



Lent is the 40-day period before Easter, excluding Sundays (the day Jesus arose), from Ash Wednesday to Holy Thursday before the Lord’s Supper. Lent begins on Ash Wednesday, the day the faithful have their foreheads signed with ashes in the form of a Cross, and is also a day of fast and abstinence.

- **A day of fast;** is one on which Catholics who are 18 to 60 years old may eat a single, normal meal and have two snacks, so long as these snacks do not add up to a second meal. (Those with medical conditions requiring a greater or more regular food intake are exempt from this limited fast.)
- **A day of abstinence:** one on which Catholics 14 years or older must abstain from meat. All Fridays during Lent are days of abstinence, because Jesus died for our sins on Friday. (In fact, *all Fridays of the year are still days of abstinence from meat*, although in Canada, we now have the option on those days of substituting the abstinence by making another act of penance, charity or religious devotion.)

Acts of repentance for ordinary days during Lent, as we reflect that Our Lord died for our sins: it is appropriate to give up something we enjoy for Lent, doing physical or spiritual acts of mercy for others, prayer, going to confession, and other similar acts of repentance.

Giving up something for Lent is a salutary custom, because by denying ourselves something we enjoy, we discipline our wills so that we are not slaves to our pleasures. By training ourselves to resist temptations when they are not sinful, we train ourselves to reject temptations when they are sinful. We also express our sorrow over having failed to resist sinful temptations in the past.

DURING LENT, ENTER THE MYSTERY OF GOD

“Despite the importance of God’s presence in the liturgy, many often spend their time in Mass looking at the clock and ‘counting [down] the minutes.’ This is not the attitude the liturgy requires of us: the liturgy is God’s time, God’s space, and we must place ourselves there, in God’s time, in God’s space, and not look at the clock. The liturgy is to really enter into the mystery of God.” Pope Francis

ASH WEDNESDAY

Ashes will be distributed to the faithful at two Masses on Ash Wednesday, February 10th, at 9:00 a.m., and 7:00 p.m.

ANNOUNCED MASSES
February 6th – 14th, 2016

Sat. Feb. 6th 10:00 a.m. 4:30 p.m.	Saint Paul Miki and companions (First Saturday) For Souls in Purgatory Thanksgiving by Norman Sorono
Sun. Feb. 7th 9:00 a.m. 11:00 a.m.	Fifth Sunday in Ordinary Time Constantino Lopez – RIP – by the family Elizabeth Bastien – RIP – by Ghislaine Lagace
Mon. Feb. 8th	NO MASS
Tues. Feb. 9th 7:00 p.m.	Weekday In Memory of Mellie Francisco – by Tony Francisco
Wed. Feb. 10th 9:00 a.m. 7:00 p.m.	ASH WEDNESDAY Gloria Pacheco and Isabelle Pacheco – For Healing – by Maria Ponte
Thurs. Feb. 11th 9:00 a.m.	Our Lady of Lourdes
Fri. Feb. 12th 9:00 a.m.	Weekday
Sat. Feb. 13th 4:30 p.m.	Weekday Deceased and Living Members of Rodrigues and Guerra family – by Eugene Rodrigues
Sun. Feb. 14th 9:00 a.m. 11:00 a.m.	First Sunday of Lent Clara Leblanc – RIP – by Be My Disciples Catechists Sandra Barbadoro – RIP – by her parents

Collection: January 31, 2016 - **\$2,801.75**
...Thank you for your generosity.



Coffee Sunday

Hosted by the **Couples for Christ**, everyone is cordially invited to a "Coffee Sunday" on **February 14th**, the second Sunday of the month, after the 11 A.M. Mass at the Church Hall.

International Prayer Vigil

From February 10 through to March 20, all are invited to join us in an international prayer vigil whose purpose is the end of abortion called *40 Days for Life*. In addition to 40 days of peaceful prayer and fasting, please consider joining us at the former site of Morgentaler Abortion facility at St. Joseph Blvd. where over a 30-year period some 90 000 unborn children were killed. For more information, contact: Brian Jenkins at (514) 344-2686, (438) 930-8643, or brian.jenkins@cqv.qc.ca.

Prayer for the end of abortion

Heavenly Father, we pray that the scourge
of abortion be lifted from our land;
That those who promote it may be brought
to a change of heart;
That all who are tempted to abortion may
be lovingly helped to protect the precious
gift of life;
And that all who have experienced an
abortion may be comforted with the healing
gift of love.
We ask this through Jesus Christ Our
Lord. Amen.

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supporting charitable activities which promote
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Through your generosity, the Pillars Trust Fund provides financial support for over twenty organizations and projects that benefit and provide service to all members of our English-speaking Catholic community. Over the past 43 years, Pillars Trust is most fortunate to have had a great legacy of donors and volunteers who have been consistently supporting us with time, talent and treasure. Our ability to maintain support for our beneficiaries is dependent on the continued revitalization of our donor group. We rejoice and embrace the message Pope Francis expressed as he began his papacy, "*Now, we take up this journey...A journey of fraternity, of love and trust among us.*" Kindly accept our beneficiaries deepest appreciation and gratitude for making these services possible through your financial support of the Pillars Trust. Please donate today, at www.pillarstrust.org.