

**the little servants of CHRIST THE KING Prayer Community**  
**Sudbury, Ontario**  
*... proclaiming the power of the Holy Spirit and a personal relationship with Jesus Christ*



#### **APRIL 2017**

- |                                     |   |
|-------------------------------------|---|
| 7 - St. John Baptist de la Salle    | 23 - Feast of The Divine Mercy              |
| 1 <sup>st</sup> Friday of the month | 24 - St. Fidelis of Sigmaringen             |
| 9 - Palm Sunday (Holy Week Begins)  | 25 - St. Mark, Evangelist                   |
| 13 - Holy Thursday - NO MEETING     | 26 - Our Lady of Good Counsel               |
| 14 - Good Friday                    | 27 - Sacrament of the Anointing of the Sick |
| 15 - Holy Saturday                  | 28 - St. Louis Marie Grignon de Montfort    |
| 16 - The Resurrection of The Lord   | 29 - St. Catherine of Siena                 |
| 20 - Regular meeting                | 30 - 3 <sup>rd</sup> Sunday of Easter       |

#### **MAY**

- |                           |                                   |
|---------------------------|-----------------------------------|
| 1 - St. Joseph The Worker | 3 - Sts. Philip & James, Apostles |
| 2 - St. Athanasius        | 4 - Blessed Marie Léonie Paradis  |

#### **Our Mission Statement:**

*"If we live by the truth and in love, we shall grow in all ways into Christ, who is the head by whom the whole body is fitted and joined together, every joint adding its own strength, for each separate part to work according to its function. So the body grows until it has built itself up, in love."* Ephesians 4:15-16

## MY TESTIMONY OF GOD'S HEALING POWER - Lorraine Sahadat

We serve a living God and that is the reason there is no situation that remains hopeless: not even terminal cancer. When I first learned that I had cancer, the oncologist present gave me three months to live, but by the grace of God I'm still here. PRAISE GOD!

Believe me God can show up in ways we can never anticipate. That day when I heard the news, instead of feeling vulnerable, weak, fearful, or defenceless, I felt no resentment. I cannot understand why the news did not traumatize me or left me without hope. I was given instead an indescribable sense of peace. From that moment on, I decided to put myself totally in the Lord's hands. I strongly felt that it was there, in His Hands, that I would find His healing power. It is there that He would surround me throughout this journey. I chose to believe. I really chose to believe and hope for the best.

When I think of that today, I still can't understand how come the news did not leave me without hope or even did not floor me. I can only say that The Lord has blessed me with His peace and He has also blessed me with the courage to face the journey, because it was going to be a long journey as I was told by so many.

Hospitalized in mid May, I was given countless signs that The Lord was healing me. The Lord's presence was so real. This thought couldn't pass over me. A series of small chemos were given to see if I could tolerate the treatments: some lasted 15 minutes, others were a little longer. But, by the Lord's grace, I never had any side effects, I never vomited, and never felt discouraged.

In June, back home for a recovery time, I knew I was being healed. Honestly, I wish I had more time to give you the exciting details of this experience, including the spiritually moving experience I had one day, when I temporarily succumbed to doubt and fear, and the Lord's immediate answer was to send my sister-in-law, Joyce. I said to her, "I don't know: I've got such a pain in my back it's just unbearable. I should have prepared John for the outcome because I think I'm going to die." She scolded me and said, "Don't believe those lies. These are the devil's lies. Don't believe it." And I said, "Okay you pray for me. You pray for me." She put her hand on my back and I felt such intense heat, like electricity passing through me, that I yelled out to her and said, "Take your hand off my back but continue to pray, continue to pray," because I felt there was something happening. I was absolutely sure of this.

I was brought back to Emergency that night because that

pain made my legs almost crippled. As I reached the hospital, the turning of events struck me: everything seemed to go in place. First my doctor was there at the hospital in the Emergency Room. My oncologist was on call, my private room was there for me, and I was again hospitalized.

The following day, Dr. Lopez came in and he said that he could not understand it, but all my blood work was normal. I said, "I knew I was healed! I knew I was healed!"

