

## IN OUR PARISH

**Share Lent - A Climate of Change pilgrimage starts in Haiti**

This year for Share Lent, Development and Peace invites you to join a Climate of Change pilgrimage. Together we will journey through Lent with people whose lives are being changed with your support. Please take a copy of the Mini-magazine from church today. This is your pilgrimage guide. In Week 1 we meet Adonis Medjine from Haiti. A survivor of the 2010 earthquake, she is benefitting from a social enterprise project to raise chickens. "I have a husband and two children. Thanks to this job and the wages I receive, I can take care of my family, send my children to school and complete a few projects."

**A SELECTION OF ONLINE LENT RESOURCES****1. Everyday Lent Resources**

<http://onlineministries.creighton.edu/CollaborativeMinistry/Lent/>

Everyday Lent Resources including a Lenten Online Retreat.

Eight Weeks of Retreat -From Ash Wednesday Week to the Second Week of Easter

**2. IgnatianSpirituality.com**

<http://www.ignatianspirituality.com/lent/>

Lent is a season of repentance and renewal. We turn away from our sinfulness and recommit ourselves to following Jesus. Ignatian contemplation and reflective prayer encourage us in the season of Lent. *Online Retreats and Prayers:*

[An Ignatian Prayer Adventure](#) Join in an adapted version of the Spiritual Exercises, perfectly timed as a Lent and Easter retreat.

[Other6 Prays Lent](#) Add one simple Lenten prayer practice by joining Other6 Prays Lent. Daily topics help you get in the habit of finding God in different ways this Lent.

**3. <http://www.loyolapress.com/liturgical-year-lent.htm>**

A variety of articles, activities, and other resources that will aid you in this special time of prayer and preparation. Includes Living Lent Daily, featuring prayers, thoughts and more each day to inspire you throughout your Lenten journey.

**Meals on Wheels**

We are currently seeking Volunteers to help deliver, drive or cook meals in the Westmount/downtown area on Friday mornings from September – June. The meals are prepared at the Greene Ave center and the time commitment is 2 hours. Volunteers are scheduled once or twice a month depending on their availability. For more information please contact Frances de Verteuil 54-937-3317 or [fdev@primus.ca](mailto:fdev@primus.ca)

**You are not forgotten**

If you, or a loved one, are not able to come to church, we would be happy to come to you, have a little chat and bring you the Lord in Holy Communion. Let us know by calling the parish office (932-3131) and we will get to you ASAP.

**REFLECTION**

The first Sunday of Lent always tears us away from the ordinary aspects of our everyday living and forces us to confront the desert, and the wilderness. The first Sunday of Lent confronts us with our temptations as we listen to this account of Jesus being tempted in the desert. We are bluntly reminded that every single choice we make carries consequences and every single choice we make will either strengthen, or weaken, our commitment to Christ.

As we now begin our Lenten prayer and penance, remember that Jesus is tempted by hunger, power and instant success. Yet he constantly chooses to be obedient to the will of his Heavenly Father. This will mean a gradual unfolding of God's message, and plan, as Jesus moves towards the Crucifixion and ultimately the Resurrection. But this gradual journey towards God is what is asked of Jesus, so he constantly responds with great love and fidelity.

However, these temptations offer Jesus the easy way: an instant path to fame, wealth and glory. But this is not God's way!

The book of Deuteronomy has already reminded us that it took time, a huge period of time, for the 'few in numbers' to become a 'nation, great, mighty and strong'. Are we really so different to Moses' listeners? Are we really so different to those Romans in the writings of St Paul? We are not perfect, far from it. But as each Lent arrives we again remember that practice does make progress!

So we, today, recommit ourselves to practice: our faith; our prayers; our fasting; our penance; our good deeds.

I know that in my own life I am constantly struggling to be more patient; to be more kind and gentle; to be more and more a good imitation of Jesus; and to be more aware of the needs of those around me. For each and every one of us, temptation is a constant struggle. We can all be highly idealistic, but we now also need to be realistic! Lent is our time to focus on God's grace, and then, with God's grace, to work on our shortcomings and try to become a better person in all aspects of our living.

This Lent, may you welcome the Word of God into your heart and read some Scripture every day. This Lent, may you live the Word of God, by imitating the actions of Jesus that you will read about in the New Testament. Your temptations may not be about hunger, power or instant success, but your temptations will be just as real, and just as powerful. So, take advantage of this Lent and use it to help change your life and your prayer; take advantage of this Lent and once again come close to Jesus!

*Archpriest Michael Kalka, Kairos*



## IN THE DIOCESE

**St. Monica's Parish****The Two Feet of Love in Action: Social Justice and Charitable Works**

Our Lord invites us through the prophet Micah, "To act justly, to love tenderly, and to walk humbly with God." Love builds upon a foundation of justice. Charity implies giving what is mine to others, but justice calls us to give to others what is rightfully already theirs because of who they are as children of God. Please join us **Wednesday, February 17 from 7:00 to 9:00 PM** in the parish hall(6405 Terrebonne, Mtl.) with **Brian McDonough** to learn how justice and love interact with each other to promote the common good! For information and to register by **February 15**, contact Anna at (514) 481-0267 ext. 22 or [anna.diodati@stmonica.ca](mailto:anna.diodati@stmonica.ca).

