

THE PARISH OF THE IMMACULATE HEART OF MARY

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www.immaculateheartofmarysc.archtoronto.org

Rev Fr Peter Tammearu, Pastor



MASS SCHEDULE

Monday to Friday at 12.05 pm

Saturday at 9 am & 5 pm (Vigil)

Sunday at 9 am & 11 am

CONFESSIONS

Monday to Friday at 11.45 am

Saturday at 4.30 pm

SACRAMENTAL PREPARATION

(First Communion, Confirmation, RCIA)

Alice Warford, Sacramental Coordinator

ihmsacraments@gmail.com

SACRAMENTS OF BAPTISM AND MARRIAGE

Please make an appointment to see the pastor

ST VINCENT DE PAUL SOCIETY

Please call 647.428.2880

CATHOLIC WOMEN'S LEAGUE

Darlene Barron, President 416.264.6407

LEGION OF MARY

Letty Denovan 416.755.9569

OUR LADY OF GOOD HEALTH

Rev Fr Peter Gitendran, Pastor 416.264.6544

Sunday Mass at 4.30 pm (in Tamil)

OFFICE HOURS

Monday to Thursday 10 am to 4 pm

Susan Lee, Parish Secretary

THIRD SUNDAY OF LENT MARCH 4, 2018

Ten Forms of Penance

Lent has been part of the Church's life for at least the past 1700 years. It began as a period of special preparation for adults being baptized during the Easter vigil. Gradually it became a period of penance and conversion for public sinners and also for devout members of the community.

Today, Lent is a time of prayer and penance, when Christ wants to lead us back to our baptismal promises of dying to sin and of living for God. We prepare ourselves to enter once again into Jesus' Paschal mystery and to renew it in our lives.

Dying to sin. During Lent, God's people seek to put sin out of their lives by uprooting habits and tendencies that are contrary to God's will. It is a time of conversion, of turning away from our sins and of turning back to God.

Living for God. The Lord Jesus is calling us to be people of praise and prayer, and living signs of his love for all. During Lent, we open our hearts to our Father, so that we may live with Christ for God.

Lenten works: What should we be doing for Lent? Today the Church invites us to prepare for Easter by doing individual penance and penance as a group; by reading God's word more carefully; by praying more ardently, including sincere prayer for sinners; by giving of ourselves to the service of God's people.

These are "the top ten" in the tradition of the Christian people. They are our daily responsibility as believers; in Lent, we concentrate on them even more seriously.

1. Giving up sin. Jesus tells us that we show our love for him by keeping his commandments, especially by loving others as he has loved us. We are called to live blameless lives as God's holy people, the Church. Our God wants us to turn away from our sins, our failings, our laziness in prayer, our unwillingness to do better.

2. Praying. Jesus and his apostles tell us to pray always, to be constant in prayer. Traditional times for Christians to pray are morning, evening and mealtimes. Personal prayer is a necessary preparation for our sharing in the Church's public worship, the liturgy. In our love, we join Jesus and all God's people in praying for ourselves, for our family and friends, for our leaders, for those who suffer, and for the Church and the world.

3. Fasting. Fasting means cutting down on the amount and richness of our food and drink. Done as a penance for sin, it helps us to pray better: an empty stomach can lead to more attentive prayer. The money we save on food should be given to others in alms. The law of fasting obliges adults until they are 60 years old.

4. Doing good works. Jesus went about doing good. The apostles continued to teach us to do good works, to help those in need, to give others the good example of our living, to pray for other people and to be ready to serve them in their time of need. The list is endless, but can be summarized in a few words: we are to help Jesus and come to his aid by helping other people in a spirit of love.

5. Giving alms. We give alms to help God's poor and to support the good works of the Church and other positive agencies. Again our help is being given to Christ in his brothers and sisters. Many Churches encourage giving 10 per cent—the biblical tithe—as the minimum gift to God and to God's works. We do not give in order to show off or keep up with others; instead we give cheerfully to God, who has given us everything we have.

6. Abstinence. This form of penance needs to be seen as a near cousin of fasting. We may give up meat or other desirable foods on one or two days a week during Lent, especially on Friday, the day

of Christ's saving death on the cross. Our abstinence is another way of sharing in Christ's work of saving the world.

7. Carrying out our duties of life. This is perhaps the hardest and most unrecognized form of penance. We serve God by living out our vocation in love each day. We do our best for God by being a good mother, father, teacher, worker, student, religious, minister, priest. God is calling each of us to be a living sacrifice, and to offer our daily life through Christ.

8. Meditative reading. In an age of constant bombardment by noise and sights, Christians need time to read and reflect. Believers have to nourish their faith by reading. Prayerful reading of God's word each day opens our hearts to the Spirit, and lets God's thoughts and ways influence ours. Reading other Christian books and magazines will help us to be stronger in our faith and in our living.

9. Controlling our desire for possessions. Jesus reminds us that our heart will be wherever our treasure is. He tells us to build up treasures in heaven rather than on earth. Today's consumer is constantly tempted to buy more and more things: everything has to be newer, bigger, better—and automatic. As Christians, we should be cutting down on our possessions, eliminating frills, giving our surplus to others, lessening our wants, and sharing ourselves, our time, our talents and our possessions with others.

10. Controlling our desire for entertainment. Too much entertainment—by radio, TV, movies, spectator sports, light reading, distractions—can dull our taste for the things of God, and lead us to have no time for the works of the Lord. Christians need to be a sign of contradiction to the world, and to spend more time in serving God and people.

(From Living Lent, a leaflet from the National Liturgy Office, of the Canadian Conference of Catholic Bishops.)

THE STATIONS OF THE CROSS

Q: "What are the Stations of the Cross and what can we learn from them?"

