

Third Sunday of Lent

March 4, 2018



Remember! Daylight Saving Time
begins Sunday, March 11, at 2 a.m.

MASS SCHEDULE AND INTENTIONS: MARCH 3 TO MARCH 11

(L) indicates a living intention

Saturday	Mar. 3	Third Sunday of Lent	
4:30 pm	Anita de Felice		husband & children
Sunday	Mar. 4		
9:00 am	Our Parishioners		
11:00 am	Maria Luisa Veldt		family
Monday	Mar. 5		
8:30 am	Elmo Reda		Rina Reda & family
Tuesday	Mar. 6		
8:30 am	Mabel Oliveira		family
Wednesday	Mar 7		
8:30 am	Carlo Galli		Lisa
Thursday	Mar. 8		
8:30 am	Gerry Poisson		Jeannette MacLachlan
Friday	Mar. 9		
8:30 am	Agnes O'Donnell		Marie & family
Saturday	Mar. 10	Fourth Sunday of Lent	
4:30 pm	Norma Marchessault		Bill & Maureen Kelly
Sunday	Mar.11		
9:00 am	Mabel Oliveira		The Oliveira family
11:00 am	Our Parishioners		

SANCTUARY LAMP (Week)

March 4: Fredrick Kray, requested by family

March 11: Joan Hopkirk requested by Valery and friends

THANK YOU FOR YOUR CONTRIBUTIONS FOR Feb 24/25

Offerings \$5, 271.50 Building Fund: \$1, 467.00

Next special collection: **March 11: Helping Others**

NEW EVANGELIZATION SUMMIT: Join over 3000 Catholics across Canada and the USA at this premier conference for the new evangelization. The Summit will be held live in Ottawa April 27-28 and will be simulcast at St. Kevin's parish. Speakers including Curtis Martin, Sr. Anne Shields, George Weigel, Patrick Madrid, Christy Dupuis, Michael Dopp and the Most Reverend Terrence Prendergast. Info & registration: www.newevangelization.ca.

STRUGGLING WITH SIN? PRACTICE THE OPPOSING VIRTUE

Seven Deadly Sins	Seven Heavenly Virtues
LUST	CHASTITY
GLUTTONY	TEMPERANCE
GREED	CHARITY
SLOTH	DILIGENCE
WRATH	PATIENCE
ENVY	KINDNESS
PRIDE	HUMILITY

As fallen human beings we all struggle with sin. For many of us, we have particular sins that are difficult to overcome. The good news is that through God's grace we can overcome them and God has already laid out a complete battle plan. Besides availing ourselves of the sacraments of Penance and the Holy Eucharist, to root out a sin we must look at the root of it all. Theologically speaking the Church has defined the origin of our sins as the "seven deadly sins" or the "seven capital

sins. "Fr. William Saunders explains, "The capital sins are the source of all sins. The word capital derives from the Latin 'caput,' meaning 'head.'" St. Thomas Aquinas further defines in his Summa Theologiae that "a capital vice is that which has an exceedingly desirable end so that in his desire for it a man goes on to the commission of many sins all of which are said to originate in that vice as their chief source." In other words, all of our sins can be traced back to these seven primary types of sin. A powerful way to combat them in our struggle to be holy is to practice the opposing virtues that counteract these sins.

The Catechism of the Catholic Church explains how these "virtues grow through education, deliberate acts, and perseverance in struggle. Divine grace purifies and elevates them." If we want overcome these deadly sins, we must learn about the virtues that counteract them and call upon God's aid to help us in our daily struggle to adopt them into our lives. One of the central keys to overcoming sin are these "deliberate acts" of virtue, where we are intentional about the habit that we want to cultivate. If we want to stop gossiping about someone, we must instead choose to speak charitably about them. If food is a problem in our lives, we deliberately practice temperance and regulate our food intake. Whatever bad habit or vice we want to end, we need to put a virtue in its place.

TEST YOUR KNOWLEDGE OF LENT (answers at the bottom of next page)

1. How many days are there in Lent?
2. What was the original meaning of the word "Lent"?
3. What is the first day of Lent called?
4. What do we call the day before Lent begins?
5. What colour vestments does the priest wear during Lent?
6. What prayer of the Mass is omitted during Lent?
7. What word is never said or sung during Lent?
8. What do Catholics abstain from eating on Fridays?
9. On what days are Catholics required to fast during Lent?
10. What snack originated during Lent because it contains only flour, water and salt?
11. What food was traditionally eaten the day before Lent begins?
12. What Irish saint's feast day takes place during Lent?
13. How do Italians celebrate the feast of St. Joseph on March 19?
14. What important feast day occurs on March 25?
15. On what Sunday during Lent does the priest bless palms?
16. What event in the life of Jesus do the palms recall for us?
17. On what day during Lent does the Bishop bless holy oils for the year?
18. How many Stations of the Cross are there?
19. How many times does Jesus fall in the Stations?
20. Who helped Jesus carry His cross?

