

3. POSTNA NEDELJA

19. marec 2017

Leto A

Št. 12

Odpev: *Ne zakrknite danes svojih src.*

Response: *O that today you would listen to the voice of the Lord. Do not harden your hearts!*

Vrstica pred evangeliem: *Gospod, ti si resnično odrešenik sveta; daj nam žive vode, da ne bomo žejni.*

Gospel acclamation:

Praise to you, Lord, king of eternal glory! *Lord, you are truly the Saviour of the world; give me living water, that I may never be thirsty. Praise to you, Lord, king of eternal glory!*

NEDELJA, 19. marec: 3. POSTNA NEDELJA

- 8.00** + Jože Obreza, žena in hčerke
+ Jože Stezinar, M. Stezinar
+ Jože Grčar, žena z družino
+ Jožica Nedeko, Mary Grčar
+ Andrej Pahulje, Francelj in Marcia Gagula
+ Jože Mervar, družina
+ Franc Vrhovec, M.L. Soršak
+ Jožef Rosenwirth, Andrej Wiebl
- 9.30** + Jože in Tončka Kastelic, družina
+ Josip in Nevenka Simčič, Anka Udovič z družino
+ Gabrijela Sečnik, hčerka
+ Tončka Jarc, Sonja Kodrič
+ Jožef Kolenko, družina Kolenko
+ Katarina Marentič, Ivan in Mary Marentič
+ Jože Kovačič, Ana Bartol
+ Vera Boštjančič, družina R. Žilavec
+ Joey Režek, Starši
+ Jože Čemas, Ivanka in Leopold Jakopin
+ Iz družine Vičič, družina Mahne
+ Iz družine Mahne, družina Mahne
+ Jože Kocet, žena Angelca z družino
+ Starše Žužek, družina Škrajnar
+ Jože Kure, P. Kure z družino
+ Jože Štrukelj, Rozalija Štrukelj
+ Jože Berkopce, R. in C. Perko
- 11.00 (English)** For parishioners (živi in pokojni župljani)
+ Jožef and Gizela Padar, daughter
+ Jože and Pepca Klanfar, family
+ Jože Kure. Mary and Robert Kure
+ Marjan Bajc, wife Marica
+ Vid Rovanshek - 9 obl., Majdi and family
+ Jožica Pirc, Victor Pirc and family Rosati

Poned., 20. marec: SVETI JOŽEF, mož Device Marije, Jezusov Rednik, zav. Vesoljne Cerkve, glavni zavetnik Kanade

- 8.00** + Jože in Tončka Kastelic, Mia Ferkul
+ Jože in Tončka Gorjup, Majda Gorjup
- 9.30** Pogrebna maša + Oskar Bučinel

Torek, 21. marec: NIKOLAJ iz Flue; SERAPION, muč.

- 8.00** + Starši Hozjan, Joe in Mary Hozjan

Sreda, 22. marec: LEA, spokoronica BAZILIJ, mučenec

- 8.00** + Marija Končan, mož Tine

8.30 - 7.00 p.m. celodnevno čiščenje - All day adoration

Četrtek, 23. marec: REBEKA, red.; ALFONZ, šk.

- 8.00** + Peter in Ana Kotze, hčerke

Petek, 24. marec: DIONIZIJ, mučenec

- 8.00** + Tine Tekavčič - obl., Danica Ančimer
7.00zv+ S. Teodozija Judnič, Marijine sestre

Sobota, 25. marec: GOSPODOVO OZNANJENJE

- 8.00** + Ludvik in Robert Stajan, družina M. in T. Ferkul
- 5.00** + Iz družine Bučar, Mari Bučar
+ Jože in Angela Glivar, J.G.
+ Iz družine Fuzir, družina Ugovšek
+ Jože Kolenko, družina Kolenko
+ Ana Miroslavič, hčerka
+ Iz družine Medvešek, Rozika Jarkovič
+ Iz družine Jarkovič, Frank Jarkovič
+ Katarina Ščrbič, Mary Glavač
+ Angela Sebanč, Mari Bučar
+ John in Cecilia Bain, Majda Gorjup
+ Mario Depolis - 1 obl., Ivanka in Ivan Papa
+ Marica Frankovič - 1 obl., Ivanka in Ivan Papa
+ Peter Urbanc, Francka Urbanc
+ Gizela Jerebic Čurič - 30 dan, E. Jerebic z družino
V zahvalo 80 let Kristina Oman, družina

