

First Sunday of Lent

February 18, 2018



MASS SCHEDULE AND INTENTIONS: FEBRUARY 17 TO FEBRUARY 25

(L) indicates a living intention

Saturday	Feb. 17	First Sunday of Lent	
4:30 pm	Mabel Oliveira		Julia Principe
Sunday	Feb. 18		
9:00 am	Our Parishioners		
11:00 am	Vera Ruffolo & James Gerard Crotty		Family
Monday	Feb. 19		
8:30 am	Jack Scimone		Connie Scimone
Tuesday	Feb. 20		
8:30 am	Pasquale Reda		Rina Reda & family
Wednesday	Feb. 21		
8:30 am	Colin Campbell		Betty & Andy Quinn
Thursday	Feb. 22		
8:30 am	Br. Arthur O'Kane		Marie Benveniste
Friday	Feb. 23		
8:30 am	Mark Julius Coelho		Pat & Donny
Saturday	Feb. 24	Second Sunday of Lent	
4:30 pm	Maria Miniaci		John & Maria Bastone
Sunday	Feb. 25		
9:00 am	Mabel Oliveira		The Oliveira family
11:00 am	Our Parishioners		

SANCTUARY LAMP (Week)

February 18: Domenic Mancini, requested by Nicole & family

February 25: Peter Silas & family (L)

THANK YOU FOR YOUR CONTRIBUTIONS FOR FEB 10/11

Offerings \$4, 354.65 Religious Education: \$1, 102.00

Next special collection: **February 25: Building Fund**

FAITH FIRST:

CONFIRMATION GATHERING #5 Tuesday February 20

CHILDREN'S LITURGY

Our parish is currently looking for a new volunteer coordinator for our weekend Children's Liturgy Program, beginning this coming fall. We have always relied on the generosity and talent of our parish's parents to oversee the program and its group of dedicated volunteers. We would like to thank Sophia Golanowski for her many years of service as coordinator as she passes on the torch to a new volunteer. Please contact Elena at the parish office should you be interested.

EUCCHARISTIC ADORATION AND HEALING PRAYER SERVICE

Monday, Feb. 19 at 7:30 p.m. The evening begins with Eucharistic Adoration followed by a Healing Prayer Service.

HOLY FATHER'S LENTEN MESSAGE:



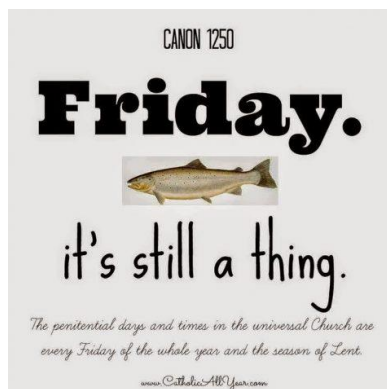
“Because of the increase of iniquity, the love of many will grow cold” (Mt 24:12).

“... By devoting more time to **prayer**, we enable our hearts to root out our secret lies and forms of self-deception and then to find the consolation God offers. He is our Father and he wants us to live life well.

Almsgiving sets us free from greed and helps us to regard our neighbour as a

brother or sister. What I possess is never mine alone. How I would like almsgiving to become a genuine style of life for each of us! How I would like us, as Christians, to follow the example of the Apostles and see in the sharing of our possessions a tangible witness of the communion that is ours in the Church! ... When we give alms, we share in God's providential care for each of his children. If through me God helps someone today, will he not tomorrow provide for my own needs? For no one is more generous than God. **Fasting** weakens our tendency to violence; it disarms us and becomes an important opportunity for growth. On the one hand, it allows us to experience what the destitute and the starving have to endure. On the other hand, it expresses our own spiritual hunger and thirst for life in God. Fasting wakes us up. It makes us more attentive to God and our neighbour. It revives our desire to obey God, who alone is capable of satisfying our hunger. ... I urge the members of the Church to take up the Lenten journey with enthusiasm, sustained by almsgiving, fasting and prayer. If, at times, the flame of charity seems to die in our own hearts, know that this is never the case in the heart of God! He constantly gives us a chance to begin loving anew. Read the complete message at <http://tinyurl.com/ybr3v9mg>

FISH ON FRIDAY? Every Friday of Lent is a day of abstinence, which means



that Catholics 14 and older are bound to abstain from meat. Invalids, pregnant and nursing mothers are exempt. The law of abstinence forbids the use of meat, but permits eggs, milk products and condiments made of animal fat (and, of course, fish). In a society where gratifying every desire is considered the surest road to happiness, exercising a little extra self-control is especially admirable.

