



OUR LADY OF SORROWS PARISH

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

September 15, 2024

Fr. Chris Cauchi, *Pastor*
Elise Lee, *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.

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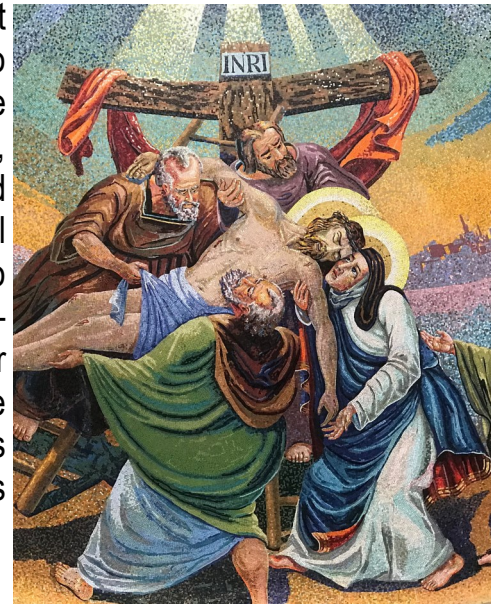
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Feast of Our Lady of Sorrows

Mater Dolorosa in Latin, Most Sorrowful Mother speaks of Mary as a mother of compassion, wisdom, and strength amidst tremendous suffering. Suffering provokes fear, pain, distress, and hardship within us and around us, but Mary's brave stance beneath the cross shows us how to approach suffering.

We can sit around and witness our sufferings in life with bitterness, anger, discord, and cowardice. We can come up with excuses to justify why we are victims of suffering. Mary did not sit around by the cross. She stood firm with two feet planted on the ground and her two eyes looking at her Son. She embraces suffering with love, compassion, patience, grace, and humility. Mary focuses on the real Victim and Priest and his power to make suffering fruitful and life-giving. Mother of Sorrows, pray for us. Make our hearts more like yours and make our sufferings fruitful in light of your Son's cross and your tender sorrows.



By Seminarian Michael Berlin-Riga

Join us in our celebrations of the Feast Day of our Patroness, Our Lady of Sorrows, and to pray for our parish community.

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Please note that today's Readings are not found in the *Living with Christ* missalette because they're particular to our parish. We'll be using Genesis 22: 1-19 (First Reading), Psalm 31, Hebrews 5: 7-9 (Second Reading), and John 19: 25-27 (Gospel).



## An Invitation to Alpha — Begins Oct. 15

Alpha is a multi-week course where participants discuss the purpose of life, Jesus' teachings, and more. Curious? Come and see the first Alpha night! Alpha meet Tuesdays from 6:45 pm to 8:45 pm in the Parish Hall. Program and meals are free. Contact [alpha@sorrows.ca](mailto:alpha@sorrows.ca) for details. To register: [bit.ly/3MJuVhK](https://bit.ly/3MJuVhK)

## Fall Bible Study — Begins Sept. 28

The Catholic Church is extraordinary — it's where we encounter God's Word, his sacraments, and his saints. Join us for **"What We Believe: The Beauty of the Catholic Faith"** every Saturday from 10:00 am to 11:30 am, beginning Sept. 28 until Dec. 14. Cost: \$45. For details and registration, contact [ministry01@sorrows.ca](mailto:ministry01@sorrows.ca)



## Volunteer Catechists Needed!

We are looking for volunteers to help teach our younger parishioners in our Religious Education, First Communion, and Confirmation programs. You don't need to be an expert, we will help train you! Please contact the parish office at [office@sorrows.ca](mailto:office@sorrows.ca) for information.

## Baptism Preparation for School-Aged Children

Families whose children have reached their 6th birthday and have not yet been Baptized, are invited to learn more about this process at Our Lady of Sorrows. Contact [baptism@sorrows.ca](mailto:baptism@sorrows.ca) or Gabriella in the parish office.



