



# Our Lady of the Assumption Roman Catholic Parish

Mission ~ St. John the Evangelist, Keene, Ontario



1830 Keene Rd., Otonabee, ON, K9J 6X7

Phone: (705) 741-1018

email: [assumptaest@sympatico.ca](mailto:assumptaest@sympatico.ca)

web: [www.assumption-stjohns.ca](http://www.assumption-stjohns.ca)

**Pastor:** Monsignor Michael Heffernan C.H.H.

## **Weekend Holy Mass Schedule:**

### **OUR LADY OF THE ASSUMPTION**

Saturday 4:00 p.m. in the fall & winter and  
5:00 p.m. in the spring & summer.  
(Times will switch at Seasonal time change)

Sunday 9:00 a.m.

### **ST. JOHN THE EVANGELIST**

Keene, Ontario

Sunday 10:30 a.m.

## **Weekday Holy Mass Schedule:**

### **OUR LADY OF THE ASSUMPTION**

Monday, Wednesday, Thursday, Saturday 8:00 a.m.

Tuesday 6:30 p.m.

**(Fourth and (Fifth) Tuesdays of the Month at 8:00 a.m.)**

Friday 7:00 p.m.

## **Adoration of the Blessed Sacrament with Benediction:**

**Every Friday** from 6:00 to 7:00 p.m.

Followed by Holy Mass at 7:00 p.m.

## **NEW PARISHIONERS—**

Have you registered in our Parish?

“Parish Census” Forms can be found

at the back of the Churches. Please introduce  
yourself to Fr. Michael and welcome!

## **Reminder -**

**If you or a family member is in the  
hospital and you would like the priest at  
Our Lady of the Assumption to contact you,  
please phone the office at 705 – 741 – 1018.**



**Strive first for the kingdom of God**

*8<sup>th</sup> Sunday in Ordinary Time*

*February 26<sup>th</sup>, 2017*

Parish Office: Phone: (705) 741-1018

**Secretary: Monday, Tuesday, Thursday and  
Friday from 9:00 a.m. to 1:00 p.m.**

## **Catholic Women's League:**

► President: Anna Marie Bolin  
(705)742-8249

## **Knights of Columbus:**

► Grand Knight: Peter Clancy  
(705)748-3075

**Marriage:** Registered Parishioners must  
contact the Parish Office twelve months  
before the proposed Wedding date. No  
date for a Wedding can be set before a  
couple has met with the Priest.

**Baptism:** Registered Parishioners must  
contact the Parish Office one month before  
the desired Baptism date.

## **Reconciliation:**

Saturday: 7:30 – 8:00 a.m. & 3:30 – 4:00 p.m.

Sunday: 8:00 – 9:00 a.m.

You may also ask Father at **ANYTIME**

**MOVING?** ~ Please let the office know of your  
move from this parish. Also, an address change is  
necessary for sending out the year's tax receipts.  
Call 705-741-1018.



**MASS INTENTIONS**

February 27 – March 5

**MONDAY, FEBRUARY 27**

*St. Gabriel of O.L. of Sorrows*  
8:00 a.m. + Marg Caley

(Julia Leahy)

**TUESDAY, February 28**

*St. Hillary, St. John Cassian*  
8:00 a.m. ~ Christina Holmquist

(Mom & Dad)

**WEDNESDAY, March 1**

*Ash Wednesday*  
9:30 a.m. ~ *St. Patrick School at the Church*  
Noon + Deacon Gerry McMurray

(Mike & Noreen Malloy)

6:30 p.m. + Ita Flynn

(Anne Sheridan)

**THURSDAY, March 2**

*Bl. Charles the Good*  
8:00 a.m. ~ Special Intention

**FRIDAY, March 3**

*St. Katharine Drexel*  
6:00 p.m. ~ Adoration and Stations of the Cross  
7:00 p.m. + Peter & Jean Malloy

(The Family)

**SATURDAY, March 4**

*St. Casimir*  
8:00 a.m. ~ In reparation for the outrages, offences & blasphemies against Christ in the Holy Eucharist and insults to the Immaculate Heart of Mary.

