

God is the source of your life in Christ Jesus, who became for us wisdom from God, and righteousness and sanctification and redemption.

- 1 Corinthians 1.30

## Parish Week † Sunday, 8 Feb. 2026

### Saturday, 7 Feb.

8.00 am Mass: † The Callus Family (Sheila Collins & family)  
5.00 pm Mass: Int. Thanksgiving Wedding Blessing  
Dominic & Brittany Galea (Carol Morra)  
6.30 pm Mass: † Donald Fogelbach

### SUNDAY, 8 FEB. / 5-A

■ Homilist: Fr. Elias Chachati

9.00 am Mass: † Lydia Marquez (family)  
10.30 am Mass: † Ernesto, Lydia & Justino Rodas (family)  
12.00 pm Mass: † Barbara Gacusana (Mom, Evelyn)  
1.30 pm Infant Baptism  
7.00 pm Mass: Pro Populo

### Monday, 9 Feb.

8.00 am Mass: † Theresammah Mariampillai (daughter)  
7.00 pm Mass: † Joseph Nagamma (Maristala)  
7.30 pm Confirmation Family Info Nite [A]

### Tuesday, 10 Feb. / St. Scholastica, virgin

8.00 am Mass: † Cyril Bastiampillai (family)  
7.00 pm Mass: † Brian James & Irene Hassan (Wendy Sheafe)  
7.30 pm Confirmation Family Info Nite [B]

### Wednesday, 11 Feb. / Our Lady of Lourdes

■ World Day of the Sick  
■ Fr. Ernest Munachi Ezeogu, C.S.Sp: death anniversary (2015)

8.00 am Mass: Int. Siromi Ameresekere (friends)  
7.00 pm Mass: For all the Sick

### Thursday, 12 Feb.

8.00 am Mass: † Luigi De Cicco (Emma)

### Friday, 13 Feb.

8.00 am Mass: Int. Thanksgiving Aloysius Gomes (family)

### Saturday, 14 Feb. / Ss. Cyril, Mark, & Methodius, bishop

8.00 am Mass: † Canute & the family's deceased members (Mary Mariampillai)  
5.00 pm Mass: † Jovita Rodas Zimmerman (Rodas family)  
6.30 pm CWL FAMILY DAY Celebration

### SUNDAY, 15 FEB. / 6-A

■ Homilist: Deacon Ramon Villardo

9.00 am Mass: † Cyril Bastiampillai (family)  
10.30 am Mass: † Joan & Frank DeVerno (Pamela)  
12.00 pm Mass: † Trevor DeSilva  
7.00 pm Mass: Pro Populo

## Focus on the Word

### 5<sup>th</sup> Sunday in Ordinary Time, Year A

Isaiah 58.6-10; 1 Corinthians 2.1-5; Matthew 5.13-16

Keep your family safe, O Lord, with unfailing care, that, relying solely on the hope of heavenly grace, they may be defended always by your protection. Amen.

## Pray for the Deceased



Marguerite Birett

Marco Piffari, Davide Bernardello and Valerio Dapra, the 3 Police Officers who were killed in an eviction process in Italy in October.

## World Day of the Sick 11 February

The ministry of Jesus to the sick is central to the life of the Church. 11 February (Memorial of *Our Lady of Lourdes*) highlights the healing ministry of the Church. It reminds us that service to the sick and suffering cannot be neglected. It recognizes the great efforts of doctors, nurses, health care institutions and pastoral care givers to restore health to those afflicted with illness and disease.

To mark this observance in the Church, at 6.30 pm the CWL will lead the recitation of the Holy Rosary, prior to Mass at 7.00 pm. Special Intercessions for this day will be included.

## COMING UP

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17 Feb. Memorial Mass: † Elpidio Pineda (11:30 am)

18 Feb. **Ash Wednesday**  
*Lent begins; Day of Fast and Abstinence*  
Parish Mass (8.00 am)  
St. Maria Goretti School Liturgy (9.00 am)  
► St. Albert School Liturgy (1.00 pm)  
Parish Mass (7.00 pm)

21 Feb. Lectors' Social (1.00 pm)  
22 Feb. 2<sup>nd</sup> Collection: **Maintenance**  
► RCIA Rite of Election (St. Barnabas Church, 2.30 pm)  
Infant Baptism Parent-Godparent Meeting (7:40 pm)  
Infant Baptism (1:30 pm)  
22 Mar. 2<sup>nd</sup> Collection: **ShareLife #1**  
*Presenter: Seminarian David Valencia*  
St. Maria Goretti School Liturgy (9:00 am)  
St. Albert School School Liturgy (1:00 pm)  
2<sup>nd</sup> Collection: **Maintenance**  
Good Friday: *Passion of Our Lord*  
Collection: **Needs of the Church in the Holy Land**  
Easter Sunday: *Resurrection of the Lord*  
Infant Baptism Parent-Godparent Meeting (7:40 pm)  
Infant Baptism (1:30 pm)  
19 Apr. 2<sup>nd</sup> Collection: **Maintenance**  
St. Albert School 1<sup>st</sup> Communion Liturgy (2:30 pm)  
St. Albert School Liturgy (9:30 am);  
St. Maria Goretti School Liturgy (12:30 pm)  
26 Apr. 2<sup>nd</sup> Collection: **ShareLife #2**

