

# Seventh Sunday in Ordinary Time

## February 20, 2022



### MASS SCHEDULE AND INTENTIONS: FEBRUARY 19 to FEBRUARY 27

(L) indicates living intention

<b>Saturday</b>	<b>Feb 19</b>	
	Patrick Guerrero Belmar	The Family
<b>Sunday</b>	<b>Feb 20</b>	<b>Seventh Sunday in Ordinary Time</b>
	Our Parishioners	
11:00 am	Rachela De Grazia	Her daughter
<b>Monday</b>	<b>Feb 21</b>	
8:30 am	Margaret Keoughan-Guimond	Carol & David Boyd
<b>Tuesday</b>	<b>Feb 22</b>	
8:30 am	Mark Julius Coelho	Pat & Donny
<b>Wednesday</b>	<b>Feb 23</b>	
8:30 am	Carlo Forlini	Julia Principe
<b>Thursday</b>	<b>Feb 24</b>	
8:30 am	Antonio Annoia	The Association of St. Anthony
<b>Friday</b>	<b>Feb 25</b>	
8:30 am	Elikutty Joseph	Julia Principe
<b>Saturday</b>	<b>Feb 26</b>	
4:30 pm	Our Parishioners	
<b>Sunday</b>	<b>Feb 27</b>	<b>Eighth Sunday in Ordinary Time</b>
9:00 am	Our Parishioners	
11:00 am	Elizabeth Joseph	Becket CWL

### SANCTUARY LAMP (Week)

February 20: Elaine Leclerc, requested by Anna Donald

February 27: Alf & Chris Kolodnicki, requested by Rina Callard

**LORD, GRANT MERCY AND LASTING PEACE** to those who died recently, and strength and comfort to those who mourn them:

Isabelle Montpetit, mother of Fr. Bertrand Montpetit,

Lucas Gaudet, son of Guy & Lynne.

*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 their souls and the souls of all the faithful departed, through the mercy of God, rest in peace. Amen*

### THANK YOU FOR YOUR CONTRIBUTIONS FOR FEBRUARY 13

Offerings: \$7,373.39

Religious Education: \$670.00

**INCOME TAX RECEIPTS:** 2021 tax receipts are being mailed out this year. If you have contributed in 2021 and do not receive a receipt within the next two weeks, it is because we do not have your address. If such is the case, please contact Elizabeth at (514) 626-4111, ext. 226, or becketbooks@gmail.com

## POPE FRANCIS' TIPS TO MAKE A MARRIAGE WORK

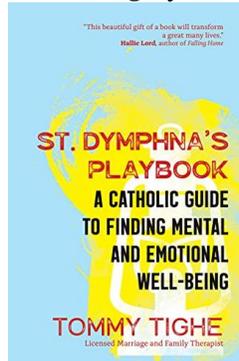


The Holy Father has said that in today's fast paced world, many couples are afraid of making a definitive choice in life, contributing to a mentality that brings couples to "stay together until this love lasts. Love is more than just a feeling or a psycho-physical state, but a relationship that grows like the construction of a house. Just as the love of God is stable and forever, so we would want the love that is the foundation of the family to be stable and forever.

We cannot let ourselves be overcome by the 'throwaway culture'. The fear of 'forever' is cured day by day through a life of prayer. In the 'Our Father' we say: 'Give us this day our daily bread.' Married couples can learn to pray like this: 'Lord, give us this day our daily love' because daily love is the bread of married couples". Concerning a spirituality of married couples, the Holy Father said that to live together is an art that can be summarized in three words: excuse me, thank you and I'm sorry. "Excuse me' is the gentle request to enter into someone's life with respect and attention," he said, adding that to ask permission means to know how to enter into other's lives with courtesy. "Courtesy," he stressed, "conserves love. And in our families, in our world, where there is much violence and arrogance, there is a greater need for courtesy. The Pontiff went on to say that 'thank you' is not just a polite manner of speaking but a sign of gratitude. "I'm sorry", he said, allows us to learn from and recognize our mistakes and faults. "We all know that the perfect family doesn't exist, nor the perfect husband, or the perfect wife," he said. "We won't even talk about the perfect mother-in-law. Jesus knows us well, he teaches us a secret: to never end the day without asking for forgiveness, without returning peace to our house, to our family.