**SUNDAY, March 5**

*1<sup>st</sup> Sunday of Lent*  
4:00 p.m. (Sat.) + Paul Shaughnessy  
(Marjorie Shaughnessy and Family)  
9:00 a.m. + Margaret (Sullivan) Gruenbauer  
(Margie Shine)

10:30 a.m. ~ Pro Populo

**Reflection on Ash Wednesday**

The liturgical use of ashes originated in the Old Testament times. Ashes symbolized mourning, mortality and penance. In the Book of Esther, Mordecai put on sackcloth and ashes when he heard of the decree of King Ahasuerus to kill all of the Jewish people in the Persian Empire (Esther 4:1). Job repented in sackcloth and ashes (Job 42:6).

Propheying the Babylonian captivity of Jerusalem, Daniel wrote, "I turned to the Lord God, pleading in earnest prayer, with fasting, sackcloth, and ashes" (Daniel 9:3).

Jesus made reference to ashes, "If the miracles worked in you had taken place in Tyre and Sidon, they would have reformed in sackcloth and ashes long ago" (Matthew 11:21).

In the Middle Ages, the priest would bless the dying person with holy water, saying, "Remember that thou art dust and to dust thou shalt return." The Church adapted the use of ashes to mark the beginning of the penitential season of Lent, when we remember our mortality and mourn for our sins. In our present liturgy for Ash Wednesday, we use ashes made from the burned palm branches distributed on the Palm Sunday of the previous year. The priest blesses the



ashes and imposes them on the foreheads of the faithful, making the sign of the cross and saying, "Remember, man you are dust and to dust you shall return," or

"Turn away from sin and be faithful to the Gospel." As we begin this holy season of Lent in preparation for Easter, we must remember the significance of the ashes we have received: We mourn and do penance for our sins. We again convert our hearts to the Lord, who suffered, died, and rose for our salvation. We renew the promises made at our baptism, when we died to an old life and rose to a new life with Christ. Finally, mindful that the kingdom of this world passes away, we strive to live the kingdom of God now and look forward to its fulfillment in heaven.

<http://www.ewtn.com>

**1<sup>st</sup> Sunday of Lent**

**March 5, 2017**

LAY MINISTRY

**Eucharistic**

**Lector**

**Gift Bearers**

Saturday 4:00 p.m.

Gladys Fowler

Rose Rabishaw

Paul & Catherine Kelly

Sunday 9:00 a.m.

Bob O'Brien

Judy Lukes

Al & Val Collicutt

10:30 a.m.

Bud Monahan

Rose Wornoff

Joanne & Sarah Nelson

**Fast and Abstinence**

**Ash Wednesday and Good Friday are obligatory days of fasting and abstinence for Catholics. In addition, Fridays during Lent are obligatory days of abstinence.** The norms on fasting are obligatory from age 18 until age 59. When fasting, a person is permitted to eat one full meal, as well as two smaller meals that together are not equal to a full meal. The norms

concerning abstinence from meat are binding upon members of the Catholic Church from age 14 onwards.

**Lent**

During the liturgical season of Lent, the schedule for Friday evenings will be as follows:

6:00 – 6:30 p.m. Adoration

6:30 – 7:00 p.m. Stations of the Cross

7:00 p.m. Mass

**C.W.L NEWS**



Please join us and invite your friends and family to attend the **World Day of Prayer 2017 at Keene United Church, 20 North St. Keene at 1:30 p.m. on Friday, March 3<sup>rd</sup>.**

This year Canada celebrates its 150th birthday. At the CWL meeting on **March 7th** at 7 p.m. Kathryn Campbell from the Otonabee South Monaghan Historical Society will present their plans for celebrating Canada's 150th birthday. The regular meeting will follow.

The CWL will be leading the **Stations of the Cross on March 3rd, 17th and 31st at 6:30 p.m. Evening of Reflection**

