



Fourth Sunday in Lent

This Sunday, called, from the first word of the Introit, *Laetare Sunday*, is one of the most solemn of the year. The Church interrupts her lenten mournfulness; the chants of the Mass speak of nothing but joy and consolation; and instead of purple, rose-coloured vestments are allowed to be used. These same rites were practised in Advent, on the third Sunday, called *Gaudete*. The Church's motive for introducing this expression of joy into today's liturgy is to encourage her children to persevere fervently to the end of this holy season. The real mid-Lent was last Thursday, as we have already observed; but the Church, fearing lest the joy might lead to

some infringement on the spirit of penance, has deferred her own notice of it to this Sunday, when she not only permits, but even bids, her children to rejoice!

Why rejoice this Sunday (Laetare Sunday) in the middle of Lent?



GOD'S HIDDEN PRESENCE

For those you who have eyes to see and ears to hear, much in our fleeting lives is not passing but lasting, not dying but coming to life, and not temporary but eternity. Amid the fragility of our lives, we have wonderful reason to hope. Some call this hidden reality "grace", others "God's life in us," others still "the kingdom of God among us."

In many ways that is what is meant by the term the spiritual life - the nurturing of the eternal amid the temporal, the lasting within the passing, God's presence in the human family. It is the life of the divine Spirit within us.

Become aware of this mysterious presence and life turns around. You sense joy even as others nurse complaints, you experience peace while the world conspires in war, and you find hope even when headlines broadcast despair.

You discover a deep love even while the air around you seems pervaded by hatred.

Jesus, help me to discover your deep love in all I think and say and do today!

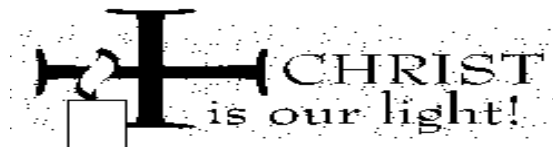
GOD IS AT WORK IN US

Often you will feel that nothing happens in your prayer. You say: "I am just sitting there and getting distracted." But if you develop the discipline of spending one half a day listening to the voice of love, you will gradually discover that something is happening of which you were not even conscious. It might be only in retrospect that you discover the voice that blesses you. You thought that what happened during your time of listening was nothing more than a lot of confusion,

but then you discover yourself looking forward to your quiet time and missing it when you can't have it. The movement of God's Spirit is very gently, very soft - and hidden. It does not seek attention. But that movement is also very persistent strong and deep. It changes our hearts radically. The faithful discipline of prayer reveals to you that you are the blessed one and gives you the power to bless others.

Jesus, keep working to transform me from within!

Journey of the Heart - Lenten Prayer with Henri N.M. Nouwen





LENTEN OBSERVANCES

All Fridays in Lent are days of abstinence from meat for Catholics 14 years of age and older. All Catholics 18 to 59 years of age eat sacrificially on these days.



The Stations of the Cross is being prayed on each Friday during Lent at 6:00 p.m. This typically Lenten devotion comes **highly recommended** by the Saints, many of whom prayed the Stations daily! Come and join us.

Alay Kapwa

Share in our **Lenten Action Project** for the less fortunate and the needy. Please donate non-perishable food

items, personal hygiene supplies and school supplies which will be sent to the natives in BUKIDNON, PHILIPPINES and to the MANGYAN TRIBES in Mindoro. You can deposit your donations in the boxes at the church entrances.

What a beautiful way of remembering a loved one by donating the Easter Flowers that will adorn the sanctuary of the FCMM throughout the Easter Season!

SPONSOR a plant in memory of a deceased loved one or in honor of the living. Stop by at the FCMM Office and complete a flower/ plant form with your donation. Hurry! Limited Quantity! Deadline is on Friday, April 15, 2011.



