



## **WHEN FASTING TRANSFORMS THE HEART.**

Fasting, in the Christian tradition, is not merely the renunciation of food; it is the reordering of the heart. During Lent, the Church invites us into a sacred discipline that loosens the grip of excess and awakens a deeper hunger for God. Scripture presents fasting as a path of return: “Return to me with all your heart, with fasting, with weeping, and with mourning” (Joel 2:12). It is not deprivation for its own sake, but a movement toward communion.

Jesus Himself fasted in the wilderness (Mt 4:1–11), revealing that self-denial strengthens the soul against temptation and clarifies our dependence on the Father. The early Church Fathers taught that fasting purifies the mind, softens the heart, and opens the door to charity. It teaches mastery over impulses and restores freedom where habits have enslaved us.

In modern times, fasting must also address the subtler appetites that shape our lives. We fast not only from food, but from noise, distraction, constant digital stimulation, harsh words, resentment, and the restless pursuit of comfort. We abstain from what dulls our spiritual sensitivity and from attitudes that wound relationships. Such restraint creates interior space where grace can dwell.

Authentic fasting always leads to love. The prophets insist that the fast pleasing to God loosens injustice and shares bread with the hungry (Isaiah 58). When self-denial is united with prayer and generosity, it transforms character. Pride gives way to humility, impatience to gentleness, indifference to compassion.

Lent, therefore, is a season of refinement. Through voluntary sacrifice, we become more attentive, more disciplined, more receptive to God’s mercy. Fasting reshapes desire, teaching us that our deepest fulfillment lies not in consumption, but in communion with Christ, who alone satisfies the hunger of the human heart.

## **LENTEN CONFESSIONS**

As part of our Lenten journey, the Sacrament of Reconciliation will take place on **Thursday, March 26th at 6:00 PM**. The evening will begin with a short prayer service, followed by individual confessions, and will conclude with the 7:00 PM Mass. Confessions will be heard in Italian, French, and English. Let us consider this grace-filled time as a beautiful opportunity to experience God’s unconditional mercy and love, and to prepare our hearts for Easter.

## **KEEPING OUR RCIA CANDIDATES IN PRAYER.**

As we approach the joy of the Easter Vigil, when the Church throughout the world welcomes new members into the Catholic faith, we thank God for the seven young adults in our parish who are preparing to enter fully into the life of the Church. Some will receive Baptism, Confirmation, and Eucharist, and others will be received into full communion. As they complete their final preparation through the RCIA journey, we kindly ask you to keep them in your prayers. May they be warmly welcomed, strengthened by the Holy Spirit, and grow firmly rooted in faith and love.

## **FUNDRAISING MATCHING DONATIONS**

Due to the generosity of an anonymous donor family, all fundraising donations of **\$100.00** or more will be matched -- up to a maximum of **\$25,000.00**. this is a great opportunity to help us reach our fundraising goal.

If you wish to participate in this “Unique Matching Donation”, kindly use the small-sized St. Monica Envelopes at the back of the church which display **Fundraising Matching Donations**. Please include your contact information on the back of the envelopes.

We thank you for your generous participation towards this effort and greatly appreciate your support. We also sincerely thank the donor family for their gracious donation.

## **MASS INTENTIONS: MARCH 7 – 13, 2026**

### **Saturday, 4:00pm – March 7, 2026 - 3<sup>RD</sup> Sunday of LENT**

*Mario & Giuseppina Adoranti*

*Family*

*Ernesta & Ignazio Ciampini*

*Children & their Families*

*Fausto & Sandro*

*Family*

### **Sunday, 9:00am – March 8, 2026 – 3<sup>rd</sup> Sunday of LENT**

*Deceased Members of the Turini & Paoli Family*

*Pietrina Turini*

*Laura Coppa*

*Elena Di Meglio & Family*

*Pietro Di Meglio*

*Elena Di Meglio & Family*

### **Sunday, 11:00am – March 8, 2026 – 3<sup>rd</sup> Sunday of LENT**

*Filippo Navarra*

*Family*

*Anna & Lorenzo Forlini*

*Erminio Forlini*

*Giuseppe, Paola & Marco Pendenza*

*Cappello Family*

*The Cullen Family*

*Jane Cullen*

### **Tuesday, 8:30am – March 10, 2026 – Lenten Weekday**

*L) Souleymane Lenaud & Friends*

*Hilary & Raymond Jack*

*Filippo Navarra*

*Family*

### **Wednesday, 8:30am – March 11, 2026 – Lenten Weekday**

*Ilario & Stellina Maiolo*

*Family*

### **Thursday, 8:30am – March 12, 2026 – Lenten Weekday**

*For All Parishioners Intentions*

### **Thursday, 7:00pm**

*For All Parishioners Intentions*

### **Friday, 8:30am – March 13, 2026 – Lenten Weekday**

*L) With Gratitude for Blessings received*

*Gina Maurice*