

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 9:00 am & 5:00 pm (Sunday Vigil)
Sunday at 9:00 am & 11:00 am

EUCCHARISTIC ADORATION

Every Friday at 11:00 am

FATIMA DEVOTION

Every 1st Saturday of the month
following the 9:00 am Mass

LIVESTREAM MASS [English]

www.olghtamilparish.com

Sunday at 11:00 am

CONFESSIONS

Monday to Friday at 11.30 am | Saturday at 4.30 pm

OFFICE HOURS

Monday to Thursday 10:00 am to 4:00 pm
Susan Lee, Parish Secretary/Bookkeeper

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

Selva S. 647-656-0846

LEGION OF MARY

Br. Wally Gubuan 416.267.3900

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)

Unlocking the Secret of Happiness

“Lord, it is good to give thanks to you.”

These are the words from the refrain of this Sunday’s responsorial psalm. Thanksgiving is at the core of what it means to be a steward. We cannot offer our gifts to our parish communities if we don’t first acknowledge and give thanks to God for giving us these gifts in the first place. Cardinal Collins in his Pastoral Letter on Stewardship* says that, “*deep stewardship begins with gratitude and ends with accountability ... We recognize gratefully that everything in life is a gift of God.*”



Not only does gratitude unlock a spirituality of stewardship, but it is also the first step in living a life of greater joy. The opposite of gratitude is indifference. Often times we are indifferent and unaware of all the great gifts in our lives. By adopting an intentional lens of gratitude we can begin to realize how blessed we truly are.

St. Gianna Molla beautifully tells us that “the secret of happiness is to live moment by moment and to thank God for what He is sending us every day in His goodness.” Wherever we are reading this reflection, let us take a moment to thank God for three things around us. We can express our gratitude for having a roof over our heads, food in our stomachs, or the joy of family and friends. Above all, we can always be thankful for the gift of God’s love in our lives. As stewards, let us begin to adopt a spirituality of thanksgiving and begin living more joyful lives.

Summary

St. Gianna Molla beautifully tells us that “the secret of happiness is to live moment by moment and to thank God for what He is sending us every day in His goodness.” Wherever we are reading this reflection, let us take a moment to thank God for a few things around us. We can express our gratitude for having a roof over our heads, food in our stomachs, the joy of family and friends, and above all, we can always be thankful for the gift of God’s love.

~ Stewardship Bulletin Reflection – Archdiocese of Toronto ~

Mass Intentions FOR THE WEEK

Monday, March 3rd

12:05 pm For the healing & intentions of Pope Francis
requested by Fatima Cabral

Tuesday, March 4th

12:05 pm † Pat Puddister
requested by Fatima Cabral

ASH Wednesday, March 5th

9:45 pm [School Mass]

12:05 pm In thanksgiving & intentions of Josefa Potal on her 90th birthday
requested by Thelma Potal

6:30 pm

Thursday, March 6th

12:05 pm

1st Friday, February 7th

12:05 pm Intentions of Fr. Charles & Fr. Peter of Immaculate Heart of Mary Parish
requested by Lorraine & Fred West

6:30 pm

[Note: Stations of the Cross after all Masses]

Saturday, March 8th

9:00 am

5:00 pm For the People of the Parish

Sunday, March 9th - 1st Sunday of Lent

9:00 am † In remembrance of Antonia Pazcoguin on her death anniversary
requested by Jesus & Judith Hipolito

11:00 am In thanksgiving & for the intentions of Meynardo Sevilla on his birthday
requested by the Sevilla family



2025 OFFERTORY ENVELOPES

If you have not yet picked up your 2025 offertory envelopes, kindly ask one of the volunteers to assist you or contact the parish office.

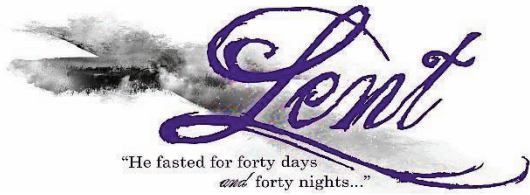
Please discard all OLD envelopes. We thank you for your co-operation.



TAX RECEIPTS

You will receive them in the mail on or before Monday March 3rd, 2025.

What Is Ash Wednesday? What Is Lent?



Ash Wednesday 2025 begins the Lenten season. Lent is the time before Easter when Catholics prepare to commemorate Jesus's Resurrection through prayer, penance, and fasting.

During Lent, there are many special days and phrases. These include Mardi Gras, Shrove Tuesday, Maundy Thursday, Holy Week, Palm Sunday, Passion Sunday, dust to dust, and more.

Lent is approximately forty days long. If you count the days from Ash Wednesday to Holy Thursday's Mass of the Lord's Supper, you'll find more than forty days. That's why it's not exactly forty days.

Sundays are a part of this period. Some people don't give up things on Sundays during Lent, and that's okay because our sacrifices are voluntary. But fasting on Ash Wednesday and not eating meat on Fridays during Lent are mandatory, unless you're too young or old.

Can You Eat Meat on Ash Wednesday?

Abstinence and fasting are to be observed on Ash Wednesday and Good Friday. The *Code of Canon Law* says:

Can. 1251: Abstinence from eating meat or some other food according to the precepts of the conference of bishops is to be observed on all Fridays, unless a solemnity should fall on a Friday. Abstinence and fasting are to be observed on Ash Wednesday and Good Friday.

Can. 1253: The conference of bishops can determine more precisely the observance of fast and abstinence as well as substitute other forms of penance, especially works of charity and exercises of piety, in whole or in part, for abstinence and fast.

Fasting Guidelines on Ash Wednesday

We know that fasting and abstinence are observed on Ash Wednesday. Use these simple tips to guide you. Catholics aged eighteen until sixty are required to fast.

This involves eating one full meal and two smaller meals. The total amount of food consumed in the two smaller meals should not be equal to a full meal. Additionally, all Catholics over the age of fourteen are expected to abstain from meat on this day.

In Pope Benedict XVI's homily on Ash Wednesday 2006 he said:

Lent reminds us, therefore, that Christian life is a never-ending combat in which the "weapons" of prayer, fasting and penance are used. Fighting against evil, against every form of selfishness and hate, and dying to oneself to live in God is the ascetic journey that every disciple of Jesus is called to make with humility and patience, with generosity and perseverance.

PANCAKE BREAKFAST

MARK YOUR CALENDAR

The Catholic Women's League will be hosting a 'Pancake Breakfast' next Sunday, March 9th, 2025 after the 9 am & 11am Masses.

Tickets are \$5 per person or \$15 for a family of 4 [i.e. two adults and two children under 12 yr. old].

Come, join, and get to know your parish community for some fellowship over a delicious breakfast of hot pancakes, sausage, coffee, tea and juice.

Looking forward to seeing many of you there!



ASH WEDNESDAY March 5th



Mass Schedule

- ◆ 9:45 am [School Mass]
- ◆ 12:05 pm
- ◆ 6:30 pm

with the imposition of ashes

STATIONS OF THE CROSS



Beginning Friday March 7th, there will be the Stations of the Cross after 12:05 pm and 6:30 pm Masses; and every Friday thereafter during lent.

PARISH LENTEN REFLECTION



We will be having a special Lenten reflection with Fr. Michael Corpus, Vice-Rector, St. Augustine's Seminary beginning with an introduction at the weekend Masses on March 8th & 9th; and continuing on Monday, March 10th & Thursday, March 13th, before the 12:05 pm Mass; and also, in the evening starting at 7 pm with Mass and reflection.

More details will follow. Kindly check our upcoming parish bulletin.



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