



## What Should I Do For Lent? Ten tips from Pope Francis. Part 1.

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!

This week, we propose 5 of the Pope's tips. And next week, we will propose 5 more.

**1. Get rid of the lazy addiction to evil:** "Lent is a 'powerful' season, a turning point that can foster change and conversion in each of us. We all need to improve, to change for the better. Lent helps us and thus we leave behind old habits and the lazy addiction to the evil that deceives and ensnares us."

**2. Do something that hurts:** "Lent is a fitting time for self-denial; we would do well to ask ourselves what we can give up in order to help and enrich others by our own poverty. Let us not forget that real poverty hurts: no self-denial is real without this dimension of penance. I distrust a charity that costs nothing and does not hurt."

**3. Don't remain indifferent:** "Indifference to our neighbor and to God also represents a real temptation for us Christians. Each year during Lent we need to hear once more the voice of the prophets who cry out and trouble our conscience. God is not indifferent to our world; he so loves it that he gave his Son for our salvation."

**4. Pray: Make our hearts like yours!:** "During this Lent, then, brothers and sisters, let us all ask the Lord: Make our hearts like yours. In this way we will receive a heart which is firm and merciful, attentive and generous, a heart which is not closed, indifferent or prey to the globalization of indifference."

**5. Take part in the sacraments:** "Lent is a favorable time for letting Christ serve us so that we in turn may become more like him. This happens whenever we hear the word of God and receive the sacraments, especially the Eucharist. There we become what we receive: the Body of Christ.

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

### Adult Faith Enrichment – Upcoming events

**Daring to Dream** The Daring to Dream series, presented by Carl Madigan, continues this coming **Wednesday, March 6 from 7:00 to 9:00 p.m.** in the parish hall. Please join us!

**Video Divina** This year, Fr. Lloyd Baugh's film series looks at movies from different cultural and religious traditions and considers how their deities invite believers to undertake the journey towards *holiness* which is *wholeness*. Join him on **Friday, March 8 at 7 p.m. in the parish rectory** to view the film "My Father, My Lord". Free admission and popcorn, with discussion to follow. All are welcome!

**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 Exsultate**, 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!

## MASS INTENTIONS MARCH 2 - 10, 2019

### Saturday, March 2: Our Lady's Saturday

4:00 Maria Cardilli by Salvatore Cardilli  
Ignazio Ciampini by Ernesta Ciampini  
Vincenzo & Antonietta LaPosta by Concetta LaPosta

### Sunday, March 3: Eighth Sunday in Ordinary Time

8:30 Vincenza Forte by Nadia Arcuri  
Deceased members of the Petosa family  
by Maria & Raffaele Cinetti  
Sante & Francesca LaPosta by Concetta LaPosta

11:00 **IN LOVING MEMORY:** Giovanni & Norena Onesi and the Cullen family

### Monday, March 4: St. Casimir

8:00 Anna & Lorenzo Forlini by daughter Louisa  
Nazzareno Angelini by his wife

### Tuesday, March 5: Weekday Mass

8:00 Settimia Fiori Onesi by friends & family  
Sylvano Zilli by Agnese Zilli & family

### Wednesday, March 6: Ash Wednesday

8:00 Deacon Richard Haber by the Baptismal team

### Thursday, March 7: St. Perpetua and St. Felicity

8:00 Marcello Sposato by Michael Sposato

### Friday, March 8: St. John of God

8:00 Emelia & Francesco Ciampini by Ernesta Ciampini

### Saturday, March 9: St. Frances of Rome

4:00 **IN LOVING MEMORY:** Leonard & Terry Winslade, Peter Duffy, Italo Falcone, Itala & 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 Castelle 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

Thank you for your ongoing support of your Parish. **Collection** for the weekend of **February 23 & 24, 2019** totalled **\$ 2,440.75**

### ASH WEDNESDAY, MARCH 6, 2019

Ashes will be blessed and distributed at both the

**8 a.m. and 7 p.m.** celebrations of the Eucharist.

## Development & Peace-Caritas

**Lenten Campaign** This year the D & P campaign's theme is "Share the Journey" a look at the work being done by partners in the Global South to help and support forced migrants. More than ever before families are being forced to leave their homes and live in refugee camps. The solidarity calendar included in your bulletin, suggests activities every day of lent that will help you have a greater understanding of the life of a forced migrant. We invite you to follow the calendar as a way of observing lent on your own or with friends or family.

## Lenten Prayer and Reflection

**booklets** for 2019 have arrived. These wonderful booklets inspire and accompany you and your family throughout Lent. They are priced at \$2 each. Our Mass coordinators will make these booklets available for you to purchase at the main church entrance after the weekend Masses. For the weekday Masses, please see the Mass coordinator at the end of the Mass.



# LENT

## Pilgrimage On Saturday, June 1, 2019

St. Monica's Parish will make a pilgrimage to Sainte-Anne de Varennes Basilica and the Shrine of Saint Marguerite d'Youville. Bus transportation will be provided. Further details to follow.

**2018 Tax Receipts** for holders of Donation Envelopes Boxes are now available at the back of the church.

**2019 Sunday Donation Envelope Boxes** are available at the back of the church. Please pick up your box.

