

# WEEKLY E-BULLETIN

Saint Dunstan's Parish, Scarborough



## From the Administrator's Desk

Dear Parishioners,

The grace and peace of the Lord be with you.

We have resumed in-person worship in the church. It is wonderful to see your faces again! Gradually parishioners are beginning to return, and I am happy that we are taking the necessary steps to keep us all safe: wearing a mask before entering, sanitizing in the foyer, keeping a safe distance from others, and not congregating at any point in time within the church or outside the church. Thank you for your diligence.

I'm happy to report that our Lenten Retreat was successful; thanks for participating and getting yourself ready for Easter! The Holy Week schedule is also available on page 4. Please pay attention to the extra notes since our celebrations have been adjusted in this extraordinary year. Hopefully, nothing changes before then. The days of Confessions are now complete. Please call the office if you are yet to go to the sacrament of reconciliation. We shall still try to accommodate it for this week.

May Christ bless us as we travel this Lenten journey with Him. Keep safe and well.

*Fv. Victor Amole*

## OVERVIEW:

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

**in**  **person**

## MASS SCHEDULE

March 22nd	9:00AM
March 23rd	9:00AM
March 24th	7:00PM
March 25th	9:00AM
March 26th	9:00AM
March 27th	5:00PM
March 28th	9:00/10:30/12.30PM



# GOSPEL INSPIRATION

I AM TROUBLED.  
(John 12:27)

Jesus was troubled? That's putting it mildly. The Greek word John used here means to be greatly distressed or in fear and dread. It's the same word used to describe the disciples' reaction to a deadly storm at sea (Matthew 14:26). It's the same kind of distress that King David felt as he wept over his slain son, Absalom (2 Samuel 19:1), and that Lot felt as he fled the destruction of Sodom and Gomorrah (Genesis 19:16).

So what troubled Jesus so much? The realization that his "hour" had come (John 12:33). After spending so much time preaching and teaching, healing people and driving out demons, Jesus had now arrived at the time for his passion. He knew that agonizing torture and slow, lingering death awaited him, and the thought of it filled him with dread. Yet Jesus also knew that, as terrible as it would be, the cross was necessary if he was going to save us from sin. It wouldn't be easy; it wouldn't be

pretty, but it was necessary. So rather than shrinking back, **he placed himself in God's hands and trusted that his Father would see him through it.** He loved us too much to walk away.

We all face times when we feel troubled. It could be because we are witnessing a loved one suffering, or it could be as we face our own suffering. It's painful; it's challenging, but it's unavoidable. If that describes you today, know that you are not alone. Jesus has his arm around you and is holding you close. He knows what it's like to feel so distressed that you want to run away. And because he knows, he can comfort you and help you. Jesus endured the cross because he knew that his death would reveal the depths of God's love for us - and for you. Let that love surround you and sustain you today.

*Source: Living with Christ*



**Universal Intention of Pope Francis for March 2021:**

**Sacrament of Reconciliation:** Let us pray that we may experience the sacrament of reconciliation with renewed depth, to taste the infinite mercy of God.

# Parish News



## HOLY WEEK Programme

### PALM SUNDAY

Normal Mass Schedule

### HOLY THURSDAY

Mass 7:00PM

### GOOD FRIDAY

Passion of the Lord: 3:00PM  
Stations of the Cross: 7:00PM

### EASTER VIGIL

8:00PM

### EASTER SUNDAY

Normal Mass Schedule

### EASTER MONDAY

10:00AM

We all know that adjustments to our celebrations have been made these days to keep us all safe in the face of the pandemic. For Holy Week this year, the Archdiocese of Toronto has provided us with a few guidelines during Holy Week:

**Palm Sunday:** there will be a simple entrance, no gathering in the foyer. Ushers (with gloves) will hand us blessed palms at the entrance.

**Holy Thursday:** There will be no washing of the feet this year. There will neither be an altar of repose nor procession with the Blessed Sacrament after Mass. We are encouraged to adore and pray from our pews. The Tabernacle will be opened for adoration until 10:00PM.

