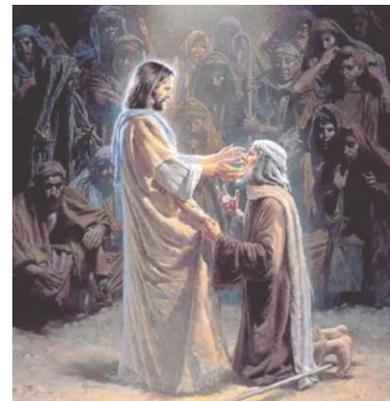


February 14, 2021

Sixth Sunday in Ordinary Time



MASS SCHEDULE AND INTENTIONS: FEB. 13 TO FEB. 21

Saturday	Feb 13	
4:00 pm	Frederick and Barbara Kray	Helen & Manfred Adam
5:15 pm	Marian Niznik	Helen Niznik & family
Sunday	Feb 14	Fourth Sunday in Ordinary Time
9:00 am	Our Parishioners	
11:00 am	Mary Taillon	The Redmond Family
Monday	Feb 15	
8:30 am	Albanese Family	Family
9:30 am	Germain Demers	Demers Family
Tuesday	Feb 16	
8:30 am	Kathleen Rush Heald	Nicole & Terry Muise
9:30 am	Souls in Purgatory	
Wednesday	Feb. 17	Ash Wednesday
8:30 am	Kathleen Rush Heald	Anna Donald
9:30 am	Sick of the Parish	
5:00 pm	Healthcare and Pastoral Care workers	
Thursday	Feb 18	
8:30 am	Francis Branagan	
9:30 am	Kathleen Rush Heald	Julia Principe
Friday	Feb 19	
8:30 am	Albert Shomali	Carole & Kevin Shanahan
9:30 am	Families in difficulty	
Saturday	Feb 20	
4:00 pm	Mary Taillon	
5:15 pm	Walter Brandt	Dawn & Gerry Richardson
Sunday	Feb 21	First Sunday of Lent
9:00 am	Our Parishioners	
11:00 am	Cecile Blais Barbeau	Christine Louis-Seize

SANCTUARY LAMP (Week)

February 14: Dominic Mancini, requested by the family.

February 20: Mildred Hueppin, requested by Margaret & Leslie Lobo

LORD, GRANT MERCY AND LASTING PEACE to those who died recently, and strength and comfort to those who mourn them: *Lucy Pigeon*, wife of the late George, mother of George.

Blessed are those who have died in the Lord; let them rest from their labours for their good deeds go with them. Eternal rest grant unto them, O Lord. And let perpetual light shine upon them. May they rest in peace. May the souls of all the faithful departed, through the mercy of God, rest in peace.

THANK YOU FOR YOU CONTRIBUTIONS

January 30/31: Offerings: \$2, 997.00

February 6/7: Offerings: \$3,160.00

Next special collection – February 17 – Ash Wednesday

ALL ABOUT LENT: Yes, it begins this week!



Lent is the 40-day period before Easter, excluding Sundays (the day Jesus arose), from Ash Wednesday to Holy Thursday before the Lord's Supper. Lent begins on Ash Wednesday, the day the faithful have their foreheads signed with ashes in the form of a Cross, and is also a day of fast and abstinence, as is Good Friday. A day of fast is one on which Catholics who are 18 to 59 years old may eat one full meal and have two smaller meals that together are not equal

to a full meal. (Those with medical conditions requiring a greater or more regular food intake are exempt from this limited fast.) A day of abstinence: one on which Catholics 14 years or older must abstain from meat: Ash Wednesday and all Fridays of Lent. Jesus died for our sins on Friday. (In fact, all Fridays of the year are still days of abstinence from meat, although we now have the option on those days of substituting the abstinence by making another act of penance, charity or religious devotion.)

Acts of repentance for ordinary days during Lent, as we reflect that Our Lord died for our sins: it is appropriate to give up something we enjoy for Lent, doing physical or spiritual acts of mercy for others, prayer, going to confession, and other similar acts of repentance. Giving up something for Lent is a salutary custom, because by denying ourselves something we enjoy, we discipline our wills so that we are not slaves to our pleasures. By training ourselves to resist temptations when they are not sinful, we train ourselves to reject temptations when they are sinful. We also express our sorrow over having failed to resist sinful temptations in the past.

