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## Season of Lent: What is it? Why is it?

The most solemn day of the year for Christians is Easter, the day when we believe that Jesus rose from the dead. Lent is a forty-day season of preparation for Easter. Lent always begins on Ash Wednesday.

**Why 40 days?** In the bible it tells of how Jesus fasted and was tempted in the wilderness for 40 days. Lent, then, is a time of fasting, prayer and repentance for believers. While Lent is not mentioned in the scriptures, it has been a custom and Church obligation, which Christians have practiced for most of the last two thousand years.

In many languages, the word "Lent" actually means "fast." This is where the custom of giving up something for Lent originated.

Technically, Sundays are not part of Lent. Although we celebrate them liturgically as part of Lent, the Lord's Day cannot be a day of fast and abstinence. Six weeks of Monday through Saturday gives you 36 days. If you add to them Ash Wednesday and the three days after it, you get the 40 days of Lent.

Lent comes to an end before the evening Mass of the Lord's Supper on Holy Thursday. The Church then enters the "Paschal Triduum", the three days before Easter Sunday.

**The focus of Lent** is a time for Christians to review their lives and renew their commitment to their faith.

It is a time for those who have lapsed in their faith to return.

Put simply, Lent is a time for self-examination. ***Here are some questions upon which we might pray and meditate during Lent:***

- Am I sharing gladly what I have with others, especially the poor? Do I have a gracious and patient attitude with others, especially those who irritate me?
- Do I feel the power of connection to God and the church in communal worship?
- How is my devotional and prayer life progressing?
- Am I listening to God more and complaining less?
- Is it time for a change or a growth in my Bible study and prayer life?
- What are my lurking sin problems, which still plague me?
- Am I as thoughtful and forgiving of family and others, or do I take my frustrations out on them?
- Do I speak up for the maligned and oppressed, or do I remain silent in order to remain complacent?



### **NO Mass on Mondays**

Please consider joining fellow parishioners, and of course myself, for daily Mass as we journey through the year by reflecting on a different saint of the day. ~ Fr. Irek

### **Tuesday, March 5**

8:00 am + MIKE O'TOOLE - Roger Nugent  
+ MILDRED KAVANAGH - Lillian Crane

### **Wednesday, March 6 - ASH WEDNESDAY**

**8:00 am** - for the intentions of Parents in Touch group

**7:15 pm** - EMMA EPIFANO - her family  
Exposition of the Blessed Sacrament begins at 6:00 pm and concludes with Benediction at 7:00 pm  
Sacrament of Reconciliation 6:00 - 7:00 pm

### **Thursday, March 7**

8:00 am + MANUEL SILVA - his family  
+ SOULS IN PURGATORY and the intentions of Desiree Lew

### **Friday, March 8**

8:00 am + JOHN ROSA - Lizette Medeiros  
- for the intentions of Manuel and Ana Silveira

### **6:30 PM - STATIONS OF THE CROSS**

### **Saturday, March 9**

8:00 am - for the intentions of Grace Milne

5:00 pm + ANDY CUMBO - his family  
+ DANUTA GORA - Drabik family  
+ JOHN DaCOSTA - Jose & Eduarda Tavares

### **Sunday, March 10 - First Sunday of Lent**

9:00 am - for the intentions of all parishioners  
11:00 am + MARY DREHER - Maria & John Correia

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**Stations of the Cross** will be held every Friday evening of Lent at 6:30 pm in the Church.

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**Used Postage stamps, pop can tabs milk bags**(outer bags) are collected by various community groups. Please leave these items in the appropriate area at the back of the church. Thank you.

### Holy Hour to Pray for Victims of Abuse

Sunday, March 17 at 3:00 pm

St. Ambrose church

A great deal of media attention has been directed to cases of sexual abuse by priests and bishops, and the failure of the Church's leadership to address this issue, which has caused much pain and suffering for victims and brought hurt and disillusion to many members of the faithful.