A: The Stations of the Cross, also known as the Via Dolorosa, is a narration of the final hours in the life of Jesus Christ on earth that continues to provide spiritual conviction for every Christian and application to our lives. The Stations of the Cross serve as a stark reminder of the humble manner in which Jesus was willing to set aside any privilege of deity in order to provide a path to salvation through His sacrifice.



**Join us every Friday throughout Lent
at 11:15 am and 6:30 pm for Stations of the Cross.**

DAY OF CONFESSIONS

Lent is the time of year when God obligates us to prepare our hearts and to purify our souls so that we are ready to receive Our Lord in His glorious coming at Easter. There's no time to delay. The Bible says, "Behold, now is the acceptable time; behold, now is the day of salvation" (2 Cor. 6:2).

The Fatima seer Jacinta spoke this challenging truth: "If men only knew what eternity is, how they would make all possible efforts to amend their lives." With this in mind, let us explore the special grace God gives us in the sacrament of Confession to help us on that journey of sanctification.

The Day of Confessions will be during the week of March 11th - 18th.

Please check upcoming bulletin for specific date and time.



 *Mass Intentions*

Monday March 5

12:05 pm † Thomas Glennon
requested by Anne Hoban

Tuesday March 6

12:05 pm † Anne Black
requested by Anne Hoban

Wednesday March 7

St Perpetua and Felicity, Martyrs
12:05 pm † Manuel Cabral
requested by Cabral Family

Thursday March 8

St. John of God, Religious
12:05 pm For the intentions of Avril & Rudy Guldner
requested by Anne Hoban

Friday March 9

St Frances of Rome, Religious
12:05 pm † Betty Motee, mother of Norma De Silva
requested by Lorraine & Charles Rozario
7 pm † Jose Valle
requested by Gilberto Felix Valle del Toro

Saturday March 10

9 am † Bibiana Rizal
requested by Jenifer & Arnel Lenon
5 pm In thanksgiving & for the intentions of
Meynardo Sevilla on his birthday
requested by his family

Sunday March 11

Fourth Sunday of Lent
9 am For the People of the Parish
11 am For the Protection of Unborn Children
requested by the Masses for Life Project

UPCOMING EVENTS

Monday March 5

10:30 to 11:30 'Making a Retreat in Everyday Life' with
Speaker Fr. Peter Tammearu

Thursday March 8

12:30 – 1:30 pm Line Dancing [Church hall]
7:30 pm – 9 pm Legion of Mary meeting [Seniors]

Friday March 9

11:15 pm **Stations of the Cross** followed by rosary,
Mass, and Exposition & Benediction of the
Blessed Sacrament
3:45 – 5 pm Children's Choir Practice
6:30 pm **Stations of the Cross** followed by 7 pm
Mass

Saturday March 10

10 am 1st Holy Communion Class #6

Sunday March 11

9 am – 1:30 pm Legion of Mary Book Barrow



AT THE 11 AM MASS

Entrance hymn: #564 Lord, Who throughout These Forty Days
Offertory hymn: #791 Without Seeing You
Communion hymn: #574 Deep Within
Closing hymn: #981 Lift High the Cross

SENIOR MEN'S HIGH SCHOOL RETREAT

(Grades 11 & 12)

The Office of Vocations is hosting a day retreat at St.



Augustine's Seminary, Toronto, on Saturday,
March 17 from 9:00 a.m. to 5 p.m. This retreat will
provide time to pray, interact & socialize with
other young Catholic men. Seminarians deliver
talks on practical aspects of faith. The day includes Holy Mass,
Adoration & Confession. Registration for the retreat is to be
done online at: www.vocationstoronto.ca (under Programs) or
<http://bit.ly/2xh8uMA>

For more information please call the Office of Vocations at:
416-968-0997 or email: vocations@archtoronto.org.

MINISTRY WITH MATURING ADULTS

LINE DANCING continues each Thursday after the 12:05 pm
Mass in the Church Hall. Everyone is always welcome to join
us for fun, fitness and friendship.

STATIONS OF THE CROSS FRIDAYS AT 11:15AM

Every Friday during Lent, we will pray the Stations of the
Cross from Mother Mary's perspective at 11:15 am. Mary's
Way of the Cross will be followed by the praying of the Rosary
and our daily Mass at 12:05 pm. Thank you for your presence
and participation.

MAKING A RETREAT IN EVERYDAY LIFE

It was wonderful to see so many of you at the first session on
Monday. If you were not able to make it last Monday, know
that you are welcome to join us for our next session on
MONDAY, MARCH 5th at 10:30 am in the Church Hall.

Fr. Peter Tammearu will help us to explore Ignatian
Spirituality. Join us to refresh your spirituality during the time
of Lent by entering into the spirit of a retreat in
order to prepare to make a good confession and
receive the Easter Eucharist with joy. The
following sessions will be held on Monday,
March 12th and Monday, March 19th.



GOD'S GIFT OF LONG LIFE

MONTHLY SOCIAL will be on **Monday, March 19th**.

Our next monthly Social will be on the Feast of St. Joseph.
Please join us for this traditional celebration of our beloved St.
Joseph. We will have St. Joseph's table after the 12:05 pm
Mass.

FOCUS: Jesus performed many signs, but it was in his death
and resurrection that God's glory was fully revealed and made
manifest.

When Jesus drives the money changers and animal vendors
from the Temple, the Jews demand a sign to prove his authority.
They do not have the faith to see what is in front of them. Later,
when Jesus dies and is risen, his disciples remember his words,
and they understand and believe. *Do we have the faith to see
what is revealed right in front of us, in this Eucharist?*

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