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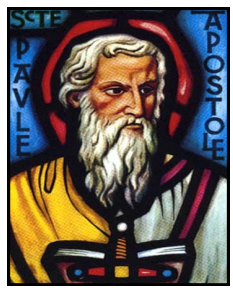
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FIRST SUNDAY OF LENT

Gospel Summary

Each year, at the beginning of Lent, the lectionary has us hear the story of the devil tempting Jesus in the desert. This year we hear Luke's version. Following his baptism, Jesus went out into the desert for forty days during which time he ate nothing. Knowing that Jesus would be hungry, the devil tempted him to turn a stone into bread. When Jesus did not, the devil showed him all the kingdoms of the earth, promising Jesus all the glory and power of them if Jesus would worship the devil. Again Jesus refused. Finally, Satan took Jesus to the top of the temple in Jerusalem and told him to jump because God's angels would save him. Jesus refused each of the three temptations by quoting scripture from the book of Deuteronomy thus making clear his obedience to God.

Reflection for Families

Sometimes we think only of the divinity of Jesus and forget how difficult these temptations must have been for the human Jesus. We face far lesser temptations every day and some we resist while others we give in to. When we think of obedience like daily exercises, it becomes habit and we condition ourselves to obey God. Through our example and guidance, parents can help their children do the same thing. If the temptations are hard to resist, we know Jesus understands our difficulty because he went through a similar experience. He will be there for us when we ask for his help.

Bringing the Gospel Into Your Family

Now, at the beginning of this Lent, make a list of all the temptations each family member faces at home, at school, at work, in the neighborhood. Next to each temptation write down ways you will work to avoid them. Allow all family members to help one another with suggestions and make a time in each day of Lent to pray for each person as he/she works to resist the temptations he/she faces.

Discussion Starters

1. One thing I've learned from Jesus about temptation is ...
2. Taking some "desert" time in my life would help me ...
3. The best way for me to avoid temptation is to ...

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Visit Our Website

You can become a member of our parish community, register for Sacraments, get information on upcoming events, sign up to receive a digital copy of our weekly parish bulletin, and much more.



Visit our website at stpaultheapostleto.archtoronto.org or simply scan the QR code

Mass Intentions

Saturday, March 8

4:30pm

- +Charlie Bonett

Sunday, March 9

9:00am

- +Rita Caruana

10:30am

- +Onoratto Ciappara
- +Joseph Farrugia
- +Tony Axiak
- +George Coliero
- +Emanuel, Carmela & Tessie Psaila
- +Carmel & Edmond Scicluna
- +Vittorinna & France Borg
- +Thomas Bond
- +Theresa & Paul Calleja

12:00 noon

- Missa Pro Populo

Monday, March 10

- +Anton Muscat

Tuesday, March 11

- +Joe Bartolo

Wednesday, March 12

9:00am

- +Frank & Censina Micallef

Thursday, March 13

- +All Souls in Purgatory

Friday, March 14

- +Anthony Muscat

From the Pastor...

Living the season of Lent is a deeply spiritual journey that invites believers to grow closer to God through prayer, penance, and acts of love. It's a time of reflection and transformation, a period to cleanse the soul and prepare for the joyous celebration of Easter.

Daily Mass attendance is a powerful way to enrich your Lenten experience. Weekday Masses offer a unique opportunity to draw near to the Eucharist more frequently, allowing for a deeper connection with Christ's sacrifice and resurrection. Regular participation in Mass fosters spiritual nourishment and reminds us of the communal nature of our faith.

Praying the Stations of the Cross on Fridays is a cherished Lenten tradition that helps us meditate on the passion and death of Jesus. Walking through each station, we contemplate Christ's suffering and its profound meaning for our salvation. This devotion deepens our empathy and gratitude, aligning our hearts with His selfless love.

Acts of charity are integral to living out the Lenten call to almsgiving. Engaging in charitable deeds—whether it's volunteering, helping a neighbor in need, or donating to a worthy cause—reflects Christ's compassion and mercy. These acts not only benefit others but also purify our intentions and detach us from materialism.

