

Nineteenth & Twentieth  
Sundays in  
Ordinary Time  
August 7 & 14  
2022



**MASS INTENTIONS: AUGUST 6 TO AUGUST 14**

(L) indicates a living intention

<b>Saturday</b>	<b>Aug 6</b>	
4:30 pm	Colin Noronha	Florie Noronha
<b>Sunday</b>	<b>Aug 7</b>	<b>Nineteenth Sunday in Ordinary Time</b>
9:00 am	Our Parishioners	
11:00 am	Carole Raschella	Rosa Raschella & family
<b>Monday</b>	<b>Aug 8</b>	
8:30 am	Jim Tourangeau	Phil Stock
<b>Tuesday</b>	<b>Aug 9</b>	
8:30 am	Jorge (George) Rico	Gitto Family
<b>Wednesday</b>	<b>Aug 10</b>	
8:30 am	Williams Gonsalves	Silas Family
<b>Thursday</b>	<b>Aug 11</b>	
8:30 am	Pedro Sampana	Lucy & Ryan
<b>Friday</b>	<b>Aug 12</b>	
8:30 am	Reynaldo Veyra	Mila Veyra
<b>Saturday</b>	<b>Aug 13</b>	
4:30 pm	Nancy Kay & Lena Italiano	Gitto Family
<b>Sunday</b>	<b>Aug 14</b>	<b>Twentieth Sunday in Ordinary Time</b>
9:00 am	Anna Catalfamo	Jeremy Ramdas-Mitchell
11:00 am	Our Parishioners	
<b>Monday</b>	<b>Aug 15</b>	
8:30 am	The Sick of the Parish	
<b>Tuesday</b>	<b>Aug 16</b>	
8:30 am	Teresa Rocha	Ron & Joy Pinto
<b>Wednesday</b>	<b>Aug 17</b>	
8:30 am	Mark Julius Coelho	Pat & Donny
<b>Thursday</b>	<b>Aug 18</b>	
8:30 am	Christina Foltz, Natasha & Patrick Greniuk	Steven Constantatos
<b>Friday</b>	<b>Aug 19</b>	
8:30 am	Celso Moran	Mila Veyra
<b>Saturday</b>	<b>Aug 20</b>	
4:30 pm	Our Parishioners	
<b>Sunday</b>	<b>Aug 21</b>	<b>Twenty-First Sunday in Ordinary Time</b>
9:00 am	Joseph Morielli	The Family
11:00 am	Yvone Gonsalves	The Silas Family

**SANCTUARY LAMP (Week)**

**August 7:** Elisabeth Abt, requested by the Theroux family

**August 14:** Penny & Chuck Casey (L), requested by Louise & Don Casey

**August 21:** Peter & Marilyn Silas (L), requested by the Silas family

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

Lothar Frei, husband of Johanna Jonke, brother-in-law of Ingrid Barth and Irma Schoonen.

*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*

### **FEAST OF ST. LAWRENCE, DEACON & MARTYR, AUGUST 10**



Lawrence was chief among the seven deacons who served the Roman Church during the mid-third century. The young cleric held a position of great trust, caring for the goods of the Church and distributing its alms among the poor. Ordered by the authorities to surrender the treasures of the Church, Lawrence asked for two days time during which to gather them. The request was granted and he brought together in the house of Hippolytus the poor and the sick whom he had supported. These he led to the judge. "Here are the treasures of the Church!" He was arrested under the Emperor Valerian in 258, laid upon a gridiron and slowly roasted to death. When placed upon the glowing

gridiron, he jested with his executioners and the cruel tyrant. "Now you may turn me over, my body is roasted enough on this side." St. Lawrence rejoiced in his awful martyrdom and died praying for the conversion of the city of Rome, in the hope that from it the faith of Christ might spread throughout the world. From that time idolatry began to decline in Rome. In Goa, India), the feast of St. Lawrence marks the beginning of the fishing season and the vessels used are blessed by the priest.

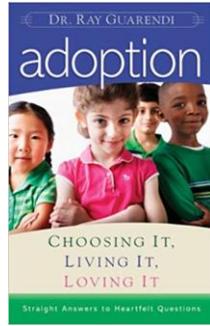
### **WORDS TO LIVE BY**

"The joy of faith . . . is not about all the things that we can accomplish, but about knowing that God is ever close to us, that he loved us first, and that he accompanies us every day of our lives. This, brothers and sisters, is our joy. Nor is it a cheap joy, like the one that the world sometimes proposes, dazzling us with fireworks. This joy is not about wealth, comfort and security. It does not even try to persuade us that life will always be good, without crosses and problems. Christian joy is about the experience of a peace that remains in our hearts, even when we are pelted by trials and afflictions, for then we know that we are not alone, but accompanied by a God who is not indifferent to our lot. When seas are rough: the storm is always on the surface but the depths remain calm and peaceful. That is also true of Christian joy: it is a free gift, the certainty of knowing that we are loved, sustained and embraced by Christ in every situation in life. Because he is the one who frees us from selfishness and sin, from the sadness of solitude, from inner emptiness and fear, and gives us a new look at life and history: With Christ joy is constantly born anew."

