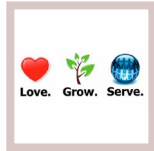
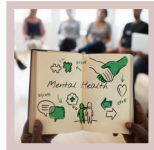


Outreach



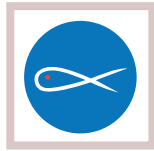
ECULINKS ETOBICOKE & SOCIAL JUSTICE ISSUES | Cora Dusk | coradusk@hotmail.com

Eculinks Etobicoke is a local ecumenical group focused on networking, information-sharing, and support for each other's social justice programs. We care about poverty reduction, refugee support, the environment/climate change, right relations with Canada's Indigenous Peoples, and anti-racism initiatives. We meet 4 or 5 times per year and are also engaged in projects such as town hall meetings with election candidates and educational events.



MENTAL HEALTH INITIATIVE GROUP | Marlene Robinson | marlener@rogers.com

The group offers workshops related to mental health and wellness – with a wide range of topics including dealing with chronic disease, self-care, mending and repairing relationships, etc. The launch of this program has been supported by Catholic Family Services. While it is geared to seniors in the parish community, the topics are of interest to all ages. Workshops and programs are offered throughout the year.



SOCIETY OF ST VINCENT DE PAUL | Mike Wiley | mike.wiley@utoronto.ca

The mission of the Society is to live the Gospel message by serving Christ through our neighbours in need with love, respect, justice and joy. Our volunteers respond to people who call for various types of assistance. Some may need a compassionate ear. Some may need emergency assistance in the form of food, clothing, or furniture. Others may need information that will help them access appropriate services.



SHARELIFE

This is an Archdiocese of Toronto led Ministry which supports over 40 Catholic and social service agencies that help the entire community, regardless of religious affiliation or financial means. Volunteers work with the ShareLife Lead and the parish office to communicate the progress of our annual parish campaign. All training is provided by ShareLife.



MARIJUANA ANONYMOUS TORONTO

info@matoronto.org

MA is a fellowship of men and women who help each other recover from marijuana addiction.



AL-ANON FAMILY GROUPS

gtais.chair@gmail.com

Help and hope for families and friends of alcoholics.

Social Groups

BRIDGE | Gail Weiler • gweiler@vertexips.com

KNITTING CIRCLE | Helen Brukner • h.brukner@sympatico.ca

COMMUNITY BUILDING MINISTRY | Halina Ogonek & Leah Bautista • olscommunitybuilding@gmail.com

GARDEN BUDDIES | Michelle Canella • michelle.canella@gmail.com

SPECIAL NOTE:

All volunteers will undergo Archdiocesan Volunteer Screening protocol and Police Check for high risk ministries.

“If we truly have the spirit of stewardship, we will not let God’s gifts go to waste, and we will not selfishly cling to them, but use them graciously to serve others, and in doing so give glory to God.”



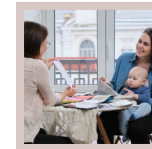
GET INVOLVED

@ Our Lady of Sorrows Parish



A vibrant parish is one that enjoys engaged parishioners across a spectrum of Ministries. We invite you to share your time, talents, and treasures in the true spirit of Stewardship, building up the Kingdom of God one brick at a time.

Catechesis



BAPTISM PREPARATION | Cynthia Wujek | baptism@sorrows.ca

Baptism preparation is for registered parishioners who are requesting baptism for their children. This 2-hour preparation class is held monthly in the evening at OLS. The opportunities to serve on the baptism preparation team include leading the presentation and discussion; preparing communications for participants; and assisting families at the celebration of the Baptismal rite at Mass.



FIRST COMMUNION & CONFIRMATION

Anna Chelmecki, firstcommunion@sorrows.ca | **Patricia Dal Ben**, confirmation@sorrows.ca

First Communion preparation is for registered parishioners who are requesting the sacrament for children in grade 2. Confirmation preparation is for children in grade 7. Sessions will be held in person in the parish hall. Registration is required in September.



