

Mass Intentions (Mar 7-13) 2026

Sat. Mar 7/4:30 p.m. Joyce Barber - Martin (on behalf of the family)

Sun. Mar 8 /10:00 a.m. Nick Baird - Teresa Baird
Anna & Giovanni Bellini - Domenic Bellini & family
Eileen Shanahan - Shanahan & Scott family
Honest, Estela & Ray Angelo Taguinod - Richard Gelinias
Deceased members of Chung family - Jacqueline & Jeanine
Leonita, Julian, Nida & Emilio Fabrigas & Asher Madriaga - Portia Madriaga

Wed. Mar 11/10:00 a.m. Antonio & Carolina Muzzo - Anna Muzzo
Sofronio Corpuz (senior) - Corpuz family

Thu. Mar 12/10:00 a.m. Nick Baird - Teresa Baird

Fri. Mar 13/10:00 a.m. Living & Deceased members of the Baird, Shanahan, Scott, Ryan, Malone, Faherty, McGarry & Kostner families - Teresa Baird

THIRD SUNDAY OF LENT (Year A)

“The water that I shall give will turn into a spring... welling up to eternal life.”

First Reading (Exodus 17:3-7)

The Israelites, dying of thirst in the desert, begin to doubt GOD’s love for them. At GOD’s command, Moses strikes the rock with his staff. Out gushes water.

Second Reading (Romans 5:1-2. 5-8)

GOD’s love has been poured into our hearts through the Holy Spirit that has been given to us.

Gospel (John 4:5-42)

The conversion of Samaria begins when Jesus stops by a well, where he meets a woman coming to draw water. She gives him a drink; he, in turn, offers her the living water of GOD’s Spirit.

Reflection:

The woman’s request of Jesus, “give me some to that water”, can be our prayer too. Many are still thirsting for an experience of GOD that makes them feel truly loved and known, like the Samaritan woman in her encounter with Jesus. It is easy to be seduced by worldly attractions. Just as the woman kept having to go back to the well, some people find the happiness the world promises illusory and short-live. You don’t have to keep coming back for more, Jesus assures us. GOD, through Jesus and other believers, has offered us the gift of faith. GOD is the initiator of faith. Just as the promise of living water was made to the woman at the well, faith is a divine gift that is made accessible to us. We can choose to accept the gift or reject it. It is our free will that allows us to do what we want with the gift of faith.

Jesus offers us himself as the true source of life and joy. Drink of GOD’s Spirit, he says, and you will never be thirsty again.

How refreshing a message this is for Lent. Whatever our past story, GOD longs to win us back.

May you continue to grow in your faith with the GOD Who desires to be in an ever deepening relationship with you.



What Lent means to me

Lent is a time for penance and repentance, for almsgiving and prayer, for working to change attitudes that are not pleasing to GOD.

The Gospel is GOD’s “love letter” to the world, written on a cross, sealed in blood and opened in the resurrection. It is a letter to be read to the entire world:

Exposition and Holy Hour Every Friday - 9:30 to 10:00 am.

Meditations on the Stations of the Cross Every Friday after the 10: 00 am mass.

Lenten Reflection

If we wish to change the outer aspects of our lives we must first change the inner attitudes of our minds. The miracle of inner change is possible.

Change requires the substituting of new habits for old ones. It calls for self-discipline.

You have to command yourself and make yourself do what needs to be done.

The change of heart to which Lent calls us can be accomplished most of all through the power of prayer.

Our Father

Give us this day our daily bread and forgive us for the times when we take more than our share of the bread that belongs to all.

Let us help You fill the starving with good things, not with scraps from our table.

Teach us how to share what is not ours to keep. Clothe us with Your love that we may complete each good work you created us to do.

Place in our hearts Your compassion for each starving child and use our little acts of love so that they starve no more.

Amen.

Lord, as the Spirit led you into the desert to face temptation, so may that same spirit guide us this Lent as we seek to follow your way more faithfully.

LENTEN RETREAT SATURDAY, MARCH 21, from 10am to 1 pm. with Fr. Anthony Atansi.

All parishioners are invited. Ministries and Volunteers are requested to attend. Kindly register your presence on the sheet at the back. Thank you.

Tax Receipt for 2025 is available for pickup at the back arranged in alphabetical order.



The Sanctuary Lamp will burn this week For Antonio Romano.

By – Domenico Romano & family

Next Sunday, our Parish Council Member Juan Manuel will present an update on Development and Peace Share Lent campaign. Collection for Development and Peace will be taken on the 5th Sunday of Lent, March 22.

NEED HELP WITH YOUR TAXES?

Provided by the Cote St-Luc Library in collaboration with the NDG Tax coalition, Revenue Quebec & CRA.

APRIL 2026 by appointment only.

Please fill out the form at - bit.ly/45L2Jy for eligibility. Or call 514-485-6900. reference@cotesaintluc.org

St. Patrick’s and St. Josephs Day Brunch Sunday, March 15, after the 10:00 a.m. mass.

Menu

Sausages, mash potatoes, cabbage, and Irish flag salad will be served buffet-style.

With Cake, Coffee and Tea .

Irish Coffee (5\$) & Beer (2 for 10\$) will be available to purchase.

Sunday the 8th is the last day to purchase tickets.

30\$ for adults,

10\$ for children 12 and under.

If you cannot attend, any financial donation will be helpful. Thank you.