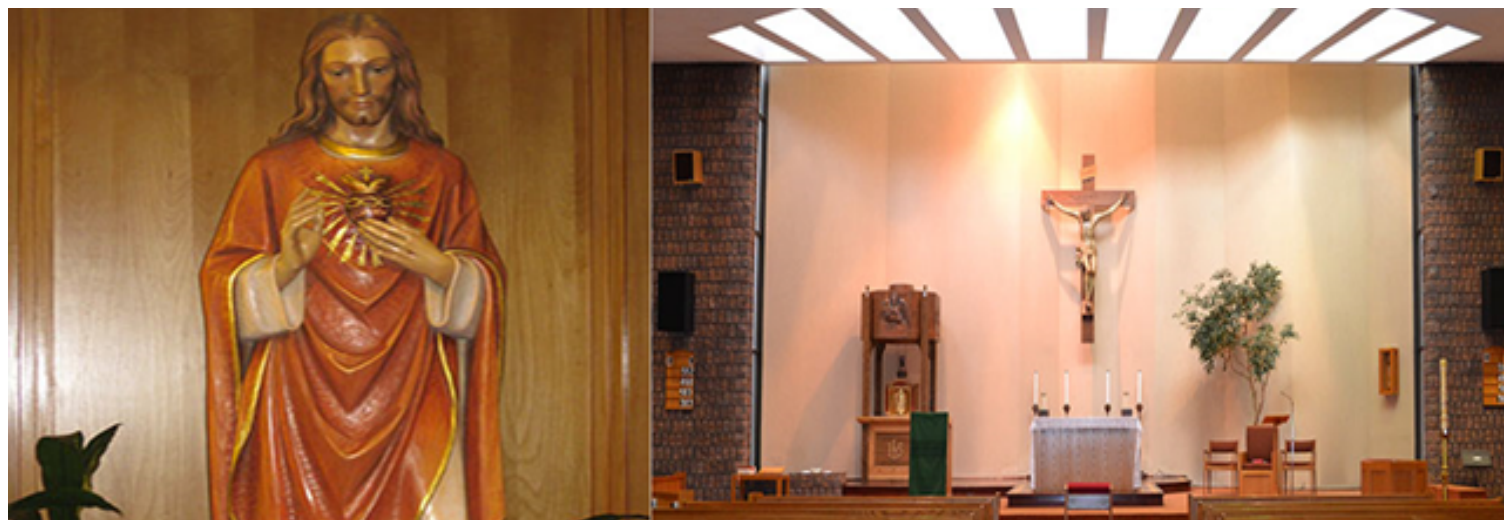


WEEKLY E-BULLETIN

Saint Dunstan's Parish, Scarborough



From the Administrator's Desk

Dear Parishioners, Happy Family Day weekend!

This week we enter into that most sacred and important time of the year. I encourage everyone to participate in the celebration of Lent this year, in spite of the unusual form that it may take. We hope for the relaxation of restrictions that prevent us from being together, but no matter what will happen, we shall continue to celebrate the liturgy and renew our faith.

Mass on **Ash Wednesday*** will be held at 7 pm. During the day, a combined service including the distribution of Ashes and Communion will take place from 10 am to 12 noon and from 3 pm to 5 pm. We may add another service from 6 pm to 6:40 pm - if necessary. Stations of the Cross shall be streamed live at 7 pm on Fridays starting on Friday, February 19th.

Lastly, dear parishioners, I wish to ask you a favor: please spread the word about our parish to your family and friends. Please see page 3 of the newsletter. Click on the infographic. It will automatically download to your devices so that you can share the information easily on social media. We are also calling for more hands to help us with our new section of the virtual ministry - the Children's Corner. May God bless you,

Jr. Victor Amole

OVERVIEW:

- From the Administrator's Desk
- Parish News
- Lent 2021: Pray, Fast, Give
- Around the Archdiocese & Beyond
- Wednesday Audience with Pope Francis
- Feature: St. Peter Damian



MASS SCHEDULE

February 15th	9:00AM
February 17th*	7:00PM
February 19th	9:00AM
February 21st	10:00AM



GOSPEL INSPIRATION

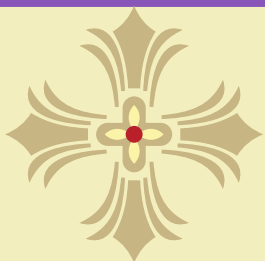
St. Mark (1:40-45)

I WILL DO IT. BE MADE CLEAN.