The Spirituality of the Pascal Mystery with Sister Rosemary O'Toole, CSJ

**Mon, March 20th 7:00 to 9:00 p.m.** Assumption Hall  
To register call Valerie Collicutt 748-5237 by Mar. 15th

*Feb. 19<sup>th</sup> Offertory: Env. \$1444.00 + Loose \$216.00*

+

*P.A.P. \$470.00 = \$2130.00*

*Fuel: \$40.00*

*St. Vincent de Paul: \$5.00*

**St. Joseph Dinner to Support Campus Ministry**  
Join us for the 1<sup>st</sup> annual Saint Joseph Dinner in support of campus ministry! Fr. John Perdue has begun ministering at both Trent University and Fleming College, and is maintaining a connection with Sacred Heart College as it develops. **To support programming and materials for these ministries, the St. Joseph Dinner is being held on Tues. April 18<sup>th</sup> at the Evinrude Centre in Peterborough.** Cocktail hour will be at 5:30, dinner at 6:30. The night will feature live music and speeches from students involved with campus ministry and from Fr. Eric Mason, a graduate of Trent University. Tickets are \$100 each and are eligible for a \$50 charitable donation receipt. Tickets are available from Fran in the parish office. For more information, contact Fr. John at 708-874-1871 or [vocations@peterboroughdiocese.org](mailto:vocations@peterboroughdiocese.org)

**Knights of Columbus News**



Thank you to all who came out and supported the Parish Spaghetti Dinner ... a good time was had by all. The **next K of C General meeting is March 14.**

**Healing Mass** Mar. 1<sup>st</sup> at Mount St. Joseph @1:30pm. All are invited to come and pray for healing. Opportunity for anointing and healing prayer." Celebrant Father Leo Coughlin.

**WHAT IS YOUR VOCATION IN LIFE? Come and hear dynamic speaker Fr. John Perdue address - "What Is A Vocation? - the 4 vocations with an emphasis on family life".** Fr. John will also present a video to tell us about his trip to the northern diocese with which we are twinned. This presentation is sponsored by St. Anne's Women's Group and the St. Anne's Vocation Team who invite men and women, married or single from our parish and surrounding parishes. Don't miss this enriching opportunity. **THURS, MARCH 16 AT 7PM at St. Anne's Parish.**

**ST ANNE'S PARISH PANCAKE SUPPER TUESDAY, FEB 28 5:00 TO 7:00 PM**

St Anne's Women's Group & Knights of Columbus invite you to a delicious meal of Pancakes, Sausages, Beans, Desserts, Tea, Coffee & Juice for \$7/adult, \$3/child 7 & under OR \$20/family of 4. Fun Family Night!!!!

**Shrove Tuesday Pancake Supper**

Hosted by the St. Alphonsus Knights of Columbus  
**Tuesday February 28th, 2017 5:00-6:30 pm (Drop In)**  
St. Alphonsus Knights of Columbus Hall  
Pancake, Sausage, Beans, Beverage & Desert  
Cost \$6.00 each, family of 2 adults and 3 children \$18.00  
Children (Age 3-12) \$3.00 under 2 free (Pay at Door)

*Offertory Thank you for your generosity*

All retreats are at Villa St Joseph, 445 Monk St, Cobourg. To register call 905-372--2741, email: [villa@csjcanada.org](mailto:villa@csjcanada.org)  
**Ash Wednesday Retreat Day: "Preparing for our Lenten Journey",**

Wednesday March 1 9:30 a.m. to 4:30 p.m.

When we gather as God's people on Ash Wednesday we mark the beginning of Lent as a community committed to conversion of heart and life.

All are welcome to a day of retreat to reflect on the journey of Lent in God's light and in service in our world today Cost \$40 includes lunch.

**Lenten Series: "Rediscovering Our Lenten Practices in Our World Today"**

Wed: March 8, 12, 22, 29 & April 5 7:30 p.m. to 8:30 p.m. During Lent all are welcome to attend 5 evening reflections. We will come together to consider our traditional Lenten practices of "prayer, fasting, and almsgiving" in the light of our faith and the worlds needs today. This year join us and revitalize your "living LENT" in this special, sacred season" Free Will offering.

**Personal Retreat Days,**

Wed, March 8 9:30 a.m. to Friday, March 10 4 p.m.

Villa St Joseph offers a quiet and relaxing environment that supports prayer and a deepening awareness of God's presence.

The time and space is yours. You may choose to come for the entire time or for a shorter stay. The Sisters at the Villa are available for spiritual direction during these days.

Choose to stay for one or two or three days. And If you wish add a Sabbath weekend from March 10-12th

Delicious, homemade meals and snacks are provided. Coffee and tea available throughout the day. (\$80/day).

**Annual Irish Concert – St. Martin's Ennismore Sunday March 5 – 2:30 pm**

Come out & enjoy all local songs, stories, skits & dancing!

Admission – by donation

After the show – Homemade Stew ~ only \$5

*Sponsored by our Knights of Columbus Council*

Tis sure to be an afternoon of fun & foolishness!

