

SIXTH SUNDAY IN ORDINARY TIME

February 14, 2010

40/3/50
THE PASCHAL SEASON

Luke 6:17,20--21

- Each year we celebrate an international day of prayer for the sick. Pray for them today, and learn from them.
- Remember the words of one saint, bed-ridden for 38 years: "We are all dupes. We seek happiness, and find sorrow. We offer ourselves for suffering, and find joy."

MASS INTENTIONS FOR THE WEEK OF FEBRUARY 15TH

Wednesday	7:00 p.m.	ASH WEDNESDAY
Friday	9:00 a.m.	
	7:00 p.m.	Stations of the Cross
Saturday	7:00 p.m.	Ted MacMillan by John Bernie Cain by Pauline & Family
Sunday	9:00 a.m.	Mary McElheron by Pat Martel
	11:00 a.m.	Stephen Ranger by the Ranger Family

WEEKEND COLLECTIONS: \$2,349.80 Thank you!

Ash Wednesday... Our Mountain Climbing towards Easter begins

This coming Wednesday our church will look quite different; it will have a Lenten look: the cross, the burlap, the ashes, the banners, the purple. The Scripture readings and the music will sound different too as part of the Lenten repertoire. But that still remains limited to what happens in the church building. The ideal is that it also inspires and reflects what we do at home, at our work even, at our places and times of entertainment. What we hear, see and experience at church is meant to underline the fact that as Christians (which is not restricted to the time we spend in the church building) we are signing up for our journey to Easter when we will have our baptism renewed! That is what it is all about: getting ready for Easter!

We begin that journey towards Easter with receiving the ashes at the **Ash Wednesday Service on Wednesday at 7:00 p.m.** Receiving the ashes is a sign that we want to be serious about the upcoming season of renewal and conversion. And all this in view of Easter, when we will have the ashes of Lent replaced by the water of Baptism. We do not observe Lent for its own sake. It is meant to get us in shape to celebrate the central mystery of our faith: **the Death and Resurrection of Jesus Christ**. That central mystery of our faith is prepared in the **40** days of Lent, is celebrated in **the Three Great Days (3)** of Holy Thursday evening, Good Friday, Easter Saturday and Easter Sunday. And then we take **50** days of digesting it all: the Easter Season concluding with the feast of **Pentecost**.

40 – 3 – 50

The Three Lenten Practices: *Prayer – Fasting – Almsgiving*

How will we mark our 40-day trek to Easter? The traditional Lenten practices of prayer, fasting, and almsgiving have much to commend themselves. Some may argue, didn't we get rid of most of the rules about Lenten discipline? Yes the strict rules about them were relaxed some years ago. But it makes a lot of sense to still observe the practices, as long as we keep in mind what they are aiming at: to get us in shape for **Easter**.

Prayer: Our Sunday liturgies, with their rich Bible readings, provide the basic orientation for Lent. How about making a special effort to use the reflection starters that you find at the top of the first inside page of our Sunday bulletin? And for every day of Lent there is a reflection as

an insert to the bulletin (it is taken from **Catholic Update**). And Friday evenings, at 7:00 p.m., we'll have the **Stations of the Cross**.

Fasting: We diet; we cut down on food and drink for a variety of reasons. During Lent we could refrain from some food, from a drink, from a party, from a video or movie as a gesture of solidarity with those who have no choice in these matters for the simple reason that they do not have them. This year especially we may want to think of the people in Haiti. But we can also do it for ourselves, showing that we can distance ourselves from so much of what our consumer society says we need.

Almsgiving: This flows naturally from the previous two practices. Almsgiving says we care for others even to the point of depriving ourselves from something. How about if we put the money that we save by some form of fasting aside and make it into our contribution to the special **Development and Peace** Lenten collection that will be held later in Lent?

Lenten Lifestyle Awareness Calendar

That is part of this Sunday's parish bulletin produced by **Development and Peace**. For each day of the 40 days of Lent it gives us something to think about in terms of the relative comfort we enjoy in comparison with the developing world. It is also a good way of slowly building up, in the course of the 40 days of Lent, our contribution to the **Lenten Development and Peace Collection** which will be held at the end of Lent. A suggestion: do not make your contribution to that campaign in the early part of Lent. The idea is to let that contribution come out of our fasting during all of Lent.

On Friday Evenings before the Stations of the Cross: A Hunger Meal

The last few years a few of us have gotten together on Friday evenings during Lent at about 6:00 p.m., just before the Stations of the Cross, for a very simple meal, call it a **Hunger Meal**, usually rice and beans. A good-will donation for **Development and Peace** can be made. It is done in solidarity with the poor of the world. Of course, we can do that at home too, but if we do it together with others it breaks our routine and it is a way for members of our parish community to practice together our Lenten practices of fasting and almsgiving, it can be more encouraging. We start that Lenten practice this Friday evening. Ready to join us?

