

Third & Fourth Sundays of Lent

March 3 & 10
2024



MASS INTENTIONS – MARCH 2 TO MARCH 17

(L) indicates a living intention

Saturday	March 2		
4:30 pm	Alf & Chris Kolodnicki		Rina & Family
Sunday	March 3	Third Sunday of Lent	
9:00 am	Our Parishioners		
11:00 am	The Bondyra & Kolano families		Jane Bondyra
Monday	March 4		
8:30 am	Eleanora Kapsch		Deirdre Rocheford
Tuesday	March 5		
8:30 am	Julie & Craig Belanger (L)		Anna Donald
Wednesday	March 6		
8:30 am	Anna and Wayne Donald (L)		Rose Martins
Thursday	March 7		
8:30 am	Christine and Pierre Charron (L)		Julia Principe
Friday	March 8		
8:30 am	Eleanora Kapsch		St. Thomas à Becket Parish
Saturday	March 9		
4:30 pm	Nolasco Unson		Melani and Family
Sunday	March 10	Fourth Sunday of Lent	
9:00 am	Our Parishioners		
11:00 am	Soler & Robertson deceased family members		Darroch & Gina Robertson
Monday	March 11		
8:30 am	Joan Hopkirk and family (L)		Julia Principe
Tuesday	March 12		
8:30 am	Anna and Wayne Donald (L)		Julia Principe
Wednesday	March 13		
8:30 am	The deceased members of the Tarica family		Family
Thursday	March 14		
8:30 am	In Thanksgiving for our parish volunteers		Heather and Julian Pereira
Friday	March 15		
8:30 am	Teresa Mendes D' Silva		Wendy Finlay & Serge Guay
Saturday	March 16		
4:30 pm	Mark Julius Coelho		Donny & Patricia Coelho
Sunday	March 17	Fifth Sunday of Lent	
9:00 am	Lina Vitiello		St. Thomas à Becket Parish Wardens
11:00 am	Our Parishioners		

SANCTUARY LAMP

March 3: Alf & Chris Kolodnicki, requested by Rina & Family

March 10: The Lannon Family (L), requested by Louise and Don Casey

March 17: Penny Casey (L), requested by Louise and Don Casey

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

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

DID YOU KNOW?

The Blessed Sacrament (the Real Presence of the Body of Christ) is exposed for adoration the First Friday of every month from 9:00 a.m. to 3:00, concluding with the Divine Mercy Chaplet and Benediction. It is a privileged time to spend quality time with the Lord.

How can I spend an hour with Jesus?

- Give thanks for all the blessings you have received.
- Listen to what He has to tell you.
- Tell Him about your happy and sad moments.
- Talk to Him about your family, friends and loved ones.
- Tell Him about you successes and disappointments.
- Ask Him for help if you need it.
- Read the Holy Scriptures.
- Bring a book to help you meditate.
- Pray the Holy Rosary.
- Pray the Chaplet of the Divine Mercy.
- Pray for the sick.
- Tell Him how much you love Him.
- Enjoy being in His presence.

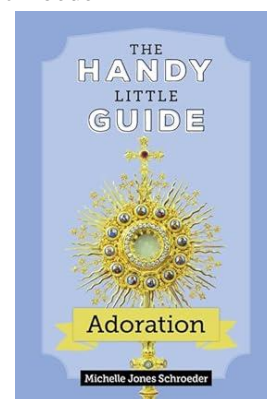


WORTHWHILE READING

The Handy Little Guide to Adoration by Michelle Jones Schroeder

Working mom Michelle Schroeder knows how busy we all are, so she packs a lot of info into this brief, easy-to-read booklet. You will not only explore the nuts and bolts of Eucharistic Adoration but also discover great reasons and times to enter into the presence of Jesus in the Eucharist, including:

- When life is moving fast and you need to be refreshed
- When you just feel the need to be with Jesus
- When you need answers and direction from a loving God
- When you need focus in prayer
- When you're experiencing spiritual dryness
- When you need to prepare for the Sacrament of Reconciliation



In *The Handy Little Guide to Adoration* you will learn, as Michelle did, the life-changing benefits of Eucharistic Adoration.

Michelle says: "I'm not a religious scholar, a nun, or a super-holy, close-to-perfection Catholic. I am a working mom with two kids and a husband, who does her best and fails often. I am a Catholic absolutely in love with Eucharistic adoration. It's there I get to experience a direct, personal encounter with the living Christ. Adoration is free time with Jesus, where we don't have to think about kneeling and standing or finding pages in the hymnal. Adoration is our up-close-and-personal time with the holy Eucharist, where we can focus wholly on our relationship with God."

EXCERPT OF POPE FRANCIS' MESSAGE FOR LENT 2024



Dear brothers and sisters!

When our God reveals himself, his message is always one of freedom: “I am the Lord your God, who brought you out of the land of Egypt, out of the house of slavery” (Ex 20:2). These are the first words of the Decalogue given to Moses on Mount Sinai. Those who heard them were quite familiar with the exodus of which God spoke: the experience of their bondage still weighed heavily upon them. In the desert, they received the “Ten Words” as a thoroughfare to freedom. We call them “commandments”, in order to emphasize the strength of the love by which God shapes his people. The call to freedom is a demanding one. It is not answered straightaway; it has to mature as part of a journey. Just as Israel in the desert still clung to Egypt – often longing for the past and grumbling against the Lord and Moses – today too, God’s people can cling to an oppressive bondage that it is called to leave behind. We realize how true this is at those moments when we feel hopeless, wandering through life like a desert and lacking a promised land as our destination. Lent is the season of grace in which the desert can become once more – in the words of the prophet Hosea – the place of our first love (cf. Hos 2:16-17). God shapes his people, he enables us to leave our slavery behind and experience a Passover from death to life. Like a bridegroom, the Lord draws us once more to himself, whispering words of love to our hearts. . . . To the extent that this Lent becomes a time of conversion, an anxious humanity will notice a burst of creativity, a flash of new hope. Allow me to repeat what I told the young people whom I met in Lisbon last summer: “Keep seeking and be ready to take risks. At this moment in time, we face enormous risks; we hear the painful plea of so many people. Indeed, we are experiencing a third world war fought piecemeal. Yet let us find the courage to see our world, not as being in its death throes but in a process of giving birth, not at the end but at the beginning of a great new chapter of history. We need courage to think like this.” Such is the courage of conversion, born of coming up from slavery. For faith and charity take hope, this small child, by the hand. They teach her to walk, and at the same time, she leads them forward.

I bless all of you and your Lenten journey.

STAY ALERT!



One of our senior parishioners was recently mugged in a supermarket parking lot. As she was placing her groceries in the trunk, someone distracted her with a question while their accomplice stole her wallet—all her cash and credit and gift cards, ID, etc. By the time she noticed it was missing, the heartless thieves were long gone. Our instinct is to respond politely when someone addresses us, but unfortunately people take advantage of that, so we have to remain hyper-vigilant and keep our wallets on our person at all times.

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 (2024)	620-6643	Cindy Finn (2024)	624-0546
Frank Vissani (2025)	998-0311	Robert Boulé (2026)	(438) 838-1902
Eric Chevrier (2026)	246-8525	Michael Randall (2025)	980-5015

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
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
Legion of Mary	Juliana Abu	585-9206
Marriage Course	John & Nathalie Bondyra	695-7896
Men's Group	Norm Cousineau	624-8753
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

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. Gerry Westphal at 514-688-4952 or one of our priests

HALL RENTAL: Michael Randall 514-980-5015