

# 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

## March 2020



**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

## the little servants of Christ the King prayer community

proclaiming the power of the Holy Spirit - and a personal relationship with Jesus Christ

### **VISION**

The little servants of Christ the King prayer community is a spiritual group within the Catholic Church in the Diocese of Sault Ste. Marie. It is incorporated and designated as a registered charity under the income tax act. Our goal is to advance and teach the Message of Jesus Christ as announced and practiced by the Catholic Church with an emphasis on having a personal relationship with Jesus and expressing the gifts of the Holy Spirit.

Our time and resources are dedicated to the work of **EVANGELIZATION**.

In everything we do, everyone is invited from the different Sectors of our Diocese (English, French, and Native). Although, all our activities are conducted in English, we do everything possible to reach out to all.

Outside our weekly meetings, we use the Diocesan office, regular mail, E-mail (for approximately 350 members), phone calls, Facebook, YouTube, and our website for all our outreach.

The prayer community is divided into **THREE STREAMS**:

**STREAM 1.** Building our faith through Weekly prayer meetings and the celebration of the Holy Eucharist (Mass).

**STREAM 2.** Promoting Our Chapel of Perpetual Adoration of the Holy Eucharist.

**STREAM 3.** Teaching through special days of reflection.

- a.** Lenten Mission of 5 weeks.
- b.** Annual Pentecost, Trinity and Corpus Christi Retreats.
- c.** Life in the Spirit and Future Growth seminars.
- d.** Special Fall Retreats.

We are a group that rely wholly on the guidance of the Holy Spirit and the patronage of the Blessed Virgin Mary, our Mother of Perpetual Help.

**QUOTE: “FOR NOTHING IS IMPOSSIBLE TO GOD” - Luke 1:37**

# The Christian Virtue of Letting Go

*Written by the late Father Fernando M. Suarez, MMMP*

*The article was taken from his book: Healing Now and Forever, pp. 47-53*

## Letting go of hard feelings:

The question now is how do you let go? It must begin with recognizing the things that you must set free followed by a willingness to do so. Every time I would give homilies and inspirational talks dealing with anger, resentment and grudges, I always share the inspiring story about the attempted assassination of Saint John Paul II. I don't mind telling it over and over again. On 13 May 1981, Pope John Paul II was shot and wounded by a Turkish man, Mehmet Ali Agca. Agca was apprehended and was sentenced to life imprisonment. The beloved Pope miraculously survived the attack. He later visited his would-be assassin in prison, talked to him privately and forgave him despite what happened. The man was pardoned at the Pope's request. In his 'Message of Forgiveness' published by Loyola Press he said, "Thanks to the healing power of love, even the most wounded heart can experience the liberating encounter with forgiveness. Destroy negative thoughts before those thoughts assume you and become mental monsters. Holding grudges makes a person physically, emotionally and mentally weak. I am aware that letting go is a very challenging task, therefore if you really want peace, do not be afraid to ask God for the strength to forgive your enemies.

## Letting go of material things:

Most of us are reluctant to let go of our material possessions. Why? Because we worry about losing what we worked hard for and feel like one day we may need them or these possessions may have some sentimental value. As Christians, we must realize that we do not own anything. Whatever we have is a blessing from God, it does not entirely belong to us. God could take them back at any moment. My life, our lives could be gone in just a snap of finger. In the Gospel of Luke, we are familiar

about the parable of the rich man who dined sumptuously each day and a poor man named, Lazarus who would eat scraps that fell from the rich man's table. Dogs even used to come and lick his sores. In the end, the poor man goes to heaven whereas the rich man to hell. Maybe this event makes you wonder - does it mean that if you're rich you'll automatically end up in hell and if you're poor you'll end in heaven? It is a matter of discernment. The gospel teaches us that we should not neglect the poor. The rich man's indifference to the condition of Lazarus led him to his regrettable fate. To simply put it, Jesus is requesting us to hold onto earthly pleasures very lightly, becoming aware that these are not really ours; these are just gifts from above. After this realization we can genuinely share whatever we have, "If I have more than what I need then it belongs to our marginalized brothers and sisters." We must all bear in mind that God made the world for all and not for a few.

