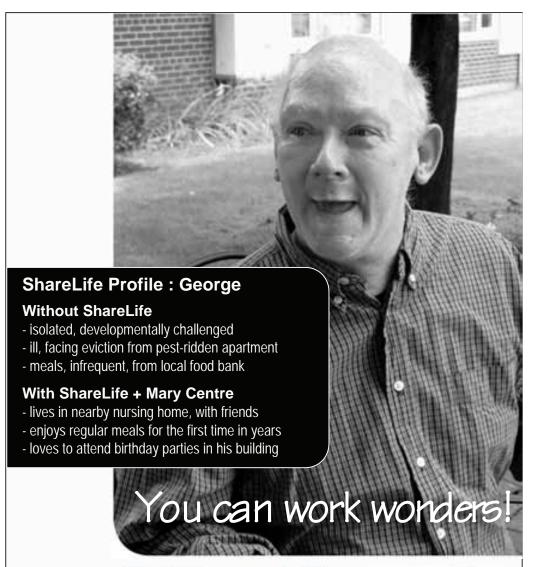
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THE HOLY SEASON OF LENT

The Holy Season of Lent began with its discipline of fasting and abstinence on Ash Wednesday, March 9th. Lent is the yearly celebration by the Church of her corporate conversion in Jesus Christ. Through forty days of closer attention to God's Word and of more fervent prayer, we prepare to celebrate the Paschal Mystery. In this preparation for the Solemn Feast of Easter, the faithful do penance.

The privileged forms of penance of our Church are fasting, almsgiving, prayers, works of mercy, and abstinence from meat. It is evangelical (Gospel) law that a follower of Christ must do penance. While the heart of penance is hatred for sin as an offence against God, external forms of penance are required to deepen and encourage the internal virtue.

All Fridays of the year are days of abstinence from meat but Catholics may substitute special acts of charity or piety on this day. Christian fasting obtains its full meaning when we deprive ourselves of food in order to be more open to prayer, to the needs of others, and to save money to give to the poor. Current Church discipline permits one to take a main and two lesser meals which do not equal the main meal. Mandatory fast days are Ash Wednesday and Good Friday, on which days one must abstain from meat and eat only one main meal. Fridays in Lent are days of abstinence and meat may not be taken on these days. The law of abstinence from meat binds those who are 14 and older; the law of fasting binds those from 18 to 59 years of age. Parents are reminded of their duty to introduce children gradually to the understanding & practice of penance. Adult example will be the greatest influence in this matter.

ON FASTING by St. John Chrysostom

The value of fasting consists not only in avoiding certain foods, but in giving up of sinful practices. The person who limits his fast only to abstaining from meat is the one who especially lowers the value of it.

Do you fast? Prove it by doing good works. If you see someone in need, take pity on them. If you see a friend being honored, don't get jealous of him. For a true fast, you cannot fast only with your mouth. You must fast with your eyes, your ears, your feet, your hands, and all parts of your body.

You fast with your hands by keeping them pure from doing greedy things. You fast with your feet by not going to see forbidden shows or plays. You fast with your eyes by not letting them look upon impure pictures. Because if this is forbidden or unlawful, it mars your fast and threatens the safety of your soul. But if you look at things which are lawful and safe you increase your fast, for what you see with your eyes influences your conduct. It would be very stupid to eliminate or give up meat and other foods because of the fast but feed with your eyes upon other things which are forbidden.

You don't eat meat, you say? But you allow yourself to listen to lewd things. You must fast with your ears, too. Another way of fasting with your ears

is not to listen to those who speak evil or untrue things about others. "Thou shalt not receive an idle report." This is especially true of rumors, gossip, untruths which are spoken to harm another. Besides fasting with your mouth by not eating certain foods, your mouth should also fast from foul language or telling lies about others. For what good is it if you don't eat meat or poultry, and yet you bite and devour your fellow man?

MARCH IS THE MONTH OF ST. JOSEPH! Love St. Joseph a lot. Love him with all your soul, because he, together with Jesus, is the person who has most loved our Blessed Lady and has been closest to God. He is the person who has most loved God, after our Mother. He deserves your affection, and it will do you good to get to know him, because he is the Master of interior life, and has great power before the Lord and before the Mother of God. (St. Josemaria Escriva, Priest)

PRAY FOR YOUR PRIESTS "The priest is not a priest for himself; he does not give himself absolution; he does not administer the Sacraments to himself. He is not for himself, he is for you. After God, the priest is everything. Leave a parish twenty years without priests; they will worship beasts. If Father were to go away, you would say, "What can we do in this church? There is no Mass; Our Lord is no longer there; we may as well pray at home. "When people wish to destroy religion, they begin by attacking the priest, because where there is no longer any priest there is no sacrifice, and where there is no longer any sacrifice there is no religion." -Catechism on the Priesthood, St. John Vianney

STATIONS OF THE CROSS every Friday will be at 6:30 p.m. (English) and 7:30 p.m. (Italian).

