



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
*Children's Liturgy of the Word (ages 4-10 yrs.)
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 30, 2025

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. Parents are invited to attend a baptism preparation session every third week of the month.

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

Archdiocese of Toronto
www.archtoronto.org

Catholic Cemeteries
www.catholic-cemeteries.com

Fourth Sunday of Lent

Known as **Laetare Sunday**, the Fourth Sunday of Lent invites us to momentarily lighten our penitential spirit in anticipation of Easter joy. Laetare, meaning "rejoice", expresses hope and joy amid our Lenten fasts and penances.

The Gospel this weekend tells the story of the healing of the man born blind. When the man worships Jesus, he receives spiritual as well as physical sight.

At the 9:30 am Mass, the Rite of Christian Initiation for Adults (RCIA) celebrates the **Second Scrutiny** with the Elect — those who are preparing to receive the Sacraments of Baptism, Confirmation and Holy Communion at Easter. The scrutinies are meant to uncover and heal all that is weak, defective, or sinful in the hearts of the Elect and to bring out and strengthen all that is upright, strong and good.

Please continue to pray for the Elect and our young parishioners as they continue to grow in their faith and love of God.



This weekend is ShareLife Sunday



ShareLife is a way for you to bring the hands of Christ to those in need. Our parish goal this year is \$512,000. Donate by using the ShareLife envelopes available at the church entrance, online through our parish website, or at sharelife.org/donate



Spring Bible Study: The Gospel of Luke April 26 to June 21, 10:00 am — 11:30 am

Every Saturday in the parish hall, spanning 8 weeks (no session May 17). Cost: \$45, includes the workbook. To register, email Susy/Jennifer at ministry1@sorrows.ca

SEASON OF LENT

Lenten Day of Confessions - Saturday, April 5

In addition to English language confessions by all priests, a number of priests are also available to hear confessions in other languages:



9:30 am to 11 am	Fr. Martin Pereira	Fr. Carlos Sierra Tobon *Swahili, Spanish, Italian	
11 am to 1 pm	Fr. Antoine Badr *French, Italian, Arabic	Msgr. David Reilander	
1 pm to 3 pm	Fr. Jan Kolodynski *French, Italian, Polish	Fr. John Vetere	
3 pm to 5 pm	Msgr. Joseph Shiels	Fr. Nino Cavoto	Fr. John Abad *Italian, Filipino, some Spanish

Holy Week Schedule

Palm Sunday*

April 12 5:15 pm (Vigil Mass)

April 13 8:00 am, 9:30 am, 11:00 am & 12:30 pm

Monday to Wednesday - April 14 to April 16

9:00 am Mass

Holy Thursday – April 17

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 – April 18

Celebrations of the Lord's Passion

12:00 pm, 3:00 pm, and 5:00 pm

The church will be open for private prayer until 8:00 pm

Holy Saturday - April 19

Blessing of Easter Food at 11:00 am

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 – April 20*

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

*Children at the 9:30 am Mass 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.

Stations of the Cross

Every Friday of Lent, at 9:30 am and 7:30 pm.



Mass with Contemporary Music
Sunday, April 6 at 12:30 pm

Novi Singers with MOSAIC Canadian Vocal Ensemble – Sunday, April 6, at 4:00 pm

Join Novi Singers Toronto for a Lenten and Easter concert, *Te Deum: From Lament to Glory*. The choir will be joined by MOSAIC Canadian Vocal Ensemble, Toronto Sinfonietta, and guest soloists. Tickets available via Eventbrite (\$35) or at the door (\$40). More info at novisingerstoronto.ca.

**Praying the Seven Sorrows of Our Lady:
A Special Prayer for Children**

Thursday, April 8 from 5:30 to 6:30 pm in the church.

For information, contact familylife@sorrows.ca.



Tenebrae Service – Tuesday, April 15
at 7:30 pm in the church

**Second Collection Next Weekend:
Parish Maintenance Fund**

Thank you for your support in taking care of our church for future generations.