## 2024/2025 Sacramental Preparation

The sacraments of **First Communion** and **Confirmation** are significant milestones in the faith journey of our young parishioners. Registration packages will be available at the back of the church after Mass. Email [firstcommunion@sorrows.ca](mailto:firstcommunion@sorrows.ca) or [confirmation@sorrows.ca](mailto:confirmation@sorrows.ca) for any inquiries.

## 2024/2025 OLS Religious Education — Registration for school year is now OPEN!

Parishioner families with children in grades 2-7 attending non-Catholic schools are encouraged to register. In-person classes are held at OLS School Monday evenings from 7:00 pm to 7:40 pm. The program is largely volunteer-run and parents are expected to assist. Registration Fee: \$75 per child. Visit our [website](https://www.sorrows.ca) or email [ReligiousEd@sorrows.ca](mailto:ReligiousEd@sorrows.ca). Grade 1 students are invited to participate in the Liturgy of the Word with Children at the 9:30 am Sunday Family Mass.

## Liturgy of the Word with Children Sundays at 9:30 am Mass



Welcome back! We invite all children to reflect on the Gospel readings adapted to their level of understanding. After the opening hymn, children ages 4-10 can head down to the parish hall. No registration required. Please email [familylife@sorrows.ca](mailto:familylife@sorrows.ca) to volunteer.

## Music Ministries



We are pumped for another year of fabulous music making in the **Children's Choir!** Don't miss your chance to learn and sing with Ms. Ale, the Choir Director. To register, scan the QR Code at the back of the church. Questions? Ask Ms. Ale at [aballon2@gmail.com](mailto:aballon2@gmail.com). First choir rehearsal is Thursday, Sept. 12 at 4:00 pm. More details at [bit.ly/olschoir](https://bit.ly/olschoir).

Our parish **adult choir**, led by Gordon Mansell, our Music Director, invites all who enjoy singing to join us for Thursday night rehearsals from 7:30 pm to 9:00 pm. The choir sings at the 11:00 am Sunday Mass and special events throughout the year. Please contact the [parish office](mailto:parish@sorrows.ca) or Gordon at 416-571-3680.

## An Invitation to become Catholic

*Is God calling you to join the Catholic Church? Are you baptized in another denomination and would like to be received into the Catholic church? Are you an un-catechized, baptized Catholic who would like to finish your initiation into the Church and celebrate the sacraments of Confirmation & Eucharist?*

**Rite of Christian Initiation of Adults (RCIA)** prepares unbaptized individuals to be received into the Catholic church. Candidates explore and deepen their relationships with God, harnessing their gifts to serve the world. For more details, contact Gabriella at 647-933-3705 or [gabriella@sorrows.ca](mailto:gabriella@sorrows.ca)

## Stewardship Sunday — Sept. 21 & 22

Next week, the Archdiocese will celebrate Stewardship Sunday. Sharing your individual gifts of time and talent is an act of faith that helps build our OLS community. There are many ministries at OLS — something for everyone!



### Praying with Mary / The Rosary

Participate in the Year of Prayer announced by Pope Francis by attending this webinar on prayer led by Dr. Josephine Lombardi on Thursday, October 3, 1:00 pm to 2:30 pm. You're invited to the parish hall to watch with other parishioners or watch online [cccb.ca](http://cccb.ca).

### Seeds of Hope 2



*Saturday, Sept. 21 to Friday, Sept. 27.* Donate your freshly grown produce after Mass or drop them off in baskets by the church entrance. All produce collected is donated to St. Francis Table.

### Season of Creation 2024

Each year from September 1 to October 4, the ecumenical Christian family is invited to participate in this worldwide celebration of prayer and action. As followers of Christ from around the globe, we share a common call to care for Creation. For details: [bit.ly/3XeeMXZ](http://bit.ly/3XeeMXZ)



### ACTS Retreat at Queen of Apostles Renewal Centre — 1617 Blythe Rd., Mississauga

Come and renew yourself spiritually, to strengthen your faith and to apply it to your daily life. Women's Retreat: Oct. 3 to 6, 2024. Men's Retreat: Oct. 31 to Nov. 3, 2024. For more information or to register, please visit [www.actscanada.org](http://www.actscanada.org) or email [actscanadacore@gmail.com](mailto:actscanadacore@gmail.com).

