

Fourth and Fifth Sunday of Lent March 19 & 26 2023



MASS INTENTIONS FOR MARCH 4 TO MARCH 19

Saturday	March 18		
4:30 pm	Denny Bernard		Maggy & Rod Berezuk
Sunday	March 19	Fourth Sunday of Lent	
9:00 am	George Akel		The family
11:00 am	Our Parishioners		
Monday	March 20		
8:30 am	Maria Conceicao Pereira		Maria G. Cabral
Tuesday	March 21		
8:30 am	Germaine Demers		The Demers Family
Wednesday	March 22		
8:30 am	Maria Conceicao Pereira		Maria G. Cabral
Thursday	March 23		
8:30 am	Carl Scichili		Philip and Alice Miceli
Friday	March 24		
8:30 am	Antonio Cabral		Maria G. Cabral
Saturday	March 25		
4:30 pm	Our Parishioners		
Sunday	March 26	Fifth Sunday of Lent	
9:00 am	Joyce Dawson		Joe Dawson
11:00 am	Teresa Vacchiano (Pietrantonio)		The Family
Monday	March 27		
8:30 am	Vincenzo Parise		Vanda, Joe and Maria Parise
Tuesday	March 28		
8:30 am	Maria Conceicao Pereira		Maria G. Cabral
Wednesday	March 29		
8:30 am	Wladyslaw Latkowski		The Latkowski family
Thursday	March 30		
8:30 am	Carl Scichili		Philip and Allce Miceli
Friday	March 31		
8:30 am	Terry Hayes		Claire Hayes
Saturday	April 1		
4:30 pm	Yves Deslauriers		Maggy & Rod Berezuk
Sunday	April 2	Palm Sunday	
9:00 am	Henry Redmond		Ashley Redmond
11:00 am	Our Parishioners		

SANCTUARY LAMP

March 19: In thanksgiving for our parish volunteers, requested by Heather & Julian Pereira.

March 26: Dawn Valero Richardson, requested by the Richardson Family.

April 2: Julie and Craig, requested by Anna Donald

THANK YOU FOR YOUR CONTRIBUTIONS

March 5: Offerings: \$ 4,214.00

March 12: Offerings: \$ 4,689.50

Helping Others: \$ 2,403.00

Upcoming special collections: March 26: Development and Peace

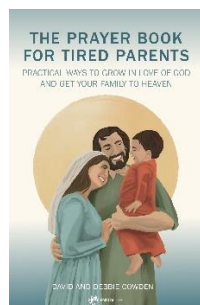
April 2: Religious Education

SHROVE TUESDAY PANCAKE SUPPER RECAP

Many thanks to Amanda Davis and her team of young adults and many other volunteers for a delicious pre-Lenten meal attended by 120 parishioners. Almost \$600 was raised that will help our young adults get to Portugal this summer for World Youth Day with Pope Francis. As always, the community-building aspect of these events is as important as the proceeds. Special thanks to long-time organizer Rina Callard for her invaluable direction as she hands over the reins to this annual event to the parish young adults.

WORTHWHILE READING

The Prayer Book for Tired Parents: Practical Ways to Grow in Love of God and Get Your Family to Heaven by Debbie & Dave Cowden



Most new parents expect to lose sleep, savings, and serenity, but many don't anticipate how their spiritual lives will be impacted by the birth of a child. Investing in your family's spiritual well-being before new members arrive will give you a fresh mindset for embracing your vocation and will help you to find godly purpose in the midst of the excitement to come. This is a book that will help you develop a home brimming with love, peace, and faith that will help your family get to Heaven. The Prayer Book for Tired Parents includes relatable, real-life reflections on the struggles that parents with young children

face, as well as heartwarming stories on how they can make you a stronger parent and a better Catholic. You'll also find traditional prayers and popular devotions related to parenting, along with a list of reverent reminders to facilitate family prayer and practice of the Faith.

Debbie Cowden is the Senior Digital-Media Specialist for EWTN Global Catholic Network. She's recognized for her co-hosting of EWTN Religious Catalogue and is the former producer of several EWTN series and live shows. She lives in Ohio with her husband, David- an active member of the Knight of Columbus-who works in health-care, and their three children.

BECKET'S MARRIAGE JUBILEE CELEBRATIONS RESUME!



