



# Fourth Sunday in Lent

**MARCH 18, 2012**

As we proceed in our Lenten pilgrimage and approach the dramatic days of the Holy Week, on this fourth Sunday of March, we are invited to focus on the essence of it all: God's merciful love for all human beings. His love for us is eternal. It is patient and wise, kind and strong, resourceful and constant. It is best exemplified in Jesus Christ, the God-Man who laid down his life that every human being might have life, life to the full.

This divine life is ours whenever we open our hearts to him in faith and let him fill us up with the light of his presence and grace.

This is what we do now as we begin the Eucharistic celebration with faith, hope, and love, and implore God's mercy on all mankind.

## Faith & Environment

**Lenten Habits to Develop:**

**Tips to Reduce Global Warming**

***"At its core, the environmental crisis is a moral challenge. It calls us to examine how we use and share the goods of the earth, what we pass on to future generations and how we live in harmony with God's creation."*** U.S. Bishops, *Renewing the Earth*.

**We connect Lent with self examination and fasting.**

**This Lent, let's consider a permanent change.**

**Currently, 90% of the meat and milk production methods are unsustainable and unhealthy-for us and for the planet. We can reduce this impact by reducing our consumption of meat.** A good starting point is to eliminate meat from three of our weekly meals. Widely practiced, this simple change is equivalent to taking all SUV's off the road.



## 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. 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 Sunday, April 1<sup>st</sup>, 2012 .

## FAST ✚ PRAY ✚ SHARE ✚ FAST ✚ PRAY ✚ SHARE

One way we Filipino Christians commemorate Lent is holding the **Pabasa ng Pasion Mahal**. In the vernacular language, Tagalog, **Pabasa** means to let prose or poetry be read. **Pasion 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 **Saturday, March 24, (from 3-9 p.m. ), Sunday, March 25, (from 3-9 p.m. ), and Monday until Thursday, March 29, (nightly, from 6-10 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, MARCH 30<sup>TH</sup> 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 SERVICE** **next Sunday, MARCH 25<sup>TH</sup>** before the Mass. Please come earlier than usual and join us as we pray together for reconciliation.



**SHARE LENT** is the annual fundraising campaign of the Canadian Catholic Organization for DEVELOPMENT AND PEACE. Share Lent helps partner communities in Africa, Asia, Latin America and the Middle East.

As people of faith and conviction, we are asked to live our values of justice and solidarity through prayer, action and almsgiving.

**NEXT SUNDAY, MARCH 25, A SPECIAL COLLECTION WILL BE TAKEN UP FOR THIS PURPOSE.** Compassion goes hand in hand with solidarity : it means to suffer with. Jesus felt compassion when faced with human suffering. We are called to feel that same depth of compassion when faced with the suffering of our brothers and sisters in Asia, Africa, Latin America and the Middle East.

Through your generous donations to DEVELOPMENT AND PEACE this and every Lent, you **help a just world take root.**



**LENT – THE HOLY SEASON OF RENEWAL**

**is 1/2 over.**

**What are you doing with it?**



Although anytime of year is appropriate, Lent is an especially good time to meditate on and prepare ourselves for the hour of death. And so let us call on **St. Joseph — who is remembered in a special way tomorrow, March 19—** and is especially honored as patron of a happy death, to assist us in our preparation. “The Church encourages us to prepare ourselves for the hour of death. In the ancient litany of the saints, for instance, she asks us to pray: **“From a sudden and unforeseen death, deliver us, O Lord”; to ask the Mother of God to intercede for us ‘at the hour of our death’ in the Hail Mary; and to entrust ourselves to St. Joseph, patron of a happy death.”** (CCC:1014)



**“For God so loved the world that he gave his only Son...” - John 3:16**

Of all the wonderful gifts that God has given to us, the gift of His own Son is truly the greatest. How can we ever thank God for a gift like that? God does not ask us to sacrifice our own precious firstborn, but He does ask that we be generous in making some sacrifices for Him.



**Your Offerings for the week ending March 11, 2012 totaled \$ 1, 551. 00**

Thank you for God bless you



**your continuing generosity ! always!!!**



**welcome!**

- ❖ 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:  
**MARIA QUIRAPAS, LILIBETH RUIZ, PERLITA LAZARO.**

❖ 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, JESS ALCAIDE, SR. ELIZABETH RELACION mic, SR. LUZ PADERANGA op, ALFREDO PADERANGA SR., FE PADERANGA, ELECITA ARACENA, ANNIE MOJADO, WILFREDO QUIRAPAS, BALDOMERA AMBAYEC, JULIA PERLAS-TAN, JOSEFINA BANGALAN, DAWN DELA PAZ, JOSIE LIMLENGCO, CARMENCITA TRIVINIO, WILFREDO DARIO, TRANQUILINO BIGCAS, BERNARDINO FERNANDO, ADRIANA BACQUIAL, JOSEFINA CALDITO RAQUIZA, NIDA VIERNES.** May God bring them healing and peace.

❖ Remember also all of our Deceased Relatives and Friends, especially **VICTORIA SY, ERNESTO PANADO JR., VIRGILIO MANGUBAT, VICENTE PURAY, RAMON RUIZ, GENOVEVA RELACION, ESPERANZA TRINIDAD, MARILOU TRINIDAD, JOSELIN TRINIDAD, JOSPER TRINIDAD, CORAZON MENDOZA, NELSON MALABUYOC, MATEO, JOSEFA, BERNARDO LOCQUIAO, 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**

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 SOUL OF ROSALINA BIGCAS** offered by **THE BIGCAS-CAMBALIZA FAMILY.**

