



# 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  
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## Mass Schedule

Weekdays (Monday-Saturday): 9:00am  
Saturday Vigil: 5:15pm  
Sunday: 8:00am, 9:30am\*, 11:00am, 12:30pm \*Children's Liturgy of the Word (ages 4-10 yrs.)

## Reconciliation

Monday: 7:00pm - 8:30pm  
Saturday: 4:00pm - 5:00pm

## Our Journey through Lent



“ Let us journey together in hope, for we have been given a promise. May the hope that does not disappoint (cf. Rom 5:5), the central message of the Jubilee, be the focus of our Lenten journey towards the victory of Easter. ”

Pope Francis,  
2025 Lenten Message

Lent is a liturgical season that lasts for 40 days, beginning on Ash Wednesday. It has two major purposes: it recalls or prepares for Baptism, and emphasizes a spirit of penance.

Through forty days of closer attention to God's Word and of more fervent prayer, believers are prepared to celebrate the Paschal Mystery (Jesus' Passion, Death, and Resurrection).

Lent is an observance that has its roots in the early Christian church.

The purpose of Lent is to provide us with an opportunity to draw closer to God through **prayer, fasting, and almsgiving (acts of charity)**. These practices help to deepen our connection with God, our awareness of Jesus' sacrificial love and to prepare ourselves for the Paschal Mystery – the journey of Jesus' passion, death, and resurrection.

Read Pope Francis' 2025 Lenten Message “*Let us journey together in hope*” at [bit.ly/4gVCkHx](https://bit.ly/4gVCkHx).



Consider ways that you can personally grow in prayer, fasting and almsgiving this Lent.

Take a moment to review these resources and make a plan for your own personal Lenten journey.

## Prayer Resources

### Hallow

This Lent, Our Lady of Sorrows is offering all parishioners a \$1.00 USD subscription to Hallow for the next 120 days. The app features the audio-guided *Pray40 Challenge: The Way* which is based on the writings of St. Josemaría Escrivá. Join Fr Mike Schmitz, Jonathan Roumie, Mark Wahlberg and others as we draw closer to Jesus in preparation for Lent.

To get started, position your phone camera on the QR below

Hallow is a popular Catholic App. While based in the U.S., the content is applicable to Canada. In addition to the special Lenten *Pray40* challenge, the app includes over 10,000 different sessions on contemplative prayer, meditation, bible reading, rosary, lectio divina, music & chants, and sleep Bible stories.

Beginning Ash Wednesday, to access this promotion you must go to the website <https://hallow.com/parish>

- In the search box, key enter Our Lady of Sorrows 3055 Bloor Street West, Etobicoke, ON M8X 1C6 then click continue
- Create an account and follow the prompt
- Click on Redeem Offer and confirm your trial offer to open/download the app

We encourage you to use the Hallow App and Pray40 to help create a new habit of praying every day during Lent. After Lent, you can choose to continue to use Hallow or cancel it. The app will automatically renew for \$9.99 US/month or \$69.99 US/year – minus a 20% discount. You will receive an email from Hallow prior to the automatic renewal

### formed™

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**FORMED** provides Catholic content from more than 60 organizations to help families and individuals explore their faith through programs, e-books, and movies. Our parish has a subscription with FORMED – sign up for free! Simply download FORMED from the App Store or Google Play, or visit [formed.org/signup](https://formed.org/signup) and enter our parish name or postal code: M8X 1C6.

For Lenten resources on FORMED, visit [watch.formed.org/lent](https://watch.formed.org/lent).



## For Children:

*Let's Learn about Lent:* A simple and family-friendly overview of Lent and how Catholics observe it —

<https://bit.ly/4k54bHV>

*Lent with Brother Francis: 40 Days of daily meditations* — <https://bit.ly/4i2WmAV>

*Brother Francis: The Stations of the Cross* — <https://bit.ly/4hVeA7y>

## For Parents:

*Living Lent as a Family:* A four-part series on living Lent liturgically to support and inspire families in their faith at home — <https://bit.ly/413vREI>

## Praying the Seven Sorrows of Our Lady — A Special Prayer for Children

Our Family Life Ministry warmly invites children and their families to join us on Tuesday, April 8, from 5:30 to 6:30 pm in the church. Families interested in helping us create these reflections are encouraged to email Angelica at [familylife@sorrows.ca](mailto:familylife@sorrows.ca).

## Group Prayer and Reflection at OLS:

**Adoration** — Eucharistic Adoration occurs every Monday from 7:00 pm to 8:30 pm in the church. The Eucharist is displayed so that all can see and pray in the presence of Christ.

