

**Saturday, March 2nd**

4:30 The McCauley and O'Donnell  
Families by Constance O'Donnell

**Sunday, March 3rd**

*Eighth Sunday in Ordinary Time*

10:30 Mr. & Mrs. Kurt & Linda Krause by the Estate

**Monday, March 4th** St. Casimir

9:00 For a special intention

**Tuesday, March 5th**

9:00 Francis X. Finn by Patrick Finn

**Wednesday, March 6th Ash Wednesday**

9:00am For a special intention

7:00pm For a special intention

**Thursday, March 7th** St. Perpetua & St. Felicity

*Felicity*

**No Mass**

**Friday, March 8th** St. John of God

9:00 For a special intention

**Saturday, March 9th** St. Frances of Rome

4:30 Lorraine Cleyn by the Pallett family

**Sunday, March 10th**

*First Sunday of Lent*

10:30 Germaine and Leonard Mallette

by Ann & Louis Mallette

**Monday, March 11th**

9:00 For a special intention

**Tuesday, March 12th**

9:00 For a special intention

**Wednesday, March 13th**

9:00 The Gray-Donald Families

by Janet & Dick Macklem

**Thursday, March 14th** **No Mass**

**Friday, March 15th**

9:00 For a special intention

**Saturday, March 16th**

4:30 Alex and Roy Myronick by Ron & Maureen

**March 10th** the Sanctuary lamp will burn in memory of **Leonardo Umale** by the family

**Ash Wednesday ~ Beginning of Lent** Wednesday, **March 6th** is Ash Wednesday and the beginning of the holy season of Lent. It commences a yearly journey of the whole Church in preparation for the celebration of the Paschal Mystery at Easter. During Lent we are invited and encouraged to pay closer attention to God's Word through more fervent prayer, penance and almsgiving. These 40 days prepare us to be more in line with our roots and aware of the journey we began at Baptism toward our Eternal destiny. On Ash Wednesday we will have two Masses, at 9:00 a.m. and 7:00 p.m., with blessing and distribution of ashes. We hope this will provide all parishioners with the opportunity to begin their Lenten journey in prayer and devotion. Ash Wednesday & Good Friday are universal days of fast and abstinence from meat. All who are between the age of 18-59, in good health, are required to fast. Fasting means we can have only one full, meatless meal. Some food can be taken at the other regular meal times if necessary, but combined they should be less than a full meal.

**This Selection of online Lent Resources** offer a wide variety of articles, activities, & other resources to aid you in your journey of spiritual renewal during Lent. <http://onlineministries.creighton.edu/CollaborativeMinistry/Lent/>  
<https://www.ignatianspirituality.com/lent>  
<https://www.loyolapress.com/our-catholic-faith/liturgical-year/lent>

**Multiple Chemical Sensitivity** Exposure to scented products such as perfume and cologne can aggravate health problems for some people. We have a number of parishioners who are extremely sensitive to scented products to the point that they are unable to attend Mass or must leave before the end of Mass. We ask you to be thoughtful of the needs of these members of our parish community and invite you to refrain from wearing artificially scented products at Mass. Thank You! Your thoughtfulness is greatly appreciated.



imitation of Jesus, we should ask the Holy Spirit to lead us into the desert, too — the desert of our interior lives where our thoughts and desires reside.

While our Lord was strong enough to withstand the temptations of the devil on His own, we most certainly are not! We must turn to the Holy Spirit and ask Him to show us where we need to grow, and then rely on the Holy Spirit for strength and guidance throughout these 40 days of growth. Perhaps we will be led to take on a spiritual reading program, or a daily time of meditation on the Scriptures. Maybe we'll be inspired to fast from our favorite food or social media fix and find a project that serves the poor in this community.

If these spiritual exercises hurt a little, that means we are doing them right! At the end of this season, we will be prepared to enter into the grace-filled days of the Triduum and we will, through the power of the Holy Spirit, be resurrected as a new creation with our Lord come Easter. Let us begin!

