

WEEKLY E-BULLETIN

Saint Dunstan's Parish, Scarborough



From the Administrator's Desk

Dear Parishioners,

Welcome to the Holy season of Lent. This is a time to deepen our interior lives with the spiritual weapons of prayer, fasting, and almsgiving as we battle the powers of evil. Let us enter into the sacred time to journey with Jesus the Christ in His redemptive passion. Please remember that **The Stations of the Cross** will be streamed live on Fridays during Lent. Last Friday, some parishioners and friends animated the stations of the cross with audio reflections. *That was really wonderful, thank you!*

I'm also delighted to announce that St. Dunstan's Church has a new website. It is more intuitive and offers more functionality, so I hope you will visit it and share your feedback with us. Please see page 4 of the newsletter for further details. Also, please remember to share our schedule with your family, friends, and acquaintances. I have no doubt that many people in our community would appreciate following the events and online services while we wait in joyful hope for the day that all churches in Toronto will safely reopen once again. Please see page 3 of this newsletter for an infographic that you can easily download and share on your social media and by text. Wishing you a refreshing Lenten journey. May God bless you,

Fv. Victor Amole

OVERVIEW:

- From the Administrator's Desk
- Parish News
- Around the Archdiocese & Beyond
- Wednesday Audience with Pope Francis
- Feature: Saint Polycarp



MASS SCHEDULE

February 22nd	9:00AM
February 24th	7:00PM
February 26th	9:00AM
February 28th	10:00AM



GOSPEL INSPIRATION

St. Mark (1:12-15)

Doesn't it seem odd to begin Lent with a story of Noah's ark? Could it be because Noah spent forty days riding out a huge flood and Jesus endured forty days "among wild beasts" (Mark 1:13)? Well, that's part of the reason. But beyond that, there is a promise hidden in God's covenant with Noah. By vowing never again to destroy the earth in a flood, he pointed toward a better way to overcome sin and evil: Jesus' death and resurrection. And Lent gives us forty days to prepare for it!

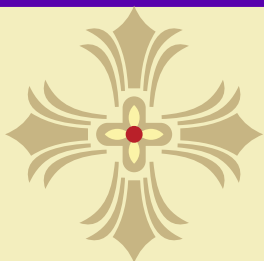
In today's second reading, St. Peter tells us why Noah and his family are perfect Lenten companions for us. Through the flood, they escaped a sinful environment and entered a new life with God, just as we escape sin and enter new life through the floodwaters of Baptism. If you're preparing for Baptism this Lent, you have a special reason to rejoice. You will be passing through waters into salvation firsthand. But, if you are already baptized,

you can rejoice too, especially if you spend these forty days renewing your baptismal promises. Renounce the devil and all his temptations. Affirm your faith in the Father, Son, and the Holy Spirit. Recall God's covenant with you. As you dedicate yourself to God this Lent, you'll come to know the Lord better. And that will make you more confident in his love and his grace. So, find extra time to pray this Lent. Give more of your time and money to people in need. Choose to fast, either from food or from negative activity or habit. You might feel like Noah on the ark sometimes, and it might get messy. But the journey is worth it because when you finally reach the joy of Easter Sunday, you'll be stepping into a fuller understanding and experience of God's faithfulness and his salvation. Lent has just begun. Let's get on the boat!

(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.





LENT 2021

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.

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 11:00AM-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.stdunstons.ca/stuntonline.org/>

Keeping You Posted

by Jay Franco

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. Please join us so that we can lift our hearts to the Lord and praise Him.

This series of postage stamps was issued by the Vatican in 2019 in honour of the 150th anniversary of St. Peter's Circle, an organization that helps the poor and marginalized of Rome. The stamp features a person being caressed by the hand of God.



Parish News

New Parish Website



The Archdiocese of Toronto is transitioning from its present website portal to a new one that is more intuitive and accessible which can be used by everyone including individuals with disabilities. The new website portal makes it easier to stay connected with your parish.

We are excited to announce that St. Dunstan's Church is one of the first parishes in Toronto to have transitioned to the new website format. Many individuals have been involved in this project, and we thank everyone for their support.

The objective is to populate the website with blogs, the ...

latest newsletters, videos, upcoming events, and special announcements. The new website also has other interesting content for all parishioners to enjoy. Feel free to poke around and learn more about our community, our faith and parish life.

