

# **THE PARISH OF THE IMMACULATE HEART OF MARY**

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**Rev Fr Peter Tammearu, Pastor**  
**Rev Fr Peter Gitendran, In Residence**



## **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 11.30 am

Saturday at 4.30 pm

## **OFFICE HOURS**

Monday to Thursday 10 am to 4 pm

Susan Lee, Parish Secretary

## **SACRAMENTAL PREPARATION**

**(Baptism, First Communion,  
Confirmation, RCIA)**

Alice Warford, Sacramental Coordinator

[ihmsacraments@gmail.com](mailto:ihmsacraments@gmail.com)

## **ST VINCENT DE PAUL SOCIETY**

Please call 647.428.2880

## **KNIGHTS OF COLUMBUS**

GK Jude Aloysius 416.569.5833

## **LEGION OF MARY**

Letty Denovan 416.755.9569

## **CATHOLIC WOMEN'S LEAGUE**

Alice Warford

## **OUR LADY OF GOOD HEALTH**

Rev Fr Charles Collins, Pastor 416.264.6544

Sunday Masses at 12.30 & 4.30 pm (in Tamil)



This week the Sanctuary Lamp is dedicated: In Thanksgiving by an individual

Monday March 4

12:05 pm † Susan Elliott requested by Margaret Horvath

Tuesday March 5

12:05 pm

Wednesday March 6 Ash Wednesday

9:30 am [IHM School Mass] 12:05 pm 7 pm

Thursday March 7

Sts Perpetua and Felicity 12:05 pm

Friday March 8

St John of God, Religious 12:05 pm † Maximina & Mariano Luzano requested by Virgie & Leo Luzano

6:30 pm Stations & Mass

Saturday March 9

St Frances of Rome, Religious 9:00 am † Crhistiano Medeiros requested by Jorgina Medeiros

5 pm † Catherine & Ivor Hastings requested by the D'Cruz family

Sunday March 10

1st Sunday of Lent 9 am For the People of the Parish

11 am † Belinda Toledo Hipolito requested by Laurie & Serge Llarenas

music at the 11 am Mass



Entrance: #746 We Gather Together Offertory: #797 Be Not Afraid Communion: #1030 Alleluia! Sing to Jesus! Closing: #753 Praise and Thanksgiving



Let us be faithful in speech and action.

The first reading today uses the example of a sieve to show how grain [good fruit] is separated from the husks [the dead shell].

Tribulation and difficulties are sieves in our own lives – and when we are shaken, the real fruit of who we are will be revealed in both our speech and actions.

COME & SEE WEEKEND

MARCH 15 - 17, 2019

AT ST. AUGUSTINE'S SEMINARY

The Office of Vocations will be hosting a Come & See Weekend for men 17 years and older at St. Augustine's Seminary from Friday, March 15 (7 p.m.) to Sunday, March 17 (1:30 p.m.). The weekend offers a way for men to discern a possible call to priesthood at our seminary.

Thank you in advance for your generosity as we work together to build a culture of vocations.



Registration can be done online at www.vocationstoronto.ca. For more information, please call us at 416-968-0997 or email vocations@archtoronto.org.

THEOLOGY ON TAP

Topic: The Value of Silence

Date: Monday, March 11th

Time: 7 to 9 p.m.

Place: Boston Pizza, 50 Courtney Park Dr. E., Mississauga

All young adults (19-39) are invited to join us for Theology on Tap – an evening of thought-provoking conversation on theological topics, with munchies provided. Come and bring a friend!

CONTACT: Office of Catholic Youth

PHONE: 416-599-7676

EMAIL: youngadult@ocytoronto.org

ASH WEDNESDAY MASS SCHEDULE



Remember man that you are dust and into dust you shall return.

Mass will be celebrated at 9:30 am, 12:05 pm & 7 pm.

TAX RECEIPTS

Tax receipts are ready for pick up after all Masses this weekend and can be picked up at the Parish Office.

