



On this 5th Sunday in Ordinary Time, we witness a miraculous catch of fish which symbolizes Jesus' mission to save mankind from the forces of evil. In every generation and community of believers, Jesus, the Divine Fisherman, continues to invite people to share in his mission of saving people from the clutches of evil in all its forms. The response to Jesus' invitation demands generosity and perseverance. In the Eucharis, let us pray in a special manner that all those who are called to fulfill this task may respond generously and persevere faithfully till the end of their life.

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**Did you know that the FCMM has a web site?** The site appears on the front of our Sunday bulletin, right below the parish street address and phone numbers. We hope you get use to seeing and using the web site address.



**THIS BULLETIN IS FURNISHED TO THE FCMM COMMUNITY WITHOUT CHARGE** - The advertisements that appear at the back page completely defray all publishing costs with which our church would otherwise be burdened. We encourage you to patronize our continuing sponsors and those that are new this year as a 'thank you' for their kind generosity.



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ADULT CONFIRMATION - Our DRE, Sr. Celia Piala, will hold Sessions for **ADULTS** who would like to receive the Sacrament of Confirmation.
DATE: SATURDAYS OF APRIL

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



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**RENEWAL OF MARRIAGE VOWS** -The Family Life Ministry of the Filipino Mission will host on **Saturday, June 22, 2013** a special celebration for couples marking their 25<sup>th</sup>, 30<sup>th</sup>, 35<sup>th</sup> and above years of being consecrated Ministers of Matrimony.  
**FOR MORE INFORMATION : CONTACT ANY MEMBER OF THE FAMILY LIFE MINISTRY or COME TO THE FCMM OFFICE !**



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LENT BEGINS
The Holy Season of Lent begins this week on ASH WEDNESDAY, FEBRUARY 13TH with ashes being distributed at the 7:00 pm Liturgy. Please note that the recitation of the Holy Rosary and Novena to Our Mother of Perpetual Help will be at 6:30 p.m.
In addition, we want to bring to your attention that Ash Wednesday is known as "A DAY OF FAST AND ABSTINENCE"; details on the regulations regarding this Catholic practice are in today's bulletin for your information.

As with all the Church seasons, Lent has its own special character, which is primarily to prepare us to celebrate the Resurrection of the Lord. By focusing on all that Jesus suffered during His life and especially at His death, we come to see the great love the Lord has for us and are better able to appreciate His gift of the Resurrection. What a wonderful gift this is for us sinners, who, because of the sin of Adam and Eve, and because of our own personal sins, are under the punishment of death. While the reality of death continues to be a part of our human condition, those who die in the Lord will enter eternal life and experience Resurrection from the dead at the Second Coming. The Resurrection is therefore a great thing and worthy of being celebrated! And it is worth our while to make sure that we prepare properly for its celebration. This is where Lent comes in. During this time, we as Catholics do some form of penance, first, as a sign of sorrow for our own sins, and, second, in solidarity with Christ, who did penance and

suffered for us. As many of the prayers during Lent indicate, it is by our sharing in the Lord's sufferings that we hope to share also in His Resurrection. In these few days before Lent begins, we are encouraged to consider a way we could do some penance for Lent. Giving up a favorite food, spending less time watching television, or eating less are all possible ideas. Each person needs to find the penance that is right for him or her. What matters in making your choice is that your penance be a sacrifice for you, which in turn will help you understand the Lord's sacrifice. This in turn will open your heart to understand more deeply the love the Lord has for you, and how much He wants you to share in His Resurrection.

LENTEN INSTRUCTION

*** ABSTINENCE ON ALL THE FRIDAYS OF LENT, AND ON ASH WEDNESDAY AND GOOD FRIDAY.**

No meat may be eaten on days of abstinence.

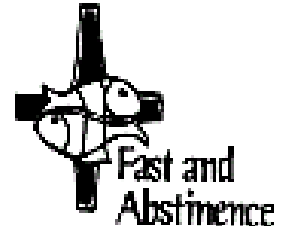
Catholics 14 years and older are bound to abstain from meat. Invalids, pregnant and nursing mothers are exempt.

***FAST ON ASH WEDNESDAY AND GOOD FRIDAY.**

Fasting means having only one full meal to maintain one's strength. Two smaller, meatless and penitential meals are permitted according to one's needs, but they should not together equal the one full meal. Eating solid foods between meals is not permitted.

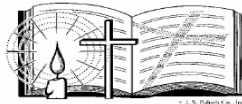
Catholics over 18 but not yet 60 years are bound to fast.

Again, invalids, pregnant and nursing mothers are exempt.



For all other weekdays of Lent, strongly recommend is participation in daily Mass and a self-imposed observance of fasting. In the light of grave human needs which weigh on the Christian conscience in all seasons, it is urged particularly during Lent, generosity to local, national, and world programs of sharing of all things needed to translate our duty to penance into a means of implementing the right of the poor to their part in our abundance. Also recommended are spiritual studies, beginning with the Scriptures as well as the traditional Lenten devotions (sermons, Stations of the Cross, and the Rosary) and all the self-denial summed up in the Christian concept of "mortification."

Let us witness to our love and imitation of Christ, by special solicitude for the sick, the poor, the underprivileged, the imprisoned, the bed-ridden, the discouraged, the stranger, the lonely, and persons of other color, nationalities of background other than our own.



A catalogue of not merely suggested but required good works under these headings is provided by Our Blessed Lord himself in his description of the Last Judgment (cf. Mt 25:34-40).

This salutary word of the Lord is necessary for all the year, but should be heeded with double care during Lent.