Upon recommendation of the Diocesan Presbyteral Council, Bishop Douglas Crosby has decreed that on the Second Sunday of Lent each year, beginning March 17, 2019, there is to be observed in every parish in the Diocese of Hamilton a Holy Hour of Prayer for victims of sexual abuse.

We invite all parishioners to come to pray with one another for healing for the victims and their families, and for an end to abuse of minors and vulnerable adults.

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### STAND UP TO FALLS

Join our FREE education sessions and gentle exercise classes to STAND UP TO FALLS. Meet People, Stay Active! Work with Registered Kinesiologists to learn helpful tips on building balance and strength, eating well, and overall healthy living. Please bring running shoes and a water bottle. From April 1 - May 27 (Mondays) 1:30 - 3:00 pm at St. Ambrose Church Hall

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### Healing Mass and Prayers

7:00pm - 9:30pm Wednesday March 20, 2019 at St. Ambrose parish 210 south St, Cambridge.  
Celebrant will be Rev. Fr. Augustine Vallooran V.C. Director Divine Retreat Centre, from Potta, Kerala, India. Everyone is welcome

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### Diocesan Wedding Anniversary Mass - June 9, 2019

- Registration Required -

Are you celebrating your 25th, 40th, 50th, 60th, or 60+ Wedding Anniversary in the year 2019? If you are, you are cordially invited to join couples from across the Diocese of Hamilton for a Wedding Anniversary Mass on Sunday, June 9, 2019 at the Cathedral Basilica of Christ the King at 1:30 pm. (Space allows room for Anniversary couples only - those married 60 years or more may bring 1 guest if you require assistance). Please refer to the poster in the church for information on how to register for the celebration, or go to [www.hamiltondiocese.com](http://www.hamiltondiocese.com)



Ash Wednesday, Holy Mass will be held at 8:00 am and 7:15 pm

**Ash Wednesday and Good Friday** are days of fast and abstinence. Fasting is for those who are 14 to 60 years of age. Fasting means reducing our food intake and no snacking, unless a person has a medical condition which prohibits fasting. Abstinence (*no meat*) for those 14 years of age and older. (medication is always permitted)

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### Workshop for New Parents (and grandparents, siblings)

Saturday March 23rd, from 12:30 to 3:30pm

This is a non-certificate workshop for new parents, grandparents and siblings over 14 years, focusing on accident and injury prevention, first aid, choking and CPR techniques used on newborns, infants and young children. Learn essential emergency skills with lots of hands-on practice.

Key concepts taught in this course include: safety, medicine, first aid, CPR & choking, constipation & diarrhea, vomiting & dehydration, fevers, rashes, allergic reactions, cold, coughs & croup, dental emergencies, falls, poisoning, water safety, wound care, and preventing contamination.

Fee is \$45.00, payable to St. John Ambulance and due by Monday March 18.

Space is limited. To register contact Myra Klaassen, Parish Nurse at [myra@stambrosecambridge.ca](mailto:myra@stambrosecambridge.ca)




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### Rectory Gardening Volunteer(s)

It's not spring yet, but we're hopeful ☺

We are seeking a volunteer, or volunteers, to do some planting, weeding, pruning, of the parish rectory gardens this spring/summer. Even students who might need volunteer hours are welcome. If you would like to help, please contact the parish office.

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### Bridge/Euchre Card Party - Saturday March 9, 2019 at 6:30

pm in St. Ambrose Church Hall. Cost is \$6.00 at the door. Everyone welcome ☺

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### Catholic Community Foundation Lottery

Lottery application forms are available at the back of the Church. The purpose and mission of the Catholic Community Foundation of Waterloo Region is to promote the advancement of the Catholic Community by providing financial support to worthwhile charitable programs and projects, particularly those of a catholic educational nature. **Website** [www.ccfowr.org](http://www.ccfowr.org)