

# 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: [stbernarddeclairvauxto.archtoronto.org](http://stbernarddeclairvauxto.archtoronto.org)

### 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

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](http://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](http://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**

**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 Bishop*



**PANCAKE TUESDAY**

The St. Bernard Knights of Columbus invite the St. Bernard community to a **Pancake Dinner in the Hall (pancakes, eggs & sausages) on Tuesday, March 4<sup>th</sup>, at 6:30 pm \$10.00 adults and \$5.00 children -- Tickets are available after Mass or from the Parish Office**



**ASH WEDNESDAY -- MARCH 5<sup>th</sup>**

**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 7<sup>th</sup> to April 11<sup>th</sup>  
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**



**ADORATION  
of the  
BLESSED  
SACRAMENT**

**This Friday, March 7<sup>th</sup>,  
is the first Friday of the month. We will have  
Holy Rosary at 6:30 pm, Mass at 7:00 pm  
followed by Adoration of the Blessed Sacrament.  
Please join us in this evening of Prayer.**

**Weekly Collection**

**Last week, our collection was \$4,005.50  
It takes 5,000.00 to cover weekly expenses.  
Thank you to those who continue to support us.  
Your charity means a lot!**



**Pilgrimage to  
Martyrs' Shrine, Midland  
for the  
Jubilee Year of Hope**

We are organizing a one-day pilgrimage to Martyrs' Shrine, which has been designated as one of the Pilgrim Churches that people can go to receive the Plenary Indulgence in this Year of the Jubilee that Pope Francis has given us.

In a pilgrimage, we leave our ordinary way of life and journey physically and spiritually to be with our Lord Jesus Christ.

When we reach the Shrine there will be time for Confession, Eucharistic Adoration, Prayer and Mass. Those who participate will receive the Indulgence.

Our Pilgrimage will take place on Saturday, May 3<sup>rd</sup>,  
Tickets \$50.00 - For more information call the  
Parish Office 416-241-6738 or Giovanna at 416-244-0321  
Please come and join us!

**Letter from Frank Cardinal Leo,  
Metropolitan Archbishop of Toronto - February 2025**

Dear Brothers and Sisters in the Lord,

As we journey together through this Jubilee Holy Year, I want to offer my deepest gratitude for your charitable heart and great faith. In a time of economic hardship, you chose to trust in God's providence and extend your love to those in need. Your compassion has made it possible for so many lives to be touched by God's goodness.

I give thanks to the Lord for you—for the way you cared for the suffering, for the way you stood as a beacon of hope. Your kindness has strengthened the bonds of faith-filled giving within the archdiocese, reflecting the faith and virtues that unite us as one.

Last year, I invited you to say "yes" to God's call—to see His face in those who struggle. Your response was a testament to the depth of your faith and love. Because of your generous spirit, our community of faith came together to raise an extraordinary \$14.4 million for the ShareLife Parish Campaign. This outpouring of love speaks to the depth of your commitment to caring for others. Your sacrificial gifts breathed life into the work of ShareLife-funded agencies, enabling them to continue their mission of caring for the hungry, the homeless, the lonely, and those seeking a new beginning.

Your support of the ShareLife Campaign is a reflection of the love of God poured into our hearts, a love that brings hope and never disappoints. Because of your selfless giving, so many in our community have found strength to move forward.

May God bless you abundantly for the love you have shared. May He grant you and your loved one's peace, joy, and the lasting comfort of His presence.



**MASS INTENTIONS  
Saturday, March 01<sup>st</sup> to Sunday, March 09<sup>th</sup>**

Sat 01 <sup>st</sup>	5:00 pm	Catherine Mac Intyre Deceased Ferri Family Maria De Caria (1 month Mass)
Sun 02 <sup>nd</sup>	9:00 am	Sp. Intention for Romano/Mauro Families Giuseppina Mistretta Mauro Ardizzi Pia Ardizzi Iolanda Florio Adolorata & Nicola Matricciano Teresa Luisi Francesco Conforti
	10:30 am	Maria Vu Antony Hoang and Phero Hoang Derek Andrejko
	12:00 pm	PRO POPOLO
Mon 03 <sup>rd</sup>	6:30 pm 7:00 pm	Holy Rosary
Tues 04 <sup>th</sup>	8:00 am	
Wed 05 <sup>th</sup>		<b>ASH WEDNESDAY</b>
	8:00 am	Italian Mass
	9:15 am	St. Bernard School Paraliturgy
	7:00 pm	English Mass
Thurs 06 <sup>th</sup>	8:00 am	
Fri 07 <sup>th</sup>		<b>FIRST FRIDAY</b>
	6:30 pm	Stations of the Cross
	7:00 pm	First Friday Adoration following the Mass
Sat 08 <sup>th</sup>	1:00 pm	San Ippolito Mass
	5:00 pm	Catherine Mac Intyre Luigi, Angelina, Rosina & Francesco Sottile Melina & Ferdinando Marchese
Sun 09 <sup>th</sup>	9:00 am	Sp. Intention for Romano/Mauro Families Mauro Ardizzi Pia Ardizzi Iolanda Florio Raimondo & Maria Castellucci Mario Peccia & Defunti Famiglia Peccia
	10:30 am	PRO POPOLO
	12:00 pm	Maria Daniel
	2:00 pm	Spanish Mass

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