

Living the Gospel

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THE FOURTH SUNDAY OF LENT : MARCH 10, 2024



From the Pastors' Desk

Experience the Joy of Lent

The forty days of Lent are an opportunity for a season of renewal that culminates in Easter Sunday. It's a time to focus on turning away from sin and to Christ our Savior and Lord.

Paul said, "I consider everything a loss because of the surpassing greatness of knowing Christ Jesus my Lord... I want to know Christ... becoming like him in his death, and so, somehow, attaining to the resurrection from the dead" (Phil. 3:8-11).

Of course, it's one thing to want to live like Paul and it's another to actually accomplish this! How do we do this? Paul answers, "Train yourself to be godly" (1 Tim. 4:7). We train ourselves with disciplines.

You can practice spiritual disciplines at any time of the year, but they can be especially helpful in preparing your heart for Easter.

Experience The Joy Of Lent explores: *Spiritual Disciplines for delight:* Lent is a great time to experiment with a discipline for spiritual life in Christ. "Discipline" may seem like drudgery, but it's what enables us to live with delight and dedication! It's a surprise to many people but the season of Lent is meant to be joyful. "For the joy set before him Jesus endured the cross" (Heb. 12:2). Jesus taught us to look our best when we're fasting not because we'd be miserable and should pretend to be happy! (Matt. 6:16-18) He knew from experience that fasting can be feasting on God.

A Meditation on the Cross and the Tomb : Through this meditation, the Spirit of Jesus may invite you to experience the cross and resurrection more personally in your own life. You might look to deny yourself something — perhaps some food, rushing to get through a stop light, or speaking a word that might draw attention to yourself. This is "taking up your cross" to follow in Jesus and it strengthens your capacity to be generous and kind to others. By contrast, you may notice the resurrection power of Christ in your life during this season.

He breathes new life into dry bones. Perhaps the empty tomb is an invitation to reflect on the new life Jesus has given you and leads to a fresh inspiration to pray, give, and serve from an overflow of God's grace. May you experience the joy of Lent this season and may it produce an abundance of fruit that remains long after the joyful celebration of Easter morning!

God Bless.

Fr. Roshan Loy D'Souza, CSC



REMEMBERING ST. JOSEPH'S CHURCH, Making a charitable Bequest:

Having a properly made will is one of the best gifts anyone can leave their loved ones in the event of their passing. It also ensures that charities and causes closest to their hearts will be sustained. By putting the parish in their will, parishioners can help the Church faithfully carry out the pastoral mission entrusted to her by our Lord, for generations to come.

For more information, please call the Parish office of St. Joseph Church. Contact: 416 466 7815 or 416 518 0276

The Week Ahead :

Mar 18: Memorial: St. Cyril of Jerusalem, Bishop & Doctor of the Church

Mar 19: Memorial: St. Joseph, Spouse of Blessed Virgin Mary

Mar 23: Memorial: St. Turibius of Magrovejo, Bishop

Mar 24: Memorial: Palm Sunday

Mar 28: Memorial: Holy Thursday

Mar 29: Memorial: Good Friday



Archdiocese of Toronto

Reflecting on Archbishop Leo's Pastoral Letter on Seeking the Kingdom of God

Embracing Life in the Kingdom "Kingdom living" involves dying to ourselves daily and entering into the movement of the Paschal Mystery in all that we experience: death and resurrection, at many levels, in many ways. To live each day as an active and committed member of God's Kingdom is not for the faint of heart, but the Lord is still present and always will be, loving and active, even and especially in many different hardships and struggles. - Archbishop Francis Leo, SEEKING THE KINGDOM OF GOD ABOVE AND BEYOND ALL THINGS

(Re)discovering Who We Are: God's Answer to the

Question of Identity: Wednesday, March 13, 2024 07:00 PM - Wednesday, March 13, 2024 09:30 PM

Join us on Wednesday, March 13th, 2024 at St. Thomas More Parish (2234 Ellesmere Rd.) for our next ministry night. Invite a friend and see you there!

For more information or to get involved, please contact Samantha Goh, Eastern Region Young Adult Minister at spirituseast@gmail.com or 416-599-7676

THE FOURTH SUNDAY OF LENT : MARCH 10, 2024



POPE FRANCIS PRAYER INTENTION

For March 2024:

For the New Martyrs:

We pray that those who risk their lives for the Gospel in various parts of the world inflame the Church with their courage & missionary enthusiasm.

CHILDRENS' LITURGY:

The Liturgy of the Word with Children during the Sunday 10:00 am mass each week. This ministry is for school-children 4 years old and up. Special thanks to coordinators and volunteers who are dedicated to this important ministry for our children.

CHILDREN'S LITURGY
AT SUNDAY MASS

Our trained leaders help the children to understand the readings of the day through prayers, discussions and activities.



St. Joseph Novena : March 11 to 19. Feast day celebration on Sunday; March 17, 2024.



STATIONS OF THE CROSS

EVERY FRIDAY

DURING THE SEASON OF LENT

AT 6:30 PM

AND MASS AT 7:00 PM

Lenten Confessions on March 20, 2024 (Wednesday) from 6.00 pm to 7.00 pm.

GOD LOVES A
CHEERFUL
GIVER



WEEKEND COLLECTION:

March 2-3, 2024: \$1,248.70

Thank you for your constant support and generous contribution.

Thanks to all our volunteers for their commitment and to our benefactors for your continued support.

Kindly contribute through Pre Authorized Giving. Forms are available in the foyer.

A Big thanks to Knights of Columbus, Council 9079.



† MASS INTENTIONS

Sunday, March 10:

10:00 am : Thanksgiving for Family Blessings

Req. Andrea & Salvador Cornista

Monday, March 11: NO MASS

Tuesday, March 12:

9:00 am : Special Intentions

Req. Toni Muise

Wednesday, March 13:

7:00 pm : † For the Unborn

Req. Toni Muise & Marilyn Roberts

Thursday, March 14:

9:00 am : † Rose Wong

Req. Cyndi Li

Friday, March 15:

7:00 pm

Req.

Saturday, March 16:

5:00 pm : For the Intentions of

St. Joseph Parish Community

† Francesca Guerrero

Req. Guerrero Family



SAINT JOSEPH

Protect my family and me as you did the Holy Family. Kindly keep us ever united in the love of Christ, ever strong in imitation of the virtue of our Blessed Lady, and always faithful in devotion to you.

AMEN

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