<http://www.catholicsteward.com/blog/>

**Share Lent 2019** For this year's Share Lent, Development and Peace – Caritas Canada and Pope Francis invite us to reach out and encounter migrants and refugees. The Pope has reminded us that, "Faith is an encounter with Jesus, and we must do what Jesus does: encounter others." Together, we are invited to open our hearts and foster a culture of encounter – a culture that requires a deep commitment to go towards others, to stop, listen and really see them, and to give a little of ourselves.

How? Read the Development and Peace Share Lent materials as a way to encounter children, women and men who have been forcibly displaced and to learn how their partners are making a difference. Materials to support our campaign can be found at the back of the church. We encourage you to take some home.

**IN THE DIOCESE**

**"The Scared, The Scarred and Our Sacred Duty" Wednesday, March 13th**, St. Matthias' Church will be hosting an information forum on the topic of human trafficking and forced labour/modern slavery. The Keynote speaker is Anthony Housefather, chair of Commons' Standing Committee on Justice and Human Rights. The committee has just released a report "Moving Forward In The Fight Against Human Trafficking In Canada", which will be central to his presentation. The event will take place at Victoria Hall. Doors open at 6:15, program from 7-9:30pm. Light refreshments will be served. Free admission. For more info. or to register contact: [stmatthias.forum@gmail.com](mailto:stmatthias.forum@gmail.com)

**PARISH SUPPORT** We encourage all parishioners to use the Sunday envelopes. To obtain your envelopes please call the parish office (514-932-3131) or complete this form and place it in the collection plate. We extend a warm welcome to new parishioners. Please take a moment to introduce yourself to Fr. MacEachen after Mass.

Name \_\_\_\_\_  
Address \_\_\_\_\_ Postal code \_\_\_\_\_  
Email \_\_\_\_\_ Telephone \_\_\_\_\_

**You are not forgotten** If you, or a loved one, are not able to come to church, we would be happy to pay you a visit and bring Communion. We can also send you a copy of our Parish bulletin. Call the parish office and we will get to you ASAP.

**Parish Donations can be made ONLINE through Canada Helps using major credit cards, PayPal or Interac.** You obtain a Tax e-receipt immediately. There are 2 ways to access the site: **1.** Visit the parish website ([www.ascensionofourlord.ca](http://www.ascensionofourlord.ca)) -click on the main page button "EVERY DOLLAR HELPS" for instructions **or** **2.** go directly to [canadahelps.org](http://canadahelps.org) and search for "Ascension of Our Lord Parish, Westmount". Thank you for your generosity.

**OUR COMMITMENT:  
MAKING THE MOST OF YOUR WEALTH**

**Andrea T. Bobkowicz – Investment Advisor**  
Tel.: 514-871-4339  
andrea.bobkowicz@nbc.ca



National Bank Financial is an indirect wholly owned subsidiary of National Bank of Canada which is a public company listed on the Toronto Stock Exchange (NA: TSX). National Bank Financial is a member of the Canadian Investor Protection Fund (CIPF).

**NATIONAL BANK FINANCIAL**  
WEALTH MANAGEMENT

**Équipe Conseil BOBKOWICZ**  
Advisory Team

**FINANCIÈRE BANQUE NATIONALE**  
GESTION DE PATRIMOINE



**Physiotherapy and Healthcare Clinic**

**514-483-1213**

[www.physio-montreal.ca](http://www.physio-montreal.ca)

5311 De Maisonneuve W., 3rd Floor

Opening hours: 7:00am - 8:00pm (Mon-Fri) parking available

**THE SACRED HEART SCHOOL OF MONTREAL**

**All Girls Catholic High School**

[sacredheart.qc.ca](http://sacredheart.qc.ca) / 514.937.2845

**Dr. Eduardo Aparicio, DDS**

*General Dentistry*

Medical Arts Building

1538 Sherbrooke St. W, suite 525

Montreal, Quebec H3G 1L5

Tel: 514-843-4125

**PLEASE REMEMBER**  
THE ASCENSION OF OUR LORD PARISH  
IN YOUR WILL

sponsored by:  
AN ASCENSION PARISH FAMILY



360 Victoria Avenue, Westmount, QC H3Z 2N4  
[www.westmountflorist.com](http://www.westmountflorist.com) 514-488-9121  
TOLL FREE: 1-866-488-9121

