>.

FOOD BANK:

Stella Maris Parish has a food collection basket in the foyer of the Church to donate to a local food bank. The food bank is currently asking for: cereal, pasta, pasta sauce, all varieties of soup, and canned meats. Thank you for being a beacon of faith, hope and love in the community!

RECYCLING DONATIONS TO SUPPORT OUTREACH:

Stella Maris Parish has opened an account called the Outreach Fund at Beaver Recycling, next to Station Six on Herring Cove Road. When returning your refundables, simply say, 'I would like this to go to the Stella Maris Outreach Fund'. 100% of the funds raised in this way will go to our Outreach efforts.

PLEASE SUBMIT BULLETIN ITEMS FOR OUR NEXT ISSUE BY OCTOBER 21, 2024

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

MEET THE TEAM!

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GET CONNECTED

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