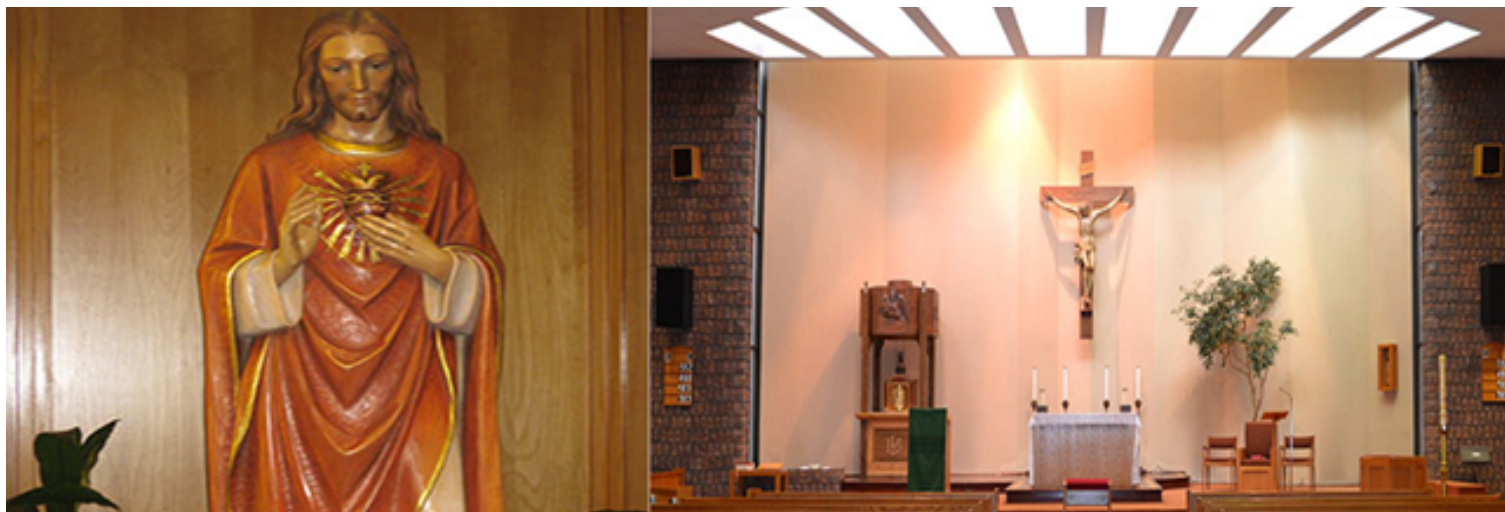


# WEEKLY E-BULLETIN

Saint Dunstan's Parish, Scarborough



## From the Administrator's Desk

Dear Parishioners,

Welcome to the month of February! I hope you are all keeping fine and safe, and following our programmes on the website, <https://stdunstanssc.archtoronto.org/>. You are constantly in my prayers.

Next Sunday, February 14th, we will acknowledge all married couples and give them a special blessing. We shall also pray for intending couples, widows/widowers and for our brothers and sisters who may have had - and may still be having - some challenges in their marriage.

I would also like to make a special appeal to all of you, dear parishioners. Over the past few weeks, many new initiatives have been realized on our website. Would you mind sharing these initiatives with your friends and acquaintances? I'm sure that many people would genuinely appreciate some of the programs offered at St. Dunsan's Church. Please see page 4 to download an infographic that can be shared on social media. *Can you share it with 5 people on Twitter, Instagram or Facebook?*

Wishing you a great week. God bless and keep you.

*Fv. Victor Amole*

## OVERVIEW:

- From the Administrator's Desk
- Ongoing Parish Projects
- Around the Archdiocese
- Wednesday Audience with Pope Francis
- Reflections from our Parishioners
- Feature: St. Scholastica



## MASS SCHEDULE

February 8th	9:00AM
February 10th	7:00PM
February 12th	9:00AM
February 14th	10:00AM



# GOSPEL INSPIRATION

**I shall not see happiness Again (Job 7:7)**

It's hard not to be struck by the grimness of Job's words. We might want to give him a break and excuse him. After all, look at what happened to the poor man! He lost his children, his possessions and property, even his health. Anyone would be devastated. It's only natural to vent your frustrations to your friends as Job did. But let's not gloss over Job's melodramatic words. They provide a glimpse into not only how he was feeling in the midst of his devastation but how he was working through it. He teaches us an important lesson when we're going through something difficult: keep the lines of communication with God open!

