

**Invitation to Prayer:** "Have mercy on me, O God, in your goodness" (Psalm 51: 3)

**Reflection:** Lent is not a time to sit idle and wait for God to act. It is a time of spiritual urgency. The prophet Joel exclaims, "Blow the trumpet in Zion! proclaim a fast, call an assembly; gather the people!" The Lord has indeed taken the initiative as he calls out to us, "Return to me with your whole heart," but it is up to each one of us to respond to this invitation.

Each year we are blessed with the gift of this holy season to examine our lives, root out from them that which is not of God, and allow ourselves to be more conformed to the goodness for which he created us. Jesus himself encouraged his disciples to practice the spiritual works of prayer, fasting, and almsgiving. Both then and now, these disciplines help us to be less focused on ourselves and more committed to God and to loving others as he does.

Prayer is an antidote to pride, because through prayer we contemplate God and his ways rather than our own. Fasting is an antidote to sensuality, because we intentionally set aside even legitimate pleasures that we find in this life, knowing that our ultimate fulfillment is in heaven. Almsgiving is an antidote to vanity, because it teaches us to think more of others and their good rather than remaining focused only on ourselves.

Prayer, fasting, and almsgiving, then, make the likeness of God shine more clearly from our lives. May he grant us that grace, to learn to live more like him during these forty days, to better reflect his image and likeness to a world in need of his presence. In so doing we more perfectly become who he created us to be.

**Prayer:** Lord, as I embark on this spiritual campaign of forty days, help me to convert my heart more and more to you, not so as to be noticed by others but solely for love of you who have given everything for love of me.

*Reflection taken from: <https://www.thecatholictelegraph.com>*

## The Catechism Corner

**Q:** *What is the relationship between Tradition and Sacred Scripture?*



**A:** Tradition and Sacred Scripture are bound closely together and communicate one with the other. Each of them makes present and fruitful in the Church the mystery of Christ. They flow out of the same divine well-spring and together make up one sacred deposit of faith from which the Church derives her certainty about revelation CCCB 80-82, 97

*Does your ministry have any info or news to share? Contact: [sfxbulletin5650@gmail.com](mailto:sfxbulletin5650@gmail.com) a week in advance*

## Day of Prayer & Healing for Women

***The Sisters of Life are Hosting:  
A Day of Prayer and Healing  
after abortion***



This is an opportunity for women to experience the Loving Mercy of God in a safe and sacred space.

**MARCH 4, 2023 (9AM TO 5PM)**

The Sisters of Life are women who have experienced the suffering of abortion & the joy of healing in Christ.

**Contact: [toronto@sistersoflife.org](mailto:toronto@sistersoflife.org) ♦ 416 463 2722**

## HOLY WEEK SCHEDULE

**Palm Sunday - April 2<sup>nd</sup>**

*Regular Mass schedule*

**Holy Monday - April 3<sup>rd</sup>**

Confessions: 7pm to 9pm

**Holy Thursday - April 6<sup>th</sup>**

The Lord's Supper: 5pm ♦ 7pm

**Good Friday - April 7<sup>th</sup>**

The Passion: 11am ♦ 1pm ♦ 3pm

Stations of the Cross: 7pm

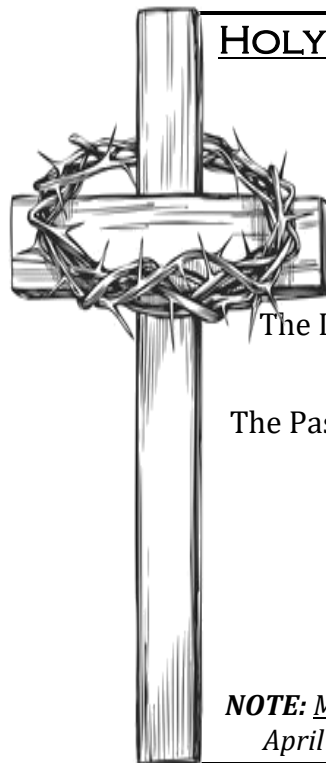
**Holy Saturday - April 8<sup>th</sup>**