### Weekly Drop-in Bridge

Join us in the Parish Hall meeting room, Thursday afternoons from 12:30 pm to 2:30 pm. Partners are not required. Contact Gail at 416-889-1331 or Rena at 416-236-0728.

## Mom's Group: Pray & Play — Sept. 17

All mothers and their children are invited to join us this Tuesday from 10:00 am to 12:00 pm in the parish hall. Reflect on the joys and challenges of motherhood!

## Family Movie Afternoon — Sept. 28

Watch **Disney's "Cars (2006)"** and explore the importance of empathy, humility, and friendship in the parish hall. Doors open 2:00 pm. Movie starts at 2:30 pm. Free admission, free popcorn, \$2 pizza. Hope to see you there!

## Novena to Saint Michael the Archangel

As the Solemnity of Saint Michael approaches, Archbishop Leo invites us to offer a novena to Saint Michael, the Patron of the archdiocese. The novena will start on Sept. 20 and span 9 days until Sept. 29, the Feast of the Archangels. [bit.ly/4ektjXH](http://bit.ly/4ektjXH)



A novena is a **prayer of intercession**. It originates from when Mary and the Apostles devoted themselves to constant prayer between Jesus' Ascension and Pentecost. Similarly, we emulate the same devotion as we await the feast of Saint Michael, the Patron Saint of the archdiocese.

## Mass Intentions


FOR THE WEEK

### September 16 to 22

- Mon.** †Isilda & †Afonso Lopes by Cristina & Sergio Lopes
- Tue.** †Alfredo Ventura by Gloria Ventura
- Wed.** †George Murphy by Albina & Akos Jankura
- Thu.** †Gordon Gray by John and Winnie Magee
- Fri.** †Earl Anselm by Cathy Sbrolla
- Sat.** †Vito Giannini by Grace Careri, †Toy Caluag by Eileen Dalusong, †Richard Nytko by Theresa Ngugama, †Gino Gizzarelli by Paul B. Glass, †John Richard Flynn by Eugene & Paula Wilson  
Int. of Sanna Toma & family, Marilyn, Bridget, Amy & Katie by Paula & Eugene Wilson  
Int. of Ann & Anthony Mangione (50th Wedding Anniversary) by Patrick Hearn  
OLS Benefactors of Saint Vincent the Paul by Members of OLS conference of SSVP
- Sat. 5:15pm** †Harry Caradonna by Gina Caradonna
- Sun. 8:00am** †Hanna Jabbour by family
- 9:30am** †Joan Simone
- 11:00am** Parish Intentions
- 12:30pm** †Richard Ruebusch by MaryLou Cronan

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# Embracing the Sorrows of Life with Mary

How devotion to Our Lady of Sorrows can help us understand suffering



**By Michael R. Heinlein**

October is a month dedicated to the Rosary — an opportunity to focus on the importance of Marian devotion in the life of the Church.

The spiritual maxim of St. Louis de Montfort sums up succinctly what has been reiterated since ancient times: *Ad Jesum per Mariam* (“to Jesus through Mary”). The fruit of Marian devotion is union with her divine Son. The Second Vatican Council’s dogmatic constitution *Lumen Gentium* states that the Church regards devotion to the Mother of God as important because she “occupies a place in the Church which is the highest after Christ and yet very close to us” (No. 54). The Church’s Marian devotion is well put in

the words of Pope St. John Paul II’s 2002 encyclical *Rosarium Virginis Mariae*: “among creatures no one knows Christ better than Mary; no one can introduce us to a profound knowledge of his mystery better than his Mother” (No. 14).