He removed the drainage tube from my abdomen that was attached down to my leg, as he told me that was a source of infection. It had served to withdraw the liquid that had made me look like a pregnant woman. The next day, when Dr. Lopez came in to see me again, he said that everything in the lab work was all good, even the liquid he took down to send to the lab was normal. Again, I said, "Oh, this is definitely a miracle!" And then he started to feel my belly and he said, "I can't see anything! I don't feel anything else! I cannot feel anything!" And I said, "Oh, this is definitely a miracle!" His reaction was that now he would have to proceed much faster with a more aggressive treatment. He felt that the lymphatic system was running again and there was now real danger of metastasizing. (I forgot to tell you what kind of cancer I had. I was diagnosed with diffused large B cells high grade lymphoma stage 4)

I then had to submit myself to the aggressive treatment ordered by my oncologist: a continuous 24 hours of chemotherapy for six consecutive days in the hospital. This procedure continued for five different occasions, followed by a spinal tap into which the bone marrow was exchanged with chemo in the spine. After each treatment of six days each, I was sent home to recuperate for 2 to 3 weeks and then returned for another six-day treatment. This lasted until September 21<sup>st</sup>, for the six-days, and due to the severity of the chemo treatment, and side effects that were now very apparent, it was decided that the last two spinal taps were to be given on Oct. 7 and October 21<sup>st</sup>.

In mid-July, something happened to my chords. I couldn't speak properly. Dr. Lopez sent me to Dr. Pierce, another oncologist. He checked my chords and found that only one of them was working. The other one was paralyzed. John, my husband, wanted to know the cause and was told there could be a growth under the recurrent nerve. To that I said, "NO. NO. I know I'm healed!" He left us to consult with Dr. Lopez and came back with their decision: I had to receive another CAT scan of the neck, lungs, and abdomen. (cont pg 3)



## *FROM THE DESK OF THE SPIRITUAL DIRECTOR ...*

### **Rest from Stress...**

(Extract from the Lenten Mission 2017: Come to Me...Mt 11:28-30)

The word "COME" is used 3000 times in the Bible, and each time it is used it implies "An Invitation". When Jesus therefore said, "Come to me" Jesus was inviting us to himself and to the presence of his father, and the presence of his father is a place of rest. In the expression "Come to me", there is an invitation to: REST.

To rest is to relax, to ease up/off, to slow down, peace of mind and spirit, and we are all in need of this rest because we are all tired, weary, discouraged and beaten up by many realities of life.

God's presence is a place of good rest and a good rest is a good road to: RECOVERY

To recover is to obtain again, to recapture and to repossess something that was lost. We have all lost things or something: health, opportunities, a friend or a family member. Jesus, through this invitation offers us an opportunity for recovery...

With a good rest, we recover from all lost energy. A good rest hence begets recovery and recovery produces a season of RESTORATION

God is interested in our total wellbeing and he therefore wants to help us repair, renew and rebuild all that was destroyed in our lives. We might have destroyed relationships, trust, faith, hope, career, to mention a few but he is capable of restoring everything back to normalcy. His words in the Book of Amos give us the guarantee of what he is capable of doing for us: "I will restore the fortune of my people and I will rebuild their ruin cities..." Amos 9:14

In the presence of God, we will certainly find plenty of Rest, plenty of Recovery and plenty of Restoration. All we need to do is to honour his great invitation.

The good thing about Jesus' invitation "Come to me" is that, he isn't just inviting us to a place where we can find solution and rest; he is also telling us that he is the solution and the rest. He is the "Universal Solution" to all that burdens us.

Apostle Peter invites us to "Cast all our burdens on Jesus..." (1 Peter 5:7), because the place of rest for weary souls can be found nowhere else except in him who is our Lord.

In the Book of Proverbs his word says, "Trust in me with all your heart and do not lean on your own understanding...(Prov 3:5). If you trust and believe in him, and come to him, he will move you "from Stress to Rest" and grant you Rest from Stress!

God Bless You!

- Fr. Pat

### **TESTIMONY (CONT'D)**

In August, by the grace of God, results came. I was cancer free! I must say where God is at work, things are happening. I can tell you, I know without a doubt that He is alive. He is present. He acts. He's constant. Believe me, anybody here that needs some assurance tonight, He sees our needs. He hears our cries and He can definitely care for all of us and wants to heal us. He knows our hearts and He will impart His grace. And we can all tap on this source of grace and mercy.