God willing, we will never experience the same string of losses that Job experienced. But sometimes even small trials can send us into a spiral of negativity. Feeling devastated when we are devastated is natural. And that's okay as long as it doesn't stop there. So if you find yourself complaining about your

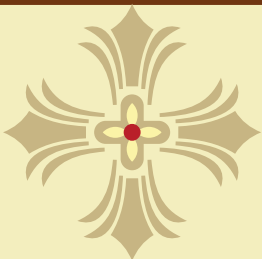
circumstances or getting caught up in self-pity, try to follow Job's example. Vent to your friends if you must, but turn to God as well. Tell Him your frustrations. Tell Him about the injustice of your situation. Don't hide the way you feel. Ask Him hard questions. That kind of honesty gives Him something he can work with. Then, go further and listen for His answer.

Eventually, Job heard from God. He didn't get an immediate explanation of why he lost everything. He did, over time, come to a deeper understanding of God's greatness. He didn't get a vindication of his own righteousness, but he did go from being someone who only knew about God to being someone who had *seen God* directly.

That's what God can do when you're honest and keep talking to Him. Eventually, you will hear Him. (*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

## Marriage Sunday February 14, 2021



Marriage Sunday highlights the importance of the Sacrament of Marriage and complements World Marriage Sunday celebrations that take place across North America. Please join us at 10:00am on Sunday February 14 at our Livestreamed Virtual Mass as Fr. Victor will offer a blessing for all couples on this special occasion.

## World Day of the Sick

The Feast of Our Lady of Lourdes, February 11th, is also observed as the World Day of the Sick. Our parish will celebrate this occasion on Wednesday, February 10, 2021 during our Livestreamed Virtual Mass at 7:00 p.m. This Mass will include special prayers and blessing for the sick. Accordingly, parishioners who are sick, with disability or in advanced age are invited to receive this blessing of God's mercy and consolation.



## Ash Wednesday February 17, 2021

Wednesday, February 17, 2021 is Ash Wednesday - 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 to schedule an appointment. More information next week.

## Catechism Classes

The registration process for catechism has now been completed and we have reached out to the parents of candidates for First Holy Communion & Confirmation. Please refer to the table (below) for more details about the date and time for our first meeting with parents and/or guardians.



# Saint Dunstan Catechism Programme

Activities	First Holy Communion	Confirmation
Online Registration	January 17, 2021 to <b>February 1, 2021</b>	January 17, 2021 to <b>February 1, 2021</b>
Feedback from St. Dunstan's	<b>On, or before, February 4, 2021</b>	<b>On, or before, February 4, 2021</b>
Zoom Meeting with Parents	<b>February 8, 2021</b>	<b>February 9, 2021</b>
Catechism starts via Zoom	<b>February 13, 2021 11:00AM</b>	<b>February 12, 2021 5:00PM</b>

# Parish News

## Communion

To book a time slot for communion services, please call the office (416-694-2811) and speak to Jean. It will be offered on Saturdays from 4pm to 5pm and on Sundays from 11am to 12noon.

## Adoration of the Blessed Sacrament



Please join us for the **Adoration of the Blessed Sacrament** every first Friday of the month. We will be live-stream the event on the website, starting at 7:00PM. Pre-music starts at 6pm.



## Devotion to Our Lady of Perpetual Help

Please note that we have started a devotion to our Lady of Perpetual Help. It occurs weekly at our livestreamed mass at 7pm every Wednesday. Pre-music from 6pm. The prayers shall be available on the screen so we can lift our voices to our dear Mother for Her guidance and support. God bless you as you come to participate.

