

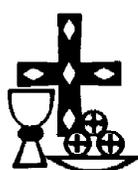
LENT

Another Lent has dawned and fresh beginnings are at hand. With it, a new season of prayer, penance and fasting will begin in the church and in our homes. When asked what we are giving up for Lent, let it be any self-serving activities that prevent us from getting back to the things we have been neglecting.

During lent we are encouraged to re-commit ourselves to the practice of *prayer, fasting and almsgiving*. **Prayer** can take many forms, like going to mass more frequently, reading the scriptures daily, reciting the rosary or becoming part of a prayer group. **Fasting**, one of the core disciplines of Christianity is a traditional way of acknowledging one's dependence on God. If it does nothing else, it reminds us that while one third of the world is suffering from over consumption, the other two thirds are dying from hunger and malnutrition. **Almsgiving** to charitable causes can bring freedom and a fresh start to the poorest of people.

Lent is a time for drawing closer to God.

Through repentance, conversion and a change of heart let us prepare ourselves spiritually for the feast of Easter.



Mass Intentions

Monday	Soul of Dennis So Chan
Tuesday	Soul of Steven Murphy Intentions of Elizabeth
Wednesday	Intentions of Rene Carandang
Thursday	Soul of Arturo Suero
Friday	Soul of John Frederick Jack Wilson

How to Push Yourself Beyond Your Limits This Lent

One of the most challenging experiences anyone can have is Navy SEAL Training. Navy SEALs are the elite Special Forces unit of the United States Navy. To become a SEAL candidates must endure several weeks of outdoor training in the cold and sandy waters of the Pacific Ocean, survive a 30 minute underwater test with minimal air and skydiving from high altitudes. Why do some men willingly choose to subject themselves to this? They want to *experience the rewards* of pushing beyond their limits.

For Catholics, Lent is a period to push beyond our physical and spiritual limits. In today's Gospel Jesus shows us three rewards that we can grasp when we push beyond our limits.

Reward of Physical Discipline

As Jesus enters into the wilderness to fast, he experiences three temptations. Seeing that Jesus is physically weakened, the devil tells Jesus to turn stone into bread (Lk 4:3). To which Jesus responds, "Man does not live by bread alone" (v.4). Even in his physical weakness, Jesus has tremendous discipline. Up until 1960s, Lent was an intense period of self-discipline for Catholics. Healthy adults fasted every day between midnight and 3pm. The Orthodox Church still requires this. If you are a healthy adult man, I challenge you to this challenge this Lent. I'll be doing it. If you are up for the challenge send me an email at SaintLukesYM@gmail.com.

Reward of Humility

Power and riches is a classic form of temptation and a successful one at that. In the second temptation, the devil tempts Jesus with power (Lk 4:5-8). In SEAL training candidates quickly learn that they are not top dogs and they have to rely on others to succeed. If you want to become a saint (i.e. get into Heaven) you will NOT make it on your own. Lent is a time to come face to face with our sins and conquer them. We cannot face our weaknesses on our own. Personally, I have a friend who holds me accountable. Do you have someone to keep you on track this Lent? If not, find someone.

Reward of Resolve

The final temptation Jesus experiences is a test to show that he is God (Lk 4:9-12). Our society increasingly pushes us to fit into a particular mold. It is very tempting because we do not want to seem like the odd person out at work, school or family gatherings. Therefore, we increasingly want what others have and say what others expect us to say. Lent is an opportunity to become more like Christ, whether it's in fashion or not. Guess what going to happen? You're going to take some heat. Are you ready to take it?

Greg Garda, *Youth Minister*

PRAYER REQUEST LINE
905 881-2786 ext. 250



LAST CHANCE!

March Break Day Camp 2019

When: March 11-13. 9am-3pm (Drop-off 8:30am)

Where: St. Luke's Parish

Who: Grades 1-5

Cost: \$20/Day OR \$50 all 3 Days.

To register your child please visit the parish website:

<https://stlukesth.archtoronto.org/Ministries/youth-ministry>

For any inquiries please contact Greg Garda at

SaintLukesYM@gmail.com OR 905-881-2786 ex.232.

MARTYRS' SHRINE LENTEN RETREAT

Journey with the Canadian Martyrs'

St. Luke's Parish

April 9, 10 and 11th

7:00pm – 9:00pm

(Followed by light refreshments in the parish hall)

Let the lives of the Martyrs' deepen your relationship with Christ as we journey with them during this Lenten season. See the bulletin board for more information.



St. Luke's CWL News

Spring Trip to Mount Carmel Spiritual Centre

Thursday May 16th, 2019. Tickets still available. All men and women welcome! See our bulletin board or contact CWL

at stlukescwl2018@gmail.com

"COME AND SEE WEEKEND"

March 15-17, 2019

St. Augustine's Seminary

Inviting single Catholic men 17 years and older to cultivate a deeper prayer life and relationship with Jesus Christ; leading to better discernment of God's call for their lives. Time for prayer, reflection and information on the process of becoming one of Christ's disciples as a Catholic priest. See the bulletin board for more information.

THORNHILL MINISTERIAL LENTEN SERIES 2019



Answering God's Call: to Forgive

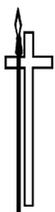
Sunday March 10 at 4:00 p.m.

Thornhill Presbyterian Church
271 Centre Street

Speaker: The Rev. Paul Gibbon

(Offering to: Mosaic Interfaith Out of the Cold)

STATIONS OF THE CROSS



You are invited to join in praying the Stations of the Cross each Friday evening during Lent at **7:30 p.m.** in the church. All are welcome to come and spend one hour in prayer.

Share...Life!

Living the Gospel by supporting ShareLife agencies

As we begin our ShareLife Campaign 2019, we are encouraged to live the Gospel in all we do. How do we demonstrate that in our community? Living the Gospel may mean helping single mothers to care for their newborn children, or being available to families facing difficulties, or welcoming refugee families to our community. For 43 years, countless individuals have experienced the compassionate care offered by our agencies. Please support our annual archdiocesan appeal during this Lenten season!

Cardinal Thomas Collins

March 31st is ShareLife Sunday
Please give generously