I believe that my terminal cancer was one of God's purposes on my life. He is intimately involved, definitely, in our life and he's certainly moving us to our redemption.

My dear husband and I definitely want to thank you for the prayers you have sent our way and the good cheers.

**GLORY AND PRAISE TO OUR LORD!**

# JOURNEY OF Faith

## LENT AND BEYOND

**“The Lord your God is gracious and merciful, and will not turn away his face from you, if you return to him.”**

*Chronicles 30:9*

Lent, the time set aside each year for a renewed commitment to prayer, penance, almsgiving and fasting provides a good opportunity for letting Jesus change us! Lent is a time for us to take inventory of our Spiritual Resources. Are they bankrupt? The Lord can replenish with no trouble if we but ask, and our spirit and our hopes come from the provisions of God. We are made anew. WOW!

As we move into the final days of our Lenten observances the following pages are offered as an appraisal of our Lenten journey thus far, during which time, we have hopefully developed a longing to enter into the glory of the Easter Triduum and the Resurrection of our Saviour.

But the Lord, the Giver of all good gifts, does not stop there. Having given us the joys of Lent and Easter we are now presented with the great Gift of The Divine Mercy, in which we can immerse ourselves every day.

## THE SIMPLICITY OF PRAYER

Prayer is so simple. It is like quietly opening the door and slipping into the very presence of God. There is the stillness to listen to His voice, perhaps to petition or only listen.

It matters not. Just to be there in His presence is prayer.

## SACRIFICE IS NOT ABOUT US

**Sacrifice: To give up, yield, or relinquish something valuable for the sake of something or someone else.**

When we talk about sacrifices we have made, the language often falls into the personal discussion of our circumstances and the pain we have had to suffer, the time we have had to give up or the financial burdens we have had to endure.

Too often we forget the second part of the definition ...for the sake of someone else. It is easy to relate to sacrifice for the sake of something else. How many of us have gone without in order to save money to purchase something, perhaps our home or new car?

Many have forgone the family vacation to build up the family business. Many of our sacrifices are made in the present for some future personal gain. Is that not “sacrificial consumerism”?

Let us consider the idea of sacrifice for the sake of someone else. We have the beautiful example of St. Maximilian Kolbe. He was a priest held in a concentration camp who offered his life in place of another man sentenced to die. The other man, who had a wife and children, survived the war.

There are many examples in ordinary life of people who make sacrifices for others: firefighters who lose their lives so others might live, people who donate vital organs to others, those who give up their time to visit a lonely person.

The sacrifice of stewardship is about being disciples of Christ. It's about giving of ourselves so that others will come to know God. Our sacrifices in giving of our time, talent and treasure are not about us, but about how we live the commandment to love one another.

Take a moment to reflect on the question: Which of God's gifts to me, my life and time, my gifts and abilities or material goods am I willing to sacrifice for the love of God or the love of others? *(Author unknown)*

## WHAT'S THE POINT OF FASTING, ANYWAY?

God commanded it. Jesus practiced it. Church Fathers have preached the importance of it. Fasting is a powerful and fundamental part of the Christian life.

But for many Catholics today, it is more of an afterthought; something we grudgingly do on Good Friday, perhaps on Ash Wednesday if we remember it. Would we fast more, especially during Lent, if we understood how helpful it is for our lives?

The answer to this, says both saints of the past and experts today, is a resounding "YES".

Let us take for our standard and for our example those that have run the race, and have won, have been men and women of prayer and fasting.

### SO WHAT IN ESSENCE, IS FASTING?

It's "the deprivation of the good, in order to make a decision for a greater good". It is most commonly associated with abstention from food, although it can also take the form of giving up other like comforts and entertainment.

The current fasting obligation is this: All over the age of 14 must abstain from meat on Ash Wednesday, Good Friday and all Fridays in Lent. On Ash Wednesday and Good Friday, adults 18 to 59 must fast – eating no more than one full meal and two smaller meals that together do not add up in quantity to the full meal.

The whole purpose of fasting is to put the created order and our spiritual life in a proper balance.

