

FIRST SUNDAY OF LENT

Active Participation at Mass

Active participation in the Mass is one of the things emphasized and encouraged by the Second Vatican Council. It was hoped that the proposed changes to the Mass, as mentioned in the documents of Vat. II, would result in a greater participation of the faithful in the celebration of the Mass. Active participation brings with it tremendous blessings. To truly benefit by our full and active participation in the Mass, it is essential that we understand the different elements of the Mass in all its aspects. Active participation does not mean that you have to be doing something physical, such as being engaged in one of the ministries at Mass, such as Lectors, or Altar Servers, etc. We actively participate in the Mass, when we participate through mind and heart; understanding the different parts of the Mass, and having the right dispositions of our hearts.

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.

Lenten Reflection for All Parishioners

CWL is organizing a Lenten Reflection for all parishioners on Saturday March 14, from 10:45 am to 12:45 pm. Reflection Master Fr. James Cyfko will talk about the importance of Lent to our Faith, and journey with those in Sacred Scriptures who have lived the Lenten spirit and learn from them.

MASS INTENTIONS

Saturday 21:

5:00 pm Birthday Blessings for Kim Soo Hyun
In Thanksgiving of Dometita Family
Theresa Quadros
Deceased Members of Patterson and
Nugara Families
+Edgar Acheron
+Johnny Kut Moy Cheung
+Hilary Lee
Souls in Purgatory

Sunday February 22:

9:00 am +Bonifacio Santos

10:30 am +Teresa Koon Lai Wah Loong

12:00 pm Pro - Populo

Monday February 23:

9:00 am Xu Jin Chen

Tuesday February 24:

9:00 am +Nestor Duque

Wednesday February 25:

7:30 pm Jean Luc I
Catherine Dela Cruz
Bonnie, Alex, Mary Cheng
+Alfredo Anajao
+Wilson Sequeira
+Eileen, Edna, & Liam Fanning

Thursday February 26:

9:00 am In Thanksgiving of Ylagan Family

Friday February 27:

9:30 am Celebrant's Intention

7:30 pm +Anne Achong

Saturday February 28:

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.

February 22, 2026

Bundle up for Saint Vincent de Paul

March 7 - 8

The Society of Saint Vincent de Paul St. Aidan Conference is focusing on collecting textiles, shoes, clothing, beddings, draperies, and small household goods on the weekend of March 7-8 to support our Neighbours in Need (NINs). Please bring your donation to the truck or bin parked at the back of the church parking lot. The collection bin will be open on Saturday and Sunday from 8:00 am to 8:00 pm. Volunteers will be available to assist with loading before and after each Mass. Please secure your bags to keep the items safe. Appliances, baby or standard furniture, books, mattresses, dishes, building materials, and videotapes are not accepted. For more information, please visit www.ssvptoronto.ca. Thank you for your continued support.

World Day of Prayer

The World Day of Prayer is a global ecumenical movement, which brings Christians of many denominations together to observe a common day of prayer. Each year, a different host country prepares the content, highlighting its culture and regional justice issues. This year the prayer is written by Nigerian Women "I Will Give You Rest: Come" Matthew 11:28-30.

The host parish is The Church of the Nativity. Everyone is welcome to attend the service on Friday March 6, at 7 pm at The Church of the Nativity, Malvern, 10 Sewells Road (east of Toronto, north of Sheppard), Scarborough, Ontario M1B 3G5.

Coins for Life 2026

Sometime 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 21/22. This fundraising helps makes 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

What is the Mass?

We can refer to the celebration of the Mass in different ways, such as the celebration of the Eucharist, or as the Sacrifice of the Mass, or the Sacrifice of Calvary made present on our altars. The word "celebration" can somewhat misleading. It does not necessarily mean a joyfull event. A celebration marks a particular event or person, sometimes in a formal way, as in the celebration of religious rites, such as the Mass. The celebration of the Mass is the greatest act of worship of God; it is the greatest prayer, the greatest offering we could ever make to God. Traditionally, worship always entailed some element of sacrifice or offering to God. In the celebration of the Mass, we are offering to God, the Sacrifice of Jesus Crucified. Christ crucified becomes present on our altars whenever the Mass is celebrated. The document, *Redemptionis Sacramentum*, issued by the Congregation for Divine Worship and the Sacraments, states that, "The constant teaching of the Church on the nature of the Eucharist not only as a meal, but also and pre-eminently as a Sacrifice, is therefore rightly understood to be one of the principle keys to the full participation of all the faithful in so great a Sacrament. For when stripped of its sacrificial meaning, the mystery is understood as if its meaning and importance were simply that of a fraternal banquet".

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 half-way 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

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www.svdptoronto.org

Giving is not an act of depletion; it's an act of repletion.—
— Pete Kelly