



MARCH 13, 2011

Jesus experienced the temptation to act in ways that were self-centered, ways that would call attention to Himself or make His life here on earth one of ease and comfort. Jesus' rejection of these temptations points to His clear understanding of and desire to carry out the will of His heavenly Father.

During these days of Lent may we be conscious of the temptations that we face every day, most of which would have us be less authentic in the living out of our calling. May our self-denial and prayer lead us to a greater conformity to the person of Jesus.

Lent

Seasonal Changes for the Liturgies of Lent

We have just begun the season of Lent. During this season of preparation for Easter, our churches look stark and simple—no flowers at the altar, no festive banners or decorations. And our liturgies feel different, too. The organ is quiet except to accompany the singing of the assembly. The Gloria, our Sunday song of rejoicing, is not heard except on solemnities, and we will not sing the Alleluia, our joyful acclamation of praise, until the Easter Vigil. "Alleluia cannot always / Be our song while here below," says an eleventh-century hymn. "Alleluia our transgressions / Make us for a while forego; / For the solemn time is coming / When our tears for sins must flow" (*Alleluia dulce carmen*, J. M. Neale, trans.). These changes in the liturgy will catch our attention, and make us eager for the festive outpouring of joy that will return with Easter. This year, may the stripped-away liturgies of Lent remind us to strip away what is not essential in our lives to make space for the crucified and risen One, and thus to be ready to sing "Alleluia" once again when Easter returns.

—Corinna Laughlin, © Copyright, J. S. Paluch Co.



GOD'S LOVE IS UNCHANGING

Lent is a time of detachment or indifference to anything except God. The best way to practice detachment is to meditate on God's "indifference" to us. God's unfailing love might best be described by a story.

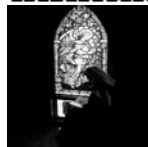
A friend came for an overnight visit bringing his wife and their two-year-old. That evening I lounged in the chair next to this gentleman, who was relaxing on his bed while his wife was in the bathroom bathing little Jimmy. Mom stumbled in struggling with her naked son screaming and thrashing. She laid Jimmy on the bed next to dad who curled around him, and she began to

anoint the boy with lotion. Despite dad's smiling attention and mom's loving touch, Jimmy continued to thrash and cry. "Why is he upset?" I asked. Mom glanced up as if from prayer and said, "Oh he wanted to play in the water."

That was an icon of detachment. Mom and dad circled their child in a love wholly detached from their son's reaction. Whether Jimmy was laughing or crying, dirty or clean, cuddly or cantankerous, they were completely indifferent to everything except that this baby was precious in their eyes for no other reason than the fact that he was their son.

That is the love God has for you. He doesn't love you more if you're good or less if you're bad. He loves you regardless of your response to that love. You are precious in God's eyes, and you were precious even in the womb when you were incapable of either virtue or vice. You will always be precious, although you are probably made of ginger and spice - as well as gall and vinegar. Such is the constancy of God's love.

Daybreaks - Daily Reflections for Lent and Easter - Kenneth G. Davis OFM, CONV



"Only in solitude and silence can I find the gentleness with which I can love my brothers and sisters."

— Thomas Merton





❖ **ALL FRIDAYS OF LENT** are Days of Abstinence from meat. Meat is considered to be the flesh and organs of mammals and fowl. Also forbidden are soups or gravies made from them. Salt and freshwater species of fish, amphibians, reptiles and shellfish are permitted, as are animal - derived products such as margarine and gelatin which do not have any meat taste.

ABSTINENCE is to be observed by all Catholic Christians aged 14 years old and older. In addition, by special permission from the Holy Father, Catholics are to either abstain from meat or in place of abstinence or fasting, can substitute, in whole or in part, other forms of penance, especially works of charity and exercises of piety (1983 Canon 1253).

❖ **PRAYING THE STATIONS OF THE CROSS**

There is something in us that moves us to visit the scene where an important event occurred. Visitors flock to the Ford Theater to stand where President Lincoln was assassinated; mourners visit the site of the Oklahoma City bombing and the site of the Twin Towers in New York City. So it was for the early Christians who greatly desired to journey to Jerusalem and to see with their own eyes the places where Jesus lived, suffered and died. The traditional sites of the Lord's passion soon became popular stopping places; even today the Via Dolorosa is included in most pilgrims' itineraries.



Because not everyone was able to visit Jerusalem, pilgrims brought back stories and images of what they had seen for those who remained at home. Eventually shrines that focused on the passion and death of the Lord appeared all over Europe. In the fourteenth and fifteenth centuries, increased emphasis on the suffering of the Messiah, coupled with the fervor of the Franciscan friars, led to widespread acceptance of a devotion that traced the footsteps of Jesus from his trial to his tomb.

But it was more than curiosity that caused this devotion to flourish. Prayers that emphasized Jesus' obedience unto death, sorrow for sin, and God's abiding love and mercy were at the heart of it. The Stations of the Cross are still a valuable resource for prayer, especially during Lent, with its twofold emphasis on baptismal renewal and penitential acts.

Essential to this devotion, whether prayed by an individual or a group, is meditation on the passion of the Lord in spoken and sung prayer, and movement from one station to the next. Ideally, everyone walks in procession to each station, uniting ourselves in our bodies to the Lord's passion and death.