NEDELJA, 26. marec: 4. POSTNA NEDELJA

- 8.00** + Mona Cowell, Mary Kotze
+ Tone Škrajnar, Milica in Štefan Muhič
+ Max, Lojze in Doreen Jamernik, G. Jamernik
+ Darko Vukšinič, Francelj in Marica Gagula
- 9.30** + Vera Novak, družina R. Žilavec
+ Valentina Turnšek, sin Andrej
+ Jože Čemas, Danica Ančimer
+ Iz družine Susteršič, družina Svetina
+ Jože in Ivan Žužek, družina Škrajnar
+ Angelca Sebanč, Janez Zidar
+ Mate Raspudic, družina Križaj
+ Člane Moya Financial
+ Derek Horvat, I. Utroša
+ John Plut - 2 obl., sestra Lojska Mezgec
+ Jožef Szabo, Sidonija Bokan
- 11.00 (English)** For parishioners (živi in pokojni župljani)
+ Jože Kure. Milka Mate and family
+ Frank Mate, family
+ Nežka Petek Škulj, Škulj family

PRAZNIK SV. JOŽEFA, moža Device Marije, zavetnika Kanade in Slovenije, ker je 19.marca postna nedelja, praznujemo v poned. 20. marca ob 8h zjutraj.

KRIŽEV POT v postnem času bo vsak petek ob 6.30 zvečer, pol ure pred sveto mašo. Lepo vabljeni!

TEEN LIFE: Postno srečanje mladih bo v **petek 24. marca**, po maši.Tema »križev pot«. Oblikovali ga bomo skupaj!

SLOVENSKA ŠOLA BREZMADEŽNE vabi na prireditve v počastitev lanskega maturantov in na koncert glassine gost je Ansambel Vižarji iz Slovenije.

Soboto, 25. marca 2017 v dvorani župnije Brezmadežne, 739 Brown's Line, ob 6:30 zvečer
Vstopnice: \$20 za odrasle, \$10 za študente
Nastopali bodo tudi ostali učenci Slovenske šole.

MOYA FINANCIAL vabi člane na 1. redni občni zbor, ki bo v **nedeljo, 26. marca** ob 4h popoldne v župnijski dvorani na Brown's Line. Na zboru bodo člani prejeli finančna poročila preteklega leta in informacije o poslovanju. Člani Moya Financial vljudno vabljeni!

MINISTRANTI imajo srečanje **31. marca** po večerni maši. **Nujno potrebujemo novih moči**, posebno ob nedeljah pri prvi in drugi maši. Z veseljem vabimo nove ministrante. Kdor želi postati ministrant ali strežnik pri oltarju naj se oglasi v zakristiji po vsaki sveti maši. Starši, stari starši, vzpodbudite vaše otroke, vnuke in vnukinje, da bodo z veseljem postali ministranti ali ministrantke. Molimo za poživitev in rast te skupine!

K.Ž.L. bodo na cvetno nedeljo, 9. aprila prodajale potice. Če kdo več ne rabi posodo za peči potice, prosimo prinesite v župnijo. Naročite potice na 416-255-2721.

Dejavnost posredovanja življenja in vzgoje je po svoje odsev stvariteljskega dela Očeta. Radost ljubezni, 29

Visit our Website: www.ourladyofmm.com

ST. JOSEPH'S DAY is a Roman Catholic feast day commemorating the life of St. Joseph, the foster father of Jesus and husband of the Blessed Virgin Mary. St. Joseph is the patron of workers and those in need of work. Prayers for the unemployed are often included in the traditions of March 19th celebrations.

