

St. Clare of Assisi Parish

First Sunday of Lent

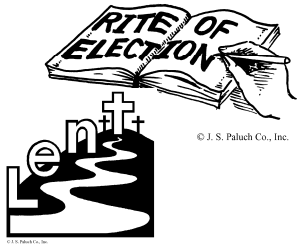
February 21, 2010

The word is near you, in your mouth and in your heart.

-Romans 10:8



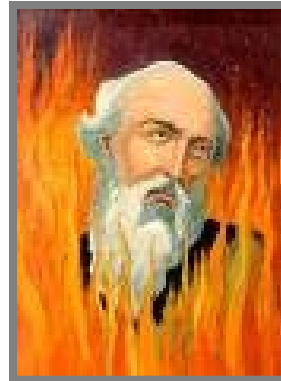
SAINTS & SPECIAL OBSERVANCES FOR THIS WEEK...



1ST SUNDAY OF LENT
RITE OF ELECTION
SUNDAY



THE CHAIR OF ST. PETER
MONDAY



ST. POLYCARP
TUESDAY



PRAYER
ALMSGIVING
FRIDAY



VIA CRUCIS - Ogni venerdì (7:00pm) durante la Quaresima, ci sarà la Via Crucis in Italiano e inglese prima della santa messa alle 7:30pm.

STATIONS OF THE CROSS

Join us every Friday evening at 7:00pm during Lent. Prayers in both Italian and English.



FASTING AND ABSTINENCE:

Christians are asked to fast from food and abstain from meat. It is suggested that Fridays in Lent be considered days of abstinence. Anyone over the age of 18

and under the age of 59 should fast and abstain. Fasting, in the Latin Church, is the limitation of food and drink - typically to one main meal and two smaller meals, with no solid foods in between.

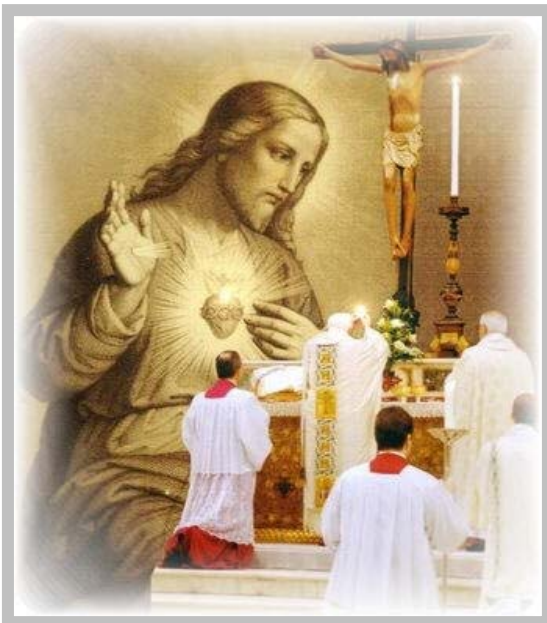


Want to learn more about the Knights and the good works of unity charity fraternity and patriotism? Contact our Membership Director Ralph Greco at ralph_greco1962@hotmail.com. Be a part of the Knight of Columbus St. Clare of Assisi experience, recognized as the best Council in Ontario for 2008-09.



Christian Meditation, "the prayer of the heart". Journey to the center of your soul and put on the "mind of Christ" as St Paul instructs us. Nothing is greater to give up during lent than our ego and self-centered thoughts. Jesus said "the kingdom of heaven is within you", learn a simple way of prayer from the ancient monastic tradition, that centers one in God, through silence, stillness and simplicity. In this way we can become a

Eucharistic moment of Christ. EVERY TUESDAY for five weeks beginning FEB 23, after 7:30 pm Mass, in the downstairs boardroom.



Jesus was led by the Holy Spirit into the desert for forty days of prayer and fasting. Are you open to being led by the Holy spirit into the life-commitment God has prepared for you?. If God is calling you, contact Fr. Hansoo Park at (416) 968-0997 or email vocations@vocations.ca or www.vocationstoronto.ca

PREGHIERA PER L'ANNO SACERDOTALE

Signore Gesù, che in san Giovanni Maria Vianney hai voluto donare alla Chiesa una toccante immagine della tua carità pastorale, fa' che, in sua compagnia e sorretti dal suo esempio, viviamo in pienezza quest'Anno Sacerdotale. Fa' che, sostando come lui davanti all'Eucaristia, possiamo imparare quanto sia semplice e quotidiana la tua parola che

ci ammaestra; tenero l'amore con cui accogli i peccatori pentiti; consolante l'abbandono confidente alla tua Madre Immacolata. Fa', o Signore Gesù, che, per intercessione del Santo Curato d'Ars, le famiglie cristiane divengano « piccole chiese », in cui tutte le vocazioni e tutti i carismi, donati dal tuo Santo Spirito, possano essere accolti e valorizzati. Concedici, Signore Gesù, di poter ripetere con lo stesso ardore del Santo Curato le parole con cui egli soleva rivolgersi a Te: « Ti amo, o mio Dio, e il mio solo desiderio è di amarti fino all'ultimo respiro della mia vita. Ti amo, o Dio infinitamente amabile, e preferisco morire amandoti piuttosto che vivere un solo istante senza amarti. Ti amo, Signore, e l'unica grazia che ti chiedo è di amarti eternamente. Mio Dio, se la mia lingua non può dirti ad ogni istante che ti amo, voglio che il mio cuore te lo ripeta tante volte quante volte respiro. Ti amo, o mio Divino Salvatore, perché sei stato crocifisso per me, e mi tieni quaggiù crocifisso con Te. Mio Dio, fammi la grazia di morire amandoti e sapendo che ti amo». Amen.



Mini-Lent Retreat,

Friday March 05 from 6:30 p.m. to 12:00 a.m.! An invitation to all the adolescents of St. Clare's to join us for a First Friday experience.

In attempt to introduce many of the classic Catholic devotions and spiritual exercises that our Church encourages during the Lenten season, come and see.

OUR PROGRAM SHALL BE AS FOLLOWS:



6:30 p.m. Introduction

6:55 p.m. Stations of the Cross with the community

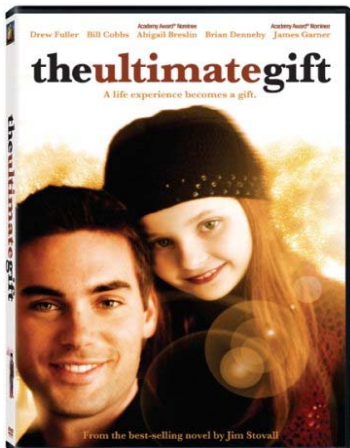
7:30 p.m. Mass, with Taizé music and adoration of the Blessed Sacrament

9:00p.m. Pizza and intermingling

9:30p.m. Movie "The Ultimate Gift"

11:30p.m. Discussion and dismissal

12:00a.m. Pick-up



Lent is a time for appreciating the sacrifice of Jesus. Consider this invitation as a way of making good on your promise to find time for more prayer. Please email Fr. Robert (rm@sca-p.org) to confirm your planned attendance.