

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

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



**ADORATION
of the
BLESSED
SACRAMENT**

**This Friday, March 6th,
is the first Friday of the month.
Adoration will follow the 7:00 pm Mass.
Please join us in this evening of Prayer.**



STATIONS OF THE CROSS DURING LENT
Every Friday until March 27th
at 6:30 pm in English, followed immediately by Mass

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.

Friendly Reminder

During Lent we observe a period of penance and simplicity in the Church. While there are many of you who are generous with us in terms of bringing in flowers to show their devotion, **we remind everyone that flowers are not permitted in the Church during Lent.**

We will be happy to receive flowers again at Easter.

Thank you for your understanding.



MASS INTENTIONS

Saturday, February 28th to Sunday, March 08th

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 and Pia Ardizzi Francesco De Marco Fiore Molinaro Vera Saroli
	10:30 am	Francesco Del Rizzo
	12:00 pm	PRO POPOLO
Mon 02 nd	6:30 pm 7:00 pm	Holy Rosary
Tues 03 rd	8:00 am	
Wed 04 th	6:30 pm 7:00 pm	Holy Rosary
Thurs 05 th	8:00 am	
Fri 06 th	6:30 pm 7:00 pm	Stations of the Cross First Friday Adoration following the Mass
Sat 07 th	1:00 pm 5:00 pm	San Ippolito Mass All Souls in Purgatory Catherine Mac Intyre John Sousa Theresa Le Thi Diep Luigi, Angelina, Rosina & Francesco Sottile Melina & Ferdinando Marchese Michele Romano (5 yr death anniversary)
Sun 08 th	9:00 am	Angelo Moscone Iolanda Florio Mauro Ardizzi and Pia Ardizzi Mario Peccia & Deceased Peccia Family Vera Saroli
	10:30 am	PRO POPOLO
	12:00 pm	
	2:00 pm	Spanish Mass



CONFESSIONS DURING LENT

Thursday, March 26th,

8:30 am to 9:30 am

12:00 pm to 1:00 pm and 7:00 pm

THROUGH SHARELIFE, YOU BRING HOPE TO THOSE WHO NEED IT MOST

David is a senior who faced overwhelming loss and uncertainty. His wife passed away, his health declined, and he felt forgotten. But in his deepest sorrow, he found hope. When he turned to his pastor, he was guided to Catholic Family Services of Toronto, a Catholic Charities agency you support through ShareLife where he was welcomed with open arms. Because of your kindness, David found the support he needed to heal, regain stability, and rediscover his sense of purpose.

But unfortunately, there are many more like him—seniors facing isolation, families struggling to put food on the table, refugees trying to rebuild their lives, and young parents fighting for a brighter future. Through ShareLife, you help over 40 Catholic agencies bring hope to those who need it most.

The first ShareLife Sunday collection is on March 22.

Please give at the parish using a ShareLife envelope, online through our parish website, or at sharelife.org/donate.

FRUITS OF PRAYER AND LIFE WORKSHOP

A transformative experience as you develop a relationship with GOD. Establish daily prayer habits, praying with scriptures and over a dozen different prayer methods. Life tools that move you closer to living with Jesus. A deepening commitment to the Church. **Please join us every Thursday until June 4th from 7:00 pm to 9:00 pm in the Gold Room. Cost for Materials: \$20.00.**

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



Peter, James and John had a mountaintop experience with Jesus by witnessing His transfiguration. We too can have a mountaintop experience when we open our minds and hearts to following God's Will for our life. If God is calling you to serve him as a priest, deacon, brother or sister, contact Fr. Matt McCarthy, Director of Vocations, Archdiocese of Toronto at 416-968-0997.

Email: vocations@archtoronto.org
www.vocations@archtoronto.org

Weekly Collection

Last week, our collection was \$3,621.00

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

Thank you to those who continue to support us.

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