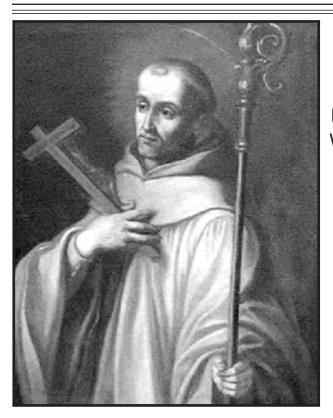
St. Bernard de Clairvaux Church



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

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Website: stbernarddeclairvauxto.archtoronto.org

Cundou Massass

	Sunday	<u>iviasses:</u>
V	5:00 pm	English

Saturday 5:00 pm English
Sunday 9:00 am Italian
10:30 am English
12:00 pm English

3:00 pm Malayalam Community

2nd and 4th Sunday of the month Spanish Mass at 2:00 pm 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

Daily Masses in Italian:

Tuesday & Thursday at 8:00 am

Pastoral Team:

Fr. Boniface Perri, Pastor

Fr. Jose Johny, Associate Pastor/Chaplain to Sacred Heart Kerala Community

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

Sacraments: Please contact the office for the reception of the Sacraments.

Please Note: Couples must contact the office 1 year in advance to prepare for the Sacrament of Marriage.

Formed: Join formed.org for free, to view inspirational and informative Catholic content. If you are new to Formed, we recommend this week on Formed at watch.formed.org/this-week-on-formed.

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

<u>Purpose of Lent Today:</u> 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.

<u>Fasting</u>: 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.

<u>Abstinence</u>: 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.

<u>Giving Alms</u>: 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 Bishop



PANCAKE TUESDAY

The St. Bernard Knights of Columbus invite the St. Bernard community to a Pancake Dinner in the Hall (pancakes, eggs and sausages) on Tuesday, March 4th, at 6:30 pm Tickets will be sold in advance, closer to the date



ASH WEDNESDAY -- MARCH 5th

8:00 am Mass -- Italian St. Bernard School Paraliturgy at 9:15 am 7:00 pm Mass -- English

MERCOLEDI DELLE CENERI

Messa in Italiano alle ore 8 am e in Inglese alle ore 19.



STATIONS OF THE CROSS DURING LENT Every Friday from March 7th to April 11th

at 6:30 pm in English. Followed immediately by Mass

VIA CRUCIS

Durante la quaresima ci sara' il pio esercizio della Via Crucis ogni venerdi alle ore 6:30 pm

Weekly Collection

Last week, our collection was \$1,649.30
It takes 5,000.00 to cover weekly expenses.
Thank you to those who continue to support us.
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2025 JUBILEE YEAR

As a reminder, for this entire year of the Jubilee, anyone may gain a plenary indulgence from all time in purgatory up to this point for oneself or a person in purgatory. In order to do so, one must fulfill the following conditions:

- Make a pilgrimage to one of the designated Jubilee churches.
- To spend a suitable length of time in Eucharistic Adoration concluding with a Prayer for the Pope's intention by saying: Our Father, Hail Mary and The Creed.
- To celebrate Holy Mass at the pilgrim church and to receive holy communion.
- To receive the Sacrament of Reconciliation, ideally the day you go to the pilgrim church or the week before or after the visit.

The Pilgrim Churches in Toronto are: St. Michael's Cathedral Basilica St. Paul's Basilica

St. Mary's Parish (Bathurst Street)
St. Edward the Confessor Parish (North York)
Our Lady of Sorrows Parish (Etobicoke)
St. Barnabus Parish (Scarborough)

The Pilgrim Churches outside Toronto: St. Mary's Parish, Brampton St. Gregory the Great Parish, Oshawa St. Padre Pio Parish, Kleinburg St. Mary's Parish, Barrie Martyrs' Shrine, Midland

Are you Interested In a Youth Group here at St. Bernard?

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The parish has been looking with hope at the possibility of establishing a parish youth ministry for our younger members. To this end, I am hoping to hear from parishioners who may be – either one – parents of children or youth who they may want to attend; or two – any parishioners who may be interested in helping support in getting a youth ministry started. I'm not looking for an upfront commitment right now, but merely a sense of who MAY be interested, depending on availability, age range and other considerations. So, either parents, families OR potential volunteers, please contact the office and leave your contact information so we can follow up with you. I sincerely hope that this is a program we can realize in our parish.

Fr. Boniface



MASS INTENTIONS Saturday, February 22nd to Sunday, March 2nd

Sat 22nd 5:00 pm Catherine Mac Intyre

Maria Mai Antonina Pantig

Sun 23rd 9:00 am Sp. Intention for Romano/Mauro Families

Mauro Ardizzi Pia Ardizzi Iolanda Florio

Bambina & Enrico Falasca Giuseppina Mistretta Melina Chimienti Michele Ferri

10:30 am PRO POPOLO

12:00 pm Franek Woloszyn

Vinko Jelenic

2:30 pm Spanish Mass

Mon 24th 6:30 pm Holy Rosary

7:00 pm Silvio Di Vona

Tues 25th 8:00 am

Wed 26th 9:15 am St. Bernard School Mass

6:30 pm Holy Rosary 7:00 pm Giovanni Monte Alberico Falasca

Thurs 27th 8:00 am

Fri 28th 6:30 pm Holy Rosary

7:00 pm Bambina Falasca

Sat 01st 5:00 pm Catherine Mac Intyre

Deceased Ferri Family

Maria De Caria (1 month Mass)

Sun 02nd 9:00 am Sp. Intention for Romano/Mauro Families

Giuseppina Mistretta Mauro Ardizzi Pia Ardizzi Iolanda Florio

Adolorata & Nicola Matricciano

Teresa Luisi

10:30 am Maria Vu

Antony Hoang and Phero Hoang

Derek Andrejko

12:00 pm PRO POPOLO

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