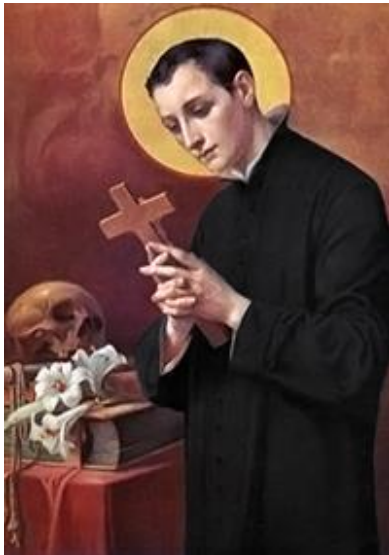




ST. ALOYSIUS PARISH



Serving the English Catholic Community in the East End of Montreal since 1908
8402 de Marseille Street, Montreal, Quebec, H1L 1P9 • T: 514-351-3281 • F: 514-351-5585
Email: parish@saintalloysius.ca & fatherpaul@saintalloysius.ca Website: www.saintalloysius.ca



ST. ALOYSIUS MISSION STATEMENT

*We, as a Christian Community, Inspired by the Holy Spirit, Strive to live our Baptismal Promises by using our time, talent and treasure to reach out to others **as Jesus did.***

PAROCHIAL ADMINISTRATOR

REV. PAUL POMKOSKI

EUCCHARISTIC CELEBRATIONS

SUNDAYS 9:30AM at STE. LOUISE-DE-MARILLAC CHURCH
(corner Honoré-Beaugrand & Ste. Claire)

SECRETARIES

JOANNE TROTTIER

CYNTHIA MARIE PAGINADO

CONFESSIONS THIRTY MINUTES PRIOR TO ALL MASSES, OR BY APPOINTMENT

BAPTISMS CONTACT OFFICE FOR INFO

WEDDINGS CONTACT OFFICE MINIMALLY SIX MONTHS BEFORE MARRIAGE

ST. ALOYSIUS & ST. BRENDAN'S COMMUNICATIONS OFFICER
DOROTHY LETANG

CATECHETICAL PROGRAM
LINDA POMKOSKI
514-376-8183

H.O.P.E.
CYNTHIA HANSEN
EMMA LISI
JOYCE MONTANARO
JOANNE TROTTIER
TONY SECONDO
MANON LEGAULT

ST. ALOYSIUS & ST. BRENDAN'S PASTORAL COUNCIL (ST. ALOYSIUS MEMBER)
CYNTHIA MARIE PAGINADO

SOCIAL COMMITTEE
EMMA LISI
JOYCE MONTANARO
JOANNE TROTTIER

ALCOHOLICS ANONYMOUS
Blue Mondays: MONDAYS - 8:00PM
ST. ALOYSIUS PARISH CENTRE
(8402 de Marseille St., Montreal)

WARDENS
TONY SECONDO
ALEX BELLISARIO-GIGLIO
MICHELE NARAYANAN
CHLOE-LYNN RUSSO
CYNTHIA HANSEN
JAMES PIERRE GUIMOND

THE LADIES OF ST. ANNE
ROSEMARY KELAHEAR

ALMAGE 50+ CENTRE
JOHN HENRY

ALCOHOLICS ANONYMOUS
SUNDAYS - 8:00PM
ST. BRENDAN'S HALL
(5740 15th Ave., corner Rosemont)



MASS INTENTIONS



For Today:

Sunday, February 23

Intentions are for:

BETTY TROTTIER

Requested by:

Jacques Beaulieu

For Next Week:

Sunday, March 1
and

MAURICE DELORME
THOMAS NADIN ON THE
50th ANNIVERSARY OF HIS PASSING

Frances Delorme
Son-in-Law Jacques Beaulieu

BIRTHDAY GREETINGS for this week go out to:
Luigi Montanaro (23), Regent Campion (27)

CELEBRATING AN ANNIVERSARY this week:
No anniversaries listed.

Seventh Sunday in Ordinary Time

We may feel like we never have enough; enough money, time, love, status or anything else that seems to be the focus of our lives. We live lives that are packed with activities, meetings and obligations - keeping our hearts distracted away from our relationship with God, from our families and from others in our lives who need our love.

In these few days before Lent begins, we can begin to prepare our hearts by asking ourselves how we want Lent to be different this year. What do we want to ask the Lord to give us - and more importantly, we can ask *what the Lord wants for us* this Lent. What gift of generosity, love or attention can we share with others in the weeks ahead? How can we focus on the Lenten season and ask that our hearts be opened to what is real - not to the externals which distract us so much? How will I *be* with my family and friends this Lent? What will I do that sets this season apart from my normal routines? How can I name, anticipate and feel the gifts the Lord showers on me with such love in the weeks ahead? And every morning, we can begin by sitting at the side of our beds with our hands open on our laps, asking God to help us receive these gifts with open hearts. We can carry that focus with us throughout the day, remembering in the quiet moments what we are asking for. Always, we end our day simply thanking God for the love and gifts of the day.