## A Simple Way to Evangelize

Please share the programme infographic with your friends and acquaintances to drive more traffic to 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 8:00AM
  - Wednesdays at 7:00PM
  - Sundays at 10:00AM
- 02 RECEIVE HOLY COMMUNION**
  - Saturdays from 4:00-5:00PM
  - Sundays from 10:00AM-noon
- 03 VISIT THE PARISH WEBSITE**
  - Updates
  - Information
  - Announcements, Confessions
- 04 VOLUNTEER**
  - Join the week's Eucharistic team
  - Join the Children's Liturgy team
  - Land a hand in the Church

<https://st.dunstanossc.org/Scarboro.org/>

ST. DUNSTAN'S CHURCH  
3150 DANFORTH AVE.  
SCARBORO, ONTARIO M1S 1W8

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

Subscribe to Our New YouTube Channel

**Step 1**  
Visit our website

**Step 2**  
Click on YouTube Videos

**Step 3**  
Click on Subscribe

## 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](mailto:gerard.marge@rogers.com)  
**WEBSITE:** [www.wwme.org](http://www.wwme.org)  
**POSTER:**  
<http://bit.ly/WWMEposter>

## Win Prizes! Enter Writing Contest.



Rev. Dr. Luis Melo, Director

It is time once again for the Friars' Student Writing Award. Students aged 14-18 are invited to write a five-hundred-word essay for the Week of Prayer for Christian Unity, celebrated from January 18 to 25, 2021. This year's essay theme is, "**Abide in my love and you shall bear much fruit**" (cf. John 15:5-9).

Please click here for the poster which contains the contest details: <https://bit.ly/FriarsWritingContest>

### Pope Establishes World Day for Grandparents & the Elderly

On Sunday, January 31, 2021, Pope Francis announced the institution of World Day for Grandparents and the Elderly. This celebration will take place every year on the fourth Sunday in July, close to the feast of Sts Joachim and Anne, the grandparents of Jesus.

The Pope said that the elderly "*remind us that old age is a gift and that grandparents are the link between the different generation, to pass on to the young the experience of life.*" He added that he instituted this special day because the elderly must never be forgotten. (*Vatican News*)

### 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](mailto:samaral@archtoronto.org).

## Weekly Wednesday Audience with Pope Francis



*Dear brothers and sisters, good morning!*

In the history of the Church, there has often been a temptation to practice an intimist Christianity, which does not recognize the spiritual importance of public liturgical rites. Often, this tendency claimed the supposed greater purity of a religiousness that did not depend on external ceremonies, which were considered a useless or harmful burden. At the centre of the criticism was not a particular ritual form, or a particular way of celebrating, but rather the liturgy itself, the liturgical form of praying.

Indeed, in the Church one can find certain forms of spirituality that have failed to adequately integrate the liturgical moment. Many of the faithful, although they participate assiduously in the liturgy, especially Sunday Mass, have instead drawn nourishment for their faith and spiritual life from other sources, of a devotional type.

Much has been achieved in recent decades. The Constitution *Sacrosanctum Concilium* of the Second Vatican Council represents a pivotal point in this long journey. It comprehensively and organically reaffirms the importance of the divine liturgy for the life of Christians, who find therein that objective mediation required by the fact that *Jesus Christ is not an idea or a sentiment, but a living Person, and His Mystery a historical event*. The prayer of Christians passes through tangible mediations: Sacred Scripture, the Sacraments, liturgical rites, the community. In Christian life, the corporeal and material sphere may not be dispensed with, because in Jesus Christ it became the way of salvation. We might say that we must pray with the body too: the body enters into prayer.

"Therefore, there is no Christian spirituality that is not rooted in the celebration of the holy mysteries. The Catechism writes: "The mission of Christ and of the Holy Spirit proclaims, makes present, and communicates the mystery of salvation, which is continued in the heart that prays" (2655).

The liturgy, in itself, is not only spontaneous prayer, but something more and more original: it is an act that founds the whole Christian experience and, therefore, also prayer. It is event, it is happening, it is presence, it is encounter. *It is an encounter with Christ. Christ makes himself present in the Holy Spirit through the sacramental signs: hence the need for us Christians to participate in the divine mysteries. A Christianity without a liturgy, I dare say, is perhaps a Christianity without Christ. Without Christ in full. Even in the sparest rite, such as that which some Christians have celebrated and continue to celebrate in places of incarceration, or in the seclusion of a house during times of persecution, Christ is truly present and gives Himself to His faithful.*



**Pope's Thoughts in Tweets:** Feb.2:  
Let us contemplate God's patience and implore the trusting patience of Simeon (Lk 2:25). In this way, may our eyes too, see the light of salvation and bring that light to the whole world.

