

### THIRD SUNDAY OF LENT

MARCH 12, 2023



## ST. MARY STAR OF THE SEA ROMAN CATHOLIC CHURCH

### MASS INTENTIONS

Exodus 17:3-7 | Psalms 95:1-2,6-9 | Romans 5:1-2,5-8 | John 4:5-42

SATURDAY, MARCH 11, 2023 (5:00 PM)



†Marie Stewart

SUNDAY, MARCH 12, 2023 (9:00 AM) [Livestream \(Click Here\)](#)

†Alan Sr. & Alan Jr. del Puerto

SUNDAY, MARCH 12, 2023 (11:00 AM)

For the People of the Parish

MONDAY, MARCH 13, 2023, 2022

2 Kings 5:1-15ab | Psalms 42:2-3;43:3-4 | Luke 4:24-30

No Mass

TUESDAY, MARCH 14, 2023 (7:00 PM)

Daniel 3:25,34-43 | Psalms 25:4-5ab,6-7bc,8-9 | Matthew 18:21-35

†Anna Stegmann

WEDNESDAY, MARCH 15, 2023

Deuteronomy 4:1,5-9 | Psalms 147:12-13,15-16,19-20 | Matthew 5:17-19

Special intention of Lucy Bizzotto

THURSDAY, MARCH 16, 2023 (9:00 AM)

Jeremiah 7:23-28 | Psalms 95:1-2,6-9 | Luke 11:14-23

†Ivana Mauri

FRIDAY, MARCH 17, 2023 (9:00 AM) **STATIONS OF THE CROSS 7 PM**

Hosea 14:2-10 | Ps 81:6c-81,8bc-11ab,14,17 | Mark 12:28-34

†Bella Cormier

SATURDAY, MARCH 18, 2023 (9:00 AM)

Hosea 6:1-6 | Psalms 51:3-4,18-21ab | Luke 18:9-14

†Lynn & Frank Carroll

### EUCCHARISTIC ADORATION

Wed. & Thurs. 9:30 am - 10:30 am

Friday 9:30 am to 12:00 noon

### DAILY DEVOTIONS

(after Mass)

Tuesday – Sts. Anne & Joachim

Wednesday – Our Lady of Perpetual Help

Thursday - St. Jude

Friday – Sacred Heart of Jesus

Saturday – St. Michael

Confessions: Sat. 9:30 to 10:30 am

### Support Your Parish:

1. Drop off or mail your regular weekly offertory contribution to the parish office.
2. Contribute to your parish offertory by credit card. You can make a one time or recurring contribution to your parish's offertory or other special funds.
3. Contribute through Pre-Authorized giving (PAG). You can obtain a form from the parish office or [click here](#) to download the form.
4. You can contribute to the offertory via on-line banking. Email [campaign@archtoronto.org](mailto:campaign@archtoronto.org)

## PASTOR'S BLOG

March 12, 2023

As we make our way through Lent, I hope everyone is keeping faithful to their Lenten resolutions. This is the time in our journey of faith, our earthly pilgrimage, to really focus on getting spiritually stronger and fit. Just like we would do if we were going on a diet or focusing on our nutrition and workout goals to get physically stronger and fit, so must we do in our fasting, prayer and almsgiving to get spiritually stronger and fit to serve the Lord and our neighbour.

In this blog, I wanted to focus a little on prayer. Lent gives us an opportunity to grow in our relationship with Jesus through prayer. The highest form of our prayer as Catholics is the liturgy and the Holy Mass. We use the language when it comes to the liturgy and the Eucharist as the source and summit of the Christian life. If we look at it like a body, the liturgy is the heartbeat. Blood is pumped from the heart and goes through the body through the arteries and then it goes back to the heart to be cleansed through the veins.

In between Masses and Sacraments we should be developing a regular and personal life of prayer to help us continue to grow in our relationship with God. Sometimes, we can over complicate prayer and what it actually is. But prayer does not need to be complicated. It should be simple enough for children and awe inspiring for the saints.

This Lent, if you are starting from scratch in the area of personal prayer, that is okay and my advice to you is start small. We have to start somewhere and sometimes we think we need to go all in, all at once. And while laudable is it sustainable? What we do in Lent with regards to prayer should be carried forth out of these 40 days and for the rest of our life. When we go all in all at once and start finding that we can't maintain this, it is discouraging and causes us to give up all together. Start small. There should be no competition or comparison with others. When it comes to personal prayer, it is about you and the Lord. The best source for our prayer is Sacred Scripture...start with the Gospel of Mark. It is short and sweet and introduces us to Jesus, true God and true man who humbly comes to meet us and save us.