As bodily creatures it's easy to let our lower passions for physical goods supersede our higher intellect. We take good things for granted and reach for them whenever we feel like it, without thinking, without reference to The One Who gives us the food, and without reference to the question of whether it's good for us or not. Thus, fasting helps make more room for God in our life.

The very first fast was ordered by God to Adam in the Garden of Eden, when God instructed Adam and Eve not to eat of the tree of knowledge of good and evil.

This divine prohibition was not because the tree was bad, it was "made good" like all creation, but its fruit was meant to be eaten "in the right time and the right way". In the same way, we abstain from created goods so we may enjoy them "in the right time and the right way".

Fasting is also good because it is submission to God. By fasting from the fruit of the tree, Adam and Eve would have become partakers in the Divine Nature through their obedience to God, instead, disobeying God and bringing Original Sin, death and illness upon mankind.

At the beginning of His ministry, Jesus abstained from food and water for 40 days and nights in the desert and thus "reversed what happened in the Garden of Eden.

Why is fasting so powerful? It better disposes us for prayer, because we feel greater hunger or thirst when we fast from food and water. It reminds us of our frailty and helps us be more humble.

We will often fail, and that's not a bad thing. Because if we do fail this is the opportunity to realize our utter dependence on God and His grace, to seek His mercy and forgiveness, and to seek His strength so that we can grow in virtue and be better.

And by realizing our weakness and dependence on God, we can discover anew the depths of God's mercy for us, and can be more merciful to others.

Lent is all about the Cross, and eventually the Resurrection. If we make an authentic real sacrifice for Christ during Lent, we can come to that day of the Crucifixion and say, "Yes, Lord' I willingly with You accept the Cross". And when we do that, then we will behold the third day of Resurrection.

God bless - have a great fasting in Lent (Author unknown)

**I can do all things  
through Christ which  
strengtheneth me.**

**Philippians 4:13**

## WORDS FROM THE LORD

The Word Gift ministry would like to make the following editorial note on some of the Words spoken to us in the past. We have the sense that more time should be spent on The Words that the Lord speaks to us. We have to take the Lord very seriously for He has been asking us to prepare for what is coming. We feel that the time for preparation is getting shorter.

What we have chosen is a few words The Lord spoke to us over the past while. They are basic Words from The Lord for He does not complicate what we are to do to achieve this personal relationship with Him and to be prepared for what is coming.

Let us start with a very simple but powerful Word.

The Lord says: My beloved ones: As you begin to prepare for what is to come, I ask that you enter into a spirit of abandonment to Me. I ask that you allow Me to reign in your heart as never before. I ask that you allow Me to enter into every area of your heart. Yes, even those area that you would rather I did not see, that you would rather I did not know, that you would rather I did not enter into.

But I tell you, My beloved, I know you. I know your heart. I know every inch of your heart and I say to you, "I love you." And because I love you, I ask you to allow Me to reign freely within your heart; that you would allow Me to enter into your heart to clean every spot that is not a place of love.

Allow Me to reign in your heart. I ask you to abandon yourselves to Me.

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Another Word From The Lord: I ask that you come before Me with your whole heart empty of all that you carry in there that is not of Me. I long to fill you with My love. I long to fill you with My Spirit. But unless you open yourselves totally to Me I cannot do that. So I ask you to come before Me with your heart open, with your heart empty and then offer your praise, offer your worship and I can pour My graces and My blessings into you because then you are an empty vessel.

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The Lord speaks: Rejoice, My children: Do not be afraid of what I am asking of you. For it is time for all to open and surrender completely to My Love; to receive the fire, the anointing from The Father.

Lay all your cares and burdens down. Surrender them to Me, and let Me fill you with My Spirit. Be the example to others that I want you to be. There are so many who need to see and feel Me but are afraid. Be My disciples. Be the example that I have called you to be. How I love you. How I love you.

I don't want lip service from you. I want your heart. Do not act with Me from your head but act with Me from your heart. And you must move in and through your heart in everything that you do. When you surrender, it's your heart.

When you give permission, it's your heart. It is so important, so very important that you function from your heart and not from your head. Make this be a new day. Make this be a new start. Make this be a new beginning that each day you will do this from your heart. Surrender and give Me permission.