ASH WEDNESDAY

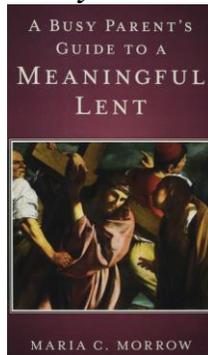
Ashes will be distributed at our Masses of 8:30 (livestreamed), 9:30 and 5:00. Distribution of Holy Communion and ashes outside of Mass at 11:30 am and 6:00 pm

Instructions:

- a) Come to the parking lot for 11:30 or 6:00.
- b) Tune in to FM 97.3 for a brief Communion service; and
- c) Drive up to the church stairs to receive the ashes from Fr. Jaison or me, and then move along to where the other priest will be distributing Holy Communion. Ashes will be sprinkled on the top of the head, with no contact.
- d) We suggest that you then turn into the parking area and park for a time of silence and thanksgiving, having just received the Body and Blood of the Lord. These unusual circumstances should not be the occasion to reduce our reverence for the Blessed Sacrament.

WORTHWHILE READING

A Busy Parent's Guide to a Meaningful Lent by Maria C. Morrow



This is the book you've been looking for. It's a quick, easy, all-in-one Lenten resource that starts your day off with Scripture, reflection, prayer - and achievable ideas to help busy parents make the most of Lent. Each day, you'll find: A theme for the day, the daily Mass readings (no hunting for another book or device), a brief reflection - a 5-minute read, a quick and easy Catholic practice for the day, a one-line aspirational prayer and, for those days when you want more, an additional reflection and questions for journaling or meditation. With this book, you can live Lent well, even in the middle of your beautiful, busy, and sometimes messy

family life. Maria Morrow is an Iowa native, the mother of seven, and teaches theology at Seton Hall University.

FROM HOPE TO DIE BY SCOTT HAHN

Excerpt: “When we receive the Eucharist, we receive Jesus Christ, Body and Blood, Soul and Divinity. This is what every Catholic child learns before he or she receives First Holy Communion, and this is the ancient belief of the Church, taught to us by Jesus himself: "My flesh is food indeed, and my blood is drink indeed" (John 6:55). "This is my body . . . This is my blood" (Matt 26:26-28).

In the Eucharist, Jesus Christ is really and truly present. His presence is as real as it was when he walked the streets of Jerusalem and as real as it will be when he returns at the end of days. It is a true parousia, a true coming. And it changes us. At every Mass, in every Holy Communion, Jesus gives his divine life to us. As we've talked about already, the Church calls this life sanctifying grace. It's the life that God breathed into Adam at the dawn of creation and that Adam and Eve both possessed until they made the mistake of listening to the serpent. Sanctifying grace is what they lost, and it's what Jesus restores to us in Baptism. The Eucharist is God continuing to nourish us with that gift. He feeds us with himself to give our souls what they need for our journey through this world. When we receive the Eucharist frequently, worthily, and reverently, we are healed. We are comforted. We are strengthened. We are empowered to live the life God calls us to live, make the sacrifices he calls us to make, and be the people he calls us to be. The Eucharist, in short, helps us to become holy. It helps us to become saints.”

DID YOU KNOW? A 2020 Pew study stated: "In 2018 the global median level of government restrictions on religion continued to climb, rising to an all-time high. By far the worst offender was China. According to the Pew study, Christians experienced the most harassment globally, facing persecution in 145 countries; Muslims in 139; and Jews in 88. "This century is only two decades old," Cardinal Timothy Dolan, Archbishop of NY and cautioned, "but has **already seen 1.25 million** martyrs killed around the world simply because of their belief in Jesus Christ, and that threat to religious believers is growing."

Cardinal Dolan was recently named by the United States Conference of Catholic Bishops as chair of its Committee on Religious Liberty.

FEBRUARY “THE HEART OF GIVING!” MONTH

What do Valentine and Lent have in common? LOVE! Why? Both express love for one another: “Be my Love!” and “God so loved the world that He gave His only Begotten Son” are closer in meaning than we think. We are sharing God’s love for us when we share that love with those who need our help.