STATIONS OF THE CROSS are being said on Fridays at 6:30 pm in Slovenian, before Slovenian Mass.

PARISH PASTORAL COUNCIL meeting is next **Monday, March 27th** at 7 pm.

KATOLIŠKA ŽENSKA LIGA - CWL - Humber Valley Region Spring General Meeting is on **Monday, March 20th** at St. Gregory Parish, 122 Rathburn Rd., Etobicoke. Mass is at 7 pm followed by a meeting. Refreshments will be served.

TEEN LIFE: Lenten get together is **Fri., March 24th** after Mass. We will compose on The Way of the Cross.

MOYA FINANCIAL invites members to attend the 1st Annual General Meeting on **Sun., March 26th**, at 4 pm at the Parish Hall, 739 Brown's Line. Registration begins at 3 pm. Members will receive reports and information respecting the financial position of Moya Financial and the results of its operations.

ALTAR SERVERS will have their meeting **Friday, March 31st**. **We urgently need new help**, especially on Sundays at first and second Mass. Those who are willing to serve, can come to the sacristy after each Mass to talk to the priest. Parents and grandparents encourage your children or grandchildren to willingly & joyfully become servers. Let us all pray for success!

SHARELIFE SUNDAY in our parish is **April 2nd**
Living the Gospel by supporting the Deaf community. . .

Taavi wasn't engaged at his school or in extracurricular sports and as a Deaf person, he faced obstacles trying to join his hearing peers. His mom encouraged him to try to participate in the Deaf community. His life changed when he joined a Deaf basketball fun day hosted by Silent Voice and met Mike, Director of the Silent Voice Child and Family Program. He joined a Deaf sports team, began a co-op position with Silent Voice in his 4th year of high school, and was hired as a counselor in Silent Voice Sign Language Summer day camp. He continues to volunteer at Silent Voice and says, "I'm grateful to ShareLife-supported Silent Voice and want to be a role model for Deaf kids, like Mike was to me." **Last year more than 600 deaf children received help through ShareLife-supported Silent Voice's Sign Language Summer Camps.**

For over 100 years, **Catholic Missions In Canada** has provided support to Catholic missionaries serving throughout Canada. Their ministry? To extend the blessings of the Catholic faith to 24 mission dioceses in Canada that are too poor to support the work of the church and its priests and sisters. **Rev. David Reilander**, President of Catholic Missions In Canada, will be visiting our parish to speak at **the 11:00 Mass on the Sunday, April 2, 2017**. Please welcome him and listen to learn more about the missionary work being done in over 600 missions in our own country. To receive your free Catholic Missions In Canada magazine, call 1-866-937-2642 or visit their website at www.cmcc.info.

C.W.L. bake sale is on Palm Sunday, April 9th. If anyone is no longer using their potica baking pans, please bring them to the church office. We are in need of more pans. Please order poticas in advance by calling 416-255-2721.

DOM LIPA is seeking an Executive Director. For more information view their website www.domlipa.ca or phone 416-621-3820.

CONSULATE GENERAL OF THE REPUBLIC OF SLOVENIA
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John Doma / Facebook
<http://www.facebook.com/SlovenianEmbassyCanada>
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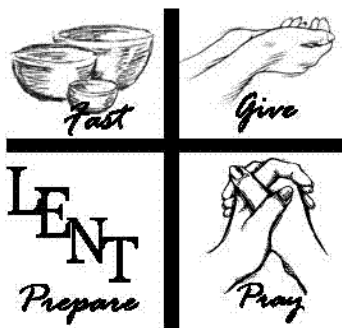
BOŽJA RESEDA

Mt 17, 1-9

Iz evangelija po Mateju

Tisti čas je Jezus vzel s seboj Petra, Jakoba in njegovega brata Janeza in jih peljal na visoko goro, na samo. Vpričo njih se je spremenil. Njegov obraz je zasijal kakor sonce in njegova oblačila so postala bela kakor luč. In glej, prikazala sta se jim Mojzes in Elija, ki sta govorila z njim. Peter pa se je oglasil in rekel Jezusu: »Dobro je, da smo tukaj, Gospod! Če hočeš, postavim tu tri šotore; tebi enega, Mojzesu enega in Eliju enega.« Ko je še govoril, jih je obsenčil svetel oblak, in glej, glas iz oblaka je rekel: »Ta je moj ljubljeni Sin, nad katerim imam veselje; njega poslušajte!« Ko so učenci to zaslišali, so padli na obraz in se zelo prestrašili.