## Letting go of vices:

The word "vice" is used casually in our society, describing it as "repetitive form of an immoral or wicked behaviour which contradicts to the Ethical standards of a certain group of people," but more often referring simply to a human frailty or weakness. Sometimes, we do not take it seriously, especially when it seems harmless, at least in relative terms. Smoking, gambling, drinking alcohol, taking illegal drugs and even the awful habit of judging other people are just some of the most obvious vices that may endanger both your health and your relationship with others. All types of vices can cause at least some degree of suffering because it implies a loss of control. And nearly always, the loss of control leads to feelings of guilt and worthlessness. Among the above mentioned things that we must let go of in order to receive God's healing power is overcoming a bad habit which is a daunting task to carry out.

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# The Christian Virtue of Letting Go

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According to a study, it is much easier to start doing something new than to stop doing something habitual. The longer you've had a habit, the longer it will take to get rid of it. It can lead to addiction. To effectively break a bad habit, you need to be patient and think of your strongest motivation to overcome it. It also requires a change in lifestyle. Again, willingness is the key. A person who wants to quit smoking must resist temptation. He must be willing to throw away all his smoking paraphernalia, must be disciplined enough not to buy anymore and must avoid the company of those who have the same problem. Most importantly, ask for your family's support and ardently pray to God for guidance. "Come to me, all who labour and are heavy laden, and I will give you rest." (Matthew 11:28)

## Forgives yourself and forgive others:

Forgiving yourself and others are essential in the process of letting go. Just like Peter in the Gospel of Matthew, we often ask God this question, "Lord, how often shall my brother sin against me, and I forgive him? As many as seven times?" Jesus replied, "I do not say to you seven times, but seventy times seven (Matthew 18:21-22). Forgiveness is a choice that takes courage and strength and it gives us the opportunity to become the person God wants us to be. In some cases, forgiving someone (or ourselves) can happen in an instant. But for most of us, it usually takes a much more lengthy process requiring great patience, trust, persistence and prayer. It can be really tough, especially if the person who wronged you does not admit his mistake. If you find yourself trapped, reflect on this statement, "we can't heal what we can't feel." Thus, it is crucial for us to acknowledge our emotions first. Our painful past can affect and create our present disappointments. Until we fully release ourselves from our enslavement to negative feelings, these will continue to haunt

us and affect our current state of mind that can lead to serious illnesses. Forgiveness is about another chance to experience physical, emotional, and spiritual well-being.

## Surrender everything to God:

Before He was crucified, Jesus fervently prayed in the Garden of Gethsemane "Abba, Father, all things are possible to you; remove this Chalice from me; yet not what I will, but what you will" (Mark 14:36). This accurately depicts the act of surrendering everything to God. This level of surrendering to God's will doesn't come easy. Jesus Himself agonized so much over God's plan that He sweated drops of blood, but still, it was He who truly manifested the significance of selfless submission. As the old saying goes, "let go and let God." Unlike Jesus, we humans have the tendency to spend so much effort in controlling other people and insisting on our own agenda. Total surrender is definitely a challenge for us; it requires intense warfare against our self-centered nature. Pride, therefore, is the primary reason why we are struggling to let go and forgive. Letting go means recognizing the fact that we must not always be in charge. Letting go is the willingness to relinquish our tight grip on unnecessary baggage that we have in our lives. I know it's easier said than done but it is the most effective way in order to receive God's healing power that will eventually release our pain and resentments. "Lord, if this sickness, suffering or pain is needed in order to accomplish my purpose in life for your greater glory, please grant me the courage to willingly accept it. Amen.

***"I am not the healer,  
Jesus is the healer,  
I am only God's instrument."***

***– Fr. Fernando Suarez, MMMP***

**SPECIAL BOOK REPORT****PART 8****BOOK UNDER REVIEW IS:*****"IN SINU JESUS"*****ISBN # 978-1-62138-219-5*****Dear Friends of Christ:******"Nothing is more contagious than joy"***

It is not by privileges, special graces, or mystical experiences that souls are perfected in love; it is by a total adhesion to My Will, and by a real death to all that is not My Will. This life of yours will pass quickly. In the end, you will take comfort in one thing only: in the "YES" that you will have said to My love for you, and in your adhesion to My Will as it will have unfolded minute by minute, hour by hour, and day by day in your life.

