



OUR LADY OF SORROWS PARISH

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

Office Hours: Monday - Thursday, 9:30 am—4:00 pm
3055 Bloor St W, Etobicoke ON M8X1C6
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

March 29, 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.

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647-770-4805

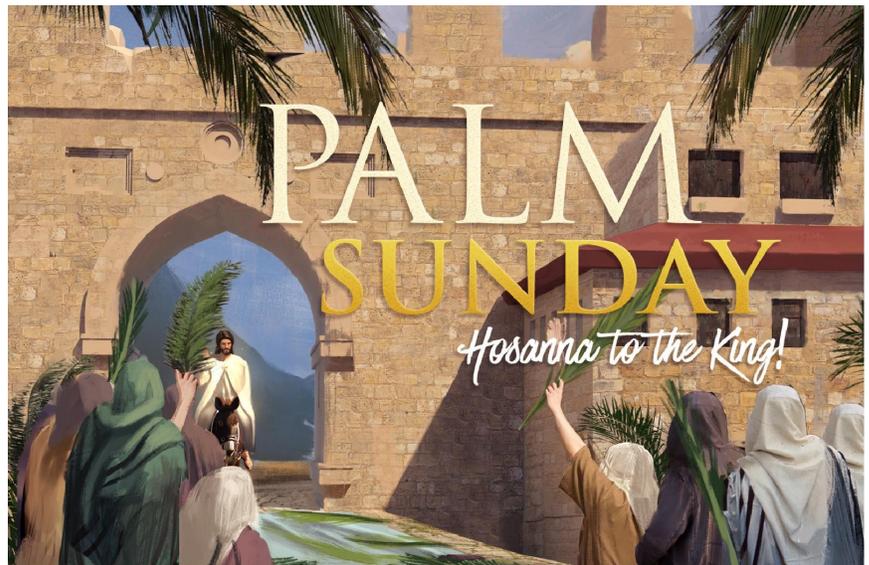
Our Lady of Sorrows School
www.tcdsb.org/ourladyofsorrows

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

Archdiocese of Toronto
www.archtoronto.org

Catholic Cemeteries
www.catholic-cemeteries.ca

Palm Sunday



This Sunday remembers the day Jesus came into Jerusalem as a humble king. Crowds welcomed him with palm branches and shouts of praise. This day marks the beginning of Holy Week, a time to walk with Jesus in his final days before the cross. We hold palm branches to remember that Jesus' kingdom is built on peace and service. As we reflect on this day, we are called to follow him in humility and love.

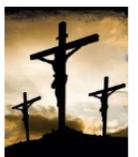
Reflection Questions:

- *How can I practice humility and service in my daily life?*
- *How can I better trust God when I face struggles or suffering?*
- *What steps can I take to follow Jesus more closely during Holy Week?*

Find readings here: readings.livingwithchrist.ca

OLS Tenebrae service - Tuesday, Mar. 31, 7:30 pm in the church

Tenebrae conveys the sorrow of Holy Week through solemn and noble music. Featuring the MOSAIC Canadian Vocal Ensemble, Alumni of St. Michael's Choir School and the OLS adult choir, led by Music Director, Gordon Mansell. Free event, but free-will offerings are greatly appreciated.





Holy Week Schedule

Palm Sunday*

Mar. 28 5:15 pm (Vigil Mass)

Mar. 29 8:00 am, 9:30 am, 11:00 am & 12:30 pm

Monday to Wednesday - Mar. 30 - Apr. 1

9:00 am Mass

Holy Thursday – Apr. 2

Mass of the Lord's Supper at 7:30 pm

Everyone is invited to bring bells to ring during the Gloria. Altar of Repose in the parish hall from 8:30 pm to midnight

Good Friday – Apr. 3

Stations of the Cross at 9:00 am and 7:00 pm

Celebrations of the Lord's Passion at 12:00 pm, 3:00 pm, and 5:00 pm

The church will be open for private prayer from 9:00 am to 8:00 pm

Holy Saturday - Apr. 4

Blessing of Easter Food at 11:00 am



In Eastern European tradition, all are invited to have their special foods blessed for the first meal of Easter.

This marks the end of fasting and the beginning of the celebration of our Lord Jesus Christ's Resurrection.

Easter Vigil at 8:00 pm

No 9:00 am & 5:15 pm Mass; No Confessions

Everyone is invited to bring bells to ring during the Gloria

Easter Sunday – Apr. 5*

8:00 am, 9:30 am, 11:00 am and 12:30 pm

*Children are asked to remain with their families - there will be no Liturgy of the Word with Children.

Additional seating available in the parish hall during Holy Week.



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



Good Friday

A day of fasting and abstinence from meat

Fasting takes on its deepest meaning when it opens our hearts to prayer, unites us with those who suffer from hunger, and helps us redirect our resources to support the poor.

