

# SEVENTH SUNDAY IN ORDINARY TIME

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## **FROM: DOCAT** **LIVING IN FREEDOM FROM VIOLENCE** **PEACE**

### **274. How does a Christian get started making peace?**

Peace does not begin in trenches or around treaty tables. The peace that comes from above always begins in the heart of an individual human being; from there it spreads. A Christian finds peace in and with himself through prayer and listening to the Word of God. The sacraments are important, too, especially Confession, which is a real sacrament of peace. One attains inner peace also when one takes the first step and meets one's neighbor in real charity. In order to live with one another in peace, Christians know of no more effective method than a permanent willingness to forgive and to be reconciled. "To him who strikes you on the cheek, offer the other also" (Lk 6:29). Your own peace radiates: in the family, in your circle of friends, and in society as a whole.

### **275. What is peace?**

Many say peace is the absence of war; other think that peace is a stable equilibrium between hostile powers. These definitions are inadequate, however. Peace is the tranquility of order and, more deeply, happiness in God's good order. This sort of peace is our goal. We find ourselves in the path of peace when we work in justice and love toward a world that is ordered as God intended. Moreover, we find ourselves alongside all people who honestly and sincerely seek the truth, care for the well-being and safety of their fellow human beings in justice, and unselfishly give them their love. And at the same time we work for God's original cause when we promote the rights of all human beings and defend them in every way.

### **'VOCATION SEEDS'**

"Be perfect, therefore, as your heavenly Father is perfect." Do you feel called to help people get closer to God? If you think God is calling you to be a priest, deacon, brother or sister,

**contact Fr. Chris Lemieux, Vocation Director,  
Archdiocese of Toronto at 416-968-0997  
email: [vocations@archtoronto.org](mailto:vocations@archtoronto.org)  
[www.vocationstoronto.ca](http://www.vocationstoronto.ca)**

### **STEWARDSHIP REFLECTIONS FOR SUNDAY'S READINGS**

God says to all of us "be holy, for the Lord your God am holy." The Second Vatican Council teaches us that we can reach holiness by gratefully acknowledging the gifts God has given us and cooperating with God in giving these gifts back for the service of the Church. Therefore, let us take some time to reflect on how we can become better stewards in our parish community so that we may move closer, through God's grace, towards holiness.

## **MASS INTENTIONS**

### **Saturday February 22:**

5:00 pm +Bonifacio Santos  
+Jovita de Souza  
+Peggy Dillon  
Deceased Members of Patterson and  
Nugara Family  
In Thanksgiving of Albert & Lily Monteiro  
Rosemarie Zupan  
Marla Zupan

### **Sunday February 23:**

9:00 am +Michelle  
10:30 am +Aloysius Kar On Leung  
12:00 pm Pro - Populo

### **Monday February 24:**

9:00 am +Maria Theresa Francis

### **Tuesday February 25:**

9:00 am In Thanksgiving of Ambrosio Family

### **Wednesday February 26:**

9:00 am Celebrant's Intention  
7:30 pm In Thanksgiving of Ylagan Family

### **Thursday February 27:**

9:00 am In Thanksgiving of Jason and Jared Carlueng

### **Friday February 28:**

9:30 am Celebrant's Intention  
7:30 pm +Manuel & Maggie Braganza Alphonso

### **Saturday February 29:**

9:00 am Celebrant's Intention

### **ASH WEDNESDAY IS ON FEBRUARY 26**

Ash Wednesday, like Good Friday is a day of Fasting and Abstinence from meat. The law of abstinence from meat is binding on those who are 14 and older. The law of fasting is binding on those who are 18 to 59 years of age. The requirement for fasting is that you can have one full meal and two other small meals in such a way that the two small meals don't add up to a full meal (and of course, no meat). If required you may drink beverages between meals but not something that is very filling (such as milkshakes). Mass times for Ash Wednesday are: 9:00 am, 1:00 pm St. Aidan's School Mass (anyone can attend), and 7:30 pm (with Perpetual Help devotions).

