



St. John's Parish
Roman Catholic Church

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GOD HAS THE POWER TO TRANSFIGURE OUR DAYS

SECOND SUNDAY OF LENT - MARCH 16, 2025

The Gospel of the Liturgy of this second Sunday of Lent narrates the Transfiguration of Jesus (cf. Lk 9: 28-36). While praying on a high mountain, he changes in appearance, his robe becomes bright and radiant, and in the light of his glory, Moses and Elijah appear, who speak with him about the Passover that awaits him in Jerusalem, namely, his Passion, Death and Resurrection.

The witnesses to this extraordinary event are the apostles Peter, John and James, who went up the mountain with Jesus. We can imagine them with their eyes wide open before that unique sight. And, certainly, it must have been so. But the evangelist Luke notes that "Peter and those who were with him were heavy with sleep", and that "when they awakened" they saw the glory of Jesus (cf. v. 32). The drowsiness of the three disciples appears to be a discordant note. The same apostles then fall asleep in Gethsemane too, during the anguished prayer of Jesus, who had asked them to keep watch (cf. Mk 14:37-41). This sleepiness in such important moments is surprising.

However, if we read carefully, we see that Peter, John and James fall asleep precisely before the Transfiguration begins, that is, while Jesus is in prayer. The same would happen in Gethsemane. This is evidently a prayer that continued for some time, in silence and reflection. We may think that, at the beginning, they too were praying, until tiredness prevailed, until sleep prevailed.

Brothers, sisters, does this ill-timed slumber perhaps resemble many of our own that come in moments we know to be important? Perhaps in the evening, when we would like to pray, to spend some time with Jesus after a day of rushing around and being busy. Or when it is time to exchange a few words with the family and we no longer have the strength. We would like to be more awake, attentive, participatory, not to miss precious opportunities, but we are unable to, or we manage it somehow, but poorly.

The powerful time of Lent is an opportunity in this regard. It is a period in which God wants to awaken us from our inner lethargy, from this sleepiness that does not let the Spirit express itself. Because — let us bear this in mind — keeping the heart awake does not depend on us alone: it is a grace and must be requested. The three disciples of the Gospel show us this: they were good, they had followed Jesus onto the mountain, but by their own strength they could not stay awake. This happens to us too. However, they awoke precisely during the Transfiguration. We might think that it was the light of Jesus that reawakened them. Like them, we too are in need of God's light, that makes us see things in a different way: it attracts us, it reawakens us, it reignites our desire and strength to pray, to look within ourselves, and to dedicate time to others. We can overcome the tiredness of the body with the strength of the Spirit of God. And when we are unable to overcome this, we must say to the Holy Spirit: "Help us, come, come, Holy Spirit. Help me: I want to encounter Jesus, I want to be attentive, awake". Asking the Holy Spirit to bring us out of this slumber that prevents us from praying.

In this Lenten time, after the labours of each day, it will do us good not to switch off the light in the room without placing ourselves in the light of God. To pray a little before sleeping. Let's give the Lord the chance to surprise us and to reawaken our hearts. We can do this, for instance, by opening the Gospel and letting ourselves be amazed by the Word of God, because the Scripture enlightens our steps and inflames the heart. Or we can look at the crucified Jesus and wonder at the boundless love of God, who never tires of us and has the power to transfigure our days, to give them a new meaning, a new, unexpected light.

May the Virgin Mary help us to keep our heart awake, to welcome this time of grace that God offers to us.

WE CONTINUE TO PRAY WITH THE UNIVERSAL CHURCH, for the well-being of Pope Francis!

SOUP SOCIAL: St. John's Catholic Women's League invites you to a Soup Social taking place after the 5pm Mass on Saturday, March 29th and after the 9am Mass on Sunday, March 30th in the parish hall. For a freewill offering, come and enjoy a bowl of delicious homemade soup. Proceeds will go to support Development and Peace.

THE ANNUAL DAY OF PRAYER FOR VICTIMS OF ABUSE is this Sunday. It is an opportunity to pray for healing and hope, for freedom and peace for those who have suffered and those who suffer still!

JOURNEYING THROUGH LENT is a series offered by the CCCB weekly during Lent 2025. The video for the Second Sunday of Lent is available [here](#).

STATIONS OF THE CROSS will be at 10:30 a.m. in English and 11:30 a.m. in Spanish each Friday during Lent.

EL VIACRUCIS se rezará los viernes de Cuaresma a las 11:30 am en Español y a las 10:30 a.m. en inglés.

ENGLISH SCHEDULE

Second Sunday of Lent

<u>Saturday, March 15, 2025</u>	5:00 PM
+Julia Naklusi	
<u>Sunday, March 16, 2025</u>	9:00 AM
For All Parishioners Living & Deceased	
<u>Tuesday, March 18, 2025</u>	11:00 AM
<u>Wednesday, March 19, 2025</u>	11:00 AM
St. Joseph – Principal Patron of Canada	
+Karl Friedrich	
<u>Thursday, March 20, 2025</u>	11:00 AM
<u>Friday, March 21, 2025</u>	11:00 AM

Third Sunday of Lent

<u>Saturday, March 22, 2025</u>	5:00 PM
<u>Sunday, March 23, 2025</u>	9:00 AM
For All Parishioners Living & Deceased	

HORARIOS EN ESPAÑOL

II Domingo de Cuaresma

<u>Sabado 15 de marzo, 2025</u>	7:00 PM
+Teresa Chia de Kuan	
<u>Domingo 16 de marzo, 2025</u>	11:00 AM & 1:00 PM
Por la Comunidad Parroquial	
<u>Martes 18 de marzo, 2025</u>	12:00 PM
<u>Miercoles 19 de marzo, 2025</u>	12:00 PM
San José—Patrono Principal de Canadá	
<u>Jueves 20 de marzo, 2025</u>	12:00 PM
<u>Viernes 21 de marzo, 2025</u>	12:00 PM

III Domingo de Cuaresma

<u>Sabado 22 de marzo, 2025</u>	7:00 PM
+Cynthia Gómez	
<u>Domingo 23 de marzo, 2025</u>	11:00 AM & 1:00 PM
Por la Comunidad Parroquial	

LITURGICAL MINISTERS OF HOPE RETREATS: Three Retreat Days for Liturgical Ministers are being offered by the Diocesan Liturgy Office during this Jubilee Year of Hope. These special days of renewal, reflection, and spiritual growth are offered to deepen their commitment to serving God's people through their various ministries. The half-day retreats will provide opportunities to prepare for Easter during this Jubilee Year of Hope. All Musicians, Ministers of the Word, Children's Liturgy Ministers, Extraordinary Ministers of Communion, Ministers of Hospitality, and Sacristans are invited to participate in one of these three events.

March 22 from 10 am to 12:30 pm - Basilica of Our Lady Immaculate, Guelph, **Fr. Francisco Cruz**

March 29 from 10 am to 12:30 pm - St. Matthew Parish, Oakville, **Fr. David Walter**

April 5 from 10 am to 12:30 pm - Annunciation of our Lord, Hamilton, **Fr. Andrew Quarshie**

There is no cost; however, we would like people to register to determine an approximate number of people to plan for. Additional information and **registration are available** at <https://hamiltondiocese.com/events/2025/02/liturgical-ministers-of-hope-retreat-three-dates/>.