RITE OF CHRISTIAN INITIATION FOR ADULTS (RCIA) | Gabriella Sklar | gabriella@sorrows.ca

RCIA is the process by which adults become initiated into the life of the Catholic Church over an extend period of time culminating in the celebration of the Sacraments of Baptism, Confirmation and Eucharist. There are three opportunities to serve in the RCIA Ministry: Team Member – facilitating RCIA catechetical sessions; Sponsor – committed Catholics who stand as witnesses to the candidates' character and attend RCIA meetings; and, Break Open the Word Leaders who join candidates for a prayerful re-reading and reflection on the weekly Sunday Gospel.



RITE OF CHRISTIAN INITIATION FOR CHILDREN (RCIC) | John Wujek | baptism@sorrows.ca

RCIC helps a child (ages 6-12) become Catholic through classes about Catholic Traditions, Catechism, Sacraments and Prayer. This journey toward the Sacrament of Baptism includes regular church attendance and ongoing faith celebration at home. These sessions allow children to deepen their relationship with Jesus, who truly loves and cares for them.

A steward is someone who receives God’s gifts gratefully, develops those gifts responsibly, shares those gifts lovingly in justice with others, and makes a return with interest to the Lord. As stewards, we are called to use the many diverse gifts we are given to serve one another for the glory of God.

Evangelization



ALPHA | John McVeigh & Anna Chelmecki | alpha@sorrows.ca

Alpha is a series of weekly sessions that give people an opportunity to connect over a meal watch a dynamic film series, and engage in meaningful conversations in a friendly and safe space to explore life's big question together. The Alpha team is looking for people who are interested in helping with hospitality, monetary donations, small group leaders, prayer warriors, meal prep and meal donations. Reach out to learn more about these roles and being a part of the Alpha team.



BIBLE STUDY | Susy Faria & Jennifer Sontrop | ministry01@sorrows.ca

The parish bible study programs cover a different theme each session. Weekly Saturday morning meetings include a video presentation, discussion and an opportunity for fellowship.



FAMILY LIFE MINISTRY | Angelica Chacon | familylife@sorrows.ca

The Family Life Ministry is dedicated to supporting OLS families in various stages of life. Programs and events provide practical support to help build community and support faith development.



YOUNG ADULT MINISTRY | Nadine Zeto | youngadults@sorrows.ca

Are you (ages 18-39) looking for a place to connect, grow in faith, and build community with other young adults? Join us and get to know one another, share ideas for the future of this ministry, and enjoy delicious complimentary baked goods. Be part of shaping something new!

Liturgy



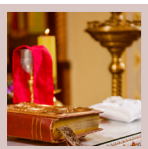
ALTAR SERVERS | Lucy Sabada | altarservers@sorrows.ca

Our altar servers are boys, girls and young adults who assist the priest and other people at Saturday and all Sunday Liturgies. Each server is provided with training and a flexible schedule. This is an opportunity for our young parishioners to learn more about their faith!



ADULT ALTAR SERVERS (FUNERAL MINISTRY) | Gabriella Sklar | gabriella@sorrows.ca

Adult altar servers are also needed for weekday Mass celebrated at 9:00 am and funeral Mass which are usually celebrated Monday to Saturday at 11:00 am. Funeral servers would be contacted within 1 to 2 days of upcoming funeral Masses to check availability.



ALTAR SOCIETY | Ronayne O'Connor | ronayne97@gmail.com

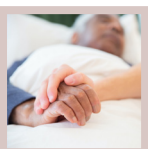
Altar Society is one of the longest running Ministries and makes our church sparkle! Working in teams, volunteers provide care and maintenance of the sacristy and sanctuary and preparations for liturgical celebrations, e.g. polishing brass candle holders, washing holy water dishes and laundering small linens that are used at the Mass.



EXTRAORDINARY MINISTERS OF HOLY COMMUNION

Daphne Dodig | eucharisticministers@sorrows.ca

The needs of the Church allow for members of the lay faithful, approved by a Bishop or a Priest, to distribute Holy Communion during Mass, supporting the Celebrant. The term 'Extraordinary' refers to the distinction between the contingent role served by these ministers and the normative role served by a Priest as the 'Ordinary' minister of the Eucharist.



