



OUR LADY OF SORROWS PARISH

An Ever-Growing Beacon of God's Love, Hope and Joy for All

Office Hours: Monday - Friday, 9:30 am - 4:00 pm
3055 Bloor St W, Etobicoke ON M8X 1C6
416-231-6016 | office@sorrows.ca | www.sorrows.ca

Mass Schedule

Weekdays (Monday to Saturday): 9:00 am
Saturday Vigil: 5:15 pm
Sunday: 8:00 am, 9:30 am*, 11:00 am, 12:30 pm*
*Includes Liturgy of the Word with Children
Rosary is prayed Monday to Saturday at 8:25 am

Adoration

Mondays 7:00 pm - 8:30 pm

Reconciliation

Monday: 7:00 pm - 8:30 pm
Saturday: 4:00 pm - 5:00 pm
By appointment - call the parish office

February 1, 2026

Fr. Chris Cauchi, *Pastor*
Angelica Chacon, *Family Life Minister*
Gordon D. Mansell, M. Mus, *Music Director*

Call the office for info on:

Sacrament of Baptism - Families must be registered, regularly attending Mass, supporting the good works of the church and involved in parish life. Please email baptism@sorrows.ca

Rite of Christian Initiation for Adults (RCIA) - This program is for adults interested in joining the Catholic Church.

Sacrament of Marriage - Parishioners must be registered and regularly attending Mass. Please contact us one year prior to your requested wedding date.

Pastoral References - You must be a registered parishioner, attending Sunday Mass regularly, participating in the sacramental and pastoral life of the Church community, be serving in a parish ministry (e.g. lector, catechist) on an on going basis, and be in good canonical standing within the Church.

Society of St Vincent de Paul
647-770-4805

Our Lady of Sorrows School
www.tcdsb.org/ourladyofsorrows

Bishop Allen Academy
www.tcdsb.org/o/bishopallen

Archdiocese of Toronto
www.archtoronto.org

Catholic Cemeteries
www.catholic-cemeteries.ca

Fourth Sunday in Ordinary Time



This Sunday shows us how God sees things differently than we do. In each reading, we hear about people the world may overlook—those who are weak, poor, or humble. But God lifts them up. The Gospel reading gives us the Beatitudes. Jesus tells us who is truly blessed. It's not the rich or powerful. It's those who are gentle, those who show mercy, and those who suffer for doing what is right. If we want to follow Jesus, we must be small in the eyes of the world. That is where God does great things.

Reflection Questions:

- How do the Beatitudes challenge the way I think about success?
- How can I practice humility in a world that values self-promotion?
- What does it mean to hunger and thirst for righteousness?

Find readings here: readings.livingwithchrist.ca

Second collection this weekend, Jan. 31 - Feb. 1:

Parish Maintenance Fund - Heating and Cooling our Parish Home

Last week, Fr. Chris shared details about our OLS Heating and Cooling system fundraising campaign. After careful review and consultation, our almost 30-year-old system is nearing its end and needs to be replaced. Together, we can meet our goal of \$435,000 over the next two years and steward this mission with gratitude and open hearts. Did you miss Fr. Chris' homily last weekend, or want to hear it again? Go to: bit.ly/4roLiCR



**ShareLife 2025:
A Record-Breaking Year of
Generosity**



We are delighted to share the final results of the 2025 ShareLife campaign. Thanks to your extraordinary generosity, the Archdiocese of Toronto raised a record \$15,671,786 in support of those in need. Here at OLS, parishioners contributed an outstanding \$556,253 - 108.6% of our parish goal of \$512,000 - surpassing 2024's total of \$510,869. Thank you for your remarkable commitment to living the Gospel through charity!

Horizons of Hope: Catholic Palliative Care Formation Series. This program has been cancelled. Stay tuned for other events!

A reminder: the OLS Fundraising Gala Dinner is this coming Friday, Feb. 6, 6:00 pm at Le Treport Banquet Hall (1075 Queensway E, Mississauga). Antipasto bar opens at 6:00 pm. Dinner starts at 7:30 pm. A confirmation email will be sent to attendees. No printed tickets required. See you there!



**Marriage Sunday at OLS
Next weekend, Feb. 7/8**

All married couples are invited to join us next weekend at all Masses to give thanks to the Lord for the gift of the Sacrament of Marriage. Couples will have the opportunity to renew their sacramental vows and receive God's blessing.