For those of you who have a good plan of life with regards to your personal prayer, my advice is to become more intentional about why you pray in order to grow in your relationship with Jesus. Prayer is much more than just asking for favours or pleading for help from God. It is primarily a means of conversing with him. It is listening to and sharing our heart with a trusted friend. This intimacy provides confidence and the ability to share one's heart honestly knowing that God will take care of our concerns and we grow in our capacity to love.

From my own experience around prayer, when I was growing up, personal prayer was not something that was regularly done. I honestly cannot recall if I would say morning prayers or night prayers...and during the prayers at school, I was greatly distracted. Growing up, prayer was very much liturgical - at Mass. But I didn't really live throughout the week or between Masses with much depth. That came in time, specifically in university where personal prayer was what sustained me in the difficulties of studies, personal life situations and ultimately leading me into discernment of a vocation to the priesthood. And as a priest, I still am growing in prayer.

The one line that has always stayed with me is be faithful. No matter where you are at in your prayer life and relationship with God, be faithful. When you don't feel like praying, be faithful. When you are in mortal sin and think what is the point, be faithful. It is the fidelity that gets us through the crucible and purifies our intentions so that we can grow in our relationship with God and ultimately grow in our capacity to love.

Whether you are just starting off in a life of prayer or trying to grow in your life of prayer, something that could benefit you is to come to our parish Lenten retreat on March 18th. Retreats provide for us to take a step back and allow us to reflect on where we are and to make good resolutions on where we want to be. In this retreat we will explore Iconography from the Christian East perspective and how Icons and statues help us in our prayer life. I look forward to seeing you there!

Fr Michael

## SSVP

### FEBRUARY SUMMARY

During February, our team made 16 visits, and distributed \$1910 in grocery card vouchers, and \$74 in bus tickets. We also ordered 3 beds for Neighbours in Need from our Saint Vincent de Paul warehouse. Thank you for allowing us to continue this ministry. May you have a fruitful and blessed Lenten season.

### DEVELOPMENT AND PEACE : THE COURAGE TO CREATE HOPE

To delegates at the 4th World Meeting of Popular Movements, Pope Francis said, "...you have the ability and the courage to create hope where there appears to be only waste and exclusion." These are the words that inspired the choice of "Create Hope" as a five-year guiding theme at Development and Peace — Caritas Canada. The courage to Create Hope is rooted in actions big and small. For to drive away anguish and despair, it is best to act. Every action we take has a positive effect on us, on our neighbours, on our great human family, on our children and on their descendants. « And the king will answer them, 'Truly I tell you, just as you did it to one of the least of these who are members of my family, you did it to me. » (Matthew 25:40). What will you do this Lent to Create Hope? More information on Stand for the Land, this first year's campaign of Create Hope -- at [devp.org/lent](http://devp.org/lent)

### SSVP HELPLINE: 647-628-2058

Leave your name, number and a brief message and someone will get back to you at the earliest.

## COMMUNITY MEAL

### EVERY FRIDAY AT 4:30 PM

Packaged meals will be distributed at the West side entrance of the Church on Peter Street.

We would like to resume serving meals 'in-house' once again, beginning November 2023. If you would like to volunteer or have any questions, please contact the office 905-278-2058.

