

Sunday March 22, 2026 ~ 5th Sunday of Lent

Fasting During the Lenten Season

As we continue the Lenten Season lets pause and reflect on where we want to be during this time.

Let us pray that as we begin the season of lent, we embrace the opportunity to: 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 have trust in God.

Fast from complaints and contemplate simplicity.

Fast from pressures and be prayerful.

Fast from bitterness and fill our hearts with joy.

Fast from selfishness and be compassionate to others.

Fast from grudges and be reconciled.

Fast from words and be silent so we can listen.

We pray that our only desire and our one choice is to choose what better leads to the deepening of God's life in us.

We ask the lord to guide our decisions today and to bless the St. Alfred

Community with His peace,
His joy,
His love.

St. Alfred Fish Dinner

Friday March 27th

from 4:30 p.m.-6:30 p.m.

Tickets are \$15 each

Dinner includes 2 pieces of Fish, Roasted Potatoes, Salad, Dessert, Coffee and Tea
Tickets will be on sale this weekend following all Masses.

Development and Peace

Solidarity Sunday

This Lent, please give generously

This Solidarity Sunday, Development and Peace — Caritas Canada's **On Track for Justice** campaign invites you to give generously and thanks you warmly for your generosity.

Your donation transforms the lives of some of our most vulnerable sisters and brothers across the world.

"Our longstanding partnership with Development and Peace — Caritas Canada is very important to us. It allows us to promote economic alternatives to mining and industrial agriculture, thereby strengthening local economies and agroecology. Your contributions help change the reality of communities here and make a difference for many other organizations around the world." — Mikael Carvalho, Coordinator, Justiça nos Trilhos, Brazil

Help create hope for and fulfil the dreams of the communities we support in the Global South by giving to your Share Lent parish collection or online at devp.org/give. **Thank you for your solidarity!**

STATIONS OF THE CROSS & MASS

Tuesday @

6:30 p.m. in Italian

Wednesday @

7:00 p.m. in Spanish

Friday @

6:30 p.m. in English

Masses during Lent

Please notice that during lent Masses are also celebrated as follows:

Tuesday @ 7:00 p.m.

in Italian

Wednesday @ 7:30 p.m.

in Spanish

Friday @ 7:00 p.m.

in English

DAILY MASS INTENTIONS

Mon Mar 23	8:00 a.m.....Margaret MacAskill/ Special Intention
Tues Mar 24	8:00 a.m.....Attilio Cece/ Virginia Cece 6:30 p.m.....Cardinale Family (Stations & Mass in Italian)
Wed Mar 25	9:00 a.m.Rosa Celetti/ Peter Ricciardi
Thur Mar 26	8:00 a.m Leo Brennan/ Therese Brennan
Fri Mar 27	8:00 a.m.....Antonio Tignanelli/ Cesira Tignanelli 7:00 p.mRoger Martin/ Kelly Albanese (Stations & Mass in English)
Sat Mar 28	8:30 amPietro Miele/ Joseph Borg 5:00 p.m.,...Americo Mantini/ Laura Markham
Sun Mar 29	7:30 a.m.....Missa Pro Populo 9:30 a.m.Pietro Caldarelli & Family/ Maria DiPietro 11:30a.m.....Alfonso Limoncelli/ Filomena Tota

Called and Commissioned

This diocesan retreat is designed to set hearts on fire with God's love and equip parishioners with the skills needed to connect with their God-given purpose in life. This is a free event, and lunch is provided. Saturday March 28th, 2026 10:00AM - 3:00PM St. Alfred Catholic Church Register Or visit:

<https://dioceseofstcathari.wixsite.com/connect/called-andcommissioned>



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**Sunday March 29<sup>th</sup> is  
 Palm Sunday.  
 Palms will be distributed at all Masses**  
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Next Sunday is Hospitality Sunday join us for coffee, cakes, cookies, and treats

EASTER FLOWERS MEMORIAL DONATIONS

During the Easter season the Church will be decorated with flowers. If you wish to make a donation of a potted Easter flower in memory of a loved one, you can do so. Please complete the following information slip and bring it with your donation to the office. Some of the potted flowers will cost up to **\$25.00 and others \$15.00**. We have to place our order as soon as possible for the flowers to be delivered on time. The persons in whose memory the flowers are offered, will be listed in the bulletin and they will be remembered and prayed for in our Holy Week celebrations.

**Easter Flowers
 Contribution to St. Alfred's Church**

Name: _____

Envelope #: _____ Amount: \$ _____

In Memory of: _____

Kindly include this slip with your donation. Please print clearly

**V DOMENICA
 DI QUARESIMA**

22 marzo 2026

Cena di pesce

Venerdi 27 marzo dalle 16:30 alle 18:30
 I biglietti costano \$ 15 ciascuno
 La cena include 2 pezzi di pesce, patate arrosto, insalata, dessert, caffè e tè
 I biglietti saranno in vendita questo fine settimana dopo tutte le messe.

Domenica 29 marzo lo è
 Domenica delle Palme.

In tutte le Messe verranno distribuite le palme
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Domenica prossima è la domenica dell'ospitalità, unisciti a noi per caffè, torte, biscotti e dolcetti  
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VIA CRUCIS:

Ogni martedì i alle 6:30 di mattina in italiano

Offerta per i fiori di Pasqua

A Pasqua la chiesa verra` adornata con fiori e piante ornamentali. Chi volesse fare un'offerta per acquistare dei fiori di Pasqua in memoria dei loro cari defunti, possono riempire il modulo che segue e portarlo in ufficio. I prezzi dei fiori vanno da **\$15.00 a \$ 25.00**. I nomi dei defunti verranno ricordati nelle Messe della Settimana Santa e saranno poi messi nel bollettino. Per favore date una risposta al piu` presto possibile.

Fiori di Pasqua

Contributo alla chiesa di S.Alfredo

In suffragio di: _____

Nome: _____

della busta: _____

Offerta: \$ _____

Per favore mettete questo modulo insieme alla vostra offerta

Per favore scrivete in stampatello