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Our mission at St. Francis de Sales is to joyfully welcome you to our parish family of faith, trusting that: if you are seeking Christ, you will find Him here. If grieving, you will receive comfort. If troubled in spirit, you will receive the blessing of peace without being judged. If discouraged, you will rejoice in hope. If alone, you will find companionship and Christian love. May our parish be a sanctuary of peace for you as we journey together to the Father's house.

Parish Hours

DAILY MASS

MONDAY - THURSDAY 9:00 am
 FRIDAY 7:00 pm
 SATURDAY 9:00 am

SUNDAY MASS

SATURDAY 5:00 pm
 SUNDAY 8:30 am | 9:45 am | 11:00 am | 12:15 pm

SACRAMENT OF RECONCILIATION

FRIDAY 6:00 pm - 6:45 pm
 SATURDAY 4:00 pm - 4:45 pm

OFFICE HOURS

MONDAY - SATURDAY 9:30 am - 12:30 pm

Parish Contacts

| | | |
|---------------------------------|--|-----------|
| PASTOR | FR. JOSEPH SINGH sfdspastor@gmail.com | ☎ ext 105 |
| ASSOCIATE PASTOR | FR. DAVID TWADDLE fr.twaddle@gmail.com | ☎ ext 104 |
| DEACON | DEACON ALBAN SOARES alban.soares@gmail.com | ☎ ext 108 |
| PARISH OFFICE ADMINISTRATOR | VANESSA LOWING sfrancisdesales@archtoronto.org | ☎ ext 103 |
| CONFIRMATION, & YOUTH MINISTRY | NOAH AQUINO naquino@archtoronto.org | ☎ ext 100 |
| FIRST COMMUNION, RECONCILIATION | DAWN SELDA dawn.selda@archtoronto.org | ☎ ext 102 |

*"The Measure of Love,
 is Love without Measure"*
 – Saint Francis de Sales

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www.stfrancisdesales.archtoronto.org

The Message of Pope Francis for the 30th World Day of the Sick (11 February 2022)

“Be merciful, even as your Father is merciful” (Lk 6:36). Standing beside those who suffer on a path to charity

Dear brothers and sisters, to the intercession of Mary, Health of the Infirm, I entrust all the sick and their families. United with Christ, who bears the pain of the world, may they find meaning, consolation and trust. I pray for healthcare workers everywhere, that, rich in mercy, they may offer patients, together with suitable care, their fraternal closeness.

To all I cordially impart my Apostolic Blessing.

Francis

Rome, Saint John Lateran, 10 December 2021, Memorial of Our Lady of Loreto.

Dear healthcare workers, your service alongside the sick, carried out with love and competence, transcends the bounds of your profession and becomes a mission. Your hands, which touch the suffering flesh of Christ, can be a sign of the merciful hands of the Father. Be mindful of the great dignity of your profession, as well as the responsibility that it entails.

Let us thank the Lord for the progress that medical science has made, especially in recent times; new technologies have made it possible to prepare therapies that are of great benefit to the sick; research continues to make a valuable contribution to eliminating old and new pathologies; rehabilitation medicine has greatly expanded its expertise and skills. None of this, however, must make us forget the uniqueness of each patient, his or her dignity and frailties. [4] Patients are always more important than their diseases, and for this reason, no therapeutic approach can prescind from listening to the patient, his or her history, anxieties and fears. Even when healing is not possible, care can always be given. It is always possible to console, it is always possible to make people sense a closeness that is more interested in the person than in his or her pathology. For this reason, I would hope that the training provided to health workers might enable them to develop a capacity for listening and relating to others.

Above excerpts from: https://www.vatican.va/content/francesco/en/messages/sick/documents/20211210_30-giornata-malato.html



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THE FIFTH SUNDAY IN ORDINARY TIME

MASS INTENTIONS

MONDAY, 7 FEBRUARY

9:00 AM S.I. EVELYN GILCHRIST & FAMILY
S.I. PETER SMITH
+ THELMA RODRIGUES

TUESDAY, 8 FEBRUARY

9:00 AM + MANUEL IBARGUCHI & CONCEPCION
MANDUJANO
+ CARMEN INAY
+ THELMA RODRIGUES

WEDNESDAY, 9 FEBRUARY

9:00 AM S.I. SHELLA PASAJOL
+ THELMA RODRIGUES
+ ANOJA STANISLAUS

THURSDAY, 10 FEBRUARY

9:00 AM + DELMARE RODRIGUES
+ THELMA RODRIGUES

FRIDAY, 11 FEBRUARY

7:00 PM + THELMA RODRIGUES

SATURDAY, 12 FEBRUARY

9:00 AM + THELMA RODRIGUES
S.I. RONALD PASAJOL
5:00 PM FOR THE PEOPLE OF OUR PARISH

SUNDAY, 13 FEBRUARY

8:30 AM + ANGELA JOHNSON
+ THELMA RODRIGUES
+ IDALINA LEITAO

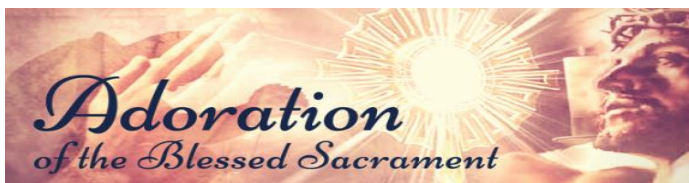
9:45AM + ANA CABRAL
+ PAMELA MICHAEL
+ FILOMENA PEREZ

11:00 AM AVAILABLE

12:15 PM + GEROME DESOUZA
+ TERESITA & VICENTE MANALO



Please note the church and parish office will be closed each day at 12:30 p.m.