FAMILY LIFE MINISTRY



Mom's Group: Pray & Play - Tuesday, Feb. 10, 10:00 am - 12:00 pm in the parish hall meeting room.

Parent's Small Group - Wednesday, Feb. 25, 5:00 pm - 6:30 pm in the parish hall. Light dinner and childcare provided. Register at bit.ly/3YYnlpp



Questions? Email Angelica: familylife@sorrows.ca

Get a head-start on parish events using our **3-month-calendar**: bit.ly/3VbpNHF



Feast of the Presentation of the Lord

Monday, Feb. 2

Candles will be blessed at the 9:00 am Mass.



Feast of St. Blaise - Tuesday, Feb. 3

We will offer the traditional blessing of throats after the 9:00 am Mass.

Coffee Friday - Feb. 6

After the 9:00 am Mass in the parish hall. All are welcome. Share your treats and bring a friend!



OLS Pancake Supper

Tuesday, Feb. 17, 5:00 pm - 7:00 pm



Don't miss the fun and delicious food at our long standing Pancake Supper! Held in the parish hall. Dinner features fluffy pancakes, sausages, maple syrup, blueberry compote, applesauce, juice and tea/coffee. For kids we'll have both a pancake decorating and activity table! 'Early bird' pricing for Adults until next Sunday, Feb. 8 is \$10 instead of \$12. Kids 6-12 y.o. - \$5. Kids 5 y.o. and under - free. Tickets go on sale this weekend, after all Masses, at the back of the church. Volunteers welcome! Email events@sorrows.ca

Young Adults Ministry:

When Prayer Feels Like a Battle

Young adults (18-35 y.o.) are invited on Friday, Feb. 20 at 6:30 pm in the parish hall for an evening that gets real about prayer—why it's hard, why distractions and dryness happen, and how God can still be at work even when prayer feels empty or unfocused. Using the video and workbook from *When You Pray* by Dr. Edward Sri, we'll explore practical ways to stay grounded, persevere, and grow in authentic relationship with God in the middle of real-life pressures, schedules, and struggles. Refreshments will be provided. Free event. Register by Sunday, Feb. 18 with Nadine at youngadults@sorrows.ca

Important Notice:

Fraudulent Emails Circulating

Several parishioners have recently received fraudulent emails claiming to be from Cardinal Leo or Fr. Chris, some of which request financial assistance. Please disregard these messages and do not respond, click links, or provide any personal information. When in doubt, contact the parish office. Official parish and diocesan communication will always come from an @archtoronto.org or @sorrows.ca email address.



Lenten Conversations in Spirituality and Ethics:

A 3-part series led by Dr. Ann Sirek

Thursdays, Feb. 19, 26, & Mar. 12, after the 9:00 am Mass in the parish hall. The reflections will address traditional Lenten themes but with fresh insights to encourage a deeper intimacy with our loving God. 1) Prayer: How do I live difficult experiences so that they become an ongoing prayer? 2) Remorse: How do I live the Ten Commandments with my weak and broken human nature? 3) Mercy: How do I live the works of mercy as a disposition of the heart? Free event with light refreshments provided. Register: olscommunitybuilding@gmail.com

Parish Lenten Mission:

"Come, Thy Kingdom Come!"

Led by Fr. Francis Ching, CC

Monday-Wednesday, Feb. 23 - 25

All 3 days will start with Mass at 7:00 pm followed by Eucharistic Adoration, prayerful singing, and reflections by Fr. Francis. Free to attend; free-will offerings appreciated.

Fr. Francis Ching, CC is a priest with the Companions of the Cross. Ordained in 2005, he ministered in Toronto. Since 2015, he has been full-time giving missions and training lay evangelization leaders, especially the Chinese communities worldwide. Though now virtually blind, the Lord has gifted Fr. Francis with a sense of humour, the technology needed to continue his priestly ministry, and a call to an itinerant healing ministry.

Hymnal Project - Limited copies left!



With a \$60 donation, you can sponsor a *Gather IV hymnal* that includes a personalized bookplate. There are limited copies still available. Fill out this form: bit.ly/48V1Cnj and call the parish office for payment. All donations are tax receiptable. Thank you for helping enrich our parish worship!