**Good Friday:** There will be no individual veneration of the cross. General veneration from our pews is recommended. We are also encouraged to bring our own crosses for adoration, spiritual or physical.

**Easter Vigil:** The pascal candle will be lit and placed on the altar this year; there will be no service of light. Holy water will be sprinkled from the altar for the renewal of our baptism.

## School Mass



Join us on the 24th of March for one of our School Masses, at 9.30am. Let's worship together with the little ones. It will be live-streamed only.

## Movie Night on Formed.org The Jeweller's Shop

Based on Pope John Paul II's best-selling book, this film tells of the struggles and triumphs in the marriages of three couples. A mysterious Jeweller (Burt Lancaster) acts as a mystical advisor to the couples, encouraging them to keep love at the center of their lives.

Beautifully filmed with an outstanding cast that includes Olivia Hussey and Ben Cross. John Paul II called it "*the best possible film based on my play.*"

**Sign up today** and enjoy this awesome resource which our parish has already subscribed to for your use. Visit <https://formed.org/>. Simply search for Saint Dunstan Danforth and get free access. There are tons of faith materials so that we can learn more about our faith.

## Devotion to Our Lady of Perpetual Help

Wednesday  
evenings at  
7:00PM.

Please  
Join  
Us in  
prayer.



## PLEASE DON'T FORGET ...

Visit St. Dunstan's website. It is being updated on a regular basis to keep you informed about parish news & activities.

<http://>



## STATIONS OF THE CROSS

- In-person and live-streamed, if possible, every Friday during Lent at 7:00PM. Reflections at each of the 14 Stations will be read by parishioners.



## Virtual Easter Praise Night



The plan is on for another beautiful musical encounter! Let's gather together to celebrate Easter with a night of song and praise to our Lord. Be sure to

mark **April 9th at 7:00pm** on your calendars and invite your friends to watch. We will be making a social-media invite flier soon so you can send it to friends. There's still time to sign up to participate in this event, so if you're musically inclined, don't be shy! Contact Fr. Victor by phone or email. Share your talents with the community.

## ShareLife

Sharelife Collection dates for the 2021 campaign have been moved to

- April 17-18, 2021 and
- October 2-3, 2021.

Please note that the envelopes in your offertory box will have different dates on them, but donations will be accepted anytime. Thank you for your generosity.

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.

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

Click Below to subscribe to Our YouTube Channel

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You  
Tube

# Covid-19 Revised Restrictions

## PLACES OF WORSHIP

On Friday, March 12th the provincial government announced changes to the restrictions on places of worship currently in the Grey (Lockdown) Zone. As of **Monday, March 15, 2021**, churches in this designation (in the archdiocese, currently Toronto and Peel Regions) will be permitted **15 percent capacity** for religious services.

We began to celebrate public Masses on Monday March 15, 2021 and we will continue to do so until instructed otherwise.

A few very important additional points:

- The Grey (Lockdown) Zones are still very much the areas where positive cases of Covid-19 are highest in the province. For the safety of all, it is imperative that everyone does their part to follow **WorshipSafe guidelines** to protect parishioners, clergy, and staff.
- Please **do not congregate in or around the church** after services in large numbers. Arrival and dismissal will be co-ordinated in such a fashion to ensure large groups do not congregate. This policy includes weddings, funerals, and baptisms.
- We hope our Livestreaming of services will continue, barring any technological difficulties. The dispensation from the Sunday Eucharist will continue for those of our brethren that find it difficult to attend church physically. **The elderly, those with compromised immune systems or other health conditions** are asked to exercise **extreme caution** about any outings, including attendance at church.

## HOW TO RESERVE YOUR SEAT

### ON SUNDAYS

The parish will be using Eventbrite to facilitate the return to in-person mass. This ticketing system will help us ensure that we do not exceed the 15% capacity on Sundays. It also makes contact tracing possible.

Using Eventbrite is very easy. Visit our Eventbrite site by clicking on the orange Eventbrite button to reserve your ticket, or visit our website. If you still need help, please call **Jean (416) 694-2811** and she will secure a seat for you. Don't forget! Click on the orange button (below) to get your ticket for one of next Sunday's Masses.



