



MASS INTENTIONS - MARCH 8 TO MARCH 23

(L) indicates a living intention

Saturday	March 8		
4:30 pm	Joseph, Edwina, Mark & Lisa Dias		The Family
Sunday	March 9	First Sunday of Lent	
9:00 am	Maureen Gilmour		Carl and Fran Jorgensen
11:00 am	Our Parishioners		
Monday	March 10		
8:30 am	Tommy & Dean Stock		Cathy & Phil Stock & family
8:30 am	Rose Martins (L)		Maria G. Cabral
Tuesday	March 11		
8:30 am	John Griffin		Leslie McCool
Wednesday	March 12		
8:30 am	Ryan Sampana (L)		Lucy Sampana
Thursday	March 13		
8:30 am	Vito Tarica		Daughters Marisa & Patrizia
Friday	March 14		
8:30 am	Nova Bagwandin		Cheryl & Brian
Saturday	March 15		
4:30 pm	Marcella Axley		Rosemarie Della Rocca
Sunday	March 16	Second Sunday of Lent	
9:00 am	Our Parishioners		
11:00 am	Mark Coelho		Donny & Patricia Coelho
Monday	March 17		
8:30 am	Rami Gabbour		Leslie McCool
Tuesday	March 18		
8:30 am	Leigh McCool		Leslie McCool
Wednesday	March 19		
8:30 am	Rose & James Martins (L)		The Family
Thursday	March 20		
8:30 am	Rocco, Bruno & Rosa Anoaia		Teresa Anoaia
Friday	March 21		
8:30 am	Bernadette Filotas		Her son, Peter Giguere
Saturday	March 22		
4:30 pm	Jose & Emma Villacorta, 50 th Anniversary		The Family
Sunday	March 23	Third Sunday of Lent	
9:00 am	Beniamino Francolini		Becket's Knights of Columbus
11:00 am	Our Parishioners		

SANCTUARY LAMP

March 9: Thiruvarulselvam, requested by His wife and children

March 16: Vittucio Tarica, requested by Daughters Marisa & Patrizia

March 23: Dawn Valero Richardson, requested by The Richardson Family

THANK YOU FOR YOUR CONTRIBUTIONS

Feb 24: Offerings: \$4,859.50 Building Fund: \$1,385.00

Mar 3: Offerings: \$5,515.85

Upcoming Special Collections: March 23 - Building Maintenance
April 6 – Development and Peace

ALL ABOUT LENT



What are your priorities in life right now? Lent is an invitation to rearrange your priorities—to focus on what matters most and leave behind what matters least. Lent is the season where the Church prepares for Easter. Starting with Ash Wednesday, Lent spans 40+ days until Holy Thursday. In the fourth chapter of Matthew, Jesus spends 40 days in the desert, fasting, praying, and preparing for his mission. Lent is your opportunity for that same focus. Lent is your invitation

to take your spiritual life seriously. Lent is the perfect time to form life-giving habits and abandon self-destructive habits. Lent is your chance to discover the abundant life Jesus invites us to at Easter.

We all need a fresh start from time to time. And Lent is the perfect time to embark on that journey. Maybe you need a fresh start in your personal finances, or perhaps you need a fresh start in your marriage. Maybe you need a fresh start in a relationship with a child or a parent, or possibly you need a fresh start in your health and well-being. It could even be that you need a fresh start in your career. For generations, Catholics have developed different traditions that help them make a new beginning during Lent. Here are just a few examples:

Give Something Up: Many Catholics “give up” something for the entire Lenten season. A classic example is giving up chocolate, but you don’t have to stop there! You could give up negative thinking, speaking poorly about others, or procrastinating. You could also make a positive swap: like praying the Rosary instead of watching TV, or reading an amazing Catholic book instead of scrolling through social media.

Deepen Your Prayer: Catholics often will say special Lenten prayers. One of the most popular spiritual practices during Lent is the Stations of the Cross. The Stations of the Cross is one of the most simple, yet powerful, ways to prayerfully walk alongside Jesus during his Passion...and encounter him like never before.

Our God loves fresh starts. How is he inviting you to a fresh start this Lent?

THE SIGNIFICANCE OF LENTEN COLORS

Purple: Purple is the primary colour of Lent. The colour purple symbolizes our need for repentance. It also represents the purple robe that Pontius Pilate placed on Jesus before he was crucified and reminds us of the royalty of Jesus as King.