For over 30 years we have been celebrating milestone wedding anniversaries at St. Thomas à Becket Parish. For the past three years Covid restrictions have prevented us from celebrating our annual Marriage Jubilee. So, this year, we are inviting ALL couples, who celebrated a milestone anniversary (5, 10, 15 etc....years of marriage) in 2020, 2021, 2022 and 2023 to join us at our Marriage Jubilee on May 5 & 6. Come celebrate your special anniversary with us as you witness to God's love in the world. For information or sign up, call Rina at 514-915-7586

LENTEN RETREAT: ONE IN CHRIST JESUS: Women and Men as Equal Partners with Christ in the Life of the Church

On Saturday, March 25, 9:00-12:00, St. Thomas à Becket's Catholic Women's League invites Fr. Ray Lafontaine to lead a retreat on the topic of the evolving role of women in the Church. Everyone – men, women, young and old, are most welcome. We will begin with Mass at 9:00 am, followed by teaching, personal prayer, and small group interaction. Information - Wanda: 514-771-7000.

All are welcome to join us for the 9:00am Mass on March 25, as we celebrate the Solemnity of the Annunciation of the Lord.

BEREAVEMENT GROUP: The bereavement group meets at 7:00 pm on Tuesday, March 21, in the parish hall. All those who have experienced the loss of a loved one are welcome to attend the meeting, led by trained animator Bill Curran.

WHY DO ROMAN CATHOLICS KNEEL AT MASS?



The physical posture is an ancient one, used by Christians since the very beginning. For Roman Catholics, kneeling is one of the most distinctive physical gestures of prayer during the celebration of Mass. In fact, for many centuries the lay faithful of the

Roman Rite would kneel for almost the entire duration of Mass. While it's true that standing during prayer was a common posture of the early Christians (and is currently maintained by many Eastern Christians during the Divine Liturgy), kneeling was also part of early Christian tradition. According to Cardinal Joseph Ratzinger (Pope Benedict XVI), kneeling was something highly disfavored by both Greek and Roman culture. Ratzinger writes in his book *Spirit of the Liturgy*, "If we look at history, we can see that the Greeks and Romans rejected kneeling ... kneeling was unworthy of a free man, unsuitable for the culture of Greece, something the barbarians went in for. Plutarch and Theophrastus regarded kneeling as an expression of superstition ... Aristotle called it a barbaric form of behavior." Ratzinger claimed that, "Kneeling does not come from any culture — it comes from the Bible and its knowledge of God." In particular, "Saint Luke, who in his whole work (both the Gospel and the Acts of the Apostles) is in a special way the theologian of kneeling prayer, tells us that Jesus prayed on His knees. This prayer, the prayer by which Jesus enters into His Passion, is an example for us." Additionally, kneeling is typically seen in the Gospels as a way to express supplication and adoration. Often in the New Testament kneeling is preceded by an act of faith, "I do believe, Lord," and completed by an act of adoration at the majesty of God (cf. John 9:35-38). Elsewhere, like in many of the healing narratives, the person is presented kneeling in supplication, asking to be healed. For these reasons the Roman Rite instructs the faithful to kneel during Mass specifically when Jesus is made present on the altar. This physical posture is meant to express a spiritual attitude of adoration before the triune God, truly and substantially present in the Holy Eucharist. It is an act of humility, recognizing our own littleness before the Creator of the world. The act of kneeling prepares our hearts to receive God within our souls, striking down our pride with a physical reminder of what our soul should be like spiritually. In this way, kneeling in the context of the Roman liturgy is directly tied to Jesus' presence in the Eucharist. Kneeling during Mass is an ancient posture, one that expresses a deep spiritual truth that is connected to the Real Presence of Jesus on the altar.

~ By Philip Kosloski

"The difference between faith and magic is fundamental. The Christian trusts in God and humbly receives all graces from God, as He wills. The practitioner of magic and the occult attempts to control spiritual forces and access hidden knowledge, thus trying to gain the desired power and benefits."

- Msgr. Stephen Rossetti

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	Michelle Figueredo (2023)	694-8879
Norman Cousineau (2023)	624-8753	Michael Randall (2025)	626-9550

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
Greeters:	Norma Cook	620-2019
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
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

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. Robert Clark at 903-6200 or one of our priests

HALL RENTAL: Michael Randall 514-980-5015