## FUNERALS IN GREY ZONE

Please note that for funerals, at present, the Bereavement Authority of Ontario (BAO) has indicated that funeral home staff will **not be permitted** to assist inside a church if there are more than 50 people present in the Grey Zone. If attendance exceeds that number, funeral home staff have been directed by the BAO to place the casket at the church entrance and return to their vehicles. Upon completion of the service, church personnel / family are to return the casket to the hearse for delivery to the cemetery.



All arrivals without a reservation will be **put on standby** and will be seated in the church **only if the church has not exceeded capacity** according to the **WorshipSafe guidelines** outlined by the Archdiocese of Toronto. Staff will be present at the entrance of the church at all Sunday masses to guide you.

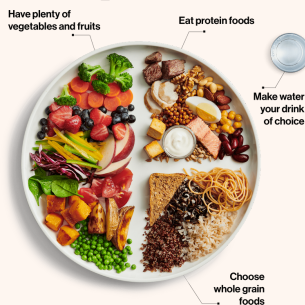
## Around the Archdiocese & Beyond

### MARCH WELLNESS TIP

From the Office of Human Resources & Wellness Committee at the Archdiocese of Toronto

People tend to repeatedly eat the same foods and miss out on all the health benefits that come from eating a wide range of fruits and vegetables. Canada's Food Guide recommends 5 servings per day of fruits and vegetables for children and 7 to 10 servings per day for adults. The easiest way to make sure you eat what you need is to eat the rainbow and have at least two servings a day from every colour group.

For more some interesting recipes and information about the Canada Food Guide, just click on the plate.



### The Ethics of Law In Judaism

March 25th  
12:30-1:30PM



Presented online by Prof. Menachem Lorberbaum, Professor of Jewish Philosophy and Talmud, Tel Aviv University. This event is organized by the two well-known Catholic Institutions in Rome: The Centro Pro Unione and John Paul II Center for Interreligious Dialogue (Angelicum University).

For more information and registration please click here: <https://bit.ly/EthicsOfLawOfJudaism>

## Yes, LORD!

A new Children's Liturgy of the Word program called "Yes, Lord!" is being offered through Salt & Light Media for the entire Lenten period!

Full-length episodes are posted every Friday on: <https://www.slmedia.org/programs/yeslord>

The office of Vocations is hosting a **Come & See Weekend** for single Catholic men who are **17+ years of age**, via Zoom from Friday, March 26 (7:00 pm) to Saturday March 27 (5:00 pm).

To register, visit [www.vocationstoronto.ca](http://www.vocationstoronto.ca)



### Why does the date of Holy Week change?

The Catholic Church determines the date based on the fact that Christ's death occurred near the Jewish Passover. The First Council of Nicea, held in 325, decided that Easter would be celebrated on the first Sunday after the full moon following the spring equinox, making the earliest possible date for Easter March 22 and the latest possible April 25.

Most of the time Easter falls during the first week or two of April. *Source: Catholic News Agency*

### Euthanasia Prevention Coalition

Canada legalized euthanasia in June, 2016. A few weeks ago, the Canadian Senate voted to pass Bill C-7 with 5 amendments which included expanding euthanasia to people with mental illness. Oppose Bill C-7 now and demand that parliament reject euthanasia for grievous and irremediable mental illnesses.

To sign this petition opposing Bill-C7 and for more information about the organization please go to [Euthanasia Prevention Coalition Canada](http://EuthanasiaPreventionCoalitionCanada.org) or [epcc.ca](http://epcc.ca)

Catholic, Jewish and Muslim Students/Young Adults Dialogue Group invites you to celebrate bonds of social friendship and fraternity through an interactive discussion with a Kahoot Quiz and more!

EXPLORING SOCIAL FRIENDSHIP AND FRATERNITY  
Inspired by the encyclical letter "Fratelli Tutti" by His Holiness Pope Francis

Join us virtually on Friday, March 26, 2021 from 6:30 to 7:30 p.m.