There is, perhaps, no more beloved Marian devotion than the Rosary. A tradition holds that the Blessed Mother revealed the prayer form known and beloved today — sometimes referred to strictly as the “Dominican Rosary” — to the mendicant preacher St. Dominic. The Rosary offers an opportunity for meditative reflection on the mysteries of Christ’s life and Mary’s — and a prism through which to reflect on our own Christian lives. Various popes and saints have spoken of the Rosary’s

importance in one’s prayer life. And, of course, a century ago the Rosary gained fresh significance when the Blessed Mother beseeched the world at Fatima to pray it daily to obtain peace.

## History of the Servite Rosary

Aside from the Rosary, other forms of Marian prayer, also called “rosaries” and sometimes called chaplets,





have emerged in the life of the Church over the centuries. Notably among these is the Servite Rosary, also known as the Rosary of the Seven Sorrows or the Chaplet of the Sorrowful Mother. This prayer has been a part of the Church's devotional life since the 13th century.

The history of the Servite Rosary is traced back to 1240, when seven young professional men retreated into the hills outside of Florence, Italy. Contemporaries of St. Dominic, they sought to establish a new religious order called the Servites, dedicated to a life of prayer, penance and service in the name of Our Lord and his Blessed Mother. They promoted devotion to Our Lady of Sorrows as an opportunity to venerate, alongside her crucified Son, his sorrowful mother (see Jn 19:25-27).

Through the ages, many saints

also have worked to foster devotion to Our Lady of Sorrows, including St. Bridget of Sweden. In the 18th century, Redemptorist founder St. Alphonsus Liguori worked to foster devotion to the Blessed Mother, drawing fresh attention to the Mother of Sorrows. His famous series "The Glories of Mary" contains meditations on Mary's sorrows, still popular today.

### **Importance of the Devotion**

The Servite Rosary takes on the shape and form of the popular Rosary. Instead of the mysteries, there are seven

sorrows in the life of Mary proposed for meditation. Along with opening and closing prayers unique to the devotion, the Servite Rosary ends with three Hail Marys, which represent Mary's tears. And instead of reciting five decades of Hail Marys in a given set of mysteries of the Rosary, there are seven septets of Aves.

In many ways, this devotion helps one to reflect on his or her own personal sinfulness. Every human being who ever lived or will live is responsible for the crucifixion of Our Lord, as the Catechism of the Catholic Church states (see No. 598). Therefore, the heart of

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*Devotion to Our Lady of Sorrows helps us to remember that the favour God shows us is not immune from suffering.*

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Mary's sorrow is found in the harsh reality that her Son was born so as to die for our sins. Everything about his life aims toward the Cross. Indeed the entire Christ-event occurred to bring redemption — the forgiveness of our offenses against God. But not only do our sins damage or destroy our relationship with God, but sin affects the entirety of human solidarity (see CCC, No. 1872) and introduces realities such as suffering (CCC, No. 418). When we reflect on Mary's sorrow, we come face to face with that reality; the Sorrowful Mother is sorrowful because of our sins.

In Scripture, seven occasions of intense sorrow and grief in Mary's life are recorded. Devotions like the Servite Rosary enable devotees of Mary's sorrows to encounter

the many facets of human grief and sorrow that were part of the Blessed Mother's life.

Devotion to Mary's sorrows affords the opportunity to ponder her who is "full of grace" and chosen by God to be his mother. Chosenness often is associated with something exceptional and honorable, especially if God is the chooser. Devotion to Our Lady of Sorrows helps us to remember that the favor God shows us is not immune from suffering. Just as Mary was chosen by God to be an integral part of salvation history, meditating on her experiences of grief and sorrow allows us to understand that God is alive and active even in those same experiences in our lives. In Mary's suffering we can find a way to understand our

suffering. What follows are the Seven Sorrows of Mary and some reflections to assist in meditating on this reality.

