

# First Sunday of Lent

## MARCH 6, 2022

<b>Saturday</b>	<b>5:00 p.m.</b>	<ul style="list-style-type: none"> <li>• † Jackie McKenna by Jonathan Dudley</li> <li>• † Kelvin Burnett by Glenn and Betty Clarke</li> <li>• † Earl Burnett by Ann and family</li> </ul>
<b>Sunday</b>	<b>9:00 a.m.</b>	<ul style="list-style-type: none"> <li>• † Jack Coogan by the family</li> <li>• † Patricia Van Loan by Nigel Van Loan</li> </ul>
	<b>11:00 a.m.</b>	<ul style="list-style-type: none"> <li>• People of the Parish</li> </ul>
<b>Tuesday</b>	<b>9:00 a.m.</b>	<ul style="list-style-type: none"> <li>• † Agnes and † Francis Wijesekera by Douglas Wijesekera</li> </ul>
<b>Wednesday</b>	<b>9:00 a.m.</b>	<ul style="list-style-type: none"> <li>• † Parish All Souls Intention</li> </ul>
<b>Thursday</b>	<b>9:00 a.m.</b>	<ul style="list-style-type: none"> <li>• † Lino Alojipan by Mon and Chola De Jesus</li> </ul>
<b>Friday</b>	<b>9:00 a.m.</b>	<ul style="list-style-type: none"> <li>• † Parish All Souls Intention</li> </ul>
	<b>7:00 p.m.</b>	<ul style="list-style-type: none"> <li>• Mass and Stations of the Cross</li> </ul>

## MARCH 13, 2022

<b>Saturday</b>	<b>5:00 p.m.</b>	<ul style="list-style-type: none"> <li>• People of the Parish</li> </ul>
<b>Sunday</b>	<b>9:00 a.m.</b>	<ul style="list-style-type: none"> <li>• † Thomas and † Estelle Sheahan by Eileen and family</li> <li>• † David MacDonald by Sharon Arbuthnot and family</li> <li>• For the Kawartha Lakes Pregnancy Center by Anne and Alan Gordon</li> </ul>
	<b>11:00 a.m.</b>	<ul style="list-style-type: none"> <li>• † Earl Burnette by Ann and family</li> </ul>

Confession, available by appointment.

### PSALM

Be with me, Lord, when I am in trouble. – *Psalm 91*

### READINGS

First Reading – Deuteronomy 26.4 – 10

Second Reading – Romans 10.8 – 13

Gospel – Luke 4.1 – 13

*Saint John of God*  
Patron of hospitals and the sick  
March 8



### NEW CHANGES FOR MASS ATTENDANCE

Physical distancing during Mass is **no longer required**, this means we can return to **full capacity**. Congregational singing is once again allowed. We are still required to **wear a mask and** sanitize our hands upon entering and leaving the church,

### 2021 DONATION RECEIPTS

Tax receipts are ready! Paper copies are available for pick up in the church foyer or from the parish office, and electronic copies have been emailed. If you have any questions, please contact the parish office.

### NORMS FOR LENTEN OBSERVANCE

The following are guidelines for the faithful in the Archdiocese of Ottawa:

- **Ash Wednesday and Good Friday** are days of **fast and abstinence**.
- **Fasting** binds all persons, 18 to 59 years, unless prevented by poor health. On days of fast, one full meal is allowed. Two other meals may be taken according to one's own needs. Eating between meals is not allowed, although fluids may be taken.

- **Abstinence from meat** binds all persons, 14 years and older, unless prevented by poor health. In the Archdiocese of Ottawa, the consumption of meat is not allowed on Fridays during Lent.

Lent is a penitential season and religious practices, such as daily Mass, Confession, the Stations of the Cross, works of charity and justice, and acts of self-denial are strongly encouraged.



## GOSPEL REFLECTION

In today's epic Gospel scene, Jesus relives in His flesh the history of Israel. We've already seen that, like Israel, Jesus has passed through water and been called God's beloved Son (Luke 3:22; Exodus 4:22). Now, as Israel was tested for forty years in the wilderness, Jesus is led into the desert to be tested for forty days and nights (Exodus 15:25).

He faces the temptations put to Israel: Hungry, He's tempted to grumble against God for food (Exodus 16:1–13). As Israel quarreled at Massah, He's tempted to doubt God's care (Exodus 17:1–6). When the Devil asks for His homage, He's tempted to do what Israel did in creating the golden calf (Exodus 32).

Jesus fights the Devil with the Word of God, three times quoting from Moses' lecture about the lessons Israel was supposed to learn from its wilderness wanderings (Deuteronomy 8:3; 6:16, 12–15).

Why do we read this story on the first Sunday of Lent? Because like the biblical sign of forty (Genesis 7:12; Exodus 24:18; 34:28; 1 Kings 19:8; Jonah 3:4), the forty days of Lent are a time of trial and purification.

Lent is to teach us what we hear over and over in today's readings. "Call upon me, and I will answer," the Lord promises in today's Psalm. Paul promises the same thing in today's Epistle (quoting Deuteronomy 30:14; Isaiah 28:16; Joel 2:32).

This was Israel's experience, as Moses reminds his people in today's First Reading: "We cried to the Lord . . . and He heard." But each of us is tempted, as Israel was, to forget the great deeds He works in our lives, to neglect our birthright as His beloved sons and daughters. Like the litany of remembrance Moses prescribes for Israel, we should see in the Mass a memorial of our salvation, and "bow down in His presence," offering ourselves in thanksgiving for all He has given us.

