

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

131 Birchmount Road, Scarborough, ON M1N 3J7

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**Rev. Fr. Charles Collins, Administrator**

**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

## **LIVESTREAM MASS [English]**

[www.olghtamilparish.com](http://www.olghtamilparish.com)

Monday to Friday at 12.05 pm

Sunday at 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

[awarford@archtoronto.org](mailto:awarford@archtoronto.org)

## **ST VINCENT DE PAUL SOCIETY**

Please call 647.428.2880

[ihmScarborough.svdP@gmail.com](mailto:ihmScarborough.svdP@gmail.com)

## **KNIGHTS OF COLUMBUS**

GK Jude Aloysius 416.569.5833

## **LEGION OF MARY**

Letty Denovan 416.755.9569

## **CATHOLIC WOMEN'S LEAGUE**

Alice Warford 416.453.3965

## **OUR LADY OF GOOD HEALTH**

Rev Fr Charles Collins, Pastor 416.264.6544

Sunday Masses at 12.30 & 4.30 pm (in Tamil)

**Fasting & Feasting**  
**The Temptation of Jesus**  
**Matthew 4.1-11**



As we begin this great season of Lent it is important to take some time to reflect on how we plan to best spend this time to grow as stewards of Christ. We often associate Lent with fasting and

penances, which are undoubtedly good. However, it is important that if we are going to give something up, we should strive to replace it with something good as well, for Aristotle famously said that “nature abhors a vacuum.”

This leads us to the practice of “fasting and feasting” in Lent. Through this practice we are able to cultivate strong stewardship through fasting from things that are unvirtuous and feasting on charitable and wholesome acts. Let us take some time to prayerfully reflect on how we can implement the following list this Lenten season.

Fast from judging others; Feast on the Christ dwelling in them. Fast from emphasis on differences; Feast on the unity of life. Fast from words that pollute; Feast on phrases that purify. Fast from discontent; Feast on gratitude. Fast from anger; Feast on patience. Fast from complaining; Feast on appreciation. Fast from negatives; Feast on affirmatives. Fast from self-concern; Feast on compassion for others. Fast from problems that overwhelm; Feast on prayer that strengthens. In essence, let us fast from anything that prevents us from being good stewards and feast on those practices that strengthens us.

**Summary**

As we begin this great season of Lent it is important to take some time to reflect on how we plan to best spend this time to grow as stewards of Christ. It is important that if we are going to give something up, we should strive to replace it with something good as well. Let us strive to fast from anything that prevents us from being good stewards and feast on those practices that strengthens us.

**2023 OFFERTORY ENVELOPES**



For 2023, all offertory envelopes box numbers will be **reassigned**. Please contact the parish office to pick up your NEW box of envelopes. Thank you for supporting the parish!

**Mass Intentions for the week**

Mon.	Feb. 27	12:05 pm	<b>St. Gregory of Nar</b>
Tue.	Feb. 28	12:05 pm	† Macaria Olarve Payte, requested by the Sulay family
Wed.	Mar. 1	12:05 pm	† Pat Puddister, requested by Fatima Cabral
Thur.	Mar. 2	12:05 pm	† Cecilia & Edward Pinto, requested by Mr. & Mrs. Charles Gonsalves
Fri.	Mar. 3	12:05 pm	† Kathreenamma Varghese, requested by Thomas Varghese
Sat.	Mar. 4	6:00 pm	<b>St. Casimir</b> In thanksgiving & intentions of Kevin Costales on his birthday, requested by his parents, Amy & Mel Costales
		9:00 am	
Sun.	Mar. 5	5:00 pm	For the People of the Parish
		9:00 am	<b>2<sup>nd</sup> Sunday of Lent</b> † Deceased members of the Medina family, requested by Sonia Javier
		11:00 am	In thanksgiving & intentions of Meynardo Sevilla on his 50 <sup>th</sup> birthday, requested by the Sevilla family

**CWL MEETING**

Please join the Catholic Women’s League for their upcoming meeting. Details are as follows:

**Date:** Sunday, March 5<sup>th</sup>

**Time:** After the 9 am Mass

**Place:** Counting Room in the rectory basement



New Members are welcome!

**PILGRIMAGE TO THE HOLY LAND**

NOV. 26 - DEC 4 2023

If interested or need more information, you are invited to an orientation on March 30<sup>th</sup> @ 7 pm in the parish hall.