Showcase your knowledge and experience of friendship and fraternity among your circle of friends and family!

For details and registration, please visit: <https://exploringsocialfriendshipandfriendship.eventbrite.ca>

*Dear brothers  
and sisters,  
good morning!*

## Pope Francis: Prayer and the Holy Spirit



*Today we will complete the catechesis on prayer as a relationship with the Holy Trinity, in particular with the Holy Spirit.*

The first gift of every Christian existence is the Holy Spirit. It is not one of many gifts, but rather the fundamental Gift. The Spirit is the gift that Jesus had promised to send us. Without the Spirit there is no relationship with Christ and with the Father, because the Spirit opens our heart to God's presence and draws it into that "vortex" of love that is the very heart of God. We are not merely guests and pilgrims on a journey on this earth; we are also guests and pilgrims of the Trinity. We are like Abraham, who one day, welcoming three wayfarers in his own tent, encountered God. If we can truly invoke God, calling him "Abba - Daddy", it is because the Holy Spirit dwells in us; He is the One who transforms us deep within and makes us experience the moving joy of being loved by God as his true children. All the spiritual work within us towards God is performed by the Holy Spirit, this gift. He works within us to carry forward our Christian life towards the Father, with Jesus.

That is why the Church invites us to call upon the Holy Spirit every day, especially at the beginning and the end of every important action. This is the work of the Spirit in us. He "reminds" us of Jesus and makes him present to us, so that he is not reduced to a character from the past: that is, the Spirit brings Jesus to the present in our consciousness. If Christ were only far away in time, we would be alone and lost in the world. But in the Spirit everything is brought to life: the possibility of encountering Christ is open to Christians of every time and place. He is not distant, the Spirit is with us.

*This is the experience of so many people who pray: men and women whom the Holy Spirit has formed according to the "measure" of Christ, in mercy, in service, in prayer, in catechesis ... it is a grace to meet people like this: you realize that a different life pulses within them, the way they look "beyond". We can think not only of monks and hermits; they are found*

*among ordinary people, people who have woven a long history of dialogue with God, sometimes of inner struggle, that purifies their faith. These humble witnesses have sought God in the Gospel, in the Eucharist received and adored, in the face of a brother or sister in difficulty, and they safeguard his presence like a secret flame.*

The first task of Christians is precisely to keep alive this flame that Jesus brought to the earth (see Lk 12:49), and what is this flame? It is love, the Love of God, the Holy Spirit. Without the fire of the Spirit, His prophecies are extinguished, sorrow supplants joy, routine substitutes love, and service turns into slavery. The image of the lighted lamp next to the Tabernacle, where the Eucharist is reserved, comes to mind. Even when the church empties and evening falls, even when the church is closed, that lamp remains lit, and continues to burn; no one sees it, yet it burns before the Lord. This is how the Spirit is in our heart, always present like that lamp.

There are as many paths of prayer as there are persons who pray, but it is the same Spirit acting in all and with all. Very often it happens that we do not pray, we don't feel like praying, or many times we pray like parrots, with the mouth, but our heart is not in it. This is the moment to say to the Spirit: *"Come, come Holy Spirit, warm my heart. Come and teach me to pray, teach me to look to the Father, to look to the Son. Teach me the path of faith. Teach me how to love and, above all, teach me to have an attitude of hope". It means calling on the Spirit continually, so he may be present in our lives.*



twitter

*Pope's Thoughts in Tweets: With great sorrow, I must recall the dramatic situation in #Myanmar, where many people, especially young people, are losing their lives to offer hope to their country. I too kneel in the streets of Myanmar and say: End the violence! May dialogue prevail!*

## Featured: Solemnity of the Annunciation of the Lord

### MARCH 25TH

The feast of the Annunciation, now recognized as a solemnity, was first celebrated in the fourth or fifth century. Its central focus is the Incarnation: God has become one of us. From all eternity God had decided that the Second Person of the Blessed Trinity should become human. Now, as Luke 1:26-38 tells us, the decision is being realized. The God-Man embraces all humanity, indeed all creation, to bring it to God in one great act of love. Because human beings have rejected God, Jesus will accept a life of suffering and an agonizing death: “No one has greater love than this, to lay down one’s life for one’s friends” (John 15:13).