## WORTHWHILE READING

*St. Dymphna's Playbook: A Catholic Guide to Finding Mental and Emotional Well-Being* by Tommy Tighe



Are you or someone you love struggling with depression, anxiety, grief, or other mental health concerns? Tommy Tighe, a licensed marriage and family therapist, wants to help you take steps toward reaching and maintaining mental and emotional well-being, not only through self-care, healthy coping mechanisms, and professional intervention but also through prayer, scripture, and developing a relationship with the saints. St. Dymphna's Playbook combines a therapeutic approach with the deep wells of Catholic faith and spiritual practice, exploring paths toward hope, healing, and wellness. Born out of Tighe's

podcast of the same name, St. Dymphna's Playbook provides a practical, ready-made game plan for moving toward wellness. It offers concrete explanations of a wide scope of mental health concerns and symptoms related to depression, anxiety, trauma, relationships, and grief, as well as the common emotions and situations that allow them to grow—including fear, social anxiety, isolation, loss, and unhealthy relationships. Tighe shares best practices for understanding and beginning to address each concern and offers a uniquely Catholic understanding, diving into relevant scriptures and introducing us to a Catholic saint or holy person who lived with the same issue—including St. Dymphna, patron of those with mental disorders. Whatever your concern or struggle, you are not alone. The witness of scripture and the saints reminds us of the community we already have as we begin working toward mental well-being.

## WHAT IS DIVINE PROVIDENCE?



“God has loved us into existence, and that love governs every instant and action of our life. This constant, all-encompassing care is what we call divine providence. The Catechism of the Catholic Church refers to it as the dispositions by which God guides us, his creatures, with wisdom and love to our ultimate end—our perfection (see #302 & #321). It says that “the solicitude of divine providence is concrete and

immediate; God cares for all, from the least things to the great events of the world and its history” (#303). God holds in his hands the depths of my life: all my worries, my troubles, my nagging concerns big and small, my challenges, my struggles, my phobias. Nothing is beyond the reach of his tender, infallible protectorship. God’s loving providence shepherds the minutest details of our daily life. Divine providence literally “fore-sees” every circumstance and concern of our existence. Saint Claude de la Columbière says “that (apart from sin) nothing happens to us in life unless God wills it so.” Divine providence is God’s inscrutable strategy to bring about our happiness. If we believe this, the only logical response is to surrender ourselves to it. De Caussade comments in his wisdom, “You are seeking for secret ways of belonging to God, but there is only one: making use of whatever he offers you. Everything leads you to this union with him. For those who have surrendered themselves completely to God, all they are and do has power.” De Caussade speaks famously of “the sacrament of the present moment:” “What God arranges for us to experience at each moment is the best and holiest thing that could happen to us... Every moment we live through is like an ambassador who declares the will of God, and our hearts always utter their acceptance. We can find all that is necessary in the present moment... At every moment God’s will produces what is needful for the task at hand, and the simple soul, instructed by faith, finds everything as it should be and wants neither more nor less than what it has.”

~ Rev. Peter John Cameron, O.P.

A white church building with a steeple, surrounded by snow-covered trees in a winter setting. The church is the central focus of the image, with a red roof and a white facade. The background is a dense forest of evergreen trees covered in snow.

## KINKORA

### MARCH BREAK FAMILY GET-AWAY

Monday, Feb. 28 - Friday, March 4, 2020  
Who: Families  
Cost: Adults: \$35+tax/day/night  
Children: (5-17 yrs) \$18+tax/day/night  
Under 5 yrs: FREE!!

**Food:** Please bring your own. Cabins are equipped with a small fridge, microwave, coffee maker and kettle, dishes and utensils. Due to covid measures, the dining Hall and Kitchen will not be available.

**Vaccination Passports:** Required for all those 13 years and older

**Accommodation:** max: 2 family bubbles per cabin (family bubble consists of those living in the same household)

**Activities:** snowshoeing, sledding, skating (if conditions are suitable), and general family fun and relaxation.

**Registration:** For more information, and to register, please email [anna@campkinkora.com](mailto:anna@campkinkora.com), or call 514-796-0703.