

Lent 2023

LENTEN PRAYER

*Jesus,
 You have known us from
 the beginning of time,
 You have known us in the depths
 of our dreams and in the darkness
 of our shame,
 You know us as your beloved.
 Help us to own that core identity
 more and more in this season
 of repentance and mercy.
 Give us the rock-solid assurance
 of your unwavering faith in us
 as we seek the same in you.
 Amen.*

- Author Unknown

SASMAD News

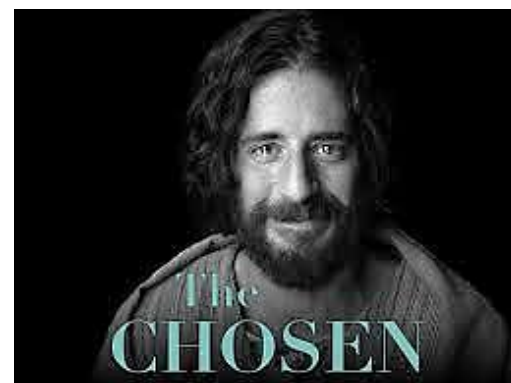
Congratulations to the 12 SASMAD visitors newly trained in Ottawa- Cornwall. Our SASMAD family is expanding!

Thank you to the volunteers who have said a "YES" to accompanying someone new as we have received many new requests in recent weeks. So grateful for your generosity for our mission!

The next English session of the (compulsory) **Putting Victims First** training will be held March 11th in Lasalle. [Click here](#) for more information and to register.

THANK YOU!

To all those who came out for the World Day of the Sick celebration and who supported us through their participation in the events of the day. It was truly a time of blessing and grace!



March 10, 17, 24, 31

Once again, the Office for English Pastoral Services is offering a Lenten retreat based on Season Two (part two) of the popular series about the life of Jesus, **The Chosen**. To be held Friday nights from 7:00-8:30 p.m. on Zoom.

Register at www.parishvitality.org

Reflection material to be sent to those registered before each session along with the link to each episode. New to *The Chosen*? Here is how you can view all the episodes (for free):

<https://watch.angelstudios.com/thechosen>

Monday, March 20

Our second **Connect and Grow** session for SASMAD visitors will be held online from 7:00- 8:30 p.m. Come and share your experience and growth from visiting others in a confidential and supportive group.

Zoom link:

<https://us06web.zoom.us/j/81430355942>

IMPORTANT DATES:

Monday, March 6

The Loss of Spouse Support Group meets on Zoom from 7:00-8:30 p.m. We have occasional coffee meet-ups during the year as well. Feel free to refer friends or those you accompany. To receive notices and the Zoom link please e-mail:

LossSpouseSupport@gmail.com

March 10-12

A weekend retreat for those who are caregivers and a simultaneous retreat for those who are grieving will be offered at Villa St. Martin retreat house by the Ignatian Spirituality Centre of Montreal team.

For details, please [consult their website](#).

Monday, March 13

Monthly prayer time with the **Friends of Mercy** at 3:00 p.m. Zoom link:

<https://us06web.zoom.us/j/83763199417>

Thursday, March 16

Parish Coordinators' Meeting 10:00 -11:30 a.m. on Zoom. All are welcome!

Monday, March 20

Connect and Grow session 7:00-8:30 p.m.

Pastoral Home Care – SASMAD English sector

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