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## STUDY OF THE WORD

What is the Lord saying to you? Have you studied the Word? Spent time with it? What is He saying to you? On Feb. 16<sup>th</sup> The Lord asked us to write Him a letter. Have you already done so? Some have written more than one letter. Please study these words - let the Lord speak to your heart. Let us speak from our heart - not just pay lip service, as He has asked us to do.

Space is provided here to jot down thoughts that come to mind when you are reading and rereading these words. Then after careful thought, put pen to paper and write to Him. It is amazing what happens when we write. Thoughts and words we never thought of before, arrive on the paper. It is most interesting. Try it. Let us all start in a new way in our relationship with Him, for He is the only one that matters. Our relationship with Him is so important, especially when we want to spend eternity with Him.

We remember and pray for these members of our community who have gone home to the Lord.

Clarence E. Wilson - April 14, 1994

Erma Bazzo - April 13, 2003

Rev. Mr. Alfred Marshall- April 27, 2003

Mary Dunn - April 8, 2008

Frances Mary Gartley - April 29, 2009

Chrissie Nemis - April 1, 2011

Hector Lemieux - April 15, 2011

Norma Humphrey - April 10, 2012

Emile Dupuis - April 29, 2012

Cora Marcoux - April 21, 2013

Msgr. Raymond Farrell – April 10, 2014

Al Perry - April 3, 2015

John Thompson - April 7, 2016

*Eternal rest grant unto them, O Lord,  
and let perpetual light shine upon them.*

*May their souls  
and the souls of all the faithful departed,  
through the mercy of God,  
rest in peace.  
Amen*

### WEEKLY MASS INTENTIONS

Each Thursday evening Mass is celebrated at our prayer meetings. The Prayer Intentions of the Mass are as follows:

First Thursday of the month - for all members in our Memorial Book, called home to the Lord during that month.

Second Thursday of the month - for the intentions of all members celebrating their birthday during that month

Third Thursday of the month - for all members and their families who are sick at home or in hospital

Fourth Thursday of the month - The Sacrament of The Sick for all those of our Catholic faith who are present and are suffering from a spiritual, emotional or physical illness (who are seriously ill, depressed, anxious, distressed, elderly, handicapped, or suffering in any way and in need of The Lord's Healing Touch.

Anyone wanting an individual mass offered for any intention is asked to arrange with their parish priest. God bless you!



## EUCARIST AS PLEDGE OF RESURRECTION (St. Irenaeus of Lyons)

*This excerpt from St. Irenaeus' monumental work, Against Heresies (Lib. 5,2, 2-3: SC 153, 30-38) on the Eucharist as medicine of immortality and pledge of future resurrection is used in the Roman Catholic Office of Readings for Thursday of the third week of Easter with the accompanying biblical reading of Revelation 9:13-21.*

*Written by St. Irenaeus about 185 AD, it makes clear the Church's realistic interpretation of the Eucharist as the risen body of Christ which serves as the medicine of immortality, the pledge of our own future resurrection. The real presence of the body and blood of Jesus Christ in the Eucharist (transubstantiation), also known as Mass or the Lord's Supper, was taken for granted in the early Church.*

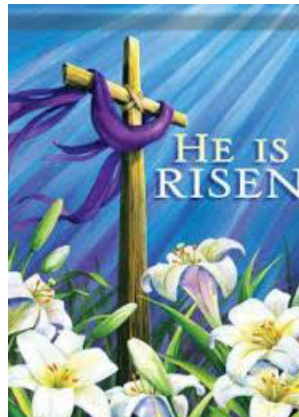
If our flesh is not saved, then the Lord has not redeemed us with his blood, the Eucharistic chalice does not make us sharers in his blood, and the bread we break does not make us sharers in his body. There can be no blood without veins, flesh and the rest of the human substance, and this the Word of God actually became: it was with his own blood that he redeemed us. As the Apostle says: In him, through his blood, we have been redeemed, our sins have been forgiven.