One of the first initiatives, designed for the young and the young at heart, is the 40 days of Lent comics - a page on the website which will furnish us with a liturgical theme for each day of the 40 days of Lent and espouse the themes in short comic strips.

Feel free to click on the different pages and get acquainted with your new website. We welcome your feedback on what you see and what you would like to see in the future.

Devotion to our Lady of Perpetual Help



Please do not forget that every Wednesday evening during Mass at 7:00pm, we have a devotion to our Lady of Perpetual Help. Prayers will be made available on the screen so that we can pray together. God bless you as you come to participate.

Celebrating Black History Month

"THE LORD HAS LOVED ME SO MUCH: WE MUST LOVE EVERYONE...WE MUST BE COMPASSIONATE!"

-Saint Josephine Bakhita



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

Click Below to subscribe to Our YouTube Channel

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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

A Theology of Spirituality & Sexuality

Sex is too often seen as setting itself against spirituality. Sex seems too earthy to be connected to spirit. Evidence suggests that more people struggle religiously with the issue of sexuality than any other area in their lives. What is sexuality?

Why is it so powerful? Does it come from God or does it set us against God? Why has the church never produced a healthy, robust spirituality of sex? The **virtual retreat** with Fr. Ron Rolheiser, OMI will attempt to articulate a healthy anthropology, theology and spirituality of sex. It will take place from Friday, March 12 to Sunday March 14, 2021. The cost is \$100.00. Please visit www.queenshouse.org for more information.

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): <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.

Ash Wednesday Message from Pope Francis

*Dear brothers and sisters,
good morning!*

We are now embarking on our Lenten journey, which opens with the words of the prophet Joel. They point out the path we are to follow. We hear an invitation that arises from the heart of God, who with open arms and longing eyes pleads with us: *“Return to me with all your heart”* (Joel 2:12). Return to me. Lent is a journey of return to God. How many times, in our activity or indifference, have we told him: “Lord, I will come to you later, just wait for a little... I can’t come today, but tomorrow I will begin to pray and do something for others”. We do this, time and time again. Right now, however, God is speaking to our hearts. In this life, we will always have things to do and excuses to offer, but right now, brothers and sisters right now is the time to return to God.

Return to me, he says, with all your heart. Lent is a journey that involves our whole life, our entire being. It is a time to reconsider the path we are taking, to find the route that leads us home and to rediscover our profound relationship with God, on whom everything depends. Lent is not just not about the little sacrifices we make, but about discerning where our hearts are directed.

This is the core of Lent: asking where our hearts are directed. Let us ask: **Where is my life’s navigation system taking me – towards God or towards myself?** Do I live to please the Lord, or to be noticed, praised, put at the head of line...? Do I have a “wobbly” heart, which takes a step forwards and then one backwards? Do I love the Lord a bit and the world a bit, or is my heart steadfast in God? Am I content with my hypocrisies, or do I work to free my heart from the duplicity and falsehood that tie it down?



twitter

Pope’s Thoughts in Tweets: #Lent is precisely the season of hope when we turn our gaze back to the God who is patient. Saint Paul passionately urges us to place our hope in reconciliation: “Be reconciled to God” (2 Cor. 5:20).

“The journey of Lent is an exodus, an exodus from slavery to freedom. These forty days correspond to the forty years that God’s people trekked through the desert to return to their homeland. How difficult it was to leave Egypt! It was more difficult for God’s people to leave the Egypt of the heart, that Egypt they carried within them, than to leave the land of Egypt. It is hard to leave Egypt behind. During their journey, there was an ever-present temptation to yearn for leaks, to turn back, to cling to memories of the past or to this or that idol. So it is with us: our journey back to God is blocked by our unhealthy attachments, held back by the seductive snares of our sins, by the false security of money and appearances, by the paralysis of our discontents. To embark on this journey, we have to unmask these illusions.

But we can ask ourselves: how do we then proceed on our journey back to God? We can be guided by return journeys described in the word of God. We can think of the prodigal son and realize that for us too, it is time to return to the Father. Like that son, we too have forgotten the familiar scent of our home, we have squandered a precious inheritance on paltry things and have ended up with empty hands and an unhappy heart. We have fallen down, like little children who constantly fall, toddlers who try to walk but keep falling and need, time and time again, to be picked up by their father. It is the Father’s forgiveness that always set us back on our feet. God’s forgiveness—Confession—is the first step on our return journey. In mentioning Confession, I ask confessors to be like fathers, offering not a rod but an embrace.

