

THE PARISH OF THE IMMACULATE HEART OF MARY

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Website: www.immaculateheartofmarysc.archtoronto.org

Rev. Fr. Charles Collins, Pastor

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]

<https://www.youtube.com/@olghtamilparish/streams>

Sunday at 11:00 am

CONFESSIONS

Monday to Friday at 11:30 am | Saturday at 4:30 pm

OFFICE HOURS

Monday to Friday 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

Jeanette Paul: 647.428.2880

ihmscarborough.svd@gmail.com

KNIGHTS OF COLUMBUS

Selva S.: 647.656.0846

LEGION OF MARY

Br. Joseph Douris: 416.691.6968

CATHOLIC WOMEN'S LEAGUE

Alice Warford: 416.453.3965

IMMACULATE HEART OF MARY SCHOOL

416.393.5272

OUR LADY OF GOOD HEALTH PARISH

Rev. Fr. Charles Collins, Pastor: 416.264.6544

Sunday Masses at 12:30 & 4:30 pm (in Tamil)

Growing in Stewardship and Holiness

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.

~ Stewardship Bulletin Reflection – Archdiocese of Toronto ~

Mass Intentions FOR THE WEEK

Monday, February 23rd

12:05 pm For the intentions of Vincent & Margo Madigan
requested by Fatima Cabral

Tuesday, February 24th

12:05 pm

Wednesday, February 25th

12:05 pm † Herbert Lloyd James
requested by the Estavillo family

Thursday, February 26th

12:05 pm † Luciano, Elisabetta & Guido Mariani
requested by Vince, Anida, & Marcello Mariani; and Luisa Lupo

Friday, February 27th

12:05 pm † Henry Masters
requested by Libby Tillo

Saturday, February 28st

9:00 am

5:00 pm † Vince Luzano
requested by Leo & Virgie Luzano

Sunday, March 1st

9:00 am † Mr. B. William Collins
requested by Alice & Brian Warford

11:00 am For the People of the Parish

STATIONS OF THE CROSS



Every Friday throughout Lent, there will be Stations of the Cross after 12:05 pm and 6:30 pm Masses.

A DAY WITH MARY

Mark your calendars: Building on the success of last Spring’s inaugural effort, the Archdiocese of Toronto will be celebrating a “Day With Mary” on Saturday, May 30, 2026. This family-friendly day will consist of Holy Mass with His Eminence Frank Cardinal Leo, praying of the Rosary, Confessions, a keynote address for adults and children’s catechesis for the little ones. There will be music, fellowship and more. More details including individual and parish/group registration, scheduling, busing and parking will be made available in the New Year.



Q&A

WHAT IS LENT?

Lent is a season of preparation for Easter, mirroring Jesus' forty days in the desert; and also, anticipating his passion, death, and triumphant resurrection:

"By the solemn forty days of Lent the Church unites herself each year to the mystery of Jesus in the desert." (CCC 540, see 542)

Additionally, paragraph 1438 of the *Catechism* describes Lent as a penitential season:

The seasons and days of penance in the course of the liturgical year (Lent, and each Friday in memory of the death of the Lord) are intense moments of the Church's penitential practice. These times are particularly appropriate for spiritual exercises, penitential liturgies, pilgrimages as signs of penance, voluntary self-denial such as fasting and almsgiving, and fraternal sharing (charitable and missionary works). [CCC 1438, emphasis original]

Thus, Lent is a season of spiritual preparation. It is an opportunity for us to deepen our relationship with God, seek forgiveness for sins, and grow in spiritual discipline. Catholics focus on self-denial, prayerful reflection, and charitable acts as a means of drawing closer to God.

WHAT ARE FASTING AND ABSTINENCE?

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

FASTING

Ash Wednesday & Good Friday

"To fast" means eating two small meals and one regular meal, with no food in-between meals. The law of fasting binds all those who are between 18 to 59 years of age. Parents, pastors, teachers, and all who accompany younger people in their faith lives can help young children grow in their understanding of the meaning and practice of these penitential traditions.



ABSTINENCE

Ash Wednesday, Good Friday & Fridays of Lent

"Abstinence" from meat is also required on Ash Wednesday, Good Friday, and Fridays during Lent. Fish is an accepted alternative. This law applies to all who are 14 years of age and older. Women who are pregnant or breastfeeding, and persons with particular medical conditions may be dispensed from these laws.



What is the purpose of fasting and abstinence?

While both practices help us grow in the spirit of penitence and conversion to which Jesus calls us, the Catechism of the Catholic Church recalls in No. 1430 that this call focuses on *"the conversion of the heart, interior conversion"* without which external works *"remain sterile and false."*

In this regard, the Opus Dei website notes that "in the New Testament, Jesus brings to light the profound motive for fasting, condemning the attitude of the Pharisees, who scrupulously observed the prescriptions of the law, but whose hearts were far from God. True fasting, as the divine Master repeats elsewhere, is rather to do the will of the Heavenly Father, who 'sees in secret, and will reward you' (Mt 6:18)."

TAX RECEIPTS

2025 Parish Tax Receipts are being processed; you will receive them in the mail on or before Monday March 2nd.



DISCERNMENT WEEKEND RETREAT

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, February 27 (6:30 p.m.) until Sunday, March 1 (2 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

For more information, please email:

vocations@archtoronto.org

LENTEN DAY OF RETREAT



When: SATURDAY FEBRUARY 28, 2026

Time: 8:30am - 3:00pm Lunch will be served

Where:

Queen of Apostles Renewal Centre
617 Blythe Road,
Mississauga ON L5H 2C3

Cost: \$45.00

Includes: Coffee/Tea with muffins and a hot lunch
Mass will be celebrated during the day

For more information please contact:

- Email: office@qoa.ca
- Tel. # 905-278-5229

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LAW OFFICE



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