Pillars Trust can help you help others. By sharing your love through Pillars, you will be helping St. Thomas à Becket parish to reach out to your shut-in parishioners, young seminarians for the priesthood, and social services. As we make our personal sacrifices for Lent, perhaps we can add a small donation to Pillars Trust that will be used for the benefit of the English Catholic Community. All donations of \$10 or more are eligible for a tax receipt. Donate here: www.pillarstrust.org or send a cheque to:

The Pillars Trust Fund, 2005 Saint Marc St., Montreal, QC, H3H 2G8.

Wishing you a Happy Valentines Day and a blessed and fruitful Lent.

ROSARY HAS RESUMED

The recitation of the Holy Rosary will follow the 9:30 Mass Monday, Wednesday and Friday each week. It’s a wonderful way to offer your prayer intentions for others and to grow closer to the mother of Jesus and our mother, and it only takes about 15 minutes.

SHROVE TUESDAY is February 16. Sadly, due to Covid-19 restrictions we are unable to offer our Annual Pancake Supper and Mardi Gras celebration. We look forward to seeing you next year.

~ *Rina Callard, organizer*

PARISH INFORMATION

All telephone numbers are in the 514 area code unless otherwise indicated.

PARISH WARDENS

The Fabrique of the parish administers all parish properties and assets, and consists of the Pastor and six wardens elected by parishioners at an Annual General Meeting.

Janet Arts (2021)	620-6643	Siro Di Marco (2020)	620-6788
Peter Cook (2022)	620-2019	Michelle Figueredo (2021)	694-8879
Norman Cousineau (2020)	624-8753	Michael Sciotto (2022)	626-9550

LITURGICAL MINISTRIES

Altar Guild:	Anna Donald	620-2258
Altar Servers:	Fr. Peter Sabbath	626-4111
Baptism Preparation Team:	Parish Office	626-4111
Children's Liturgy	Parish Office	626-4111
Eucharistic Ministry Coordinator:	Rosemarie Della Rocca	620-1930
Greeters:	Norma Cook	620-2019
Ushers:	Joe Ojeda	941-7914
Lectors:	Tobias Koikaran	693-5514
Liturgy Team:	Rosemarie Della Rocca	620-1930
Weekday Sacristan:	Anna Donald	620-2258
Music Ministry Coordinator:	Lino Viegas	620-0750
Choir Director	Brendan Kelly	944-7220

PARISH ORGANIZATIONS

Sycamore	Elsa Rivera	626-4111 Ext. 222.
Angels of Mercy	Sarah Sajedi	827-6408
Becket Pantry:	Parish Office	626-4111
Catholic Women's League:	Catherine Lee Jude	463-5991
Couples for Christ:	Francis & Aurora Apgao	630-6586
Healing Ministry	Elsa Rivera	626-4111 Ext. 222
Helping Others:	Parish Office	626-4111
Knights of Columbus:	Joe Ojeda	941-7914
Marriage Course:	John & Nathalie Bondyra	695-7896
Pastoral Home Care:	Ailsa Lee Loy	626-7265
Prayer Group: (Thursday 9:15 a.m.)	Louise Eberwein	825-5198
Prayer Line:	Christine Charron	694-3958
Seniors:	Audrey Cassidy	626-3586
Social Club:	Rina Callard	695-6995

RESOURCES AND SERVICES

A.A.	376-9230
Al-Anon (Families of Alcoholics)	866-9803
Archdiocese, Marriage Tribunal, English Pastoral Services	931-7311
Episcopal Vicar - Fr. Raymond Lafontaine	931-7311
Quebec Life Coalition: Pregnant? Worried?	344-2686
Tel Aide (listening line)	935-1101
Violence S.O.S. Hotline	1-800-363-9010
West Island Women's Shelter	620-4845

Sacrament of Reconciliation: (Confession) before all Masses or by request.

Anointing of the Sick: upon request

Eucharistic Exposition & Adoration: First Friday of the month

Benediction: Fridays after morning Mass

Baptism: Please contact the office.

Marriage: Please contact the office well in advance.

Vocations: Please contact Fr. Peter Sabbath or Fr. Jaison Joseph

R.C.I.A.: Fr. Peter Sabbath