

THE HOLY SEASON OF LENT
FAST AND ABSTINENCE

It is a traditional doctrine of Christian spirituality that a constituent part of repentance, of turning away from sin and back to God, includes some form of penance, without which the Christian is unlikely to remain on the narrow path and be saved. Christ Himself said that His disciples would fast once He had departed (Lk. 5:35). The Church, therefore, has two forms of official penitential practices - three if the Eucharistic fast before Communion is included.

Abstinence: The law of abstinence requires a Catholic 14 years of age until death to abstain from eating meat on Fridays in honour of the Passion of Jesus on Good Friday.

On the Fridays **outside of Lent** the Canadian bishops' conference obtained the permission of the Holy See for Catholics in Canada to substitute a penitential, or even a charitable, practice of their own choosing. **During Lent abstinence from meat on Fridays is obligatory** and it is sinful not to observe this discipline without a serious reason (physical labour, pregnancy, sickness etc.).

Fasting The law of fasting requires a Catholic from the 18th Birthday to the 59th Birthday to reduce the amount of food eaten from normal. The Church defines this as **one meal a day, and two smaller meals which if added together would not exceed the main meal in quantity. Such fasting is obligatory on Ash Wednesday and Good Friday.** The fast is broken by eating between meals and by drinks which could be considered food (milk shakes, but not milk). Alcoholic beverages do not break the fast; however, they seem contrary to the spirit of doing penance.

Those who are excused from fast or abstinence: Besides those outside the age limits, those of unsound mind, the sick, the frail, pregnant or nursing women according to need for meat or nourishment, manual labourers according to need, guests at a meal who cannot excuse themselves without giving great offense or causing enmity and other situations of moral or physical impossibility to observe the penitential discipline.

The early Church had a practice of a Wednesday and Saturday fast. This fast could be the same as the Church's law (one main meal and two smaller ones) or stricter, even bread and water. Such freely chosen fasting could also consist in giving up something one enjoys - candy, soft drinks, smoking, that cocktail before supper, and so on. This is left to the individual.

ASH WEDNESDAY FEBRUARY 22
MASS SCHEDULE

8:00AM Italian
12:05PM English
7:00PM English/Italian

STATIONS OF THE CROSS/VIA CRUCIS
Fridays/Venerdi at 7:00PM in English &
Italian

PIZZA & MOVIE NIGHT

Join us on Saturday, February 25 at 6:30PM in the parish hall for our first pizza and movie night. We will be serving pizza, popcorn, snacks, pop and water. The movie playing is "The Way". A very moving tale of a father coming to grips with the death of his son, with whom he had had a strained relationship. Excellent cast, beautiful scenery and a story of personal growth. Tickets are available in the parish office for \$5.00.

75TH ANNIVERSARY

Our 75th Anniversary Celebrations are well under way! We had a meeting this week with the committee. Many great ideas for upcoming events...stay tuned. This month we are having a **Movie and Pizza night Saturday, February 25 at 6:30PM**

UPCOMING EVENTS IN THE PARISH

Stations of the Cross - Via Crucis
Every Friday during Lent Starting
February 24 at 7:00PM
Tutti i venerdì di Quaresima a partire dal 24
febbraio alle 19:00

Saturday, February 25
Movie Night in the parish hall

Lenten Missions
Italian Mission – March 6-9 at 7:00PM
Fr. Peter Nobili, C.P.P.S.

English Mission – March 20-23 at 7:00PM
Fr. Gerardo Laguartilla, C.P.P.S

PERIODO DELLA QUARESIMA: DIGIUNO E ASTINENZA

La Quaresima è un tempo di preparazione alla Pasqua, quindi un periodo di "cammino verso la Pasqua". Il tempo di Quaresima come preparazione alla Pasqua si basa su due pilastri: da un lato, la contemplazione della Pasqua di Gesù; e dall'altro, la partecipazione personale alla Pasqua del Signore attraverso la penitenza è la celebrazione o preparazione dei sacramenti pasquali - battesimo, confermazione, riconciliazione, eucaristia - coi quali incorporiamo la nostra vita alla Pasqua del Signore Gesù.