## Valentine Fair

15 February, 9 am - 2 pm

Our Parish is holding a VALENTINE FAIR in the Vestibule on Sunday, 15 February, 9 am - 2 pm. Take a look at the treasures on the tables – a great way to pick up gifts for your friends.



## Sacramental Preparation

### 1<sup>st</sup> Reconciliation celebrations

Remember in your prayers our parish youth who have received their **First Reconciliation**:

St Albert School        Tuesday    3 February 9.30 am

St. Maria Goretti School    Wednesday 4 February 9.00 am

### Confirmation Information Meetings

Families with students ready to prepare for the Sacrament of **Confirmation** are invited to attend one of two Info Meetings:

#### Monday or Tuesday - 9 or 10 February

Mass will be celebrated at 7.00 pm, and the meeting will follow immediately in the Church.

### Saturday Confirmation Classes begin 7 February

Classes will begin on Saturday, 7 February 2026, for students who are not in our Parish schools and who wish to receive the Sacrament of Confirmation. This is the Sacrament that completes our Christian Initiation. The classes begin at 10.00 am, and last 1 hour. Formal registration will be held on 7 February, and a calendar for the series will be provided. For information, call: **Lillian**, 647-909-6425, or **Georgie**, 647-657-5221

### A Special Gift CHURCH VACUUM CLEANER

We thank **Julianna (Valente) Kattan** for her perseverance in obtaining a replacement vacuum cleaner for our Church after the one purchased in 2011 gave up the ghost in 2021. Out of need, the Parish bought a replacement; but Julianna's efforts were successful and another replacement was delivered free of charge. The cleaner bought in 2021 expired after Pentecost in 2025; and the unit we got through Julianna in 2021 has now been pressed into service.

### Lectors' Social 1 pm, 21 February

Our Parish Lectors will be gathering in the Hall for a Social on Saturday, 21 February, from 1 – 3.30 pm.



### RCIA Rite of Election

2.30 pm, 22 February, St. Barnabas Church

On Sunday, 22 February, RCIA & RCIC candidates completing the *Catechumenate* period will celebrate the Rite of ELECTION.

The Rite be conducted by **Bishop Vincent Nguyen** at 2.30 pm at St. Barnabas Church, 10 Washburn Way, Scarborough ON M1B 1H3.

## CWL Family Day celebration

6.30 pm, 14 February

Come and join us as we celebrate *Family Day* at the Parish on Saturday the 14<sup>th</sup> of February at 6.30 pm, with:

A Spaghetti Dinner, 50/50 Draw, Photo Booth, Bingo, Music and lots of fun.

Tickets: \$5 for adults. Children under 10 are free.

## The Sign of Peace: One Flu Over

As we pass through the winter season of colds and flu bugs, it is well to recall that the *Sign of Peace* can be shared in various ways at Mass. If you feel that you may have a cold or other virus, it is perfectly acceptable to nod or smile towards nearby parishioners, while saying "*The Peace of Christ*." Keep your hands folded as in prayer, and others will understand that you would rather not shake hands. After all, it is *Christ's peace* that we want to pass on.

## Marriage Sunday

8 February 2026

The Toronto Archdiocese gladly celebrates *Marriage Sunday*.

This initiative highlights the importance of the Sacrament of Marriage. Let us continue to pray for married couples and those who support them on their journey. We hope that *Marriage Sunday* provides a special opportunity to celebrate the Sacrament and give thanks for those who strengthen our communities through their loving commitment to God, their family and one another.



[ Sculpture above: *husband washing his wife's feet*, by Timothy Schmalz.]

## March for Life Pilgrimage 14 – 16 May

Our Parish is planning to participate in the annual *March for Life* in Ottawa on Thursday, 14 May. The trip will be part of a pilgrimage that will take us on to Montreal (St. Joseph Oratory, St. Francis of Assisi Church, Mary Queen of the World Cathedral, St. Patrick Basilica and Notre Dame Basilica); Our Lady of the Cape; St. Anne de Beaupré. Cost: approx. \$325; more details will follow. Those interested should register by 1 March 2026, to secure our lodging and finalize other details. Call: **Lillian**, 647-909-6425.