If you suffered from a disease that rotted your flesh and deadened your nerves, as the leper did, you wouldn't deny your need for healing, would you? No, the problem would be obvious. You'd almost instinctively cry out to the Lord for help. But what about other kinds of wounds that may not be so obvious? For example, if you tend to overreact or become extremely anxious, even over minor issues, you might need to reach out to Jesus for an emotional healing, perhaps with the help of a trained counsellor. Maybe you find you are in a difficult relationship, one filled with tension and stress. Jesus could heal that relationship by showing you how to love that person better. Or if you're harboring unforgiveness and resentment, you may need God's grace to help you forgive. We might be stuck in a sin pattern that you don't want to face, and so you avoid bringing it into the light and receiving God's mercy in confession.

It's tempting to think that we can handle such situations on our own. Or we might not even recognize that these are things that Jesus can heal. But what Jesus said to the man in this story, he says to us: "I do will it. Be made clean". He wants to heal us of anything that doesn't reflect His will for our lives. Today, ask the Holy Spirit to help you become aware of just one area of your life in which you need His healing touch, how might unhealed wounds be holding you back or causing pain to yourself or someone around you? How might they be leading you away from God and into sin? We all accumulate wounds as we go through life, so don't get discouraged. Like this man with leprosy, just believe that Jesus has the will ~ and the power ~ to heal whatever ails you.

(Source: Word Among Us)



Universal Intention of Pope Francis for February 2021:

We pray for women who are victims of violence, that they may be protected by society and have their sufferings considered and heeded.

Parish News

Catechism Classes

Catechism classes have begun. Confirmation classes are held on Fridays at 5 PM and First Holy Communion classes are held on Saturdays at 11 AM. Parents are asked to ensure that their children are prepared. Please encourage your children to submit their assignments on a weekly basis.

Communion Services

To schedule a time to receive Holy Communion, please call the office (416-694-2811) and speak to Jean. Communion Service continues to be offered on Saturdays from 4pm to 5pm and on Sundays from 11am to 12noon. Please be punctual.

Adoration of the Blessed Sacrament



Please join us for the **Adoration of the Blessed Sacrament** every first Friday of the month. We will live-stream the event on the website, starting at 7:00PM. A special overture will be played to help everyone prepare their hearts for the adoration.

Marriage Sunday 2021

Click on the couple to read a special message from Cardinal Collins.



We celebrate with and pray for our married couples today. There will be a special blessing for you during the Mass. May God bless you and keep you in love. We also pray for all widows and widowers, may the grace of Jesus help you. We support our brothers and sisters who have had challenges or are having challenges in their marriage too. May Christ the healer touch and sustain you.

Ash Wednesday February 17, 2021

Ash Wednesday is the first day of Lent and the first day of the journey towards the cross. It is marked by prayer, fasting and almsgiving.

Ashes will be distributed to parishioners this year in small groups of 8. The procedure will be similar to that of Holy Communion Services. Please call Jean (416-694-2811) to schedule an appointment.



Spread the Word

Kindly share the programme infographic with at least 5 people to encourage family and friends to visit our website. Click on the image to download it or simply copy the link. Then, share it on WhatsApp, Signal, WeChat, Twitter, Facebook and Instagram with as many friends as you can! *Thanks!*

ST. DUNSTAN'S CHURCH
3150 Danforth Avenue, Scarborough

GET INVOLVED

- 01 WATCH LIVESTREAMED MASS**
 - Mondays and Fridays at 9:00AM
 - Wednesdays at 7:00PM
 - Sundays at 10:00AM
- 02 RECEIVE HOLY COMMUNION**
 - Saturdays from 4:00-5:00PM
 - Sundays from 9:00AM-noon
- 03 VISIT THE PARISH WEBSITE**
 - updates
 - information
 - Announcements, Calendar
- 04 VOLUNTEER**
 - Join the weekly administrative team
 - Join the children's prayer team
 - lend a hand in the church

<https://www.stunstans.ca/parishlife.html>

Keeping You Posted

by Jay Franco

The "Love Birds" stamps were issued in 1990. They were very popular for use on wedding invitations, Valentine's Day, and other love-type letters. They were produced in both sheet and booklet form.





