



Nurturing Spiritual Fulfillment

**Lent 4.5** is a seven week formation program to use the Lenten disciplines of prayer, fasting and almsgiving to protect God's creation, embrace Gospel justice and nurture spiritual fulfillment.

**PRAY, FAST AND THINK BEFORE YOU EAT**

Good and gracious God, you provided manna in the desert for your chosen people.

May we recognize that our food comes from your bounty, the generosity of our planet, and the strenuous work of many human hands.

Teach us to reverence your creation which supplies our food.

And show us how to make room at the table for "OUR NEIGHBOUR." Amen.

**CONGRATULATIONS!!!**

Alex Osei, CSSp has been appointed National Director Pontifical Mission Societies - English speaking Canada. Alex is coordinator of the Spiritans Brottier House, a home for refugees, and is a member of the Board of Directors of Becoming Neighbours.



**FURNITURE BANK OPEN HOUSE**

3:00pm – 7:00pm: Wed, March 13  
Food, guided tours, presentations.  
Please register for your ticket [here](#).

**TRAINING FOR FRIENDLY VISITORS**

9:00am – 4:00pm – Saturday, March 23, 2013  
Sisters of St. Joseph Administrative Centre  
101 Thorncliffe Park Drive

"In Good Company," ministry of Fontbonne Ministries, offers a training program dealing with issues such as listening skills, boundaries, mental health for the elderly and grief and loss for people who visit homebound or isolated individuals.

Info and pre-registration (by March 15)  
416-465-6069 or [infoingoodcompany@csj-to.ca](mailto:infoingoodcompany@csj-to.ca).  
\$30 per person covers materials and a light lunch.



**International women's day**

Theme: "The Gender Agenda: Gaining Momentum"

[internationalwomensday.com](http://internationalwomensday.com) March 08, 2013

**CELEBRATION OF THE PASCHAL MYSTERY**

- **GATHERING OF COMPANIONS**  
7:00pm – Wednesday, February 27, 2013  
Catholic Paulist Centre – 830 Bathurst Street (Bathurst/Bloor)  
**ACCOMPANYING PEOPLE LIVING WITH TRAUMA** – Carla O'Brien
- **GATHERING OF NEWCOMERS/COMPANIONS**  
9:30am to 1:00pm – Saturday, March 16, 2013  
Scarboro Missions – 2685 Kingston Road (Brimley/Kingston)  
**SPIRITUALITY OF BREAD MAKING WORKSHOP** – Bethany Osborne.
- **LITURGICAL CELEBRATION (Gathering with all the folks of Becoming Neighbours)**  
1:00pm – Sunday, April 07, 2013  
Scarboro Missions – 2685 Kingston Road (Brimley/Kingston)  
(praying together, sharing a meal, enjoying the hospitality of a modified **Annette's Boutique**, playing soccer, just being together)