



OUR LADY OF SORROWS PARISH

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

Office Hours: Tuesday - 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 15, 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

Sixth Sunday in Ordinary Time



The readings for this Sunday help us think about our choices. God gives us the freedom to choose between good and evil. He doesn't force us. But He wants us to choose life. His commandments are there to guide us, not to burden us. In the Gospel, Jesus says He didn't come to get rid of the law. He came to bring it to its fullest meaning. He wants more than just the outside actions. He calls us to go deeper—to be honest, to be pure, to let go of anger, and to speak with truth.

We are invited to follow God with our whole heart. His commandments are not just rules. They are the way to love Him and others. They help us walk with Him every day.

Reflection Questions:

- *How can I go beyond just following rules and truly live my faith?*
- *How does anger or hatred affect my relationships?*
- *What steps can I take to grow in love, wisdom, and truth?*

Find readings here: readings.livingwithchrist.ca

Family Day - Monday, Feb. 16



The church will be open for rosary at 8:25 am and Mass at 9:00 am, but there will be no Eucharistic Adoration and Confessions in the evening. Parish office will be closed.

SEASON OF LENT

Ash Wednesday marks the beginning of the liturgical season of Lent; 40 days of prayer, fasting, penance and reflection in preparation for Christ's Resurrection on Easter Sunday. **Ashes will be distributed on Feb. 18 at the 9:00 am and 7:30 pm Masses.**

Ash Wednesday and Good Friday are days of fasting and of abstinence from meat. Fasting is a penitential discipline intended to open our hearts to God and others, a means of purification and spiritual liberation, and a witness of the depth of our faith. The law of "abstinence from meat" binds those who are 14 years and older, and the law of "fasting" binds those from 18 to 59 years of age. Fridays are days of abstinence from meat, but Catholics may substitute special acts of charity or piety on this day.



Have last year's blessed palms?

Return them to the parish office or place them at the back of the church to be used for Ash Wednesday ashes.

Stations of the Cross - Fridays of Lent, at 9:30 am and 7:30 pm.

The Sacrament of Reconciliation is celebrated:

- Monday evenings from 7:00 pm - 8:30 pm
- Fridays of Lent from 7:00 pm - 7:30 pm
- Saturdays from 4:00 pm - 5:00 pm



OLS Pancake Supper

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

This is your last weekend to buy Pancake Supper tickets after Mass. A limited number will be available at the door the evening of the event. Come enjoy with your family and fellow parishioners a delicious dinner of fluffy pancakes, sausages, maple syrup, blueberry compote, applesauce, juice and tea/coffee. For kids we have pancake decorating and Lenten activity tables. Volunteers welcome! Email events@sorrows.ca

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: prayer, remorse, and mercy, but with fresh insights to encourage a deeper intimacy with our loving God. Free event, 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



Fr. Francis's greatest joy is to see hearts transformed and set on fire for the Lord. Since 2015, he has been full time giving missions and training lay evangelization leaders. Join Fr. Francis and other parishioners in this year's Lenten Mission, where we will pray for healing and spiritual conversion, especially through the Eucharist. All 3 days will start with Mass at 7:00 pm followed by Eucharistic Adoration, prayerful singing, and reflections. Free attendance but free-will offerings are appreciated.

Introducing the Rosary of the Seven Sorrows of Mary

Join us every Tuesday during Lent starting Feb. 24, at 8:25 am as we pray the special Rosary of the Seven Sorrows of Mary, our parish patron, in place of the Sorrowful Mysteries. We will gather in the church to reflect on Mary's sorrow and love during this holy season.

FAMILY LIFE MINISTRY

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



Family Movie Afternoon - Saturday, Feb. 28

Doors open 2:30 pm, movie starts at 3:00 pm in the parish hall. This time, we'll be watching an animated film about the life of St. Joseph — a beautiful story that highlights faith, perseverance, and trust in God's plan. Free admission + popcorn!



Questions? Email Angelica: familylife@sorrows.ca

Young Adults Ministry: When We Pray

Young adults (18-35 y.o.) are invited to Session 2 of *When We Pray: Bottle of Prayer*. Held on Friday, Feb. 20 at 6:00 pm in the parish hall. Refreshments will be provided. Attendance is free. Registration deadline: Wednesday, Feb. 18. Register with Nadine: youngadults@sorrows.ca

Our adult choir is welcoming Tenor and Bass singers to our membership. Love to sing and looking for a way to become involved with the parish? Consider sharing your talents and joining our men. Rehearsals are Thursday evenings, 7:30 pm - 9:00 pm. For more info: Gordon Mansell at 416-571-3680.

