

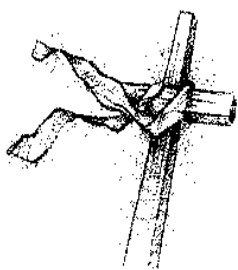
Pastor's Note:

Every morning when I begin a new day, I always have a concrete resolution – this day I will keep God as my focus. But by the time I get the kitchen for breakfast, I've already allowed my focus to shift - thinking about myself yet again! Often times we start with good intentions, of wanting to be a better Christian, of following the Lord more closely, and then life happens and we forget and derail, even just a bit. This can cause great frustration and disappointment within us. And yet, that frustration and disappointment is still another moment of focusing on ourselves instead of Him. If we seek to keep God at the center we will know that our times of failing do not have to mean something that is permanent. Looking at Christ we can know that God does not share our frustration and disappointment. I must remind myself countless times every day that the Lord is my focus. We can freely remind ourselves without feeling defeat or fear because our God's love is a merciful love. For me, Lent is a time of doing two things more intensely. First, with greater intention I seek to raise my life and soul up to God. Second, with greater freedom I seek to let God see me.

In the Second Reading, St. Paul tells us that "No one who believes in him will be put to shame." As we try to allow God to see us, our full persons, we must keep Paul's words in mind. I can raise myself up to God only if I trust Him and trust that he will not reject me. I can allow God to see me only if I know in my heart that God's gaze will be loving. And we can know this because Paul has reminded us that we need never be afraid – Christ went to the Cross out of love for each of us. I focus on all my imperfections in my life and faith, why not focus on his merciful love? Why not "repent, and believe in the good news"? We repent of looking too much at how we fail and believe in the news that is truly good. We believe, no matter how hard it is to do so, that Jesus gave his very self for each of us. This he did out of love, his love for you and for me. And so in Lent we rejoice.

Take Care and God Bless, *Fr. John*

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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.

God's Gift of Mercy

(adapted from the US Bishops 2013 Pastoral Exhortation on the Sacrament of Penance and Reconciliation)

"Peace be with you!" With these words, the Risen Lord greeted his frightened friends in the upper room. They were troubled, anxious, and fearful – much like each of us at some point in our lives. Christ repeated the words, "Peace be with you," and then he added, "Receive the holy Spirit. Whose sins you forgive, are forgiven them." What an amazing gift! The Risen Lord was proclaiming that all the suffering he had endured was not stronger than the love of the Father, and that through that suffering, the gifts of salvation and forgiveness – the gifts of God's mercy, were made available. He wanted his friends to receive these gifts, he wanted them to become apostles of this forgiveness to others.

In the Sacrament of Penance and Reconciliation, also called Confession, we meet the Lord, who wants to grant us forgiveness and fill us with the grace to live a renewed life in him. In this sacrament, he prepares us to receive him free from serious sin, with a lively faith, earnest hope and sacrificial love in the Eucharist. The Church sees confession as so important that every Catholic is required to go at least once a year. The Church also encourages frequent confession in order to grow closer to Christ Jesus and his Body, the Church. By the grace of the Holy Spirit, we seek forgiveness and repentance, let go of patterns of sin, grow in the life of virtue and witness to a joyful conversion.

Sometimes we can experience difficulty, hesitation or uncertainty about approaching the Lord in this sacrament, especially if it's been a while since we last went to Confession. But there is no need, the Lord, is waiting for you with love and we are ready to welcome you. Our priests are always available to hear Confession, just call 416-924-6257 and during Lent, in addition to our regular confession times, there will be a Penance Service and additional times scheduled. Watch for more details throughout Lent. The Lord is waiting – so come to the Lord and experience the extraordinary grace of his forgiveness!

To learn more on the Sacrament of Reconciliation, check out these on-line resources:

Sacrament of Reconciliation Explained:

<https://youtu.be/pfZkq7BABJM>

How do I go to Confession?

