

## Mass Intentions

Saturday, March 7th, 2020, 5:00PM

†Generosa, †Gregorio Sr., †Romana, †Ambrosio and †Necitas Nuñez by the Nuñez family  
Prayers of thanksgiving for blessings received by the Nuñez family

Sunday, March 8th, 2020, 10:30AM

†Florence Taylor by Betty Luyten-Friedman

Tuesday, March 10th, 2020, 7:00PM

Pro Populo

Wednesday, March 11th, 2020, 7:00PM

†Pedro Quioco Sr. and † Salvacion Pader Quioco by Juliet Quioco..  
†Generosa Nuñez by the Nuñez family

Thursday, March 12th, 2020, 9:00AM

For the intentions of Mrs. Elisabeth Langenbach

Friday, March 13th, 2020, 9:00 AM

†Salvador Reginales, for †Salome Manaog Hosana,  
and Regino Hosana Sr. by Shiela Cornelio and family..

Saturday, March 14th, 2020, 5:00PM

†Souls in Purgatory by Adeline Doyle  
For the Intentions of Anahita , Mathieu and Azadeh and  
Thanksgiving by Anahita and Azadeh

Sunday, March 15th, 2020, 10:30AM

† Robert (Bob) Vogeley by Betty Luyten-Friedman  
For the Intentions of Anahita, Ozra and Mora Thanksgiving by Anahita

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### Prayer Before Mass

Receive, O Holy Trinity, One God, this Holy Sacrifice of the Body and Blood of our Lord Jesus Christ, which I, Your unworthy servant, desire now to offer to Your Divine Majesty by the hands of this Your minister, with all the Sacrifices which have ever been or will be offered to You, in union with that most Holy Sacrifice offered by the same Christ our Lord at the Last Supper, and on the Altar of the Cross.

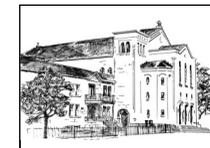
I offer it to You with the utmost affection of devotion, out of pure love for Your infinite goodness, and according to the most holy intention of the same Christ our Lord, and of our Holy Mother the Church.

O God, almighty and merciful, grant us through this Holy Sacrifice, joy and peace, a holier life, time to do penance, grace and consolation of the Holy Spirit, and perseverance in good works.  
Amen.

<https://www.catholic.org/prayers/prayer.php?p=126>

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Facebook: Find us under "Willibrord Parish Verdun QC"



### March 8, 2020 — Second Sunday in Lent

Sunday (March 8): **Listen to my beloved Son**

#### ***The Lord Jesus came to fulfill all that Moses and the prophets spoke***

The Lord Jesus is the fulfillment of all the promises made to Abraham and to his spiritual descendants. In all that Jesus did and said he sought to please his Father in heaven and to bring him glory. Like Abraham, he was ready to part with anything that might stand in the way of doing the will of God. He knew that the success of his mission would depend on his willingness to embrace his Father's will no matter what it might cost him personally.

Jesus on three occasions told his disciples that he would undergo suffering and death on a cross to fulfill the mission the Father gave him. As the time draws near for Jesus' ultimate sacrifice on the cross, he takes three of his beloved disciples to the top of a high mountain. Just as Moses and Elijah were led to the mountain of God to discern their ultimate call and mission, so Jesus now appears with Moses and Elijah on the highest mountain overlooking the summit of the promised land. Matthew's Gospel tells us that *Jesus was transfigured before them, and his face shone like the sun, and his garments became white as light* (Matthew 17:2).

#### ***Jesus reveals his glory to the apostles and to us***

Why did Jesus appear in dazzling light with Moses and Elijah? The book of Exodus tells us that when Moses had met with God on Mount Sinai *the skin of his face shone because he had been talking with God* (Exodus 34:29). Paul the Apostle wrote that *the Israelites could not look at Moses' face because of its brightness* (2 Corinthians 3:7). After Elijah, the greatest of the prophets, had destroyed all the priests and idols of Baal in the land, he took refuge on the mountain of God at Sinai. There God showed Elijah his glory in great thunder, whirlwind, and fire, and then spoke with him in a still quiet voice. God questioned Elijah, "What are you doing here?" And then directed him to go and fulfill the mission given him by God. Jesus, likewise, appears in glory with Moses and Elijah, as if to confirm with them that he, too, is ready to fulfill the mission which the Father has sent him to accomplish.

Jesus went to the mountain knowing full well what awaited him in Jerusalem - betrayal, rejection, and crucifixion. Jesus very likely discussed this momentous decision to go to the cross with Moses and Elijah. God the Father also spoke with Jesus and gave his approval: *This is my beloved Son; listen to him*. The Father glorified his son because he was faithful and willing to obey him in everything. The cloud which overshadowed Jesus and his apostles fulfilled the dream of the Jews that when the Messiah came the cloud of God's presence would fill the temple again (see Exodus 16:10, 19:9, 33:9; 1 Kings 8:10; 2 Maccabees 2:8).

