

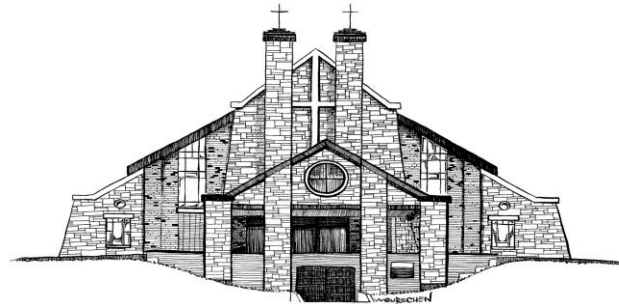


Lent 2019 – 40 Days of Prayer, Fasting and Almsgiving

Daily Lenten Mass	Monday, Wednesday & Friday at 8:30 a.m.; Tuesday & Thursday at 7:00 p.m.
Stations of the Cross	Every Friday in Lent at 7:00 p.m. Each week a different meditation of the Stations will be used. Everyone is encouraged to make an effort to attend the Stations at least one of the six Friday evenings during Lent, starting March 8.
Daily Reflection	With Your Whole Heart: Pope Francis guides the entire Catholic Church with his compassion and wisdom. And yet, his words also speak to us as individuals. This Lent, allow the pope’s words to bring you to a more personal relationship with the Lord, prompting you to take part in this holy season “With Your Whole Heart!” Each day, quotes from Pope Francis are followed by prayers and suggested Scripture passages for further enrichment. Give your faith life a boost as you gain encouragement and insight for your journey toward the great celebration of Jesus’ victory over sin and death at Easter.
Fast & Abstinence	Catholics aged 14 and older abstain from meat on Ash Wednesday and Good Friday. In addition, Catholics from age 18-59 fast on those days, limiting themselves to one full meal and two smaller meals each day.
Almsgiving Share Lent Sunday April 7 	<p style="text-align: center;">TOGETHER FOR PEACE</p> <p>During Lent, Development and Peace – Caritas Canada invites you to take part in their new Share Lent campaign: Together for Peace. This campaign calls on us to reflect on the profound meaning of peace by discovering the importance of dialogue as a means for reconciliation and for the construction of peace. Together, let us continue to believe that peace, human dignity and justice can triumph.</p> <p>Peacemaking calls for courage, much more so than warfare. It calls for the courage to say yes to encounter and no to conflict; yes to dialogue and no to violence; yes to negotiations and no to hostilities; yes to respect for agreements and no to acts of provocation; yes to sincerity and no to duplicity. All of this takes courage, it takes strength and tenacity. (Pope Francis, June 8/14)</p> <p>Suggestion: consider putting aside at least one dollar a day to help Development and Peace. May the long-standing support of our parish and its concern for the poor continue to grow stronger in our community. Scripture reminds us that our good deeds go with us into eternity.</p>
 <p>Canadian Food for Children</p>	<p>This year we are collecting skim milk powder and rice. Milk holds huge potential to improve nutrition for hundreds of millions of poor people around the world. It is too expensive, however, for the poorest families to buy. This year we will be collecting POWDER MILK and RICE for Canadian Food for Children throughout the season of Lent. These particular food items were suggested in their recent newsletter from Canadian Food for Children. Please bring your items to the church in a reusable cloth bag. Your donations can be placed by the baptismal font up to and including Palm Sunday (April 14).</p>



Our Lady of Lourdes Church
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 @OLOLWaterloo @our_parish

PASTOR: Rev. Rafal Tomon
DEACON: Rev. Mr. Phong Hoang
ADMINISTRATIVE ASSISTANT: Mrs. Patrycja Wiecek
SUNDAY MASSES: Monday to Thursday, 9:00 a.m. to 12:00 p.m.; 1:00 to 5:00 p.m.
 Friday, 9:00 a.m. to 12:30 p.m.
 Saturday 7:00 p.m.
 Sunday 9:00 & 11:00 a.m.
 Sunday 2:00 p.m. Vietnamese Martyrs Community
 Rev. Hanh Van Tran, O.M.I.
SACRAMENT OF BAPTISM: By appointment – please phone the parish office
SACRAMENT OF RECONCILIATION: Saturday, 11:00 a.m. to noon
 Twenty minutes before weekday Masses or by appointment
SACRAMENT OF MARRIAGE: By appointment – please phone the parish office
BLESSING OF EXPECTANT PARENTS: Last Sunday of each month after all Masses
ST. VINCENT DE PAUL: Church door collections – last Sunday of each month

Announced Mass intentions for March 11 to March 17, 2019

Monday.....	8:30 a.m.	Special Intention
Tuesday... Luther Village	10:00 a.m.	+Vicente Rodrigues – Emily Rodrigues
Tuesday... ..	7:00 p.m.	+Alena Bradac – Metod & Agnes Dziak
Wednesday	8:30 a.m.	+George Paul – Donna Massel
Thursday	7:00 p.m.	+Karen Dietrich – Barbara Schmuck
Friday	8:30 a.m.	+Henry Hess – Family
Friday... West Hill	10:00 a.m.	+Eileen Mason
Saturday.....	7:00 p.m.	+Romeo Zabala – Family
Sunday.....	9:00 a.m.	Living & deceased members of our parish
	11:00 a.m.	Special intention

Offertory collection for Sunday, March 3, 2019: \$5,074.30

[Note: This amount does not include donations received through pre-authorized giving.]



'One Heart, One Soul' campaign nears kickoff!

