

WHEN GIVING TRANSFORMS THE GIVER

In the Christian tradition, charity (almsgiving) during Lent is not merely an act of helping the poor; it is a path of interior conversion that reshapes both the individual heart and the life of the community. Lent invites us to move from a life centered on the self to a life centered on God and others.

Biblically, charity flows from the very nature of God. Scripture tells us, “God is love” (1 Jn 4:8). When a Christian practices charity, he or she participates in this divine love. Charity is therefore not simply generosity with material goods; it is a sharing in the very heart of God. In the Gospel, Jesus teaches that what we do for the least of our brothers and sisters, we do for Him (Mt 25:40). Thus every act of charity becomes an encounter with Christ Himself.

First, charity transforms the person who gives. The human heart often becomes closed through attachment to possessions, comfort, and self-interest. Almsgiving breaks this attachment. It teaches the soul to trust God rather than wealth. When we give, we discover that life is not sustained by what we keep but by what we share. Charity purifies the heart, widens compassion, and restores our capacity to see the dignity of others.

Second, charity transforms the community. When people begin to live not for themselves but for one another, society itself changes. The early Christian community described in Acts lived this reality: “No one claimed private ownership of any possessions... and there was not a needy person among them” (Acts 4:32–34). Charity builds communion because it reflects the life of the Trinity—a life of self-giving love.

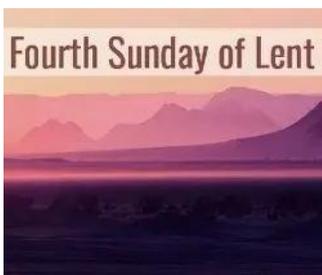
During Lent, therefore, charity is not an optional devotion; it is a participation in God’s redemptive work. Each act of generosity becomes a small sign of the Kingdom of God, where love replaces indifference and solidarity overcomes division. In giving to others, we discover a profound truth: charity does not only change the world around us—it converts the heart within us.

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DEVELOPMENT AND PEACE – CARITAS CANADA is the official international development organization of the Catholic Church in Canada. During Lent it runs the Share Lent campaign to encourage prayer, awareness, and solidarity with people in the Global South who struggle with poverty and injustice.

The 2026 Share Lent campaign, titled “On Track for Justice,” highlights communities affected by large industrial and mining projects, especially in Brazil. Through this campaign, Catholics are invited to support organizations that defend human rights, protect the environment, and promote justice. Parishes across Canada participate through reflection, education, and fundraising, especially during Solidarity Sunday (March 22) helping vulnerable communities build a more just future.

FOURTH SUNDAY OF LENT



The Fourth Sunday of Lent is called Laetare Sunday. The word Laetare comes from the Latin entrance antiphon of the Mass: “Laetare, Jerusalem”—“Rejoice, O Jerusalem.” In the midst of the penitential season of Lent, the Church invites believers to pause and experience a glimpse of the joy that awaits in Easter.

This Sunday is not simply a break from penance; it is a spiritual insight into the meaning of the Lenten journey. Lent is a path of conversion—of struggle,

self-examination, and purification. Yet the Church reminds us that Christian repentance is never rooted in sadness or despair, but in hope. The joy of Laetare Sunday arises from the certainty that our journey toward God is leading us to new life.

The change of liturgical color from violet to rose symbolizes this hope. It suggests that even within the discipline of Lent, the light of Easter is already beginning to appear. In this way, Laetare Sunday teaches that true Christian penance is sustained by joy, because the believer already sees, even from a distance, the victory of the Resurrection.

MASS INTENTIONS: MARCH 14 - 20, 2026

Saturday, 4:00pm – March 14, 2026 – 4th Sunday of LENT

Aniello D'Addio

Leonard & Terry Winslade

Peter Duffy

Franca & Children

Dolores & Bob Parsons

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Sunday, 9:00am – March 15, 2026 – 4th Sunday of LENT

Ignazio Mattei

Domenica Mattei

Sunday, 11:00am – March 15, 2026 – 4th Sunday of LENT

L) In Thankfulness for

Sara Mariana Quevedo Hernandez's 14th Birthday

Anna & Lorenzo Forlini

Leonilda Francescangeli

Santina Angelini

Oliver Hillel & Family

Erminio Forlini

Gino & Family

Franca Buonamici

Tuesday, 8:30am – March 17, 2026 – Saint Patrick

Nicola Santache

André Bricault

Claire Rolland Wilkinson

Angie Zouboulakis

Gina & Family

John & Family

Wednesday, 8:30am – March 18, 2026 – Saint Cyril of Jerusalem

Isa, Ivio & Mark Mazzella

Family

Thursday, 8:30am – March 19, 2026 – SOLEMNITY – Saint Joseph – Principal Patron of Canada & of the Universal Church

Wim Laarhoven & his Deceased Family Members

Ria

Thursday, 7:00pm

For All Parishioners Intentions

Friday, 8:30am – March 20, 2026 – Lenten Weekday

Sheila Squires

Squires Family