

**SHROVE TUESDAY (PANCAKE TUESDAY)**

Shrove Tuesday is the day before Ash Wednesday, the beginning of Lent in the Roman Catholic Church. It is a day of celebration as well as penitence. *Shrove* is the past tense of the word *shrive*, which means to hear a confession, assign penance, and absolve from sin. In the Middle Ages, especially in Northern Europe and England, it became the custom to confess one's sins on the day before Lent began in order to enter the penitential season in the right spirit.



Lent is a time of fasting and abstinence, of giving things up. In the old days there were many foods that observant Christians would not eat during Lent: foods such as meat and fish, fats, eggs, and milky foods. So that no food was wasted, families would have a feast on the shroving Tuesday, and eat up all the foods that wouldn't last the forty days of Lent. The need to eat up the fats gave rise to the French name Mardi Gras; meaning fat Tuesday. Pancakes became associated with Shrove Tuesday as they were a dish that could use up all the eggs, fats and milk in the house with just the addition of flour. Over time, Mardi Gras extended from a single day to the entire period of Shrovetide, the days from the last Sunday before Lent through Shrove Tuesday. **Come join us for PANCAKE TUESDAY, February 28, Continuous buffet from 5-7pm, OLS Parish Hall.**

**ASH WEDNESDAY**

A day of fasting and abstinence, Ash Wednesday marks the beginning of Lent, a season of penance and reflection which prepares us for Christ's Resurrection. The distribution of ashes reminds us of our own mortality and calls us to repentance. In the early Church, Ash Wednesday was the day on which those who had sinned, and who wished to be readmitted to the Church, would begin their public penance. The ashes that we receive are a reminder of our own sinfulness and help us develop a spirit of humility and sacrifice.

Here at OLS, **ashes will be distributed on Wednesday, March 1st at the 9:00am, (1:15pm school Mass) & 7:30pm Masses.** Ash Wednesday and Good Friday are Days of *Fasting and Abstinence*. *Fasting:* (ages 18-59) either bread and water only OR a vegetarian diet OR only one complete meal. *Abstinence:* (Ages 14+) no meat or another favorite food and moderation in all food and drink. Fasting and abstinence is not simply a form of penance, however; it is also a call for us to take stock of our spiritual lives. As Lent begins, we should set specific spiritual goals we would like to reach before Easter and decide how we will pursue them—for instance, by going to daily Mass when we can and receiving the Sacrament of Confession more often.

Source: [www.catholicism.about.com](http://www.catholicism.about.com), [www.thisischurch.com](http://www.thisischurch.com)

**“No one can serve two masters.”**

*If God is calling you to serve him as a priest, deacon, brother or sister, contact Fr. Chris Lemieux, Vocations Director, Archdiocese of Toronto. 416-968-0997 [vocations@vocations.ca](mailto:vocations@vocations.ca) [www.vocationstoronto.ca](http://www.vocationstoronto.ca)*

Readings ~ Isaiah 49:14-15 ~ 1 Corinthians 4:1-5 ~ Matthew 6:24-34

PARISH

**Mass Intentions This Week — February 27 — March 5**

Please join us as we pray for the following announced intentions...

	Intention(s):	Offered by:
Monday, 9am	✠ <b>Pacita Ventura</b>	Gloria Ventura
Tuesday, 9am	✠ <b>Louise Piller-Tahy</b>	Shaw family
Wednesday, 9am	✠ <b>Mary Thornton</b>	Laura MacKinnon
Thursday, 9am	✠ <b>Peter Madunicky</b>	Irena Sintal
Friday, 9am	✠ <b>members of Goseco, Valencia &amp; Feliciano families</b>	Linda Feliciano
Saturday, 9am	✠ <b>Kevin Dowling</b>	Mary & Ava Boa
5:15pm	... of <b>Daniella Servedio</b>	
Sunday, 8am	✠ <b>Joan Brady</b>	John & Ursula Matthews
9:30am	✠ <i>For the needs of our parish and faithful parishioners</i>	
11am	✠ <b>Patricia Cronin</b>	Jack Cronin & family
12:30pm	✠ <b>Henry &amp; Katherine Ruebusch &amp; family</b>	

**LIVING THE GOSPEL.....**

ShareLife is more than an annual appeal — it is the way that we bring the hands of Christ to those in need! One of the core directions of our Pastoral Plan is Catholic Outreach in Justice and Love, and your support to ShareLife helps bring this to life, not only in our archdiocese, but also around the world.

Each year, thousands of people turn to a ShareLife agency for help. Our agencies provide service in an environment that is infused with Catholic values, bringing the Gospel message to the marginalized. Your contribution not only shows your financial support to ShareLife — but you are also demonstrating that the Catholic community is actively making a difference in the social service network of our archdiocese! Thank you for your continued support of ShareLife!



**OLS ALTAR SOCIETY** — The OLS Altar Society would like to invite new members to join the team. An altar society is a group of laypersons in a parish church who keep the altar beautiful. This includes dusting, changing the altar cloths when required, washing small altar linens, replenishing the candles and keeping the sacristy tidy. We meet every Thursday after the 9:00am Mass. Interested? Contact the parish office at 416 231 6016 or email [olosorrows@bellnet.ca](mailto:olosorrows@bellnet.ca).