As we begin this season of grace, a couple of notes to remind us of the rules of the church to help us practice our faith and prepare for our Lenten journey.

- **Canon 1250** - All Fridays through the year and at the time of Lent are penitential days and times throughout the entire Church.
- **Canon 1251** - Abstinence from eating meat or another food according to the prescriptions of the conference of bishops is to be observed on Fridays throughout the year unless they are solemnities; abstinence and fast are to be observed on Ash Wednesday and on the Friday of the Passion and Death of Our Lord Jesus Christ.
- **Canon 1252** - All persons who have completed their fourteenth year are bound by the law of abstinence; all adults are bound by the law of fasting up to the beginning of their sixtieth year. Nevertheless, pastors and parents are to see to it that minors who are not bound by the law of fast and abstinence are educated in an authentic sense of penance.
- **Canon 1253:** It is for the conference of bishops to determine more precisely the observance of fast and abstinence and to substitute in whole or in part for fast and abstinence other forms of penance especially works of charity and exercises of piety.

Ash Wednesday Programme and Communion Service

A screenshot of a mobile application interface. At the top is a search bar with a magnifying glass icon on the left and an 'x' icon on the right. Below the search bar is a yellow rounded rectangle containing the service schedule. Each item is preceded by a blue star icon. At the bottom of the screen is a dark blue navigation bar with icons for back, forward, home, star, and a document icon.

1st SERVICE
10am - 12 noon

2nd SERVICE
3pm - 5pm

3rd SERVICE
6pm - 6:20pm
(if required)

ONLINE MASS
7pm

Get more videos & information about St. Dunstan's Church

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Step 2

Click on YouTube Videos



SUBSCRIBE

Step 3

Click on Subscribe



LITANY: OUR LENTEN JOURNEY

God of the Journey, lead us this Lent into the desert, where we fast on simplicity, and to the oasis, where we feast on your companionship.

May we fast from anger.

And feast on reconciliation.

May we fast from selfishness.

And feast on generosity.

May we fast from resentment.

And feast on gratitude.

May we fast from fear.

And feast on courage.

May we fast from self-absorption.

And feast on compassion.

May we fast from exploitation.

And feast on justice.

May we fast from despair.

And feast on hope.

May we fast from antagonism.

And feast on unity.

May we fast from foolishness.

And feast on wisdom.

May we fast from weakness.

And feast on perseverance.

May we fast from distraction.

And feast on reverence.

May we fast from recklessness.

And feast on responsibility.

May we fast from deception.

And feast on honesty.

Loving God, may our Lent be a holy preparation. May our preparation be blessed and never finished until we rest completely in You. Amen.

Around the Archdiocese & Beyond

Live Your Best Life In Love (March 5-7)

In these stressful times, give your marriage a boost! Restore your loving communication with your spouse and rekindle the romance. The Worldwide Marriage Encounter experience is a skill-building enrichment program where husbands and wives learn how to be the best couple they can be - together. No group discussion. Based on Catholic values but open to couples of all faiths. Rediscover the love in your relationship!

CONTACT: Gerard & Marge
PHONE: 905-792-1925
EMAIL:
gerard.marge@rogers.com
WEBSITE: www.wwme.org
POSTER:
<http://bit.ly/WWMEposter>

Virtual "Come & See" with the Daughters of St. Paul

If you are curious about religious life, then join the Daughters of St. Paul for a virtual "Come and See" on Sunday, February 21st from 3:30pm to 7:00pm. The event will be live-streamed via Zoom.

For questions, or to register, contact Sr. Amanda at toronto@paulinemediacom

The event will begin with reflection, live-streamed Eucharistic Adoration, evening prayer and a casual Q&A about vocational discernment and religious life. This event is open to single women aged 18 to 33. The Daughters of St. Paul are an international congregation founded in 1915 by Blessed James Alberione.

St. Therese of Lisieux Spiritual Life Series



HOSTED BY THE NEWMAN CENTRE CATHOLIC MISSION

All are welcome to join a new spiritual life series based on the book "*The Story of a Soul*" by St. Therese of Lisieux. The new series will begin on Monday, February 22, 2021 and will be presented in several bi-weekly segments by Fr. Peter Turrone, pastor of the Newman Centre.