**Lift Jesus Higher Rally** – With the New Year upon us, the 25<sup>th</sup> annual Lift Jesus Higher Rally is fast approaching and will be held on **Sat, March 4**. [www.lift-jesus-higher-rally.ca](http://www.lift-jesus-higher-rally.ca)



### *Assumption Softball Registration 2017*

*Registration will take place on March 25<sup>th</sup> from*

*Noon to 2:00 p.m. at Assumption Hall,  
1834 Keene Rd*

*Any inquiries, please phone Betty Clark  
742-2803*

### **Church Cleaning Ministry**

Please find the church cleaning sheet on the glass religious article case at the back of the church. Once a week, one month at a time, we need cleaners to vacuum, dust mop and do general dusting at Assumption.



### **Peterborough Canadian Irish Club Annual St. Patrick's Day Celebration! Saturday March 11th - 5pm till midnight**

5:30 pm - Jeremy & Caroline Stillman  
8:00 pm - dance the night away to the music of Bill Dunn  
**Parkway Banquet Hall** (1135 Lansdowne St. W)  
**Light Dinner & Dance - \$25, Dance only \$15**  
**For tickets, please call Shelley Ryan 705 742-0987**

**STOCKDALE CENTRAL CONCERT** - Sunday, June 11<sup>th</sup> at 2 p.m. and 7 p.m at Market Hall. Adults \$20. Students \$10. Assigned seating. Wheelchair accessible. Fundraiser for St. Joseph's Church, Douro. For tickets please call Carmella LeMoire 652-7776 or Mary Carlow 295-6494.

### **Readings:**

#### **Feb 26<sup>th</sup>: 8<sup>th</sup> Sunday in Ordinary Time**

1<sup>st</sup> Reading: Isaiah 58: 6 – 10

Psalm 112

2<sup>nd</sup> Reading: 1 Corinthians 2: 1 – 5

Gospel: Matthew 5: 13 – 16

#### **March 5<sup>th</sup>: 1<sup>st</sup> Sunday of Lent**

1<sup>st</sup> Reading: Genesis 2: 7 – 9, 16 – 18,  
25, 3: 1 – 7

Psalm 51

2<sup>nd</sup> Reading: Romans 5: 12 – 19

Gospel: Matthew 4: 1 – 11

### **Upcoming Event at the JP II House Quo Vadis (Where are you going?)**

Quo Vadis brings together young men (18-35yrs.) who are on the exciting, once-in-a-lifetime journey toward the answer to the question 'what is my vocation?' If this is a

question that you are serious about answering, this group is for you!

We will have Mass, adoration, confessions, talk and lunch. Join us one Saturday a month from **10 a.m. to 2 p.m.** at the John Paul II House. **For date for of our next meeting is March 18<sup>th</sup>, please call 705 - 874 - 1871.** The theme for this year is *'Authentic Christian Manliness'*.

### **Holy Father's Intentions: February**

Welcome the needy: that all those who are afflicted, especially the poor, refugees, and marginalized, may find welcome and comfort in our communities.

### **LATIN TRIDENTINE MASS**

MASS WILL BE CELEBRATED ON THE FIRST AND LAST SUNDAYS OF THE MONTH AT 1:00 PM AND EVERY SATURDAY MORNING AT OUR LADY OF MOUNT CARMEL, HASTINGS AT 8:30 AM. ALL OTHER SUNDAYS OF THE MONTH, MASS WILL BE CELEBRATED AT ST. MARY OF THE VISITATION CHURCH, CAMPBELLFORD AT 12:30 PM. YOU ARE MOST WELCOME TO ATTEND

### *COLF*

*It is a pleasure to invite you to COLF's upcoming Seminar on Life and Family, which will be held on March 30-31, 2017, in Gatineau (just across the river from Ottawa).*

*In his recent Apostolic Exhortation, Amoris Laetitia, Pope Francis points to the various forms of an "ideology of gender" as constituting one of the greatest challenges confronting contemporary society. Inspired by the Holy Father and by recent developments in Canadian law and society, we have chosen as our theme: "Sex, Gender and Ideology". An impressive roster of Canadian, American and European speakers will be addressing different facets of this issue. The presentations, as well as the exchanges, will be made in both official languages by means of simultaneous translation.*

*If you have any questions, please contact us at: (613) 241-9461, extension 161, or by email ([colf@colf.ca](mailto:colf@colf.ca)).*

### **SCRIPTURE STUDY**

**Every Tuesday evening from 7 pm to 8 pm**, we gather at St. Peter-in-Chains Cathedral rectory for prayerful reading, reflection and discussion of the readings for the following Sunday. Everyone is welcome. All that is needed is a desire to come closer to the Lord and to discover what it means to be His follower. Call Tom (705 243 4133).

