

# St. Bernard de Clairvaux Church



## MEMORARE OF ST. BERNARD

Remember, O Most Gracious Virgin Mary, that never was it known that anyone who fled to thy protection, implored thy help, or sought thy intercession, was left unaided. Inspired with this confidence, I fly unto thee, O Virgin of Virgins, my Mother; to thee do I come; before thee do I stand sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but, in thy mercy, hear and answer me. Amen.

### Schools:

St. Bernard Elementary School: 416-393-5261  
Chaminade College School: 416-393-5509

1789 Lawrence Avenue West

Toronto, Ontario M6L 1E3

Tel: 416-241-6738 • Fax: 416-241-8776

E-Mail: [stbernarddeclairvauxto@archtoronto.org](mailto:stbernarddeclairvauxto@archtoronto.org)

Website: [www.stbernarddeclairvauxto](http://www.stbernarddeclairvauxto)

### Sunday Masses:

Saturday	5:00 pm	English
Sunday	9:00 am	Italian
	10:30 am	English
	12:00 pm	English
	3:00 pm	Malayalam Community
Confessions: ½ hour before each Sunday Mass or by appointment		

### Daily Masses in English:

Monday & Friday at 7:00 pm  
Wednesday at 7:00 pm with Devotion to Our Lady of Perpetual Help with Rosary at 6:30 pm  
Saturday at 9:00 am

### Daily Masses in Italian:

Tuesday & Thursday at 8:00 am

### Pastoral Team:

Fr. Boniface Perri, Pastor  
Fr. Francesco Pica, In Residence  
Gina Orofino, Parish Secretary  
Brenda Carvalho, Bookkeeper

### Office Hours:

Monday to Friday: 8:30 am - 12:30 pm  
1:30 pm - 4:00 pm  
Saturday: 9:00 am - 12:00 pm

**Baptisms:** Parents seeking to have their child baptized must call the Parish Office to request a "Baptism Request Form". Baptism certificate for Catholic parents and Confirmation certificates for the Godparents is necessary. When documentation is complete call the Parish Office to set up an appointment with the Pastor. Upon approval from the Pastor, a Baptism date will be given.

**Marriages:** Couples must contact the parish office at least one year in advance. No date may be set before meeting with the priest. A marriage course is a pre-requisite.

### **Parish Groups:**

Over 50 Club  
Knights of Columbus  
St. Bernard Catholic Women's League  
Society of Saint Vincent de Paul

### **Parish Activities:**

First Friday Adoration  
Visitation of the Homebound

**PLEASE CALL THE PARISH OFFICE FOR MORE DETAILS**

**LIVING LENT**

**Purpose of Lent Today:** Lent is a time of prayer and penance, when Christ wants to lead us back to our baptismal promises of dying to sin and of living for God. We prepare ourselves to enter once again into Jesus' Paschal mystery and to renew it in our lives. Jesus invited us to follow him by carrying our cross with him each day. <sup>(Luke 9:23)</sup> He indicated that his followers would fast and do penance after he returned to heaven. <sup>(Luke 5:33-35)</sup> We are to go hungry and thirsty for the sake of justice <sup>(Matthew 5:6)</sup> and to do our praying, fasting and almsgiving without showing off. <sup>(Matthew 6:1-6, 16-17)</sup>

From the earliest centuries, Jesus' followers have tried to follow these commands. Since it was on a Friday that Jesus freely died to save us from our sins, the faithful made a special effort to do some form of penance on this day: going without food for most of the day, spending extra time in prayer, doing good works, refraining from eating meat. Like St. Paul, they wanted to offer their penances for Christ's body, the Church. <sup>(Colossians 1:24)</sup>

Over the centuries, these forms of penance have varied, and sometimes have been neglected. Today, we are being invited once more to obey our Saviour: we are to do penance for our sins and those of others, for the people of God, for peace in the world, and for the building up of God's kingdom on earth. So to make Lent an effective time of renewal for the great celebration of Easter, let us commit ourselves to the practices of Lent.

**Praying:** Jesus and his apostles tell us to pray always, to be constant in prayer. Traditional times for Christians to pray are morning, evening and mealtimes. Personal prayer is a necessary preparation for our sharing in the Church's public worship, the liturgy. In our love, we join Jesus and all God's people in praying for ourselves, for our family and friends, for our leaders, for those who suffer, and for the Church and the world.

**Fasting:** Fasting means cutting down on the amount and richness of our food and drink. Done as a penance for sin, it helps us to pray better: an empty stomach can lead to more attentive prayer. The money we save on food should be given to others in alms. The law of fasting obliges adults until they are 60 years old.

**Abstinence:** This form of penance needs to be seen as a near cousin of fasting. We may give up meat especially on Fridays, the day of Christ's saving death on the cross. Our abstinence is another way of sharing in Christ's work of saving the world. We may also substitute other good actions for abstinence from meat. These could include special acts of charity (visiting the sick or aged, helping those in any need, contributing time or money to a work of charity) or other acts of piety.