# Post-Christmas Reflections

The Christmas season was over, and the time had come to disassemble the Christmas tree, remove the holly from the front door and take down the festive decorations inside our home. Of course, it was also time to pack up the outdoor Nativity, but as we stood there staring at the statues and the manger, our hearts sank. We just couldn't do it. So, as a family, we decided to leave it out for everyone to see for the entire year! After all, Christmas isn't just a seasonal event. The spirit of Christmas should be in our hearts for more than one day or one month out of the year.

As I continue to reflect on the meaning of the Nativity every day during my prayer time, I realize that there are so many life lessons that we can learn from it. Here are a few of my thoughts:

*Togetherness:* The Holy Family is truly an example to every family in the world. The joys and sufferings that they went through during their lives can be compared to our joys and our sufferings. Some of us may have experienced the pain of dysfunctional families or perhaps broken families due to the pandemic. Let us turn to the Holy Family and ask Jesus, Mary and Joseph to help us understand the importance of safeguarding the family unit as we walk through our valley of tears.

## KEEPING YOU POSTED

by Jay Franco

In 1999, Brazil printed a series of stamps for Christmas. This one (right) depicts the presentation of Jesus in the Temple. It is the third in the series of six multi-colored stamps.



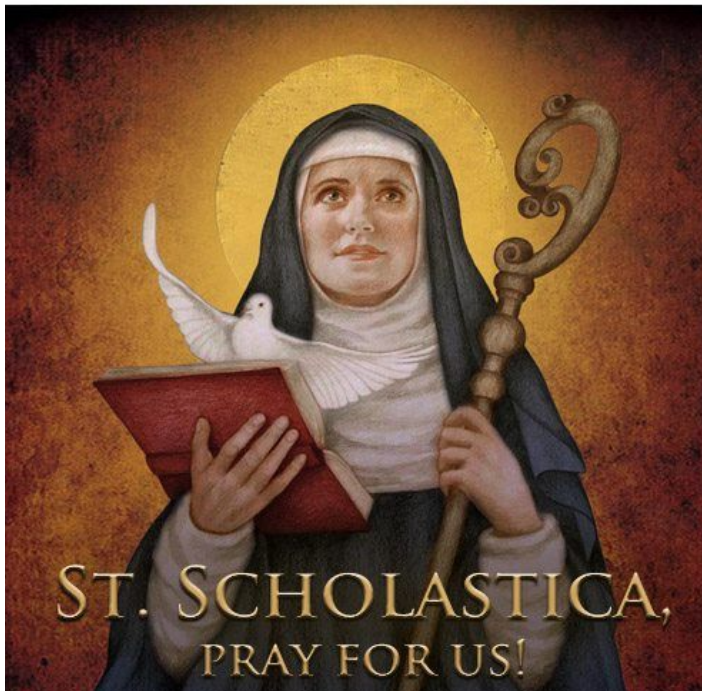
WRITTEN BY JAY FRANCO



*Gifts:* When Gaspar, Melchior and Balthazar heard of the birth of Jesus, these Magi traveled thousands of miles from their own countries to witness an event. Surely, the Kings could have sent servants to bring the child presents, but they personally made the long trip by caravan. They brought *themselves* in true faith, humility and awe to adore the new-born King. Even though they were men of great learning and rulers of their own lands, they recognized the kingship in the small child. We may not have riches like the Magi to donate, but we can share our time, talents, energies, and ourselves when someone is in need of help.

*Acceptance:* When the Angel Gabriel appeared to Mary and told her that she would give birth to a son, she accepted willingly even though she was afraid. *How ready are we to accept what God gives us in our lives? Do we count on Jesus to help us carry our cross, especially when it gets heavy?*

## Featured: St. Scholastica, Virgin - February 10th



Saint Scholastica

St. Scholastica was St. Benedict's sister. Or, more specifically, she was his twin. She consecrated herself to God from her earliest years. Not much is known about her, but we can piece together a better understanding of who she was, thanks to the writings of St. Gregory's *Dialogues* (Bk ii, Chapters 33 and 34).