Building a Legacy Rooted in Faith

Saturday, Feb. 7, 9:00 am

Join us for a free Catholic Estate Planning Webinar. Learn how to avoid common issues in Wills and Powers of Attorney, choose a trustworthy Estate Trustee, and understand Catholic traditions around cremation, burials, and funerals. We'll also touch on the value of including the parish in your estate plans. Register at development@archtoronto.org



World Day of Prayer 2026: "I Will Give You Rest: Come"



Join us for a service on Friday, Mar. 6 to honour this year's World Day of Prayer (WDP) at 1:00 pm at the church. A light reception will follow. The Nigerian WDP materials bring us a powerful invitation drawn from Matthew 11:28-30. Our Nigerian sisters offer profound insights into finding rest in God. Learn more: bit.ly/3Mb6kpx

Lift Jesus Higher Rally

Saturday, Mar. 14, 9:00 am - 5:30 pm

Join us for a day of uplifting music, dynamic speakers, Eucharistic Adoration, and powerful renewal. Both the Adult Rally and Youth Rally (13-18 y.o.) take place at the Metro Toronto Convention Centre. *Early-bird registration until this Sunday, Feb 1.* Details and registration at ljhr.ca

SAVE THE DATES

Jul. 5 - 10: Totus Tuus Summer Camp 2026



Mass Intentions

FOR THE WEEK

February 2 to 8

Mon. Int. of Sr. Jeanne by OLS staff

Tue. †Michael Tedesco by Teresa Tedesco & family

Wed. †Barbara & †Franjo Krasic by Krasic family

Thu. †Joe McMullen by Mary-Pat Kiely

Fri. Int. of Leah & Chuck Bautista by Inis & Gordon Mansell

Sat. †Michelangelo Pistilli by Mary Veneziano

†Eufemia Salazar by Norma Salazar

†German & †Gaby Valenzuela by Claudia Valenzuela & family

Sat. 5:15 pm †Kenneth Riopelle by Irene Riopelle

Sun. 8:00 am Parish Intentions

9:30 am †All deceased members of †Ante & †Ivka Mladin family by family

11:00 am †Elizabeth Tiechman by Barbara & Zen Piatek

12:30 pm †George Octaviano Goncalves by Tita Almasi

<p>THE SPA BY NAILS FOR YOU HUMBERTOWN Scan for location & booking</p>  <p>270 The Kingsway, Etobicoke (416) 231-3900</p>	<p>Paul Tiberia CEM Insurance Broker 647-567-9706 paul@ceminsurance.ca Auto • Home • Commercial CEM Insurance Brokers Ltd.</p>	<p>CROATIAN ELECTRIC ELECTRICAL CONTRACTORS 416.234.9006</p>	<p>Corinne Del Piero Salesperson</p> <p>ROYAL LEPAGE Realty Centre, Brokerage* *Independently Owned and Operated</p> <p>Office: 416-239-1818 Direct: 416-804-3829 Email: cdelpiero99@gmail.com</p> 
<p>ORCHDALE CUSTOM HOMES</p>  <p>SERVING GTA & ETOBICOKE BOOK YOUR FREE CONSULTATION! ORCHDALEHOMES.COM</p>	<p>OSTEOFIT SOLUTIONS BY CRISTINA FUCHS CERTIFIED PERSONAL TRAINER & GROUP FITNESS INSTRUCTOR FOR OLDER ADULTS (647) 327-8440 OSTEOFITSOLUTIONS@GMAIL.COM WWW.OSTEOFITSOLUTIONS.COM</p>	<p>CONNOR CASTELLARIN Western University Student MOW & GROW LAWN CARE (647) 980-2585</p>	<p>Bruno's FINE Foods Top Quality Meats • Produce • Grocery • Gourmet Foods 4242 Dundas St. W. 416-234-1106</p>
<p>Brook & Braddock Opticians Your family opticians since 1965 3101 Bloor St. W. 416-233-2611 * 416-233-4030</p>	<p>GIB•SAN® Pool & Landscape Creations Swim for the Health of it! www.gibsanpools.com 416-749-4361</p>	<p>PRISTINE GROUP OF COMPANIES www.pristineprinting.com</p>	<p>TREE CARE PREMIER TREE MANAGEMENT INC. (647) 967-1463 joel@premiertreemgmt.com</p> <p>PETER'S PLUMBING Reasonable Rates Free Estimate Discount for Seniors Tel: 416-880-3171</p> <p>CEDAR & STONE CO. DESIGN. BUILD. STYLE. www.cedarandstone.co</p> <p>People Describe How They Restored Their Health</p> 