In Jezus je pristopil, se jih dotaknil in rekel: »Vstanite in ne bojte se!« Ko pa so povzdignili oči, niso videli nikogar razen Jezusa samega. In medtem ko so šli z gore, jim je Jezus zapovedal: »Nikomur ne povejte, kar ste videli, dokler Sin človekov ne bo vstal od mrtvih!«



uprla se jim je preizkušnja. Dobro so slišali prvi del Jezusove napovedi, ko je govoril o svojem trpljenju in smrti, nekako pa jim je ušel drugi del Jezusovih besed, da bo namreč po treh dneh obujen. Niso mogli videti, da je to dvoje povezano. Mar ne velja to tudi za nas? Kadar smo v neki preizkušnji, bolečini, trpljenju, krizi, težko vidimo izhod, težko vidimo luč, tolažbo. Naš pogled sega le do groba, ne pa onkraj groba, do vstajenja. Zato se tudi mi bojimo preizkušenj, bolečine in trpljenja.

V spremenjenju na gori je Cerkev vedno videla podobo molitve. Najprej se vzpnemo na goro, kar ne gre brez napa. Podobno je naporno vstopanje v molitev in vztrajanje v njej. **Potem nas razsvetli**

Jezusova luč. To razveseli, potolaži, daje mir. **V tej luči moremo videti stvari, dogodke, osebe, v drugačni luči, globlje. Po sestopu z gore, se pravi po molitvi, je naš pogled drugačen.** Stvari, osebe, dogodki so na zunaj lahko še vedno isti, toda mi jih vidimo drugače, z bolj jasnim in čistim pogledom. Neko nesrečo, bolezen, konflikt npr. smo pred molitvijo videli le kot nesrečo, kot nebodigatreba dogodek, po molitvi pa isto stvar lahko vidimo kot milost, kot dar. To je sad molitve, ki nam more dati globlji pogled, da vidimo onkraj.



Gospod, saj bi prav rad služil, vendar le po urah.

Rad bi hodil za teboj, vendar ne zmeraj.

Rad bi sprejel tvoj križ, vendar ne pretežkega.

Rad bi kaj žrtvoval, vendar ne sebe.

Rad bi ljubil, vendar ne preveč.

Rad bi začel, vendar šele jutri.

Gospod, ne nahaš me nadlegovati,

tvoja usta še vedno sprašujejo: "Boš začel danes?"

Gospod, pomagaj mi v tem postnem času, da se ti bom znal popolnoma darovati in da s teboj ne bom trgoval!

Prošnja:

Gospod, razsvetli me s sijajem svojega obličja; naj molitev spreminja moj pogled ...

Molitev:

Pomembno vlogo v molitvi igra telo, saj je svetišče Svetega Duha. Zato je prav, da **ga dobro pripravimo in vključimo v molitev, da nam bo v pomoč, ne pa v oviro.** Včasih lahko vstopim v molitev s to vajo: Najprej se umirim. Nekaj časa se v molku zavedam sebe v Bogu in se v njem sprostim in izročim. Pomembno je, da sem nekaj časa v Božji navzočnosti brez besede ali pa lahko počasi, z vmesnim premorom, ponavljam naslednje besede: V Tebi sem ... Vse moje telo, od glave do pete je v Tebi ... V Tebi bivam ... V Tebi diham ... V Tebi moje srce bije ... V Tebi se sproščam ... V Tebi se spočijem ... V Tebi sem ves Tvoj / vsa Tvoja ...

BOŽJA RESEDA

Mt 17, 1-9

Holy Gospel of Jesus Christ according to Saint Matthew

Jesus took Peter, James, and John his brother, and led them up a high mountain by themselves.