## Simeon's Prophecy

The first sorrow, in many ways, lays the foundation for the others. New parents know the joy and awe that surrounds the first months after a child is born, particularly with the firstborn. Forty days after giving birth, when Jesus is just less than 6 weeks old, Mary and St. Joseph bring him to be presented to God at the Jerusalem Temple (see Lk 2:22-24). This act of worship and thanksgiving, customary for the parents of any first-born Jewish male, was presumably a day of joy for the young mother. Her joy was turned to amazement, St. Luke says in his Gospel,





uncertainty.

Jesus, Mary and Joseph become strangers in a strange land. The Holy Family put their trust in God, not knowing the next steps of his plan. And in doing so they teach us how to turn pain into an act of faith and prayer.

## Losing Jesus in Jerusalem

When Jesus was 12, the Holy Family made a pilgrimage to Jerusalem for the Passover (see Lk 2:41-52). On the return home, the Christ Child's parents thought he was with the caravan returning to Nazareth. When they came to find he was not with anyone, they broke away from the caravan and returned to the city to look for Jesus — symbolically searching for three days. A parent cannot imagine the grief that would

when the prophetic Simeon acknowledged Jesus to be Israel's long-awaited Messiah. And yet, in the midst of her joy, a curtain falls when Simeon declares, "Behold, this child is destined for the fall and rise of many in Israel, and to be a sign that will be contradicted (and you yourself a sword will pierce) so that the thoughts of many hearts may be revealed" (Lk 2:34-35). This sorrow illustrates how God's ways are not our own; joy and sorrow are intertwined to achieve God's purposes. For this reason, Mary willingly and lovingly embraced all her sorrows and sufferings even when she embraced God's plan for her at the Annunciation.

(see Mt 2:13). It was necessary to deliver the Christ Child from the threats of murderous Herod, who sought to slaughter the newborn king he heard about from the Magi. St. Joseph guided his holy family to Egypt, as the Lord's angel had directed. The joy of Mary's motherhood is crushed further as the Holy Family must take on status as *émigrés*. As a loving mother, Mary must now be strong for her divine Son in the face of hardship and



## Fleeing to Egypt

Immediate action was taken by St. Joseph following the stark warning he received in a dream



have its clutches on the human heart in such a moment. Undoubtedly the self-doubts and self-blame were surely paralyzing. What does Mary think when she finds Jesus in the Temple? Readers learn of no practical explanations for this event in the Gospel. Could Jesus have told someone about his plan, and the news did not reach his holy parents? Was he

just an obnoxious teenager who chose to do his own thing? It seems these options are not the case. Rather, it is made clear that Jesus is single-hearted in doing God's will already in his youth. Here Jesus models primacy of obedience to God's will, which often can leave others amazed and afraid, as he did years later with the apostles (see Mk

10:32). Mary no doubt pondered mysterious and awesome occasions like this in her heart (Lk 2:19), wrestling to discern their purpose — never gaining full clarity until years later at the cross.

## Meeting Jesus on the Via Dolorosa

The Gospels do not tell us when Jesus would have seen his mother for the last time. In fact, we are not told much about her at all during Jesus' public life and ministry. And, in this fourth sorrow, Mary encounters her beaten and bloodied Son as he makes his way to the site of his execution. Imagine Mary's shock when she learned of her Son's unwarranted arrest and the death sentence following his mock trial at Pilate's praetorium. What must it have been like for Mary? She knew her Son was conceived by God's power, and yet he is subjected to the most humiliating, degrading and unjust of human experiences. Here, Mary witnesses for us what it is like to trust in God, even when it seems as if there is no reason to do so. She is unafraid to accompany her Son to his death, modeling for us that love of God should matter above all else. Here we learn





even the greatest saints. In the end, Jesus was not alone in his suffering at Calvary. His was not the only heart pierced with a sword there. Mary's was, too, albeit figuratively, fulfilling Simeon's prophecy.

