

St. Theresa's Parish

Shrine of the Little Flower

2559 Kingston Road, Scarborough
Ontario M1M 1M1

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Email: 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)

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

Parish Outreach

Society of Saint Vincent de Paul

416-261-7498 ext. 4

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

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 8

- 7:00 pm Special Intention for Ciela (*Carmen Donaldson*)
 † Pasquale Benedicto (*Incorronata Cornacchia*)
 † Emmanuel Benito, Sr (*Amelia PeBenito*)
 † Rosario PeBenito (*Amelia PeBenito*)

Wednesday, March 9

- 7:00 pm † Esmail Salih, Sr (*Amelia PeBenito*)
 † Esmeraldo Ramos (*Amelia Pebenito*)

Thursday, March 10

- 7:00 pm † Joseph & Ann Lin (*Betty Chan*)
 Healing of Jose Lima (*Madeleine Franco*)
 Healing of Lila Gonzalez (*Madeleine Franco*)

Friday, March 11

- 7:00 pm † Benjamin Flores (*Gabe Flores*)
 † Fr Angelico Valeriete (*Ivy & Jovy de los Reyes*)
 † Fe Caridad Navarro (*Ivy & Jovy de los Reyes*)
 † Nelly Ancheta (*Friends & Relatives*)

Saturday, March 12

- 5:00 pm † Dorothy King (*Daphne King*)

Sunday, March 13

Second Sunday of Lent

- 10:00 am † Albert David (*Margaret David*)
 12:00 noon For the Parishioners of St Theresa



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

Jose Perez, 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

LENTEN STATIONS OF THE CROSS

Fr Simon and the Women's Group will lead the Stations of the Cross after the 7PM Mass on

Friday, March 11. Novena to Our Most Sacred Heart of Jesus precedes the Mass at 6:45pm. All are invited to join.



Ukrainian Humanitarian Relief

The Archdiocese of Toronto is collecting donations for Ukrainian Humanitarian Relief. The Office for Refugees, Archdiocese of Toronto (ORAT) and the Catholic Near East Welfare Association (CNEWA), papal agency with a long history of humanitarian relief is currently working in Eastern Europe, providing Ukrainians with food, shelter, medicine and transportation to safe locations.

Your donation will help Ukrainians who are beset by violence in Eastern Europe and it will help some of them find a new home in Canada.

Those wishing to help may do so in the following ways:

- Online through the Archdiocese of Toronto website: www.archtoronto.org
- By phone through the Development Office – 416-934-3411
- Through the parish, making cheques payable to:
St Theresa Church -Ukrainian Relief – Humanitarian Relief
(Please use the yellow envelope)

CHANGES IN OUR COVID-19 PROTOCOL

- ✓ Pre-registration to attend Mass is no longer required.
- ✓ We return to 100% capacity in our parish, without physical distancing requirements. People are now able to enter the church through any church entrance as before.
- ✓ Communion on the tongue resumes.
- ✓ Holy water fonts can be refilled. Hymnals are now available in the pews.

Some COVID-19 measures remain, including:

- Mandatory mask use for those over the age of two.
- Bowing to each other during the Sign of Peace.
- Hand sanitation at the church's entrance and exit (Priest and Eucharistic Ministers continue to sanitize hands before and after Communion).
- Masking for choir members – choirs and cantors still must be masked or 3 meters/9 feet from anyone else.

We will be winding down our Live-streaming of Masses by April. We are aware that there will be some parishioners who will not be able to come to Sunday Mass due to age and/or ill-health. We invite those who are not able to attend Sunday Mass to reach out to our parish office. For our Confessions schedule and office hours, please refer to front page.

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.
- 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. ↴

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. leave your name and telephone number and a member will return your call.

Daylight Saving Time starts Sunday, March 13th. Remember to reset your clocks 1 hour ahead



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