



Lent begins on Ash Wednesday and ends on **Holy Thursday**, before the Mass of the Lord's Supper.

From its beginnings, this liturgical season was linked to the spiritual preparation for the celebration of Easter, especially for those who were to receive Baptism.

From a biblical point of view, Lent is inspired by several fundamental events in the history of salvation. **The number forty** has a strong symbolic value in the Bible: it

recalls the **forty days of the flood**, the **forty years of the people of Israel in the desert**, the **forty days of Moses on Sinai** and, in a special way, the **forty days that Jesus spent in the desert**, fasting and praying before beginning his public life. These moments always express a time of testing, purification, and preparation for a new stage.

PRAYER - Lent invites us to intensify our personal and community prayer life. This can be expressed through:

- More frequent participation in the Eucharist, for example, going to Mass during the week
- Half an hour of Lectio Divina
- Praying the Stations of the Cross
- One hour of weekly Eucharistic adoration
- Daily examination of conscience before sleeping

FASTING - Fasting is a penitential practice that seeks to educate the heart and strengthen inner freedom. Beyond abstinence from food, the Church proposes to live fasting as a gesture that helps to:

- Detach from the superfluous
- Moderate the desire to possess more
- Become aware of one's own needs and limits

ALMSGIVING - Almsgiving expresses the solidarity dimension of Lent. It implies opening oneself to others, especially those who need it most, through:

- Concrete gestures of financial aid
 - Practices of the works of mercy
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Stations of the Cross - During the holy season of Lent, every Friday after the 8:30 a.m. Mass, we gather to pray the Way of the Cross. It is a sacred and prayerful journey in which we reflect on the passion, death, and resurrection of our Lord Jesus Christ.

Here in our Parish, we meditate on the Stations through the heart and perspective of the Blessed Virgin Mary, who faithfully accompanied her Son to Calvary, trusting completely in the will of God. Walking with her, we seek to deepen our love for Christ, unite our sufferings with His, and grow in faith and surrender. All are warmly welcome to join us in this meaningful Lenten devotion.

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Dying with Christ – Living with Hope

With the continuous expansion of euthanasia (“medical aid in dying”), increasing numbers of our faithful are touched—directly or indirectly—by end-of-life questions. The need to reflect on the meaning of death and dying in light of our faith in Jesus Christ is more important than ever. For this reason, our diocese will be launching the program *Dying with Christ – Living with Hope* at the end of the month.

The Diocesan Centre for Marriage, Life and Family, in collaboration with the Christian Medical and Dental Association of Canada, is offering this video series to explore death, dying, suffering, and Christian hope through the insights of theologians and healthcare professionals.

The course will take place at the Diocesan Pastoral Centre, 2000 Sherbrooke St. West, Montreal, on two Saturday mornings, **February 28 and March 7, 2026, from 9:00 a.m. to 12:00 noon**. Everyone is welcome, especially pastoral team members, priests, and those who accompany the elderly or the sick. **The cost is \$15** (workbook included), with free parking available.

Pre-registration is required by February 25TH. To register, visit <https://bit.ly/4qNHqLG> □.

For more information, call (514) 925-4300 ext. 287 or email centredmvf@diocesemontreal.org. or see it on our noticeboard.

MASS INTENTIONS: 21 - 27 FEBRUARY 2026

Saturday, 4:00pm – February 21, 2026 – 1st Sunday of LENT

Ernesta & Ignazio Ciampini

Children & their families

Emilia & Francesco Ciampini

Ernesta & family

Leonard & Terry Winslade

Dolores & Bob Parsons

Sunday, 9:00am – February 22, 2026 – 1st Sunday of LENT

Julian Rooney (20th Anniversary)

Gary Rooney

Michael Giangaspero

Family

Sunday, 11:00am – February 22, 2026 – 1st Sunday of LENT

For All Parishioners Intentions

Tuesday, 8:30am – February 24, 2026 – Lenten Weekday

Georgia Bang

Stella & Gil Lee

Wednesday, 8:30am – February 25, 2026 – Lenten Weekday

Ilario & Stellina Maiolo

Family

L – Alwin Biju

Thursday, 8:30am & 7pm – February 26, 2026 – Lenten Weekday

For All Parishioners Intentions

Friday, 8:30am – February 27, 2026 – Lenten Weekday

Margaret McGee

Family

L) Personal Intentions Sebastien for Blessings received

Stella & Gil Lee