

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: 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 English/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

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
Catholic Cemeteries and Funeral Services 416-733-8544



**From Frank Cardinal Leo,
Metropolitan Archbishop of Toronto**

Dear Brothers and Sisters in the Lord,

I write to you with a grateful heart to thank you for your outstanding response to the 2025 ShareLife Parish Campaign.

Together, our Catholic community raised \$15.6 million to care for those who are struggling across our Archdiocese. Never before has our Parish Campaign reached this level, and it is a beautiful testament to the faith, care and commitment to our community

I am deeply aware that this generosity was offered in a time of real economic strain. Many families are carrying heavier burdens, feeling the rising cost of daily life and making careful choices about what they can give. Despite these challenges, you understood the needs around you, including the growing reality of hunger in our communities and you chose to respond with compassion. That choice matters. It speaks volumes about the kind of Church we are and the kind of people you are.

Because of you, ShareLife has been able to strengthen its response to food insecurity through our Food Security Grants, helping parishes and social agencies provide groceries, meals and essential support to individuals and families who are struggling to put food on the table. In neighbourhoods across the Archdiocese, your care is reaching people with faithfulness and love, right where it is needed most.

This year is also a meaningful moment in our shared story. In 1976, my esteemed predecessor Archbishop Philip Pocock made a courageous and principled decision to establish ShareLife so that the Church could respond faithfully in any array of human needs in a way that the rooted in our Catholic values and our respect for the dignity of every person. That moment of conscience gave birth to a mission that continues to bear fruit today.

As we mark the 50th anniversary of ShareLife, we give thanks for the faith that has sustained this mission for five decades and we entrust its future once again to God's grace and to the loving care of our community members.

Thank you for your generous hearts, for your witness and for your continued participation in the ShareLife Parish Campaign. Through you, the Church continues to be present where it is most needed and a beacon of hope and magnanimity. May God's blessings be abundant and powerful in your lives and your loved ones.

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



STATIONS OF THE CROSS DURING LENT

Every Friday from
February 20th to March 27th at 6:30 pm in English, followed
immediately by Mass

VIA CRUCIS

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

Important Notice - Change in Mass Time

As times and practises have changed, we have discovered
that the Tuesday and Thursday Italian morning Mass is no
longer of service to most members of our Parish. In the
hope of trying to be of service to as many people as we can
and in recognition that we still need a few evenings for
other Masses and parish events.

Please be advised:

**Starting Tuesday, April 7th there will not be a Mass at
8 am in Italian, rather we will have a Mass every
Tuesday and Thursday at 12 noon in English.**



CATHOLIC WOMEN'S LEAGUE (CWL)

The St. Bernard de Clairvaux Parish Council of the Catholic
Women's League of Canada wishes to express its sincere
gratitude to all who attended our gathering at the parish hall last
Sunday. We were most encouraged by the excellent attendance
and deeply appreciative of the opportunity to meet so many
women interested in learning more about the League and its
mission.

Should you require further information or desire to pursue
membership, kindly contact us by email at
cwlstbernard@gmail.com. It would be our pleasure to respond to
your inquiries and provide any additional details you may require.

We look forward to welcoming you.

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**Starts: Thursday, February 19th – 7:00 – 9:00 pm
Every Thursday until June 4th**

**Where: St. Bernard Parish - in the Gold Room
Cost for Materials: \$20.00**

For more information contact Eduardo Guevara at
647-229-9331 - guevara_607@hotmail.com

MASS INTENTIONS

Saturday, February 21st to Sunday, March 01st

Sat 21 st	5:00 pm	Catherine Mac Intyre Theresa Le Thi Diep Maria Mai Belmira Da Silva
Sun 22 nd	9:00 am	Angelo Moscone Iolanda Florio Mauro Ardizzi Pia Ardizzi Vera Saroli
	10:30 am	PRO POPOLO
	12:00 pm	Maria Pielniok Mercy Guatlo Vinko Jelenic Deceased Jelenic Family
Mon 23 rd	6:30 pm 7:00 pm	Holy Rosary
Tues 24 th	8:00 am	Nino Natalizio
Wed 25 th	6:30 pm 7:00 pm	Holy Rosary
Thurs 26 th	8:00 am	Giovanni Monte
Fri 27 th	6:30 pm 7:00 pm	Stations of the Cross
Sat 28 th	5:00 pm	Catherine Mac Intyre Theresa Le Thi Diep Antonina & Sotero Pantig
Sun 01 st	9:00 am	Angelo Moscone Iolanda Florio Mauro Ardizzi Pia Ardizzi Francesco De Marco Fiore Molinaro Vera Saroli
	10:30 am	Francesco Del Rizzo
	12:00 pm	PRO POPOLO

Weekly Collection

Last week, our collection was \$4,111.45

It takes \$5,000.00 to cover weekly expenses.

Thank you to those who continue to support us.

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