We are his members and we are nourished by creatures, which is his gift to us, for it is he who causes the sun to rise and the rain to fall. He declared that the chalice, which comes from his creation, was his blood, and he makes it the nourishment of our blood. He affirmed that the bread, which comes from his creation, was his body, and he makes it the nourishment of our body. When the chalice we mix and the bread we bake receive the word of God, the Eucharistic elements become the body and blood of Christ, by which our bodies live and grow. How then can it be said that flesh belonging to the Lord's own body and nourished by his body and blood is incapable of receiving God's gift of eternal life? Saint Paul says in his letter to the Ephesians that we are members of his body, of his flesh and bones. He is not speaking of some spiritual and incorporeal kind of man, for spirits do not have flesh and bones. He is speaking of a real human body composed

of flesh, sinews and bones, nourished by the chalice of Christ's blood and receiving growth from the bread which is his body.

The slip of a vine planted in the ground bears fruit at the proper time. The grain of wheat falls into the ground and decays only to be raised up again and multiplied by the Spirit of God who sustains all things. The Wisdom of God places these things at the service of man and when they receive God's word they become the Eucharist, which is the body and blood of Christ. In the same way our bodies, which have been nourished by the Eucharist, will be buried in the earth and will decay, but they will rise again at the appointed time, for the Word of God will raise them up to the glory of God the Father.

Then the Father will clothe our mortal nature in immortality and freely endow our corruptible nature with incorruptibility, for God's power is shown most perfectly in weakness.



### St. Irenaeus of Lyons

*St. Irenaeus was one of the most important Early Church Fathers of the 2nd century AD. His life reveals the cosmopolitan nature of the Roman Empire at the height of its power. St. Irenaeus was bishop of Lyons, in Southern France, though he appears to have grown up in Smyrna, in modern-day Turkey. There Irenaeus had personal contact with St. Polycarp, one of the Apostolic Fathers who in turn knew the Apostle John, son of Zebedee. Before becoming bishop, Saint Irenaeus apparently studied in Rome where he was influenced by St. Justin Martyr. His major work, Against Heresies, which appeared around the year 185 AD, exposed the absurdities of the Gnostic cults of the day and included a strong presentation and defense of Catholic Christianity. It is the earliest compendium of Christian theology surviving from ancient times and is the first work that cites virtually every book of the Christian writings that we now call the New Testament. Saint Irenaeus is said to have won the crown of martyrdom around the year 200 AD. He is honoured in the Roman liturgy on June 28. He is one of the most important of the Early Church Fathers of the 2nd century. †*



## WHAT IS DIVINE MERCY?

### .... History of the Message and Devotion to Divine Mercy

The Message of the Divine Mercy that Sr. Faustina received from the Lord was not only directed toward her personal growth in faith but also toward the good of the people. With the command of our Lord to paint an image according to the pattern that Sr. Faustina had seen, came also a request to have this image venerated, first in the Sisters' chapel, and then throughout the world. The same is true with the revelations of the Chaplet. The Lord requested that this Chaplet be said not only by Sr. Faustina, but by others: "Encourage souls to say the Chaplet that I have given you."

The same is true of the revelation of the Feast of Mercy. "The Feast of Mercy emerged from my very depths of tenderness. It is my desire that it solemnly be celebrated on the first Sunday after Easter. Mankind will not have peace until it turns to the fount of My Mercy." These requests of the Lord given to Sr. Faustina between 1931 and 1938 can be considered the beginning of the Divine Mercy Message and Devotion in the new forms.

Through the efforts of Sr. Faustina's spiritual directors, Fr. Michael Sopocko, and Fr. Joseph Andrasz, SJ, and others — including the Marians of the Immaculate Conception — this message began to spread throughout the world.

However, it is important to remember that this message of The Divine Mercy, revealed to St. Faustina and to our present generation is not new. It is a powerful reminder of who God is and has been from the very beginning. This truth that God is in His very nature Love and Mercy Itself, is given to us by our Judeo-Christian faith and God's self-revelation. The veil that has hidden the mystery of God from eternity was lifted by God Himself. In His goodness and love God chose to reveal Himself to us, His creatures, and to make known His eternal plan of salvation. This He had done partly through the Old Testament Patriarchs, Moses and the

Prophets, and fully through His only Son, our Lord Jesus Christ. In the person of Jesus Christ, conceived through power of the Holy Spirit and born of the Virgin Mary, the unseen God was made visible.