According to Church law:

- Abstinence from meat is required of all Catholics aged 14 and older
- Fasting is required of those aged 18 to 59

Parents and educators are encouraged to gradually introduce children to the spirit and practice of penance. The example set by adults is the most powerful teacher in fostering this understanding.

FAMILY LIFE MINISTRY



Mom's Group: Pray & Play - Tuesday, Apr. 21

10:00 am - 12:00 pm, parish hall meeting room.

Family Movie Afternoon - Saturday, Apr. 25

Doors open 2:30 pm. Movie starts at 3:00 pm in the parish hall. Free admission + popcorn!



Parent's Small Group - Wednesday, Apr. 29

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

Catechesis of the Good Shepherd (CGS) at OLS

The Catechesis of the Good Shepherd (CGS) is a Montessori-based Catholic formation program for children ages 3–12, nurturing their relationship with God through their work in the atrium. OLS is currently exploring interest in offering this program and would love to hear from our community. We are looking for 1) children who may be interested in participating, and 2) adults who feel called to be involved in this ministry. Interested? Complete the survey using this link: bit.ly/3Pj9tEW or contact the parish office.



Support our Parish with a simple tap using our TipTap Pay stands available at the church main entrance. Visit bit.ly/4cnWR9a for details and instructions.



Liturgy and Life... All of us go on a journey with Christ, burdened with our cross. Though our travel is joyful, it also contains frustrations, disappointment, betrayals, and challenges. On each step toward Jerusalem, Jesus is close at hand, united in our passion and sacrifice. Through this Holy Week, we have the opportunity to be transformed. *Will you be open to being led to something new?*

MENTAL HEALTH INITIATIVE

Matters of the Heart: Cardiovascular, Chronic, and Mental Health

Held in the parish hall on Monday, Apr. 13, 10:00 am - 11:30 am. We invite you to a talk on the connection between cardiovascular health, chronic illness, and mental well-being, and how caring for our body, mind, and spirit supports a healthy life of faith. We will focus on recognition of symptoms, self-management, and access to helpful community resources. Presented by Dr. Tamara Wallington, MD, FRCPC. All are welcome! Free event, but registration required. Call or text Anne Marie at 416-559-9455



Totus Tuus Summer Camp

OLS is excited to provide a faith-filled summer experience for our youth! **NOTE:** This program is held at *Our Lady of Peace Parish (3914 Bloor St W, Etobicoke)*.

- **Day Program (Gr 1-6 in Sept. 2026)**
July 6 - July 10, 8:45 am – 2:30 pm
Fee: \$140 (\$125 for subsequent siblings)
Includes lunch, snacks & T-shirt
- **Evening Program (Gr 7-12 in Sept. 2026)**
July 5 - July 9, 6:00 pm – 9:00 pm
Fee: \$80 (\$65 for subsequent siblings)
Includes dinner & T-shirt

Want to help? Adults & high school students can volunteer. To volunteer or for more info, email Angelica at totustuus@sorrows.ca

Registration and more info here:

bit.ly/4l2kbvu



Alpha - Come & See Event

You are invited to the 8th Alpha program's **Come & See Event** (Tuesday, Apr. 7, in the parish hall, 6:45 pm – 8:45 pm). Over 300 OLS parishioners have explored life's big questions & strengthened their faith through Alpha. Enjoy some great people, great conversations and a free delicious meal. Register for free here: bit.ly/3PgJiyK



Help Not Harm: Take Action to Support Bill C-21



Visit HelpNotHarmCanada.ca to email your Member of Parliament, asking for their support of Bill C-218 which would



amend the Criminal Code to prevent Medical Assistance in Dying (MAiD) from being provided when mental illness is the sole underlying condition. As Catholics and Canadians, we are called to offer care, hope, and protection — not death — to those who are suffering and most vulnerable.

Planning a Gift for the Future Church

A bequest in your Will is a meaningful way to return to God a portion of the blessings you received in life. Including your parish or an archdiocesan charity in your estate plan can reflect your Catholic values and may benefit your overall estate planning. Bequests are not only for the wealthy. An estate planning guide and Catholic estate advisors are available to assist. Contact development@archtoronto.org for resources. When arranging a bequest or planned gift, please ensure you use the correct legal names.

Cardinal Leo Writes to Canadian Senators re: Bill C-9 – Religious Freedom, asking to review and amend the legislation, addressing serious concerns identified by faith leaders, civil liberties experts and countless others. Read more here: bit.ly/40XZ6ZW

SAVE THE DATES

- Apr. 13:** Social Justice Group
- Apr. 17:** Young Adults Ministry
- May 12:** Mass with the Sacrament of Anointing of the Sick

Mass Intentions FOR THE WEEK

March 30 to April 5

- Mon.** Int of Maureen McKee by family
- Tue.** †John Keane by Gerry Simpson
- Wed.** †Anna Mruzova by Monika Kozak
- Holy Thursday, Good Friday, Easter Vigil, Easter Sunday**
Parish Intentions

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