## Stewardship 2025 Receipts, 2026 Envelopes

Soon, the Charitable *Tax Receipts* for all recorded donations last year will be in the Vestibule, for pick up after Mass.

Many thanks to all our faithful parishioners for your generous support of our wonderful parish through your weekly stewardship! This is an act of honour to God, our Creator.

Parishioners are invited to pick up their *Sunday Offertory Envelopes* for this year the Office Lobby after Mass. They are for registered parishioners only; if you are new to the parish and have not yet registered, *welcome to our neighbourhood!* Go to the Office window, introduce yourself, and complete a *registration form*.

# A Note on Prayer

Episcopal Commission for Doctrine Canadian Conference of Catholic Bishops  
A Note on Prayer © Concacan Inc., 2025.

**The Spirit helps us in our weakness; for we do not know how to pray as we ought, but that very spirit intercedes with sighs too deep for words. (Rom 8:26)**

Prayer is a universal human activity. It can be found in every country, in every period of human history, at every age of life. It expresses the awareness of a relationship with a Being greater than oneself, distinct from oneself, present within oneself.

Christian prayer is clearly marked by faith in God who has made himself known, not only as the Creator of the universe, but as Father, Son and Holy Spirit. The faithful pray to the Father through the Son in the Spirit.

We learn to pray, just as we learn to speak, walk or sing. The Gospel offers a profound insight into this. Impressed by Jesus' prayer, the disciples ask him to teach them how to pray: he teaches them the "Our Father," with its two poles: God and humanity. Several other Gospel passages show Jesus at prayer, in close contact with his Father (*abba* = dad), jubilant under the action of the Holy Spirit (Mt 11:25-27), in anguish before death (Lk 22:39-46), and confident on the Cross (Mt 27:46; Lk 23:46). The great prayer recounted in chapter 17 of Saint John's Gospel reveals the heart of Christ.

Prayer is personal, that is, it expresses and enriches the faith of each person, unique and precious in God's eyes. It is also communal, since it is lived in union with others, whether physically or spiritually present, those living in this world and those who have already entered into eternity. It is spiritual: "The Spirit helps us in our weakness; for we do not know how to pray as we ought, but that very Spirit intercedes with sighs too deep for words" (Rom 8:26).

Prayer takes on different forms: adoration before God's unfathomable mystery, thanksgiving for his countless and unceasing benefits, petition in the face of daily difficulties, intercession for our sisters and brothers in humanity. It can be vocal (out loud), mental (in the mind through meditation); the body participates (seated to listen; kneeling to adore and implore), eyes closed and recollected. It has a daily rhythm: morning or evening prayer; the Lord's Day; etc.

Prayer is nourished by the word of God, the Old and New Testaments, and in particular the book of Psalms that Jesus himself used.



It is also nourished by the liturgy, the privileged place of God's presence; by the teaching of the Church's Magisterium: for example, the *Catechism of the Catholic Church*, which devotes its entire fourth part to prayer (n. 2558-2865); in the life and experience of the saints, who are inspiring models and fine intercessors, especially the Blessed Virgin Mary.

Prayer is connected to daily life, with its ups and downs. Jesus himself showed this when he rejoiced at the Holy Spirit's action in the humble (Lk 10:21) and when he trusted in his Father after the death of his friend Lazarus (Jn 11:41-42).

We can pray in various places: in Church; in nature; in a bedroom; alone; as a couple; as a family; as a Parish.

The cycle of the Liturgical Year colours our prayer: from Advent to Christmas, from Lent to Easter and Ordinary Time. We are blessed with the great mysteries of the faith (Creation, Incarnation, Redemption, Eternal Life) and with the figures of the saints. The sacraments, lived out in prayer, are essential places for this, with the celebration of the Eucharist and its extension, adoration of the Blessed Sacrament, at the forefront.

The official prayer of the Church (the *Liturgy of the Hours*), the recitation of the rosary, the stations of the Cross or other devotions remain important sources for the life of prayer. Gazing at the Cross of Christ, statues of the Blessed Virgin or other saints is a great help in fixing the mind. Sacred music can also inspire us.

The Catechism of the Catholic Church (n. 2650) states: "in order to pray, one must have the will to pray." "Looking to Jesus" (Heb 12:2), the faithful can have their faces radiant and be transformed in him, as the experience of the Transfiguration (Lk 9:29) reminds us.

**In order to pray,  
one must have the will to pray.**  
(Catechism of the Catholic Church, n. 2650)





29 January: 1<sup>st</sup> Reconciliation classroom instruction.



William Cenizal reaches the Big 60.; party on 31 January.



