

*“Return to me with all your heart,
with fasting, with weeping and with mourning:
rend your hearts and not your clothing.”*

– Joel 2:12-18

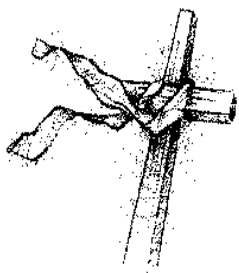


On March 6th Lent begins. The symbol of ashes is a reminder of our humanness and of the passage of time. Ashes symbolize our desire for God’s mercy and compassion. They are an expression of our sorrow for our sins and of our desire to resist temptation in the future. Ashes will be distributed during each of our Masses on Wednesday, March 6. **In addition to our usual Masses at 8:00 am, 12:10 pm and 5:15 pm, a Mass has also been scheduled for 7:00 pm.**

Fasting & Abstinence

As Catholics we are aware of the practices of fasting and of abstinence. Fasting is about how much or how little food we take in over a period of time. Abstinence has to do with the kinds of foods we deny ourselves (e.g. meat, chocolate). Fasting for religious purposes is a practice of self-discipline and has a long tradition in many religions and in the Church. It is used as an aid to concentration in prayer and it also helps develop a sensitivity to those in need. As a Church abstinence calls us (aged 14 years or older) to refrain from the eating of meat. Fasting allows only 1 full meal a day, but does not prohibit taking some food in the morning and the evening. In addition, eating between meals is prohibited. Fasting applies to those between the ages of 18 – 59. In Canada Ash Wednesday and Good Friday are the required days of fasting and abstinence.

+++++



THE WAY OF THE CROSS: Every Friday at 7:00 pm during Lent the Way of the Cross will be celebrated in our Church. This is a wonderful way to deepen our relationship with Jesus throughout Lent. Come and pray the Way of the Cross with us and invite a friend.



BEST LENT EVER!

What can you do in forty days? Start a new prayer habit? Get more active in your daily life? Lent presents the perfect opportunity for you to take the next step in becoming the person God created you to be. Don’t let it pass you by.

Best Lent Ever is a free email program that will guide you on an incredible journey toward the-best-version-of-yourself. Each day, beginning on Ash Wednesday, you’ll receive daily emails with short inspirational videos, practical tips for your life, and personal stories from the Dynamic Catholic team. You’ll learn simple yet powerful ways to grow and deepen your relationship with Christ – and you’ll be well on your way to becoming the person God created you to be. Sign up by going to <https://dynamiccatholic.com> and look under “free resources”. Make this your best Lent ever!

+++++



For youth aged 12-14

Edge is a Catholic youth ministry program that provides a safe, fun for youth to find solid Catholic community, get answers to their questions about faith, and most importantly, experience Jesus in a profound and personal way.

EDGE Meets
Every Thursday evening
6:30 pm to 8pm
Upstairs Halls

For more information: Michael: 416-458-8119, Madelaine: 647-453-1925, or Lorenzo: 647-291-8380

MASS INTENTIONS FOR THE WEEK

Monday, March 4

8:00 am Hilarion “Larry” Bercasio Sr. + [Caridad Tomas]
 12:10pm SAMERA CALDILLERO’s Birthday [Eva]
 5:15 pm Anthony Cinquina + [Cathy Cameron]

Tuesday, March 5

8:00 am Sheldon Semblante’s Thanksgiving [Brenda]
 12:10 pm HELEN RASHOTTE + [Warlyn Irwin]
 5:15 pm Thanksgiving – ANGELINA BAUTISTA [Bautista Family]

Wednesday, March 6

8:00 am Holy Souls in Purgatory [Henriette Cudmore]
 12:10 pm AIDA + [Ceilia]
 5:15 pm GERTRUDA SLEGHEL + [Carina Sleghel]

Thursday, March 7

8:00 am TERESITA & Bobby Verdadero + [Estela]
 12:10 pm Thanksgiving for the Blessings Received [Alice Amilcar]
 5:15pm Jimoh & IZIEN Obviagele’s Birthday [Maria Luz]

Friday, March 8

8:00 am THÉRÈSE JUNEAU + [Family]
 12:10 pm Zivile Anderson’s Intention [June Williams]
 5:15pm FRANCISCA GONZALES + [Violy]

Saturday, March 9

8:00 am All Souls in Purgatory [Henriette Cudmore]
 12:10pm TERESA TOMY + [Dora Tomy]

PLEASE PRAY FOR THE RECENTLY DECEASED:
Arturo Barrientos

+++++



Join Our Team!
Kids at Mass
is looking for volunteers!

- Sundays at our 10am & 11:30 am Masses
- Making Mass fun and accessible for kids ages 4 to 7 (JK to grade 2)
- We’re looking for helpers and teachers
- Contact Sarah through the Parish Office 416-924-6257 or email parish@ourladyoflourdes.ca

+++++

Our Children’s Sacrament Program is also looking for volunteers. If you are interested in helping we would love to have you on our team. Please contact Michelle, through the parish office at 416-924-6257

Baptism? Communion? Confirmation?

Are you considering baptism? Are you a baptized adult who has not yet received the sacrament of Confirmation or made your First Communion? We’ve got just the thing for you! Call Anna at 416-924-6257 x3295 or email ourladyoflourdes1556@gmail.com

+++++

Tax Clinic: The Our Lady of Lourdes Volunteer tax clinic is on March 16, 2019 from 10 a.m. to 3 p.m. for the 2018 tax year. Please call the parish office @ 416 924-6257 for an appointment.

For those unable to attend the clinic, we have the “Drop-Off Service”. This service is now available all year!! Please call the parish office @ 416 924-6257 for more information.

+++++

Pre-Authorized Giving allows those who wish, to have their monthly donations debited directly from their bank accounts. We have this option available for you. We respect that giving is a very personal thing, but we hope the implementation of this optional plan will be a source of convenience for some of you. Brochures are available for information contact us at 416-924-6257 or parish@ourladyoflourdes.ca

+++++

BEAUTY FROM OUR FAITH

As strolling, walking and running are bodily exercises, so every way of preparing and disposing the soul to rid itself of all the disordered tendencies, and, after it is rid, to seek and find the Divine Will as to the management of one’s life for the salvation of the soul, is called a Spiritual Exercise.

*~ St. Ignatius of Loyola,
 First Annotation, The Spiritual Exercises*

Lourdes @ a glance: the week of March 2 to 9, 2019						
Sun 3	Mon 4	Tues 5	Wed 6	Thurs 7	Fri 8	Sat 9
8 th Sunday in Ordinary Time Kids at Mass RCIA 1 st Confessions Class 1:30 pm		Alpha 6pm	Ash Wednesday Masses @ 8am 12:10pm 5:15pm 7pm	EDGE 6:30 pm	Way of the Cross 7pm	Baptisms