Mary has an important role to play in God’s plan. From all eternity, God destined her to be the mother of Jesus and closely related to him in the creation and redemption of the world.

We could say that God’s decrees of creation and redemption are joined in the decree of Incarnation. Because Mary is God’s instrument in the Incarnation, she has a role to play with Jesus in creation and redemption. It is a God-given role. It is God’s grace from beginning to end. Mary becomes the eminent figure she is only by God’s grace. She is the empty space where God could act. Everything she is she owes to the Trinity.

“

**And the Word became  
Flesh, and it dwelt  
among us.  
(John 1:14)**



THE ANNUNCIATION BY GIOTTO DI BONDONE

Mary is the virgin-mother who fulfills Isaiah 7:14 in a way that Isaiah could not have imagined. She is united with her son in carrying out the will of God (Psalm 40:8-9; Hebrews 10:7-9; Luke 1:38).

Together with Jesus, the privileged and graced Mary is the link between heaven and earth. She is the human being who best, after Jesus, exemplifies the possibilities of human existence. She received into her lowliness the infinite love of God. She shows how an ordinary human being can reflect God in the ordinary circumstances of life.

She exemplifies what the Church and every member of the Church is meant to become. She is the ultimate product of the creative and redemptive power of God. She manifests what the Incarnation is meant to accomplish for all of us. *(Source: Franciscan Media)*



For more information about Mary, please click on her image (left)



## Anecdote of the Week

After an exceptionally long and boring homily the congregation filed out of the church not saying a word to the pastor. After a while, a man shook the pastor's hand and said, "Pastor, that homily reminded me of the peace and love of God!" The pastor was ecstatic. "Nobody has ever said anything like that about one of my homilies before! Tell me, how did it remind you of the peace and love of God?" "Well", said the man, "it reminded me of the peace of God because it passed all human understanding and it reminded me of the love of God because it endured forever!" *Credit: Fr. Anthony Kadavil*

## Don't forget to Spread the Word

Let us take our message of love of and trust in Jesus Christ to others. Please share the programme infographic (right) with your friends and acquaintances.

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.

As Pope Francis said in his 2016 message for World Communication Day: *"Emails, text messages, social networks and chats can also be fully human forms of communication. It is not technology that determines whether or not communication is authentic, but rather the human heart and our capacity to use wisely the means at our disposal."*

## The Litany of Lent

Please take a few moments to read and reflect on the Litany of Lent. Click on the icon below and you will be re-directed to the parish website.



## CONTACT SAINT DUNSTAN'S CHURCH

3150 Danforth Avenue  
Scarborough MIL 1B6

Office: 416-694-2811

Email: [stdunstan@rogers.com](mailto: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*

## ST. DUNSTAN'S CHURCH

3150 Danforth Avenue, Scarborough

# WELCOME

### 01

#### ATTEND MASS IN-PERSON

- Mondays, Tuesdays, Wednesdays and Fridays at 9:00AM
- Wednesdays at 7:00PM
- Register for Sunday Mass on Eventbrite 9:00AM / 10:30AM / 12:30PM

eventbrite

### 02

#### VISIT THE PARISH WEBSITE

- News & Updates
- Videos
- 40-Days of Comics

### 03

#### VOLUNTEER

- Join the weekly e-newsletter team
- Join the Children's Corner team
- Lend a hand in the church

<https://stdunstanssc.archtoronto.org/>

ST. DUNSTAN'S CHURCH  
3150 DANFORTH AVE.  
TORONTO, ONTARIO MIL 1B6

## Keeping You Posted by Jay Franco

### Solemnity of the Annunciation



This stamp was issued in 1976 by the Republic of Benin, a country in West Africa. It was one in a series of four multi-coloured postage stamps issued at Christmas time which honoured the Holy Family.



# 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.