### THIS WEEK'S

#### VOTIVE LAMP DEDICATIONS

#### TABERNACLE

Special intention of Paula De Campo

Special intention of Paola De Campo

#### SACRED HEART OF JESUS

For the Souls in Purgatory

In thanksgiving

#### OUR BLESSED MOTHER

For the Souls in Purgatory

In Thanksgiving

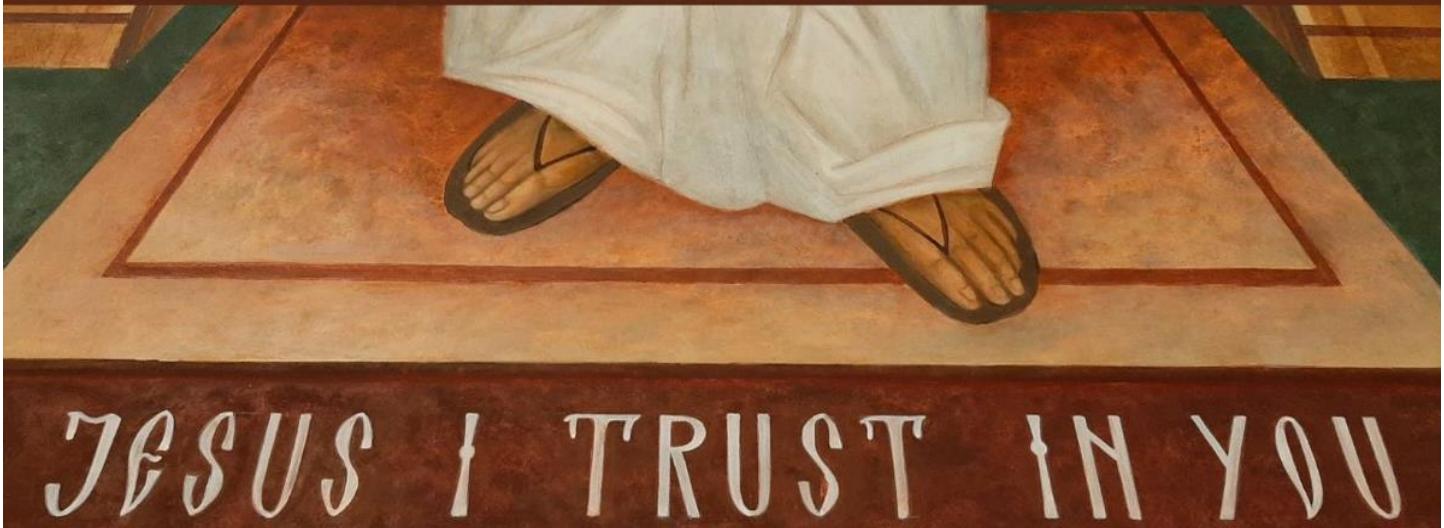
#### ST. JOSEPH

Special intentions of the Fernandes family

# LENTEN RETREAT

SATURDAY, MARCH 18, 2023  
9am - 2pm

RSVP through our parish website or by submitting a physical registration form to Adriene



## JE~~SUS~~ I TRUST IN YOU

"Join us for our parish Lenten retreat from 9am to 2pm on Saturday, March 18th. The day will include a time for prayer and reflection, small group discussion, and fellowship. Lunch will be provided. RSVP through the registration form found on the parish website: <https://stmarystarofthesea.ca/lenten-retreat> Physical registration forms can be found at the entrances and exits of the church. If you would like to submit a hardcopy, please return them to Adriene at the parish office.

Please note, there is no cost to attend however donations are welcome to cover the onset costs of the retreat. Registration will close on Wednesday, March 15th."

## YOUTH MINISTRY UPDATES

### TOTUS TUUS IS COMING!

The youth of the parish are invited to join us for Totus Tuus (Latin for Totally Yours) this summer from July 23-28th. Totus tuus is an archdiocesan program whereby seminarians and young adults travel to different parishes throughout the summer, spreading the Good News through catechesis, Mass, confession, songs and games! The grade school program, for children entering grades 1-6, runs Monday-Friday 9am-2:30pm. The intermediate/High School programs for grades 7-12 runs Sunday-Thursday from 7-9pm. The cost is only \$100 (day program) \$25 (night program) per person for the entire week. Registrations can be found around the parish or online. If you need more information, please contact Samantha or go to [www.totustuustoronto.ca](http://www.totustuustoronto.ca)

Next Edge : Friday, April 21st 6-8pm – Topic : Prayer

MARCH 2023

## EDGE MARCH BREAK ACTIVITIES



ST. MARY STAR OF THE SEA

MAR  
13

MOVIE DAY!

MAR  
15

GAME DAY!

MAR  
16

SPORTS DAY!

10am-2pm!



*No sign up required! Please pack a lunch!*

MARCH 2023

## LIFETEEN MARCH BREAK EVENTS



MAR  
14

MASS +  
MOVIE NIGHT  
(7-9)

MAR  
16

BOWLING!  
(7-9)



IF YOU WANT TO COME BOWLING PLEASE SEND  
AN EMAIL TO SAM TO CONFIRM YOUR  
ATTENDANCE AND FOR DETAILS!

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Twitter



YouTube

VISIT OUR PARISH WEBSITE

Connect with us online! Scan the QR code to visit our parish website.  
If you are new to the parish, welcome! Register on the website.



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