<p>Ashley Shaw & ASSOCIATES Your South Etobicoke Real Estate Experts Stephanie Mitchell - Sales Representative stephanie.mitchell@sothebysrealty.ca • 416.899.4898 ashleyshawandassociates.com E.&O.E.: Sotheby's International Realty Canada Brokerage is Independently Owned And Operated.</p> 		<p>Sutton GROUP ASSOCIATES REALTY INC., BROKERAGE</p> <p>PINA RAO-WITTERSHEIM Broker/Parishioner Platinum Award Winner 416-966-0300 Office / 416-567-0635 Direct www.BloorCourtVillage.com</p> 	
<p>CATHOLIC & CEMETERIES FUNERAL SERVICES www.catholic-cemeteries.com Holy Cross Cemetery & Funeral Home 905-889-7467 Queen of Heaven Cemetery 905-851-5822</p>	<p>LOOKING FOR A PRIVATE PSW? CareSupportWorker is here to help. Call: 647-894-0588 Email: lourdcscw@gmail.com Visit: caresupportworkers.ca</p>	<p>the children's DENTAL CENTRE Certified Specialists in Pediatric Dentistry 523 The Queensway, Suite 104 416-252-KIDS (5437) www.childrensdentalcentre.ca</p>	<p>VIBO ITALIAN RESTAURANT Casual Fine Dining 2995 Bloor Street West 416-239-1286 www.vibo.ca</p>
<p>AVA Interior Design www.AVAinteriordesign.ca 416-889-2642 • Designing • Decorating • Updating Consultation: Ania Maternicki 416-889-2642</p> 	<p>Wealth Management Dominion Securities RBC Experience you can trust The Kerrigan Advisory Team teamkerrigan@rbc.com 416-231-6312 kerriganadvisory.ca "KERRIGAN" ADVISORY TEAM</p>	<p>the Crooked Cue A Neighbourhood Tradition 32 years of serving our valued community. We look forward to hosting you. Open daily at 11:30 am. Pub • Pool Hall • Special Events</p>	<p>Kingsway Foot Clinic Hartley Silver D.Ch. Chiroprapist Foot Care Specialist Custom Foot Orthotics 416-239-3338 3101 Bloor St. W. Unit 203 kingswayfootclinic.com</p> <p>BE THE GOOD SMCS ST MICHAEL'S COLLEGE SCHOOL BASILIAN PATHERNS</p> <p>YELLOW CUP CAFE 416-231-6688 www.yellowcupcafe.com</p>
<p>THE ANGEL FOUNDATION FOR LEARNING Helping Toronto Catholic District School Board Students Succeed angelfoundationforlearning.org Ont. Reg. #: 10807-5946-RR-0002</p> 	<p>EPS FAMILY HEALTH Your Neighbourhood Psychology Clinic Therapy, Assessments, and ADHD Coaching.</p> <p>West Etobicoke Clinic 5359 Dundas Street West Suite 301 M9B 1B3</p> <p>Central Etobicoke Clinic 3101 Bloor Street West Suite 208 M8X 2W2</p> <p>647-797-4039 epsfamilyhealth.com</p>		<p>Let's start a conversation. turnerporter.ca Turner & Porter FUNERAL DIRECTORS Serving The Kingsway, Bloor West and the GTA for over 150 years.</p> <p>The best way for your wishes to be followed is to share and record them. We can help, call 416-767-3153</p>
<p>Life's better with an agent Contact Me Lorrie Howe, Agent 416-239-7714 Desjardins Insurance</p> 	<p>Tony's Flooring Centre Family Owned & Operated Since 1961 www.tonysflooring.ca (416)255-9631</p> <p>ROTO-ROOTER 416-503-4444 www.rotorooter.com • Plumbing • Disaster Cleanup • Drains • Restoration Services "1 Call Solves it All"</p>	<p>CJ's SKATEPARK SINCE 2008 CANADA LARGEST NOT-FOR-PROFIT SKATEPARK IN THE WORLD!</p> <p>LESSONS & CAMPS CHECK OUT OUR NEW TODDLER PROGRAMS (AGE 1 ½ - 5+) ADULTS 10AM SATURDAYS & 5PM WEDNESDAYS OWNED AND OPERATED BY PARISHIONER JAY MANDARINO CJSKATEPARK.com 905.272.6888</p>	