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OUR PARISH LENTEN DAY OF CONFESSION

This **TUESDAY APRIL 2**
 10:00 am – 12:00 noon
 6:00 pm. – 8:00 pm.

EACH FRIDAY...

- **5:00 – 6:30 pm. Soup & Bread in the Hall**
- **6:30 pm. STATIONS OF THE CROSS**
- **7:00 pm. MASS**

When Bishop Riesbeck gave his Lenten talk in our parish, he spoke of the Jesuit art of reflecting on ones day, every day, in what is known as the Consciousness Examen. Below is an article from the *Marquette University blog* for our benefit.

The Examen of Consciousness

Have you ever come to the end of the day and wondered where the time went? Or have you ever come to the end of the day, and felt burdened by regret over the way you handled a situation or treated someone? Have you ever received good news, or felt relieved by something in your day, and yet rarely had time to celebrate and live from the joy and freedom such news inspired? If you are like me, there is often such a flurry of activity, responsibility and busyness in the day, that the act of daily living can become a blur defined by events rather than the daily experience of living life richly.

St. Ignatius, the founder of the Jesuits, knew this about us as human beings. He knew that we can become distracted by and attached to many things in life. He also knew that, while some of our distractions can be life-giving, most tend to lead away from our best sense of ourselves and God, and can actually interfere in our deepening relationship with God. Ignatius had the wisdom and insight to see that God, as creator of all, exists in all and that in the very human midst of our distracted living, we may miss the love, power, teaching and substance of God in our day.

To help us become more present and disciplined to the experience of God in everyday living, and to encourage us to live more consciously in and of the presence of God in our daily lives, Ignatius gifted us with what he called “the most important prayer” that we could do, the daily Examination of Consciousness or the daily Examen. In the Examen, we have an opportunity to spend a few moments reviewing our day, paying special attention to the moments we most felt God’s presence with us, and conversely, becoming aware of the times when we felt separated from God. The Examen further invites us to practice living in gratitude as we are asked to remember those people, situations and events in our day for which we

are most grateful, and also to ask special blessing and prayer for those hopes and concerns in our hearts. Lastly, the Examen reminds us that each day we may ask forgiveness for any and all transgressions in which we feel we did not follow the best path that God offers to us in our words, thoughts or deeds. By recognizing our need for forgiveness and God’s desire to forgive us through this daily examination of consciousness, the power and freedom of living in ongoing redemption becomes possible. Our spiritual path becomes a dynamic experience of conscious living based on our relationship with God.

While there are many wonderful contemporary articles and writings suggesting various methods for proceeding with the Examen, I find it most effective for me to keep the method inclusive of a *simple 5 steps*, and I keep the discipline of time and place for the Examen structured every day. I like to do my daily Examen at night when I first go to bed. I take a few deep breaths and begin to review my day from the morning to the evening. **1.** First, I bring to mind all of the events, people, relationships and circumstances of this day for which I am most grateful, and I praise God for God’s generous goodness in my life. **2.** I then spend a few moments remembering different periods of grace or circumstance when I was aware of God’s consoling presence in the day, whether through an insight gained or creative problem-solving achieved or the presence of a cherished friend or needed conversation. **3.** I next review my day with an eye towards places that I felt separated from God, places of desolation in my spirit. These remembrances for me often consist of times and circumstances during the day in which I felt anxious or I felt a need to be in control. Additionally, times of desolation for me may include circumstances within the day in which I led from my own ego needs and drives rather than praying for and allowing the power and surprise of the Holy Spirit to guide my thoughts and actions. **4.** I then take this knowledge to God in prayer and ask forgiveness for those ways in which I separated myself from God, and those ways in which I did not act, speak or think in a manner that is consistent with my Christian call or in a manner that is indicative of my own personal values. **5.** Lastly, I ask God to bless all those concerns, people and desires of my heart, and I ask God to help me to be the person that God calls me to be in the day to come.

For me, the daily Examen provides a prayer structure that enables me to remember that my relationship with God needs intention, time and attention each day, and that the experiences of my daily life direct me to know the ways that God calls me and forms me in my life as a Catholic Christian. Through the conscious practice and discipline of this prayer, I can better learn to recognize God’s presence in my life, and I can be more discerning and responsible in my ability to respond to God each day.