RCIA SCRUTINIES On this weekend and the following two weekends, the "elect" (the unbaptized members of the RCIA) will be present at one of the masses for the "scrutinies of the rites of initiation." The scrutinies are invitations to transformation through purification and healing for all the faithful at the liturgies. Please pray for all the 14 members of the elect; may they be given a spirit of repentance, a sense of sin, and the true freedom of the children of God.

CWL GENERAL MEETING on Monday, March 28th with Mass at 7 p.m. & meeting to follow in the Conference Room. We encourage all members to attend as we will be discussing positions that will be up for election. We warmly welcome all ladies of our parish to join us.

COINS FOR LIFE Did you know that there have been over 3 million recorded abortions in Canada since 1969? Coins for Life, a fundraising initiative, is one way of getting involved promoting the "Culture of Life". Make Coins for Life a family project, share it with your friends, and bring the box to school and work. For information or if you would like to volunteer, please visit www.coinsforlife.org.

From an unprovided death, deliver us, O Lord!

40 DAYS FOR LIFE CAMPAIGN MID POINT RALLY

THIS Sunday, March 27th! You don't want to miss this!!! The amazing documentary, "Blood Money" will be shown on a big screen! This documentary exposes the lies of the abortion industry and how the industry works. Former abortionists, and many more, share their stories. To view the trailer, please go to: www.bloodmoneyfilm.com. There will also be an update on the 40 days for Life campaign, and a couple of turnaround stories will be shared. We had at least 3 WOMEN that we know of change their minds about their abortions. Refreshments to follow. WHERE: Sisters of the Good Shepherd Convent (25 Good Shepherd Crt, Toronto. Right around the corner from the 40 Days for Life Campaign) TIME: 3pm-5pm.

40 DAYS FOR LIFE is a prayer focused pro-life campaign. Toronto's Campaign will be at "The Women's Care Clinic" (Dufferin & Lawrence) from 8 a.m. to 8 p.m. each day. Participants will pray across the street from the medical building (same side as the Villa Columbo). St. Charles Borromeo Catholic Church is allowing us to use a 'tea room' to warm up and use their washrooms. www.40daysforlife.com/toronto.

2011 LIFT JESUS HIGHER RALLY on Saturday, April 9th at 9 a.m. to 6 p.m. at the North Bldg. of the Metro Toronto Convention Ctr. For tickets or for more info, 416-251-4255 or visit www.lift-Jesus-higher-rally.org

NEW BEGINNINGS: For those who are Separated, Divorced and Widowed. Come and join us for an informative evening with Dr. Ken Fung MD. Dr. Fung is a popular speaker in the Catholic Community His topic is Spiritual Stress It will take place Tuesday April 5, 2011; at 8:00 to 9:30 p.m. at Saint Bonaventure's Church, 1300 Leslie Street, Toronto, Ontario: (on the west side of Leslie, south of Lawrence) No registration required. Enquiries: Deacon James Shaughnessy MSW., RSW., Psyn. D. at 416-921-1163 ext. 2227

MARRIAGE ENRICHMENT Refresh and rekindle your love for each other by treating yourselves to a marriage enrichment weekend at Queen of Apostles Renewal Centre, or give a weekend as a gift to family or friends. The Centre offers comfort, excellent cuisine and an inspiring program. The next weekend is April 15th -17th. For info, please call 905-278-8879; 416-694-1742, or register at Queen of Apostles: 905-278-5229.

"ANYTHING GOES" PERFORMANCE Seniors Matinee will be on Thursday, April 7th at YCDSB Centre for the Performing Arts, 525 New Westminster Dr., Thornhill, from 1 p.m. until 2:30 p.m. Tickets: \$5.00 per person. For tickets, please call Catherine at 905-882-1460.

CHRISTIAN LIFE PROGRAM is an integrated course intended to lead the program participants into a renewed understanding of God's call to them as Christians starts on April 10^{th} until June 12^{th} from 2-4 p.m. For info, please call Jeana 416-828-1840.

SECOND CHANCE MINISTRIES is available to help if you feel guilty or depressed about an abortion you had or encouraged someone to have. You can speak to Fr. Vince Heffernan at 416-261-7135 or Mrs. Angelina Steenstra at (905) 430-7990.

