

# FIRST SUNDAY OF LENT

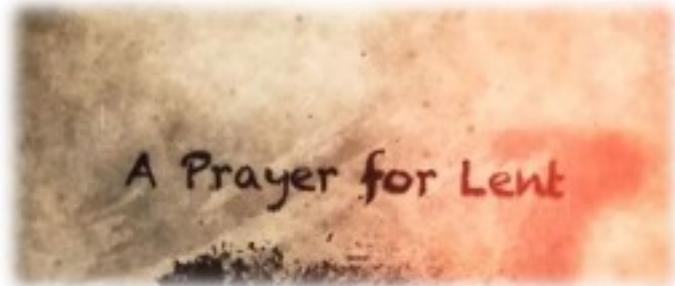


## ***Prayer, fasting and almsgiving are three traditional key practices of Lent.***

So whatever you are going to do during Lent, remember that you should always begin with prayer, because for us Christians, prayer is - or perhaps ought to be - as natural as breathing, eating, loving and sleeping, for it is a connection to all that is true, good and beautiful. Over the centuries, many people have put pen to paper to tell us what prayer is all about. Let me offer you a short summary of these discoveries with this holy truth in the background: There is no right or wrong way to pray!

1. Prayer is more of an attitude than a skill. It is more about our willingness to do it and less about how we go about it. Our prayer may look different from that of others, depending on our personality, life experiences, and circumstances. But the most important thing is that we do pray without ceasing in order to give thanks in all circumstances, for this is the will of God in Christ Jesus for us (cf. 1Thess 5:17-18).
2. Prayer is an expression of our need to be in relationship with Divine Love, for as St. Augustine famously said, *"Our hearts are restless until they rest in you."* This is why to strip away the illusion of self-sufficiency, we must never unlearn the words, *"Help me!"* Remember the Psalm: *"Unless the Lord builds the house, they labor in vain who build"* (Ps. 127:1).
3. Prayer is also like a well-made tapestry that is tightly woven from yarns of different colours and types. The variation in these prayer threads creates an image, fosters multisensory engagement, and evokes a response with or without words.
4. Prayer comes in many forms and modes. Prayer can be communal or personal, verbal or silent, and it can involve movement, music, or stillness. It may rely on engagement with nature or emerge from the act of thinking; it may be the fruit of encountering others or going deep within ourselves. Prayer can be formulaic or freely composed; it may spring forth from memory, like prayers we know by heart, or it may be a new particular response to the moment. So whether we use silence, words, movement, music, the visual arts, or any combination these forms, prayer is an expression of our relationship with God.
5. *In our personal prayer, we do not really need to use formulas. We can talk to God as if talking to a friend, by sharing our daily joys and struggles, and the most important thing is this: Just be yourself when you pray! If you need to cry...cry. If you need to laugh...laugh. If you need to scream...scream.*
6. Finally, I like this short and simple but powerful quote: *"Prayer is an intimate desire to touch God in my heart."*

**Next time I will share with you a different approach to prayer.**



*Fr. Slawek*

# FEBRUARY 18, 2024



## The Society of Saint Vincent de Paul *Turning concern into action*

Lord, help me to make time today to serve You in those who are most in need of encouragement or assistance.

With a generous heart and spirit, let us share what we have with our neighbours -in-need. Your generous contributions to the POOR BOX will help us lift up the lowly and feed the hungry. THANK YOU!

**Thank you for your contributions to the Poor Box.**

### ANOTHER WAY TO DONATE TO OUR PARISH

**Pre-Authorized Giving Plan**—Pre-Authorized Giving is a very simple procedure. When you participate in Pre-Authorized Giving, your offering will be withdrawn from your account on or about the 20th of the month. This amount will then be deposited to the Parish's account.

This amount will be receipted at the end of the year for tax purposes.

Application forms are on the table at the back of the church.

## Important Information - 2023 Tax Receipt

**Attention all Parishioners:** Due to the change in operating systems from the Archdiocese of Toronto, Tax receipts for 2023 have changed a little. If you had a change of address or change in household members, please note that you may receive more than one tax receipt this year. You are able to use multiple receipts for your taxes, the two or more receipts represent your total donations to the Parish. We have tried very hard to ensure that all receipts have been grouped together correctly. We encourage as many parishioners as possible to pick up your tax receipts from the Parish office the week of February 26-29, to save any receipts potentially being mailed to the incorrect address. Thank you for your patience and understanding in the matter.

### DAY OF REFLECTION

**Monday, January 29, 2024: 9 a.m.—3 p.m.**

**Manresa Jesuit Spiritual Renewal Centre, 2325 Liverpool Rd., Pickering**  
**Phone: 905-839-2864**

**Topic: "To forgive is Divine."**

"Father forgive them for they know not what they do" Luke 22:43  
Psalm 51: Have mercy on me O God, according to your steadfast love.

Facilitator: **Fr. Michael Coutts, S. J.**

A suggested offering of \$65 per person. Includes break, lunch and Mass along with the program.

**Register:** <http://manresa-canada.ca> **Contact:** [registration@manresa.ca](mailto:registration@manresa.ca)



**ARE YOU MOVING?  
OR  
HAVE YOU MOVED  
ALREADY**

Please contact the parish office so your records can be updated.  
Thank you.



## MASS INTENTIONS

### Tuesday, February 20

9 a.m. The deceased members of the Perinpanayagam family.

### Wednesday, February 21

9 a.m. Intentions of thanksgiving.

### Thursday, February 22

9 a.m. Private Intentions .

### Friday, February 23

9 a.m. Repose of the soul of Antonia Reolada req. by the Reolada family.

### Saturday, February 24

4:30 p.m. Intentions of all Parishioners.

### Sunday, February 25

9 a.m. Repose of the soul of Patricia & Theodore Amarasingha req. by Anthony & Chandi Amarasingha .

11 a.m. Repose of the Silvestro DeLaurentiis req. by the DeLaurentiis family.

## COFFEE & TEA & SNACKS SOCIAL



The Social will resume  
**Wednesday, February 7, 2024**  
After the 9 a.m. Mass  
in the Parish Basement

**All parishioners welcome**

## SUNDAY MISSAL

Are available for purchase from the parish office.  
Cost \$ 6.00

Monday -Thursday  
8:30 a.m.—1 p.m.

## YOUR HEALTH

As cold and flu season approaches, to ensure the health of the entire community, parishioners are encouraged to stay home from Mass and parish functions if they are experiencing symptoms of the flu virus, colds, etc. Respect and concern for the common good takes precedence. Thank you for your cooperation! To minimize risks please use the hand sanitizers that are located at each entrance!