MASS INTENTIONS

Tuesday, April 2nd
 8:30 a.m. Intentions of Madge St. Denis
Wednesday, April 3rd
 7:00 p.m.
Thursday, April 4th
 8:30 a.m. † Shannon Frank
Friday, April 5th
 7:00 p.m. † Shannon Frank
Saturday, April 6th
 4:30 p.m. † Elizabeth Davison
Sunday, April 7th
 9:00 a.m. † Chris Khristian Galado
 11:00 a.m. † Tullio & Bernardo Caprio



St. Leo Knights of Columbus will serve Breakfast in the Church hall on April 7th following the 9:00 and 11:00 A.M. Masses. Everyone is invited to enjoy a **full Breakfast** of eggs, sausages, baked beans, pancakes, biscuits, coffee, tea and juice. Adults - \$5.00, Children ages 4 - 12 - \$3.00, and Children under 4 - free. Hope to see you there.

Knights of Columbus General Meeting

The next Knights of Columbus Regular meeting will be April 1st. at 7:30 P.M. in the Church hall.



CALLING ALL CATHOLIC MOMS!

Join our Mother's Ministry! We meet once a month (2nd Wednesday) to discuss different topics but most importantly we laugh, learn and share

with like-minded Catholic women. We pray together and for each other and learn how to grow our own faith and our families' too. **New members are always welcome!**

Contact annalisa@catholicmomsgroup.com or

visit www.catholicmomsgroup.com for more information.

Upcoming Giant Garage Sale/Flea Market



Saturday May 11 organized by the CWL, Knights of Columbus, St. Vincent de Paul and Mom's Group. This is a Parish wide fundraiser to support the Youth Ministry at St. Leo's. As you spring clean please

set aside sporting goods, books, pottery, toys, art work, plants, knick knacks, china and other useful items to donate for sale. Any parishioners who would like to volunteer in any capacity including children's games and baking please call 905 493 4677. More details to follow over upcoming weeks.



Living the Gospel locally and around the world

"It is important that we continue to support the ShareLife appeal, to provide for the needs of the marginalized both here in our communities and around the world. Sometimes the results are obvious and sometimes they're invisible, but always they make a tangible difference in the lives of the people we are helping. Please prayerfully consider how you can be supportive today on ShareLife Sunday." Cardinal Thomas Collins

Today is ShareLife Sunday. Thank you for your generosity.

SPRING FASHION SHOW

St. Leo CWL presents a Spring Fashion show Sunday April 14 - 1:00 pm. Come for lunch and shop with vendors \$15. Call 905-493-4677 for tickets.

VOCATION SEEDS

Like the forgiving father of Luke's Gospel, God welcomes us home in spite of our sinfulness, and calls us to a life of holiness. Where are you at home? Are you being called to a life as an ordained or a consecrated person? If you think God is calling you to be a priest, religious or deacon, contact Fr. Chris Lemieux, Vocation Director, **Archdiocese of Toronto 416-968-0997,** [vocations@archtoronto.org,](mailto:vocations@archtoronto.org) www.vocationstoronto.ca

Women of the Word Toronto 10th Anniversary Forum

Saturday, April 13, 2019, The Royalton Hospitality Inc. 8201 Weston Rd., Woodbridge. Women of the Word Toronto invites you to their 10th Anniversary Forum, "Living Truth, Beauty and, Goodness." This year's speakers include Fr. Michael Della Penna, Dr. Josephine Lombardi, and Gizela Cardoso. The event will be emceed by Celeste Giraldo Estrada. COST: \$60 (includes light breakfast and plated lunch) PHONE: 416-453-0402, www.wowblessingstoronto.com

SPRING FLING CARD PARTY

at St. Mary of the People Hall, 532 Stevenson Rd. N., Oshawa - Monday, April 29 at 7 o'clock. Doors open at 6:15. Progressive Euchre (optional), prizes & a light lunch. Tickets: \$8.00. Call Anne at 905-728-1874 or purchase tickets at the door. Hosted by St. Mary's Catholic Women's League.




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