Astinenza: la legge Cristiana, dice che l'astinenza va osservata dalle persone dai 14 anni in su a non mangiare la carne il venerdì, in onore della Passione di Gesù del Venerdì Santo. Questa astinenza della carne è obbligatoria durante i venerdì di quaresima, mentre nei venerdì fuori dalla quaresima, con il permesso dei nostri vescovi, si possono sostituire le astinenze con situazione penitenziali, oppure situazioni caritatevoli, a propria scelta.

Digiuno: la legge Cristiana ci dice che il digiuno deve essere osservato dalle persone dai 18 ai 59 anni, diminuendo la quantità di cibo usato ogni giorno. Cioè, un pranzo al giorno e due spuntini/merendine, che messi insieme non superano la quantità di un pranzo completo. Questo digiuno è obbligatorio mercoledì delle Ceneri e Venerdì Santo. Tra un pasto e l'altro si consiglia il bere tanta acqua (evitare latte e latticini).

Chi è esento dal digiuno o astinenza? Oltre a quelli fuori dal limite di età, le persone malate, persone fragili e deboli, donne incinte e donne che allattano e altre situazioni specifiche. Incoraggiamo tutti di seguire le leggi della Chiesa, con il loro cuore e la situazione particolare in cui si trovano. Per dettagli ed informazioni più precise, leggete IL TEMPO DI QUARESIMA, nel sito: <http://www.pastoraleliturgica.it>

REQUIESCANT IN PACE'

Please pray for the souls Antonio Ruffolo, Pierina Pecchia, Casimiro (Cosmio) Baldesarra whose funerals were celebrated during this past week in our Church.

CHILDREN'S LITURGY

We are still in need of volunteers for the Children's Liturgy program on Sundays at 12:30PM if you would like to volunteer your time and talents, please contact the office at 416-787-0369.



There will be no Masses on Monday, February 20, Family Day. The office will also be closed.

Lunedì 20 febbraio "Family Day", non sarà celebrata nessuna messa. La Chiesa e l'ufficio resteranno chiusi tutto il giorno.

Masses of the Week

SATURDAY, FEBRUARY 18

5:00PM Massimo Orlando

SUNDAY, FEBRUARY 19

8:00 AM Elisabetta Giancola

9:30 AM. EVELINA & BIENVENIDO REYES, ROSA FABIANO, ROSA RODRIGUES LOPES, ROSITA GALINGAN, FORTUNATO GALINGAN JR. & SR., RODRIGO VINLUAN

11:00 AM Davide Sisco, Giacomo, e Gregorio Riga, Tony e Pasquale Bellissimo, Antonietta e Adamo Caputo, Salvatore Simonetta

12:30 PM Annita Dimartino

MONDAY, FEBRUARY 20

FAMILY DAY

TUESDAY, FEBRUARY 21

8:00 AM Defunti Iscritti Alle Messe Perpetue

12:05PM For the Healing of Silvi, Thank you God for Good Health & Peace, For the Souls of Thomas Thoma, Antonio Gomes, Family Giang

WEDNESDAY, FEBRUARY 22 -Ash Wednesday

8:00 AM For All Our Parishioners

12:05PM For All Our Parishioners

7:00 PM For All Our Parishioners

THURSDAY, FEBRUARY 23

8:00 AM Defunti Iscritti Alle Messe Perpetue

12:05PM Special Intentions of Laura. For the Souls of the Palladino Family, Teresa Kwam

FRIDAY, FEBRUARY 24

8:00 AM Defunti Iscritti Alle Messe Perpetue

12:05PM Anthony Hai Huynh

7:00PM Stations of the Cross/Via Crucis

SATURDAY, FEBRUARY 25

8:00 AM Defunti Iscritti Alle Messe Perpetue

5:00PM Pasquale Bellissimo, Maria Mazzilli, Salvatore Iozzo, Giuseppe Marchese, Vito Lovergine