



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

January 25, 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

Third Sunday in Ordinary Time



This Sunday reminds us that God brings light into darkness. In the Gospel, Jesus begins preaching and calling his first followers. He brings light to Galilee, a place people often forgot. He tells them to turn their lives around and follow him. His message is simple but clear: the kingdom of heaven is close.

Saint Paul also speaks to the early Church. He tells them to stop fighting and focus on Jesus. It is a good reminder for us today. We belong to Christ, not to any group or leader.

Reflection Questions:

- *Where do I see darkness in my life, and how can I let Jesus bring light to it?*
- *What does it mean to follow Jesus in my daily life?*
- *How can I share the message of Jesus with the people around me?*

Find readings here: readings.livingwithchrist.ca

RCIA - Rite of Acceptance

This Sunday, Jan. 25 at the 9:30 am Mass, we celebrate the Rite of Acceptance into the Order of Catechumens. This is the liturgical rite marking the beginning of the catechumenate proper, as the unbaptized candidates, express, and the Church accepts, their intention to respond to God's call to follow the way of Christ.

Hymnal Project - Give a Lasting Gift

Donations have now sponsored over 90% of our *Gather IV* hymnals, with 50 copies still available. Donate a \$60 hymnal using bit.ly/48JwNTD or the envelopes in the church. Once accepted, you'll receive a link to submit your bookplate info. For credit card donations or assistance, contact the parish office. All donations are tax receiptable. Thank you for enriching our parish worship!



FAMILY LIFE MINISTRY

Parent's Small Group

Wednesday, Jan. 28, 5:00 pm - 6:30 pm in the parish hall. Light dinner and childcare provided. Register at bit.ly/3YYnlpp



Natural Family Planning (NFP) Workshop



A faith-based session about NFP, a simple Catholic way to learn about fertility and family planning, presented by Dr. Maria Wolfs, will take place on Saturday, Jan. 31, from 3:00 pm - 5:00 pm in the parish hall. Open to couples and anyone interested in discovering God's plan for marriage and family. Free event. Register at bit.ly/45dQ4ug

Questions? Email Angelica: familylife@sorrows.ca

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! 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 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 next weekend at the back of the church. Volunteers welcome! Email events@sorrows.ca



A **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. Thank you.



Community Building Event - Weekend Coffee Social



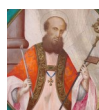
This Sunday, Jan. 25, after the 9:30 am Mass, in the parish hall. This month we feature the Ministers of Hospitality. Everyone is welcome! Bring treats to share. For more info: olscommunitybuilding@gmail.com

Feast of the Presentation of the Lord

On Monday, Feb. 2 candles will be blessed at the 9:00 am Mass. The blessing reminds us to carry and share Christ's light throughout the year.



Blessing of Throats - Tuesday, Feb. 3



On the feast of St. Blaise, we will offer the traditional blessing of throats after the 9:00 am Mass.

Marriage Sunday at OLS - Feb. 7/8

All married couples are invited to join us on Marriage Sunday to give thanks to the Lord for the gift of the Sacrament of Marriage. At all Masses on the weekend of Feb. 7/8, couples will have the opportunity to renew their sacramental vows and receive God's blessing on their marriages and families.



Lenten Conversations in Spirituality and Ethics:

A 3-part series led by Dr. Ann Sirek

Thursdays, Feb. 19, 26, and Mar. 12, after the 9 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? *Details to follow next week.*

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 a free evening that gets real about prayer. 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 provided. Register by Wednesday, Feb. 18 with Nadine at youngadults@sorrows.ca

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



Mental Health Initiative: Horizons of Hope

This 3-module explores palliative care and the importance of building compassionate communities within the context of our Catholic faith. Mondays from Feb. 2 - 23, from 10:00 am - 12:00 pm, in the parish hall. Free but requires registration. Optional \$5 fee for printed materials. Light refreshments provided. Contact Anne Marie at 416-559-9455.



Parish Lenten Mission:

"Come, Thy Kingdom Come!"

Led by Fr. Francis Ching, CC

Monday-Wednesday, Feb. 23 - 25

God is on the move. His deepest desire is for all people to experience salvation, and for the Church to rise up. Come receive this grace of conversion to Christ, to His Church and to His mission to bring about His Kingdom. We will pray for healing as well as spiritual conversion, especially through the Eucharist. On all 3 days, we will start with Mass at 7:00 pm followed by Eucharistic Adoration, prayerful singing, and reflections by Fr. Francis Ching, CC. Attendance is free but free-will offerings are appreciated.

Lift Jesus Higher Rally

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

Join thousands 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 Sunday, Feb 1.* Details and registration at ljhr.ca

Dynamic Women of Faith Conference

Saturday, Mar. 21, 9:00 am

Women are invited to a Lenten day of reflection at Le Treport Banquet Hall, Mississauga. Featured speakers include Johnnette Benkovic Williams, Sr. John Mary SV, April Smith, Dorothy Pilarski, and Natalie Regnier. Closing Mass will be celebrated by Bishop Ivan Camilleri. Register: dwf2026.eventbrite.ca

Monthly Maintenance Update - January

- Groundskeeping - \$54,147
- Rectory electrical - \$5,962
- Electrical (church) - \$15,355
- Snow removal - \$2,966
- Rectory security - \$11,641
- Kneeler repairs - \$1,776

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

Parish Maintenance Fund - New Church HVAC

Thank you for helping care for our spiritual home!



Sunday of the Word of God:

"The word of Christ dwells among you"

"St. Paul does not ask that the Word be merely listened to or studied; he wants it to dwell, that is, to take up stable residence, to shape our thoughts, guide our desires, and make credible the witness of the disciples..." Read the full seventh edition of the *Sunday of the Word of God* here: bit.ly/3ZrY2MR

Need Palliative or End of Life Support? The Archdiocese of Toronto's HopeLine offers guidance aligned with Catholic teaching. Call 416-619-5700 and leave your name and number. (Information line only, not an emergency service).

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

July 5 - 10: Totus Tuus Summer Camp 2026



Mass Intentions

FOR THE WEEK

January 26 to February 1

Mon. †Doug Leger by Anne & Bob Shiley

Tue. †Margaret Coady by Tony & Cathy Dodds

Wed. †Michael Jurkiewicz by the Sundays

Thu. Int. of Bob by Regina Finnegan

Fri. Int. of Chuck & Leah Bautista by family

Sat. †Maria Santos by Maria Bradstreet

†Mary Di Lorenzo by family

Int. of Voula Parente by the parents & Manion families

Sat. 5:15 pm †Mary Lucey by Ursula Matthews

Sun. 8:00 am †Melba & †Frank De Witt by De Witt family

9:30 am †Filicio & †Milica Juginovic by Sima & family

11:00 am †Johanna Zbogor by family

12:30 pm Parish Intentions

<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>
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<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 PATHERS</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>	