

## FOURTH SUNDAY IN ORDINARY TIME

3<sup>rd</sup> February 2013

St. Mary's, Belford Road, Fort William PH33 6BT. Tel. (01397) 702174

Charity No. SC002876



View from the cliff  
to which Our Lord  
was possibly dragged.

### Noticeboard

Sunday Masses: Vigil Mass, Saturday, 6 p.m.  
Sunday Morning Mass 10.30 a.m.

Weekday Masses: 10.15 a.m.

Sacrament of Reconciliation: Saturday : 9.45 to 10 a.m.;  
4 to 4.30 p.m.;  
5.30 to 5.50 p.m.

*Tuesday is the Memorial of St. Agatha, Martyr; Wednesday, the Memorial of St. Paul Miki and Companions, the heroic Martyrs of Japan.*

There was a very worrying deterioration in **Bishop Toal's** eyesight while at a recent meeting in Spain. He was unable to return home and will be undergoing very delicate surgery in a Spanish hospital this Monday. Please pray that this operation be successful. It will be ten days or so before we know the outcome, so please be constant in your prayers.

We pray for our Faithful Departed. We remember very especially **Kenny MacDonald** who has died very peacefully after a long illness. Kenny was a quietly faithful servant of this parish and an example to us all. Fr. MacKinnon has never forgotten his kindness and helpfulness, and he is simply one of many who were so thankful for Kenny. May his Lord now welcome him home, and may he comfort Eileen, Kenneth, Lesley and all the family. We remember also those whose anniversaries are about this time: **Sandy Kennedy, Michael Haggerty, Simon MacDonald, Ronald MacInnes, Donald MacKintosh, Ian Wynne, Ronald MacDonald, John MacMaster, Elizabeth MacPherson and Dolly MacVarish.** May their souls and the souls of all the Faithful Departed through the mercy of God rest in peace.

This year's **SCIAF boxes** have arrived and will be available for collection next Sunday.

**The palms** that we will use this year originate in Africa. This provides some much needed income for African villagers.

**Fr. Joseph** has sent an e-mail to let us know that his sister has died. May the Lord embrace her in eternal peace, and may he comfort all her family.

**Our sympathy** to all - children, teenagers and adults alike- who have had to endure the very nasty viruses that are afflicting Lochaber at the moment.

**Deacon Pamula** has returned from his holiday at home. We hope he enjoyed his break. Before leaving for Spain, the Bishop had asked him to ensure some extended presence in Ballachulish parish and help Father Angus in Moidart, while still helping out in this parish.

## ECHOES OF ST PAUL

Even a happy life cannot be without a measure of darkness, and the word happy would lose its meaning if it were not balanced by sadness. It is far better take things as they come along with patience and equanimity. *Carl Jung*

The best way to find out if you can trust somebody is to trust them. *Ernest Hemingway*

Love is friendship that has caught fire. It is quiet understanding, mutual confidence, sharing and forgiving. It is loyalty through good and bad times. It settles for less than perfection and makes allowances for human weaknesses. *Ann Landers*

Great allowances ought to be made for the petulance of persons laboring under ill-health. *Samuel Richardson*

Only a kind person is able to judge another justly and to make allowances for his weaknesses. A kind eye, while recognizing defects, sees beyond them. *Lawrence G. Lovasik*

From "When Flanders Failed" (Episode of *The Simpsons*)

**Lisa:** Dad, do you know what Schadenfreude is?

**Homer:** (*Sarcastically*) No, I don't know what "shaden-frawde" is. Please tell me, because I'm dying to know.

**Lisa:** It's a German term for "shameful joy", taking pleasure in the suffering of others.

**Homer:** (*Angrily*) Oh, come on Lisa. I'm just glad to see him fall flat on his butt! He's usually all happy and comfortable, and surrounded by loved ones, and it makes me feel... What's the opposite of that shameful joy thing of yours?

**Lisa:** Sour grapes.

**Homer:** Boy, those Germans have a word for everything!

Have patience with all things, But, first of all with yourself. *Saint Francis de Sales*

Anger, resentment and jealousy doesn't change the heart of others-- it only changes yours. *Shannon L. Alder*

Never hold resentments for the person who tells you what you need to hear; count them among your truest, most caring, and valuable friends. *Mike Norton,*

Only a kind person is able to judge another justly and to make allowances for his weaknesses. A kind eye, while recognizing defects, sees beyond them. *Lawrence G. Lovasik*

Fire and swords are slow engines of destruction, compared to the tongue of a Gossip. *Richard Steele*

Gossip is the Devil's radio. *George Harrison*

Strong minds discuss ideas, average minds discuss events, weak minds discuss people. *Socrates*

Gossip needn't be false to be evil—there's a lot of truth that shouldn't be passed around. *Frank A. Clark*

Selfishness is the greatest curse of the human race. *William E. Gladstone*

Rudeness is the weak man's imitation of strength. *Eric Hoffer*

The challenge of leadership is to be strong, but not rude; be kind, but not weak; be bold, but not bully; be thoughtful, but not lazy; be humble, but not timid; be proud, but not arrogant; have humour, but without folly. *E. James Rohn*

Pride and conceit were the original sins of man. *Alain Rene Lesage*

He fell in love with himself at first sight and it is a passion to which he has always remained faithful. Selflove seems so often unrequited. *Anthony Powell*

Talent is God-given. Be humble. Fame is man-given. Be grateful. Conceit is self-given. Be careful. *John Wooden*

We must accept finite disappointment, but never lose infinite hope. *Martin Luther King, Jr.*

Hope is some extraordinary spiritual grace that God gives us to control our fears, not to oust them. *Fr. Vincent McNabb*

The wings of hope carry us, soaring high above the driving winds of life. *Ana Jacob*

Hope is grief's best music. *Author Unknown*

Endurance is not just the ability to bear a hard thing, but to turn it into glory. *William Barclay*

Heroism is endurance for one moment more. *George F. Kennan*

### The Martyrdom of Paul Miki and his Companions



Nagasaki  
5<sup>th</sup> February  
1597