And he was transfigured before them; his face shone like the sun and his clothes became white as light.

And behold, Moses and Elijah appeared to them, conversing with him.

Then Peter said to Jesus in reply, "Lord, it is good that we are here. If you wish, I will make three tents here, one for you, one for Moses, and one for Elijah."

While he was still speaking, behold, a bright cloud cast a shadow over them, then from the cloud came a voice that said, "This is my beloved Son, with whom I am well pleased; listen to him."

When the disciples heard this, they fell prostrate and were very much afraid.

But Jesus came and touched them, saying, "Rise, and do not be afraid."

And when the disciples raised their eyes, they saw no one else but Jesus alone.

As they were coming down from the mountain, Jesus charged them, "Do not tell the vision to anyone until the Son of Man has been raised from the dead."

«Vnaravi duha je, da
verjame, in v naravi volje, da
ljubi» (Pascal)

Pripravil Fr. Leopold Charles Valant, CM, prispevek
N.N. župnija Ljubljana-Polje in »Journey of faith«

Blaise Pascal



THE EXPERIENCE OF GOD: Pascal's coat

When the famous French scientist Blaise Pascal died in 1662 his servant found a small piece of parchment sewn into his coat. At the top of the paper Pascal had drawn a cross. Underneath the cross were these words:
*In the year of the Lord 1654-Monday, November 23-
From about half-past ten in the evening until half-past twelve.*

Fire

God of Abraham, God of Isaac, God of Jacob

Not of philosophers nor of the scholars.

Certitude. Certitude. Feeling. Joy, Peace.

God of Jesus Christ,

My God and thy God.

"Thy God shall be my God."

Forgetfulness of the world and of everything, except God.

He is to be found only by the ways taught in the Gospel.

Greatness of the soul of man.

*"Righteous Father, the world hath not known thee,
but I have known thee."*

Joy, joy, joy, tears of joy.

Jesus Christ.

I have fallen away: I have fled from Him,

denied Him, crucified him.

May I not fall away forever.

We keep hold of him only by the ways taught in the Gospel.

Renunciation, total and sweet.

Total submission to Jesus Christ and to my director.

Eternally in joy for a day's exercise on earth.

I will not forget Thy word. Amen.

That was Pascal's record of an intense two hour religious experience that he kept secret until his death. It was an experience of God that gripped his soul and changed the course of his life. He stored his record of it in the lining of his coat, close to his heart. For eight years he took care to sew and unsew it every time he changed his coat. It was a treasured experience, something he could return to again and again. **Similarly, we can take those experiences of God that we have – transforming moments – and hang onto them as gifts from God to energise and motivate our faith.**

Choose a part of Jesus' teaching that makes you uncomfortable. Pick out a gospel verse that reflects this teaching.



Ask Jesus to guide you to an understanding of his teaching. Repeat the verse you have chosen as you breathe in and out. Imagine that you are hearing Jesus speak the verse over and over. Don't think about the verse, just »hear« it in your mind and heart. Continue for several minutes.



Then, sit quietly and listen as if you were waiting for Jesus to say something to you about this verse. What thoughts come into your mind and heart? Talk to Jesus. Tell him why this verse makes you uncomfortable. Then listen again for the answer. Continue this prayer for a few minutes.



Then just sit in Jesus' presence and feel his love surrounding you.

BOŽJA BESEDA

Jn 4, 5-42

Iz evangelija po Mateju

Tisti čas je Jezus prišel v samarijsko mesto, imenovano Sihár, blizu posesti, ki jo je Jakob dal svojemu sinu Jožefu. Tam je bil Jakobov studenec. Jezus je bil utrujen od poti in je kar sédel k studentu. Bilo je okrog šeste ure. Tedaj je prišla žena iz Samarije, da bi zajela vode. Jezus ji je rekel: »Daj mi piti!« Njegovi učenci so namreč odšli v mesto, da bi nakupili hrano.