We thank you for your ongoing contribution.





This year for Lent we are offering a series of brief and informal presentations on different aspects of the spiritual life to help you to develop your prayer life. Please join us on Mondays in the Parish Hall before the 12.05 pm Mass (except for March 19).

**1. A Spirituality for Living in the Midst of the World**

Monday, March 11, from 10.15 to 11.15 am, in the Parish Hall

Fr Andrew Meyer, IVDei, will speak about spirituality in everyday life and the lay community of the *Voluntas Dei* Institute.

**2. St Joseph's Table**

Tuesday, March 19; following the 12:05 pm Mass, in the Parish Hall

Please join us for our annual celebration of the feast of the patron of Canada. We will share fellowship and a variety of baked goods at the traditional *La Tavola di San Giuseppe*. If you wish to contribute something to the table, please call the parish office to let us know.

**3. Spirituality and Illness**

Monday, March 25, from 10.15 to 11.15 am, in the Parish Hall

Fr Peter Tammearu will speak about how illness and aging can affect the life of faith and prayer.

**4. Spiritual Exercises, Part Two**

Monday, April 8, from 10.15 to 11.15 am, in the Parish Hall

Fr Peter Tammearu will continue his presentation of different methods of prayer, including prayer of the heart and *lectio divina*.

**5. A Place to call Home**

Monday, April 8, from 10.15 to 11.15 am, in the Parish Hall

Alice Warford will speak on a spirituality of homelessness.



**SANCTUARY LAMP**

It is now possible to dedicate the Sanctuary Lamp in memory of a loved one, to honor a special occasion or for a special intention. The dedication will be announced at all the weekend Masses and published in the bulletin.

The candle is replaced every Friday and burns for a week next to the

tabernacle to indicate the True Presence of Christ in the Blessed Sacrament and is a profession of our love and affection. The suggested donation is \$25. Please contact the Parish Office for more information.



**LENTEN TRADITIONS**

**Law of the Gospel:** The Church wants emphasis to be given to the evangelical law that a follower of Christ must do penance. While the heart of penance is hatred for sin as an offence against God, external forms of penance are required to deepen and encourage the internal virtue.

**Fridays** are days of abstinence from meat \*, but Catholics may substitute special acts of charity or piety on this day.

**Lent** has a penitential character. During Lent, penance is an important requirement of Christian life. Fulfillment of this duty involves prayer, works of piety and charity, and self-denial by fulfilling one's obligations more faithfully and especially by observing the prescribed fast and abstinence.



**Ash Wednesday and Good Friday** in the Roman Rite, including Canada, are days of fasting\* and of abstinence from meat \*\*.

**Privileged forms of Penance** are recommended, especially during Lent. These forms are privileged because they are based on the teachings of the Gospels [*fasting, almsgiving, prayer, works of mercy*] or because of their traditional value among the people of God [*abstinence from meat*].

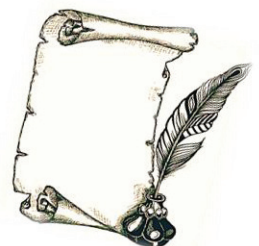
\* Christian fasting obtains its full meaning when we deprive ourselves of food in order to be more open to prayer, to share more in the suffering of those who are starving and to save money to give to the poor. Fasting is a penitential discipline intended to open our hearts to God and others, a means of purification and spiritual liberation, a witness of the depth of our faith.

\*\* The law of "abstinence from meat" binds those who are 14 and older; the law of "fasting" binds those from 18 to 59 years of age. Parents and educators are reminded of their duty to introduce children gradually to the understanding and practice of penance. The actions modeled by adults will be the greatest influence in this matter.



**Yet even now, says the Lord, return to me with all your heart, with fasting, with weeping, and with mourning; rend your hearts and not your clothing.**

**Return to the Lord, your God, for he is gracious and merciful, slow to anger, and abounding in steadfast love, and relents from punishing.**



*(Joel 2:12-13)*

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