Monthly Maintenance Update:

Plumbing boiler room - \$3,164

Snow removal - \$2,704

Elevator maintenance - \$1,491.60

SACRAMENT OF RECONCILIATION FOR ADULTS

HOW TO GO TO CONFESSION

1. Before going to Confession, examine your conscience by reflecting on your sins.
2. Begin your Confession by saying, “In the name of the Father, and of the Son and of the Holy Spirit. Bless me Father for I have sinned. It has been [length of time] since my last Confession. These are my sins...”

When confessing your sins:

- Name your sins specifically, but avoid unnecessary details and background information.
- If you’re not sure if something is a sin, just ask the priest.
- Unless you ask for advice, the priest will likely be brief in offering counsel.

3. The priest will suggest something for you to do or pray after Confession (called penance), as a response to God’s mercy.
4. The priest will then ask you to pray the Act of Contrition out loud (see text below), demonstrating your sorrow for your sins.
5. The priest will extend his hands in your direction and pray the Prayer of Absolution. You respond “Amen.”
6. The priest will likely say “God has freed you from your sins. Go in peace.” You can respond “Thanks be to God.”

ACT OF CONTRITION

My God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good, I have sinned against you whom I should love above all things. I firmly intend, with your help, to do penance, to sin no more, and to avoid whatever leads me to sin. Our Saviour Jesus Christ suffered and died for us. In his name, my God, have mercy. Amen



EXAMINATION OF CONSCIENCE FOR ADULTS

I am the Lord your God: you shall not have strange Gods before me.

Have I treated people, events, or things as more important than God?

You shall not take the name of the Lord your God in vain.

Have my words, actively or passively, put down God, His Church, or His people?

Remember to keep holy the Lord's Day.

Do I go to Mass every Sunday (or Saturday Vigil) and on Holy Days of Obligation (Jan. 1; Dec. 25)? Do I avoid, when possible, work that impedes worship to God, joy for the Lord's Day, and proper relaxation of mind and body? Do I look for ways to spend time with family or in service on Sunday?

Honor your father and your mother.

Do I show my parents or elders due respect? Do I seek to maintain good communication with them where possible? Do I criticize them for lacking skills I think they should have?

You shall not kill.

Have I harmed another through physical, verbal, or emotional means, including gossip or manipulation of any kind?

You shall not commit adultery.

Have I respected the physical and sexual dignity of others and of myself?

You shall not steal.

Have I taken things that belong to others; have I taken credit that belongs to others; have I wasted the time of others?

You shall not bear false witness against your neighbour.

Have I gossiped, told lies, or embellished stories at the expense of another?

You shall not covet your neighbour's spouse.

Have I honored my spouse with my full affection and exclusive love?

You shall not covet your neighbour's goods.

Am I content with my own means and needs, or do I compare myself to others unnecessarily?



FAMILY LIFE MINISTRY

Couples Night: Faith & Fitness with Fr. Paul

Have you gotten your tickets yet? If you are dating, engaged, or married, OLS Family Life Ministry invites you to an evening where faith, fitness, and health come together to strengthen your well-being as a couple. Enjoy a delicious dinner, engaging conversations, and fun activities designed to inspire connection and a healthy lifestyle on Friday, April 25th, from 6:00 pm to 9:30 pm in the parish hall. *Dress Code:* Wear sports gear. *Cost:* \$75 per couple. Tickets are available at the back of the church after each Mass or at the parish office. Last day to purchase tickets: Monday, April 21st. For more information, contact Angelica at Familylife@sorrows.ca

Totus Tuus Summer Camp - We are excited to be hosting a week-long fun and faith-filled summer camp this July:

•Day Program (Gr 1-6 in September 2025)

Monday, July 7 – Friday, July 11 from 8:45 am to 2:30 pm.

Fee: \$135 (\$115 for subsequent siblings) – Includes lunch, snacks & T-shirt.

Late pickup (2:30-4:00 PM) available for \$20 per week.

•Evening Program (Gr 7-12 in September 2025)

Sunday, July 6 – Thursday, July 10 from 6:00pm to 9:00 pm.

Fee: \$75 (\$65 for subsequent siblings) – Includes dinner & T-shirt.

Want to help? We need volunteers (adults & teens in Grades 9-12) for the day camp, meals, and evening program. High school students can earn volunteer hours!

