

Fourth Sunday in Ordinary Time

February 3, 2019



MASS SCHEDULE AND INTENTIONS: February 2 to February 10

Saturday	Feb. 2	Feast of the Presentation of the Lord
11:00 am	Marcelle Cousineau	St. Thomas à Becket Wardens
		Fourth Sunday in Ordinary Time
4:30 pm	Iris Fernandes	Atwell D'Souza & family
Sunday	Feb. 3	
9:00 am	Our Parishioners	
11:00 am	Silvano Zilli	The Gafoor Family
Monday	Feb. 4	
8:30 am	Mary Whyte	Rina Reda
Tuesday	Feb. 5	
8:30	Mary Whyte	Rina Reda
Wednesday	Feb. 6	
8:30 am	Maria Bastone	Rina Reda
Thursday	Feb. 7	
8:30 am	John Lawlor	Mary & Guy Taillon
Friday	Feb. 8	
8:30 am	Peter Dwyer	Richard and Fran Merlo
Saturday	Feb 9	Fifth Sunday in Ordinary Time
4:30 pm	Maria & Joey Bastone	John Bastone
Sunday	Feb. 10	
9:00 am	Our Parishioners	
11:00am	Zenon Soares	Atwell & Family

SANCTUARY LAMP (Week)

February 3: Kathleen Rush-Heald (L) requested by the Rosary Group

February 10: Barbara and Frederick Kray, requested by Helen & Manfred Kray

TUESDAY MORNING MEET AND GREET resumes February 5 after morning Mass. All welcome.

FAITH FIRST:

Confirmation Gathering #4 Tuesday, Feb 5

Level 5 (SP5, SP6) Gathering #2 Tuesday, Feb 7

THANK YOU FOR YOUR CONTRIBUTIONS
JAN 19/20 Offerings: \$ 4,103.05 Local Missionary: \$ 860.00
JAN 26/27 Offerings: \$ 5,102.50 Building Fund: \$1, 507.00
Next special collection: February 10 – Religious Education

ANGELS NEEDED

Many parishioners and others come to Mass only at Christmas and Easter. It's a great opportunity to evangelize. \$2,000 would allow us to give a gift of a book or CD about the faith to each of these families, which might encourage some of them to return more often. Your contributions can be mailed to the parish office or given to the pastor after Mass.

STRUGGLING FOR SUSTENANCE



We all struggle to not give in to coldness and hatred... In Luke's gospel, Jesus' disciples were intrigued by his prayer. They sensed something extraordinary about Jesus, not because he could walk on water and do miracles, but because, unlike the rest of us, he could in fact turn the cheek. He was strong enough not to give into coldness in the face of hatred, so strong that it threatened his very life. In every situation, no matter how bitter, he could be understanding and forgiving and

never doubt that love and grace are what's most real.

His disciples sensed that he drew this strength from a hidden source, some deep well of sustenance which he called his Father and which he accessed through prayer. For this reason, in Luke's gospel, the disciples ask Jesus to teach them how to pray. They too want to draw sustenance from this source. . .

Simply put, it's easy enough to be understanding, loving, and forgiving when you are bathed in them. It's quite another thing when your very adherence to them is making you the object of misunderstanding, hatred, and murder. And so, in Gethsemane, we see Jesus prostrate, humanly devastated, on the ground, struggling mightily to cling to a cord of sustenance that had always sustained him in trust, love, and forgiveness and had kept paranoia, hatred, and despair at bay. .

. . . And that's our ultimate moral struggle: to not give into to our natural reaction whenever we are not respected, slighted, ignored, misunderstood, hated, or in small or large ways victimized. ... But there's another possibility: Like Jesus, who himself had to struggle mightily to not give in to coldness and hatred, we too can draw strength through the same umbilical cord that nurtured him. His Father, God's grace and strength, can nurture us too.

... In every situation in our lives, small or large, where we are unfairly ignored, slighted, insulted, hated, or victimized in any way, we face a choice of how to respond: Bitterness or understanding? Hatred or love? Vengeance or forgiveness? . . .

