

ANNOUNCEMENTS



From the Youth Ministry

2010 YOUTH LIFE IN THE SPIRIT SEMINAR #11

There will be a shepherding session tonight immediately following the Youth Praise & Worship.

Next Shepherding Session: Friday, February 26, 2010 (one-on-one)

Invocation Mass: March 12, 2010

YLSS Proper: March 13 & 14, 2010 @ Cardinal Leger School in Scarborough

Post Shepherding Session: March 19, 2010

We ask that you continue to pray for all the YLSS #11 participants and to observe silence during the shepherding sessions in the basement hall.

From the Solo Parents Ministry



SOLO PARENTS ENCOUNTER #9

Date: April 9 – 11, 2010

Location: Mount Mary Immaculate Retreat Centre

Invitees: Widow(er), Divorced, Separated, Single with Children, Married whose spouse is working abroad, Married with a spouse who is incapacitated or bedridden

Application Forms are available at the OLA Basement Hall.

Please submit completed forms to Monette McQuaid, Linda Canaria, Sylvia Centeno, Nilda Villa or any other member of SPE #8.

Toronto Teaching Schedule

Date	Time	Topic	Venue	Attendees
Feb 22	8:00-10:00 PM	Advanced Intercession Part 2	OLA Hall	Intercessory Ministry Members
Feb 27	8:30 AM-4:00 PM	Basic Bible Seminar	OLA Hall	LSS 23/24



Living Water



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February 19, 2010

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Toronto District

First Sunday Of Lent



ORDER:

Worship the Lord your God and serve only Him.
(Lk 4:8)

REFLECTION:

Jesus was led by the Holy Spirit to the wilderness to be tempted by the devil. It is quite interesting to draw comparisons between Jesus in the wilderness and the Israelites in the wilderness after God's miraculous rescue from Egypt. In both cases, they had just experienced God's power and favor. Jesus experienced God's favor at His baptism in the river Jordan. The Israelites had seen the most powerful manifestation of God's power at work in the parting of the Red Sea. Then, they found themselves wandering and starving in the wilderness, Jesus for forty days and the Israelites for forty years.

THEME:

We spread the Good News of salvation when we confess with our mouths and witness with our lives that Jesus is Lord.

WORD:

Dt 26:4-10; Ps 91:1-2, 10-15; Rom 10:8-13;
Lk 4:1-13

In His first public ministry, Jesus confronted the real enemy of us all, the devil. Jesus' first temptation was in the area of life's necessities, food. The trap of this first temptation was not

in making bread. Jesus was not under prohibition from miraculously creating food. In fact, on two occasions, Jesus used His power to create bread for a multitude of people. The real peril was in Satan's challenge to Jesus' credibility by saying "If you are the Son of God, command these stones to become loaves of bread." Jesus responded, **"It is written, 'Man does not live by bread alone, but by every word that comes from the mouth of God.'**" Often, our own temptations will test our own identity as sons and daughters of God. How often do we think that if God really loved us, then we would not be in this situation. Like Jesus, we will also be confronted with similar situations. The devil comes and whispers doubts about God's promises – "Does He really care about you?. Is He really listening to your prayers? We need to remember that "It is written", God has promised us and His Word is final and sufficient.

In the second temptation, Jesus did not question Satan's authority to grant the world's kingdoms. Satan's suggestion violated the first commandment. Jesus responded by saying **"It is written, 'Worship the Lord your God, and serve only Him.'"** Then Satan challenged Jesus to throw Himself down from the pinnacle of the temple saying if Jesus were the Son of God, then the angels would bear Him up so that His foot would not dash against a stone. Jesus addressed the real issue by quoting Deuteronomy 6:16, **"You shall not put the Lord, your God to the test."** How many times do we test the Lord by saying, "Lord, if you do so and so for me then I will know that you love me."

Our salvation depends on our faith in our Lord Jesus and in how we put that same faith into action. St. Paul said that we should keep the word of faith near our lips and in our hearts. As we open our Bibles each day, we should pray not only for illumination to understand the Word of God but we must pray also for the willingness to obey them. Both hearing and doing the Word of God must go hand in hand. We do our work of evangelization by confessing with our mouths and witnessing with our lives that truly Jesus is our Lord. We entrust with Him the totality of our lives - all the blessings that we have received as well as all the sufferings that come our way. The Lord is true to His promise, **"No one who believes in Him will be put to shame"**. Let us all claim that promise as we prepare to join in the Lord's journey during Lent as we meditate on His passion, His death on the Cross and His glorious resurrection.

DIRECTION:

- ❖ Our lives, as disciples, must be centered on God and God alone and in His Word.
- ❖ Faith in God and in His Word will not guarantee salvation. We must live our faith in God and His Word in our hearts, in our speech and in our actions for others to see.
- ❖ We must study the Word of God and allow it to change us and change others.

GOD'S PROMISE:

"No one who believes in Him will be put to shame."(Rom 10:11)

The Springtime of Lent

The liturgical season of Lent coincides with spring, calling to mind the new life and growth, the hope and change that should characterize this time of prayer, penance and conversion. This is the season of initiation into the grace-life of the Church. For 40 days, the Church invites us to start afresh.

Just as Nature renews herself every spring, so during the Church's spring we are encouraged to begin anew with the catechumens. We prepare for the renewal of our baptism, we suffer with Christ for our sins, we are buried with Him so that we may also arise with Him to a new life of grace and glory. (Therese Mueller, *Our Children's Year of Grace*)

The word *Lent* is derived from an Anglo-Saxon word *lengthen* or *lencten* meaning "spring." We are "to spring" into action, to do the tasks of the season, to prepare for the new growth and graces that overflow from Easter. Spring is the most important season for a farmer, for it determines what crops he will plant. Once decided, he prepares the soil thoroughly and plants the seed carefully, hoping that the seed buried deep in the soil will produce an abundant crop.

On Palm Sunday, the very threshold of his death and Resurrection, Our Lord assured his followers that "unless the grain of wheat falls to the earth and dies, it remains just a grain of wheat. But if it dies, it produces much fruit. The man who loves his life loses it, while the man who hates his life in this world preserves it to life eternal. If anyone would serve me, let him follow me; where I am, there will my servant be." (Jn 12: 24-26) Let us renew our Baptism during this Lenten spring, joyfully dying to self in order to become that fruitful grain of wheat. (*Original Text by Jennifer Gregory Miller & Margaret Gregory, CatholicCulture.Org*)

What does it mean to "FAST"? To fast is to do without food. It serves to be a penance or a sacrifice - for the purpose of strengthening us. When we're hungry, we have a heightened sense of awareness. When we fast, we have a feeling of alertness. Fasting is a wonderful exercise whenever we want to sincerely ask for an important grace from God. It is not that our fasting "earns" God's attention, but by fasting, we clarify our thinking and our feeling. It is purifying and prepares us to pray more deeply.

When do I fast? We are required to fast on only two days of the year - Ash Wednesday and Good Friday.

What does it mean to "ABSTAIN"? To abstain is to not eat meat. Its purpose is to be an act of penance - an act of sacrifice, that helps us grow in freedom to make much bigger sacrifices. Part of our abstaining from meat can place us in solidarity with so many of our sisters and brothers around the world who cannot afford meat or do not have access to it.

When do I abstain? Catholics, as a group, abstain from meat on Ash Wednesday and on all the Fridays of Lent.

Whether it is fasting, abstaining or other acts of penance, the whole desire we should have is to use these means to help us grow closer to our Lord and prepare ourselves "to celebrate the paschal mystery with minds and hearts renewed." (*First Preface of Lent*) (*Creighton Online Ministries*)