#### **Jesus reveals God as Merciful Father**

The Old Testament speaks frequently and with great tenderness about God's mercy. Yet, it was Jesus, who through His words and actions, revealed to us in an extraordinary way, God as a loving Father, rich in mercy and abounding in great kindness and love. In Jesus' merciful love and care for the poor, the oppressed, the sick and the sinful, and especially in His freely choosing to take upon Himself the punishment for our sins (a truly horrible suffering and death on the Cross), so that all may be freed from destructive consequences and death, He manifested in a superabundant and radical way the greatness of God's love and mercy for humanity. In His person as God-Man, one in being with the Father, Jesus both reveals and is God's Love and Mercy Itself.

The message of God's Love and Mercy is especially made known by the Gospels.

The good news revealed through Jesus Christ is that God's love for each person knows no bounds, and no sin or infidelity, no matter how horrible, will separate us from God and His love when we turn to Him in confidence, and seek his mercy. God's will is our salvation. He has done all on our behalf, but since He made us free, He invites us to choose Him and partake of His divine life. We become partakers of His divine life when we believe in His revealed truth and trust Him, when we love Him and remain true to His word, when we honour Him and seek His Kingdom, when we receive Him in Communion and turn away from sin; when we are mutually caring and forgiving. †

*Used with permission of The Marian Fathers of the Immaculate Conception of the B.V.M."*

*The message of God's Love and Mercy  
is especially made known by the Gospels.*

## PRAYER FOR AN OPEN HEART

*Holy Spirit, come with me, stay with me, enter my heart, teach me your way and help me to follow. Help me to make good choices so I may please you in all things.*

*Be my counsellor and guide. You, who love justice, don't let my works or actions bring harm to others. May my lack of knowledge never lead me away from you; may my accomplishments never cause me to trust myself above you; may my wants and needs never cause me to fail.*

*Hold me close to your heart in grace, so that in you I may never be far from the truth. May justice guided by love, lead me in all things so that I may do nothing against your will.*

*Come, Holy Spirit, Come. Enter deep into the hearts of your people. May each of us be filled with your presence for the good of all, so that God may be all in all.*

*Holy Spirit, you who are our joy and peace, open our hearts and minds to God's call to be people of goodness, truth, compassion and love. Open our hearts and minds so we may show your love to others and all may come to know Christ, the True Light who has come into the world to offer every human being the sure hope of eternal life. Amen.*



### *April Birthdays*

- 1 - Rosemary Kaboni
- 2 - Thérèse Cécile Richer
- 4 - Gerry Frappier
- 6 - Janina Petrenas  
Elaine Valade
- 7 - Bill Goddard  
- Peter Samborski
- 10 - Kelly Ann Monaghan
- 11 - Catherine MacLeod
- 12 - Martin Soulliere
- 13 - Luigi Pegoraro
- 14 - Justin Legault
- 15 - Dorice Gaudreau
- 16 - Jenny Clement  
Paula Labonté
- 20 - Donna Landriault
- 21 - Fernand Goulet  
Doreen Moulton
- 25 - Robert Wittmer
- 26 - Gisèle Servant
- 27 - Linda Giusto  
Véronique Nigwize
- 29 - Zsuzsanna Kerekes  
Edna Vachon
- 30 - Glenn Felhaber  
Sheila Goodman

*Happy Birthday & God's Blessings*

### **THE HOLY FATHER'S PRAYER INTENTION FOR APRIL 2017**

#### **YOUNG PEOPLE:**

That young people may respond generously to their vocations and seriously consider offering themselves to God in the priesthood or consecrated life.

## Jesus prayed the Psalms daily and Prayer satisfies our Longings

by Fr. Tommy Lane

What prayers did Jesus say every day? The Rosary didn't exist at the time of Jesus. The Psalms were the prayers Jesus prayed every day. There are 150 Psalms and many Jews would have known most of them off by heart. Because the Psalms were the prayers that Jesus used every day, I think we should pay more attention to them. Some of the Psalms are very beautiful..