Our parish has Eucharistic Adoration in the church every Friday from 6 to 7pm. Can you spare a few moments from your busy schedule to come and spend some time before Jesus in prayer and adoration?

Visit our **NEW** website:

www.stfrancisdesales.archtoronto.org

MASS AT ST. FRANCIS DE SALES

You are **required under the Durham Region By-law** and Cardinal Collins to wear a facemask inside the church building. **If you are ill, we ask that you stay home.**

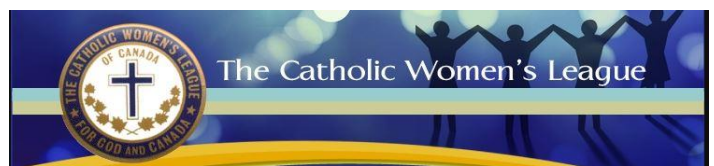
ONLINE DONATIONS

Dear parishioners,

If you are not able to attend, but still wish to donate, here are the ways in which you can continue to support our parish at this time:

- Mail your regular weekly offertory contribution to the parish or drop off to the parish locked mailbox by the office door, or drop off in the donations box at Mass.
- Online donations can be made at www.archtoronto.org. Simply click on the donate now icon, select St. Francis de Sales parish from the drop-down menu and the fund you wish to donate to. This can be done as a onetime donation or as an ongoing monthly donation. It will give you a place to choose that option.
- Contribute through pre-authorized giving. You can obtain a form from the parish website. Mail the completed form and a voided cheque to the parish office. Or e-mail the form and a scanned copy or photo of a voided cheque to development@archtoronto.org for processing. Contributions are withdrawn from your bank account on the 20th of each month.

Thank you for your many contributions to our parish community.



CWL MEMBERSHIP RENEWAL 2022

Due to the pandemic restrictions, we have several convenient options to submit your 2022 membership dues of \$30.00

- after weekend mass: Drop off at the Gift Shop
- After weekday mass: Take an envelope located near the collection box and drop the envelope off at the Parish Office
- Reach out to Yvonne Mackwood at yvonne@icloud.com or 416-839-4343 to arrange for pick up

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QUESTIONS AND ANSWERS

Is there anything else I can do “to increase” my spiritual life?

It has always been part of the Christian tradition to do an examination of conscience every day. Those who do an examination of conscience do so usually at the end of the day but this does not mean that this is the only time one should engage in this endeavor. You may do an examination of conscience at any time of the day. Just as our family doctors advise us to do take care of our bodily side of our life, so the spiritual doctors of the Church advise us to engage in a daily examination of conscience. An examination of conscience makes us aware of our spiritual progress or lapses and keeps us focused on what is really necessary in life.

What does an examination of conscience consist of?

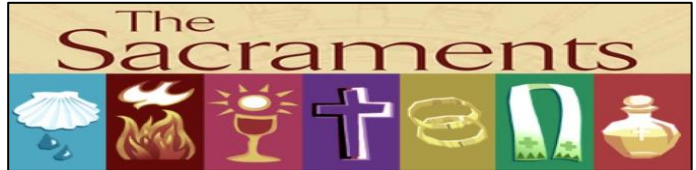
The first way is to put ourselves in the presence of God and remind ourselves that He is with us. If we know that God is with us, then we usually find it hard to be dishonest with ourselves. After that we can look at the Ten Commandments and see how we have lived them. Our parish provides a brief examination of conscience outside the confessionals. Some Catholic prayer books also provide us with guides and questions as to how we can do a self-examination.

Does the Bible require us to do an examination of conscience?

St. Paul insists that “...a man should examine himself” (1 Cor 11:28-31) before receiving Holy Communion and he warned that laxity in self-examination was leading people to receive Jesus unworthily: “*That is why many among you are sick and infirm and why so many are dying (spiritually)*”. If we are examining ourselves regularly, then we will find it natural to go to Confession. We go to Confession not only to have our sins forgiven but to receive an abundance of God’s grace (His Life).

An examination of conscience affords us the opportunity not only to see the things we have done badly and the areas where we have sinned, but it affords us to see how God has worked in us through the good things that we did. We recognize that God, not us, is the Author of all good things.

Let us pray! For the sick members of our parish and for those who love and minister to them. May God continue to bless them and give them strength.



FIRST CONFESSION/ COMMUNION

We are getting so excited to see all of the children on their First Reconciliation Day, which is set for Saturday February 26th. Please see the [below](#) First Reconciliation schedule with the times for your child’s school group.

Please remember to work on the First Reconciliation books at home with your children and bring back the completed book on your child’s First Reconciliation Day.

As discussed, Father and I will be sending out 3 little videos to complement what the children are learning at home. [Video #1 of 3](#) was sent this week. We are looking forward to seeing all of you soon. God Bless!

| Saturday February 26 th at 10:00am | Saturday February 26 th at 1:00pm |
|--|---|
| St. Jude | St. Catherine of Siena |
| Durham Catholic Virtual School | Public/Private & Other Catholic Schools |
| St. Patrick | St. Josephine Bakhita |
| St. Francis de Sales | St. André Bessette |

CONFIRMATION

We encourage all families to be attending Mass in person if healthy and able, or to watch Mass virtually every Sunday. Attending Mass is extremely essential to the spiritual development Confirmation classes are well underway and will continue to be virtual. Sunday classes are from 4 pm – 6 pm or Mondays from 7 pm – 9 pm. Please arrive 10 minutes early to help start on time and to email Noah for any absences. The Confirmation dates and schedule is being finalized and will be immediately released when confirmed. God Bless.

WORLD DAY OF THE SICK

Message of His Holiness Pope Francis for the 30th World Day of the Sick 2022. Please see the hyperlink below:

https://www.vatican.va/content/francesco/en/messages/sick/documents/20211210_30-giornata-malato.html

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