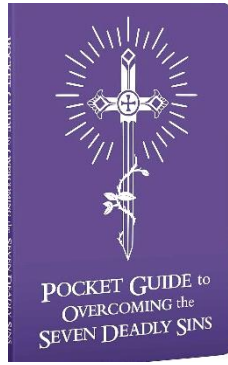
Red: On Palm Sunday, the priest wears bright red vestments during Mass. This foreshadows Jesus' death on the Cross.

White: On Easter, priests wear white vestments. White represents the joy of Jesus' resurrection.

The colours used during Lent enhance the spiritual experience, evoking emotions and providing visual reminders of the central themes of Jesus' suffering, sacrifice, and ultimate triumph over death—especially during Holy Week.

WORTHWHILE READING

Pocket Guide to Overcoming the Seven Deadly Sins by Fr. Josh Johnson



Pocket Guide to Overcoming the Seven Deadly Sins is a beautiful, prayerful book by Fr. Josh Johnson that helps readers better understand the ways sin affects them in their daily lives, gives practical guidance and accompaniment, and reminds them of the power of surrendering to God in these areas and enlisting his help on the journey. Fr. Josh leads readers through a 7-day plan using his exclusive 3Rs system: Resolving to grow in the virtues that oppose the sin by using Scripture, renouncing the lie, and remembering God's love. This 7-day plan for each vice helps Catholics conquer the battle against that particular sin and grow in virtue.

Read and learn:

- What each of the seven deadly sins are
- How to identify if one struggles with a type of sin
- How to strengthen the fight against sin through prayer
- Reflection questions to help readers understand the sin's effects
- The practical 7-day challenge and tips for overcoming each individual sin
- A daily examination of conscience to help readers evaluate wins and growth areas.

After powerfully encountering Jesus in the Eucharist as a teenager, Fr. Josh Johnson dedicated his life to becoming a wholehearted disciple of Jesus Christ. Ordained for the Diocese of Baton Rouge in 2014, Fr. Josh now travels widely as a speaker. He is well known for his podcast Ask Father Josh as well as his Q&A video show on Ascension Presents. He has written several books including the Pocket Guide to Adoration. Fr. Josh is the Vocations Director for the Diocese of Baton Rouge, as well as pastor of Sacred Heart of Jesus Church and School.

FOCUS ON THE VICTIMS OF ABUSE - TRAINING SEMINAR



The Catholic Church of Montreal, in collaboration with the Diocesan Responsible Pastoral Ministry Service, is offering an English, in-person, "Focus on the Victims of Abuse" training seminar on Saturday, March 29, from 9:00 a.m. to 4:00 p.m. at our parish. The aim of this program is to raise awareness and educate people about the impact of abuse on victims and the responsibility of each of us to prevent and report it. We cannot

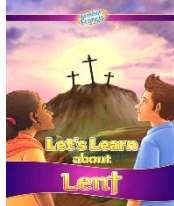
remain indifferent to the ordeal of some of our brothers and sisters in Christ who have been, and may still be victims of abuse. All are encouraged to attend. Please contact Rina if you have any questions: 514-626-4111 ext 223

For information and registration:

<https://diocesemontreal.org/en/archdiocese/responsible-pastoral-ministry>

Contact: pastoresponsable@diocesemontreal.org, 514-925-4300, ext. 288 or 353

WORTHWHILE READING FOR KIDS



Let's Learn about Lent

This book teaches children the significance and meaning of the period of Lent. Beautifully illustrated in full colour, this book is a wonderful way to help children understand the importance of this very special season. Designed for children ages 6 and older. Available from SunriseMarian.com

EASTER FLOWER DONATIONS may be sent to the parish office or dropped in the Easter flower box at the back of the church. Please include on the envelope: name of your loved one or intention (memorial) along with your name (donor). Include your parish envelope number if you have one. Names of loved ones and intentions will be included in upcoming Easter bulletins.

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.

Siro Di Marco (2027)	977-6442	Cindy Finn (2027)	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
Children's Choir	Kimberley Ricafort	827-4132
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	Marie Meier	965-9919
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
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
Youth Ministry	Amanda Davis	626-4111

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