Tell Me, then, that what I will, you will. Tell Me that all that is outside of My Will for you is so much rubbish. Ask Me to cleanse your life of the accumulated rubbish of so many years. Ask Me to make you clean of heart and poor in spirit. Seek nothing apart from what My Heart desires you to have. Ask only for what My Heart desires to give you. Therein lies your peace. Therein lies your joy. Therein lies salvation and glory.

Your plans, your desires, and your anxieties are but puffs of smoke blown away by the wind. Only what I will endures. Only what I will gives you happiness. Seek then what I will, and trust Me to give you what you seek. Souls who chase after rainbows pass by the treasures that I have laid beneath their feet, leaving them behind to pursue a future that is not, and that will not come to be. This is an exhausting exercise for you and for so many souls like you, who, enchanted by an ideal, fail to see My work, and the splendour of My will for them, revealed in the present.

Live, then, in the present moment. Choose to be faithful to Me in the little things that I give you and ask of you from minute to minute, from hour to hour, and from day to day. It is foolish to pin your hopes and to spend your energy on an imaginary good, when the real good that I offer you is here and now.

It is not forbidden you to dream dreams or to imagine a future that you think will make you happy. I give you your imagination and I am not offended when you use it. The imagined good becomes an evil, however, when it saps you of your energy; when it drains you of the vitality that I would have you offer Me in sacrifice by being faithful to the reality that is here and now; and when you use your imagination to flee from obedience and submission to Me in the circumstances and in the places where I have placed you at this time.

Plan for the future by living in the present. Open your heart to My voice each day, and cling to the smallest manifestations of My will. Renounce all that springs from your own desires and imaginings, and say "YES" to all that springs from My most loving and merciful Heart. Therein lies your peace, your joy, and your salvation.

I speak to you every day. I am at work in you and all around you. Listen to the inspiration that I give you through your guardian angel, and you will prosper in all that you do.

*Part 9 coming in April.*

## **Monday Mass in Lent**

During Lent, we are happy to provide a Monday Mass at Christ the King Church at 12:05pm, to be presided over by area priests. We invite you to increase your devotion to the Lord in the Eucharist by making a commitment to attend Holy Eucharist and draw closer to the Lord in Word and Sacrament.

the little servants of Christ The King prayer community would like to express our heartfelt sympathies to our long time member Janet Lalonde, and her family, on the passing of her brother-in-law, **Dave Kolotylo**, on February 1st, 2020.

May God give you the comfort and peace that you seek, and may the soul of your loved one rest in peace.

"The LORD is close to the brokenhearted, and saves those who are crushed in spirit."

- Psalm 34:18

## **THE POPE'S MONTHLY INTENTIONS FOR 2020 MARCH**

### **Catholics in China**

We pray that the Church in China may persevere  
in its faithfulness to the Gospel and growth in unity.



Knights of Columbus Council 1387  
Supporting your Church and  
the little servants of Christ The King prayer community

[kofc.org/joinus](http://kofc.org/joinus)



"Remember not the events of the past, the things of long ago consider not;  
see, I am doing something new! Now it springs forth, do you not perceive it?

In the desert I make a way, in the wasteland, rivers."

(Isaiah 43:18-19)



