



OUR LADY OF SORROWS PARISH

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

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Mass Schedule

Weekdays (Monday-Saturday): 9:00am
Saturday Vigil: 5:15pm
Sunday: 8:00am, 9:30am*, 11:00am, 12:30pm*
**Includes Liturgy of the Word with Children*

Reconciliation

Mondays: 7:00pm to 8:30pm
Fridays of Lent: 7:00 pm to 7:30 pm
Saturdays: 4:00pm to 5:00pm
By appointment - call the parish office

Our Journey through Lent



“ ... Our parishes, families, ecclesial groups and religious communities are called to undertake a shared journey during Lent, in which listening to the word of God, as well as to the cry of the poor and of the earth, becomes part of our community life, and fasting a foundation for sincere repentance. ”

Pope Leo,
2026 Lenten Message

Lent is an observance that has its roots in the early Christian church and can be traced back to a time when believers fasted and prayed to prepare for baptism at Easter.

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 the rest of Pope Leo's 2026 Lenten Message "*Listening and Fasting: Lent as a Time of Conversion*" here: bit.ly/4rmCJJe



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 opens our hearts to God who unites us to him and to others, as Jesus himself prays that all may be one in the communion he shares with the Father...”

Frank Cardinal Leo’s 2026 Lenten Message (bit.ly/46E4J2w)

Prayer Resources

Hallow

Scan this QR
code or visit:
bit.ly/4ctBxyY



Hallow is a popular Catholic App. While based in the U.S., the content is applicable to Canada. The app includes over 10,000 different sessions on contemplative prayer, meditation, bible reading, rosary, lectio divina, music & chants, and sleep Bible stories. We encourage you to use the Hallow App to help create a new habit of praying every day during Lent.

formed

Scan this QR
code or visit:
bit.ly/3X6qjia



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 and enter our parish name or postal code: M8X 1C6.

For Lenten resources on FORMED, visit watch.formed.org/lent

For Children:

Let's Learn about Lent: A simple and family-friendly overview of Lent and how Catholics observe it — bit.ly/4a8o7qK

Lent with Brother Francis: 40 Days of daily meditations in Lent for kids — bit.ly/4tGBS7M

Brother Francis: The Stations of the Cross for kids — bit.ly/4arqvaY

Marcam Prays the Stations of the Cross: Marcam leads a simple and prayerful walk through the Stations of the Cross — bit.ly/4knsrFU

Walking with Jesus: The Rosary Prayers in Song: In this Lenten season, you can sing and learn the prayer through song — bit.ly/3M3Gh3H

For Parenting and Family Life during Lent:

Living Lent as a Family (4-Part Series): Videos on living Lent liturgically to support and inspire families in their faith at home — bit.ly/4tsgdzM

Praying before the Blessed Sacrament: The Seven Sorrows of Our Lady (Children & Teens)

For the Lenten season, we would like to invite you to join us on Wednesday, Mar. 25 at 5:30 pm in the church for reflection and prayer before the Blessed Sacrament, focusing on the Seven Sorrows of Our Lady, designed especially for children, teens, and their families.

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 Feb. 20 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 pm to 8:30 pm, and Saturdays from 4:00 pm to 5:00 pm in the church.

During Lent, the Sacrament of Reconciliation is also available on Fridays from 7:00 pm to 7:30 pm. On Saturday, Mar. 21, 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. Antoine Badr * <i>French, Italian, Arabic</i>	
11 am to 1 pm	Fr. Carlos Sierra Tobon * <i>Swahili, Spanish, Italian</i>	Fr. Jan Kolodynski * <i>French, Italian Polish</i> Accessible confessional in the parish hall meeting room	
1 pm to 3 pm	Fr. John Vetere	Fr. Fadi Messalem * <i>French, Italian, Arabic</i>	
3 pm to 5 pm	Msgr. Joseph Shiels	Fr. Nino Cavoto	Fr. John Abad * <i>Italian, Filipino, some Spanish</i>

Rosary — During Lent, join us every Tuesday at 8:25 am in the church as we pray the special Rosary of the Seven Sorrows of Mary, our parish patron, in place of the Sorrowful Mysteries. You are also invited to pray the Rosary communally each day at 8:25 am, Monday to Saturday, before the 9:00 am Mass.

Lenten Conversations in Spirituality and Ethics: A 3-part series led by Dr. Ann Sirek — Thursdays, Feb. 19, 26, & Mar. 12. After the 9:00 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? Free attendance, light refreshments provided. Register: olscommunitybuilding@gmail.com

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. All 3 days will start with Mass at 7:00 pm followed by Eucharistic Adoration, prayerful singing, and reflections. Attendance is free but free-will offerings are appreciated.

Tenebrae —Tuesday, Mar. 31, 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 features the 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. 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)

“...Fasting teaches us to make room for God and for one another by reordering our priorities, and restoring justice and communion... Almsgiving is a concrete act of solidarity, a recognition that my life is bound to the life of my neighbour, and my love cannot remain abstract but must be expressed in deeds...”

Charity & Almsgiving

ShareLife — The 2026 ShareLife campaign begins with the first collection on Mar. 21-22. ShareLife allows us to live the Gospel by supporting agencies that serve those who are poor, vulnerable, and marginalized.

Society of St. Vincent De Paul — Support those in need by placing cash donations in the wooden poor boxes located at the church entrances. You can also make cashless donations using the SSVDP Tip Tap Pay stand in the main foyer of the church, on the northeast side of the main entrance.

Holy Week Schedule

Palm Sunday

Vigil Mass: Mar. 28 at 5:15 pm
Sunday Masses: Mar. 29 at 8:00 am, 9:30 am, 11:00 am and 12:30 pm

Monday – Mar. 30

Mass at 9:00 am

Tuesday – Mar. 31

Mass at 9:00 am

Wednesday – April 1

Mass at 9:00 am

Holy Thursday – Apr. 2

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 – Apr. 3

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 – Apr. 4

Mass at 8:00 pm

Easter Sunday – Apr. 5

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*