For more info visit <https://bit.ly/4hWTuFf>

Questions or interested in volunteering? Email Angelica at totustuus@sorrows.ca

Monthly Coffee Social – Thursday, April 4 following the 9:00 am Mass in the parish hall.



Prayer Corner

As we begin the month of April, we start our focus on the fourth type of prayer, Thanksgiving. Thanksgiving prayers help us to recognize the many gifts we have received in our lives. Pope Francis encourages us to focus on these positive blessings in our lives, and broaden our sense of gratitude:

“Jesus often gives rise to joy and praise to God in those who encounter him. Let us also try to be in the joy of our encounters with Jesus. If we are bearers of gratitude, the world also becomes better.”

Pick up a Thanksgiving prayer card at the church entrances and make time to pray every day. Access the online version at: <https://bit.ly/4bZicn3>

Phone Ministry for Homebound Parishioners

This pilot ministry will support those who are elderly, isolated, or unable to attend Mass. Volunteers will offer companionship and encouragement through phone calls, ensuring that no parishioner feels forgotten. If you know someone who could benefit from this ministry, please contact the parish office. Privacy will be respected. Together, let's bring the Church to those who need it most.



Alpha: Begin the Greatest Adventure Tuesday, April 1, at 6:45 pm

Register with alpha@sorrows.ca to help with food preparation.



Mass Intentions FOR THE WEEK

March 31 to April 6

- Mon.** †David George Diston by Anne & Bob Shiley
- Tue.** †Anna Mruzova by Monica Kozak & family
- Wed.** †Susan Peterson by Jim & Winnie Magee
- Thu.** †Delia Montoya by Delia Urosevic
- Fri.** Living & Deceased members of the Goseco, Valencia & Feliciano families by Linda Feliciano
- Sat.** †Rosa de San Miguel by Delia Urosevic
- Sat. 5:15pm** †Maria Gorzelany by Shirley Barrett
- Sun. 8:00am** †Emilio Ragnoni by Jovita Ragnoni
- 9:30am** †Leslie Sharples by Mary Sharples
- 11:00am** †Melba & †Frank De Witt by De Witt family
- 12:30pm** Parish Intentions

THE ISLINGTON
RETIREMENT RESIDENCES
INSPIRED SENIOR LIVING WITH 

COMING SOON
CALL (437) 826-9696 TO
RESERVE YOUR SUITE

Corinne Del Piero
Salesperson
ROYAL LEPAGE
Office: 416-239-1818
Direct: 416-804-3829
Email: cdelpiero99@gmail.com
Realty Centre, Brokerage*
*Independently Owned and Operated



YELLOW CUP CAFE
416-231-6688
www.yellowcupcafe.com

CROATIAN ELECTRIC
ELECTRICAL CONTRACTORS
416.234.9006

KINGSWAY FISH & CHIPS
"For the Finest Fish & Chips
this side of the Atlantic"
3060 Bloor St. W. 416-233-3355

Bruno's Foods
Top Quality Meats • Produce • Grocery • Gourmet Foods
4242 Dundas St. W. 416-234-1106

Brook & Braddock Opticians
Your family opticians since 1965
3101 Bloor St. W.
416-233-2611 * 416-233-4030

GIB·SAN
Pool & Landscape Creations
Swim for the Health of it!
www.gibsanpools.com
416-749-4361

PRISTINE
GROUP OF COMPANIES
www.pristineprinting.com

Lynett Funeral Home
by Arbor Memorial Inc. 416-767-1176
3299 Dundas St. W. Toronto (1 block east of Runnymede)

LOOKING FOR A PRIVATE PSW?
CareSupportWorker is here to help.
Call: 647-894-0588
Email: lourdcsw@gmail.com
Visit: caresupportworkers.ca

www.gibsanpools.com
416-749-4361

CANDIDO FARIA
BROKER & PARISHIONER
RE/MAX ULTIMATE
For a Free Consultation or
Real Estate Overview Contact Me
TEL. 416.459.2007
WWW.CANDIDOFARIA.CA




