



H O L Y C R O S S
P A R I S H

291 Cosburn Avenue, Toronto, ON M4J 2M4

Tel: 416-421-5225 - press 0 (office); press 3 (St. Vincent's De Paul) Fax: 416-421-4656

Email: holycrosssto@archtoronto.org Website: holycrosssto.archtoronto.org

Office Hours:

Tuesday to Friday
9:00 am to 4:00pm

Fr. Godofredo R. Claudio, Pastor

Deacon Albert Dacanay

Joan Bolanos, Administrative Assistant

Sunday Masses:

Saturday Vigil 5:00 pm
Sunday 9:00 am, 11:00 am

Morning Prayer:

Monday to Friday 8:40 am

Weekday Masses:

Tuesday to Friday: 9:00 am
Saturdays & Holidays: 9:00 am

Sacrament of Reconciliation:

Saturday 4:00 pm to 4:30 pm
First Friday 6:15 pm to 6:45 pm
For any other day by appointment only

First Fridays:

Holy Hour: 6:00 pm
Mass 7:00 pm

Baptism:

By appointment and after an interview with the parents.

Marriage:

Couples planning to be married should contact the pastor one year in advance.

Care of the Sick:

Please call the parish to request visitation of the sick or elderly for prayers, Holy Communion, Sacrament of the Sick.

New Parishioners:

Registration Form is available in the vestibule of the Church, in the parish office or on the website.

Eucharistic Healing Procession & Benediction

Every 1st Sat. of the Month after the 9:00am Mass.

Holy Cross School Phone: 416-393-5242

299A Donlands Avenue, Toronto, Ont. M4J 3R7

Principal: Ms. Sandy Gunter

Mass Intentions

FEB	MASS FOR	REQUESTED BY
13 Mon, 9am	NO MASS	
14 Tues, 9am	For Health - Cecelia Celestine	Cecelia Celestine
15 Wed, 9am	Thanksgiving – Ninfa Gasis	Eric Pulongbarit
16 Thurs, 9am	Aris Doumouras +	Karin Doumouras & Family
17 Fri, 9am	Florence & James Wong +	Bennett & Robert Wong
18 Sat, 9am	All Parishioners Birthday Thanksgiving – Ari Doumouras Thanksgiving – Marites Aguilar Karin Doumouras & Family Marites Aguilar
5pm	In Honor of Our Virgin Mary, Our Lady of Victory & Birthday blessings for Raffaella & Daphne	Lella
19 Sun, 9am	Thanksgiving – Olivia & Peter Geekie	Geekie Family
11 am	Marita & Henry Ramos +	Imelda Ramos

Meditate on
God's Word



Sunday Gospel Reflection

Gospel: Matthew 5.17-37 – Various Teachings of Jesus

Going the Extra Mile

In today's Gospel we hear some of Jesus' bold proclamations to the people of Israel which are still applicable to us 2000 years later. Jesus says "You have heard what was said to those of ancient times ... but I say to you..." He challenges his followers to go above and beyond their limits of charity and to not settle for their old previous notions of what it meant to love. This is an important lesson for us as stewards who strive to follow Christ and serve Him and the Church. We should not just offer our gifts to our parish community in a mediocre way, but strive to do so as generously as possible. Cardinal Collins in his Pastoral Letter on Stewardship* says that "as good stewards, we are meant to use God's gift fruitfully and creatively, so that with true gratitude for what we have received we may return God's gifts to Him with increase." The key word in the Cardinal's exhortation is "increase." How often do we go the extra mile in our sharing of our time and talent? How often do we surpass our comfortable notions of how much we want to love? Jesus is asking all of His stewards to give of themselves generously. Perhaps we can try to take a little more time this week for prayer and commit more wholeheartedly to the ministries we are involved in. Let us always strive to be better and remember the words of Pope Emeritus Benedict XVI who said, "You were not made for comfort. You were made for greatness."

Summary

In today's Gospel Jesus boldly says "You have heard what was said to those of ancient times ... but I say to you..." He challenges his followers to go above and beyond their limits of charity and to not settle for their old previous notions of what it meant to love. As stewards we should not just offer our gifts of our time and talents to our parish community in a mediocre way, but strive to do so as generously as possible.

