



Star of the Sea

STELLA MARIS PARISH NEWSLETTER



Father Rob Reflects...

Jesus teaches us how to pray and modelled a deep prayer life of communion with the Father. Throughout the Gospels, we see Jesus frequently withdrawing to quiet places to pray, even in the midst of the many demands of ministry. His life models that prayer is not merely a ritual, but a vital, deep and abiding relationship with the Father. In His agony in the garden, Jesus turns to the Father in intimate, honest prayer, saying, "Father, if you are willing, take this cup from me; yet not my will, but yours be done" (Luke 22:42). Here, we witness a perfect balance between presenting our desires and surrendering to God's will.

Jesus also taught persistence in prayer and the cultivation of gratitude. Yes, we persist in prayer but we also take time to reflect on God's blessings in the midst of our hardships. His example teaches us that prayer deepens our relationship with God, aligns our hearts with God's will, and transforms us from within.

Let us pray...lets us abide in prayer...let us be grateful.
"Our Father..."

In Christ,

Fr Rob Elford

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By Julia Yurchesyn

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He Is Enough

Written by Julia Yurchesyn



When I was around 5 or 6 years old, I really wanted to get God’s attention. To do that, I wrote a long letter to Him. I don’t remember what I wrote in the letter, or if it was legible for that matter. I do remember giving the letter to my Parish priest at the time, who very kindly told me that he would make sure God received it.

Looking back, what stands out to me the most was the deep, intrinsic desire I had to be in relationship with God the Father—to give my heart to Him, and to know His love for me. This desire is what motivated me to write a letter, and it continues to motivate me to pray and receive the sacraments. Being in relationship with God is what every one of us was made for, and ultimately the answer to all of our longings.



But it can be easy to forget this desire. During Christmas last year, I felt God challenge me with the words: “I am enough”. I realized that I had given my heart to other things instead of Him. So, I recommitted to daily prayer. I gave my burdens to Him, entrusting the problems I encountered to His Providential care. As I surrendered every aspect of my life to God, I experienced an abiding joy that surpassed the stresses of life. I began to really understand in my mind, body and heart how loved and cared for I am by the Father.

God does not want to be only a part of our life, He wants to be *everything* for us. He is not satisfied until our hearts are completely His, and He will pursue us for our entire lives to accomplish this. As we approach Advent, let’s remember that “...God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life” (John 3:16). God became man to reveal His passionate and unending love for each of us on the cross. This is love that cannot be earned, but only received.

So let us pray every day, giving our hearts to God in childlike trust. When we give our time, desires and needs to Him in prayer, we will realize that He is enough.

Lives Transformed: Karen's Story

St. Monica was a devout Catholic who prayed for 17 years for her son and husband to come to faith in Jesus Christ.

The book, *The Saint Monica Club: How to Wait, Hope and Pray for your Fallen-Away Loved Ones* by Maggie Green, is an easy read because the chapters are often only 2 pages long and it was relatable to me as a Catholic. I realized it was okay to mourn my son (and other loved ones) leaving the Catholic faith, and the writer, by the example of St. Monica, gave me strategies on how to cope with that loss.

The St. Monica Club deepened my faith as I grew closer to God. I started going to confession on a regular basis, and I started praying for my son to return to church and to believe in Jesus.

I felt supported by the women who also joined "the club". I realized I wasn't alone, and I felt safe with them. They understood what I was going through, because they were going through the exact same thing.



Stepping Out

INVITATIONS FOR YOU:

1. Brother Emile from the Taizé Community, visiting on November 6th, 7pm

As part of his trip across the US and Canada, Brother Emile of Taizé will be visiting Stella Maris Parish! On November 6th at 7pm, he will be leading prayer and music in the style of Taizé and giving a short talk. All are welcome to attend this special event.

2. Advent Devotional: *God With Us* by Deacon Greg Kandra

This coming Advent, join the Parish in reading *God With Us*, a collection of daily Advent reflections and prayers. We will be forming email groups so that we can read and pray together as a Parish community.

The Bulletin

EVENTIDE: Tuesday, November 26th at 7pm

Please join us on November 26th at 7pm for Eventide. Eventide is an hour of contemplative music and prayer offered on the last Tuesday of every month. All are welcome.

ST. VINCENT DE PAUL SOCIETY: World Day of the Poor on November 17th 2024

In November, new members will be installed in our parish's St Vincent de Paul Society: Denise Parrott as president, Phyllis Nortey as vice-president, and Karen LeBlanc as secretary. Many thanks are due to outgoing president, Carl Lawrence, and to the small but dedicated team of volunteers which has distributed more than \$50,000 in urgent food aid to over 500 families in our Mainland South community just since January 2024. If you would like more information about donating or volunteering with the Society, please contact ssvppres2018@gmail.com. For urgent food assistance, please call 902-479-0630.

CHRISTMAS CARE PACKAGES: December 15th, 12:30pm

Ross Lawrence is looking for support in putting together Christmas Care Packages to be hand delivered to panhandlers downtown. He is in need of: hats, mitts, gloves, scarves, toothbrushes, toothpaste, combs, deodorant, soap, shampoo, reusable shopping bags, etc. Santa Claus will hand out these care packages with his helpers on December 15th around 12:30 in the downtown area. Donations can be left at the back of the church in a marked bag. Ross is also willing to try and make arrangements to pick up donations. He welcomes any volunteers willing to help with putting the packages together or delivering the packages with Santa. You can reach him at 902-489-1894, or you can email him at rosswilliamlawrence@live.com.

PLEASE SUBMIT BULLETIN ITEMS FOR OUR NEXT ISSUE BY NOVEMBER 18th, 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

GET CONNECTED

Facebook: facebook.com/stellamarishalifax

YouTube: youtube.com/@stellamarishalifax

Website: stellamarishalifax.com

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Office Email: office@stellamarishalifax.com

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MEET THE TEAM!

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