

FIRST SUNDAY OF LENT

Today is the First Sunday of Lent. Lent is from the Latin word, *laentecere*, meaning 'to soften.' Lent is a 40-day period which begins on Ash Wednesday and ends before the celebration of the Paschal Triduum excluding Sundays. 'Forty' is a number often associated with intense spiritual experiences. God caused it to rain for forty days and forty nights to cleanse the earth (Gen. 7:12). The Israelites were in the wilderness for forty years. Moses spent forty days and forty nights on Mount Sinai (Ex. 34:28) and Elijah journeyed forty days and forty nights to Mount Horeb (1Kgs 19:8).

In today's gospel Jesus said, "The time is fulfilled, and the kingdom of God is at hand; repent, and believe in the Gospel," (v. 15). This cry of Jesus summarizes the challenge for all Christians during this season of Lent. And so, on this First Sunday of Lent, we are invited to reflect on the urgency of the call for repentance. This instruction of Jesus (v. 15) contains two points. The first is 'to reform' our lives. The second is to believe in the gospel. Let's begin with the first point: the reform of our lives. To 'reform' means to recognize the evil in our lives and to turn our back on it. It means to face up to sin in our lives and to turn away from it and to do something about it.

The second point of this instruction of Jesus is: "believe in the gospel." This means that we must believe that Jesus is the Son of God who comes to us as a man and saves us from our sinfulness. It means to seek out Jesus especially in the Sacrament of Penance and receive from Him forgiveness and spiritual healing. It means to seek Jesus especially in the Sacrament of the Holy Eucharist and receive from Him His Word and His Body as our food for the soul in our journey towards eternal life. It means, after we see the evil and sin in our lives, we turn to God for help especially in prayer to find strength from Him.

These are the two points of Jesus' instruction: to 'reform' our lives and to 'believe in the gospel,' to believe that Jesus can save us. At the end let us reflect how St. Paul describes his own experience of his sinfulness and acceptance of Jesus as savior: "I do not understand what I do; for I don't do what I would like to do but instead I do what I hate.... For even though the desire to do good is in me, I cannot do it. I don't do the good I want to do; instead, I do the evil that I do not want to do.... What an unhappy man I am! Who will rescue me from this body that is taking me to death? Thanks be to God...Jesus Christ!" (Rom 7:15-25)
(Fr. Saju Oreethaparambil, C.Ss.R.)

Mass for the Intentions Week

Monday, February 23 9:00 a.m.

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| Helen Osmena | req Leilani |
| In memory of Herminia dela Cruz | req Ruby Benitez |
| All souls in purgatory | req Benilda Fajardo |
| Maria Chan | req Irene and Antony |
| Joaquim Godeli | req Fernanda |
| Souls of Teodosia Orteza and Violy Salinas | req Anabeth Ondiano |

Tuesday, February 24 9:00 a.m.

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| Intentions of Leilani Yotingco | req Rod Yotingco |
| In memory of Manuel S. Go | req Ruby and family |

Wednesday, February 25 9:00 a.m.

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| Maria, Jan, Tadeusz and Augustus | req Krystyna Zeglinska |
| In memory of Manuel Go | req Ruby Benitez and family |

Thursday, February 26 9:00 a.m.

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| In memory of Manuel Go | req Ruby Benitez and family |
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Friday, February 27 9:00 a.m.

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| Thanksgiving | req Mathew family |
| In memory of Manuel Go | req Ruby Benitez and family |
| Isabel Ravi | req John, Charlotte and Christabelle Marques |

Saturday, February 28 5:00 p.m.

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| Souls in purgatory | req Irene and Antony Man |
| Tony Aguena | req Fernanda |
| Good health of parents | req Antu |
| Rosemary Schlett | req Peter and Barbara Stirling and family |

Sunday, February 29 10:00 a.m.

For St. Charles Garnier Parish Community



BIBLE VERSE FOR THIS WEEK

"Let everything that breaths praise the LORD. Praise the LORD."

Psalms 150:6



Feb 14/15, 2026

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| Sunday Offering | \$ | 1,783.00 |
| Loose Offering | | 366.00 |
| Neighbours in need | | 282.00 |

Thank you for your generosity and continued support to St. Charles Garnier Parish.



MEANING OF LENT

Do You fast? Give me proof of it by your works. If you see a poor man, take pity on him. If you see a friend begin to be honored, do not envy him. Do not let only your mouth fast but also the eyes and the ear and the feet and the hands and all the members of our bodies.

Let the hands fast, by being free of avarice. Let the feet fast, by ceasing to run after sin. Let the eyes fast, by disciplining them not to glare at that which is sinful. Let the ear fast, by not listening to even talk and gossip. Let the mouth fast from foul words and unjust criticism. For what good is it if we abstain from birds and fishes, But bite and devour our brothers and sisters? May He who came to the world to save sinners strengthen us to complete the fast with humility, have mercy on us and save us. (St. John Chrysostom)

SAINT LUKE: THE STORY OF SALVATION FULFILLED

We are now on the fourth week on our study on the Gospel of Luke. Participants continue to enjoy a great spirit of peace and joy. If any of you are interested, just come for morning or evening. You are welcome to hear the word of God and be nourished by grace and blessings.

SCHEDULE

Tuesdays | February 3 – March 24, 2026

Morning Session: 10:00 AM – 12:00 Noon

(after the 9:00 AM Holy Mass)

Evening Session: 6:00 PM – 8:00 PM

Weekly Dates

February 3, 10, 17, 24

March 3, 10, 17, 24, 2026

DAY OF PRAYER AND ADORATION FIRST FRIDAY DEVOTION

Prayer Intention: For disarmament and peace

Friday, March 6, 2026



9:00 a.m. Holy Mass

9:30 a.m. Adoration Begins

4:00 p.m. Benediction

6:00 p.m. Confession

7:00 p.m. Holy Mass

*“How lovely is your dwelling place, Lord Almighty!
My soul yearns for the courts of the Lord.” (Ps. 84: 1-2)*

STATIONS OF THE CROSS AFTER EVERY MASS DURING LENT



WE ADORE YOU O
CHRIST AND WE BLESS
YOU, BECAUSE BY THE
HOLY CROSS YOU
HAVE REDEEMED THE
WORLD.

SOUPFEST



Sunday, March 1, 2026 after
the 10:00 Holy Mass

Tickets: \$5.00 per person

Bowl of soup, crackers, tea or coffee, biscuit

Tickets are available after each Holy Mass. Please
invite your families and friends.

BREAKFAST MEETING INVITE

The Brotherhood of Christian Businessmen and Professionals (BCBP) invites you to a breakfast meeting on Feb. 28, 2026, from 8:30 a.m. to 10:30 a.m. at Homewood Suites, Hamilton (40 Bay St. South). Breakfast is free for first time attendees. For reservation and more information please call Allan at 289-489-8729.

Sanctuary Lamp Intentions

Our Sanctuary Lamp burns continually in the presence of the Blessed Sacrament in our Church. You may dedicate our Sanctuary Lamp for a deceased loved one or for a special intention. We will publish the **Sanctuary Lamp Intentions** in the bulletin each week. Suggested donation for the Sanctuary Lamp is as follows:

One Week - \$25

One Month - \$100

Please call or see Flo in the parish office to request an intention or for more information.

*“The light shines in the darkness and the
darkness does not overcome it.”*

John 1:5