



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 8, 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

Fifth Sunday in Ordinary Time



This Sunday reminds us that faith is not something we keep hidden. Jesus tells us to be like salt and light. These are simple images, but they help us understand what it means to live as His followers. The readings give us a clear message: Faith must show in our actions. When we serve others, we reflect God's love. When we do good, we help others see the way to God.

This Sunday invites us to be people of light. We are called to live with kindness, courage, and trust. When we live like this, we help make the world a better place.

Reflection Questions:

- *How can I bring light to someone who is struggling?*
- *What does it mean to be the "salt of the earth" in my daily life?*
- *How do my actions reflect my faith?*

Find readings here: readings.livingwithchrist.ca

Marriage Sunday at OLS: This weekend, Feb. 7/8

Marriage Sunday affirms couples who strengthen our faith community through their witness. All married couples are invited this 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 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.

Hymnal Project - Limited copies left!

With a \$60 donation, you can sponsor a *Gather IV hymnal* that includes a personalized bookplate. 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 enriching our parish worship.

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 have pancake decorating and Lenten activity tables.

'Early bird' pricing for Adults until this Sunday, Feb. 8 is \$10 instead of \$12. Kids 6-12 y.o. - \$5. Kids 5 y.o. and under - free. Tickets are on sale at the back of the church this weekend after all Masses. Volunteers welcome. Email events@sorrows.ca



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/3Ynlp



Family Movie Afternoon - Postponed for Pancake Supper. Stay tuned for future dates

Questions? Email Angelica: familylife@sorrows.ca

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



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.**

As we receive the blessed ashes, we are reminded that 'we are dust, and to dust we shall return,' and we are called to 'Repent, and believe in the Gospel.'



Wondering what to do with last year's blessed palms? You can either return them to the parish office or leave them at the back of the church so we can use them to prepare ashes for Ash Wednesday.

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.

With Joyful Hearts - Next Weekend

We welcome Evelina, Gemma, Rory C., & Rory P. who will be baptized at the 12:30 pm Mass on Sunday, Feb. 15. Please pray for them and their families in their journey in the Catholic faith.



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: Sunday, Feb. 18. Register with Nadine: youngadults@sorrows.ca

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. Light refreshments after Mass.

A **Tip Tap Pay** stand is 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. Thank you!





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



Fr. Francis's greatest joy is to see hearts transformed and set on fire for the Lord. Join Fr. Francis and other parishioners in this year's Lenten Mission. All 3 days will start with Mass at 7:00 pm followed by Eucharistic Adoration, prayerful singing, and reflections. We will pray for healing as well as spiritual conversion, especially through the Eucharist. Come receive this grace of conversion to Christ, to His Church and to His mission to bring about His Kingdom! Attendance is free but free-will offerings are appreciated.

The **Pre-Authorized Giving (PAG)** program allows parishioners to make a single monthly donation through their bank account or by credit card to cover weekly offertory and/or special collections. Enroll via bit.ly/4r2HKpW

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

Queen of Apostles Renewal Centre: Lenten Day of Retreat

Saturday, Feb. 28, 8:30 am - 3:00 pm. Lunch will be served. For more info: office@qoa.ca or 905-278-5229.



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

Life-Giving Wounds Retreat for Adult Children of Divorced or Separated Parents

Friday, May 15 at 6:00 pm to Sunday, May 17 at 3:30 pm at St. Augustine's Seminary, Scarborough. Open to ages 18+. Cost is \$325 (\$225 for students), including meals, lodging, and materials; limited subsidies available. Contact lgwtoronto@proton.me or your campus minister for student details. Space is limited. Register at bit.ly/LGW-TO-Retreat-Register2026



SAVE THE DATES

Jul. 5 - 10: Totus Tuus Summer Camp 2026



Mass Intentions FOR THE WEEK

February 9 to 15

Mon. †Pawel Hac by Anna Slazyk
Tue. Int. of Doreen Britton by friends
Wed. †Kail Ellis by Jim Magee
Thu. Int. of Bob & Anne Shiley by Ursula Matthews
Fri. †Dominic D'Urzo by Cathy & Franca Tigani
Sat. †Berardino Veneziano by Mary Veneziano
 †Philip Keane by Gerry Simpson
 †Celso Rivera by family
 †Nancy Campese by Lina Dinardo
 †Sara Fornasiero by Lina Dinardo
Sat. 5:15 pm †Antonia Russo by Michael & Luanne D'Amico
Sun. 8:00 am Parish Intentions
 9:30 am †Leslie & †Anne Carol Sharples by family
 11:00 am †Lucia Da Silva by family
 12:30 pm Int. of Daniella Servedio

<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>ROYAL LEPAGE Realty Centre, Brokerage* *Independently Owned and Operated</p>
<p>ORCHDALE CUSTOM HOMES  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>  • 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>Kingsway Foot Clinic Hartley Silver D.Ch. Chiropodist Foot Care Specialist Custom Foot Orthotics 416-239-3338 3101 Bloor St. W. Unit 203 kingswayfootclinic.com</p>	<p>BE THE GOOD  WELLY CUP CAFE 416-231-6688 www.wellcupcafe.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 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>
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