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|  | **St Patrick of the Island** | |  |  | **Parish Bulletin** | |  |
| **week of february 24, 2018 – 2nd sunday of lent** | | |  |  |  | | |
| **masses**  **saturday february 24, 2018**  **5 pm Herve Bertrand from Family**  **sunday february 25, 2018**  **9 am Mary Albertson from Trudi Lalonde**  **11am Helen Bulger from the Hoffman family**  **wednesday february 28, 2018**  **4:30pm Healing for Peter M from Karen**  **friday march 2, 2018**  **9 am Priest’s Intentions**  **saturday march 3, 2018**  **5 pm Harold & Kay Tobin from Family**  **sunday march 4, 2018**  **9 am Intention of the Parishioners**  **11am Priest’s Intention**  **this week’s eucharistic ministers**  **5pm: Chris & Grace**  **9am: Angie & Anne**  **11am: Frances & Mary**  **the sanctuary lamp burns for:**  **This week: Peter Morahan**  **Next week: Peter Morahan**  **altar society**  **Mar 7 – Anne, Mary & Diane**  **Mar 21 – Sophie & Diana** | | **COLLECTION**  **The collection for February 18 was $1557.**  **Thank you for your contributions.**  **FAITH EDUCATION**  **This Sunday is Class Mass. Miss Kirsty’s Level 2 class are our special participants.**  **Have a good Spring Break!**  **CHAPEL**  **We are looking for new adorers, spares and Captains. If you can help us out, please call Audrey at 514-453-5409.**  **PLEASE CONTINUE TO PRAY FOR:**  **Peter Morahan, Ginny Bannasch, Isobel Agnew, Dave Currie, Phyllis Bird, Lionel Cozier, Dolores Sandy, Mary Martin, Marie Hulse, Andria MacDonald, Jean Clifford, Gabrielle McWilliams, Karen Descoeurs, Mary & Marian Lapchak, Caiti Dore, Helen Lariccia, Eva Bideau, Catherine Shea, Lucie Cardinal, Rod Desmarais, Frank McCluskie, John Battaglia, Ben, Linda Panaro, Boleslaw Zugda, Betty, Gerry & Mary Guy, Ann Desmarais, Thomas Gillette, Elaine Kerr, Woody Leclerc, Jean Gauthier, Brian Lang**  **STATIONS OF THE CROSS**  **There will be Stations of the Cross on Friday evenings at 7:30pm. Please join us.** |  |  | **ALPHA**  **Last chance to sign up for Alpha as our sessions begin on Tuesday at 6:30pm. We begin with supper (we provide the supper), watch a video, and have a discussion afterwards. Come and make some new friends**  **Please sign up so that we know how much food to make for Tuesday!!**  **8 WAYS TO PRAY DURING LENT What do we do when we’re facing an upcoming big event, celebration, or special occasion in our lives? We prepare for it.** [**Holy Week**](https://www.loyolapress.com/our-catholic-faith/liturgical-year/holy-week) **and** [**Easter**](https://www.loyolapress.com/our-catholic-faith/liturgical-year/easter) **are “big events” in the liturgical year of the Church and in the spiritual life of a Christian. So, as Christians, we prepare spiritually for these through the** [**forty days of Lent**](https://www.loyolapress.com/our-catholic-faith/liturgical-year/lent/articles/articles/lent-40-days-or-more)**. This means that, during Lent, we rededicate ourselves to prayer. There are as many ways to pray as there are prayers in this world, but a few prayer methods can help us in particular to spiritually prepare ourselves during Lent:**  **1. Make your abstinence a prayer-in-action.**  **As Catholics we are called to** [**give up something for Lent**](https://www.loyolapress.com/our-catholic-faith/liturgical-year/lent/articles/articles/fasting-abstaining-from-meat-as-sign-of-penance)**. Chocolate, coffee, that extra helping of dinner, one less hour of video games or watching DVDs—whatever it is, you can make what you’re giving up for Lent a prayer as well: a prayer-in-action**. | **Whenever you encounter the thing you are abstaining from or the time of day that you would normally enjoy it, take a moment to say a prayer in recognition of your wholeness in God even without the thing you have given up. Thank God for the freedom to be wholly yourself without this and, at the same time, acknowledge the gift of its existence in the world.**  **2. Renew yourself through personal reflective prayer.**  **Lent is a time of spiritual renewal. One easy step you can take is to use the many free online resources to jump-start or reinvigorate your prayer life. A few such resources are Loyola Press’s popular** [**3-Minute Retreats**](https://www.loyolapress.com/our-catholic-faith/prayer/3-minute-retreats) **and** [**Seven Last Words of Christ**](https://www.loyolapress.com/our-catholic-faith/liturgical-year/lent/seven-last-words) **guided meditation, or try the prayer reflections offered by the Irish Jesuit site** [**Sacred Space**](http://sacredspace.ie/)**. If you’re seeking more traditional support for your personal reflective prayer, consider a book specially designed to nourish you during Lent, such as** [***Praying Lent***](https://www.loyolapress.com/sitecore/commerce/products/loyola-press-shop/books/praying-lent)**.**  **To be continued.**  **RESOURCES FOR LENT**  **If you are looking for some resources for Lent for yourself or your children,**  **There are some pamphlets in the white shelving in the vestibule. Please help yourself!** | |