Easter Vigil: 8pm

**Easter Sunday - April 9<sup>th</sup>**

*Regular Mass Schedule*

**NOTE: *Mass will not be celebrated on:  
April 3<sup>rd</sup> at 7pm or April 4<sup>th</sup> at 8am***



## Discernment Retreat for Men

***---Come & See---***

Weekend Discernment Retreat

**At St. Augustine's Seminary for Single men 18+**

**March 17 to March 19<sup>th</sup>**

Special Address From:

**His Eminence, Thomas Cardinal Collins**

Learn from his experience as: Seminarian,  
Deacon, Priest, Bishop & Cardinal

**Opportunity for Q & A**

♦ Holy Mass ♦ Prayer ♦ Discernment stories

♦ Testimonials ♦ Fellowship ♦

Email: [vocations@archtoronto.org](mailto:vocations@archtoronto.org)



### Support our Lenten ShareLife Appeal



In this time of Lent, please reflect on the great needs of our brothers and sisters who are helped through your kind support of ShareLife.

Last year, ShareLife supporters like you enabled 1,900 young parents and their children to access programming, along with diapers, food and clothing.

Your support of ShareLife provides hope and support as they create better lives for their families. Please give generously once again this year.

### Lent Parish Lenten Mission

Lent is a time of preparation, reflection and fasting, but sometimes we need a little help. This is the perfect opportunity to begin this lent with a proper disposition and an open heart to the Lord in prayer.



*This year's Lenten Mission will be led by Fr. James Sichko from the Diocese of Lexington KY*

*Fr. Sichko is a very dynamic speaker! The mission will be very family oriented and filled with storytelling, scripture, prayer, laughter, and tears!*

**Join Us: February 25<sup>th</sup> to March 1<sup>st</sup>**

### Stations of the Cross



Every Friday of Lent After 7pm Mass

### Archdiocesan News



#### Installation of Archbishop Frank Leo Saturday March 25, 2023

Bishop Frank Leo of Montreal will be installed as the next Archbishop of Toronto during a special Mass and ceremony to take place on the Solemnity of the Annunciation, Saturday, March 25, 2023 at 10am at St. Michael's Cathedral Basilica in downtown Toronto.

Given capacity restrictions at the cathedral, it is expected that participation will be limited to invited guests only. The ceremony will be live-streamed. Plans are also underway for a series of welcome events in various regions of the Archdiocese of Toronto, allowing the faithful an opportunity to meet the new archbishop.

**We continue to pray for Archbishop-designate Leo and Cardinal Collins.**

### HOLY MASS INTENTIONS

#### Monday February 27, 2023

8am †Ramon Zaldivar  
7pm †Rosalina Ong

#### Tuesday February 28, 2023

8am Thanksgiving Miranda Family  
7pm Thanksgiving Generosa Disonglo

#### Wednesday March 1, 2023

8am †Ana Josefa Alfonso  
7pm Thanksgiving Artesa Jabier  
Thanksgiving Reynold & Elma Sequeira  
Special Inten. Jaqueline Revita Runez  
Special Inten. Arnold & Glynn Fernandes  
†Victoria Albes  
†Celso Bolado & Rodrigo Morane  
†Sherly Gonsalves  
†Herman Poppen  
†Manuel Da Rocha  
†Elias Veza  
†Casmiro & Flory De Souza

#### Thursday March 2, 2023

8am †Jennifer Siow  
7pm †Angelo D'Souza

#### Friday March 3, 2023

8am †Funmi Ogundele  
7pm Thanksgiving for God's grace & mercy  
†Janet & John Soares  
†Paul Chan  
†Janet Soares  
†Franklin D'Souza  
†Maria Nhi Vu  
†Felipe Paculaba  
†Aeldred Anthony Joseph D'Souza  
†Antonio De Silva  
†Corazon Malunas  
†Herman Pinto

#### Saturday March 4, 2023

730am †Rosario Gawagas  
5pm Pro Populo

#### Sunday March 5, 2023

730am Thanksgiving Norma Tan  
9am Thanksgiving Krystle  
1030am Thanksgiving-Katelynn D'Souza  
12pm †Luisa Maria Tinoco  
130pm †Roberto Ang

*Lent is a time of grace,  
a time to convert and live out our baptism fully  
-Pope Francis*