

# EIGHTH SUNDAY IN ORDINARY TIME

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## Lenten Resolutions

Please take some time to consider your Lenten resolutions before Lent arrives. 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 or annoyance to others. Some suggestions: pray more, read from New Testament daily, come early to Mass to prayerfully prepare; Give up TV or watch less, give up video games, reduce time on social media, don't snack, give up sweets, exercise regularly, don't sleep in; be more helpful around the home, visit or call relatives or old friends, do nice things to others, be more cheerful, befriend someone, give to charitable organizations, be more kind and polite.

## March 5th is Ash Wednesday

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 to those who are 18 to 59 years of age. The requirement for a fasting day is that you can have a full meal and two other small meals in such a way that the two 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 filling (such as milkshakes). In addition to our regularly scheduled 7:30 pm Mass, we will also have a 9:00 am Mass. There will also be a St. Aidan's School Mass in the church at 1:00 pm, which is open to others also.

## Jubilee Year Prayers

During the season of Lent we will be reciting the Jubilee year prayer at all Sunday Masses. Be sure to take a prayer card from the entrance of the church and bring it with you for Mass. You are encouraged to recite the prayer on your own at other times also.

## Saint Aidan Book Club

The Book Club is meeting on Tuesday, March 11 at 6:30 pm at St. Aidan's to discuss the book, "The Four Levels of Happiness" by Fr. Spitzer. Spitzer's logical reasoning will show how to open your heart to the power of love and empower you to live an enlightened, purposeful, joyous life. To register, contact Rosario Dizon at 416 731 0484.

## MASS INTENTIONS

### Saturday March 1:

5:00 pm In Honour of God the Father  
In Thanksgiving of Mike & Marie Jacqueline  
Those in Authority  
+Marciano Santos  
+Joseph Attar  
+Jesse Joseph Solomon  
+Adellahad Khadher & Sofia Kudor  
+Catherine Chang  
+Cecilia Fernando

### Sunday March 2:

9:00 am Birthday Blessings for Dennis Ebalo  
  
10:30 am Intentions of Pearl, Coleen, Karl, Malcolm  
  
12:00 pm Pro-Populo

### Monday March 3:

9:00 am In Thanksgiving of Ferrao Family

### Tuesday March 4:

9:00 am +Eileen, Edna & Liam Fanning

### Wednesday March 5: (Ash Wednesday)

9:00 am Celebrant's Intentions  
  
1:00 pm Schools Mass  
  
7:30 pm Celebrant's Intentions

### Thursday March 6:

9:00 am Souls in Purgatory

### Friday March 7:

9:30 am Celebrant's Intentions  
  
7:30 pm In Thanksgiving of Beth

### Saturday March 8:

9:00 am Celebrant's Intentions

## Novena to St. Joseph

We will recite a novena to St. Joseph at all Masses for the nine days leading up to his feast on March 19. The novena prayers will begin on Monday March 10.

# March 2, 2025

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## Come & See

A men's weekend discernment retreat at St. Augustine's Seminary is scheduled for March 14 to 16. If you are a young man trying to discern what God might be calling you to, consider attending this retreat. Go to [www.vocationstoronto.ca/comeseesee](http://www.vocationstoronto.ca/comeseesee) for more information and to register for the event

## Chess Tournament

St. Aidan's Church will host a Chess Tournament to help raise funds for a pilgrimage to Portugal for the members of the FNE (Federation of North American Explorers), which is a Catholic Scouting organization. The Chess Tournament is open to all ages but there is an entrance fee of \$50 for those under age 16, and \$75 for those 16 and older. Parents are welcome to accompany their children. The tournament will be Swiss Style, not elimination format, which means that contestants can continue playing for the duration of the tournament. It will take place at St. Aidan's Parish Hall on Saturday March 8 from 11 am to 3 pm. Based on 50 participants, the first place prize will be \$500, second place \$200, and third place \$175. Please register by March 1 at [FNEChess2025@gmail.com](mailto:FNEChess2025@gmail.com) Please bring a chess set and timer, to the tournament, if you have them. Time allotment for games will be 10 minutes for each player. Light refreshments will be available for participants.

## St. Anthony's Novena Masses

St. Anthony's Tuesday Novena Masses will begin on Tuesday March 18, and will take place every Tuesday thereafter till the feast of St. Anthony, at 7:30 pm followed by Novena Prayers to St. Anthony and Benediction. You are welcome to write your intentions on a slip of paper and leave it in the basket by St. Anthony's statue. The intentions will be blessed and offered up every Tuesday during the Novena Masses.

## St. Aidan Lay Pastoral Visitors

make friendly visits to homebound parishioners who for various reasons are unable to attend Mass or who live alone. Visits are for companionship and spiritual support. If You know of someone who would like to have a visit, please contact Lidia at [staidanvisits@hotmail.com](mailto:staidanvisits@hotmail.com) or call the parish office at 416 494 2704.

## Coins for Life 2025

Sometimes small contributions can go a long way. You are invited to put aside toonies, loonies, quarters, nickels, dimes during this Lenten Season in order to help support and promote the Culture of Life in Canada. Coins for Life containers will be available in the foyer of the church on the weekend of March 8/9. This fundraising helps make possible the National March for Life in Ottawa, which will be on May 9 this year. You may even wish to make it a family, school, office project. Spread the good news of the sanctity of every life from conception to natural death which God created as no one has the right to destroy that life. We ask that you return the container with your donations on the weekend of April 26/27 which is Mercy Sunday in the Gift Shop. Thank you in advance for your support. For more information about Coins for Life Campaign please visit [www.coinsforlife.org](http://www.coinsforlife.org)

## Patrician Meeting

The Legion of Mary invites everyone to attend their monthly Patrician meeting which will be conducted on a Saturday of the month in the church hall, after the 9:00 am morning Mass. This month, the topic will be "Jubilee Year of Hope" and will be held on Saturday, March 15 from 10:30 am to 12:30 pm. The purpose of a Patrician meeting is to enhance our knowledge and our ability to speak confidently and persuasively about our Catholic beliefs. We invite our parish family to come and learn more about our Catholic faith, in a friendly and social atmosphere. Coffee, tea and biscuits will be served.

## Society of St. Vincent de Paul

Tel: 647-772-1319 [www.svdptoronto.org](http://www.svdptoronto.org)

In the matter of peity, poverty serves us better than wealth and work better than idleness, especially since wealth becomes an obstacle even for those who do not devote themselves to it, Yet, when we must put aside wrath, quench our envy, soften our anger, offer our prayers, and show a disposition that is reasonable, mild, kindly, and loving, how could poverty stand in our way? We accomplish these things not by spending money but by making the correct choice. Almsgiving, above else, requires money, but even these shine with a brighter luster when the alms are given from our poverty. The widow who paid in the two mites was poorer than any human, but she outdid them all. - St. John Chrysostom