COME, JOIN US each FRIDAY during LENT at 6:00 p.m. to pray the Stations of the Cross, recalling and meditating on Jesus' journey from His condemnation to his burial in the tomb. The Holy Sacrifice of the Mass will follow after the devotion.

FAST + PRAY + SHARE + FAST + PRAY + SHARE



ADULT CONFIRMATION – Our DRE, Sr. Celia Piala, will hold Sessions for **adults** who would like to receive the Sacrament of Confirmation.

DATE: Saturdays - April 9, 16, 23, & 30

TIME: 1:30 - 4:00 p.m.

To register and for more information, come to the FCMM Office.



The Philippine Embassy will provide **Consular Service** at the FAMAS Community Centre (4708 Van Horne Ave. Montreal, Quebec Metro Plamondon - Tel. 514-341-7477) on **Saturday, 19 March** from **9 :30 am to 5:30 pm**

- Full notarial and legal services, Balikbayan stamp services, Passport amendments and Travel document services, Accepting dual citizenship, report of birth, report of marriage, Visa and Mortuary Certificate Applications.
- **IMPORTANT:** Pls. call the Philippine Embassy in Ottawa (613- 233 1121) for appointment/reservation. Only the first 120 callers will be entertained.



The **SANCTUARY LAMP** this week is burning for the **GLORY OF GOD** and **FOR THE REPOSE OF THE SOULS OF HIPOLITO, and MARIA ERIVERA** offered by **CASIANA ERIVERA**.



"It is written: The Lord, your God, shall you worship and him alone shall you serve." - Matthew 4:10

The world tempts us with so much. Like Jesus on the top of the mountain, we can all see magnificent possessions, power, adventures, activities or accomplishments that tempt us to push God into the background of our lives. Yet, we must follow the example of Jesus and back away from the temptations of the world so that we have more time in our lives to worship and serve God. Lent provides us with the perfect opportunity to make a change that will last not just for forty days but for a lifetime.



Your Offerings for the week ending March 06, 2011 totaled \$ 1,505.00

Thank you for your continuing generosity!
God bless you always!!!



- ❖ To the *new arrivals* from the Philippines;
- ❖ To the *visitors* from other places;
- ❖ To those who have *been away and are back*;



We join in the Thanksgiving Intentions of:
MRS. ALICE AVINANTE, MARIETTA TABLANDA MONTEMAYOR.



- ❖ Please join in lifting up to the Lord the *special intentions* of: NILO VALENZUELA.
- ❖ Please pray for all the *sick and suffering*

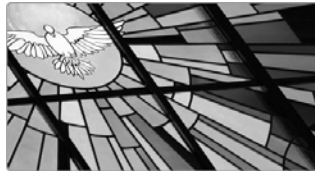
members of our Mission community and their loved ones, especially: FR. ROGER BEGIN pme, SR. ELIZABETH RELACION mic, ELECITA ARACENA, JESS ALCAIDE, JULIA PERLAS-TAN, ALFREDO PADERANGA SR., FE PADERANGA, JOSEFINA BANGALAN, JOSIE LIMLENGCO, DAWN DELA PAZ, CARMENCITA TRIVINIO, NORA ESPIRITU, ANNIE MOJADO, GREGORIO DEL MONTE, EDMOND GABA, MABEL TUVIDA, EDITH VALENZUELA, BALDOMERA AMBAYEC.

May God bring them healing and peace.

❖ all of our *deceased relatives and friends*, especially: LUCIANO, DIONISIO, and EDMUND WATKINS, POMONA and LEENETTE PEFANIS, HELEN BUDD, DEMETRIO CASTILLO, CONCEPTION CASTILLO, CONSOLACION MARIANO, ENRIQUE TABLANDA, FAUSTA TABLANDA, and those dying everyday in Afghanistan, the Middle East and in battles around the world.

May their souls and the souls of all the faithful departed rest in peace.

Stop by or call the FCMM office (514 387 - 5292) during normal business hours and have a Mass offered for your intention.



The Sunday Mass We Love

Gestures At Mass

God has gifted us with not just intellects and bodies, but also a spirit that was infused with eternal life at our baptism. When we pray, we pray with all our being - body, mind, and spirit. The way we sit, stand, kneel, use our voice to sing and pray, are important. Body actions express our inner thoughts and feelings, and what is going on in our hearts. We speak about body language in everyday circumstances. If our bodies are not ready to pray, neither are our minds and hearts. Sitting, kneeling, folding our hands, etc., are the body language of prayer.

Our attitudes affect not only ourselves, but also those around us. Standing, kneeling, speaking in a respectful, reverent, manner helps our hearts to become more open to God working within us, more open to listening to Him, more open to growing in faith. Sometimes it is easy to do this; other times, not so easy. It does require effort and self-control. When we put this effort into our praying, it helps us to celebrate well; by not disturbing or disrupting the prayer of others by chatting or talking needlessly, it helps everyone to celebrate well. Celebrating well helps all of us to deepen our faith and grow in God's love and grace, and helps to make our parish community a vibrant one.

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