EXTRAORDINARY MINISTERS OF HOLY COMMUNION (SICK AND HOMEBOUND) eucharisticministers@sorrows.ca

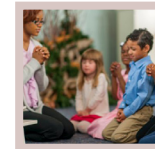
These Extraordinary Ministers of Holy Communion are specifically focused on bringing communion to the sick and homebound in the community, thus providing a spiritual work of mercy that brings great comfort to the faithful.

Liturgy



LECTOR MINISTRY | Cora Dusk | coradusk@hotmail.com

The Lector Ministry is rooted in the power of the Word of God. Lectors are trained by current Ministry members, which include a procedural handout and workbook. There are two lectors at each Sunday mass and one at weekday masses. Volunteers are scheduled on a 3-month basis and read approximately once/month for a total of 12-15 readings/year.



LITURGY OF THE WORD WITH CHILDREN | Angelica Chacon | familylife@sorrows.ca

On Sundays at the 9:30 am & 12:30 pm Masses, our young parishioners ages 4-10 are invited to gather in the parish hall after the opening hymn to hear and reflect on the Gospel reading in an age-appropriate adaptation. They will return to their families after the Prayer of the Faithful, during the Offertory Hymn. No pre-registration is required. Volunteers are needed for 2 roles: to assist during the liturgy (suitable for high school, young adults and adults) and to help lead the liturgy (suitable for adult).

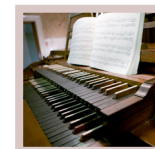


MINISTERS OF HOSPITALITY | Luisa McKee | luisa@sorrows.ca

At OLS we believe that hospitality is at the forefront of our Catholic faith. Ministers of Hospitality are the first faces seen as parishioners and visitors enter our church, and help to foster a warm and welcoming atmosphere for weekday and weekend Masses and special parish events. They help us feel safe and supported. Interested parishioners are provided with an in-depth orientation.

MUSIC MINISTRY (ORGAN, CANTORS & ADULT CHOIR)

Gordon Mansell | gdmansell@sympatico.ca



Music at OLS has been a very important part of liturgy and outreach ministry. Our world-re-nowned Casavant pipe organ has been an important foundation of music in the parish, supporting our cantors, choir and congregation. Together, we collaborate with the congregation in the singing of our parish hymns, provide inspirational prayerful music and assist in creating a joyful environment. Should you wish to be part of this team of music-makers, the Adult choir rehearses Thursday nights in the choir loft from 7:30 pm - 9:00 pm. This choir supports the 11:00 am Sunday Mass and at special liturgical celebrations throughout the year.



MUSIC MINISTRY (CHILDREN'S CHOIR) | Alejandra Ballon | aballon2@gmail.com

The Children's Choir supports the 9:30am Sunday Mass. Rehearsals every Thursday afternoon at 4:00 pm. Come to learn and sing with Ms. Ale!



MUSIC MINISTRY (PRAISE & WORSHIP) | Alejandra Ballon | aballon2@gmail.com

On Sundays, at the 12:30 pm Mass, Praise & Worship offers contemporary worship music alongside traditional elements of the Mass. It provides a meaningful opportunity to deepen our communal prayer, enrich our worship experience, and inspire a renewed spiritual connection—drawing us into a more personal encounter with Christ.

Parish Support

BUILDING COMMITTEE

Luisa McKee
luisa@sorrows.ca

FINANCE COMMITTEE

Johnri Velez
bookkeeper@sorrows.ca

LIVESTREAM TEAM

Luisa McKee
luisa@sorrows.ca

SENIOR LEADERSHIP TEAM

Cynthia Wujek, John McVeigh
& Martin Riley

VOLUNTEER SCREENING COMMITTEE | Eda Mifsud, Kathe Docker and Luisa McKee | office@sorrows.ca