

**“BREATHE IN THE SPIRIT”**

One of the concrete ways in which we live the call to Christian Unity here at St. Monica's is through the practice of “receptive ecumenism”. This means being willing to value, learn from, and make use of ideas, insights, and resources coming to us from other Christian churches. In her Coffee and Conversation series, our adult faith coordinator Anna Diodati sings the praises of **NOOMA**: short films with reflection guides, created by Evangelical Pastor Rob Bell. We also use them for our parents' meetings for sacramental preparation. They always lead to a most fruitful discussion!

In today's Gospel, “Jesus, filled with the Spirit”, returns to his hometown in Nazareth. He opens the scroll of Isaiah, associating to his own ministry the fulfilment of the prophet's words: “The Spirit of the Lord is upon me, for God has anointed me to proclaim good news to the poor, liberty to captives, new sight to the blind, and a year of the Lord's favour.” In Jesus, we too receive the promised Holy Spirit. We know that in Baptism and Confirmation, God's Spirit is implanted deep within us, filling us with gifts that contribute to the building up of the community. But how conscious are we of the Spirit's movement within us?

In our meeting this week with the parents of the children preparing for the Sacrament of Confirmation, we used the NOOMA video “BREATHE” to help us address this question: **Is our physical breath actually a picture of a deeper spiritual reality?**

*“With everything that we've got going on every day, how many of us ever think about our breathing? Yet, for thousands of years, people have understood that our physical breath is a picture of a deeper spiritual reality. In the Bible, the word for “breath” is the same as the word for “spirit.” There's an inherent dilemma at the core of what makes us human. We've all been created in the image of God and possess immense power and strength. And at the same time, our lives are incredibly vulnerable and fragile. Maybe if we had more insight into the meaning of breathing, we would better understand how God created us as human beings.*

*Some pronounce the Name of God ‘Yahweh’, although in many traditions the name isn't even pronounced, because it's considered so sacred, mysterious, and holy. The ancient rabbis believed that these letters actually functioned as vowels in the Hebrew language: that they were breathing sounds, and that ultimately the name is unpronounceable because the letters together are the sound of breathing. Yod, Heh, Vav, Heh. Is the name of God the sound of our breath?*

*May you come to see that God is here, right now, with us all of the time.  
Like Moses, may you come to see that the ground you are standing on is indeed holy ground.  
And as you slow down, may you become aware that it is in ‘Yod,’ ‘Heh,’ ‘Vav,’ ‘Heh’ that we live, and we move, and we breathe.”*

**THE LENTEN SEASON WILL SOON BE UPON US!****...A reflection by William Arthur Ward entitled Fasting and Feasting**

Fast from judging others; feast on the Christ dwelling in them.

Fast from emphasis on differences; feast on the unity of all life.

Fast from thought of illness; feast on the healing power of God.

Fast from words that pollute; feast on the phrases that purify.

Fast from discontent; feast on gratitude.

Fast from anger; feast on patience.

Fast from pessimism; feast on optimism.

Fast from worry; feast on hope.

Fast from discouragement; feast on hope.

Fast from suspicion; feast on truth.

Fast from complaining; feast on appreciation.

Fast from negatives; feast on affirmatives.

Fast from bitterness; feast on forgiveness.

Fast from self-concern; feast on compassion for others.

Fast from thoughts that weaken; feast on promises that inspire.

## MASS INTENTIONS JANUARY 23 TO 31, 2016

### Saturday, January 23: Our Lady's Saturday

**4:00 In Loving Memory:** Aniello D'Addio, Ignazio Ciampini, Danny DuPont, Pasquale D'Addio, Alessandro Palladini. And Leonard & Terry Winslade.

### Sunday, January 24: Third Sunday in Ordinary Time

**8:30** Victor Weiss By Rosa & Luigi Salvati  
**11:00** Fioravanti Rotiroti By the Rotiroti Family  
Michael Collins By Sr. Violette Blais, SRJM  
Luigi Mammone By Ida Onesi & Family

### Monday, January 25: The Conversion of St. Paul the Apostle

**8:00** Mark Mazzella By his Sister

### Tuesday, January 26: St. Timothy & St. Titus

**8:00** Deceased members of the By Lillian Bibby  
Courtney, Keenan & Bibby Family

### Wednesday, January 27: St. Angela Merici

**8:00** Civita & Biagio Mazzella By the Family

### Thursday, January 28: St. Thomas Aquinas

**8:00** Aniello D'Addio By his wife Franca D'Addio

### Friday, January 29: Weekday Mass

**8:00** Giacomia Pedicelli Caucci By Vittorio & Antonia Ciampini

### Saturday, January 30: Our Lady's Saturday

**4:00** Maria Cardilli By Agnese Ciccirelli  
Antonio Bei By his wife Gabriella Bei  
Ermando Giuseppie Nudo By his wife Elvira Nudo

### Sunday, January 31: Fourth Sunday in Ordinary Time

**8:30 In Loving Memory:** Alba & Luigi Paliotti and Emma & Colombo Salvati  
**11:00** Louise Smith By Mary & Joe Supino  
Leonard McKenna By Judy Young

#### Your Generosity...

*Thank you for your on-going support of our parish...* Collection for the weekend of January 16/17, 2016 totalled \$3,219.15

### YOUTH RETREAT

Friends, Food, Fun, Faith

Friday, March 11 at 6 pm to Saturday, March 12 at 6 pm

Youth ages 12-18, in Partnership with NET Canada,

[www.netcanada.ca](http://www.netcanada.ca)

St. Ignatius Parish, 5455 West Broadway

Suggested donation of \$20.

Contact Claire to register or for more information

[stmonicasoyouth@gmail.com](mailto:stmonicasoyouth@gmail.com), 514-482-7493

### FAIR TRADE PRODUCTS ON SALE

THIS WEEKEND

(JANUARY 23-24)

AFTER ALL WEEKEND MASSES

LOONIES and SPARE CHANGE WILL ALSO BE COLLECTED.

### TAX RECEIPT PICKUP & Donation Boxes

Tax receipts for donations made in 2015 to St. Monica's parish will be available for pickup at the back of the church at all weekend masses of **February 6/7, 13/14, and 20/21.**

Also, we encourage those who had Sunday Donation Boxes in 2015 to pick up their new 2016 box at the back of the church. Please take only the box with your name and number on it.

For those who would like to have a donation box, please call the office at 514-481-0267 to reserve a box for you.

### Development & Peace

#### Syria Emergency Relief Fund – New Deadline

As we welcome refugees to our country, we cannot forget the millions of other Syrians who remain and are suffering within the boundaries of Syria, and those who have escaped and live in precarious conditions in Lebanon, Jordan, Turkey and Iraq. Your donation to **DEVELOPMENT & PEACE** Syria fund, which will be doubled by the federal government's matching program until **Feb. 29, 2016**, is used to ensure that people are protected from hunger and the cold by providing food baskets, blankets, heating materials to cope with the coming winter, and hygiene kits for women and children.

**To donate visit:**

[devp.org](http://devp.org) or

contact 514-257-8711 or

1-888-664-3387.