~ by Fr. Ron Rolheiser. OMI

ANOINTING OF THE SICK NEXT WEEKEND



"Are there any who are sick among you? Let them send for the priests of the Church, and let the priests pray over them, anointing them with oil in the name of the Lord; and the prayer of faith will save the sick persons, and the Lord will raise them up; and if they have committed any sin, their sins will be forgiven them." (Letter of St. James) We will offer the sacrament of the Anointing of the Sick at all weekend

Masses on Saturday, February 9 & Sunday, February 10. It is only for those who are seriously ill, that is, who begin to be in danger of death due to sickness or old age, including those about to undergo surgery when a serious illness is the reason for the surgery. The anointing will follow the homily, and will take only a few minutes. Those eligible will process up (as for Holy Communion), the priest will briefly lay hands on their head, and then anoint the forehead and the hands with the Oil of the Sick, which was blessed by the Archbishop last Holy Week.

WORDS TO PONDER

"In every area of your life, you should know that to love means to be steadfast, reliable and faithful to commitments. This applies most of all to friendship. Our friends expect us to be sincere, loyal and faithful because true love perseveres even in times of difficulty. The same thing can be said about your work and studies and the services you carry out. Fidelity and perseverance in doing good brings joy, even if not always immediately" *~ Pope Benedict XVI*

10 TIPS FOR MAKING PRAYERS OF PETITION MORE EFFECTIVE

1) Thanksgiving & Honor

Prioritize giving God thanks, honor, glory and praise. “But seek first the kingdom of God and his righteousness and all these things will be given you besides.” (Matt. 6:33)

2) Pray for faith

Jesus rebukes his disciples for lacking faith. We ask him to move mountains, but we should first beg for the depth of faith necessary to move those mountains. (Matt. 17:20)

3) Forgive

Lack of forgiveness is a major obstacle to answered prayers. (Matt. 6:14-15)

4) Seek spiritual healing

Spiritual healing occurs through contrition, confession, and the continual struggle that comes with the desire for holiness. Spiritual healing leads to emotional and physical healing as well. (1 Jn. 3:21-22)

5) Seek emotional healing

If the petition is for physical healing, the root cause could be an unhealed emotional wound. We are not souls trapped in bodies. We are body and soul composites. The Scriptures confirm this profound connective unity: “A joyful heart is the health of the body but a depressed spirit dries up the bone.” (Prov. 17:22)

6) Say goodbye to pettiness

The Apostles failed to perform an exorcism of a boy because of their “perversity.” In short, they argued about which of them was the greatest. (Lk. 9)

7) Say goodbye to uncharitable acts.....especially in your families:

“Likewise, you husbands should live with your wives in understanding..., since we are joint heirs of the gift of life, so that your prayers may not be hindered.” (1 Pet. 3:7)

8) Pray for others

Stop being selfish, intercede for others, and ask others to intercede for you. When it comes to praying, the more the merrier! (Matt. 18:19-20, Jas. 4:3, 5:16)

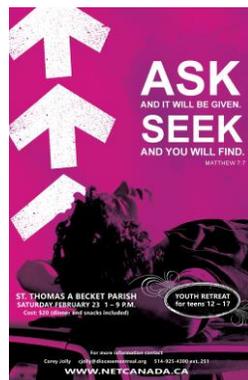
9) Read the Bible daily

“If you remain in me and my words remain in you, ask whatever you wish, and it will be done for you.” (Jn. 15:7)

10) Pray IN HIS NAME, surrendering to His will

“So that whatever you ask the Father in my name he may give you.” (Jn. 15:16)

God only gives us what is good, for our good. So if a prayer is not answered as requested, trust Him anyway. He loves you more than you love yourself. God respects your freedom, and you must respect His. And remember...never give up! (Luke 18:1)



ASK AND IT WILL BE GIVEN. SEEK AND YOU WILL FIND. (Matt.7:7)

All youth aged 12-17 are invited to a NET Canada retreat offered at becket on Saturday, February 23, 1:00 – 9:00 pm. \$20 (includes dinner and snacks). For more information contact Corey Jolly 514-925-4300 ext 251 or cjolly@diocesemontreal.org www.netcanada.ca