### Euthanasia Prevention Coalition



The Euthanasia Prevention Coalition has set up a special help line (**Compassionate Community Care**) to help anyone who needs help with end of life issues etc. The number operates 7days a week, 24 hours a day from coast to coast.

**Toll free: 1-855-675-8749**

### MAKE A ' LIFE ' DIFFERENCE.

Prayer does have power. Join us this Saturday morning from 10:00 am to 11:00 am across from the Peterborough hospital. Come singly or as part of a group. We need you to participate in our **sidewalk prayer vigil for the unborn**. Defend life and be part of this public witness against the horror of abortion.

For information: **Paul 741- 4000 or Tom 243-4133**

### Message by Pope Francis for Lent 2017

In 2017, the Message of Pope Francis for Lent is **"The Word is a gift. Other persons are a gift."** Based on the parable of the rich man and Lazarus (cf. Luke 16:19-31), the Holy Father invites Catholics to find "inspiration in this meaningful story, for it provides a key to understanding what we need to do in order to attain true happiness and eternal life. It exhorts us to sincere conversion."

**The greatest deception, and the deepest source of unhappiness, is the illusion of finding life by excluding God, of finding freedom by excluding moral truths and personal responsibility. (St. Pope John Paul II)**

### FOOD CUPBOARD AT KEENE UNITED CHURCH

**Thurs. February 9<sup>th</sup>: 12 -2 p.m., & 4 – 6 p.m.**

Donations of goods can be dropped off at Three Roads Farm and other Keene locations.



[osmfoodcupboard@nexicom.net](mailto:osmfoodcupboard@nexicom.net) or 705-295-6952

### EUCCHARISTIC ADORATION

**At St Alphonsus Oratory 7a.m. - Midnight and Noon-Midnight (Sunday)**



Info: Bernadette 705-742-3055

"Christ is truly the Emmanuel, that is, God with us, day and night, he is in our midst. He dwells with us full of grace and truth.

He restores morality, nourishes virtue, consoles the afflicted, strengthens the weak." (Pope Paul VI, Mysterium Fidei)

### The National Catholic Broadcasting Council (NCBC) has some exciting news with respect to the Daily TV Mass.

The goal of the NCBC is to insure that Catholics are able to experience the Mass each day when they are unable to attend their local parish. The primary way we enable this across Canada is through our Broadcast Partners at [Salt + Light Television](#), VisionTV and yesTV. Now the NCBC's Daily TV Mass (Monday-Saturday) is available anytime and anyplace on our new website, on our new YouTube Channel and in the near future on an APP for use on Apple or Android devices.

If you have any questions about this announcement or about the Daily TV Mass in your area please contact Deacon Mike Walsh, our Executive Director, at 1-884-6899 or by e-mail at [mike.walsh@ncbc.ca](mailto:mike.walsh@ncbc.ca).

### ROSARY FOR LIFE ON THURSDAYS

Come and join in praying the 15-decade Rosary (Joyful, Sorrowful, Glorious) for the sanctity and protection of life from abortion, euthanasia and assisted suicide, followed by the Memorare and St. Michael's Prayer. **Thursdays at 3:00 p.m. at Sacred Heart Church.**

### After Abortion Canadian Helpline

Second Chance Ministry 905-430-7990

We offer support to those struggling with emotional and psychological effects of abortion, sometimes known as post abortion trauma or post abortion syndrome.

[Angelina@SecondChanceMinistry.ca](mailto:Angelina@SecondChanceMinistry.ca)

### Project Rachel

Project Rachel offers accompaniment, counselling, personal presence and support, and other services at any time they are needed by women or men. They also offer weekend retreats which provide opportunity for women who have suffered from an abortion experience to find healing, forgiveness and reconciliation.