Samarijanka mu je tedaj rekla: »Kako vendar ti, ki si Jud, prosiš mene, Samarijanko, naj ti dam piti?« (Judje namreč nočejo imeti stika s Samarijani.) Jezus ji je odgovoril in rekel: »Če bi poznala Božji dar in če bi vedela, kdo je, ki ti pravi: »Daj mi piti«, bi ga ti prosila in dal bi ti žive vode.« Žena mu je rekla: »Gospod, nimaš s čim zajeti in vodnjak je globok. Od kod imaš torej živo vodo? Si mar ti večji kakor naš oče Jakob, ki nam je dal ta vodnjak in je iz njega pil on sam, njegovi sinovi in njegova živina?« Jezus je odvrnil in ji rekel: »Vsak, kdor pije od te vode, bo spet žejen. Kdor pa bo pil od vode, ki mu jo bom jaz dal, ne bo nikoli žejen, ampak bo voda, ki mu jo bom dal, postala v njem izvir vode, ki teče v večno življenje.« Žena mu je rekla: »Gospod, daj mi te vode, da ne bom žejna in ne bom hodila sem zajemat.«



naprošen, da za uvod v sejo nekaj zmoli, so vsi pričakovali nekaj splošnih besed, slišali pa so tole:

»Nebeški oče, danes prihajamo predte, da bi te prosili odpuščanja in da bi iskali tvojo pomoč in smer, ki nam jo kažeš. Vemo, da tvoja Beseda govori: "Gorje njim, ki zlo imenujejo dobro," toda ravno to smo storili. Izgubili smo svoje duhovno ravnotežje in sprevrgli svoje vrednote.

Priznamo, da smo osmešili absolutno resnico tvoje Besede in to poimenovali 'pluralizem'.

Častili smo druge bogove in to poimenovali 'odprtost za druge kulture'.

Podpirali smo sprevrženost in to poimenovali 'alternativa'.

Nagradili smo lenobo in to poimenovali 'socialna skrb'.

Ubili smo svoje nerojenčke in to poimenovali 'pravica do odločitve'.

Zanemarili smo vzgojo otrok in to poimenovali 'izgradnja samozavesti'.

Zlorabili smo moč in to poimenovali 'politika'.

Poželeli smo si tujo lastnino in to poimenovali 'ambicija'.

Onesnažili smo zrak s profanostjo in pornografijo in to poimenovali 'svoboda izražanja'.

Osmešili smo starodavne vrednote naših prednikov in to poimenovali 'razsvetljenje'.

Preišči nas, o Bog, in spoznaj danes naša srca; očisti nas vsakega greha in nas osvobodi. Naj te začnemo častiti v duhu in resnici. To te prosimo v imenu tvojega Sina, našega Odrešenika, Jezusa Kristusa. Amen.

3. Postna nedelja

DUHOVNA MISEL:

V kansaškem senatu so na uvodni seji v leto 2000 slišali zanimivo molitev, ki še vedno vznemirja nekatere ljudi. Ko je bil duhovnik Joe Wright

PAPEŠKA NEDELJA



Papeška nedelja je vezana na dan izvolitve aktualnega papeža. Pri sedanjem papežu Frančišku pa je to nedelja po 13. marcu.

Navedimo nekaj podatkov o sedanjem papežu Frančišku.

Njegovo krstno ime je Jorge (Jurij) Mario. Rojen je bil 17. decembra 1936 v Buenos Airesu v Argentini.

11. marca 1958 je stopil v noviciat Družbe Jezusove, 13. decembra 1969 pa je prejel duhovniško posvečenje. Od 1973 do 1979 je bil provincial argentinskih jezuitov. 27. junija 1992 je v Buenos Airesu prejel škofovsko posvečenje. Sprva je bil pomožni škof, nato pa od leta 1998 škof ordinarij. 21. februarja 2001 je bil imenovan za kardinala, od 2005 do 2011 je bil predsednik argentinske škofovske konference.