One way we Filipino Christians commemorate Lent is holding the **Pabasa ng Pasiong Mahal**. In the vernacular language, Tagalog, **Pabasa** means to let prose or poetry be read. **Pasiong Mahal** means sacred passion referring to the passion of Christ. In Lent, a book about Jesus Christ written in Tagalog is read in a rhyming fashion. The participants in a **Pabasa** do not read, but sing the words of a narrative of the Passion, Death, and Resurrection of Jesus Christ woven into a poem with stanzas of five lines and each line having eight syllables.

It is a well-cherished Christian rite commemorated since the Philippines was Christianized by the Spaniards in 1521. This tradition of the **Pabasa** was carried over by Filipinos

abroad. In an era that glorifies everything modern and urbanized, there is still room for traditional religious rituals like the **Pabasa**. The FILIPINO CATHOLIC MISSION OF MONTREAL is no different. We have celebrated the **Pabasa** since the year 2000. It is a community affair with the different ministries and groups in the FCMM taking turns in hosting the nightly event (since a 'continuous' **Pabasa** would be difficult to conduct, considering the devotees' schedules).

*This year, the FCMM is inviting all to join the annual **PABASA NG SAMBAYANAN** starting on **Sunday, April 10, (from 3-10 pm)** until **Thursday, April 14, (nightly, from 6:00 – 10 p.m.)**, at the **CHURCH BASEMENT. JOIN US!***



ANOINTING OF THE SICK –A communal Sacrament of Anointing is celebrated at The FCMM at a special Eucharistic liturgy each LENT bringing the whole parish community together to pray with and for those among us whose health is impaired. Anyone struggling with illness of mind, body or spirit is invited to be anointed.

The Special Mass will be held on **Friday, APRIL 15TH at 7:00 p.m.**

- This sacrament is **not** only for those who are at the point of death. The sacrament may be repeated as needed. No proxy-healing is allowed.
- For assistance and more info., call the FCMM Office (514- 387- 5292)



We will have our COMMUNAL PENITENTIAL SERVICES next Sunday, April 10th before the Mass. Please come earlier than usual and join us as we pray together for reconciliation.

**Raise funds for the FCMM every time you shop!
Get Gift cards from the FCMM every week for your shopping needs !**



Please be reminded that Shopping cards for many local stores, gasoline stations, and supermarkets are available **ALL YEAR-ROUND** to all who wish to support our church. Cards are available in amounts from \$25.00 to \$100.00. **5% of your purchase goes to support our parish!**

Please see Ms. Marites Quirapas



"We have to do the works of the one who sent me while it is day." - John 9:4

It is important to note that Jesus uses the plural "we" in this statement and not the singular "I." By saying, "We have to do the works..." Jesus commands all of us to participate in the work of God. It is not enough for us to simply know God's will. We must also do God's will, which means helping and serving others.



Your Offerings for the week ending March 27, 2011 totaled **\$ 1,508.00**

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:
RUTH ABINALES, LOIDA DAVID.

- ❖ Please join in lifting up to the Lord the *special intentions of:* THE MANGUBAT FAMILY.
- ❖ 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, NORA ESPIRITU, CARMENCITA TRIVINIO, ANNIE MOJADO, GREGORIO DEL MONTE, EDMOND GABA, MABEL TUVIDA, EDITH VALENZUELA, BALDOMERA AMBAYEC, IMELDA ARALAR, WILFREDO QUIRAPAS, IMELDA RUIZ, LUZ ORMILLO.

May God bring them healing and peace.

❖ all of our *deceased relatives and friends*, especially:
MATEO LOCQUIAO, MACARIA MABALHIN, JUAN MARIANO, MIGUELA ABAD, 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 **SANCTUARY LAMP** this week is burning for the **GLORY OF GOD** and **FOR THE REPOSE OF THE SOULS OF ALL DEPARTED RELATIVES and FAMILY MEMBERS** offered by **TONY and NORMA FOZ.**



TRAVELING? Don't forget to go to Mass!

For nationwide Mass times and locations, please visit www.MassTimes.org.