## February 23, 2020

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### MASS ETIQUETTE AND INFORMATION

**\*Not chewing the HOST:\*** After having received Holy Communion, you should not chew Our Lord. You should allow the Host to dissolve in your mouth and swallow it as soon as possible. Part of the reason for this is out of respect for Our Lord, truly present in the Eucharist. We don't want to treat Him as ordinary food, that we munch on. Another reason is that by chewing the Host, we are likely to have Particles remain between our teeth. Who knows what might happen to those Particles later; mixed with other food, stuck in chewing gum, or flossed out and into the garbage. There are, of course, exceptions. The priest must chew the Sacred Host because he receives a much larger portion. There may also be some people, usually the elderly, who have very dry mouths, who need to chew to be able to get the Host to go down.

**\*Lenten Resolutions:\*** Every Catholic is called to strengthen their spiritual life during the season of Lent. We should all make reasonable but challenging resolutions in three areas of our lives; our prayer life, self-denial, and charitable works. Pick something for each of these three that you can reasonably do for the entire period of Lent, but something that will have a good level of challenge or difficulty. Keep in mind that your penances, or resolutions, should not be a burden to others. Some suggestion examples: Pray more, read from New Testament daily, come early to Mass to prayerfully prepare; Give up TV or watch less, reduce time on social media, don't snack, give up sweets, exercise regularly, don't sleep in, take a colder shower; Be more helpful around the home, visit or call relatives or old friends, do nice things for others, be more cheerful, befriend someone, give to charitable organizations, be kind and polite.

### SOCIETY OF ST. VINCENT DE PAUL

Tel: 647 772 1319

[www.svdptoronto.org](http://www.svdptoronto.org)

"When you are called from your prayers or the Eucharistic celebration to serve the poor, you lose nothing, since to serve the poor is to go to God. You must see God in the faces of the poor." (St. Vincent de Paul)

"Amen, I say to you, whatever you did for one of these least brothers of mine, you did for me" (Matthew 25:40).

Thank you for your continued support of this Society: for your contribution to the POOR BOX, the Thunder & Lightning casseroles, prayers and participation in other activities. May God bless us in our efforts.

### CORONA VIRUS (COLD AND FLU) PRECAUTIONS

If you are sick, stay home. Maintain good hygiene especially at Mass and parish gatherings. Sneeze into a tissue. Dispose of tissue right away in waste bin. Wash or purify hands right away. Do not touch your face, especially your eyes, nose or mouth. Most germs spread by hand contact. Receiving on the tongue will not spread germs, except if everyone's tongue were touched. You are more likely to contract germs through your hand, including Communion in the hands. There are hand sanitizers at the entrance of the church for your use.

### THE COME AND SEE WEEKEND

**March 13-15, 2020 at St. Augustine Seminary**

Inviting single Catholic men 17 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. Please register online at [www.vocationstoronto.ca](http://www.vocationstoronto.ca). For more information, please contact the Office of Vocations at: 416 968 0997; or email [vocations@archtoronto.org](mailto:vocations@archtoronto.org)

### WORLD DAY OF PRAYER

**Friday March 6, 2020**

All are welcome to join us for the 2020 World Day of Prayer, Friday March 6th at 7:00 pm. Join with Christians worldwide who are praying in solidarity with the host country, Zimbabwe. Location: Church of the Nativity Anglican, 10 Sewells Road, Scarborough.(Nelson Rd. North of Sheppard Ave.) We are looking forward to meeting you on March 6, 2020.

### MARRIAGE PREPARATION COURSE

Catholic Family Services is offering marriage preparation classes at Our Lady Queen of Poland Church on Saturday from 10:00am to 1:00pm, March 14 - April 4 (4 sessions). Couples can register by visiting the

Website: [www.cfstoronto.com](http://www.cfstoronto.com) or

Call; 416 921 1163

### KNIGHTS OF COLUMBUS

next General Meeting will be Monday February 24th at 7:15 pm in the parish hall. Please come early.

Annual dues are due (\$43 regular members, \$22.55 Honorary). They can be dropped off weekend of February 29th/30th in a drop box in the gift shop after Mass at St. Aidan's. They can also be dropped off at the general meetings. If you need alternate arrangements, please feel free to contact us.