## DID YOU KNOW?

- ⊙ Jesus Christ is Love in person.
- ⊙ With God, no one is an outcast, a reject, a loser, a marginalized person.
- ⊙ Jesus Christ did what we hope to do one day - rise from the grave alive.
- ⊙ To trust the will of God is to trust God's love.
- ⊙ Love is the source of God's attributes. i.e. - What makes God, God.
- ⊙ At creation, before words were said and beings were created, the source was God's love. Therefore, the Bible, you, and me.
- ⊙ God's love is bigger than the heavens, the earth and all its content, because ALL comes from God's love.
- ⊙ Jesus Christ is great and is loveable because Jesus Christ is full of God's love.
- ⊙ When Jesus Christ revealed love, He revealed who God is.
- ⊙ He revealed who the Father is, who the Son is and who the Holy Spirit is.
- ⊙ When I reveal love, I reveal who God is. I reveal my source. I reveal I am a product of love, a descendant of God's love.
- ⊙ On the day I received the Holy Spirit, I received God's love.
- ⊙ When I reveal that love, I reveal the Holy Spirit.
- ⊙ The Father, the Son and the Holy Spirit is love, therefore full of love. You and I are inhabited by the Holy Spirit, therefore full of love.
- ⊙ If Christians don't love like God loves, its because our love is not pure and not liberated from pride, selfishness, negative emotions, negative ideas, etc. Without these, Christians could love like God. The Holy Spirit can purify our love of all pollution.
- ⊙ All the love in Jesus Christ, in the Holy Spirit, in angels, humans, and creation comes from God our heavenly Father, who is love.
- ⊙ Jesus Christ said, "The Father sent me to bring the good news to the poor". Jesus Christ is saying, "The Father sent me to bring love to the poor".
- ⊙ You reading this, you are a child of love. Your mission is to love.

## March Birthdays



- 1 - Clémence Wilson  
Shane McIntyre  
James Simaldoni
- 2 - Antoinette Blais  
Diane Martel-Titoc
- 3 - Frances Antonini  
Diane Bertrand  
Anita Greenway
- 4 - Lucia Biondi  
Anne Lemster
- 5 - Claudette Pamela Felhaber
- 6 - Pat Green
- 7 - Suzanne Rancourt
- 8 - Gertrude Lemieux
- 9 - Jean Marie Vianney
- 10 - Theresa Baronette  
Father Gabriel
- 11 - Sharon Campbell
- 12 - Wladimir Almenar  
Sue Botts
- 13 - Germaine Blais  
Adrienne McIntyre
- 14 - Noella Farenzena
- 17 - Chantal Lucarelli
- 19 - Vincent Gauthier
- 21 - Eileen Stonley
- 23 - Agathe Lapalme
- 24 - Roger Labonté  
Bernadette San Cartier
- 25 - Liza Rizzardi
- 28 - Zenaida Odense  
Viviane Lalonde
- 29 - Gerry Bertrand  
Julie Bertrand  
Marc Grandmaison
- 31 - Demetrius Giroux  
Noel Reid

*Happy Birthday  
and  
God's Blessings*



- Raymond Joseph Birch – March 30, 1992
- Dan MacIntyre – March 19, 1995
- Catherine McIsaac – March 15, 1996
- Fr. Peter Hussey – March 24, 2001
- Fern Richard – March 28, 1998
- Jean-Paul Beaudry – March 22, 1998
- Jackie Giommi – March 20, 2005
- Fr. Gerry Grant, C.Ss.R. – March 10, 2004
- Rose Anne Dozzi – March 6, 2008
- Sister Leona Marchand (Sister St. Leo)  
– March 2, 2009
- Leona Remeikis Juska – March 5, 2009
- Connie Thompson – March 31, 2011
- Anthony (Tony) Hall – March 10, 2014
- Giovanni Taglialegne – March 20, 2015
- Rita Bonin – March 25, 2015
- Rose Coltrinari – March 27, 2015
- Chase Read – March 14, 2016
- Ted Szilva – March 9, 2016
- Chrissie MacDonald – March 14, 2017
- Sylvie Regimbal – March 19, 2017
- Catherine MacLeod – March 20, 2018
- Elaine Cora Wilson – March 3, 2019
- Rhona Thompson – March 15, 2019
- Ann Hubert – March 23, 2019

*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.*

**“Glory be to him whose power, working in us, can do infinitely more than we can ask or imagine; glory be to him from generation to generation in the Church and in Christ Jesus for ever and ever.” Amen.  
(Ephesians 3:20-21)**



## WHO IS THE CENTRE OF YOUR LIFE

Lent has traditionally been known as a time of spiritual discipline. Often thoughts of discipline bring a sour feeling to the pit of our stomachs. An analogy might help us understand why the Church suggests a need for discipline.

