

# St. Theresa's Parish

## Shrine of the Little Flower

2559 Kingston Road, Scarborough  
Ontario M1M 1M1

Phone: 416-261-7498

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Email: [st-theresa@rogers.com](mailto:st-theresa@rogers.com)

Website: <https://sttheresassoc.archtoronto.org>

*Pastor: Rev. Fr. Simon de Gale*  
*Deacon: Rev. Mr. Peter Lovrick*  
*Secretary: Maria Ciela Sarmiento*



### Sunday Masses

Saturday (Vigil) - 5:00 p.m.  
Sunday - 10:00 a.m. & 12:00 noon

### Weekday Masses

Wednesday, Thursday, Friday - 7:00 p.m.  
Tuesday - 7 p.m. (*St. Theresa Devotion & Benediction*)

### Eucharistic Adoration

First Friday, 2:00 to 5:30 p.m.

### Care of the Sick

Please contact the parish office for Visitation  
and/or Communion for the sick.

### Office Hours

Monday, Tuesday, Wednesday & Friday:  
9 a.m. - 3 p.m.  
Thursday, Saturday, Sunday: Office is closed  
(Above Schedule Subject to COVID 19 Changes)

### Weekend Parking Availability

1. Church parking is limited. Please park within the lines;
2. Scarborough Cres. (dead end street in front of the church) - east side only;
3. Kingston Rd. - north and south sides on weekends;
4. Midland Ave. - east and west sides near John Leslie School;
5. Kelsonia Ave. - north side (east of Scarborough Cres. only);
6. Certain parts of the residential area south of the church;
7. No Frills Plaza. (If shopping after mass).

**Please ensure that you always observe the parking signs.**

**SIGN UP!** We encourage parishioners to sign up on our parish website to receive an electronic copy of the parish bulletin or be notified of important parish announcements

### Confessions

Friday: 6:30PM; Saturday: 4:30PM;  
Sunday: 9:30AM & 11:30AM.  
(Begins 30 minutes before Mass and ends 10 minutes before the Mass)

### Baptisms

Every Fourth Sunday of the month  
Preparation Class - By appointment only

### Weddings

Couples planning to be married should contact  
the priest one year in advance.  
A marriage preparation course is mandatory.

### Parish Schools

St. Theresa's Shrine School - 416-393-5248  
St. John Henry Newman Catholic School - 416-393-5519  
TCDSB - 416-222-8282 ext. 5314

### Archdiocese of Toronto

416-934-0606 • [www.archtoronto.org](http://www.archtoronto.org)

### Parish Outreach

### Society of Saint Vincent de Paul

416-261-7498 ext. 4

*Welcome to St. Theresa Church, Shrine of the Little Flower, whether you are a long-time parishioner or newly arrived in the parish. We thank God that you are with us. If you have not registered or would like to update your registration information, please fill out this form, cut and drop in the Offertory basket or send to the Parish Office.*

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
Phone: \_\_\_\_\_ Postal: \_\_\_\_\_  
Email: \_\_\_\_\_

- New Parishioner    New Address    New Phone #  
 Request Offertory Envelope    Pls Unregister  
 Interested in volunteering? Please call the office.

**Please remember your Parish in your Will**



## Mass Intentions for the Week

### Tuesday, March 1

7:00 pm Special Intention for Gunter Luckwaldt (*Family*)  
 For the Unborn (*Sanctity of Life*)  
 † Wilfrido Paragas (*Belen Bayawa*)  
 † Luz Lucero Capistrano  
 (*Luna Vince & Teresa Sevilla*)

### Wednesday, March 2

#### Ash Wednesday

7:00 pm † Fr Vito Marziliano

### Thursday, March 3

7:00 pm Souls in Purgatory (*Maria Tiongson*)  
 Healing of Leopoldo Ariel Presto  
 (*Chia & Tameta Family*)  
 † Joseph & Ann Lin (*Betty Chan*)

### Friday, March 4

7:00 pm † James Wagg (*Gerry & Tony Loginow*)

### Saturday, March 5

5:00 pm Birthday Thanksgiving for Noli Silo (*Silo Family*)

### Sunday, March 6

#### First Sunday of Lent

10:00 am † Audrey Lovrick (*Gladys & Roy Mayo*)  
 12:00 noon For the Parishioners of St Theresa



*Dear friends,*

*Ash Wednesday is this Friday, March 2. It is an obligatory day of Fast and Abstinence for all Catholics. Please see information below for explanations.*

*Fr Simon*

### What is Ash Wednesday?

This day marks the beginning of Lent. We attend Mass on this day and receive the Ashes on the forehead as a sign of sorrow for sin and as sign of our intention to become more faithful.

### What is Lent?

Lent is the penitential season of the Church's year. It is 40 days of preparation to renew our Baptismal vows on Easter Sunday. During this time we seek closer union with the Lord through increasing the disciplines of fasting, prayer, and giving of alms (charitable giving).

### Lenten Fast & Abstinence

Catholics are obligated to Fast & Abstain from meat on Ash Wednesday & Good Friday.

### The Fast on Ash Wednesday and Good Friday

The required fast on Ash Wed and Good Friday involves eating only one full meal on those days. One or two smaller meals may be taken on those days, but may not total one full meal. The required fast does not allow eating anything between meals.