After St. Benedict moved to Monte Cassino, a town near Rome, his sister settled nearby in the town of Plombariola. She either joined or founded a convent in Plombariola which was approximately five miles south of St. Benedict's monastery. St. Gregory tells us that St. Benedict governed nuns as well as monks, and it seems clear that St. Scholastica must have been the abbess of a convent, under St. Benedict's direction. Scholastica used to visit her brother once a year and, since she was not permitted to enter his monastery, he used to go with some of his monks to meet her at a house a little way off. They spent these visits in praising God and in conferring together on spiritual matters.

One of their last visits was particularly interesting. St. Gregory tells us that after Scholastica and Benedict had spent the day

together, they sat down for supper. Scholastica begged her brother to delay his return to the monastery so that they could continue their conversation. He refused. So, according to St. Gregory, Scholastica laid her head upon her hands which were clasped together on the table and asked for God's intervention. She had barely finished praying when a sudden violent thunderstorm overtook the town, making it impossible for St. Benedict and his companions to set foot outside the door.

St. Benedict was furious and exclaimed: "God forgive you, sister! What have you done?" She answered: "*I asked a favour of you and you refused it. I asked it of God and He has granted it.*" St. Benedict was forced to comply with her request and they spent the rest of the night talking about holy things and about the felicity of the blessed to which they both ardently aspired.

Three days later, Scholastica died. At the time of her passing, St. Benedict was alone in his cell, absorbed in prayer when he saw his sister's soul ascending to Heaven as a dove. Filled with joy at her happiness, he thanked God and announced her death to his brethren. He sent a few monks to collect her body which he placed in a tomb that he had prepared for himself.

Source: *Butler's Lives of the Saints*  
Volume 1, pp. 292-293

### Saint's Quote of the Week:

*I asked a favour of you and you refused it. I asked it of God, and He has granted it.*

Saint Scholastica



## YEAR OF ST. JOSEPH

### Special Prayer to Saint 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*

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!

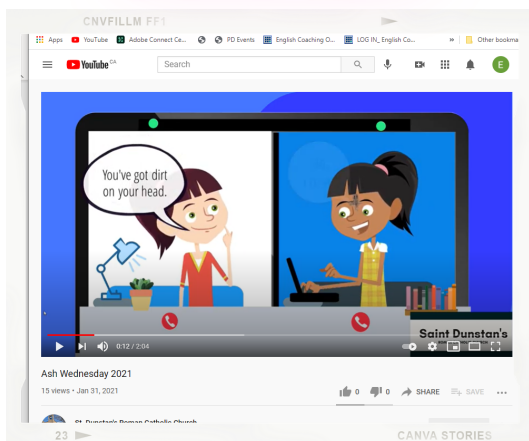
WATCH

LEARN

SHARE

## 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](mailto:stdunstan@rogers.com)



## Joke of the Week

**Laugh & The World Laughs with You:** *Laughter is music of the spheres, language of the gods.* And it's fine medicine. Laughter exercises the face, shoulders, diaphragm, and abdomen. The breathing deepens, the heart rate rises, and the blood is more oxygenated. Endorphins are released, pain thresholds are raised, and some studies suggest that even immune systems are boosted. Norman Cousins, in *Anatomy of an Illness as Perceived by the Patient*, tried laughter therapy and found that ten minutes of hearty laughter could give him two hours of pain-free sleep.

When you laugh, others laugh too. Laughter is a contagious, highly effective, totally organic medicine. It has no side effects, and no one is allergic to it. Did you have your dose of laughter today? Jesus may have burst into hearty laughter when he watched Zacchaeus climb down from the sycamore tree. Perhaps he also had at least a compassionate smile when he reached out to grab Peter's reaching hand as the Apostle began to sink in his attempt to walk on water, forgetting the Master in his sudden fear. *Then why don't we too have a hearty laugh in the worshipping community in the real presence of our Lord?*

Credit: Fr. Anthony Kadavil



# Thank You!

## 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.