Months of preparation are leading us to the next step of the *One Heart, One Soul* Campaign for the Diocese of Hamilton. A public kickoff Mass will be held at noon on Monday, March 25, Solemnity of the Annunciation of the Lord, at the

Cathedral Basilica of Christ the King. The Mass will be celebrated by Bishop Douglas Crosby, OMI, and followed by a reception at the Cathedral. The campaign's Pilot Wave parishes will be holding kickoffs for their own efforts in April. Three additional waves over the next two years will allow every Parish in the Diocese to participate. Most of the funds from the three-year campaign will go to parish projects, with a special emphasis on the parishes most in need. A number of diocesan ministries will benefit as well. A series of Frequently Asked Questions about the campaign can be found on the campaign website – www.oneheartonesoul.ca.

Our Lady of Lourdes Catholic Women's League

invites you to join our living rosary to pray for the needs of the parish and the community. For the month of March, we are praying

- for the sanctity of human life, particularly for the protection of the lives of the unborn.

In addition, we will keep in our prayers

- the Pope's monthly intention (**Recognition of the rights of Christian Communities**),
- the sick and their caregivers, and
- the living and deceased members of our parish.



By volunteering, you will be responsible to say one decade of the Rosary every day for the coming month. If you are interested, please send a note to ourladyoflourdescwl@gmail.com. You may also pick up a form at the church entrance and return the completed form to the parish office.

REEL JUSTICE: On March 19th, the film "Poverty, Inc." will be shown at St. Michael's Church, 80 University Avenue, West, Waterloo, at 7:30pm. The film focuses on the challenge of fighting poverty; however, this effort has led to a vast multi-billion dollar poverty industry — the business of doing good has never been better. Drawing from over 200 interviews filmed in 20 countries, Poverty, Inc. unearths an uncomfortable side of charity we can no longer ignore. The film is sponsored by The Diocese of Hamilton and Development and Peace. Free admission. All are welcome.



HOLY HOUR OF PRAYER FOR VICTIMS OF SEXUAL ABUSE Bishop Crosby has decreed that EVERY parish in Hamilton Diocese will observe a Holy Hour of Prayer for victims of sexual abuse on the Second Sunday of Lent each year from this point forward. Join us on Sun. March 16 at 6:00 p.m. All are welcome, please plan to attend.



HOLY WEEK AND EASTER ARE COMING!

Please consider volunteering for one or both of the following opportunities:

HOLY THURSDAY – WASHING OF THE FEET: Jesus and his disciples had gathered around the table for the Last Supper. In Jesus' time, before sitting down to eat a meal, everyone would have their feet washed. This was done because after walking throughout the day in sandals on dirt roads, a person's feet became very dirty. The washing of feet before a meal was the proper and hygienic thing to do. Normally, the servant of the house was responsible for washing the feet of those present. From the biblical account it appears that no servant was present as Jesus and the disciples entered the house and prepared to eat. None of the disciples volunteered to wash feet. In a move that surprised and humbled the disciples, Jesus got up, poured water into a basin, took a towel and washed his disciples' feet. When he was finished, John writes in his gospel these words of Jesus, "Now that I, your Lord and Teacher, have washed your feet, you also ought to wash one another's feet. For I have set you an example, that you should do as I have done to you." (John 13:14-15). **12 Volunteers of all ages are needed** to participate in this ritual at the Mass of the Lord's Supper on April 18 at 7:30 p.m. Please contact the parish office at 519-886-0342 or lourdeswaterloo@rogers.com.

MINISTERS OF HOSPITALITY (USHERS): Our ushers and other women and men who would like to assist in welcoming the people on Good Friday (April 19), Easter Vigil (April 20) and Easter Sunday (April 21), are asked to contact the parish office to let us know at which liturgies you are able to help.

MIRACLES HAPPEN EVERY DAY: a CWL Women's Retreat on Sat., March 30th, from 9:00 a.m. – 12:00 p.m. at St. Louis Church, 53 Allen Street East., sponsored by the four Waterloo Catholic Women's Leagues. Celebration of the Eucharist: 9:00 a.m. then enjoy a Lenten time reflecting on the beauty and joy of seeing miracles all around us each day. Facilitated by Mrs. Teresa Hartnett (Director of Family Ministry for Diocese of Hamilton) Share some time of fellowship. Refreshments will be served. No attendance fee or prior registration necessary. All women welcome. Questions? Call: 519 745-3032.



PRAYING WITH THE LABYRINTH: **The Catholic Women's League** invites everyone in the parish to a *Lenten pilgrimage* in our parish hall on **Thursday, March 28th, after the 7:00 p.m. Mass.** Centuries ago, pilgrims who were unable to go to Jerusalem, would make a symbolic pilgrimage, following the path of the labyrinth in their own cathedrals. On March 28th, we invite you to try this prayerful experience by putting on your indoor walking shoes and joining us in making that journey on a labyrinth in the parish hall. Praying with the labyrinth may help us see our own faith journey towards God and how we carry that faith to the world. Charlie Van Alphen, a retired principal and religion consultant in the Catholic School Board, will be our facilitator. **Everyone is welcome.**

LENTEN PREPARATION - Our Life in Community – Saint John's Bible Reflection. Join us Tuesday, March 12, 2019, 7:30 p.m. -9:00 p.m. in the Parish Centre. How do we understand 'community' in our modern world? How do we live as community in the Church? What can we learn from the early Christian community? Join us for a reflection on Our Life in Community through the lens of the illumination of the Saint John's Bible. **Dr. Anne Jamieson, Director of Catechesis for the Diocese of Hamilton** will lead us in this retreat steeped in the Word of God. This session will help guide us as we prepare for Easter. Sponsored by St. Michael's CWL, **we welcome all (men and women). Feel free to bring a friend along too!**