

# **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)



God is always ready to take us back, no matter how far or how often we stray,

Jesus' famous parable of the prodigal son depicts God as a father always ready to take back

those who stray from him. No matter how we may have turned away from God, we have only to turn back to him through the Sacrament of Reconciliation. Lent is the perfect time to be reconciled to God and to be a new creation for Easter.

**Monday April 1**

12:05 pm For the healing of Teresa Buettner  
*requested by Fatima Cabral*

**Tuesday April 2**

12:05 pm For the healing of Noemia Recendes  
*requested by Fatima Cabral*

**Wednesday April 3**

12:05 pm For the intentions of Vincent and Isabel Hoban  
*requested by Anne Hoban*

**Thursday April 4**

**St Isidore, Bishop and Doctor of the Church**

12:05 pm † Kathleen Jones  
*requested by Anne Hoban*

**Friday April 5 [1<sup>st</sup> Friday]**

**[Exposition and Benediction of the Blessed Sacrament]**

**St Vincent Ferrer, Priest**

12:05 pm † Emily Osorio in remembrance on her birthday  
*requested by Zen Malakas*

6:30 pm *Stations of the Cross & Mass*

**Saturday April 6 [1<sup>st</sup> Saturday]**

**[followed by Devotions to Our Lady of Fatima]**

9:00 am † Deceased members of the Cabral Family  
*requested by The Cabral family*

5 pm † Bartolomena Senario  
*requested by Thelma Potal & family*

**Sunday April 7**

**Fifth Sunday of Lent**

9 am † John Richardson  
*requested by Anne & family*

11 am † Patricia Puddister  
*requested by Claudette & Rita Hayes*



**at the 11 am Mass**

**Entrance:** #564 Lord, Who throughout These Forty Days

**Offertory:** #569 The Cross of Jesus

**Communion:** #576 Led by the Spirit

**Closing:** #565 Forty Days and Forty Nights



**STATIONS OF THE CROSS & MASS**

**EVERY FRIDAY DURING LENT AT 6:30 PM**

The Stations of the Cross provide us with great material for prayer and meditation. Tracing Jesus's journey from condemnation to crucifixion increases both our sorrow for our sins and our desire for His help in avoiding temptations and in bearing our own crosses. Meditating on Christ's passion can help us become more like Him in imitating His virtues of obedience, humility, charity, patience and perseverance.



**Join us every Friday during Lent!**



**Upcoming Events**

Mon. Apr. 1	10:15 – 11:15 am	Lenten Series
Thu. Apr. 4	7 pm	Day of Confession
	7:30 – 9 pm	Legion of Mary Meeting
Fri. Apr. 5	3:45 – 5 pm	Children's Choir Practice
Mon. Apr. 8	10:15 – 11:15 am	Lenten Series



**SHARELIFE**

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“It is important that we continue to support the ShareLife appeal, to provide for the needs of the marginalized both here in our communities and around the world. Sometimes the results are obvious and sometimes they're invisible, but always they make a tangible difference in the lives of the people we are helping. **Please prayerfully consider how you can be supportive today on ShareLife Sunday.**”

— Cardinal Thomas Collins



**Today is ShareLife Sunday.  
Thank you for your generosity.**

## ABOUT GOING TO CONFESSION

### Why do I have to confess my sins to a priest?

That's the way Jesus set it up on Easter Sunday evening. He told his apostles that just as God the Father had sent him — and God the Father sent him to save us from our sins — so he was sending them. He breathed on them the power of the Holy Spirit, giving them God's power to forgive sins, since no one can forgive sins but God alone. He told them that whatever sins they forgive are forgiven and whatever sins they retain are retained (*Jn 20:21-23; Mk 2:7*). Since the apostles were unable to read minds, the only way that they would know which to forgive and which to retain is if people told them their sins. Jesus thus established the essential structure of the Sacrament of Confession. Just as he uses priests to give us his Body and Blood at Mass so he uses them to give us His mercy in Penance.

### What do I need to do to make a good confession?

The sacrament consists of three actions on the part of the penitent: contrition, which sorrow for one's sins; confession, that is examining one's conscience and telling one's sins to the priest; and penance, namely a desire to make up for one's sins and amend one's life. Together the three are called the "acts of the penitent."

### How do I examine my conscience well?

One does so by asking for God's help and prayerfully examining one's actions in the light of Christ's teaching and example. Some review their behaviour by the Ten Commandments, others by Christ's command to love God and love others, others by their correspondence to the beatitudes, others by comparing their behaviour to the most important Christian virtues, and others by the seven "capital" sins (pride, envy, anger, sloth, greed, lust and gluttony). It is not enough merely to focus on how one's broken God's "rules," but rather how one has damaged his relationship with God and others and hurt himself interiorly. It is also important to examine for sins of omission.

### What are the qualities of a good confession?

A good confession is humble, sincere and complete. It's humble when we accuse ourselves of our sins with a deep sorrow for having offended the Lord while imploring his loving mercy. It's sincere when we tell all of our sins honestly and truthfully, without exaggerating or excusing them. It's complete when we confess all of our mortal sins, including the number of times we have committed each one.

### What is sin and what sins need to be confessed in the Sacrament of Penance?

Sin is an offense against God that ruptures our communion with Him and with His Church (*CCC 1440*). It is far more than "breaking the rules," but is a failure to love God and to love others, which causes real damage in all our relationships. There are sins totally incompatible with love for God and others (mortal sins, in which genuine love is "dead"), and ones in which love is less grievously wounded (venial or "easily forgiven"). The Church says that all grave or mortal sins must be confessed as soon as possible (*CIC 988*).

### What if I haven't been to the sacrament for many years? How do I prepare? What do I say?

**First**, don't be afraid. Jesus said, "Heaven rejoices more for one repentant sinner than for 99 righteous persons who never needed to repent." The priest will probably be so happy you've returned to confession after many years that you will make all the hours he spends in the confessional seem light. **Second**, try to prepare with the help of a good examination of conscience sheet, but the priest will know that you cannot remember your sins with the precision of someone who came the previous week. **Third**, get the largest sins off of your shoulders first. **Fourth**, don't be afraid to ask the priest for help; most confessors are experts in leading someone in your circumstances through an examination of the "big stuff" in the confessional. **Finally**, don't wait. Come back to be reconciled to your loving Father, set off the celebration in Heaven, and share your Father's joy!



Please visit:

<https://www.archtoronto.org/confession/Pages/eastern.aspx> for a list of times for confession at parishes in our area.

**At Immaculate Heart of Mary, there will be a confession service with various priests to be held on Thursday, April 4<sup>th</sup> at 7 pm.**



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. Spiritual Exercises, Part Two

**Monday, April 1**, 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*.

#### 2. 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.



### HOLY WEEK SCHEDULE

#### MONDAY to WEDNESDAY

11:45 a.m. Confession & 12.05 p.m. Mass

#### HOLY THURSDAY

7 p.m. Mass followed by adoration till midnight

#### GOOD FRIDAY

10 a.m. Divine Mercy Novena

1 p.m. Good Friday Service [English]

#### HOLY SATURDAY

3 p.m. Divine Mercy Novena

7 p.m. Easter Vigil Mass

#### EASTER SUNDAY

10 a.m. Mass

11 a.m. Divine Mercy Novena



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