

THE PARISH OF THE IMMACULATE HEART OF MARY

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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

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

ST VINCENT DE PAUL SOCIETY

Please call 647.428.2880

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)

Fighting Temptations

The Temptation of Jesus

Mark 1.12-15

During this First Sunday of Lent, we hear the account of Jesus's temptation in the wilderness. Facing temptations is a part of life. St. Anthony the Great says to "Expect temptation to your last breath." Each time we face a



temptation, we have the choice of whether we follow Christ or turn away from Him. We should ask ourselves, how hard do we fight to resist temptations?

St. Josemaria Escriva says to fight temptations "Saint Francis of Assisi rolled in the snow, Saint Benedict threw himself into a thorn bush, Saint Bernard plunged into an icy pond ... what have you done?" When temptations come our way, we must

intentionally distance ourselves from the source of temptation and pray for strength. Perhaps one practice we can start is praying a Hail Mary as we physically walk away from any potential occasions of sin.

Let us also realize that every sin is tempting us with a twisted version of something good. So instead of just running away from evil, let us run towards what is true, good and beautiful. For example, we won't fall into the temptation to gossip if we form the habit of building people up with our words. We will be less likely to get angry if we practice kind acts towards our neighbour. We won't fall into the sin of lust if we strive to sacrificially love others. This Lent, let us begin to run away from sinful temptations and fill ourselves with good things from God instead. This will allow us to become holier stewards, which will lead to the revitalization of our parishes as our holiness and charity will point others to the love of Christ.

Summary

As we read the account of Jesus' temptation in the desert, we should realize that we too have to fight temptations. When temptations come our way, we must intentionally distance ourselves from the source of temptation and pray for strength. . This Lent, let us begin to run away from occasions of sin and fill ourselves with good things from God instead which will slowly help us grow in holiness.

~ Stewardship Bulletin Reflection – Archdiocese of Toronto ~



Mass Intentions

Monday, February 19th – [Family Day]

12:05 pm † Jose Torres Sr. on his birthday remembrance
requested by Tess & Family

Tuesday, February 20th

12:05 pm

Wednesday, February 21st

12:05 pm

Thursday, February 22nd - The Chair of St. Peter

12:05 pm † Lilian Ali on the 30th anniversary of her death
requested by Elizabeth & Arthur Robinson

Friday, February 23rd

12:05 pm † Eulalie Rosetta & Otto Raymond Mapp in remembrance of their wedding anniversary
requested by their son, Anthony Michael Mapp

6:30 pm

Saturday, February 24th

9:00 am

5:00 pm

Sunday, February 25th

9:00 am † Felisa D. Galase
requested by the Galase family

11:00 am For the People of the Parish

FREE CATHOLIC ESTATE PLANNING WEBINAR

Saturday, February 24, 2024, at 9:00 a.m.

Learn:

- ◆ **How to avoid problems:** in your Will, in the Powers of Attorney, and through proper Estate Trustee selection
- ◆ **How to create your own legacy**
- ◆ **About our Catholic traditions around cremation, burials and funerals**

3 WAYS TO REGISTER:

1. scan this QR code:

2. follow this QR link:

<https://QRCO.de/WebFeb24>

3. send an email to:

Development@ArchToronto.org and write "webinar February 24" in the title line + your name(s) in the body of the message.



WebFeb24



The office will be closed on Monday, February 19th in observance of Family Day. However, Mass will be as usual i.e. at 12:05 pm.



What is Lent?

It is the period of FORTY days preceding Easter, not counting Sundays. Sundays are always a day of Celebration of the Christian Church. It begins on Ash Wednesday and

officially ends on Holy Thursday.

The last week of Lent begins with Palm Sunday. The latter celebrates the day Jesus entered Jerusalem.

Then, the "Triduum", great three Days of Holy Thursday, Good Friday and Holy Saturday occur leading to Easter.

Note: Easter is not only a day, but an Octave (eight day) celebration leading to a Season of the Church, Easter Season, which ends on Pentecost.

Lent is a season of penance, reflection, and fasting which prepares us for Christ's Resurrection on Easter Sunday, through which we attain redemption i.e. salvation – deliverance from sin & death. It involves giving up sin in some form. The GOAL is not just to abstain from sin for the duration of Lent, but to root sin out of our lives forever. Lent is about conversion, turning our lives more completely over to Christ and His way of life.

The 40 days of Lent is based on two Biblical accounts:

1. The 40 years of wilderness wandering by the Israelites
2. Our Lord's 40 days in the wilderness with no food at which point He was tempted by Satan.

What are the disciplines of Lent?

They are prayer, fasting, and almsgiving which help us prepare for Christ's victory on Easter.

Ash Wednesday and Good Friday are obligatory days of fasting and abstinence for Catholics. In addition, Fridays during Lent are obligatory days of abstinence.

Prayer: As we pray, we go on a journey, one that hopefully brings us closer to Christ and leaves us changed by the encounter with him.

Fasting: For members of the Latin Catholic Church, the norms on fasting are obligatory from age 18 until age 59. When fasting, a person is permitted to eat one full meal, as well as two smaller meals that together are not equal to a full meal. Through fasting, we practise self-control.

Almsgiving: The giving of alms is one way to share God's gifts—not only through the distribution of money, but through the sharing of our time and talents.

Abstinence: We are called to true inner conversion of heart as we seek to follow Christ's will more faithfully. The norms concerning abstinence from meat are binding upon members of the Latin Catholic Church from age 14 onwards. If possible, the fast on Good Friday is continued until the Easter Vigil (on Holy Saturday night) as the "paschal fast" to honor the suffering and death of the Lord Jesus and to prepare ourselves to share more fully and to celebrate more readily his Resurrection.

When does Lent end?

Lent officially ends on Holy Thursday.

STATIONS OF THE CROSS



Beginning Friday, February 16th and every Friday throughout Lent, there will be the Stations of the Cross immediately following the 12:05 pm & 6:30 pm Masses. **Join us!**

LENTEN REFLECTION RETREAT with Fr. Michael Corpus

Vice-Rector, St. Augustine's Seminary of Toronto

THEME: Going Deeper into Forgiveness



This time of Lent is a gift that calls us deeper into prayer and reflection. On this daily retreat, let us reflect together on the notion of forgiveness. Forgiveness is a freely given gift from God for us, bought by His own Blood. This same gift is meant to be shared with others, and it also has a cost.

Join us at our parish on Monday, March 4th through

Friday, March 8th, 2024

11:00 am	Exposition of the Blessed Sacrament followed by the recitation of the rosary
11:30 am	Lenten reflection followed by Benediction
12:05 pm	Mass

THE HOLY FAMILY PRAYER

JESUS, Son of God and Son of Mary, bless our family. Graciously inspire in us the unity, peace, and mutual love that you found in your own family in the little town of Nazareth.

MARY, Mother of Jesus and Our Mother, nourish our family with your faith and your love. Keep us close to your Son, Jesus, in all our sorrows and joys.

JOSEPH, Foster-father to Jesus, guardian and spouse of Mary, keep our family safe from harm. Help us in all times of discouragement or anxiety.

HOLY FAMILY OF NAZARETH, make our family one with you. Help us to be instruments of peace. Grant that love, strengthened by grace, may prove mightier than all the weaknesses and trials through which our families sometimes pass. May we always have God at the center of our hearts and homes until we are all one family, happy and at peace in our true home with you. Amen.



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