Meditating on God's Word at home is vital for personal spiritual growth during Lent. One effective method is Lectio Divina, a traditional practice of prayerful scripture reading. It involves four steps: lectio (reading), meditatio (meditation), oratio (prayer), and contemplatio (contemplation). This approach encourages us to slow down, listen to God's voice, and integrate His message into our daily lives.

Confession is an essential sacrament during Lent. Through the Sacrament of Reconciliation, we acknowledge our sins, seek God's forgiveness, and receive His grace to begin anew. Regular confession cleanses our soul, fosters humility, and strengthens our relationship with God.

We warmly invite you to attend our Lenten Mission on April 9th, 10th, and 11th. Fr. Massimo will lead the first two evenings with Mass and a sermon, setting the tone for a spiritually enriching experience. On April 11, Fr. Jimmy Zammit will celebrate Mass, followed by devotions to Our Lady of Sorrows. This retreat is a perfect opportunity for deep reflection, communal prayer, and spiritual renewal.

Let us embrace Lent with open hearts, committing to these practices and preparing ourselves for the resurrection of our Lord, Jesus Christ

STEWARSHIP REFLECTION As we enter into this Season of Lent, let us reflect on how we can best use this time to grow in our relationship with God and our commitment to stewardship. In the first reading from the book of Deuteronomy, Moses instructs the people saying that when they come to give their offerings to God, they should "bring the first of the fruit of the ground." The Lord wants our very best, not what we have leftover. This is very true in our lives as stewards. It's definitely good to offer up our time and talents to our parish community. However, do we only give from what we have remaining after all of our other priorities are taken care of? To serve the Gospel should always be of prime importance. One Lenten resolution we can adopt to help us offer our "first fruits" is the practice of scheduling our time of prayer in advance. Prayer should not be an afterthought that we try to squeeze in when we have time. Instead, we should block out a chunk of time each day that is free from all other competing distractions and is reserved only for our conversation with God. Let us strive to create a scheduled prayer life this Lent, perhaps starting with 10 minutes a day. If we do so, we will see great wonders take place in our relationship with God and others. Summary In the first reading from the book of Deuteronomy, Moses instructs the people saying that when they come to give their offerings to God, they should "bring the first of the fruit of the ground." One Lenten resolution we can adopt to help us offer our "first fruits" is the practice of scheduling our time of prayer in advance. If we do so, we will see great wonders take place in our relationship with God and others.

Taken from excerpts from the Archdiocese of Toronto website.

THE MORNING MASS ON WEDNESDAY, MARCH 12TH WILL BE AT 9:00 AM

Pastoral Team

Fr. Roy Francis Farrell

Pastor

Deacon Raymond Frendo

Permanent Deacon

MASS SCHEDULE

Daily morning Mass:

Monday, Wednesday & Friday

9:15am (Maltese/English)

Tuesday & Thursday

9:15am (English)

Weekend Masses:

Saturday: 4:30pm (English)

Sunday: 9:00am (English)

10:30am (Maltese/English)

12:00pm (English)

Weekly Adoration of the Blessed Sacrament:

Every Wednesday 7:00 pm - 8:00 pm

Secretary

Mrs. Rita Apalit

OFFICE HOURS

Monday to Friday

9:00am to 4:30pm

(Priest is always available by appointment)

SACRAMENTS

Baptism: Please contact the priests. Baptisms are held on the first Saturday of the month at 10:30am

Marriages: Contact the priest one year in advance of the wedding. A marriage preparation course is mandatory.

Sacrament of Reconciliation: First Friday: 8:40am to 9:10am Saturdays: 3:45pm to 4:15pm Anytime by appointment.

Anointing of the Sick: Contact the priests. Parishioners are reminded that this is not a sacrament that should be left for the last possible minute. It is a Sacrament for the sick, not just for the dying.

March 9, 2025