**Giving Alms:** We give alms to help God's poor and to support the good works of the Church and other positive agencies. Again our help is being given to Christ in his brothers and sisters. Blessed Teresa of Calcutta when asked how much to give "give until you can feel it". We do not give in order to show off or keep up with others; instead we give cheerfully to God, who has given us everything we have.

*Excerpts from the Canadian Conference of Catholic Bishops*

**SYNODALITY,****THE POPE WANTS TO HEAR FROM YOU**

**Pope Francis has launched the Synod on Synodality: a two-year global process of listening to the faithful that will help the Church reflect on how we can do God's will in the world today. The comments of the faithful will ultimately be discussed at a meeting of the bishops in the Vatican in 2023. To learn more about the Synod on Synodality and to share your thoughts, please visit: [www.archtoronto.org/synodality](http://www.archtoronto.org/synodality).**

**Family Day -- February 21st,**

**We will be following our**

**Civic long weekend schedule**

**Mass will be celebrated at 9:00 am**

**There will be no evening Mass**

**The office will be closed until Tuesday.**

**We hope you have a wonderful day  
with your family!**



**March 2<sup>nd</sup>, Mass Times**

**8:00 am Italian**

**7:00 pm English**

**MERCOLEDI DELLE CENERI**

**2 Marzo**

**8:00 am Santa Messa Italiana**

**7:00 pm Santa Messa Inglese**

**STATIONS OF THE CROSS DURING LENT**

**Every Friday at 6:30 pm**

**followed by the Mass.**

**Starting March 4<sup>th</sup> until April 8<sup>th</sup>**

**VIA CRUCIS**

**Durante la quaresima ci sara' il pio esercizio della**

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**Iniziando dal 4 Marzo fino all'8 Aprile**

**IMPORTANT NOTICE REGARDING  
COVID 19 PROTOCOLS**

Due to the potential risk of the Omicron Variant of Covid 19, we need to continue the Covid Protocols for the New Year.

A reminder, capacity limit in the Church is 125 people.

These protocols will be strictly enforced:

1. We will be entering and exiting from the main doors, a reminder, masks must be worn.
2. As you enter the Church your hands will be sanitized.
3. In order to celebrate with us, you must ensure that your mask is properly worn at all times, covering your nose and mouth.
4. It is important that we continue to practice social distancing.
5. We ask you to continue the normal safety protocols when in the Church: namely; that we come up for Communion one row at a time and that if you are feeling ill, especially if you are coughing, that you refrain from celebrating in person.

**Do You Desire Peace In Your Hearts  
And In The World?**

**Help us honour the Virgin Mary's request for  
First Saturday Devotion  
to her Immaculate Heart  
at Holy Rosary Church  
354 St. Clair Avenue West  
Rosary at 8:30 am with Veneration of relics of  
Sts. Jacinta & Francisco Marto  
Confessions at 8:30 am  
Mass at 9:00 am  
Adoration with Fatima  
Prayers: 9:30 to 10:00 am**

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The Lord Calls us to do God's Will. Pray that you may know God's Will in your life; especially, if you have the inclination that you are being called to the ordained or consecrated life. If God is calling you, to be a priest, religious or deacon, contact Fr. Matt McCarthy, Director of Vocations, Archdiocese of Toronto at 416-968-0997.

Email: [vocations@archtoronto.org](mailto:vocations@archtoronto.org)  
[www.vocationstoronto.ca](http://www.vocationstoronto.ca)



*Cara Memoria di*

*Libera Caterina Guidolin*



**MASS INTENTIONS**

**SAT FEBRUARY 19<sup>th</sup> - SUN FEBRUARY 27<sup>th</sup>, 2022**

Sat	19 <sup>th</sup>	5:00 pm	Catherine Mac Intyre Fernando Beltrano Beltrano and Patitucci Family Kevin and Manuel Maciel
Sun	20 <sup>th</sup>	9:00 am	Sr. Elisa Tuppin Anna Susanna Giuseppe Vescio Mauro and Pia Ardizzi Francesco Conforti Jitendra Singh Melina Chimienti Antonio and Arsenio Simone Michaele and Annina Risi
		10:30 am	PRO POPOLO
		12:00 pm	Vince Talotta Thanksgiving Mass for Michael, Matthew, Stephanie and Sebastiano
Mon	21 <sup>st</sup>	9:00 am	
Tues	22 <sup>nd</sup>	8:00 am	Nicola and Addolorata Matricciano
Wed	23 <sup>rd</sup>	7:00 pm	Our Lady of Perpetual Help Mass Antonio Tesone (1 mo. Memorial Mass)
Thurs	24 <sup>th</sup>	8:00 am	
Fri	25 <sup>th</sup>	7:00 pm	
Sat	26 <sup>th</sup>	5:00 pm	Catherine Mac Intyre Giovanni Monte
Sun	27 <sup>th</sup>	9:00 am	Mauro and Pia Ardizzi Francesco Conforti Luciano Russo Francesco Spina Bambina Enrico Falasca
		10:30 am	Theresa Bertrand
		12:00 pm	PRO POPOLO

**Weekly Collection**

Last week our collection was \$ 2,203.05.  
It takes 5,000.00 to cover weekly expenses.  
Thank you to those who supported us during this very difficult time. Your charity means a lot!

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