

LENT

Pray + Fast + Give

A RECIPE FOR A POWERFUL LENT

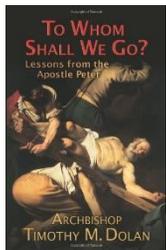
There are three things by which faith stands firm, devotion remains constant and virtue endures. They are prayer, fasting and mercy. Prayer

knocks, fasting obtains, mercy receives. Prayer, mercy and fasting; these three are one, and they give life to each other. Fasting is the soul of prayer, mercy is the lifeblood of fasting ... So if you pray, fast; if you fast, show mercy, if you want your petition to be heard, hear the petition of others ... When you fast, see the fasting of others. If you want God to know that you are hungry, know that another is hungry. If you hope for mercy, show mercy. If you look for kindness, show kindness. If you want to receive, give. Let us offer our souls in sacrifice by means of fasting ... To make the offering of prayer and fasting acceptable, mercy must be added. Fasting bears no fruit unless it is watered by mercy. Fasting dries up when mercy dries up ... However much you may cultivate your heart, clear the soil of your nature, root out vices, sow virtues, if you do not release the springs of mercy, your fasting will bear no fruit. When you fast, what you pour out in mercy overflows into your barn. Therefore, do not lose by saving, but gather in by scattering. Give to the poor and you give to yourself. You will not be allowed to keep what you have refused to give to others.

~ from a sermon by St. Peter Chrysologus

WORTHWHILE READING

To Whom Shall We Go?: Lessons from the Apostle Peter by [Archbishop of New York Cardinal Timothy M Dolan](#).



To be a Christian today, to follow Our Lord and accept His call to discipleship, demands heroic courage. It takes deep faith to live the particular - special, unique - vocation that's yours alone. Heaven knows it isn't easy. St. Peter knows it, too. He's well aware that even the most enthusiastic and committed Christian can become frightened and unsure, can make mistakes and betray a loved one, can seek and receive

forgiveness, can begin again and - with an even stronger faith - can go on to face life's most difficult challenges. To Whom Shall We Go? presents the words and actions of St. Peter as it clearly shows how his life - his strengths, weaknesses, joys, and sorrows - offers an example for all of us. How it offers hope for each of us. It is not a difficult book to read, and there are plenty of examples taken from life. Cardinal Dolan writes as he speaks, down to earth and with humour.

ST. THOMAS À BECKET PARISH

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Fourth Sunday of Lent

March 22, 2020



MASS INTENTIONS: MARCH 21 TO MARCH 29

Saturday	Mar 21	Joy Anandi	Denise & family
Sunday	Mar 22	Fourth Sunday of Lent	
		Maria Dal Bello-Parison	The Family
		Our Parishioners	
Monday	Mar 23	Stuart Chapman	Margaret & Bruno Seguin
Tuesday	Mar 24	Peter Campbell	Joan Hopkirk
Wednesday	Mar 25	The Annunciation of the Lord	
		Mark Julius Coelho	Pat & Donny Coelho
Thursday	Mar 26	Antonio Cabral	Maria G. Cabral
Friday	Mar 27	In thanksgiving from the Drudi family	
Saturday	Mar 28	Our Parishioners	
Sunday	Mar 29	Fifth Sunday of Lent	
		Barbara Figura	E.K. McDonald
		Maria Ojeda	Joe & family

SANCTUARY LAMP (Week)

March 22: Gerry Alfred, requested by the De Rosario family.

March 29: Florence Reuben, requested by family.

MASS INTENTIONS: During the Covid 19 crisis, your Mass intentions will continue to be honoured by our priests.

DURING THIS CRISIS PERIOD . . .

- ❖ Public masses in church are cancelled every day of the week, as well as all pastoral, liturgical/devotional and Faith First gatherings.
- ❖ The parish office is open Monday to Friday 8:30 am to 4:30, but the parish secretary will only be available Tuesday to Friday 8:30 am to 12 noon.
- ❖ According to the latest directives, we are sad to announce that the church will now be closed 24/7 until further notice. So no visits, no adoration.
- ❖ Baptisms and confirmations are postponed until further notice. Weddings and funerals: contact the parish office.
- ❖ Priests, permanent deacons, people of consecrated life and lay people who are 70 years of age and above must stay at home.
- ❖ Priests and staff able to exercise their ministry are urged to respond to the needs of the sick on an individual basis, including offering Communion at home and the Anointing of the Sick.

These are very difficult and insecure days for all, so if you or someone you know of is in any kind of need---emotional, spiritual, material---please contact the parish office and one of our priests or someone else will do their best to respond to that need. We are here at your service. (514) 626-4111. Fr. Peter Sabbath: psabbath@gmail.com. Fr. Jaison Joseph: jaisattickal@gmail.com

NOVENA PRAYER FOR AN END TO THE CORONAVIRUS PANDEMIC

O Mary, full of grace, Patroness of our diocese and Mother of the Church,
in this time of illness and worldwide need
we seek your intercession for the human family
before your Son's throne of grace and mercy.
We ask for strength in adversity, health in weakness, and comfort
in sorrow.
Help us, O Blessed Mother, to be filled with confidence and trust
in the tender compassion of our God.
Let us not be afraid, but rather entrust our life into the care
of our Divine Physician.
Continue to watch over all who are sick as well as those
who care for them
and give wisdom to all who are seeking a cure.
We ask this through Christ, our Lord. Amen.

COVID-19 ANXIETY? TIPS FROM A CATHOLIC PSYCHOLOGIST

It's a very normal reaction to be fearful or concerned in rapidly changing situations beyond our control, but don't fan the flame of that fear.

- 1) Make the practice of handwashing an opportunity for prayer: washing hands while saying a Hail Mary takes about 20 seconds, the expert-recommended amount of time at the sink.
- 2) Reflecting on how they've already conquered anxiety, and then practicing calming routines that have worked in the past.
- 3) Breathing techniques help equalize the body and reduce anxiety. Breathing is one of the best self-calming tools we can have. Just relaxing and creating a habit twice a day to just take some deep breaths, close our eyes, hold our breath and exhale. You may pray a Hail Mary while you're holding your breath and then you calmly exhale.
- 4) We're so blessed to have our faith, the Catholic faith because we have so many tools from a spiritual perspective. This can be a great opportunity as our lives slow down to use this to actually develop some spiritual habits, such as spending five to 15 minutes every morning when you first get up. Maybe get up a little bit earlier and just pray, whether it's silent. Reading scripture or praying a decade of the rosary, and offering our prayers for others who are suffering.
- 5) Monitor your intake of media, especially news sources that have politicized the virus or promoted fear.
- 6) Surrender control of your life to God.

WANT TO HELP?

Anyone interested in volunteering during the Covid-19 crisis (or at anytime) is invited to sign up at West Island Citizen's Advocacy <https://volunteerwica.com/en/>
Click the Volunteer button and fill out the form. If you have a specific interest e.g. driving patients to doctor appointments, or a skill to share, please mention that in the Interests box. A WICA community worker will then contact you

A MESSAGE FROM FR. DAVID KIYINGI

Due to the present threat of the Covid-19, the FECU Luncheon planned for April 26, 2020 has been postponed. A new date will be set once the situation gets back to normal.