"Lord, your word is life and joy for me. Fill me with your Holy Spirit that I may have the strength and courage during this Lenten

season to embrace your will in all things and to renounce whatever is contrary to it."

WHAT SHOULD I GIVE UP FOR LENT? “If you are wondering what penance to take up for Lent, I suggest this one: be joyful, happy, and to thank God all the time. Nothing will do you as much good as that. You might go so far as to say that when our hearts remain constantly in the act of thanksgiving, evil has no more hold on them. For in a grateful heart there is no longer any room for rancour, blame, unpleasantness, jealousy, and all the rest. Our hearts, remaining pure, are able to perceive God's action.”
~ **Fr. Jacques Philippe**

LENTEN MISSION AT BECKET - "YES, IT'S ALL ABOUT LOVE "

February 22, 23 and 24 presented by Fr. Lloyd Baugh, s.j. on Thursday and Friday at 7:00 p.m., followed by light refreshments. ALL are invited to participate in a pot luck supper following the 4:30 p.m. Mass on Saturday. Please bring a hot or cold dish to share for 4-6 people. Info:514-626-4111 ext. 22

THIS LENT, HERE'S ONE THING *NOT* TO GIVE UP



It's no coincidence that March is one of the two most popular months for divorce filings. (The other is August). If you find yourself in this position, I have a request that I would like you to take to prayer. Namely, this Lent, don't give up on your marriage. The truth is, marriage can be incredibly, terribly hard sometimes. We are all broken, sinful people. Sometimes the person we sin against the worst is our spouse. We fail to love each other as we deserve to be loved. We take each other for granted. We betray each other's trust. We hurt each

other in ways that only two people who know each other terrifically well can; deeply and personally.

Sometimes, marriage can seem like a real cross. But that insight can also be a source of real wisdom for how to move forward. By responding to the agonizing pain and rejection he felt on the cross with a miraculous outpouring of love, Jesus made the resurrection—and our salvation—possible. Without Christ's willingness to embrace the cross, there could be no honeymoon for the Bridegroom and his Bride.

So what? Jesus was God. We're not. What difference does any of this make to a married couple suffering in 2018?

Well, that's up to you. I'm not asking you to deny the real pain you are in. I'm not asking you to pretend that somehow your spouse deserves the heroic effort it would take to work out your issues. In fact, I'm sure they don't. I'm pretty confident that your marriage is every bit the disaster you think it is. What I am suggesting is that Jesus gave us a model for how to deal with this. He showed us what God can do when, despite all the very good reasons there are to the contrary, we embrace our cross all the way through. He showed us that when we unite the pain to his grace, a resurrection follows.

In addition, the science of marriage therapy has advanced tremendously in the last 20 years. If you work with a trained, marriage-friendly therapist (instead of an individual therapist who "does marriage therapy"), research shows that you have over a 95% chance of working through your issues. It won't be easy, but as one of those marriage-friendly therapists, I can tell you that not only is it possible, but that every single one of those couples who let me walk with them from their cross to their resurrection would tell you that it was worth it. Staying with it, embracing the cross, and doing the work that their transformation required ultimately led to a marriage that was more satisfying, supportive, and grace-filled than they imagined was possible.

Getting the right kind of help makes all the difference. If you have not worked with a trained marriage-friendly therapist who has supervised experience in doing marital therapy properly, you have not gotten the right kind of help. There is still reason to hope. Of course, if you or your children are being physically abused, you have an obligation to be safe. If that requires a separation, then the church certainly supports you. But almost anything short of that can be overcome with proper assistance. You can learn more about appropriate, marriage-friendly help from sites like The Pastoral Solutions Institute's Catholic tele-counseling practice (CatholicCounselors.com), or speak to your pastor.

No one gets married to get divorced. I know you didn't. And there are professionals who can help you through the long Lent you have been living and give you the skills you need to experience a resurrection of love, passion, and joy in your relationship once again. Please, let them help you.

There are many things you could give up this Lent. But I ask you, respectfully, for the sake of the promises you made at the altar, your children's well-being, and your own hopes and dreams, don't let your marriage be one of them.

~ By Dr. Gregory Popcak, Executive Director of the Pastoral Solutions Institute, an organization dedicated to helping Catholics find faith-filled solutions to tough marriage, family, and personal problems.