<https://youtu.be/lb8pzvnnL20>

Don't be afraid to go!

<https://youtu.be/WjmuqeSgNjg>

MASS INTENTIONS FOR THE WEEK

Monday, March 11

8:00 am ROSITA & Elpidio Sr. Castillo + [Brenda Felipe & Family]
 12:10pm Dr. James E. Arhuidese + [Nitie Arhuidese]
 5:15 pm Joseph Kaposi's Intention [Mike & Lydia Sherlock]

Tuesday, March 12

8:00 am MICHELLE WHANG MORENO-LEE & In Chul's
 Intentions [Manuel & Sook]
 12:10 pm REMEDIOS OLIVER + [Oliver Family]
 5:15 pm Dr. James E. Arhuidese + [Nitie Arhuidese]

Wednesday, March 13

8:00 am Dr. James E. Arhuidese + [Nitie Arhuidese]
 12:10 pm MICHELLE JUBIN & ABENA KANKAM'S Intention
 [Benedicta]

5:15 pm

Thursday, March 14

8:00 am
 12:10 pm RITA VIRTUDAZO & ANGELA PISCOS +
 [Richel Virtudazo]
 5:15pm Ildefonso Sollano Sr. & CARMELITA AMAHAN +
 [Maria Floresa Sollano]

Friday, March 15

8:00 am
 12:10 pm Mauro Reyes & MERCY DITAN REMATE + [Cyril Reyes]
 5:15pm Francisco Amahan & NATIVIDAD ERMITA +
 [Maria Floresa Sollano]

Saturday, March 16

8:00 am
 12:10pm Gil & PAZ Capili + [Daughter]

PLEASE PRAY FOR THE RECENTLY DECEASED:

*Remegio Dumlao, Rommel Ayuyao, Evelyn Rose Feresua,
 Dodie Nierves, Patricia Chin, Kayden Young, Ruby Escueta*

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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

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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.

RCIA Rite of Election: Today, Sunday, March 10, adults who have been preparing for the sacrament of Baptism in our parish will celebrate the Rite of Election with Cardinal Collins at St. Paul's Basilica. This celebration, which normally takes place at the beginning of Lent, marks the entrance into the period of final, more intense, preparation for the sacraments of initiation, during which the "elect" are encouraged to follow Christ with increasing generosity of heart. Based on the testimony of godparents and catechists and of the catechumens' reaffirmation of their intention and desire, the Church makes its "election," that is their choice and admission of those who are ready to take part in the sacraments of initiation. This step is called election because the acceptance made by the Church is founded on the election made by God, in whose name the Church acts. It is also called the enrollment of names because the candidates sign their names in the book that lists those chosen for initiation. As a community of faith, we are asked to surround these catechumens, and all who are preparing for the sacraments with our prayers and to accompany them in an ever-deepening encounter with Christ.

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Living the Gospel by supporting ShareLife agencies

"As we begin our ShareLife campaign, we are encouraged to live the Gospel in all we do. How do we demonstrate that in our community? Living the Gospel may mean helping single mothers to care for their newborn children, or being available to families facing difficulties, or welcoming refugee families to our community. For 43 years, countless individuals have experienced the compassionate care offered by our agencies. Please support our annual archdiocesan appeal during this Lenten season!"

— Cardinal Thomas Collins

March 31 is ShareLife Sunday. Please give generously.

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BEAUTY FROM OUR FAITH

In order to make good use of time we must love ardently and constantly; we must surrender ourselves entirely to love, leaving it to act for us. Be satisfied to adhere to it in everything, but always with profound humility.
 ~St. Margaret Mary Alacoque

Lourdes @ a glance: the week of March 10 to 16, 2019						
Sun 10	Mon 11	Tues 12	Wed 13	Thurs 14	Fri 15	Sat 16
1 st Sunday of Lent Kids at Mass RCIA		Alpha 6pm		EDGE 6:30 pm	Way of the Cross 7pm	