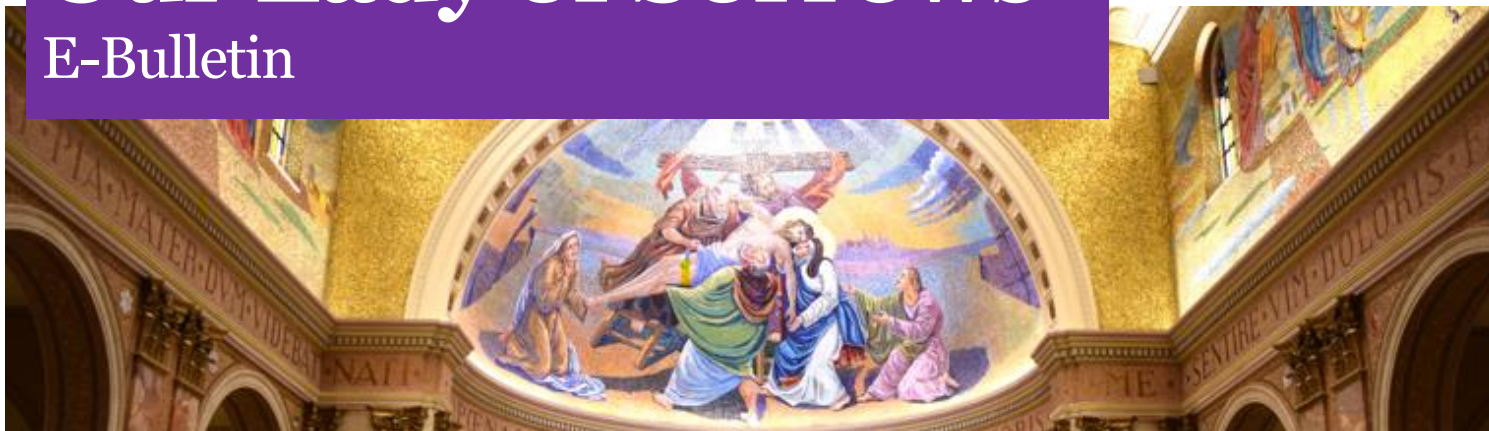


Our Lady of Sorrows

E-Bulletin



First Sunday of Lent

LIVING YOUR FAITH DURING LOCKDOWN

Livestreaming OLS Mass

Join Mass through our [YouTube channel](#). If you miss a Mass time, the recording remains online.

9am Mass (Mon- Sat)
5:15pm Sat (**Sunday Vigil**)

Communion Services

This opportunity is an addition to your home spiritual life. Please watch Mass first online, then attend.

Saturdays: 3:00pm - 4:30pm
Sundays: 9:00am - 11:00am
(Continuous Services every 7 mins)

Private Prayer and Exposition of the Blessed Sacrament

Mondays: 7:00pm - 8:30pm
Wed & Fri: 10:00am – 12noon

Confessions on Mondays & Fridays
During Private Prayer times

COVID Safety Rules at OLS

Visit [here](#) for our COVID-19 attendance policy.

SACRAMENTAL PREPARATION

RCIA

Our prayers and thoughts are with our RCIA Catechumens over the next few weeks as they celebrate the Rite of Election, this marks their entry into the final stages of preparation in their journeys.

Virtual Preparations Classes

Upcoming virtual schedule:

First Communion 1
Sun., Feb 21st @ 3 pm

Zoom information will be emailed to parents. If you need any additional information, please contact [Gabriella](#).

KIDS WORD

This week Alicia teaches how we can participate in Lent: through fasting, prayer and helping others.



View a Kids Lent Idea Calendar [Here](#).

PRAYER CORNER

“Lord Jesus,

I give you my hands to do your work.

I give you my feet to go your way.

I give you my eyes to see as you do.

I give you my tongue to speak your words.

I give you my mind that you may think in me.

I give you my spirit that you may pray in me.

Above all,

I give you my heart that you may love in me, your Father, and all mankind.

I give you my whole self that you may grow in me, so that it is YOU, Lord Jesus who live and work and pray in me.

~Amen

Don Schwager - 2021

LENTEN RESOURCES

NEW BEGINNINGS SUPPORT GROUPS

DO YOU WANT TO FAST THIS LENT?
In the words of Pope Francis

- Fast from hurting words and say kind words.
- Fast from sadness and be filled with gratitude.
- Fast from anger and be filled with patience.
- Fast from pessimism and be filled with hope.
- Fast from worries and have trust in God.
- Fast from complaints; contemplate simplicity.
- Fast from pressures and be prayerful.
- Fast from bitterness; fill your hearts with joy.
- Fast from selfishness and be compassionate.
- Fast from grudges and be reconciled.
- Fast from words; be silent and listen.



New Beginnings is offering two upcoming online drop-in support sessions.

Date: Wed, Feb 24th @ 7pm
Bereavement Support Session
Register [Here](#)

Date: Thurs, Feb 25th @ 7pm
Separated/Divorced Support Session
Register [Here](#)

ORDINANDI DINNER - VIRTUAL

Join the Serra Foundation as they celebrate our new priestly vocations and seminarians. With God's grace they will be ordained to the priesthood in 2021.

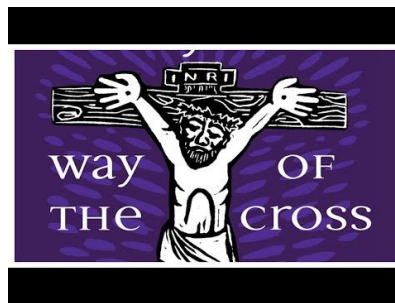
This is a unique opportunity to meet them and learn about their unique faith journeys that lead them to make this noble commitment.

This free event will be held on March 2nd @ 7pm on the Archdiocese of Toronto YouTube [Channel](#).

OLS Way of the Cross

We invite you all to join us for a Virtual Way of the Cross during the Season of Lent. We encourage you to make this virtual spiritual pilgrimage of prayer, every week / day during lent. This pilgrimage helps us become a part of Jesus' story, reminds us of his suffering and helps compel us to lead a life of action and love. The Way of the Cross video featuring OLS parishioners is available on our [YouTube channel](#).

On behalf of Fr. Chris and the OLS staff, we would like to thank all the parishioners whose participation made this *virtual* Way of the Cross possible.



MUSIC MINISTRY

This musical selection features virtuoso trumpeter, Michael Barth performing Intrada by Otto Ketting (1935 - 2012). It is a piece that evokes a sense of the wilderness we are experiencing. Visit our [Music Ministry Playlist](#) on our YouTube Channel to listen and learn more about the recording.



MASS INTENTIONS – Feb 22nd – 28th

- Mon.** †Tim Coulter by Connie & Melba DeWitt
- Tue.**
- Wed.**
- Thurs.** †Francesco Vaccarelli by Bellucci family
- Fri.** †Kathleen Stanley by family
- Sat.** **9am** - †Pacita Ventura by Gloria Ventura
5:15pm - †Shirley Wilson by Kevin & Diana
- Sun.** **8am** – Parish Intentions
9:30am – Michael McKee by family
11am – †Brukner & †Smyslo Families by family
12:30pm – †Clarinda Tarenta by Alice Domingues



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