For the first four days of Lent, it will be a great help to set aside some time, even if it means getting up earlier each morning, to read about what Lent can mean and to let that soak into our hearts. The key is not to be somber or severe in any way, but to know that this is a time of great grace so that we can be attentive to it. The first thing to remember is that these 40 days are a **gift** to us. We are not trying to save ourselves by our Lenten practices. God has already saved us. We are only trying to let God get our attention and to give grace a chance to work in us. These days are critically important for choosing to establish some Lenten patterns. Depending upon our age or health, we will want to do some fasting and abstinence, in regard to food. But, each of us can choose what else we can fast and abstain from during Lent. What practices of mine get in the way of my being open to hearing God's Word and responding freely? That's what needs transforming. Giving up needing to be right, fasting from my impatience, totally abstaining from escapist fantasies will open our hearts to God's grace. None of that takes extra time. It just takes desire. Adding new acts of kindness, gratitude and love each day for family and friends will open our hearts to the greater acts of charity and generosity for the poor.

Finally, Lent is the perfect time to choose to grow in gratitude. Every night, before going to bed, let us be faithful to giving thanks to the Lord who has given us so many blessings and offers us new graces each and every day.



ST. ALOYSIUS' NEWS

ASH WEDNESDAY

Please note a time change for this year's Ash Wednesday services, which will be held on **Wednesday, February 26:**

- **9:30 a.m. (not 4 p.m. as originally announced)** at St. Aloysius Parish Centre (8402 de Marseille, Montreal, H1L 1P9)
- **7:30 p.m.** at St. Brendan Parish (3542 Rosemont Blvd., Montreal, H1X 1K8)

LENTEN PRAYER REFLECTION

All are welcome to take part in a Lenten Prayer Reflection designed to help prepare ourselves for our spiritual journey through Lent.

Led by Fr. Paul Pomkoski, the reflection will be held on **Saturday, February 29**, from 1 p.m. - 3:30 p.m. (3542 Rosemont Blvd., Montreal, H1X 1K8).

LENTEN PENITENTIAL SERVICES

We are having our Lenten Penitential Service on **Sunday, March 22**, 2 p.m. at St. Brendan Parish (3542 Rosemont Blvd., Montreal). We are giving you plenty of notice so that you may make every effort to attend. This is a good opportunity to prepare yourself spiritually for Lent.

COMMUNITY NEWS

LANGUAGE OF THE HEART:

Sessions with Sr. Kay Duffin, CND

Recently Pope Francis once again urged Catholics to become more familiar with reading and reflecting on the Sacred Scriptures. Rather than giving up something could you be inspired to take on the task suggested by the Holy Father during the season of Lent? Towards this end, **Sr. Kay Duffin, CND**, will animate eight sessions on **Tuesday evenings, February 25 - April 7**, from 7 p.m.-9 p.m. at the Congregation of Notre-Dame Motherhouse (2330 Sherbrooke St. West, Montreal, H3H 1G8), corner of Atwater Ave. Parking is available. There will be homework; some reading assignment from the text *Language of the Heart*, by **Noel Cooper** will be given each week. The cost of the book is \$30. For more information, please call Sr. Kay at 514-762-1844.

MONTREAL MEN'S CONFERENCE

"Iron sharpens irons, and one man sharpens another."

– Proverbs 27-17

Join the Catholic men of Montreal for a faith filled day of fellowship.

It's a spiritual battle out there and Men need God...Men need Men. **Keith Doucette and Deacon Mike Sequin** are men of great faith who will share their struggles, experiences, Faith, Hope and the Message of His Divine Mercy.

All men are welcome on **Saturday, March 14** from 8:45 a.m.-4 p.m. at Our Lady of Consolata Parish (1700 Jean Talon St. East, Montreal).

Mass will be celebrated by **Auxiliary Bishop Alain Faubert, V. G.**

Cost is \$20; lunch provided.

Register online at:

<https://jp2centre.simpletix.com/e/51888>

Hosted by the **John Paul II Centre for Divine Mercy**.

"BETWEEN ME AND THE WELL":

A LENTEN RETREAT

"Are you thirsty? There is a well. What keeps you from drinking?"

During this Lenten Retreat, we will ask for the grace to discern the voices that keep us from drinking from the One Well of Living Water. Jesus needed the desert experience to achieve this discernment, and so do we. Join **Brent Walker** on **Saturday, March 14** from 9:30 a.m. to 3 p.m. in the parish hall (6405 de Terbonne, Montreal, H4B 1A8) and dare to set yourself apart for a day to let the Holy Spirit of Love clear some of the clutter between you and the Well of Living Water.

Bring your own lunch. Beverages and snacks will be provided. Suggested donation of \$20 or freewill offering will be gratefully accepted!

Samia Boghdady, of [Theologia Book Ministry](#), will be present with a selection of books and other media for you to purchase during the retreat. For information and to register by **March 10**, contact Anna at (514) 481-0267 ext. 222 or anna.diodati@stmonica.ca.

Have a wonderful week everyone, thank you for your stewardship, and keep up the excellent work!



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