

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

Website: 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. ^(Luke 9:23) He indicated that his followers would fast and do penance after he returned to heaven. ^(Luke 5:33 35) We are to go hungry and thirsty for the sake of justice ^(Matthew 5:6) and to do our praying, fasting and almsgiving without showing off. ^(Matthew 6:1 6, 16 17)

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. ^(Colossians 1:24)

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.



**ADORATION
of the
BLESSED
SACRAMENT**

**First Friday, March 4th,
Mass will be celebrated at 7:00 pm
Followed by the Adoration of the
Blessed Sacrament
Please join us in this evening of Prayer.**



**March 2nd, Mass Times
8:00 am Italian and 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 4th until April 8th**

VIA CRUCIS

**Durante la quaresima ci sara' il pio esercizio della
Via Crucis ogni venerdi alle ore 6:30 pm
Iniziando dal 4 Marzo fino all'8 Aprile
IMPORTANT NEW NOTICE REGARDING**

COVID 19 PROTOCOLS

We are happy to announce that following Archdiocesan and Provincial Protocols, we will be lifting all capacity restrictions as of March 1st, and all the tape in the Church will be gone! We would ask that we apply this new protocol gently. If, you know that people would like to be a little more socially distanced, we ask that you would extend them that courtesy if you can.

However, not all Covid Protocols can be removed at this time. Specifically, we are still required to wear masks properly inside the Church at all times and to follow the procedure to receive communion safely. A physical sign of peace is still suspended during the Mass and we again remind you, out of an abundance of caution that if you are feeling sick or are coughing, sneezing, have a fever or are experiencing any other Covid symptoms, that you stay home until they pass.

We hope to be able to remove these last restrictions soon, until then thank you for your co-operation.



The St. Bernard community welcomes these new members

during the month of February:

- Legacy Ocean Kquan McCoy
- Nyla Angela Marfo
- Tyler Addo Marfo



Cara Memoria di

Domenico D'Alessandro

**Come and See - Day Retreat
Saturday, March 19 (9:00am – 3:30pm)
at St. Augustine's Seminary:**

Inviting single Catholic men 18 years and older, to cultivate a deeper prayer life and relationship with Jesus Christ; leading to a better discernment of God's call for their lives. Time for prayer, reflection and information on the process of becoming one of Christ's disciples as a Catholic priest.

Register online at www.vocationstoronto.ca/comesee

For more information, please contact (your Parish Priest) or the Office of Vocations via email: vocations@archtoronto.org.



MASS INTENTIONS

SAT FEBRUARY 26th - SUN MARCH 06th, 2022

Sat	26 th	5:00 pm	Catherine Mac Intyre Giovanni Monte
Sun	27 th	9:00 am	Mauro Ardizzi Pia Ardizzi Francesco Conforti Luciano Russo Francesco Spina Bambina Enrico Falasca Adolfo Molella
		10:30 am	Theresa Bertrand Faustino Mercado
		12:00 pm	PRO POPOLO
Mon	28 th	7:00 pm	Antonietta Bellotto 1 mth Mem. Mass
Tues	01 st	8:00 am	
Wed	02 nd	ASH WEDNESDAY 8:00 am	Italian Mass
		7:00 pm	English Mass
Thurs	03 rd	8:00 am	Filippo & Maria Tatangelo
Fri	04 th	FIRST FRIDAY 6:30 pm	Stations of the Cross
		7:00 pm	First Friday Mass followed by Adoration of the Blessed Sacrament
Sat	05 th	5:00 pm	Catherine MacIntyre
Sun	06 th	9:00 am	Adolfino, Amelia & Angelo Artuso Defunti Famiglia Artuso Mauro Ardizzi Pia Ardizzi Francesco Conforti Francesco Petrasso Rosa & Aldo Fasciani
		10:30 am	PRO POPOLO
		12:00 pm	

Weekly Collection

Last week our collection was \$3,981.60
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!

**Tony Soscia, DD.
Denture Clinic**

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