**WRESTLING WITH GOD AND WITH LOVE**

Resistance and Surrender  
 Within Our Spiritual Journey

**Date:** Friday, March 3<sup>rd</sup> – Sunday, March 5<sup>th</sup>

**Speaker:** Father Ron Rolheiser

For more information, contact:

**Tel. #:** Queen of Apostles Renewal Centre 905-278-5229

**Email:** [office@qoa.ca](mailto:office@qoa.ca)



## STATIONS OF THE CROSS



Every Friday throughout Lent, there will be **Mass & Stations of the Cross at 6:00 pm.** Join us!

## Q & A

### What is the Stations of the Cross and why is it important to Christians?

During Lent, Catholics often undertake the Stations of the Cross. It is a walk that allows for reflection and re-enactment of Jesus' final journey, when he carried his cross to Golgotha, the place of his crucifixion.

### What are the benefits of the Stations of the Cross?

The reason for praying the Stations of the Cross is to enter into the mystery of Jesus' gift of himself for us – to experience his means of transforming suffering through love. We do this *“through, with, and in him,”* step by step, learning how this plan of love can be carried out by us today.

### What can you learn from the Stations of the Cross?

Meditating on the Stations of the Cross exposes Christ's suffering heart — *“sorrowful even to death”* (Mk 14:34). In his condemnation to death, Christ teaches that we have the freedom to accept life's sorrows. He does not let condemnation be levied upon him, but rather he chooses it out of love.



## OFFICE OF VOCATIONS ARCHDIOCESE OF TORONTO Serra's 'Vocation Seeds'

**Jesus was led by the Holy Spirit into the desert for forty days of prayer and fasting.**

Are you open to being led by the Holy Spirit into the life-commitment God has prepared for you? If God is calling you to serve him as a priest, deacon, brother or sister, contact Fr. Matt McCarthy, Director of Vocations, Archdiocese of Toronto at 416-968-0997.

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

## OUR PARISH FUNDRAISER



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We have **ONLY 15 mugs left!**

Mugs are \$10 each.

Please contact the parish office.

**Thank you for your support!**

## St. Augustine's Seminary Lay Formation Program

### LENTE RETREAT:

### A Spirituality for Catholic Teachers

Saturday, March 4 – 9:30 a.m. to 3 p.m.

IN-PERSON/VIRTUAL EVENT

RUN BY ST. AUGUSTINE'S SEMINARY

In collaboration with the Archdiocese of Toronto's St. Monica Institute and the Toronto Catholic Teachers' Guild, we are pleased to offer a Lenten retreat day that will draw us into the important work of education with presenter Deacon Doug McManaman, Chaplain of the Toronto chapter of the Catholic Teachers' Guild. A spirituality for Catholic teachers certainly speaks most directly to those who work within the more formal community of Catholic education, but the theme of this retreat will speak to all Catholics, for all of us live and participate in the world of Catholic education, and its critical importance touches us all. We extend a warm invitation to all for this day of reflection, with a particular welcome to all Catholic teachers, administrators, support staff, and to all who work in the homeschooling community.

**COST:** In-person - \$50;

**Online** - \$20 (+ HST)

**CONTACT:** Chere MacLean/416-269-3445

[chere.maclea@utoronto.ca](mailto:chere.maclea@utoronto.ca)

**REGISTER:**

[https://staugustines.on.ca/eventslisting/layformationlente\\_nretreat2023](https://staugustines.on.ca/eventslisting/layformationlente_nretreat2023)

## COME & SEE

### DISCERNMENT WEEKEND RETREAT

March 17, 2023 – March 19, 2023

at St. Augustine's Seminary

The Office of Vocations will be hosting a Come & See Weekend Discernment Retreat for men 18 years and older, at St. Augustine's Seminary on Friday, March 17 (6:30 p.m.) until Sunday, March 19 (2:30 p.m.).

This Retreat offers a way for men to discern a possible call to priesthood at our seminary.

Registration must be done online at:

[www.vocationstoronto.ca/comesee](http://www.vocationstoronto.ca/comesee)

For more information: [vocations@archtoronto.org](mailto:vocations@archtoronto.org).

## DAYS OF CONFESSION FOR LENT

Our parish Days of Confessions will be held on **Friday, March 24th** at the following times:

- ◆ 9:00 am – 11:00 am
- ◆ 1:00 pm to 2:00 pm
- ◆ 4:00 pm to 6:00 pm
- ◆ 8:00 pm to 9:00 pm



*“Confession is an act of honesty and courage – an act of entrusting ourselves, beyond sin, to the mercy of a loving and forgiving God.” ~ St. John Paul II~*



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