Are you hurting as a result of an abortion? Healing is possible. Please contact them for upcoming dates, in confidence, by telephone at 416 629 8264 or by e-mail [projectrachel@stmarysrefuge.org](mailto:projectrachel@stmarysrefuge.org). <http://www.stmarysrefuge.org>

*"The Mass is the most favourable occasion to speak with the eternal Father, because then we offer Him His only Son as a victim for our salvation. Before celebrating, reflect on the sufferings of your Redeemer, commune peaceably with Him, even in the midst of dryness; carry to the altar the needs of the entire world."* St. Paul of the Cross

**"A saint is not someone who never sins, but one who sins less and less frequently and gets up more and more quickly."**

– Bernard of Clairvaux

### Peterborough Communication Support Systems

A non-profit agency that provides support services to Deaf / non-verbal individuals living with intellectual disabilities. They provide quality sewing, custom embroidery, printing services and woodworking products. They are located at 192 B Hunter St. West. Phone: (705) 748 6680

### FOOD CUPBOARD AT KEENE UNITED CHURCH

**Thurs. February 9<sup>th</sup> : 12 -2 p.m., & 4 – 6 p.m.**

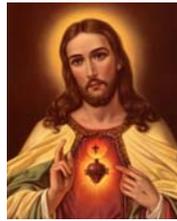
Donations of goods can be dropped off at Three Roads Farm and other Keene locations.



[osmfoodcupboard@nexicom.net](mailto:osmfoodcupboard@nexicom.net) or 295-6952

**Chalice** is a ministry of the Catholic Community, creating and nurturing relationships of life and love. To find out how Chalice Helps go to website <http://www.ccare.ca/>





## From the Pastor's Desk

■ *Fr. Michael*



### Flower Committee

Volunteers needed to help with flower decor for the Assumption Church Sanctuary. If interested please call Judy at 705-740-2062 or Joanne at 705-313-6750.

### Need a Time Out?

Life can be complicated. There are times that we need to step away from the noisy hustle and bustle of every day, times when we need to sit quietly in the presence of the Lord.



We remind you that the **St. Alphonsus Adoration Chapel** (1066 Western Ave.) is open seven days a week, Monday to Saturday, 7am to midnight and Sunday 12 noon to midnight.

Drop in for five minutes or spend an hour with Jesus. The chapel entrance is off the main parking lot, near the Parish Office.

Ash Wednesday Retreat Day: "Preparing for our Lenten Journey",  
Wednesday March 1 9:30 a.m. to 4:30 p.m.  
Villa St Joseph, 445 Monk St, Cobourg ON.  
When we gather as God's people on Ash Wednesday we mark the beginning of Lent as a community committed to conversion of heart and life. All are welcome to w day of retreat to reflect on the journey of Lend in God's light and in service in our world today Cost \$40 includes lunch. To register, call 905-372--2741, email: villa@csjcanada.org

Lenten Series: "Rediscovering Our Lenten Practices in Our World Today"  
5 Wednesdays: March 8, 12, 22, 29 and April 5 7:30 p.m. to 8:30 p.m.  
Villa St Joseph, 445 Monk St, Cobourg ON  
During Lent all are welcome to attend 5 evening reflections. We will come together to consider our traditional Lenten practices of "prayer, fasting, and almsgiving" in the light of our faith and the worlds needs today. This year join us and revitalize your "living LENT" in this special, sacred season" Free Will offering.  
To register, call 905-372--2741, email: villa@csjcanada.org

Personal Retreat Days,  
Wednesday March 8 9:30 a.m. to Friday March 10 4 p.m.  
Villa St Joseph, 445 Monk St, Cobourg ON  
Villa St Joseph offers a quiet and relaxing environment that supports prayer and a deepening awareness of God's presence. The time and space is yours. You may choose to come for the entire time or for a shorter stay. The Sisters at the Villa are available for spiritual direction during these days. Choose to stay for one or two or three days. And If you wish add a Sabbath weekend from March 10-12th Delicious, homemade meals and snacks are provided. Coffee and tea available throughout the day.