There will be time for group discussion. Participants will need to purchase the Study Edition of *Story of a Soul* by Fr. Mark Foley for the class. For more information, visit the Newman Centre Catholic Mission website: www.newmantoronto.com

Virtual Bereavement Support Group

During this time of pandemic and grief, we are pleased to be sponsoring Bereavement Support Group virtual sessions on Tuesdays, March 2, 9, 16, 23 and 30 from 7 to 8:30 p.m. "**Grieving with Great HOPE**" is a Catholic faith-based program that consists of a five-week grief support workshop using an on-demand video format that is available on Formed.

It offers a prayerful, practical and personal approach for anyone who is grieving the loss of a loved one. These sessions will be facilitated by Sr. Gabriel Mary Riddle, CPS, pastoral assistant at St. Peter's Parish in Toronto, and assisted by seminarians from St. Augustine's Seminary of Toronto.

There is no cost to attend, but online registration is required. If you have bereaved parishioners who could benefit from this program, please encourage them to register by Tuesday, February

23, 2021 on this website: <http://bit.ly/BS-registerMar2021>.

The registration confirmation email will include details on how to join the online sessions. For your consideration, please find a sample letter to the bereaved parishioner here: <http://bit.ly/SampleLetterBP>.

Feel free to adapt the letter according to your parish needs. If you have any questions, please contact Sally Amaral at 416-934-3400 ext. 518 or email samaral@archtoronto.org.

Weekly Wednesday Audience with Pope Francis

Dear brothers and sisters, good morning!

In the preceding catechesis, we saw how Christian prayer is “anchored” in the Liturgy. Today, we will shed light on how the Liturgy always enters daily life: on the streets, in offices, on public transportation... And there it continues the dialogue with God: the person who prays is like someone in love who always bears the beloved in his or her heart wherever they go.

Essentially, everything becomes a part of this dialogue with God: every joy becomes a reason for praise, every trial is an opportunity to ask for help. Prayer is always alive in our lives, like embers, even when the mouth does not speak, but the heart speaks. Every thought, even the apparently “profane” ones, can be permeated by prayer. There is even a prayerful aspect in the human intelligence; it is, in fact, a window peering into the mystery: it illuminates the few steps in front of us and then opens up to the entire reality, this reality that precedes it and surpasses it. This mystery does not have a disquieting or anxious face. No, knowledge of Christ makes us confident that whatever our eyes and the eyes of our minds cannot see, rather than nothing being there, there is someone who is waiting for us, there is infinite grace. And thus, Christian prayer instills an invincible hope in the human heart: whatever experience we touch on our journey, God’s love can turn it into good.

Regarding this, the Catechism reads: **“We learn to pray at certain moments by hearing the Word of the Lord and sharing in his Paschal Mystery, but his Spirit is offered us at all times, in the events of each day, to make prayer spring up from us. Time is in the Father’s hands; it is in the present that we encounter him, not yesterday or tomorrow, but today”** (n. 2659). Today I meet God, today is always the day of the encounter.



twitter

Pope’s Thoughts in Tweets:

#Fraternity is the true cure for the pandemic and the many evils that have affected us. Along with vaccines, fraternity and hope are, as it were, the medicine we need in today’s world. Feb.8

“There exists no other wonderful day than the day we are living. Those who live always thinking about the future, in the future: “But it will be better...”, but do not take each day as it comes: these are people who live in their fantasy, they do not know how to deal with concrete reality. And today is real, today is concrete. And prayer is to be done today.

Jesus comes to meet us today, the day we are living. And it is prayer that transforms this day into grace, or better, it transforms us: it appeases anger, sustains love, multiplies joy, instills the strength to forgive. Sometimes it will seem that it is no longer we who are living, but that grace lives and works in us through prayer. It is grace that awaits, but always this, don’t forget: take today as it comes. And let’s think about when an angry thought comes to you, of unhappiness, that moves you toward bitterness, stop yourself. And let’s say to the Lord: “Where are you? And where am I going?” And the Lord is there, the Lord will give you the right word, the advice to go ahead without that bitter, negative taste.

For prayer is always, using a profane word, is positive. Always. It will carry you ahead. Each day that begins is accompanied by courage if it is welcomed in prayer. Thus, the problems we face no longer seem to be obstacles to our happiness, but appeals from God, opportunities to meet Him. And when a person is accompanied by the Lord, he or she feels more courageous, freer, and even happier. Let us pray always, then, for everyone, even for our enemies. Jesus counselled us to do this: *“Pray for your enemies”*.