Imagine that we are like a solar system, orbiting around the primary source of warmth, sustenance, life, and light – the SON, Jesus Christ. This Son is at the centre, providing us, whether we are aware of it or not, with all that is needed for a healthy life. Individually, we are like planets, circling in our unique orbits, dependent on that Son's gifts.

Sometimes, instead of orbiting in a natural course around the Son, we get out of balance and try to turn in our own orbit, placing ourselves at the centre of our existence. We may act like a moon and circle around another who eclipses our growth and dominates our attention. In dizzying spins we lose our ordered place in the cosmic rhythm.

We assume a false spin that confuses us and cuts us off from spiritual health.

Lent is the time that we look at our orbit to see if it is rightly ordered. On what do we centre our lives? Ourselves? Our income? Our relationships? Are we spinning in circles on our own or do we want to acknowledge that we are part of a system? Do we actually believe that the Son is at the centre of our system, Jesus Christ, is our lifegiving Lord? If not, why are we Christian?

Lent gives us the opportunity to get back into orbit. It allows us to identify and face the lack of control in our lives. The Spirit works within our desire for sanity and sanctity to bring us into a reordered orbit. A reflection for your Lent might focus on this solar metaphor. What is your source? What does your life revolve around? What would you like to do to reorder your life into one that is harmonious with fullness and freedom?



## I AM NOT AFRAID OF LENT

As in the past, God invites us to look honestly at ourselves, to look at Him and to look at our neighbour in order to see if our thoughts and our actions are in agreement with what the Gospel asks of us.

In the past, with its penances and its days of fast, Lent scared many; today, there are not very many who look upon Lent with fear or apprehension. In point of fact, why be afraid of something which no longer hurts? The words "conversion" and "mortification" are words which we hardly dare use anymore! Why be concerned with these words when we no longer feel guilty of sin and when we are swimming in abundance even with the high cost of living. Besides, does sin still exist? What does it mean to sin?

To be in sin is nothing more or less than to be in the situation of separation, of

distance, of offense in relationship to God and to our neighbour. Let us be honest enough to realize this. We do turn away from God and from our brothers often; we do it every time that we turn in upon ourselves whether it be through laziness, egoism, pleasure, violence.

This turning away from may be more or less willed, but nevertheless it exists, and we are guilty of it. The proof of this is that we are all ashamed to appear exactly as we are in the eyes of others. We hide behind a sort of wall which we call "our personal lives" or "our intimate lives". Can one's life be so personal or intimate that he never enters into a relationship with others? God hides in others, "Whatever you do to the least of mine, you do to Me," says Jesus.

Lent was not set up to scare us, but rather to allow us to get back on the road to God and to our neighbour.

## *God's Invitation to Open our Hearts to Him*

### (Psalm 139)

God infinitely loves us; He made us; He is thinking of us; He is near us; and He wants our heart. He loved us so much that even when we were sinners, He sent His Son to die for us. His Son's perfect righteousness was accredited to us on the Cross through our faith in Him. His Spirit dwells in us and He wants the center control of our whole life. However, we must accept His invitation; we must open wide the door of our heart if we want to know Him more deeply in a personal and intimate way. David, the psalmist, had developed an intimate knowledge of God and he was so deeply acquainted with Him that God's residing presence inspired him to compose the breathtaking Psalm 139.

In this psalm, David wrote eloquently about God's awareness of his life. He was "keenly aware of God's all-knowing gaze (verses 1- 6); of God's presence in every part of the universe (verses 7-12); of God's control over him (verses 13-16)." He sums up the absolute sufficiency of God and expresses reverent wonders. David is awestruck with the majesty of His being. He mentioned that there is only one place in creation that is hostile to God's rule and this is in the wicked people's heart, thoughts, and actions (verses 19-22). This was not the way God had planned it. David understood this and responded devotedly as he prayed Almighty God to search him, know his heart, try him, and remove from him any hurtful ways. God is in control. He is omnipotent. He is All Powerful.

God is all present. He knows what we do, what we think, where we go, what we say, and what we need. He respects our free will and yet, He knows our activities, our habits, and all about our needs for in His infinite love for us, He cares and provides even when we don't realize it. He is present in the heights, the depths, the east and west, and even in darkness; He knows our goings and comings; our walking and lying down.