## Jesus Is Taken from the Cross

A mother has untold hopes and dreams for the babe she cradles in her arms. Mothers never are supposed to find those dreams to be dashed, similarly holding her child's lifeless body in her arms. That is an incomparable grief — a finality no mother ever imagines possible. What makes it worse is that Mary's Son is executed. There is nothing natural about his death, as if that would make matters any better. But given the circumstances, there is all the

from the "school of Mary" that in our grief, like in that of Mary, our primary concern in all things should be her Son.

## Jesus Expires on the Cross

St. John's Gospel states that Mary was standing at the foot of Jesus' cross (see 19:25). And this is not a minor detail. As is the case with cultural and societal norms, there would have been expectations for how a woman in Mary's situation would have acted and behaved. Public displays of grief were not uncommon, perhaps even expected. Mary should have been flailing around in misery at the execution of her Son. But what would that have proven? Such grief would have been a slap in the face to God. Such behavior would have been a denial of God's plan. Standing was a sign

of strength and determination. By standing at the cross, Mary is showing to all around — and us as well — that she knows that her Son's death is not the end of his story. Mary is an icon of faith at the cross, but that does not take away her sorrow. It does not take away the pain of watching her Son gasp for breaths and speak his final words. It does not take away the fleeting moments of doubt that can plague the minds of





more possibility for hatred to occupy the heart. And yet for Mary it does not. Michelangelo's famous sculpture of this sixth sorrow is one of the most recognizable pieces of art in Christendom — the *Pietà*. In his portrayal of this event, Mary appears very young, perhaps even younger than her lifeless Son. That is an illustration of her purity — as the immaculate one there is nothing of the sin and evil that only corrupts. Rather, as if in

prayer, Mary gives thanks for her Son. She has faith in God's plan, living in the hope of God's promise. Here, Mary knows only love as she gazes on him who just performed love's greatest act. Mary shows humanity that it is possible to live in a way that is contrary to all the instincts directed by sin. Here, in her sorrow, Mary transforms hate into love by mirroring her Son.

## The Seven Graces

*In the 14th century, St. Bridget of Sweden received a vision of the Blessed Mother in which Mary promised graces to those who daily spent time meditating on her seven sorrows. Those graces are:*

- I will grant peace to their families.
- They will be enlightened about the divine mysteries.
- I will console them in their pains, and I will accompany them in their work.
- I will give them as much as they ask for as long as it does not oppose the adorable will of my divine Son or the sanctification of their souls.
- I will defend them in their spiritual battles with the infernal enemy, and I will protect them at every instant of their lives.
- I will visibly help them at the moment of their death; they will see the face of their Mother.
- I have obtained from my divine Son that those who propagate this devotion to my tears and dolours will be taken directly from this earthly life to eternal happiness since all their sins will be forgiven and my Son and I will be their eternal consolation and joy.

Source: [TheMostHolyRosary.com](http://TheMostHolyRosary.com)



## Jesus Is Buried

Jesus and Mary are of simple means. As his sole surviving family member, Mary is unable to provide her Son a grave. In humility, she must depend on the charity of many, such as St. Joseph of Arimathea, who gives up his own grave for Jesus' use. And Mary and the other women presumably want to do nothing more than to attend to the body of their beloved Jesus. But as Jewish laws require, they must wait until the Sabbath is over.