<https://www.archtoronto.org/stewardship>

Exposition of the Blessed Sacrament



We would like to inform everyone that the exposition of the Blessed Sacrament is every **Tuesday to Friday after the 9:00 a.m. Mass until 10:00**

a.m. in the Church ***except on holidays.***



Let us pray for the sick

We keep in our prayers the sick, the homebound, and the "forgotten members" in our community.

If you have a loved one you would like on our Sick list, please call or email us. We will keep their names on our list for 4 weeks. *Thank you.*



VOLUNTEER APPRECIATION DINNER Holy Cross Parish cordially invites volunteers of the church to our

Volunteer Appreciation Dinner on February 18, 2023 at 6:00 pm at the church hall. We thank you for your devoted time and effort in serving Holy Cross Church. Your contribution allowed us

to continue to serve our community. See you there! Please RSVP at the parish office on or before February 13th at (416) 421-5225 or email: holycrossto@archtoronto.org



Ways to Support Your Parish

Online through the "Support Your Parish" initiative through the

Archdiocese of Toronto. The link can be found on our Home Page.

Online through our existing **PAG (Pre-Authorized Giving) program.** Contact the office for more information.

By placing a cheque in your traditional offertory envelopes and mailing to the parish office: HolyCross Parish, 291 Cosburn Avenue, Toronto, ON M4J 2M4.

No matter how you chose to give, please know that your support is needed and appreciated, now more than ever.

Thank you so much in advance for your generosity.

Are you new in the Parish?



If so, please take a moment to register by filling out a Registration Form located in the foyer and place it in the offertory basket.

Kindly provide us with the complete information so that the Parish office will then contact you.



Celebration of Marriage Mass with Bishop Nguyen Sunday, February 12 – 2:30 p.m. EST St. Michael's Cathedral Basilica 65 Bond St., Toronto CENTRAL REGION As part of Marriage Sunday 2023 celebrations, Bishop Vincent

Nguyen will preside at a special Mass to honour married couples, especially those celebrating milestone wedding anniversaries (25th, 40th, 50th, 60th or 60+) in 2023. All married couples will have an opportunity to renew their vows and milestone anniversary celebrants will be honoured with a special blessing.

Lent Countdown (February 22)



Lent is the time in the Church year when we prepare for Jesus' suffering, death, and Resurrection. The purpose of Lent is to help us grow in our

faith and become spiritually stronger. We have the opportunity during Lent to spend time in the desert with Jesus.

Three parts of Lent

Pray Prayer is communication with God. Take time to look at how you communicate with God in your life right now. Is your prayer life currently what you want for it to be like? What changes can you make to improve your prayer life? You don't need to make a big change for it to be a worthwhile one. Is there a prayer you have been wanting to pray, but have never prayed? Lent may be the perfect opportunity for you to begin praying it. Remember, the purpose of prayer is to bring you closer to God. You keep our mind and heart turned to Him when you pray. Even 5 more minutes a day is helpful. Make sure your prayer goal is going to help draw you closer to God, not cause extra frustration or feelings of being overwhelmed in your day. Set a reasonable plan in place that may be a bit challenging, but not overwhelming or unrealistic for you.

Fast The Church requires the faithful who are in good health and not nursing or pregnant from ages 18-59 to fast from eating between meals on Ash Wednesday and Good Friday. We are also asked to avoid meat on these days and on all the Fridays during Lent. **The idea is that your fast will help you to draw closer to God and to think of God more.** The idea of a fast is to offer a sacrifice to God of something that is currently part of your life. Fasting's aim is to bring you closer to God. Think about what sacrifice will help you to draw closer to God.

Almsgiving When you give alms, you give part of your time, talent, or treasure to help someone in need. You give up something for the good and benefit of another. Giving of your time may mean taking a senior friend to the grocery store. It may mean not watching your favorite show so you can call a lonely friend or do an act of service for someone. Be creative. Almsgiving does not just mean giving money. It means giving of part of your treasures-your time, talent, and money-to help others in need. Almsgiving reminds us that all we have comes from God; it does not really belong to us. God gave you the gifts and talents He did so that you can grow in faith and help others.

Final thoughts on preparing for Lent.

In preparing yourself for Lent, remember to set yourself up for success. You don't have to have **BIG, HUGE** plans. You can, if that is where God leads you, but a successful Lent is measured by how close you are to God and how often you turn your minds and hearts to Him. A successful Lent allows you to live out your vocation well as your journey with Jesus through the desert to His passion, suffering, and death on the cross so that you can truly experience the transformation that comes with His Resurrection from the dead-on Easter.

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