13. marca 2013 je bil izvoljen za rimskega škofa in 266. papeža. Kot prvi papež v zgodovini si je izbral ime Frančišek. Sv. Frančišek Asiški (1182–1226), po katerem si je nadel ime, je velik svetnik, rojen v italijanskem mestu Assisi. Znan je po svoji preprostosti in ponižnosti, ter doslednem življenju po evangeliju. Postal je navdih številnim ljudem, ki so se odločili, da bodo hodili za Kristusom. Med drugim je zaradi svojega načina življenja in mišljenja postal navdih tudi kardinalu Bergogliu ob izvolitvi za papeža.

BOŽJA BESEDA

Jn 4, 5-42

Holy Gospel of Jesus Christ according to Saint John

Jesus Jesus came to a town of Samaria called Sychar, near the plot of land that Jacob had given to his son Joseph. Jacob's well was there. Jesus, tired from his journey, sat down there at the well. It was about noon.

A woman of Samaria came to draw water. Jesus said to her, "Give me a drink."

His disciples had gone into the town to buy food.

The Samaritan woman said to him, "How can you, a Jew, ask me, a Samaritan woman, for a drink?" (For Jews use nothing in common with Samaritans.)

Jesus answered and said to her, "If you knew the gift of God and who is saying to you, 'Give me a drink,' you would have asked him and he would have given you living water."

(The woman) said to him, "Sir, you do not even have a bucket and the cistern is deep; where then can you get this living water?"

Are you greater than our father Jacob, who gave us this cistern and drank from it himself with his children and his flocks?"

Jesus answered and said to her, "Everyone who drinks this water will be thirsty again; but whoever drinks the water I shall give will never thirst; the water I shall give will become in him a spring of water welling up to eternal life."

The woman said to him, "Sir, give me this water, so that I may not be thirsty or have to keep coming here to draw water."

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DISCERNEMENT

How many times has it happened to us? A day at work so difficult we're totally enervated; a conversation so uncomfortable we simply can't wait for it to be over; a highly charged confrontation that robs us of every ounce of physical and psychic energy. All we long for at such times is a place quiet, a place apart, a place where we can be alone and restored. And sometimes that's exactly the time, when our energy has left us, that there's a knock on the door, and unexpected visitor or someone needing out total attention.

Jesus was tired, and he sat down by himself. I suspect he was looking forward to a chance to recharge and be renewed. And yet, something about the Samaritan woman led him to draw her into conversation – and what a conversation it was!

May we, as Jesus did, clearly discern and balance our own needs and the needs of our neighbor. (Sr. C. Koellhoffer, I.H.M.)



Loving Father,

So many times I turn away from you and always you welcome me back. Your mercy and love gives me confidence
Thank you for the invitation to share, fast and pray so that you can form a new heart within me. Your powerful compassion for my weaknesses leads me to ask for mercy and await with great hope the Easter joy you share with us.

Why don't we sing alleluia during Lent?



Alleluia is a joyful word, and as we sing alleluia, we join in the heavenly worship of the choirs of angels. "Alleluia" reminds us that as we participate in Mass, we participate in God's kingdom established on earth.

ALLELUIA a Hebrew word that means "praise Yahweh"

During Lent we focus on the Kingdom coming, not on the Kingdom come. For this reason, we don't sing the Alleluia, but instead acknowledge our sins and repent so that we may one day worship God in heaven as the angels do.

Pope FRANCIS on LENT 2017



- ✓ Fast from HURTING WORDS and say KIND WORDS.
- ✓ Fast from SADNESS and be filled with GRATITUDE.
- ✓ Fast from ANGER and be filled with PATIENCE.
- ✓ Fast from PESSIMISM and be filled with HOPE.
- ✓ Fast from WORRIES and TRUST IN GOD.
- ✓ Fast from COMPLAINTS and contemplate SIMPLICITY.
- ✓ Fast from PRESSURES and be PRAYERFUL.
- ✓ Fast from BITTERNESS and fill your heart with JOY.
- ✓ Fast from SELFISHNESS and be COMPASSIONATE to others.
- ✓ Fast from GRUDGES and be RECONCILED.
- ✓ Fast from WORDS and be SILENT so you can listen.