Can I ask you is there any emptiness in your life? Is there any lack of fulfillment in your life? Money, riches or possessions won't fill that gap or space. In 1982 an article appeared in Reader's Digest. It was about an advertising executive. In spite of her successful career, she felt an emptiness in her life. One morning, during a breakfast meeting with her marketing consultant, she mentioned that emptiness. "Do you want to fill it?" her colleague asked. "Of Course I do," she said. He looked at her and replied, "Then start each day with an hour of prayer." She looked at him and said, "Don, you've got to be kidding. If I tried that, I'd go off my rocker." Her friend smiled and said, "That's exactly what I said 20 years ago." Then he said something else that really made her think. He said "You're trying to fit God into your life. Instead you should be trying to make your life revolve around God." The woman left the restaurant in turmoil. Begin each morning with prayer? Begin each morning with an hour of prayer? Absolutely out of the question! Yet, the next morning she found herself doing exactly that. And she's been doing it ever since. The woman is the first to admit that it has not always been easy. There have been mornings when she was filled with great peace and joy. But there have been other mornings when she was filled with nothing but weariness. And it was on these weary mornings that she remembered something else that her marketing consultant said. "There will be times when your mind just won't go into God's sanctuary. That's when you spend your hour in God's waiting room. Still, you're there, and God appreciates your struggle to stay there."

(I found a synopsis of the Reader's Digest article in Illustrated Sunday Homilies Year C/Series 1 (page 78) by Fr. Mark Link, S.J.)

That story about the advertising executive finding her emptiness filled with prayer reminds me of that beautiful Psalm 16. In many different ways the Psalm says that only in God will we find the happiness we are seeking. (Here I ask the congregation to follow the Psalm (Ps 16). I quote the first two verses of the Psalm commenting ad lib on each line somewhat similar to the following though in more detail and

repeating the line from the Psalm after the comment:)

(Psalm) **'Preserve me, God, I take refuge in you.'**

(Comment) When I am in trouble I turn to God for help who is my refuge and I say to God, 'Preserve me.'

(Psalm) **'I say to the Lord: "You are my God."'**

(Comment) Lord God, you are my only hope, you are the only one who can help me.

(Psalm) **'O Lord, it is you who are my portion and cup; it is you yourself who are my prize.'**

(Comment) Lord God you alone can satisfy me and I am deluded if I think the pleasures of this world will bring me fulfillment.

(Psalm) **'I will bless the Lord who gives me counsel.'**

(Comment) I thank you, Lord, that on those occasions when I did not know what to do, you helped me arrive at a decision, often with the help and advice of another. I bless you Lord for giving me counsel.

(Psalm) **'I will bless the Lord who gives me counsel, who even at night directs my heart.'**

(Comment) I thank you Lord that even when I sleep you look after my whole being at every moment.

(Psalm) **'I keep the Lord ever in my sight.'**

(Comment) Lord, I try to love you above all else, with my whole heart, soul, mind and strength.

(Psalm) **'since he is at my right hand, I shall stand firm.'**

(Comment) I do not fear the future and will not fear no matter what happens because you are at my right hand and you will help me to stand firm.

(Then I repeat the first two verses of the Psalm once again and now they should mean much more to the congregation.) I would like to encourage you to find time to pray every day, like Jesus who prayed the Psalms, and like the advertising executive. Time spent in prayer is not time wasted, but is deeply rewarding. It is only what you would expect. What better companion to meet every day than God. St. Augustine wrote, "You have made us for Yourself, O Lord, and our hearts are restless until they rest in You." I conclude with the words of the Psalm:

**Preserve me, God, I take refuge in you.**

**I say to the Lord: "You are my God."**

**O Lord, it is you who are my portion and cup;  
it is you yourself who are my prize. (Ps 16)**

## PRAYER FOR CHANGE

LORD OPEN MY EYES

SO I MIGHT SEE YOUR LIGHT

LORD OPEN MY MOUTH

SO I MIGHT SPEAK YOUR TRUTH

LORD TOUCH MY EARS

SO I MIGHT HEAR YOUR VOICE

LORD LIFT ME UP

SO I MIGHT WALK IN YOUR PRESENCE

LORD BREATHE ON ME

SO I MIGHT RECEIVE YOUR SPIRIT

LORD PURIFY ME

SO I MIGHT SEE YOUR FACE

LORD HEAL ME

SO I MIGHT WALK WITH YOU

LORD WELCOME ME

SO I MIGHT LOVE YOUR HOME

LORD GIVE ME YOUR PEACE

SO I MIGHT SHARE YOUR PEACE

THANK YOU LORD FOR HEARING MY PRAYER!