**Stations of the Cross** — Recited each Friday of Lent starting March 7 at 9:30 am & 7:30 pm in the church. Parishioners are encouraged to make a spiritual pilgrimage of prayer, through meditating upon Christ's suffering and death.

## Reconciliation (Confessions)

Mondays from 7:00 to 8:30 pm, and Saturdays from 4:00 to 5:00 pm.

During Lent, the Sacrament of Reconciliation is also available on Fridays between 7:00 and 7:30 pm.

On Saturday, April 5, priests will be available to hear confessions from 9:30 am to 5:00 pm. In addition to English-language confessions by all priests, several priests are also available to hear confessions in various languages:

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

**Rosary** — The Rosary is a valuable instrument of prayer and meditation. We invite you to join us for communal praying of the rosary daily at 8:25 am prior to the 9:00 am Mass, Monday to Saturday.

**Parish Mission: Mary: A Sure Sign of Hope** - Saturday, March 29, 9:30 am – 4:00 pm, led by Dr. Josephine Lombardi. Join us for a day of reflection and renewal as Dr. Lombardi leads us through a powerful meditation on the sorrows of Mother Mary, helping us remain anchored in the hope that defines this Jubilee Year. The day will include insightful presentations, time for prayer and faith sharing, and Eucharistic Adoration with uplifting Praise and Worship music. Attendance is free of charge, but free-will offerings are appreciated. Lunch will be available in the hall for \$15 for those who RSVP by March 23 at [office@sorrows.ca](mailto:office@sorrows.ca).

**Alpha:** Tuesdays, April 1 to June 24, from 6:45 pm to 8:45 pm, in the parish hall

Alpha is a multi-week course that creates a space to ask questions about life, faith and meaning in a friendly environment. Not sure if it's for you? Simply come to the first session on April 1 and see! Each Alpha session includes a meal, short video, and time to connect and discuss. Program and meals are free. Contact [alpha@sorrows.ca](mailto:alpha@sorrows.ca) for details or questions. Register at [bit.ly/3MJuVhK](https://bit.ly/3MJuVhK).



**Tenebrae** Tuesday, April 15, at 7:30 pm at OLS

*Tenebrae*, meaning Darkness, was written in the middle of the last century by Monsignor John Edward Ronan — principal founder of Toronto's St. Michael's Choir School. The Tenebrae responsories convey the sorrow of Holy Week through solemn and noble music.

This year's presentation by MOSAIC Canadian Vocal Ensemble, Alumni of St. Michael's Choir School and members of the Our Lady of Sorrows adult choir, with musical arrangement by our Music Director Gordon Mansell, will also include Allegri's monumental *Miserere Mei*. Free-will offerings are welcomed.

## Fasting

Ash Wednesday and Good Friday are days of fasting and of abstinence from meat.

Christian fasting obtains its full meaning when we deprive ourselves of food in order to be more open to prayer, to share more in the suffering of those who are starving and to save money to give to the poor.

The law of “abstinence from meat” binds those who are 14 and older; the law of “fasting” binds those from 18 to 59 years of age. Parents and educators are reminded of their duty to introduce children gradually to the understanding and practice of penance. The actions modeled by adults will be the greatest influence in this matter. Fridays are days of abstinence from meat, but Catholics may substitute special acts of charity or piety on this day. (Pastoral Notes, pgs. 54-5)

## Charity & Almsgiving

**Bundle Up Weekend** — March 29 & 30

Through the Bundle Up weekend drive, the Society of St Vincent de Paul collects gently used household items for donation or resale for neighbours in need in the community. A container for your gently used donations of clothing and housewares will be available in the church parking lot.

**ShareLife** — The 2025 ShareLife campaign begins with the first collection on March 30. ShareLife allows us to live the Gospel by supporting agencies that serve those who are poor, vulnerable, and marginalized.

## Holy Week Schedule

### Palm Sunday

Vigil Mass: April 12 at 5:15 pm  
Sunday Masses: April 13 at 8:00 am, 9:30 am, 11:00 am and 12:30 pm

### Holy Monday – April 14

Mass at 9:00 am

### Holy Tuesday – April 15

Mass at 9:00 am

### Holy Wednesday – April 16

Mass at 9:00 am

### Holy Thursday – April 17

Mass of the Lord's Supper at 7:30 pm  
Altar of Repose in the parish hall from 8:30 pm to midnight

### Good Friday – April 18

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 until 8:00 pm

### Easter Vigil – April 19

Mass at 8:00 pm

### Easter Sunday – April 20

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

*\*Additional seating available during Holy Week in the parish hall*