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### PARISH OFFICE

**Office Entrance:** 1125 Alexander Road  
**Pastor:** Father Robert Clark  
Email: fr\_robertclark@hotmail.com  
**Administrator:** Mrs. Regina Farrell  
Email: info@annunciationparish.ca  
**Administrative Assistant:** Mrs. Mary Sinnett  
**Choir Director:** Ms. Sandra D'Angelo  
**Maintenance Manager:** Mr. Jean Grignon  
**Sacristan:** Mr. Emilio Fontanilla  
**Office Hours:** Tuesday 9:00-12:00, Wednesday and Thursday 9:00-16:00, Friday 9:00-12:00

### EUCCHARISTIC CELEBRATIONS

**Saturday Vigil:** 17:00  
**Sunday:** 10:00  
**Monday:** No Mass  
**Tuesday to Friday:** 8:30

### SACRAMENTS

**BAPTISMS:** It is necessary to arrange an appointment with Fr. Robert for preparation. Baptisms are scheduled on an individual basis.  
**RECONCILIATION:** Saturday 16:15-16:45; Sunday 9:15-9:45, or anytime on request.  
**MARRIAGE:** Contact the office before setting the wedding date. Marriage preparation course and meetings with Fr. Robert are required.  
**ANointing OF THE SICK:** Please contact Fr. Robert if you or a family member is ill at home or in the hospital. He will gladly visit.

### WARDENS

Emidio De Carolis, Scot Diamond, David Flood, Anthony Mancini, Winston Redman, John Sullivan.

*Our Lady of the Annunciation Parish*  
75 Roosevelt Avenue, Town of Mount Royal, Quebec  
Phone: 514-738-1080 Fax: 514-738-1493  
Website: www.annunciationparish.ca

### Second Sunday of Lent

1 March 2015

### Our Lenten Fast

*“Through fasting and praying, we allow Him to come and satisfy the deepest hunger that we experience in the depths of our being: the hunger and thirst for God.” Pope Benedict XVI*

Fasting is something that seems to have slipped from our collective consciousness, yet it remains a fundamental part of the Christian life and is particularly essential to our Lenten discipline. Once an extensive list of prohibitions, the Church has relaxed her rules on fasting and abstinence over the years and has lightened a burden that for some was difficult. The ease of the fast, however, may lead some to lose touch with the practice of fasting and the reasons for it.

To fast is to reduce or eliminate the amount of food we consume for a certain length of time. Related to fasting is abstaining, that is, refraining from consuming a particular food, such as meat or chocolate. The Church requires only two days of fasting, Ash Wednesday and Good Friday, when we reduce our food consumption to one meal and two “snacks” that together are less than the meal. We are also required to abstain from meat on those days and all Fridays during Lent.

The gentle rules of the Church do not prohibit us from taking it up a notch, however, and many people fast one day per week or month, perhaps with a special prayer intention in mind, or just to help themselves to focus on Christ. If we think about how lethargic we feel after a big dinner, we can see that the reverse is also true. If we allow it, the hunger we feel when fasting can energize us and intensify our prayer.

Another thing to consider is that we consume many things other than food that also dull our senses. For some of us, these can be more difficult to give up – to fast from – than food. How many hours are spent zoned-out in front of the TV or scrolling through social media? Or, at the other end of the spectrum, how many of us never have a minute, but spend our days in constant busyness? Either way, we cannot hear God calling us if we do not take some quiet time and listen. Fasting from these preoccupations can be a lot harder than skipping meals or avoiding chocolate but can be just as rewarding.

Even if this Lent has gotten off to a slow start, there’s no time like the present. We should consider what we tend to consume and plan to fast from it, either by scaling back considerably or better yet, by going “cold turkey” - giving it up. As we take something away, we must also remember to fill that space with prayer and openness to God, not another distraction. May we draw closer to Christ through this Lenten journey so as to celebrate more fully the joy of His Resurrection at Easter.

Regina Farrell  
Director of Religious Education

## **PRAYERS:**

**For the sick:** Jean-Pierre Belair, Madeleine Coté, André and Marie Coupal, Patricia Lemieux, Estella Lim, Maria da Luz Madeira, Carmel MacDonald, Miguel Madeira, Lolita Matheson, Gaston Schwarz, Sammy Sinnott, Trudi Stanley, Father Joseph P. Sullivan, His Eminence Jean-Claude Cardinal Turcotte, Jacques Viau.

**For those who have died:** Maureen Rourke

**For vocations:** Peter James and John saw the Lord transfigured before their eyes and heard, “This is my son, my beloved, listen to him.” Are you listening? (Mark 9:2-10)

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**SECOND COLLECTION NEXT WEEK:** Next week’s second collection is for Development and Peace.

