



Join us for a Three-Part Lenten Journey

*I matter because
God created me to matter*

Tuesdays March 11, 18, 25

7:30 pm Mass with Mission Talk during Homily

Sacrament of Reconciliation

7:00 pm—7:30 pm and after Mass

A free-will offering will be collected each evening.

Loneliness is one of the greatest spiritual epidemics of our times. Believing that **I am a beloved child of God**, is one of the strongest antidotes. When we feel lonely, we become hostile toward ourselves and others. We begin to believe that we do not matter, and in feeling small and irrelevant, we live in an illusion of fear and disconnect.

Lent is an opportunity, a moment in time, when the Lord speaks to us heart to heart as we better connect to Him by fasting, almsgiving and prayer. Drawing on the writings of Father Henri Nouwen, in this three-part Lenten Mission, Deacon Michael Carrera invites us to renew our minds and change how we see ourselves and our place in the world. When we change the way, we look at things, the things we look at change. The power of God's grace alive in us transforms our outlook from one of loneliness to solitude, from hostility to hospitality, and from illusion to prayer.

March 11 Mass with Talk 1: Loneliness to Solitude
Guidepost: Fasting

Fasting is an important Lenten pillar that can help us renew our minds and focus our thoughts on Christ. Doing so helps us move from loneliness to solitude. In solitude, we may still be alone yet know that we are a beloved Child of God and that we matter because God created us to matter.

March 18 Mass with Talk 2: Hostility to Hospitality
Guidepost: Almsgiving

When feeling lonely and dejected we tend to focus more on ourselves. We escape our pain by engaging in unhealthy behaviors and can become hostile towards others. By reaching out to others in charity, our spiritual life matures from one of hostility to hospitality as we become friendly to others and more forgiving to ourselves. We reach out to others because we know that they matter because God created them to matter.

March 25 Mass with Talk 3: Illusion to Prayer
Guidepost: Prayer

Spending time with God in prayer is the bedrock of the spiritual life. Doing so helps us move from loneliness to solitude and from hostility to hospitality. Without prayer we create an illusionary existence where we feel irrelevant, small and unseen. But we are not small or irrelevant. We matter because God created us to matter. In prayer we are able to take, bless, break and share God's love for us with others.



Deacon Michael Carrera

Michael Carrera is a Permanent Deacon in the Archdiocese of Toronto and currently serves at St. Benedict's Parish in Etobicoke. He has a master's degree in exercise science and has worked as an executive fitness and wellness coach for over 20 years. He has authored and co-authored four books with two of them translated into multiple languages. Michael lives in Etobicoke with his wife and children.

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