He is near wherever we go, He goes in front and behind us; He is in heavens and in depths; at dawn and at dusk; in darkness or in the light. Wherever we go, He is there encircling us and His reassuring presence is so wonderful that David can't contain his joy and wonder, "How precious to me are Your designs, O Lord; how vast the sum of them" (vs 17). "Such knowledge is beyond me, far too lofty for me to reach" (vs. 6). There is no safer place for us than in His strong, trustworthy, and sure Hands. We can trust that He is guiding our every step of the way. He wants our heart to open to Him. We are in God's presence. He is Omnipresent (He is everywhere).

It was God who formed our innermost self and put us together in our mother's womb. He made us and even protected our individuality by creating our own special genetic code that sets us apart from all others in the same way just as He did for finger prints or for all snowflakes that ever fall. Our conception was the most beautiful incredible moment that made us in a fearfully and wonderfully unique. Moreover, individually, we are as important and precious to Him as anyone else. He is Omniscient (He knows all).

For all these mysteries and wonders, David praised the Lord, our Father. "Yours, O Lord, is the greatness, the power, splendour, length of days, glory, for all that is in the heavens and on the earth is Yours; Yours is the Sovereignty, O Lord; You are exalted over all, supreme." (1 Chronicles 29:11-12). David surrendered himself to the God that so gladly created him (and us) for His glory. We too must learn to live from our true center where Love has an eternal grip on our heart. He is Christ in you, the hope of Glory (Col. 1:27) and nothing will separate us from His love (Rom. 8:39). He is Eternal and Sovereign.

## Pope FRANCIS on LENT



- ✓ Fast from HURTING WORDS and say KIND WORDS
- ✓ Fast from SADNESS and be filled with GRATITUDE
- ✓ Fast from ANGER and be filled with PATIENCE
- ✓ Fast from PESSIMISM and be filled with HOPE
- ✓ Fast from WORRIES and TRUST IN GOD
- ✓ Fast from COMPLAINTS and contemplate SIMPLICITY
- ✓ Fast from PRESSURES and be PRAYERFUL
- ✓ Fast from BITTERNESS and fill your heart with JOY
- ✓ Fast from SELFISHNESS and be COMPASSIONATE to others
- ✓ Fast from GRUDGES and be RECONCILED
- ✓ Fast from WORDS and be SILENT so you can listen.

## Pope FRANCIS on LENT



**“This, rather, is the fasting that I wish: releasing those bound unjustly, untying the thong of the yoke; setting free the oppressed, breaking every yoke; sharing your bread with the hungry, sheltering the oppressed and the homeless; clothing the naked when you see them, and not turning your back on your own.”**

*Isaiah 58:6-7*

## Prayer to St. Joseph

Dear St. Joseph, whom we venerate with Mary and Jesus as the Holy Family, keep our family well and holy as we strive to imitate you here on earth. Assist us to fulfill our solemn parental duties of safeguarding and nurturing humanly and spiritually the cherished children God has given us. Keep them safe from physical and moral harm and inspire them to make wise choices in life that reflect their ongoing love of the Lord and eagerness to serve Him faithfully through life. Extend your protective hand over all the members of the church as their beloved patron and protector. We ask this in Jesus' name under Mary's loving gaze. Amen.

### the little servants of Christ The King prayer community Follow us on one or more of the following:



We still provide Mail Outs to those who prefer this method only.  
Our official address is:  
**the little servants of Christ The King prayer community**  
1935 Paris Street  
Box 21056  
SUDBURY ON P3E 6G6



Official E-Mail Address Is:

[ckprayergroup@bell.net](mailto:ckprayergroup@bell.net)



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**the little servants of Christ The King prayer community**  
now has a website!!

Please visit us at [www.lsckpg.wordpress.com](http://www.lsckpg.wordpress.com) to find information about our prayer group, our meeting times and our upcoming events.



Using an Internet Browser,  
Type the following in the Search line:

**You Tube the little servants of Christ the King Prayer Group**

(You will see approximately 18 videos of Father Patrick's Homilies)

**<<< STAY CONNECTED WITH US. WE WOULD LIKE TO HEAR FROM YOU. >>>**