PETER'S PLUMBING
Reasonable Rates
Free Estimate
Discount for Seniors
Tel: 416-880-3171
Etobicoke Media Network
Community News
http://locale.ddns.net:8080




PRINCEVIEW DENTAL
3052 BLOOR STREET W ETOBICOKE ON M8X1C4
• IV SEDATION
• SAME DAY CROWNS/BRIDGES
• COSMETIC DENTISTRY
• NEEDLE / PAIN FREE DENTISTRY
• SNORING/ SLEEP APNEA TREATMENT WITH LASER
• ROOT CANAL / PERIODONTAL/SURGICAL TREATMENTS
416-231-4562
info@princeviewdental.com

Sutton ASSOCIATES
PINA RAO-WITTERSHEIM
Broker/Parishioner
Platinum Award Winner
416-966-0300 Office / 416-567-0635 Direct
www.BloorCourtVillage.com

CATHOLIC CEMETERIES FUNERAL SERVICES
www.catholic-cemeteries.com
Holy Cross Cemetery & Funeral Home 905-889-7467
Queen of Heaven Cemetery 905-851-5822

**Adult & Teen
Beginner Art Workshops**
www.superbluartstudio.com
437-603-4880

the children's DENTAL CENTRE
Certified Specialists in
Pediatric Dentistry
523 The Queensway, Suite 104
416-252-KIDS (5437)
www.childrendentalcentre.ca

VIBO
ITALIAN RESTAURANT
Casual Fine Dining
2995 Bloor Street West
416-239-1286
www.vibo.ca

AVAinteriorDesign.ca
416.889.2642
Love Your Home
Interior & Exterior Design
& Decor Consultation
AVAinteriorDesign@yahoo.ca
416-889-2642




**Wealth Management
Dominion Securities**
Complete Wealth Management
Individuals, Retirees Holding/Operating Companies
Strategies
Charitable Giving, Family Trusts,
Estate, Investment & Financial Planning
Christopher Kerrigan VP, PM
416-231-6312
www.kerriganadvisory.ca
KERRIGAN
ADVISORY TEAM

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

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

STONEGATE DENTURE CLINIC
Canadian Dental Care Plan
(CDCP) Accepted
FOR ALL YOUR DENTURE NEEDS
416-878-9353
3101 Bloor St. W. #206
StonegateDenture.com

COLLEGE SCHOOL
A university preparatory,
independent Catholic school
for girls (Grades 5-12)
905.891.1890 admissions@hnmcs.ca



EPS FAMILY HEALTH
Your Neighbourhood Psychology Clinic
Therapy, Assessments, and ADHD Coaching.
West Etobicoke Clinic
5359 Dundas Street West
Suite 301
M9B 1S3
Central Etobicoke Clinic
3101 Bloor Street West
Suite 208
M8X 2W2
647-797-4039
epsfamilyhealth.com

Let's start a conversation.
The best way for your wishes
to be followed is to share
and record them. We can
help, call 416-767-3153
and ask for Bill.
turnerporter.ca
Turner & Porter
FUNERAL DIRECTORS
Serving The Kingsway, Bloor West Village
and the GTA for over 148 years.

Vibrant Physiotherapy
548-255-9191
652 The Queensway, Etobicoke
Physio, Acupuncture,
Massage, Osteopathy, Chiro treatment
Direct Billing with all Insurance, IHIP, MVA, WSIB

Tony's Flooring Centre
Family Owned & Operated Since 1961
www.tonysflooring.ca (416)255-9631
ROTO-ROOTER 416-503-4444
www.rotorooter.com
• Plumbing • Disaster Cleanup
• Drains • Restoration Services
"1 Call Solves it All"

CJ's SKATEPARK
SINCE 2008
CANADA
LARGEST NOT-FOR-PROFIT SKATEPARK IN THE WORLD!

LESSONS & CAMPS
CHECK OUT OUR NEW TODDLER PROGRAMS (AGE 1 1/2 - 5+)
ADULTS 10AM SATURDAYS & 5PM WEDNESDAYS
OWNED AND OPERATED BY PARISHIONER JAY MANDARINO
CJSKATEPARK.com 905.272.6888