

**Saturday, February 22nd**

Chair of St Peter, apostle  
4:30 Mr. & Mrs. Côte de la Richeliere  
by Joyce Macnamara

**Sunday, February 23rd**

Seventh Sunday in Ordinary Time  
10:30 Germaine and Leonard Mallette  
by Ann & Louis Mallette

**Monday, February 24th**

9:00 John F. Rooney by John D. Rooney

**Tuesday, February 25th**

9:00 Kurt and Linda Krause by the Estate

**Wednesday, February 26th**

Ash Wednesday

**Thursday, February 27th No Mass**

**Friday, February 28th**

**Saturday, February 29th**

4:30 Alex and Roy Myronick by Maureen and Ron Blizchuk



*This week  
the Sanctuary lamp  
will burn in memory of  
Daniel C. Lopez  
by the Family*

**Ash Wednesday ~ Beginning of Lent**



Lent is a time of prayer, fasting and almsgiving. This season offers us all a very special opportunity to grow in our relationship with God and to deepen our commitment to a way of life, rooted in our baptism. In our busy world, Lent provides us with an opportunity to reflect upon our patterns, to pray more deeply, experience sorrow for what we've done and failed to do, and to be generous to those in need.

Lent begins with Ash Wednesday this week.. 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. We invite you to join us for one of these Masses.

We would also remind you that Ash Wednesday is a universal day of fast and abstinence. All who are between the age of 18-59, and 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.

**Voices of Spirit Choir, Duquesne University 2020 Tour** will include 2 stops in Canada, and we are privileged to welcome them at Ascension of Our Lord on **Monday, March 2nd**, 7pm. Voices of Spirit is a mixed chamber/touring choir dedicated to the study and performance of choral music at an exceptional collegiate level. Come and enjoy this wonderful choral experience on their only Montreal stop!

**2019 Tax Receipts** The 2019 Donation Tax Receipts are ready. You can pick them up at the back of the church, arranged in alphabetical order. If your family is registered under two names, you should check under both names if you can't find your receipt. For any queries email: ascensionparish375@gmail.com or contact the Parish Office on Tuesday mornings. Thank you.

“So be perfect, just as your heavenly Father is perfect.” Talk about setting the bar high! This verse at the end of today’s Gospel passage from Matthew sets the tone for all of the readings this week. The stewardship way of life, giving away the best of our time, talents and treasure to God for His glory and for the sake of others, is the path to holiness. Yet, it appears utterly foolish in the eyes of many. Our Lord gives us several illustrations today of this “foolish” concept: “When someone strikes you on your right cheek, turn the other one as well. If anyone wants to go to law with you over your tunic, hand over your cloak as well... love your enemies and pray for those who persecute you.” This is the kind of action and attitude that will make us “children of our heavenly Father.” This is the high bar of holiness to which our Lord is calling us.

If your lifestyle and your priorities look a little foolish to the world around you, know that you’re probably doing it right in God’s eyes. At the same time, you will be filled with a peace that the world around you desperately needs. And your stewardship way of life may just draw those around to the heavenly Father and a life of holiness, too.

So, with God’s grace, we can confidently press on in the stewardship way of life, aiming to be perfect as our heavenly Father is perfect. Our all-holy God desires it and deserves nothing less. [www.catholicsteward.com](http://www.catholicsteward.com)

**IN THE DIOCESE**

**The Ignatian Spirituality Centre: Living the Discerning Life** Over the course of ten sessions, beginning **March 5th** 7:00-9:00pm, video conferences by Fr. Timothy Gallagher OMV will be used to guide through St. Ignatius of Loyola’s practical guidelines for the discernment of spirits, showing both their profound insight into the human soul and how they can assist us in understanding and navigating through the ups and downs of the spiritual life. Where: the Ignatian Centre (4567 West Broadway) Cost: \$100 (book included) For further info: contact Paul Empsall (514-626-9462) or Louise Eberwein (514-825-5198). Registration Deadline February 27th. To register: contact the Ignatian Centre at 514-481-1064, or email [centre@ignatiancentremtl.ca](mailto:centre@ignatiancentremtl.ca).

**Lenten Retreat based on “The Wizard of Oz”:** Pray through the adventures along the Yellow Brick Road to the Emerald City and Beyond. **Friday, March 6** - 7pm - 9:30pm and **Saturday, March 7** – 9am - 4:30pm, followed by Mass. Facilitated by: Catherine Cherry at the Ignatian Centre, 4567 West Broadway, H4 2A7. Register at 514-481-1064 or [centre@ignatiancentremtl.ca](mailto:centre@ignatiancentremtl.ca) before February 27th. Cost \$30. Bring your lunch and a bible.

**Workshop: Anxiety Management through Scripture** All those who cope with generalized anxiety disorder( GAD )on a regular basis are invited to participate in the "Kingdom Mindset" workshop **Saturday, February 29th**, 8:00 AM - 1:00 PM at the Catholic Centre (1857 de Maisonneuve W., 5th floor) Participant will explore how to use Scripture to help manage the challenges of anxiety. Reviewed by professional psychologists, the session will be facilitated by Judy Wong from Catholic Action Montreal & Adam Peterno. Attendees must be 21 years of age or older. Cost \$10.00, (bring your own mat). For more info. and to register by February 24th, contact: [mindsetkindommtl@gmail.com](mailto:mindsetkindommtl@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 Father MacEachen after Mass.

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

If you, or a loved one, are not able to come to church, we would be happy to pay you a visit and bring you Communion. We can also send you a copy of our Parish bulletin. Let us know by calling the parish office and we will get to you as soon as possible.

**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. Via 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.

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# Ascension of Our Lord Parish



**February 23, 2020**

**Seventh Sunday in Ordinary Time**

**PARISH STAFF**

**Pastor**  
Father Lawrence MacEachen  
pastor@ascensionofourlord.ca

**Pastoral Associate**  
Dr. Linda Wiltshire  
wiltshirecl@msn.com

**Director of Music & Organist**  
David Szanto, D.Mus.  
music@ascensionofourlord.ca

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

**MINISTRIES**

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

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

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

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

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

**Faith Education "Be My Disciples"**  
[ascensionfaitheducation@gmail.com](mailto:ascensionfaitheducation@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**

*Bonnie Auger (2020)  
Pino DiIota (2020)  
Louise MacLellan (2021)  
Andrea Bobkowicz (2021)  
Don Taddeo (2022)  
Madeleine Varkay (2022)*

**Ascension of Our Lord Parish**

375 Kitchener Ave., Westmount QC H3Z 2G1

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

[www.ascensionofourlord.ca](http://www.ascensionofourlord.ca)

[info@ascensionofourlord.ca](mailto:info@ascensionofourlord.ca)

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

Tel: 514-932-3131

fBook: AscensionWestmount