(\$80/day). To register, call 905-372--2741, email: villa@csjcanada.org

Contact: David Brister, 905-372-5528, wintertime23@hotmail.com

Lenten Sabbath Weekend,  
Friday March 10 7 p.m. to Sunday March 12 1 p.m.  
Villa St Joseph 445 Monk St, Cobourg ON,  
Villa St Joseph offers a quiet and relaxing environment that supports prayer and a deepening awareness of God's presence.  
Come away and embrace the gifts of silence in the spiritual journey. The prayerful stillness and beauty of nature offer a peaceful and life giving setting. For a longer retreat come for the Personal Retreat Days starting on March 8th, 2017. Cost \$160. Delicious, homemade meals and snacks are provided. Coffee and tea available throughout the day. To register, call 905-372--2741, email: villa@csjcanada.org

Retreat Day: "St Joseph: Vocation of Protector"  
Thursday March 16 9:30 a.m. to 4 p.m.  
Villa St Joseph 445 Monk St, Cobourg ON,  
In his inaugural homily, Pope Francis called us to be "protectors of creation, protectors of God's plan inscribed in nature, protectors of one another and of the environment." During this day of retreat we will explore this "Vocation of Protector" highlighting the immense gift of tenderness, action & hope that St. Joseph can inspire in us. This light of St. Joseph can lead us into living with renewed vision and compassion for each other and for all creation. Delicious, homemade meals and snacks are provided. Coffee and tea available throughout the day.  
To register, call 905-372--2741, email: villa@csjcanada.org

"Seedy Saturday": Cobourg Heritage Seed Exchange  
Saturday March 18 10 a.m. to 2 p.m.  
Villa St Joseph 445 Monk St, Cobourg ON,  
Free Admission - Everyone is Welcome  
Bring seeds; Exchange seeds; Take seeds; Buy seeds; Learn about seeds. A presentation by Mary Brittain from The Cottage Gardener in Newtonville.(11am)  
Vendors include: Cottage Gardener / Mountain Grove / Turtle Back Hollow / Terra Edibles / The Cottage Gardener / Seeds of Diversity

Day of Stillness  
Wednesday March 22 9:30 a.m. 4 p.m.  
Villa St Joseph, 445 Monk St, Cobourg ON  
A gathering prayer invites you into silence and solitude. This unstructured day offers opportunity for personal prayer, relaxation and connection with God's creation, from 9:30am to 4:00pm. Cost is \$30.00 includes lunch and snacks. To register, call 905-372--2741, email: villa@csjcanada.org

Earth Hour Vigil  
Saturday March 25, 7:30 p.m. to 8:30 p.m.  
Villa St Joseph, 445 Monk St, Cobourg ON  
Earth Hour is a time set aside during which people around the world gather to celebrate the gifts and attend to the needs of the Earth. Over the past 11 years, this event has raised awareness and made a real impact on our global reality.  
All are welcome to join the Sisters of St Joseph and friends for an Earth Hour Vigil prepared by members of the United Church and Roman Catholic Ecumenical Dialogue. To register, call 905-372--2741, email: villa@csjcanada.org



## Lent

### Q: Why is Lent forty days long?

A: Because forty days is a traditional number of discipline, devotion, and preparation in the Bible. Thus Moses stayed on the Mountain of God forty days (Exodus 24:18 and 34:28), the spies were in the land for forty days (Numbers 13:25), Elijah traveled forty days before he reached the cave where he had his vision (1 Kings 19:8), Nineveh was given forty days to repent (Jonah 3:4), and most importantly, prior to undertaking his ministry, Jesus spent forty days in wilderness praying and fasting (Matthew 4:2). Since Lent is a period of prayer and fasting, it is fitting for Christians to imitate their Lord with a forty day period. Christ used a forty day period of prayer and fasting to prepare for his ministry,

which culminated in his death and resurrection, and thus it is fitting for Christians to imitate him with a forty day period of prayer and fasting to prepare for the celebration of his ministry's climax, Good Friday (the day of the crucifixion) and Easter Sunday (the day of the resurrection). Thus the *Catechism of the Catholic Church* states:

"For we have not a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tested as we are, yet without sinning' [Heb 4:15]. By the solemn forty days of Lent the Church unites herself each year to the mystery of Jesus in the desert." (CCC 540).

**Q: In addition to Ash Wednesday, are any other days during Lent days of fast or abstinence?**

A: Yes. All Fridays during Lent are days of abstinence. Also, Good Friday, the day on which Christ was crucified, is another day of both fast and abstinence. All days in Lent are appropriate for fasting or abstaining, but canon law does not require fasting on those days. Such fasting or abstinence is voluntary, like a freewill offering.