

Lenten Spiritual Activities

We are barely into Lent. It's not too late to consider the three pillars of this season and enter into Lent more deliberately through PRAYER, FASTING and ALMSGIVING. Make a commitment and choose some practices that will intensify your life as a Christian disciple. I believe more time in prayer is essential to the season of Lent.

Adoration of the Blessed Sacrament

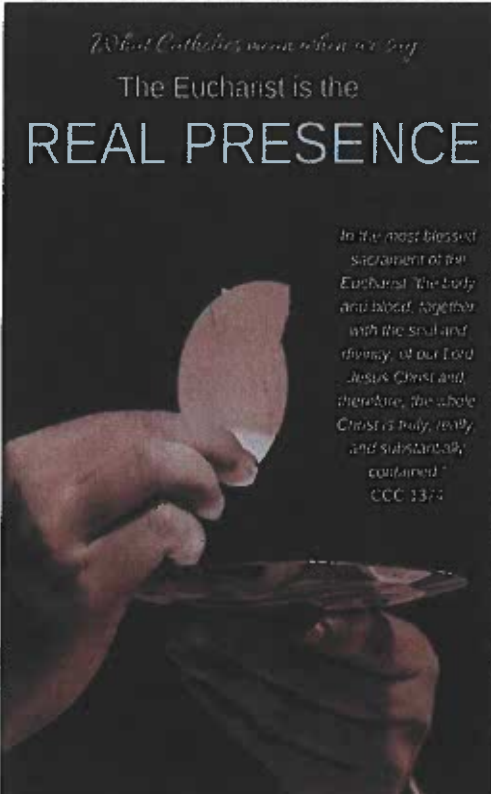
Please consider signing up for Adoration and dedicate one hour a week to be with Jesus and nourish your spiritual life. **To sign up, please contact Elizabeth at 519-590-5348 or our parish office at 519-743-4525.** Adoration of the Blessed Sacrament is taking place Monday to Friday from 9:00 a.m. – 8:00 p.m., in our church (Divine Mercy Chapel).

“If you are passing before a Church, enter to greet our Lord. Could you pass the door of a friend without saying hello?”

St. Jean-Marie Vianney

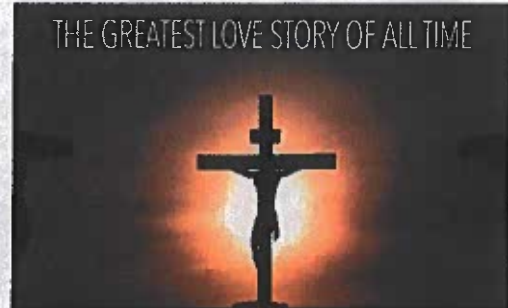
What Catholics mean when we say
The Eucharist is the
REAL PRESENCE

In the most blessed sacrament of the Eucharist, the body and blood, together with the soul and divinity, of our Lord Jesus Christ and, therefore, the whole Christ is truly, really, and substantially contained.
CCC 1377



Safest Way To Heaven
Saint Pius X

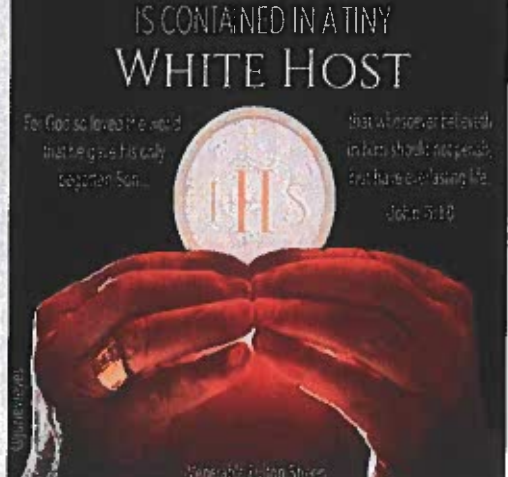
THE GREATEST LOVE STORY OF ALL TIME



IS CONTAINED IN A TINY
WHITE HOST

For God so loved the world that he gave his only begotten Son...
John 3:16

...that whosoever believed in him should not perish, but have everlasting life.
John 3:16



Venerable Fulton Sheen

Soul-nourishing Practices for Lent

As the sun was about to set,
a trance fell upon Abram,
and a deep, terrifying
darkness enveloped him.

GENESIS 15:12

SECOND SUNDAY OF

LENT

Fast from busyness.

Take a slow walk around a neighbourhood park or other natural place. Listen to the sounds around you of nature, of people, of silence - and let your soul find rest in the moment.

Fast from emotional exhaustion.

When feeling a soul-draining emotion, such as resentment, hurt, anger, or fear, give yourself time and space to let it rise and then subside. Don't judge, bury, or ignore it, but let it play itself out before choosing a way to respond.

Fast from negativity.

Pay attention to times when you find yourself indulging in skepticism or sarcasm, cynicism or contempt. Make a conscious effort to turn your thoughts around to something positive, hopeful, and life-enhancing.

Fast from verbal violence.

Look for ways to replace hurtful words with healing ones. Be mindful of abstaining from television shows, films, books, articles, and other forms of media that are filled with hateful, judgmental, or cruel words, images, and actions.

**"This, rather, is the fasting that I wish:
releasing those bound unjustly,
untying the thongs of the yoke;
Setting free the oppressed,
breaking every yoke;
Sharing your bread with the hungry,
sheltering the oppressed and the
homeless; Clothing the naked when you
see them, and not turning your back on
your own."**

Isaiah 58: 6-7