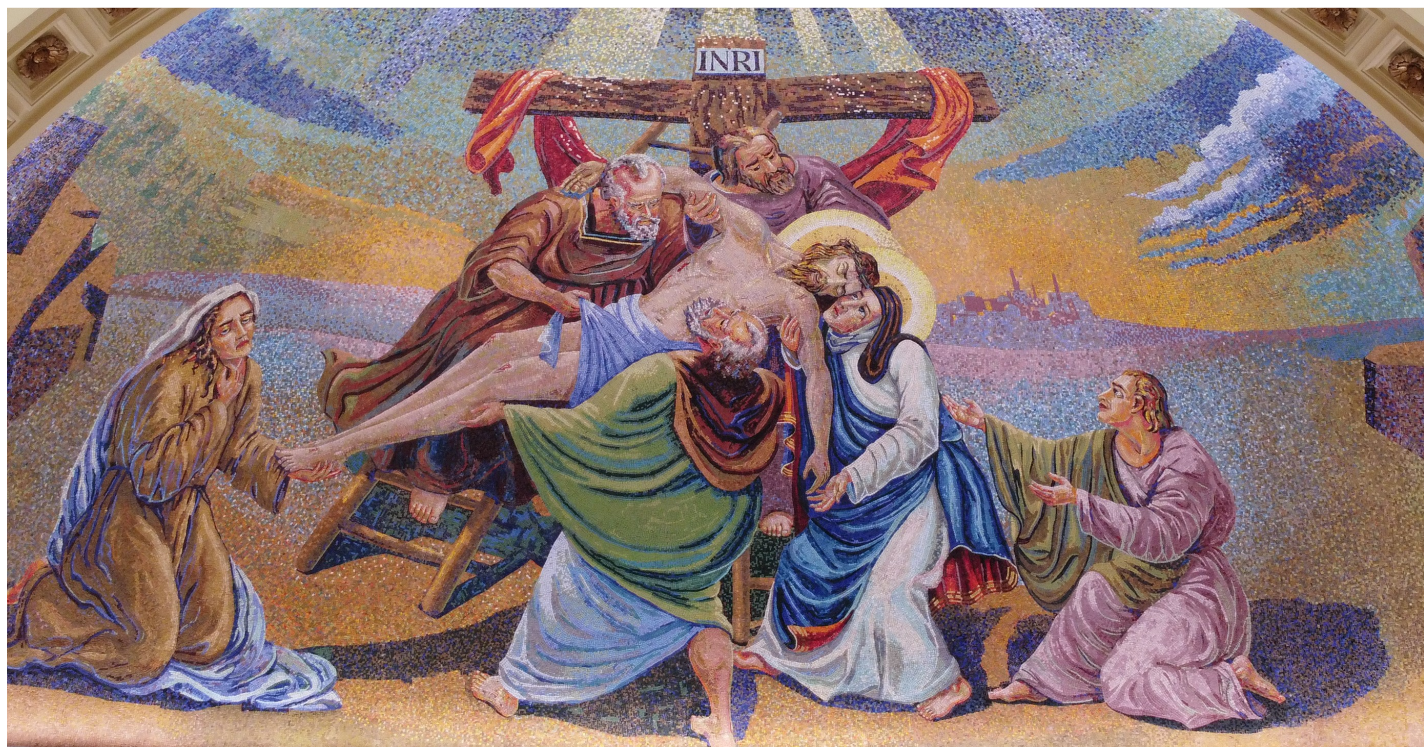
Burial has attached to it all the connotations of life's final curtain call. There is no way

around it. Many families today opt for more cosmetic burials of their loved ones, choosing to say their last farewells — if burial is even chosen — in the comfort of a cemetery chapel rather than at the cold, stark graveside. It makes the loved one's death all too real. The full weight of what happened on that Good Friday must have weighed immensely on Mary at that moment. But is death a problem to be avoided or a step in the soul's life to be embraced?

This sorrow is presumed of the Gospel accounts of Jesus' burial and kept alive by tradition. Mary shows us that burial is an

opportunity to live as an icon of hope. Rather than allowing herself to be crippled by despair, despite the anguish and pain, Mary accompanies her Son's body to the finality of the grave. Mary witnesses to the hope that should be ours as we each bid farewell to our loved ones, assured by the hope of the resurrection of the body we profess to believe.

Mary's hope indicates that within her heart there is a glimmer of the joy that awaits her on Easter morning, when her tears will be turned into the dancing promised by the psalmist (see 30:12) because God is faithful.



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