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Pastor  
Fr. Gregory Nunez

Office Staff  
Anastasia  
Wargachuk  
Administration

Feb 1 & 2—  
\$835.60  
Feb 8-9—\$440.55  
Feb.15-16—  
\$663.75  
Feb 22-23—  
\$750.00  
Feb 26—\$90.85  
Feb 29-March 1—  
\$854.30

**ST WILLIBRORD  
PARISH**

Mass Schedule

Saturday: 5:00 pm

Sunday: 10:30 am

(incl. Children's  
Liturgy)

Tuesday: 7:00 pm  
**(Rector)**

Wednesday:  
7:00 pm

Thursday: 9:00 am  
**(Rector)**

Friday: 9:00am  
**(Rector)**

Adoration  
9:30am to 11:30am  
**(Rector)**

**Please note the  
Mass, on Tuesday,  
Thursday and  
Friday will be held  
in the Rector**

A Simple Plan for Lent: KISS and the 1-1-1 Plan  
FATHER JAMES SHAFER 3 MIN READ

Here's a helpful acronym to help you stay focused during Lent:

Keep • It • Simple • Sinner.

The best Lent is one in which we enter the season wholeheartedly. All too often, people either take on too much or don't take on enough. The solution is to simplify our disciplines, focus our intentions and concentrate more clearly on our spiritual goals.

To keep it simple this Lent, try the "1-1-1 Plan": one sin, one add-in, one give-up. Concentrate or focus on one sin or fault that is getting in the way of your relationship with God and with others. Add one positive activity that will deepen your prayer and spiritual life (especially if you think you are too busy to put anything more into an impossibly busy schedule!). Deny yourself something you really like or are attached to.

**One sin**

Most of us, if we are honest, know at least one area of sin to focus on during Lent. If you aren't sure, or are having trouble narrowing it down, use the traditional seven deadly sins as a guide here.

In fact, some of the other deadly sins are even deadlier, especially pride, or self-love, which St. Thomas Aquinas called, "the cause of every sin."

If you need help in identifying which sin to concentrate on this year, ask God in prayer to reveal it to you. If you still aren't sure, ask your family or close friends. Just be sure you are willing to listen to them and accept their assessment.

**One add-in**

The next step in 1-1-1 Lent is to add one thing of God to your routine that you haven't been doing. Because we are all so busy, it's a good idea to not just pick an add-in, but to schedule a regular time when you put it on your calendar so you don't "forget."

Ideas for add-ins are pretty much endless, but some include:

- Go to Mass in the middle of the week
- Attend the Stations of the Cross as a family
- Read a Gospel
- Volunteer at a social ministry
- Get up early to pray

**One give up**

Giving up something for Lent has been part of the Church almost since the beginning. While giving up sweets and alcohol are time-honored, consider giving up one thing that you really like or enjoy. Just make sure it is something that lets you feel the deprivation and is at least a little bit challenging. Make it difficult but doable.

- Fast from fault finding and nagging, and fast from a critical tongue or a closed mind.
- Give up impulse purchases.
- Give up an unhealthy habit, like smoking.
- Limit the time you watch television or surf the Web.
- Give up eating out and donate the money you save.

<https://simplycatholic.com/a-simple-plan-for-lent-kiss-and-the-1-1-1-plan/>

ST. WILLIBRORD ROMAN CATHOLIC CHURCH

**Sign of Peace**

The congregation is invited to extend a sign of peace in a manner other than by shaking hands.

**Fr Gregory, blessings on the occasion of your  
21st Anniversary Ordination into Priesthood**

Your abiding devotion and faithful service to the Lord has touched countless hearts and inspired so many souls—what a blessing you are to all of us.

May the Lord in His goodness, richly bless you.

May He bring you peace of mind and heart.

May He give you joy as you celebrate your 21st Ordination Anniversary

**Anniversary and Birthday Blessings to** all anniversary and birthday celebrants.

**Happy Birthday to:** Beverly Fender, Bob Neale and Eddy Rodgers

**Thank you to** Mike, Maria G., Ann, Jonas, Nonong, Cora, Ogaga  
and all of our volunteers and benefactors

**DATE(S) TO REMEMBER**

**Sacramental Preparation:** Sunday, March 8, 2020, at 9:00AM in the Church;  
followed by March 22, 2020, at 9:00AM in the Church (enter side door).

**Acolytes Meeting:** Saturday, March 21, 2020, at 9:00AM, in the rectory

**Flea Market:** Saturday, April 4, 2020, 9:00AM to 3:00PM



**Volunteers needed for Soup Kitchen**

If you have a few hours to offer to assist the needy of the community and would like to have more information about helping to feed them. Please contact the rectory, there are many opportunities and tasks that need to be done. We are looking for volunteers to work during the hours of soup kitchen, Monday, Wednesday or Friday Mornings or preparations for the meals that will be served during the above mentioned days.

Lenten Season and Way of the Cross at St Willibrord Parish

The Way of the Cross is a devotion that reminds us again and again that God became one of us, even unto death. Let us take the time this Friday and every Friday during this Lenten season to pray and acknowledge His gift freely given for our salvation.

Please join us for an Indoor Way of the Cross, Friday, at 7:00PM.

Filipino Catholic Mission of Montreal, Jeatro Lorenzo presents

The Passion of Christ

April 5, 2020, 5:00pm

At Vanier College Auditorium 821 Saint Croix Ave, St Laurent, QC H4L 3X9

Donation \$20

Tickets available at the office or by calling: 514-567-5981



**CONFESSIONS** will be heard 15 minutes before each Mass weekdays and on weekends.

**BAPTISM** Parents wishing to have their child baptized are asked to contact the Parish Office at 514-769-9678. A meeting with Parents and Godparents is a pre-requisite. Godparents must be baptized and confirmed in the Catholic Church.

**MARRIAGE** Please contact the Parish Office or Father Gregory well in advance, as it is important to reserve the church before the Hall.