**Tailored investment strategies. With you, for you.**

**Charles Guy, Vice-President & Portfolio Manager**  
514-878-7282 | [www.charlesguy.ca](http://www.charlesguy.ca)



**Wealth Management**  
Dominion Securities

RBC Dominion Securities Inc.\* and Royal Bank of Canada are separate corporate entities which are affiliated. \*Member-Canadian Investor Protection Fund. RBC Dominion Securities Inc. is a member company of RBC Wealth Management, a business segment of Royal Bank of Canada. © / ™ Trademark(s) of Royal Bank of Canada. Used under licence. ©2018 RBC Dominion Securities Inc. All rights reserved. 18\_90301\_BZ1\_001

**FUNERAL HOMES**

**COLLINS CLARKE  
MACGILLIVRAY WHITE**

514 483-1870 888 342-6565

[WWW.DIGNITEQUEBEC.COM](http://WWW.DIGNITEQUEBEC.COM)

**Please**  
support our  
advertisers



**FUNERAL SERVICES**  
FAMILY OWNED AND OPERATED  
CONTACT BRIDGET FETTERLY

**(514) 481-5301**  
[www.kanfetterly.com](http://www.kanfetterly.com)

# Ascension of Our Lord Parish



**March 3, 2019**  
**March 10, 2019**

**Eighth Sunday in Ordinary Time**  
**First Sunday of Lent**

**PARISH STAFF**

**Pastor**  
Father Lawrence MacEachen  
[pastor@ascensionofourlord.ca](mailto:pastor@ascensionofourlord.ca)

**Pastoral Associate**  
Dr. Linda Wiltshire  
[wiltshirecl@msn.com](mailto:wiltshirecl@msn.com)

**Assistant**  
Martha Barrington  
[ascensionadministration@videotron.ca](mailto:ascensionadministration@videotron.ca)

**Director of Music & Organist**  
David Szanto, D.Mus.  
[music@ascensionofourlord.ca](mailto:music@ascensionofourlord.ca)

**Accounting Queries**  
Effie Cordeiro  
[ascensionparish375@gmail.com](mailto:ascensionparish375@gmail.com)

**LITURGY**

**Lectors**  
Edmund Nash 514-989-7217

**Eucharistic Ministers**  
Janet Macklem 514-933-8202

**Altar Servers**  
Gabrielle Thibodeau 514-248-7051

**Hospitality**  
Mary Rivard David 514-932-0927

**Christian Meditation**  
*Monday 6PM*  
Diana Bennett 514-931-7984  
[bennett.diana@sympatico.ca](mailto:bennett.diana@sympatico.ca)  
Barbara Dressler 514-488-5514  
[barbaraasgary@gmail.com](mailto:barbaraasgary@gmail.com)



**MASS HOURS**

Saturday 4:30 PM  
Sunday 10:30 AM  
Monday 9:00 AM  
Tuesday 9:00 AM  
Wednesday 9:00 AM  
Thursday NO MASS  
Friday 9:00 AM

**SACRAMENTAL LIFE**

**Baptisms** By appointment. Please phone the rectory at least one month before.

**Confessions** Saturday from 4:00 to 4:15 PM  
Sunday from 10:00 to 10:15 AM

**Marriages** Please give six months notice.  
Marriage preparation course required.

**Sick calls** Please notify us at anytime if someone in your family is ill, in order to arrange for Anointing of the Sick.

**PARISH WARDENS**

Brian Weber (2019)  
Don Taddeo (2019)  
Bonnie Auger (2020)  
Pino DiIoia (2020)  
Louise MacLellan (2021)  
Andrea Bobkowicz (2021)

Ascension of Our Lord Parish  
375 Kitchener Ave., Westmount QC H3Z 2G1

[www.ascensionofourlord.ca](http://www.ascensionofourlord.ca)  
[info@ascensionofourlord.ca](mailto:info@ascensionofourlord.ca)

Tel: 514-932-3131  
fBook: AscensionWestmount

**OFFICE HOURS** Monday to Thursday 9:30 AM - 4:00 PM or by appointment