A Unique Lenten Opportunity for Youth: ThinkFast 2010

ThinkFast 2010 is the Lenten activity that **Development and Peace** organizes especially, but not exclusively, for youth. It is a 25-hour fast together with a sleep-over at the church. It is a fun way for youth and young adults to learn and help those in the global south to build a better life. And it is a way of familiarizing themselves with justice and development issues. This year it will be held on **March 12th and 13th** (Friday evening and Saturday).

Why fast? Fasting helps us to

- Remember to care for others
- Experience hunger felt by others
- Raise awareness of injustices
- Link faith to action

We extend an invitation to all young people 11 years of age or older to participate in this **ThinkFast 2010**. Yes, it is a challenge, but well worth it. Please, contact Chris Santillan at 819 684-6374.

This **ThinkFast** is part of the preparation for Confirmation for the younger members of our parish, but others are most welcome to participate. Yes, it is a challenge, but well worth it. So if you are interested, make sure to contact Chris Santillan at 819 684-6374 or Gerardo Barajas 819 685-0391.

Anyone 11 years of age or older may safely fast for 25 hours provided they are in good health and drink plenty of water and fluids. Fasting in a limited and controlled environment such as **ThinkFast** does not promote eating disorders. On the contrary, it is an ideal time to discuss food, security, health.

WORLD DAY OF PRAYER 2010 - SATURDAY, MARCH 6 AT 9:30 A.M. SAINT MEDARD CHURCH, 25 ST-MEDARD ST., AYLMEER SECTOR, GATINEAU

The Women's Inter-Church Council of Canada (WICC) is an independent organization of Canadian Christian women who are committed to ecumenism, women's spiritual growth, social justice, and women's issues. Every year, WICC organizes a World Day of Prayer (WDP), which was started by women in Canada and the United States in 1922. Today WDP is observed in more than 2000 communities in Canada and over 170 countries.

Every year, parishioners from all the Aylmer churches work together to organize a World Day of Prayer event in Aylmer. This year's focus country is Cameroon (Central West Africa) and the theme is: "*Let everything that has breath praise God*". Laureen Bureau and Claire Rochford have participated in the planning on behalf of St. Marks.

This year's World Day of Prayer will take place on Saturday, March 6 at 9:30 a.m. at Saint Medard's, 25 St-Medard St. A pot luck lunch will follow. All are welcome and encouraged to attend in support of the WDP in our neighbourhood.

SUNDAY FEBRUARY 21 – An evening of reflection, praise and worship

All are invited to an evening of reflection on the question of *What is Lent*, followed by contemporary praise worship. Mark your calendars now—more information will follow in next week's bulletin.

BAPTISM TO BE CELEBRATED THIS SUNDAY

Kindly remember these children, their parents and families in your prayers.

Kayleigh	daughter of	Terri Caron & Donat Laferrière
Drayden	son of	Tanya Boivin & Derek Drolet
Kayla	daughter of	Geneviève Godin & Edward Beaudoin
Ryan	son of	Christine Dunnigan & Kraig De La Salle
Hunter	son of	Angèle Bélanger & Chad Bélanger

Income Tax Receipts

It is that time of the year again – If you would like a receipt for your 2009 contributions to St. Mark's parish, please drop a stamped self-addressed envelope in the collection basket and one will be forwarded to you. For those of you who do not use church envelopes, perhaps this may be an opportune time to consider getting into the habit. It is the principal source of income for the church.

NOTE-READING BOOT CAMP: Have you ever wondered what those little black dots on your hymn book mean? The Sacred Music Society is offering a 12-week sight-reading course every Friday night starting February 19 @ 7:30 p.m. Dominican College, 96 Empress Avenue (off Somerset). Info: (1-877-MY-Choir) or André Sirois @ 819 685-1478.

PRAYERS & SYMPATHY: Our prayers and sympathies are extended to the Dodson family on the Loss of Mary Kay, Lynne LeGuerrier on the loss of her father Richard Lacasse and the Fortin family on the loss of Cindy.

MEETING: First Communion - Saturday February 20th at 9: 00 a.m. (Children & parents)

Visit our Website: www.stmarkparish.ca

Bulletin design & Website content/design by: *Catherine LeGuerrier*

Need a website or flyer? Visit www.catleg.ca or e-mail: catleg@catleg.ca