



## SUNDAY MATTERS

### Week # 4 – Fourth Sunday of Lent

We get offended, put off and angry by so many things - traffic, being late, relationships, not meeting our goals. So often its over little things and sometimes over everything! Of course this slows us down and wears us out. Often all we need to do is "get over it", but the how can be a stumbling block. In our new series for the season of Lent we will ask ourselves what are the stumbling blocks to getting over stuff.

*“For God so loved the world that He gave His only Son, that whoever believes in Him might not perish but have eternal life.”*  
John 3:16.

Whether is a regular season baseball game or the Super Bowl in football, someone is always holding up a sign that transcribes the message of the most famous passage in scripture – John 3:16. Here is the thing about it though, the passage is more than a “bumper sticker”, it is actually at the very core of everything we are about and certainly the Lenten Season we have been walking through.



Here is the crux.... If we are people who “get over ourselves”, if we are people who “tackle temptation”. If we are people who seek the “bigger mountain top view”, then we must also be people of self - sacrifice and love. At the core of who and what we are about is that self-sacrificing love. This is best symbolized by the Cross. The Cross is not a tool of torture but a pulpit to proclaim love. The question is whether are willing to embrace it, accept it and carry it in our lives. Lent invites us to consider The Cross, but also to mediate upon the crosses of our life which can come in many forms. We must ask ourselves if we see them as tools of torture, or instruments through which we can proclaim His love for us?

[Bishop Crosby recently blessed a Pilgrimage Cross](#) which is making its way through all of the Catholic Schools of our region. This cross remains in a school for a week offering opportunities for prayer.



The Cross is in Hespeler during four of the weeks of Lent. Last Week it was at [Our Lady of Fatima School](#), this past week at [St Elizabeth School](#) and the week following March Break it will be at [St Gabriel School](#).

During this week of March Break, it will be located here in our Parish Church as we continue in our [Message Series](#) to focus on the Cross. I hope many will have the opportunity to pray at this cross



[Our Confirmation Candidates, from our three parish schools, carried the cross on our streets – passing it from school to school](#) and then into our Church. Thank you to the leadership teams involved for their enthusiastic involvement, especially our parish school principals, for their support!

Maybe this week while the Cross is with us we could ask ourselves if we have carried and passed on our Crosses to Christ. Lent is a good time to do that – to turn them over to Him so that He can not only carry them with us, but so that we can with a mountain top view and a heart that fights temptation, be a pilgrim people who allow Him to conquer our crosses and He conquered His!

*Some things to consider as we Make Sunday Matter*

- Offer a Holy Hour in Adoration for the intentions of our Parish and its Pastor.
- Take some time to consider how your Lenten journey is going? Are you growing? [Click here](#) and find out some ways to enhance your Lent. Could helping our sister parish in Hamilton or our missions in Haiti or Kenya be possible?
- How can you prepare for Holy Week?
- How can you prepare for the [Day of Mercy on March 22?](#)

[Make sure to check out the Video Follow Up Each Week on our website](#)

*See you Sunday!*