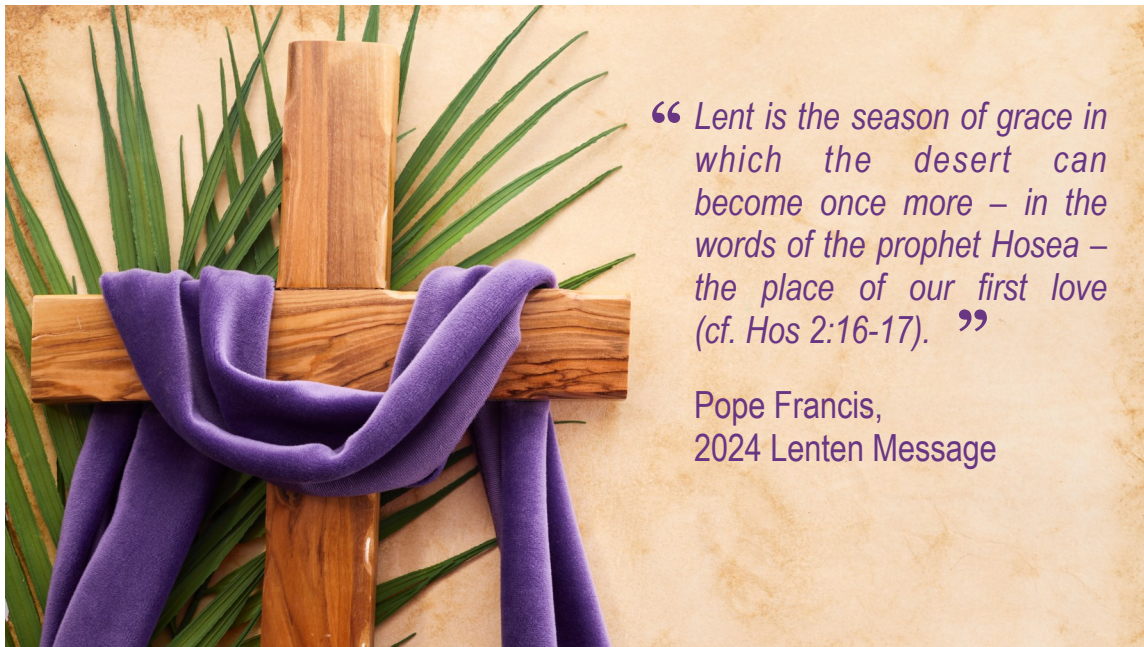




OUR LADY OF SORROWS PARISH

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Our Journey through Lent



“Lent is the season of grace in which the desert can become once more – in the words of the prophet Hosea – the place of our first love (cf. Hos 2:16-17).”

Pope Francis,
2024 Lenten Message

Lent is a liturgical season that lasts for 40 days, beginning on Ash Wednesday and ending on Holy Saturday, which is the day before Easter Sunday. During this time, Catholics prepare for Easter by reflecting on their spiritual lives and repenting for their sins.

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.



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

To get started, position your phone camera on the QR below or visit hallow.com/pray



Hallow App Our Lady of Sorrows is offering the Hallow App for all parishioners for \$1.00 U.S. over the next 40 days of Lent. The app includes an audio-guided **Lent Pray40 Challenge: He Leadeth Me**, which is led by Fr Mike Schmitz and includes actors Jonathan Roumie and Mark Wahlberg. Starting Ash Wednesday, download the Hallow App and use Pray40 to help create a new habit of praying every day during Lent.

The Hallow app is a popular Catholic App. 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.

While based in the U.S., the content is applicable to Canada. **For OLS parishioners, the Hallow App will be available to download for a special price \$1.00 U.S. during the 40 days of 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

Click on the QR Code below to sign up.



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

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

You can sign up to receive two unique series on FORMED: an email each day with a **Daily Bread: Discover the Eucharist in Scripture** video. And throughout Lent and Easter, you'll also receive 10 new episodes of **Drawing Closer to God: A Catholic Art Show for Kids**.

Living Faith

A free 5-part video series to view each week of Lent.

The series features Fr. Columba Jordan, CFR.

Each week focuses on a different aspect of faith:

Week 1: Developing a consistent prayer life

Week 2: Unlocking more grace from Mass and Confession

Week 3: Turning down the noise and forming our minds

Week 4: Building a Catholic Community

Week 5: Sharing our faith with others

Access this series of videos at calledtomore.org/living-faith

For Children: Here are some Lenten resources for you to share with your children and grandchildren!

- Lent with Brother Francis: watch.formed.org/lent-with-brother-francis
- Drawing Closer to God: 10 Lenten arts/crafts - watch.formed.org/drawing-closer-to-god
- Catholic Sprouts: [Daily Podcast for Catholic Kids on Apple Podcasts](http://DailyPodcastforCatholicKids.com): 5–6-minute daily podcast for kids

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

Stations of the Cross - Recited each Friday of Lent starting February 16 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.

During Lent, the Sacrament of Reconciliation is also available on Fridays between 7:00 pm and 7:30 pm. On Saturday, March 16, 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 11:00 am	Fr. Martin Pereira	Fr. Edward Ewczynski <i>*Polish</i>
11:00 am to 1:00 pm	Fr. Antoine Badr <i>*French, Italian, Arabic</i>	Fr. Juan Diego Sutherland, CFR <i>*Spanish</i>
1:00 pm to 3:00 pm	Fr. Luke Leighton, CFR	Fr. Thomas Rosica, CSB <i>*French, Italian, Spanish</i>
3:00 pm to 5:00 pm	Msgr. Joseph Shiels	<i>Fr. Chris Cauchi</i> <i>*Maltese</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 8:25am prior to the 9am Mass, Monday to Saturday.

Parish Mission: *Pledge of Future Glory* - Monday March 18 to Wednesday March 20 from 7:00 pm to 9:00 pm. Offered by the Franciscan Friars of the Renewal – Fr. Luke Joseph Leighton and Fr. Juan Diego Sutherland. The Mission will include a presentation, Adoration, and Praise & Worship music. The friars will also be available for Confessions between 7:00 pm and 7:30 pm. Free will offerings welcome.

No Greater Love: A Biblical Walk through Christ's Passion - Saturdays, 10:00 to 11:30 am, February 24 to March 23, parish hall

A 5-week biblical pilgrimage of Christ's unconditional love. Walk step-by-step with Jesus on His journey from agony in the garden to crucifixion on Calvary. Cost \$40.00 (includes all resources). For more information or to register, email ministry01@sorrows.ca or call the parish office at 416-231-6016.

Tenebrae - Tuesday, March 26, at 7:30 pm at OLS.

Tenebrae conveys the sorrow of Holy Week through solemn and noble music. The scripture readings will be read and the responsories will be sung by MOSAIC, the OLS choir, and the gentlemen of the St. Michael's Choir School Alumni. Free will offerings welcome.

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)

Works of Charity (Almsgiving)

Bundle Up Weekend – 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 on March 2 & 3.

ShareLife The 2024 ShareLife campaign begins with the first collection on Sunday March 24th. 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: March 23 at 5:15 pm

Sunday Masses: March 24 at
8:00 am, 9:30 am, 11:00 am and 12:30 pm

Holy Monday – March 25

Mass at 9:00 am

Holy Tuesday – March 26

Mass at 9:00 am

Holy Wednesday – March 27

Mass at 9:00 am

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

Holy Thursday – March 28

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 – March 29

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

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

Easter Vigil – March 30 at 8:00 pm

Easter Sunday – March 31

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