### Abstinence on Ash Wednesday and Good Friday

Abstinence on these days from meat does not intend the omission of eggs or dairy products.

### Age Requirements

"All Catholics who have completed their 14th year are bound by the law of abstinence; all adults are bound by the law of fast up to the beginning of their 60th year.

### Fridays of the Year

It is a requirement of our Faith that we abstain from meat on all the Fridays of the year (except on Solemnities) in commemoration of our Saviour's death.



## Let Us Pray FOR THE SICK

Susan Tighe, Beatriz Yamal, Conchita Laranang, Maria Vittoria Michel, Marion Gram, Andrea Salmingo, Baby Carter Michael, Anjela Baroi, Peter Rollins, Tony Burford, Marianne Wilson, Linda Rodgers, Valerie Trutwein, Anton & Bobby Melchers, Frederick Lopez, Madeleine Franco, Sophy McDonald, Rene Romero, James Halder

## FIRST FRIDAY EUCHARISTIC ADORATION

On Friday, March 4, Adoration will start at 2 pm Those who wish to sign up and join Adoration Ministry may call the parish office.



## LENTEN STATIONS OF CROSS

Fr Simon and the Knights of Columbus will lead the Stations of the Cross after the 7PM Mass on Friday, March 4. All are invited to join. Live streaming will be available.

## Suggestions For Lent

### Don't Try To Do All--Pick What Is Achievable

- Make a commitment to read the Sunday scriptures before you go to Mass.
- Try a new spiritual practice. Sign up for an hour of Eucharistic Adoration. Sign up for a silent retreat or spend at least one hour in silent meditation each weekend.
- Pick one type of expenditure that you'll "fast" from during Lent, and then give the money you would usually spend to a local charity.
- Take something on: 40 days of letter writing, or 40 acts of kindness, or 40 phone calls to the important people in your life.
- When you first sit down in front of your computer at work, or at the very end of your workday, try a 10- minute guided prayer from Sacred Space based on the spiritual exercises of St. Ignatius.
- Go to the 7PM Mass one day during the week.
- If you don't have a crucifix in your apartment or house, buy a simple one and put it in your bedroom.
- Read the entire Gospel of Mark in one sitting. As the shortest Gospel, it is the most concise story of Jesus' life, and the cross, a central Lenten symbol, plays an even more prominent role than in the other Gospels.
- Attend the Stations of the Cross somewhere after our 7PM Friday Mass
- Unplug from your Smart Phone or turn off your car radio on your commute. The silence may be jarring at first, but you may find that you are able to concentrate better and will be more observant of your surroundings.
- Use the booklet (St Therese will handout) of daily reflections and keep it by your bed.
- Think about a habit that has kept you from being whom God is calling you to be. Consciously give up that habit for Lent.
- Spend at least one weekend or evening volunteering during Lent. Serve a meal at your local soup kitchen. Visit the elderly. Stock shelves at a food bank.
- Make a commitment to fast from insensitive, cruel comments about others. So, no gossiping or going down the Twitter rabbit hole.
- As a part of your Lenten almsgiving, make a point to learn more about a particular social issue (immigration, human trafficking, racism, the environment, public education, child poverty). Give money to an organization related to your chosen issue that supports the dignity of the human person.
- Pray for somebody. As you're walking the streets, driving the highways, or sitting in your cubicle at work, pick out a person who appears to be in need and pray for that person.



## WONDERFUL NEWS!

### Beginning This Ash Wednesday and All Following Weekend Masses.

Pre-Registration for Mass is no longer required.  
Ushers will take up collection in pre-pandemic mode.  
Offertory Gifts will come up as previously.  
Social Distancing no longer required (be seated wherever you wish)  
Holy Communion will be distributed from Sanctuary steps as previously.

*Mask Requirement is still required until the end of March*

### Become an SSVV Volunteer!



The Society of Saint Vincent de Paul offers a wonderful opportunity to put your faith into action by serving our less fortunate neighbours. Members of the Society will be outside the church following the weekend Masses March 5/6 to provide information about the Society and to answer questions. Or contact the Society by calling 416-261-7498 Ext.4.



### Come and See - Day Retreat Sat., March 19 (9:00am – 3:30pm) St. Augustine's Seminary

Inviting Catholic men 18 years and older, to cultivate a deeper prayer life and relationship with Jesus Christ; leading to a better discernment of God's call for their lives. Time for prayer, reflection, and information on the process of becoming one of Christ's disciples as a Catholic priest.

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

For more information, please contact (your Parish Priest) or the Office of Vocations via email:

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

*Continuation...*

Be mindful of these words, "Be kind, for everyone you meet is fighting a great battle."

- Get to know your neighbours. Introduce yourself, plan a dinner, or bring food to an older person on your block.
- Read the Works of Mercy as Jesus describes them in Matthew 25:31-46. Then put this teaching into practice and choose an act of service you can perform throughout Lent.
- Celebrate the Sacrament of Reconciliation. Can't remember how? Here's a simple guide: tell the priest it's been a while, and ask him to guide you through it.

**Debbie Mitchell**  
Sales Representative

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