Featured: St. Polycarp - Martyr, February 23rd



Icon of Saint Polycarp

St. Polycarp was one of the most famous of the little group of early bishops known as "the Apostolic Fathers", who, being the immediate disciples of the apostles, received instruction directly from them, as it were from the fountainhead. Polycarp was a disciple of St. John the Evangelist and was respected by the faithful as a teacher and leader.

At that time, the early church was hated by the Roman Empire because Christians refused to deny their faith.

During this time of persecution in Asia Minor, Herod, the chief of police, sent horsemen by night to surround St. Polycarp's home. He went down to meet the men at the door and asked them if they wanted supper in exchange for some time to pray before they arrested him. While the police ate, St. Polycarp stood in silent prayer for two hours *"recommending to God his own flock and the whole Church with such intense devotion that some of the police who had come to seize him repented and left his home."* He was taken away, however, and brought to Herod and Herod's father, Nicetas. Both men tried to persuade St. Polycarp to acknowledge the divinity of the Roman Emperor. When St. Polycarp said: "I am ...

resolved not to do what you counsel me," he was thrown out of a moving chariot.

Then, he was led to the tribunal of the proconsul who pressured him to swear by the genius of Caesar and revile Christ. Polycarp replied: *"For 86 years I have served Him and He has done me no wrong. How then can I blaspheme my King and my Saviour? I am a Christian."*

Shortly thereafter, Polycarp was ordered to be burned at the stake. The disciples and eyewitnesses who recorded Polycarp's martyrdom wrote that after the fire blazed furiously, it shaped itself into the form of an arch, like the sail of a ship when filled with the wind, and formed a circle around the body of the martyr. Inside it, he looked not like flesh that is burnt, but like bread that is baked, or gold and silver glowing in a furnace. And, they *"smelt a sweet scent, like frankincense or some such precious spices."*

Eventually, when the Romans saw that his body could not be consumed by the fire, they commanded an executioner to pierce him with a spear.

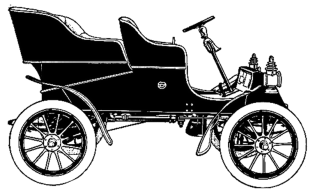
Polycarp died at 2 o'clock in the afternoon on February 23 in 155 or 166 AD. He was the 12th martyr in Smyrna, a large ancient city on the western coast of Asia Minor (modern-day Turkey).

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

Saint's Quote of the Week:

Help one another with the generosity of the Lord and despise no one. When you have the opportunity to do good, do not let it go by.

-Saint Polycarp



Anecdote of the Week

You might have heard the story of the machinist who worked years ago at the original Ford Motor Company plant in Detroit, Michigan. Over a period of years, he had “borrowed” from the factory various car parts and tools which he hadn’t bothered to return. While the management never condoned this practice, nothing was ever done about it. In time, however, the “forgetful” machinist experienced a Christian conversion and was baptized. More importantly, the man took his Baptism seriously and became a devout believer.

The very morning after his Baptism, the machinist arrived at work with his pickup truck loaded with all the parts and tools he had taken from the Ford Company over the years. He went to his foreman and explained that he never really meant to steal them and asked to be forgiven. The foreman was so astonished and impressed by this act that he called Henry Ford himself, contacting the auto magnate while he was away visiting a European Ford plant. In his telegram, the foreman described the entire event in great detail. Ford immediately cabled back this striking two-line response: “*Dam up the Detroit River. Baptize the entire Plant!*” — Our Scripture for this First Sunday in Lent focuses on the effect our Baptism should have on our lives especially during the Lenten season.
Credit: Fr. Anthony Kadavil

WATCH

LEARN

SHARE

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. Both the young, and the young and young at heart, can enjoy comics and videos which will be uploaded to our new website - as quickly as they can be produced. Share your talents with the parish and help us populate this new section!

CONTACT SAINT DUNSTAN'S CHURCH

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Scarborough MIL 1B6

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Email: stdunstan@rogers.com

In this year of Saint Joseph, we are encouraged to say this special prayer, asking for his intercession.

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.