Featured: St. Peter Damian, February 21st



Saint Peter Damian by Andrea Barbiani

St. Peter Damian was born in Ravenna, Italy, and was orphaned as a young child. He was left under the care of an older brother who treated him more like a slave than a brother. Luckily, another brother who had become an archpriest of Ravenna, took pity on the child, removed him from the abusive situation, and sent his brother to get a good education.

In time, Peter Damian became a professor of great ability. He became known for his prayerful nature and, interestingly enough, for his kindness more than his intellect. "Not only did he give away much in alms, but he was seldom without some poor person at his table, and took pleasure in serving them with his own hands." (p.399)

It didn't take long for Peter to give up his academic career for the monastic life. He chose to live with the Benedictine hermits and devoted his life strictly to prayer and sacred studies. In fact, his devotion was so extreme that it brought on severe insomnia which was difficult to cure. Despite his excessive tendencies, the abbot of the hermitage asked Peter to assume the responsibility of governing the hermitage upon the abbot's death. Peter accepted and he also established five more hermitages and mentored many disciples who became great lights of the Church.

Many Popes asked Peter Damian for help because of his extraordinary knowledge of canon law combined with his peacemaking and troubleshooting skills. In 1057, Pope Stephen IX made Peter Damian Cardinal-Bishop of Ostia and he was asked to focus on church matters of importance. For example, Peter Damian worked hard to wipe out simony—the buying of church offices—and encouraged his priests to observe celibacy, and urged even the diocesan clergy to live together and maintain scheduled prayer and religious observance. He wished to restore primitive discipline among religious and priests, warning against needless travel, violations of poverty, and too comfortable living. He even severely rebuked the Bishop of Florence for playing a game of chess! St. Peter Damian was a great reformer of the church. Whatever austerities he prescribed for others, he practiced himself.

While travelling back from Rome, St. Peter Damian contracted a fever and, after eight days, passed away on February 22, 1072 in a Benedictine monastery. He was declared a Doctor of the Church in 1828.

St. Peter Damian is known for his eloquence. He wrote 170 letters, 53 sermons and seven vitae (saint's lives). He preferred examples and stories rather than theory in his writings.

Source: Butler's Lives of the Saints, Volume 1

Saint's Quote of the Week:

He pours light into our minds, arouses our desire and gives us strength ... as the soul is the life of the body, so the Holy Spirit is the life of our souls.

-St. Peter Damian



A Mission of Love

In the 1850s, there was a leper colony on the island of Molokai, part of the Hawaiian Islands. The Catholic Bishop of the Hawaiian Island knew that there were about ten Catholics among the two or three hundred lepers on Molokai.

There was a young priest named Damien de Veuster (now Saint Damien de Veuster or St. Damien of Molokai), who had been a carpenter before he became a priest. The Bishop asked Fr. Damien to go to the leper colony and put together a prefabricated chapel that had already been shipped there. Fr. Damien was instructed to have no contact with the lepers – no anointing, no confessions, and no burial because the Bishop did not have many priests and did not want to lose a zealous young priest. But conquering his fears, Damien became the first non-leper to stay overnight on the island. He immediately began building shelters for the people. He constructed the Church and began saying Mass. He was surprised to find over a hundred people wanting to pray with him, even though only ten of them were Catholic. He was the first to show Christ's love to them in deeds rather than mere words.

A boat came to pick up Fr. Damien after his thirty-day medical visa expired, but Damien refused to go. He built a water system, planted over a thousand trees to protect the people from the scorching sun, and continued saying Mass for the people. Lepers of all faiths and no faith went to his Masses. They said, "He holds our hands when we die." In the end Fr. Damien himself contracted leprosy. Towards the end of Father Damien's life, Mother (now Saint) Marianne Cope and a group of Franciscan Sisters joined him on the island and continued his work. On a little hill in Molokai, there is a cross with three words from St. Paul's first letter to the Corinthians that sum up what was at the heart of St. Damien's work. The words are: "Love never fails." *Credit: Fr. Anthony Kadavil*