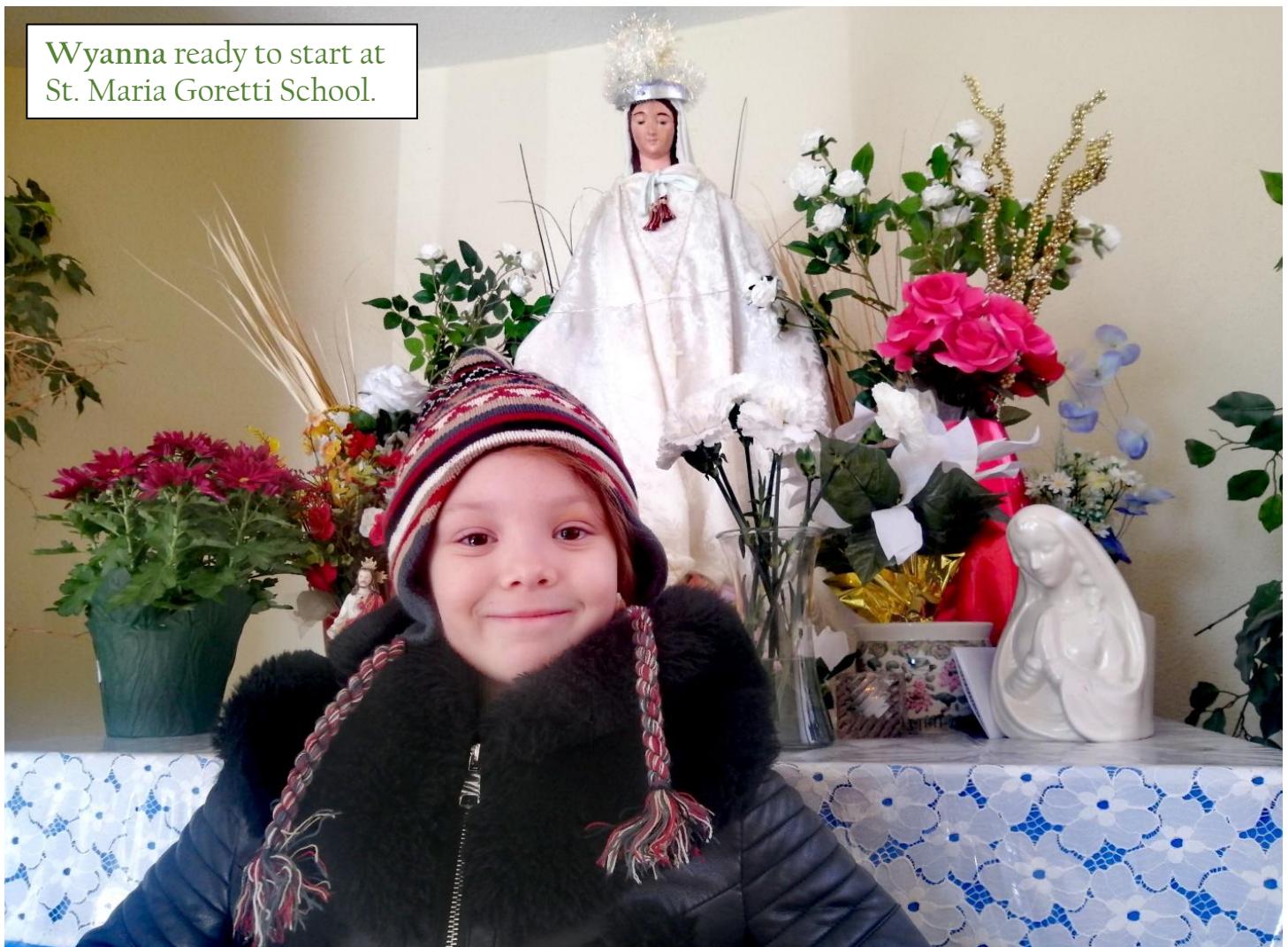
Confessors for the St. Maria Goretti School Reconciliation,  
6 February: Fathers Martin Soosai, Florentino Ferrer,  
Manuel Duterte, Gabriel Ezewudo, Dominic Borg, Vijai  
Amirtharaj, Aegidius Warsito, Elias Chachati.







The Altar during Ordinary Time



Wyanna ready to start at  
St. Maria Goretti School.



# Dust If You Must

Dust if you must, but wouldn't it be better  
To paint a picture, or write a letter,  
Bake a cake, or plant a seed;  
Ponder the difference between want and need?

Dust if you must, but there's not much time,  
With rivers to swim, and mountains to climb;  
Music to hear, and books to read;  
Friends to cherish, and life to lead.

Dust if you must, but the world's out there  
With the sun in your eyes, and the wind in  
your hair;  
A flutter of snow, a shower of rain,  
This day will not come around again.

Dust if you must, but bear in mind,  
Old age will come and it's not kind.  
And when you go (*and go you must*)  
You, yourself, will make more dust.

*Rose Milligan*