- Excerpted from Scott Hahn *Reflects*, [stpaulcenter.com](http://stpaulcenter.com)



## DISCOVER GOD'S MERCY AND LOVE

As part of your Lenten spiritual program this year, the parish is recommending a self-study of the *Forgiven* series at [formed.org](http://formed.org). *FORGIVEN - The Transforming Power of Confession*, explores the grace and healing offered in Confession and shows how this Sacrament of mercy reveals the depth and bounty of God's love. Starting next weekend for three weeks you will be encouraged to complete one 30-minute episode over the coming week. The Sacrament of Reconciliation is scheduled for **Thursday, April 7**.

If you wish to have access to FORMED's vast library of Catholic resources and are not yet a parish subscriber, go to <https://formed.org> and *sign up as a parishioner*. Please contact Sandy Duff at [apduffngb@gmail.com](mailto:apduffngb@gmail.com) for more information or if you are having problems signing up.

## SYNOD ANNOUNCEMENT



As a parish, we will participate in the Church's Synodal Journey. Pope Francis is asking to hear from us on what the Holy Spirit wants of our Church. How do we become a listening church?

We have chosen to host 2 gatherings. Everyone is encouraged to participate. The first will be held on **Thursdays, March 10 and March 24, at 7:00 p.m.**, via zoom. The second gathering will be held on **Tuesdays, March 22 and March 29, also at 7:00 p.m.**, but will take place in the Baxter Parish Hall. Please go to the parish website to review and reflect on the key themes and fundamental questions. These will help lead our discussions. If you are not comfortable using Zoom and not available for the in-person gathering times, we would still like to hear from you. Please email your comments to our synod team at: [synodfallowfield@gmail.com](mailto:synodfallowfield@gmail.com) 7pm

## ARCHBISHOP'S LETTER FOR LENT

The Church will begin the forty holy days of Lent on March 2, a day when we will not only be marked with ashes but invited to seriously enter into an attitude of conversion. How will we live the next few weeks leading up to Christ's ultimate sacrifice on the cross and his glorious victory over death and evil? Full text of the letter is available at <https://en.archoc.ca/lent-2022>.

## **MESSAGE OF HIS HOLINESS POPE FRANCIS FOR LENT 2022**

“Dear Brothers and Sisters, Lent is a favourable time for personal and community renewal, as it leads us to the paschal mystery of the death and resurrection of Jesus Christ. For our Lenten journey in 2022, we will do well to reflect on Saint Paul’s exhortation to the Galatians: “Let us not grow tired of doing good, for in due time we shall reap our harvest, if we do not give up. So then, while we have the opportunity (kairós), let us do good to all” (Gal 6:9-10). Beginning with the image of sowing and reaping, the Holy Father points out that “Lent invites us to conversion, to a change in mindset, so that life’s truth and beauty may be found not so much in possessing as in giving, not so much in accumulating as in sowing and sharing goodness.” The full text is available, here: [Link to the Message](#).

## **PRAY FOR THE PEOPLE OF UKRAINE**



As we pray for an end to this injustice and for the Ukrainian people who are experiencing great hardship. ... We can see there is a humanitarian crisis unfolding in Ukraine and across Europe as people flee to safety in neighbouring countries. How can we contribute materially to help alleviate the suffering this invasion is causing? Here are three reputable agencies, that will use donations to assist those most in need (Archbishop’s message <https://en.archoc.ca/ukraine>): [Catholic Near East Welfare Association \(CNEWA\)](#); [Development and Peace](#); and the [Red Cross](#).

*May Mary Queen of Peace, intercede for an end to the conflict and for those most affected.*

## **STATIONS OF THE CROSS**

- The Women’s Fall Retreat Team present a virtual “Stations of the Cross Holy Hour” from **7:00 – 8:00 p.m. on Thursdays**. Please email [wfrconnections@gmail.com](mailto:wfrconnections@gmail.com) to register. The Zoom link will be sent to you weekly. All are welcome to participate!
- Sylvie Rollin, Alexandre Grenier and Mike Budge (Sainte-Anne-de-Beaupré organization) host a Way of the Cross on **Fridays at 6:40 p.m.** on ZOOM at: <https://us02web.zoom.us/j/83547558788?pwd=bTZ0YWxqdDRiL2YamxsZ0VtVFJhQT09>.



## **EMPOWERED TO SHARE THE GOSPEL**

*Empowered to Share the Gospel.* Offered by the Seminarians of the Companions of the Cross. Open to anyone who wants to be empowered on how to share their Christian faith with others. Learn what the Gospel is and how to effectively share it, while fostering an openness to the Holy Spirit who can make this happen. Taking place on **Saturday, March 19, 9:00 a.m. – 4:00 p.m.** To register, please go to: [www.companionscross.org](http://www.companionscross.org), and for more information, please email: [info@companionscross.org](mailto:info@companionscross.org).

## **OTTAWA PASTORAL CARE TRAINING PROGRAM**

All programs will be delivered on Zoom. In March, there will be an afternoon or an evening 9-week Basic Course in Pastoral Care. In April, at the Continuing Education Event, Linda Leduc will be presenting on ‘Exploring Dementia’. Everyone is welcome. Contact Terri Skuce, OPCTP Administrator, at 613-591-3366, [ottawapastoralcare@gmail.com](mailto:ottawapastoralcare@gmail.com), or [www.ottawapastoralcare.com](http://www.ottawapastoralcare.com) for more information.

## **MIRIAM CENTRE SPRING CRAFT SALE**



Being held on **Friday, March 18, from 3:00 to 9:00 p.m. and Saturday, March 18, from 10:00 a.m. to 6:00 p.m.**, in the Gloucester Centre to help pregnant women.

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*“With outstretched arms He begs us to turn toward Him, to weep for our sins and to become the servants of love, first for ourselves, then for our neighbours. Just as water extinguishes a fire, so love wipes away sin.”*  
*St. John of God*

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