WATCH

LEARN

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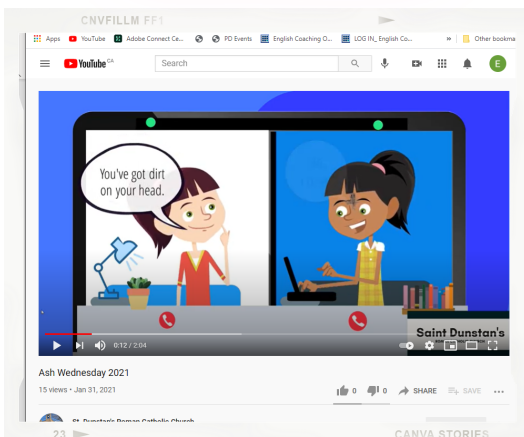
Our parish has now subscribed to **Formed.org**. Many thanks to the generous parishioner who graciously helped us to achieve this. This is an excellent platform of Catholic resources for learning and formation. Avail of this opportunity by clicking on <https://formed.org/> to subscribe. Search for Saint Dunstan, Danforth Ave., and sign-up!

CHILDREN'S Corner



Father Victor has been working very hard to get the Children's Corner up and running for the Lenten Season. In the near future, comics and animations will be uploaded onto the website for children to enjoy.

If you click on the image (left), you'll see the latest **Ash Wednesday** animation that the team has prepared for you.



CONTACT SAINT DUNSTAN'S CHURCH

3150 Danforth Avenue
Scarborough MIL 1B6

Office: 416-694-2811

Email: stdunstan@rogers.com

YEAR OF SAINT JOSEPH

Special Prayer to St. Joseph

To you, O blessed Joseph, do we come in our tribulation, and having implored the help of your most holy spouse, we confidently invoke your patronage also. Through that charity which bound you to the Immaculate Virgin Mother of God and through the paternal love with which you embraced the Child Jesus, we humbly beg you graciously to regard the inheritance which Jesus Christ has purchased by his Blood, and with your power and strength to aid us in our necessities.

O most watchful Guardian of the Holy Family, defend the chosen children of Jesus Christ; O most loving father, ward off from us every contagion of error and corrupting influence; O our most mighty protector, be propitious to us and from heaven assist us in our struggle with the power of darkness; and, as once you rescued the Child Jesus from deadly peril, so now protect God's Holy Church from the snares of the enemy and from all adversity; shield, too, each one of us by your constant protection, so that, supported by your example and your aid, we may be able to live piously, to die holily, and to obtain eternal happiness in heaven. Amen



BUILDING THE CHURCH TOGETHER

BY FATHER VICTOR

In the name of Jesus Christ, dear parishioners, I am reaching out to you today because our church - like many churches in Toronto and the GTA - is struggling financially. Money is needed for many expenses at Saint Dunstan's including: heat, hydro, phones, insurance, snow plow services and staff salaries.

Standing behind the ambo giving a homily that I prepared is easy compared to asking for donations during a pandemic. Many parishioners have experienced unemployment and great hardship at this time, so to ask parishioners to open

their purse strings to sustain the church is a deeply humbling experience for me.

The Church is not a business. It has never been a business and it will never be a business. We do our best to rely on the generosity of volunteers and the kindness of local businesses to sustain us, but the limitations caused by the pandemic have created a large shortfall. If you are able to donate, please consider one of the options listed at the end of this short article. *Any amount is greatly appreciated at this time of need.*

The situation we are living through brings to mind St. Francis of Assisi. He trusted completely in the providence of the Creator. His entire existence was Christ-centred, and he lived with complete confidence in Him. God has always provided, dear friends in Christ. He will always provide! I have confidence that God's miraculous love will get us through this difficult moment in time.

“ Thank you from the depth of my heart.

– FATHER VICTOR

- **ENVELOPES:** Envelopes can be dropped off at the church office. Please call ahead: 416-694-2811
- **MONTHLY WITHDRAWALS:** Consider pre-authorized giving For more information: <https://stdunstanssc.archtoronto.org/About-Us/donate>
- **CREDIT / DEBIT:** Donate online using your credit card or your chequing account. Visit: <https://stdunstanssc.archtoronto.org/About-Us/donate>
- **ON-LINE BANKING:** Contribute to the offertory via on-line banking. Visit: <https://stdunstanssc.archtoronto.org/About-Us/donate>

100% of all monies collected will be put towards St. Dunstan Parish.