3^a di Quaresima - 27 marzo 2011

"Nostro Signore chiese l'acqua per poterne dare; chiese da bere come uno che ha sete, per avere occasione di estinguere la sete (S. Efrem, *Diatessaron*, 12, 16)."

"Se cerchi Gesù, abbandona le cisterne screpolate (Ger 2, 13). Cristo è solito sedere non presso le cisterne, ma presso il pozzo. Lì fu trovato da quella Samaritana che credette, quella che desiderava attingere acqua. Sebbene tu saresti dovuto andarvi al mattino, tuttavia, anche se vi andrai più tardi, anche se vi andrai all'ora sesta, tu potrai trovarvi Gesù stanco del viaggio. Si è stancato, ma per te, perché ti ha cercato a lungo. È stata la tua incredulità, durata così a lungo, a stancarlo. Tuttavia egli non si offende: basta che tu venga. Ti chiede da bere, ma è pronto a darti da bere. E non beve l'acqua di un ruscello che scorre via, ma la tua salvezza. Beve il tuo buon sentimento, beve il calice, cioè la passione redentrice delle tue colpe, perché tu, abbeverato dal suo sacro sangue, possa spegnere la sete di questo mondo (Dal trattato Lo Spirito Santo, I, 155. 162. 165)."

Per giungere alla conoscenza del Padre è necessario andare a Gesù e lasciarsi guidare da lui.

Solo per mezzo dello Spirito che Egli dona, possiamo infatti intendere le parole rivelate e diventare veri adoratori.

AVVISI

- 1. Durante la Quaresima, si celebra la Via Crucis in italiano ogni venerdì alle 7.30pm
- 2. Si programmano i seguenti pellegrinaggi: Fatima (14 maggio), Midland (19 giugno), S. Anna (25-28 luglio), Santi Medici (24-25 settembre). Per ulteriori informazioni, chiamate Antonietta (905-737-3210) o Ezia (905-884-3896).
- 3. Serata musicale in onore di S. Francesco di Paola: 31 marzo, presso il Richmond Hill Centre for the Performance Arts; 1 aprile, presso il teatro della parrocchia di S. Agostino di Canterbury. Ingresso: \$ 25. Chiamate Antonietta Minacci (905-737-3210).

MASS INTENTIONS Mar. 27-Apr. 2 SUN. 9:30 a.m. +Benedetto Baccillieri +Dec. of the Morra Family +Antonio & Nunziata Palombo +Antonio & Carmela Toracchio +Tito Pellarin +Maria del Carmen Garavito le anime del purgatorio Spec. Int. for Agatha Kim MON. 8:00 a.m. +Concetta Persico 7:00 p.m. TUE. 8:00 a.m. +Holy Souls in Purgatory 7:00 p.m. +Charlie Mosto WED. Special Int of Wilson Yiu 8:00 a.m. In honour of St. Joseph 7:00 p.m. +Domenico e Pasqualina D'Agostini le anime del purgatorio THURS. 8:00 a.m. + Holy Souls in Purgatory

+Holy Souls in Purgatory 7:00 p.m. +Holy Souls in Purgatory FRI. 8:00 a.m. 7:00 p.m. In reparation to the Sacred Heart of Jesus +Herbert, Catherine & Patrick Paxton +Paul Davies +Maria Victoria Pascua + Holy Souls in Purgatory SAT. In reparation to the 9:00 a.m. Immaculate Heart of Mary In honour of St. Joseph +Louis Pomeroy Deceased Members of the Paxton Family In Thanksgiving (Marilynn & Ramesh Sharma) Holy Souls in Purgatory

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Clement, James Davidson, Caterina & Dominic De Grano, Harry Dekharmenjan, Nancy Duncan, Steven Fiorini, Roberto Garcias, Godfrey Gosein, Gertiudes Henriques, Theresa Hogan, Margaret Kelly, Olivera Lambeta, Macaria Margate, Chris Markle, Margaret McConnell, Paul Melotte, Anthony Morse, Susan, Myola Nunes, Michael & Michelle Osborne, Domenico Pileggi, Todd Santaguida, Werner Schachatsiek, Sarah, Vincenzo Sorbara, Linda Vincent, Therese Vincent, Abigail Walz, Sandra Weinholdt, Kathleen Whelan, Betsy Wong, Ted Zygmunt, Helen & Catherine.

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stone", Killarney, Dingle Peninsula, Tralee, Cliffs of Moher, Galway, Knock (Shrine to Our Lady), Donegal, Downpatrick (burial site of Sts. Patrick, Brigid and Colmcille) and much more! You'll return home with memories that will last a lifetime. For info, please call Sr. Jocelyn Monette, 905-272-

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