PREPARING BEFORE LENT BEGINS

Taking some time to get ready for Lent will ensure that we aren't going to miss the first week or two of Lent, because we are just getting started. Lent begins on Ash Wednesday, but we want to be ready to really take off on that day, rather than just beginning to think about Lent on that day. Part of what makes a vacation or a special anniversary so special is the build-up to it.

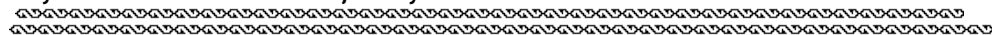
Before we get to Ash Wednesday, we should start asking ourselves some questions and we should start with some preparations. "What does God want to give me this year?" This question may require that I slow down a bit and listen to my inner spirit. For example, even if I'm very busy, I realize I'm hungry when I hear my stomach start "growling." "What am I going to be doing on Ash Wednesday?" Too often, Ash Wednesday is like every other day, except that I manage to get to church and get ashes on my forehead. Is there anything else I can do on Ash Wednesday? How will fasting and abstaining happen for me, for my family on that special day?

It doesn't a lot of time to prepare for the beginning of Lent. It just takes desire and focus. God can do so much with that. We can give God more of a space to touch our hearts if we begin to establish some simple patterns. We could wake up each morning, and for something like a half a minute to a minute, stand by the edge of our beds,



and just ask the Lord for the grace to let this day be one in which I long for the beginning of Lent. Perhaps we need to ask for specific helps or graces to get ready to begin Lent. Whatever we try to say, our Lord can understand the Spirit trying to speak through our simple words. And all it takes is the time to find and put on our slippers. And each night, in the days ahead, we can practice giving thanks to God before I go to bed. This simple pattern, in the morning and evening can stir our spirits to look forward to and prepare for Lent, as a season of grace.

May our Lord bless us all on this journey ahead.



“Then I heard the voice of the Lord saying, ‘Whom shall I send? Who will go for us?’ ‘Here I am,’ I said, ‘send me!’ ” - Isaiah 6:8

Every day – in little ways and in big ways – God asks, “Whom shall I send?” Whether it is someone to take on a new ministry or just someone to open a door for an overburdened stranger, God constantly looks to see if we are willing to respond with the eagerness that Isaiah showed when he answered, “Here I am, send me!”

Your Offerings for  **OFFERING** the week ending February 03, 2013 totaled \$ 1,939. 50

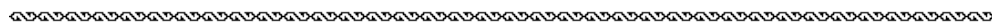
Thank you for your continuing generosity!
God bless you always!!!

WHAT IS A REASONABLE WEEKLY DONATION TO MY PARISH?

One suggestion that we make is to consider donating the equivalent of your **"First Hour of Work"** each week to the Lord.



The **SANCTUARY LAMP** this week is burning for the **GLORY OF GOD** and **AS THANKSGIVING** offered by **TONY and NORMA FOZ**.



- ❖ 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:



JUNESSE JOY SERASPE. MR. & MRS. ARNOLD UNABIA, MERCY PADUA, MR. & MRS. NELSON ALEJANDRO and FAMILY, JUN. JUDITH and KATHLEEN DIAZ, NILO & EDITH VALENZUELA and FAMILY, JUN & DORIE PAVICO, THE GEREGALE FAMILY, CRISTINA PUNZALAN, DOMINADOR & BALDOMERA AMBAYEC.



❖ Your prayers are humbly requested for all the sick and suffering members of our Mission community and their loved ones especially: **FR. ROGER BEGIN pme, SR. ELIZABETH RELACION mic, SR. LUZ PADERANGA op, ALFREDO PADERANGA SR., FE PADERANGA, ANNIE MOJADO, ELECITA ARACENA, BALDOMERA AMBAYEC, JULIA PERLAS-TAN, JOSEFINA BANGALAN, DAWN DELA PAZ, JOSIE LIMLENGCO, CARMENCITA TRIVINIO, BERNARDINO FERNANDO, IKE OSDON, TERESITA JALEA, WILFREDO DARIO, JOHN NICHOLAS MEJIA, TERESITA PLAMENCO, OLIVER MARTINEZ, PATRIA FEDERIZO, ANTONIO FOZ, ALICIA GINES.** May God bring them healing and peace.

❖ Remember also all of our **deceased relatives and friends**, especially **MARIA CLARA QUIRAPAS, LOLITA SANTOS, PABLITO DE CASTRO, LAUDINA BADO, CRISOGONO & PRESENTACION JALEA, CLIFFORD VELASCO, RENATO ARAZA, ERLINDA ARAZA, NORBERTO ARAZA, FEDERICO ACUYADO, VICTORIA SY, DOROTHY MILLS, VENERANDO TOLENTINO, MARIANO PERLAS, MAI TRAN, ALL SOULS IN PURGATORY** and those dying everyday in battles and calamities around the world. May their souls and the souls of all the faithful departed rest in peace.

MASS INTENTIONS

Do you have a deceased relative for whom you wish all the Grace of God; or perhaps a dear friend who could use a bit of divine assistance in their lives, or simply if you have reason to offer thanksgiving for a new-born son, daughter, God-child, niece, nephew or the like? Well the Sacrifice of the Mass contains within it all of the

graces of God and all that man can do to worship Him. Stop by or call the FCMM office
(514 – 387 5292) during normal business hours
and ask how you can have a Mass offered for your intention.

WINTER IS A MESSY SEASON ... PLEASE HELP US
MAINTAIN THE CHURCH CLEAN. MAKE SURE THAT YOU LEAVE YOUR
PEWS TIDY.