**COFFEE SUNDAY:** Please join us in the parish hall after the 10:00 am Mass for coffee, sweets and conversation.

**TUESDAY STUDY AND DISCUSSION GROUP:** On Tuesday, March 3<sup>rd</sup> from 9:15 a.m. until 11:15 a.m. The presentation of “Catholicism” continues in the parish boardroom. We continue our look at a documentary series on the Catholic faith by Reverend Father Robert Barron, an acclaimed author, speaker, theologian and founder of the ministry, *Word on Fire*. Anyone interested is welcome to attend. It is not necessary to have attended the previous sessions. Discussion will follow and coffee will be served.

**STATIONS OF THE CROSS:** The Stations of the Cross is a devotion following the events leading to Jesus’ crucifixion. Prayers accompanying it allow time to reflect on the mystery of His Death. During Lent, you are invited to join us on Fridays at 8:00 am for the Stations of the Cross, followed as usual by Mass at 8:30.

**PARISH MOVIE NIGHT:** We will be presenting the movie, “The Scarlet and the Black,” starring Gregory Peck and Christopher Plummer on Friday, March 13<sup>th</sup> at 7:00 pm in the Parish Hall – please use 71 Roosevelt entrance. This exciting and inspiring movie tells the story of Monsignor Hugh O’Flaherty, a real life Irish-born Catholic priest who saved thousands of Jews and escaped Allied POWs in Nazi-occupied Rome. Please join us for an entertaining evening, complete with popcorn and snacks. Admission is free.

**DISCOVER GOD SPEAKING TO YOU IN THE SILENCE OF YOUR HEART!** A spiritual retreat during this Lenten season is a time of graced silence and prayer which allows you to re-center your life on God and to deal prayerfully with current life issues. Weekend of March 13-15, 2015 at La Maison de Prière in Longueuil. Cost: \$130 (includes meals and lodging.) For more information, call Paul Empsall (514) 626-9462, or go to our website: [www.montrealretreats.org](http://www.montrealretreats.org).

**CONSULTATION FOR SYNOD ON THE FAMILY:** With an eye to the upcoming Synod on the family, Pope Francis invites us to participate in the reflection begun by the bishops who attended last October’s Extraordinary Synod. As a result, a very important process is happening right now in our Archdiocese. A consultation is underway in preparation for the Synod on the Family scheduled for October 2015 in Rome. You are encouraged to visit their website [here](http://www.synod2015.org) and to answer all or part of the questionnaires so that your opinions and concerns will be heard.

**OUR LENTEN JOURNEY TO EASTER HAS BEGUN!** Why not plan to include the diocesan-wide Lenten Mission about The Catholic Faith and You! led by Bishop Thomas Dowd? It takes place March 17, 18, 19 at Transfiguration of Our Lord Parish (11775 Filion, H4J 1T4). All evenings begin at 7 p.m. Come for one, two or, better yet, all three evenings and bring a friend. For more info: Corey Jolly 514-931-7311 ext.251 or [cjolly@diocesemontreal.org](mailto:cjolly@diocesemontreal.org).

## **MASS INTENTIONS**

### **Saturday, February 28 – Second Sunday of Lent**

5:00PM Pro Populo Father Robert

### **Sunday, March 1 – Second Sunday of Lent**

10:00AM In Thanksgiving Raquel Bondoc

### **Tuesday, March 3**

8:30AM Rafael Esposito Gaston and Rita Beauregard

### **Wednesday, March 4**

8:30AM Coleman and McMenamin families The Estate

### **Thursday, March 5**

8:30AM Florence Evans The Estate

### **Friday, March 6**

8:30AM Evelyn McMenamin The Estate

### **Saturday, March 7 – Third Sunday of Lent**

5:00PM Victoria Shams Bernadette Shams

### **Sunday, March 8 – Third Sunday of Lent**

10:00AM Pro Populo Father Robert

**STEWARDSHIP:** Our collection last weekend was \$1575.00. Thank you for your offerings in support of our parish as a place of Christian worship, instruction and mission.

**STEWARDSHIP REFLECTION:** “*Here I am!*” he answered.” – *Genesis 22:11* It is easy to say, “Here I am, Lord,” when we are kneeling in church. Can we just as easily answer, “Here I am, Lord,” when we go home, when a neighbor needs our help, when a fellow parishioner asks us to join a committee, or when a letter asks for our financial help? These are often exactly the places where Jesus calls us to be.

## **SANCTUARY LAMP:**



The sanctuary lamp signals the Presence of the Lord Jesus in the Tabernacle and burns for seven days. We invite you to have the sanctuary lamp memorialized in the name of a sick person, a deceased loved one, or a special intention, for a weekly donation of \$20.00. Please call the office to arrange a memorial for the sanctuary lamp.

This week the Sanctuary Lamp burns for the recovery of Gaston Schwarz, requested by Emilio Fontanilla.