

Living Lent

2020



40 Days of Renewal

Catholic.org

Lent, lived in hope for a renewed life in Christ
Is our fulfilment. Each day is a fresh chance
to “see Christ more clearly, follow him more nearly
and love him more dearly.”

Starting with Ash Wednesday, we journey together,
a parish family in **prayer**, in **giving alms**, and in **fasting** from
what distracts us from living as children of God.

This pamphlet outlines the many ways we will Live Lent at our
parish during this Lenten Season. Keep it handy.



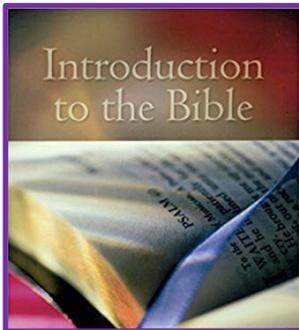
Wednesday, February 26th

Morning Mass at 7:30 AM with Distribution of Ashes
Evening Mass at 7:30 PM with Distribution of Ashes

A collection will be taken at each Mass for the Needs of the Church.

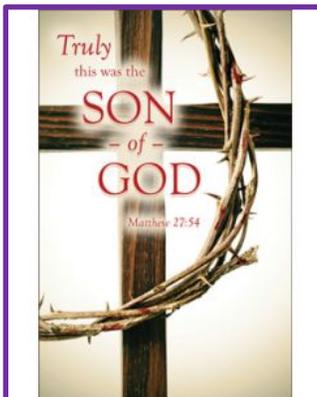


**Stations of the Cross every Friday
Evening during Lent at 7:00 PM
followed by Mass**



Saturday, February 29th after the 5PM Mass

Free Session led by our Bible Study & Prayer Group in the Parish Hall.



LENTEN FOLDER OFFERING



Take home a Lenten folder and add a loonie a day to complete the folder for an offering of \$40. This year we are supporting the important work of Dr. Simone's "Canadian Food For Children" Charity. All donations collected go towards feeding the poorest of the poor in developing countries throughout the world. Each dollar that you donate can provide 20 nutritious meals. Virtually all work for at

the charity is undertaken by volunteers.

I CAN, YOU CAN, WE CAN

40 CANS FOR
LENT



KNIGHTS
OF COLUMBUS
IN SERVICE TO ONE. IN SERVICE TO ALL.

Council 14411

Parishioners are asked to donate one can of food, or other **non-perishable** food item for each of the 40 days of Lent. Food collected will benefit the Richmond Hill Community Food Bank. Please drop off your donated items weekly in the Narthex.



March 25: Day of Confession at OLQW
12PM to 1PM and after the 7PM Mass



Chrism Mass, Tuesday, April 7

There will be **no Noon Mass at OLQW** as the priests are at St. Michael's Cathedral Basilica to receive the Sacred Chrism used in the Sacraments of Baptism, Confirmation, Holy Orders and Sacrament of the Sick

JOURNEY OF Faith



Our Lady Queen of the World,
You open your cloak of hospitality
to all who seek you.
You lead us to our true home
with your beloved Son.
Teach us that we are also
the beloved.
That we too can open our arms
to our neighbour.
That we are gifted so that
we can give,
Blessed so that we can bless,
Graced so that we can extend gratitude.

We pray in the name of your Son,
Jesus Christ.
Amen.

(Prayer & Photo of Stained Glass Image by: Les Miller)
OLQW - 10411 Bayview Ave, Richmond Hill, ON L4C 3P2

As we celebrate our 60 years as a parish family, we join in solidarity and in prayer for our brothers and sisters here in our neighbourhood and in our global community.

“Lord God, this Lent wash away all my doubts about your love for me, for others, and for all your creation, that I may proclaim your goodness. Teach me to become perfect as you are perfect, in all my ways.” (Ron Rolheiser)

From Fasting To Feasting

LENT is a time for fasting

LENT is a time for a joyous season of feasting.

LENT is a time to fast from certain things and to feast on others.

Fast from judging others;

Feast on seeing the best in people.

Fast from emphasis on differences;

Feast on the unity of life.

Fast from despair;

Feast on hope.

Fast from thoughts of illness;

Feast on the healing power of God.

Fast from words that destroy and pollute;

Feast on words that are build and encouraging.

Fast from discontent;

Feast on gratitude.

Fast from anger;

Feast on patience.

Fast from being negative;

Feast on being positive.

Fast from worry;

Feast on trust.

Fast from complaining;

Feast on appreciation.

Fast from hostility;

Feast on peacemaking and non-violence.

Fast from bitterness;

Feast on forgiveness.

Fast from constant activity;

Feast on slowing down.

Fast from disrespect;

Feast on recognizing the sacred in all life.

Fast from lethargy and boredom

Feast on enthusiasm.

Fast from idle gossip

Feast on purposeful silence.

Fast from self-concern;

Feast on compassion for others.