*~ Pope Francis, Notre-Dame Cathedral, Quebec City, July 28, 2022*

## WORTHWHILE READING

*Adoption: Choosing It, Living It, Loving It*, by [Dr. Ray Guarendi](#)



Ray Guarendi, psychologist, husband and father of ten adopted children, considers the most commonly asked adoption questions with insight, humour and a heart for the adoptive family. His aim? To dispel unsettling misperceptions about adoption, to encourage others to think about and act on adoption, and to guide adoptive parents to a more relaxed, rewarding family life for all involved. A must-have resource for those considering adoption, those who have already adopted and those in the mix as family members or friends of adoptive parents.

## PRAYER IS THE LIGHT OF THE SPIRIT



Prayer and conversation with God is a supreme good: it is partnership and union with God. As the eyes of the body are enlightened when they see light, so our spirit when it is intent on God, is illumined by his infinite light. I do not mean the prayer of outward observance but prayer from the heart, not confined to fixed times or periods but continuous throughout the day and night. Our spirit should be quick to reach out toward God, not only when it is engaged in meditation; at other times also, when it is carrying out its duties, caring for the needy, performing works of charity, giving generously in the service of others, our spirit should long for God and call him to mind, so that these works may be seasoned with the salt of God's love, and so make a palatable offering to the Lord of the universe. Throughout the whole of our lives we may enjoy the benefit that comes from prayer if we devote a great deal of time to it. Prayer is the light of the spirit, true knowledge of God, mediating between God and man. The spirit, raised up to heaven by prayer, clings to God with the utmost tenderness; like a child crying tearfully for its mother, it craves the milk that God provides. It seeks the satisfaction of its own desires, and receives gifts outweighing the whole world of nature. Prayer stands before God as an honoured ambassador. It gives joy to the spirit, peace to the heart. I speak of prayer, not words. It is the longing for God, love too deep for words, a gift not given by man but by God's grace. The apostle Paul says: We do not know how we are to pray but the Spirit himself pleads for us with inexpressible longings. When the Lord gives this kind of prayer to a man or woman, he gives him riches that cannot be taken away, heavenly food that satisfies the spirit. One who tastes this food is set on fire with an eternal longing for the Lord: his spirit burns as in a fire of the utmost intensity. Practice prayer from the beginning. Paint your house with the colours of modesty and humility. Make it radiant with the light of justice. Decorate it with the finest gold leaf of good deeds. Adorn it with the walls and stones of faith and generosity. Crown it with the pinnacle of prayer. In this way you will make it a perfect dwelling place for the Lord. You will be able to receive him as in a splendid palace, and through his grace you will already possess him, his image enthroned in the temple of your spirit.

*~From a homily by St. John Chrysostom, 5th century*

## PARISH INFORMATION

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

### PARISH WARDENS

Janet Arts (2024)	620-6643	Cindy Finn	(2024)	624-0546
Peter Cook (2022)	620-2019	Michelle Figueredo	(2023)	694-8879
Norman Cousineau (2023)	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
Choir Director	Brendan Kelly	944-7220
Eucharistic Ministry Coordinator:	Rosemarie Della Rocca	620-1930
Greeters:	Norma Cook	620-2019
Head Sacristan:	Anna Donald	620-2258
Lectors:	Tobias Koikaran	693-5514
Liturgy Team:	Rosemarie Della Rocca	620-1930
Ushers:	Joe Ojeda	941-7914

### PARISH ORGANIZATIONS

Adult Faith Formation	Elsa Rivera	626-4111
Angels of Mercy	Sarah Sajedi	827-6408
Catholic Women's League:	Yasmin Ramsammy	463-1146
Community Aid	Parish Office	626-4111
Couples for Christ:	Don & Irene Salvanera	620-1319
Helping Others:	Parish Office	626-4111
Knights of Columbus:	Norm Cousineau	624-8753
Marriage Course:	John & Nathalie Bondyra	695-7896
Pastoral Home Care:	Ailsa Lee Loy	626-7265
Prayer Line:	Christine Charron	694-3958
Responsible Pastoral Ministry:	Rina Callard	626-4111
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
Diocesan Ombudsman – abuse/complaints	752-4683
Episcopal Vicar - Fr. Raymond Lafontaine	931-7311
Quebec Life Coalition: Pregnant? Worried?	344-2686
Spiritual Support Line	1-888-305-0994
Violence S.O.S. Hotline	1-800-363-9010
West Island Women's Shelter	620-4845

Anointing of the Sick: upon request at the parish office

Baptism: Please contact the office

Benediction: Fridays after morning Mass

Eucharistic Exposition & Adoration: First Friday of the month

Marriage: Please contact the office well in advance.

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

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

Vocations: Please contact Fr. Robert Clark at 903-6200 or one of our priests