

SIXTH SUNDAY IN ORDINARY TIME

February 18th 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 on those who are 18 to 59 years of age. The requirement for fasting is that you can have only 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 filling (such as a milkshake). In addition to our regularly scheduled 7:30 pm Mass, we will also have Mass at 9:00 am.

Patrician Meeting

The Legion of Mary invites everyone to attend their monthly Patrician Meeting which will be conducted on the 3rd Saturday of every month in the church hall, after the 9:00 am Mass.

The Patrician Meeting will be on the topic of "Sacrament of Marriage", and will be held on Saturday, February 21 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 and biscuit will be served..

Every Friday of Lent

Every Friday throughout the year is a day of abstinence. The only exception would be if a solemnity falls on a Friday. Traditionally this meant that all Catholics over the age of 14 would be required to abstain from meat on Fridays. This custom was made easier for Catholics as of 1966. They can now substitute some other act of self-denial or penance on Fridays throughout most of the year. During the season of Lent, this is not an option. Catholics 14 and older, for Fridays of lent, are required to abstain from meat. This custom helps us to remember the passion and death of our Lord, which took place on a Friday. By our giving up something, we are reminded that Christ gave up His life for us. This custom also helps us grow in self-control and enables us to be stronger in resisting temptations.

MASS INTENTIONS

Saturday February 14:

5:00 pm Birthday Blessings for Debrah Patterson
Birthday Blessings for Jose-Yap
Special Blessings for Jenny and Callista Philips
+Hilarey Lee
+Ely & Danny Sanchez
+Julian Vasquez Sr.
+Felipe Diaz
Souls in Purgatory

Sunday February 15:

9:00 am De Souza & Hogg Families

10:30 am +Benjamin Santos

12:00 pm Pro - Populo

Monday February 16:

9:00 am +Pedro & Eugenia Daddon

Tuesday February 17:

9:00 am +Elizabeth Leung Lyson

Wednesday February 18: Ash Wednesday

9:00 am; 1:00 pm; 7:30 pm

Thursday February 19:

9:00 am +Mary & Percy Castelino

Friday February 20:

9:30 am Celebrant's Intention

7:30 pm +Annie & Alfred Pereira

Saturday February 21:

9:00 am Celebrant's Intention

Stations of the Cross

Every Friday evening, after our 7:30 pm Mass, we will have the Stations of the Cross. Everyone is welcome to participate.

Fear is such a powerful emotion for humans that when we allow it to take us over, it drives compassion right out of our hearts.– St. Thomas Aquinas

February 15, 2026

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 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. Doing this will help us overcome some of our pride and selfishness, which we are all prone to. Some suggestions: Pray more, pray the daily rosary, or attend Mass daily, read from the New Testament daily, meditate on the life of Jesus, come early to Mass to prayerfully prepare, read a spiritual book; Give up TV or watch less, give up video games, reduce time on social media, give up apps that lead to doom scrolling, don't snack, give up sweets, exercise regularly or go for a daily walk, don't sleep in, be more punctual; 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 more kind and polite, be more involved in parish organizations.

Spiritual Offering for Deacon Victor Valdez

The Catholic Women's League St. Aidan's Council is organizing a Spiritual Bouquet for our very own Deacon Victor Valdez who will be ordained as a priest in May of this year. These spiritual offerings will be presented to him on March 24 at the 36th Ordinandi Dinner.

This week February 14/15, a table will be set up in the foyer and after each Mass, a CWL volunteer will help you fill out your list of spiritual offerings such as; visiting the Blessed Sacrament, praying the rosary, receiving Holy Communion, to name a few. Please note that these are NOT paid offerings, but a commitment to complete the offerings for his coming Ordination.

Do you wish to rise? Begin by descending. You plan a tower that will pierce the clouds? Lay first the foundation of humility.— St. Augustine

Official Consecration to Jesus through Mary

Fr. Steven, in conjunction with the Legion of Mary, is encouraging everyone to participate in St. Louis Marie de Montfort's method of consecration. This has been promoted by many saints and popes. It requires 33 days of intense preparation, about 10 minutes of daily prayer and scripture reading. We hope to get all our parishioners to do this. There are tremendous benefits to the individual who undertakes this method of consecration, to his or her family and to the community at large. The days of preparation will begin on February 20 and the consecration will be done communally at St. Aidan's Church on the Solemnity of the Annunciation, Wednesday March 25th. We have booklets available for \$5, in our Gift Shop, that facilitate the daily prayers and readings which you should be doing on your own.

Movie Night

Thanks to our Catholic Women's League and the Knights of Columbus our next Movie Night will be on Saturday February 28, right after the 5:00 pm Mass, starting at 6:15. We will be showing the movie "The Robe" which is a fictional account of a Roman Soldier charged with overseeing the crucifixion of Jesus. He wins the robe of Jesus, as the soldiers gambled for Christ's belongings, and his life is changed forever. We will have a group discussion halfway through the movie. The movie is two hours and fifteen minutes long. We will be selling pizza and popcorn with water for \$5. If you know you will be attending and requesting pizza, please register in advance at our Gift Shop so they know how much pizza to order.

Society of St. Vincent de Paul

Tel: 647 772 1319

www.svdptoronto.org

As to work to create light for others, we naturally light our own way. - Mary Anne Radmacher

Coins for Life 2026

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 the Culture of Life in Canada. Coins for Life containers will be available in the foyer of the church this weekend February 14/15. This fundraising helps make possible the National March for Life in Ottawa, which will be on May 14 this year. We ask that you return the container with your donations on the weekend of April 11/12 in our Gift Shop. Thank you in advance for your support. For more information about Coins for Life Campaign please visit www.coinsforlife.org