**OLS PANCAKE TUESDAY — Feb. 28, Continuous Buffet from 5-7pm, Parish Hall**

Come and enjoy pancakes, sausage, blueberry topping, juice, tea and coffee. Tickets on sale after each Mass. Cost: Kids (ages 6-12): \$5 advance / \$7 at the door; Adults \$8 advance / \$10 at the door. Kids under 6: Free. Proceeds go to ShareLife.



**Beyond the Poor Box...Turning Concern into Action!**

The Saint Vincent de Paul Society invites the Parishioners of Our Lady of Sorrows to an open house on March 12, 2017 that will run from 9am to 2pm, 2nd floor, Running Room. If you've ever wondered how the Parish's generosity is applied in real and meaningful ways to help our neighbors in need, or considered volunteering for the Society, please join us at your leisure anytime during the hours of this event.

COMMUNITY

**Join the “Call for Conscience” - February 6 - March 31, 2017**

The Coalition for HealthCARE and Conscience represents more than 110 healthcare facilities (with almost 18,000 care beds and 60,000 staff) and more than 5,000 physicians across Canada. In the coming weeks, members of Ontario's Provincial Parliament will review Bill 84 which deals with legal issues related to euthanasia/assisted suicide. At present, the College of Physicians and Surgeons of Ontario is forcing doctors to participate, despite their objections, when a patient decides to end their life. No other country does this. Take the time to visit [CanadiansforConscience.ca](http://CanadiansforConscience.ca) to learn more, join the “Call for Conscience” and write directly to your elected MPP asking them to protect conscience rights. Visit [www.CanadiansforConscience.ca](http://www.CanadiansforConscience.ca).

**AUTISM WORKSHOP — Thursday, March 9, 2017, 7-8pm, 2nd floor, Running Room**

Do you know someone with autism who is starting school? Join us to learn how to navigate the school system. Conducted by Anne Carol Sharples, author of *The Parents Guide to Autism* who will speak about the importance of preparing and educating yourself on the following topics: 1) The intake procedure for children with exceptional and special needs; 2) the special education process at the TCDSB; 3) tips for transition. RSVP at [Eventbright.ca](http://Eventbright.ca), search for Anne Carol Sharples.



**VICTORIA SCHOLARS CONCERT** - Please join the Victoria Scholars at Our Lady of Sorrows Church on Sunday, March 5, 2017 at 7:30 pm, as they present “*Canadian Scholars*”. The Scholars celebrate Canada's 150th with the music of this great nation in an all-Canadian content concert. Admission \$30, Seniors/Students \$25. Tickets available at the door Doors open at 7:00 pm.

**Tallis Choir: Regallis Choir of Toronto presents: Requiem for a Renaissance King**

Saturday, March 4, 2017 at 7:30 pm, St. Patrick's Church, 141 McCaul Street. Tallis Choir of Toronto brings to life the splendour of the Age of Discovery in its concert celebrating Portugal's “golden age” of polyphony. The program's centerpiece is a rare performance of Duarte Lobo's Requiem for Eight Voices for the funeral of Phillip II of Portugal. Tickets: Students, \$10 (at door only); seniors, \$25; general admission, \$30. Call 416 286 9798 or go to [www.tallischoir.com/ticketing.html](http://www.tallischoir.com/ticketing.html)

**25<sup>TH</sup> Annual Lift Jesus Higher Rally — Saturday, March 4, 9am-5:30pm, Metro Toronto Convention Centre.** Visit: [lift-jesus-higher-rally.ca](http://lift-jesus-higher-rally.ca) or call 416 251 4255.

**Married Love — Saturday, March 4, 2017, Mississauga Valley Community Center** This is a practical course to help you achieve greater marital happiness. This provides you and your spouse with a practical and objective framework

**Dynamic Women of Faith Events** at John Paul II Polish Cultural Center, 4300 Cawthra Rd, Mississauga.

- Calling All Girls** — Friday, March 24, 7pm-10pm. A special evening of short high powered talks for mothers & daughters. Call 905 279 7702. Register at [www.dynamicwomenoffaith.com](http://www.dynamicwomenoffaith.com).
- Catholic Women's Conference** — Saturday, March 25, 2017, 8am-4pm. Topics include: The Call to Holiness; Why Minister to Moms?; Finding Your Catholic Voice; Marriage and Sanity?; and How Does CathoildMomsGroup.com work? Register at [www.dynamicwomenoffaith.com](http://www.dynamicwomenoffaith.com). Call 905 279 7702.

**Spiritual Warfare Lenten Retreat** with Rev. Charles Anang — Saturday, March 25, 9:30am-2:30pm (includes Mass in the seminary chapel), St. Augustine's Seminary of Toronto. Cost: \$50 (lunch included). Register at [www.staugustines.on.ca](http://www.staugustines.on.ca) or call 416 267 7207 ext. 235.

**Celebrate Your Marriage with a Worldwide Marriage Encounter Weekend!** Worldwide Marriage Encounter is a weekend getaway that helps married couples rediscover themselves as individuals and as a couple. A Weekend of discovery... a lifetime of love! March 17-19, 2017 (Queen of Apostles Renewal Centre, Mississauga) Go to [www.wme.org](http://www.wme.org) or contact Gerard & Marge McCauley at [gerard.marge@rogers.com](mailto:gerard.marge@rogers.com) or 905 792-1925.