



What Should I Do For Lent? Ten tips from Pope Francis. Part 2.

Every year Catholics try to answer the age old question: What should I do for Lent? Well, who better to pick for as your Lenten spiritual director than Pope Francis? He has some great ideas for you!

Last week, we proposed 5 of the Pope's tips. And this week, we propose 5 more.

6. Prayer: "In the face of so many wounds that hurt us and could harden our hearts, we are called to dive into the sea of prayer, which is the sea of God's boundless love, to taste his tenderness. Lent is a time of prayer, of more intense prayer, more prolonged, more assiduous, more able to take on the needs of the brethren; intercessory prayer, to intercede before God for the many situations of poverty and suffering."

7. Fasting: "We must be careful not to practice a formal fast, or one which in truth 'satisfies' us because it makes us feel good about ourselves. Fasting makes sense if it questions our security, and if it also leads to some benefit for others, if it helps us to cultivate the style of the Good Samaritan, who bends down to his brother in need and takes care of him."

8. Almsgiving: "Today gratuitousness is often not part of daily life where everything is bought and sold. Everything is calculated and measured. Almsgiving helps us to experience giving freely, which leads to freedom from the obsession of possessing, from the fear of losing what we have, from the sadness of one who does not wish to share his wealth with others."

9. Help the Poor: "In the poor and outcast we see Christ's face; by loving and helping the poor, we love and serve Christ. Our efforts are also directed to ending violations of human dignity, discrimination and abuse in the world, for these are so often the cause of destitution. When power, luxury and money become idols, they take priority over the need for a fair distribution of wealth. Our consciences thus need to be converted to justice, equality, simplicity and sharing."

10. Evangelize: "The Lord asks us to be joyous heralds of this message of mercy and hope! It is thrilling to experience the joy of spreading this good news, sharing the treasure entrusted to us, consoling broken hearts and offering hope to our brothers and sisters experiencing darkness."

You probably won't be able to take huge steps forward in all of these areas. Instead, pick a couple that stand out to you and try to find practical ways to grow in your love of God and your love of your neighbor.

[<https://focusoncampus.org/content/what-should-i-do-for-lent-pope-francis-10-tips>]

Adult Faith Enrichment – Upcoming events

Diocesan Lenten Mission 2019 Rejoice and be glad: Pope Francis' Roadmap for Holiness and Mission

When we hear the word "holiness", it can seem remote and very far from us. But as Pope Francis suggests in his recent apostolic exhortation, **Gaudete et Exultate**, the call to holiness is a universal one, because "all of us have been looked upon with divine compassion." Come join Fr. Raymond Lafontaine and the members of his diocesan team as together we explore what it means to be missionary disciples: living out Jesus' call to be holy, to bear witness, and to serve generously. The Mission will include the screening of the film **Pope Francis: A Man of his Word (2018)** on **Friday, March 22 at 7 p.m.**, followed by three consecutive evening sessions, **Monday, March 25 to Wednesday, March 27, 2019 from 7 to 9 p.m.**, which will feature elements of teaching, witness, praise and worship. Please register by **March 19**. All are welcome!

Note: *For the duration of the Lenten Mission, Samia Boghdady, of Theologia Book Ministry, will be at St. Monica's with a selection of books and other media for you to purchase.*

Please refer to our website and the posters at the Church entrances for additional information. If registration is required, kindly use the appropriate sign-up sheets at the main entrance or contact Anna at the office (514)481-0267, ext. 22.

MASS INTENTIONS MARCH 9 - 17, 2019

Saturday, March 9: St. Frances of Rome

4:00 IN LOVING MEMORY: Leonard & Terry Winslade, Peter Duffy, Italo Falcone, Italo & Anna Mariani and Alessandro Palladini

Sunday, March 10: First Sunday of Lent

8:30 Ruben Galvan by Drex Meriales & Raquel Galvan
Deacon Richard Haber by Rosa Salvati
Antonio & Annunziata Castelli by the Piccolino family
11:00 Vincenza Forte by Nadia Arcuri
Leonardo Ricciardi by his wife
Jean-Louis (John) Rheume by the Angelo Lazaris family

Monday, March 11: Weekday Mass

8:00 Sabatino Santache by family & friends

Tuesday, March 12: Weekday Mass

8:00 For all Parishioner Intentions

Wednesday, March 13: Weekday Mass

8:00 Deacon Richard Haber by Maria & Raffaele

Thursday, March 14: Weekday Mass

8:00 For all Parishioners Intentions

Friday, March 15: Weekday Mass

8:00 Aniello D'Addio by wife Franca & family

Saturday, March 16: Weekday Mass

4:00 Adelina Guaiani by Arnaldo Guaiani
Aniello D'Addio by wife Franca & family
Deacon Richard Haber by Dolores Parsons

Sunday, March 17: Second Sunday of Lent

8:30 IN LOVING MEMORY: Leona Clarke, Eduvijes B. Meriales, Luigi & Alba Paliotti and Colombo & Emma Salvati
11:00 Vincenza Forte by Nadia Arcuri
Jean-Louis (John) Rheume by the Angelo Lazaris family
Jordan Alexander by Euntte, Pat & Ronnie Smith

Thank you for your ongoing support of your Parish. **Collection** for the weekend of **March 3 & 4, 2019** totalled **\$ 2,173.20**

Montreal Sacred Music Concerts Series: at **St. Joseph's Oratory** from **March 3 to April 28**. Concerts run **Sundays at 3:30 p.m.** (3800 Queen Mary Rd., Montreal). Projection on giant screen available. Free admission; contributions gratefully accepted. Visit www.saint-joseph.org for full program details. Contact 514-733-8211 or info@osj.qc.ca

2019 Lenten Prayer and Reflection Booklets: Our Mass coordinators will have these booklets available for you to purchase at the main church entrance after the weekend Masses. The inspirational booklets are priced at just \$2 each.

Development & Peace: Share the

Journey Lenten Campaign: *Share the journey with poor coastal communities in Tacloban, the Philippines.*

In 2013, poor coastal communities in the Philippines saw their homes ravaged by Super Typhoon Haiyan. Thanks to your donations, Development and Peace and its local partners formed a consortium for the purchase of a piece of land that affected communities were empowered to transform into the Pope Francis Village. Watch the documentary "After the Storm" to follow the inspiring journey of these communities devp.org/en/Philippines-documentary.

St. Patrick's Day Brunch: at St. Richards Parish, **Sunday, March 17, after 10:30 a.m. Mass** (7070 Guelph Road, Cote-St.-Luc). A traditional Irish breakfast will be served along with some treats for the children. Cost is \$20 for adults (includes breakfast and one Irish coffee) and \$10 for children under 12 (includes breakfast and one "Irish coffee" suitable for kids. For tickets please call the parish office 514-488-0778.



Seeking a Path Forward: You are invited to join us in exploring the most substantial issues Christians grapple with today through the life of Luigi Giussani, founder of **Communion and Liberation**. The discussion and book presentation will take place on **Tuesday, March 19, 7 p.m.** at the Eric Mclean S. J. Centre of Loyola High School (2477 West Broadway, Montreal). For information contact CLCanada/EnRoute Foundation at secretary@clonline.ca

