



THIS WEEK IN OUR PARISH LITURGICAL SCHEDULE

Saturday, February 9th	First Sunday of Lent / World Day of the Sick 5:00 p.m. mass: †Tito Bungabong / Gloria †Jose Varques / Josefa and children
Sunday, February 10th	First Sunday of Lent / World Day of the Sick 9:00 a.m. mass: †Josue and Adoracion Suple / Family 11:00 a.m. mass: †Candida Reyes / Family
Monday, February 11th	Ferial / Our Lady of Lourdes 9:00 a.m. mass: †Michael Hughes / Family 10:30 a.m. mass: Southwood Care Centre: For all parishioners, living and deceased
Tuesday, February 12th	Ferial 9:00 a.m. mass: Special Intention: Keefe Family 7:00 p.m. mass: C.W.L.
Wednesday, February 13th	Ferial 7:00 a.m. mass: †Aurelia Sauro / osino De La Paz 9:00 a.m. mass: †Bernie Evans / Family 6:30 p.m.: Prayers for the Sick
Thursday, February 14th	Ferial / Saints Cyril and Methodius 7:00 a.m. mass: †Esther Ash / Ron and Sheila Pilon 9:00 a.m. mass: Intention: Wendy Grady / Denis
Friday, February 15th	Ferial 7:00 a.m. mass: Special Intention / Margaret McClernon 9:00 a.m. mass: Health of Maria's mom and Laura Loreau / Margaret Geddes 7:00 p.m. mass: followed by STATIONS of the CROSS †Marcel Savoie / Lunz Family
Saturday, February 16th	Ferial 9:00 am mass: Nancy Gallagher / Patricia Bradley
Saturday, February 16th	Second Sunday of Lent 5:00 pm mass: †Alex Ostrovsky / Edward & Nancy Serhan †Arlyffe Fellbaum /George & Tess Villaruel
Sunday, February 17th	Second Sunday of Lent 9:00 am mass: For all parishioners, living and deceased 11:00 am mass: †Fred Dauk / Jim and Jenny O'Dell †Clare Hanbury / Patricia Bradley †Ida Marcon / Family



Dear Parishioners,

We are in the holy season of Lent. Lent is the period during which we are called to practice three things: fasting, praying and almsgiving. I am sure that many of you must have already decided when to fast and what to abstain from during these forty days that shall follow. You must also have decided on how you wish to renew yourselves spiritually by repentance and the sacrament of reconciliation. Fasting and almsgiving can be inter-linked. I suggest that we could use for charity, even the little amount that we would save from not indulging in our favourite things. I received an e-mail last week which put forth before me another form of fasting that we could very well try out this holy season and welcome Jesus' healing touch. Below are some suggestions you may want to consider:

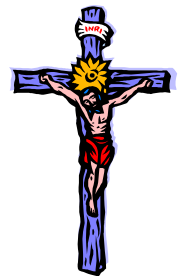
- **Fast from anger and hatred.** Give your family an extra dose of love each day.
- **Fast from judging others.** Before making judgments, recall how Jesus overlooks our faults.
- **Fast from discouragement.** Hold on to Jesus' promise that he has a perfect plan for you life (Jer. 29:11).
- **Fast from complaining.** When you find yourself about to complain, close your eyes and recall some of the little moments of joy Jesus has given you.
- **Fast from resentment or bitterness.** Work on forgiving those who may have hurt you.
- **Fast from spending too much money.** Try to reduce your spending by ten percent and give these savings to the poor.

Have a grace-filled season of Lent. May your lives be renewed as we prepare to celebrate the resurrection of our Lord Jesus Christ.

Father Patrick Furtado

STATIONS OF THE CROSS SCHEDULE

K of C	Friday, February 8th
C. W. L.	Friday, February 15th
U. A. C.	Friday, February 22nd
Pastoral Care	Friday, February 29th
Bible Study	Friday, March 7th
Youth	Friday, March 14th



WORLD DAY OF THE SICK

will be held at St. Cecilia's Church this Sunday, February 10th, 2008, at the 11 a.m. Mass for those who are seriously ill, undergoing surgery, or weakened by age. A breakfast, sponsored by the Knights of Columbus, will be served between 9 and 10 a.m. and after the 11 a.m. mass. Everyone is invited.