Perinatal Child Loss Memorial Mass

Monday, Mar. 2, at 7:00 pm

If you have lost a child during pregnancy or shortly after birth, you and your family members are invited to participate in this Mass.



All who have experienced a recent loss or one that occurred many years ago are welcomed. For your child to be remembered by name during the Mass and for a candle to be lit in their memory, submit their name at bit.ly/403Sbh6. You can also drop off a note with your child's name through the mail slot of the rectory in an envelope marked "March 2, Memorial Mass." We hope you can be part of this special time of remembrance.

March Coffee Social - Thursday, Mar. 5

To honour the penitential character of Fridays—especially in Lent—the March coffee social is moving to Thursday, Mar. 5, after the 9:00 am Mass in the parish hall. This small adjustment supports both fellowship and the spirit of Friday penance. For more on the importance of keeping Fridays, see the Canadian Bishops' guidelines on Keeping Friday: bit.ly/3Zo2GMb



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



World Day of Prayer at OLS:

"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

MyParish App — Did you know that our parish has our own App? Access Mass times, daily readings, parish events, prayers and faith resources at your fingertips. Available on the App Store or Google Play, **download for free!** Search for "my Parish App" select our parish and follow the prompts.

2025 Parish Tax Receipts are being processed; you will receive them in the mail by the end of February.

A **Tip Tap Pay** stand is available in the main foyer for convenient, cashless parish donations. Tap to donate the amount shown, and more to increase. For tax receipts, scan the parish QR code after your first tap and register your card—just once.



Millions of Monicas



Wednesdays, 7:30 pm - 8:30 pm in the church. Mothers gather to pray before the Blessed Sacrament for children who've drifted from faith.

SAVE THE DATES

Mar. 21 - 22: St Vincent de Paul's Bundle Weekend



Jul. 5 - 10: Totus Tuus Summer Camp 2026

Mass Intentions

FOR THE WEEK

February 16 to 22

Mon. Int. of Bob & Anne Shiley by Marietta Brosias

Tue. Int. of Ursula Matthews by Anne & Bob Shiley

Wed. †Dominico & †Angela Bellissimo by Cathy Tigani

Thu. †Dixie & †Ed Wickham by Marianne Wickham

Fri. Int. of Barbara Czapla by mother

Sat. †Nick Nardulli by family

Sat. 5:15 pm †Clare Pillo by Vince Pillo

Sun. 8:00 am †Joaquim & †Maria Rosa Santos by Rosa, Natalie & family

9:30 am Parish Intentions

11:00 am †Joseph McMullan by Rena Guerard

12:30 pm †Neil Dave Pinto by family

<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 Broker CEM Insurance 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 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>MOW & GROW LAWN CARE (647) 980-2585</p> <p>KINGSWAY FISH & CHIPS "For the Finest Fish & Chips this side of the Atlantic" 3060 Bloor St. W. 416-233-3355</p>	<p>Bruno's Foods Top Quality Meats • Produce • Grocery • Gourmet Foods 4242 Dundas St. W. 416-234-1106</p>
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<p>Ashley Shaw & ASSOCIATES</p> <p>Your South Etobicoke Real Estate Experts Stephanie Mitchell - Sales Representative stephanie.mitchell@sothebysrealty.ca • 416.899.4898 ashleyshawandassociates.com</p> <p>E&O.E.: Sotheby's International Realty Canada Brokerage is Independently Owned And Operated.</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: lourdscsw@gmail.com Visit: caresupportworkers.ca</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>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 Cooked 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>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>
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<p>THE ANGEL FOUNDATION FOR LEARNING Helping Toronto Catholic District School Board Students Succeed www.angelfoundationforlearning.org Ont. Reg. #: 10807-5946-RR-0002</p>	<p>EPS FAMILY HEALTH</p> <p>Your Neighbourhood Psychology Clinic Therapy, Assessments, and ADHD Coaching.</p>	<p>West Etobicoke Clinic 5339 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>The best way for your wishes to be followed is to share and record them. We can help, call 416-767-3153</p> <p>LET'S START A CONVERSATION. turnerporter.ca</p> <p>Turner & Porter FUNERAL DIRECTORS</p> <p>Serving The Kingsway, Bloor West and the GTA for over 150 years.</p>
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