**Women's Day Retreat**

The monthly Women's Day Retreat will be held **Wednesday, February 17<sup>th</sup>** at Villa Saint-Martin, (9451 Gouin Blvd. W., Pierrefonds). Registration: 9:15 a.m. Animator: Sr. Pat O'Neill, SNJM. Thought-provoking presentations with references to Scriptural passages & the works of spiritual writers; quiet time for personal reflection and prayer; Eucharistic celebration; sharing for those who wish to participate. ALL women welcome. Please bring a brown bag lunch; coffee and tea provided. Suggested donation: \$15.00. Pre-registration not required. Info.: (514) 684-1290. Plan to gift yourself with a few hours of rich spiritual nourishment in the company of women who share your values & your desire to deepen your relationship with God.

**Montreal Directed Retreats**

Be refreshed in mind, body and spirit. . . Silent directed weekend retreat at La Maison de Prière Notre-Dame (180 De Normandie Blvd., Longueuil). Begins **Friday evening, February 26** and ends Sunday afternoon, February 28. Cost is \$130. **Registration before February 12<sup>th</sup>**. Contact 514-626-9462 or 514-633-1172, or visit [www.montrealretreats.org](http://www.montrealretreats.org).

**St. Monica's Parish: Video Divina**

Join Fr. Raymond for **The Long Walk Home**, the fifth film of this year's "Movies with a Mission" series, on **Friday, February 26** at 7 p.m. in the parish rectory(6405 de Terrebonne St., Mtl.). Free admission and popcorn, and stimulating discussion to follow! For information, contact Fr. Raymond Lafontaine at (514)481-0267 ext. 23 or [fr.raymond@videotron.ca](mailto:fr.raymond@videotron.ca).

**Diocesan-Wide Lenten Mission**

Don't just think about what to do for Lent... Attend the diocesan-wide Lenten Mission and bring a friend or two. The theme of the mission, which will be held **March 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup>**, is Mercy led by Bishop Thomas Dowd, Auxiliary Bishop of Montreal. All evenings begin at 7pm at St. Edmund of Canterbury Parish (105 Beaconsfield Blvd., Beaconsfield). Visit [www.lent2016.com](http://www.lent2016.com) or contact Fr. Gerry Martineau 514-366-0131 x2 or [gerard.m@johnbrebeuf.ca](mailto:gerard.m@johnbrebeuf.ca).

## MASSES

**Saturday, February 13th 2016**

(Isaiah 58:9-14; Luke 5:27-32)

5:00 Blessings for Gary Cross

by Maureen & Ron Blizchuk

**Sunday, February 14th 2016**

First Sunday of Lent

(Deut 26:4-10; Romans 10:8-13; Luke 4:1-13)

10:30 Joan Hollingsworth by Vinh Nguyen

**Monday, February 15th 2016**

(Leviticus 19:1-2,11-18; Matthew 25:31-46)

9:00 Celine Flynn by Peter & Breandan Flynn,  
through the intercession of the  
Immaculate Heart of Mary

**Tuesday, February 16th 2016**

(Isaiah 55:10-11; Matthew 6:7-15)

9:00 Hon. Frederick Collins

& Mrs. Irene Collins by the Family

**Wednesday, February 17th 2016**

The Seven Holy Founders of the Servite Order  
(Jonah 3:1-10; Luke 11:29-32)

9:00 Fernand deVerteuil

by Frances deVerteuil

**Thursday, February 18th 2016 No Mass**

(Esther 14:1, 3-5, 12-14; Matthew 7:7-12)

**Friday, February 19th 2016**

(Ezekiel 18:21-28; Matthew 5:20-26)

9:00 Anne Kennedy, 1<sup>st</sup> Anniversary of Death

by the Parish

**Saturday, February 20th 2016**

(Deuteronomy 26:16-19; Matthew 5:43-48)

5:00 Intentions of Maureen and Ron Blizchuk

## ACTIVITIES

MONDAY

6:00 PM

**Christian Meditation** Choir room.

For information call 514-931-5536

THURSDAY

7:30 PM

**Choir Practice**

Choir Room

SATURDAY

3:30PM

**"Be My Disciples"**

**Children's Gathering &**

**Family Mass** (5:00 PM)

**Parish Donations**

Parish donations can be made ONLINE through CanadaHelps. Donations may be made using Visa, MasterCard, American Express, PayPal or Interact. You receive your Tax e-receipt immediately. Go to the parish website ([www.ascensionofourlord.ca](http://www.ascensionofourlord.ca)) and click on the main page button "EVERY DOLLAR HELPS" for instructions. Thank you for your generosity.

**2015 Tax Receipts**

*Your income tax receipts for 2015 donations are ready. You can pick them up at the back of the church, arranged in alphabetical order. Thank you.*

**2016 Donation Envelopes**

If you have not already done so, please remember to pick up your box with your donation envelopes for this year.