ST. PATRICK'S DAY PUB NIGHT, parish fundraiser, Sat. March 17, 5:30 pm. \$10/person Cover charge (includes dessert.) Pub style food, beer, wine, soft drinks and Irish Coffee available for purchase. Dancing, open mic and more. Info and tickets: Rina 514-915-7586. Net proceeds go towards new chairs for the parish hall.

WOMEN'S FELLOWSHIP TEA: A talk on compassion, love and hope will be given by Holocaust Survivor EVA KUPER. Presented by the H.O.P.E. Group, on Sunday, March 25, 2: 00 to 4:00 p.m. in St. John Fisher Parish Hall. [120 Summerhill Ave](#), Pointe-Claire (Corner of Valois Bay). \$10.00 per ticket.

FINDING GOD IN ALL THINGS The Examen Prayer is a transforming and ever-growing practice in Christian spirituality. It is a life-changing prayer because of its power of nurturing a reflective habit of mind that is continually attuned to the presence of God in our day-to-day lives. In his DVD, Fr. Gallagher explains how this surprisingly simple prayer can make us more discerning and grateful individuals. Thursday evenings, 7:00-9:00 p.m., from March 8 to 22 at the Ignatian Spirituality Centre. Cost: \$65 (includes book). To register: Call the Ignatian Centre at 514-481-1064 or email at centre@ignatiancentremtl.ca. For further information: call Paul Empsall (514-626-9462) or Louise Eberwein (514-825-5198).

A CONTEMPLATIVE PROGRAM IN EVERYDAY LIFE for those who have a longing for a simpler and more direct union with God, having formerly meditated on Scripture with satisfaction, but feeling an increasing frustration and inability to go on doing so. The program involves following a detailed guidebook, giving an hour a day to contemplative meditation, and meeting with the group once a week and/or with a spiritual director. Suggested contribution: \$100 for 21 sessions. If you would like to register, please contact the Ignatian Centre at [514-481-1064](tel:514-481-1064) or centre@ignatiancentremtl.ca.

TEACH ENGLISH IN IN SUMMER CAMPS IN EUROPE THIS SUMMER: We are looking for young men (minimum age 18yrs) who can teach English in any of the following: Granada, Spain: July 5 – 19 Nioyseau, France: July 14 – 30 Punta Umbria, Spain: July 13-31 Vilnius, Lithuania: June 25 - July 7.

The costs of accommodation and meals are covered by the organizers. Different conditions are offered in terms of partial assistance to pay plane tickets.

Please send a cover letter, indicating your preferred location, a one-page resume and the information of one or two persons who can be contacted as references to mario.jardon@riverviewcentre.ca

HAVE YOU DISCOVERED THE THEOLOGY OF THE BODY? Do you want to go deeper? Do you love to read and share ideas? If so, the "Called to Love" Fellowship is for you! Through a guided reading of *Called to Love: Approaching John Paul II's Theology of the Body* by Carl Anderson and Fr. Jose Granados, we will discover the man, poet, priest and Pope that gave us this rich vision of human love in God's plan and what it means for us today. This five week guided reading of the book will conclude with a viewing of *The Jeweller's Shop*, a film about human love written by Karol Wojtyla, who later became John Paul II.

The reading will be guided by Ellen Roderick, co-director of the Diocesan Center for Marriage, Life and the Family. Ellen received her PhD from the John Paul II Institute in Washington, DC in 2015.

Tuesday evenings: March 6, 13, 27, April 3, 17, 2018. 7-9pm. A study guide will be distributed at no cost. Archdiocese of Montreal, 2000 Sherbrooke St. West.

Please register online at: <http://bit.ly/2EfTL0y> Info: Ellen Roderick 514 925 4300, ext. 287 or eroderick@diocesemontreal.org

1. Forty 2. "Spring" 3. Ash Wednesday 4. Shrove Tuesday, Fat Tuesday, or Mardi Gras 5. Purple 6. The Gloria 7. Alleluia 8. Meat 9. Ash Wednesday and Good Friday 10. Pretzels 11. Pancakes 12. St. Patrick 13. St. Joseph's Table 14. The Feast of the Annunciation 15. Palm Sunday 16. The entrance into Jerusalem 17. Thursday of Holy Week 18. Fourteen 19. Three 20. Simon of Cyrene
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