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## ROMAN CATHOLIC CHURCH

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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 | 10:15 am | 12:00 pm | 7:00 pm

#### SACRAMENT OF RECONCILIATION

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

#### OFFICE HOURS

MONDAY - FRIDAY 9:30 am - 3:30 pm  
 SATURDAY 9:30 am - 12:30 pm

### Parish Contacts

|                                 |  |           |
|---------------------------------|--|-----------|
| PASTOR                          | <b>FR. JOSEPH SINGH</b><br>sfdspastor@gmail.com      | ☎ ext 105 |
| ASSOCIATE PASTOR                | <b>FR. STEVEN KWON</b><br>associatesfds40@gmail.com  | ☎ ext 104 |
| DEACON                          | <b>DEACON ALBAN SOARES</b><br>alban.soares@gmail.com | ☎ ext 108 |
| PARISH OFFICE ADMINISTRATOR     | VANESSA LOWING<br>stfrancisdesales@archtoronto.org   | ☎ ext 103 |
| CONFIRMATION, & YOUTH MINISTRY  | NOAH AQUINO<br>naquino@archtoronto.org               | ☎ ext 100 |
| FIRST COMMUNION, RECONCILIATION | DAWN SELDA<br>dawn.selda@archtoronto.org             | ☎ ext 102 |



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**The Feast of St. Francis De Sales**



# Celebrating our Patron Saint's Feast Day

St. Francis de Sales: Patron Saint of Writers, Authors, Journalists, and the Catholic Press

December 28, 2022, marked the four hundred anniversary of St. Francis de Sales' death. The following excerpts are from the APOSTOLIC LETTER TOTUM AMORIS EST OF THE HOLY FATHER FRANCIS ON THE FOURTH CENTENARY OF THE DEATH OF SAINT FRANCIS DE SALES



“Saint Francis ... came to view the entirety of the Christian life as “the ecstasy of work and life”. [46] “

“Allowing joy to blossom in our hearts is what Francis de Sales means by “the ecstasy of work and life”. In this way, “we live not only a civil, honest and Christian life, but a superhuman, spiritual, devout and ecstatic life, a life that in any case is beyond and above our natural condition”. [48] “

A life, in other words, that rediscovers the wellsprings of joy and avoids the temptation of self-“centredness. For “the great danger in today’s world, pervaded as it is by consumerism, is the desolation and anguish born of a complacent yet covetous heart, the feverish pursuit of frivolous pleasures, and a blunted conscience. Whenever our interior life becomes caught up in its own interests and concerns, there is no longer room for others, no place for the poor. God’s voice is no longer heard, the quiet joy of his love is no longer felt, and the desire to do good fades. This is a very real danger for believers too. Many fall prey to it, and end up resentful, angry and listless”. [50]”

You learn to speak by speaking,  
to study by studying,  
to run by running,  
to work by working,  
and just so, you learn to love by loving.  
All those who think to learn in any other way deceive themselves.  
Saint Francis de Sales

To read Pope Francis' entire letter, visit:

[https://www.vatican.va/content/francesco/en/apost\\_letters/documents/20221228-totum-amoris-est.html](https://www.vatican.va/content/francesco/en/apost_letters/documents/20221228-totum-amoris-est.html)

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**MASS INTENTIONS**

**MONDAY, 23 JANUARY**

- 9:00 AM + ALFRED SINGH  
 + JEYARANI JOHNPILLAI  
 + LUALHATI GARCIA

**TUESDAY, 24 JANUARY** *St Francis de Sales*

- 9:00 AM + MARY PINTO  
 + SANTA TACCONE  
 + SALVATORE TACCONE

**WEDNESDAY, 25 JANUARY** *Conversion of St Paul*

- 9:00 AM S.I. IN THANKSGIVING  
 S.I. ZIAMA WIMAL  
 + REGINOLD ALLES

**THURSDAY, 26 JANUARY** *St Timothy & St Titus*

- 9:00 AM + DIANNA TERESA ROSTEING  
 + ANNA FERRARO  
 + RACHELE VI LANNA

**FRIDAY, 27 JANUARY** *St Angela Mercy*

- 7:00 PM + JADE DE CASTRO  
 + JOSEPH CLEMENTS  
 + ENRIQUE MARFORI

**SATURDAY, 28 JANUARY** *St Agnes*

- 9:00 AM + HANS GEORGE SCHUTTE-ALBERT SR.  
 + CHARLES CLEMENTS  
 + SALAMATI  
 5:00 PM S.I. CARYL & MICHEL MARTIL  
 + DECESED MEMBERS OF THE VAZ FAMILY

**SUNDAY, 29 JANUARY**

- 8:30 AM S.I. IN THANKSGIVING FOR THE RONEY FAMILY  
 + NELSON YU

- 10:15 AM S.I. FOR BLESSINGS RECEIVED

- 12:00 PM + ALL SOULS IN PURGATORY  
 + BENJAMIN STONE  
 + ADELAIDA DANDAN

- 7:00 PM + JADE DE CASTRO  
 + RAYMOND DE NOBREGA

**OFFERTORY ENVELOPES**



Please be sure to pick up your 2023 Sunday Offertory envelopes. **If you still have 2020 – 2022 envelopes, we ask that you get discard them.** If you do not see your name on a box of envelopes, please contact the parish office. Thank you for your generosity.

**BAPTISMAL PREPARATION HELP**



We are looking for volunteers to assist our priests and deacon with Baptism. Baptisms occur two Sundays a month. If you would like to assist with Baptisms on Sunday, please email your name and phone number to the parish office.

**GRADE 8 PARENT NIGHT**

Families are invited to the Grade 8 Parent Night at Notre Dame Catholic Secondary School on Wednesday January 25<sup>th</sup>. The night will begin at 6:30 p.m. with self-guided tours and a meet and greet followed by a presentation in the theatre at 7:10 p.m.

We look forward to seeing you there!



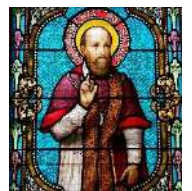
Calling all ladies of the parish! The Catholic Women's League will be having a membership drive on the weekend of January 28<sup>th</sup>/29<sup>th</sup>. We are a fun-loving group with a mission to serve and to strengthen our faith as we strive to make a difference for God and for Canada. If you are interested in joining our ministry, please stop by our table.

**KINDERGARTEN REGISTRATION**

**DCDSB Kindergarten Registration opened January 12, 2023.** Begin your child's journey at the Durham Catholic District School Board (DCDSB)! Your child must be turning 4 years of age by December 31, 2023 to register for Year 1/Junior Kindergarten or 5 years of age by December 31, 2023 to register for Year 2/Senior Kindergarten.

*Never be in a hurry; do everything quietly and in a calm spirit. Do not lose your inner peace for anything whatsoever, even if your whole world seems upset.*

- *St. Francis de Sales*



*Let us pray! For the sick members of our parish and for those who love and minister to them.*

**A CATHOLIC CACKLE**

Need a little laughter to brighten your day? Try out this joke.

What is a snowman's favourite drink?

- *Iced Tea!*



Visit our **NEW** website:

[www.stfrancisdesales.archtoronto.org](http://www.stfrancisdesales.archtoronto.org)



## REFLECTION

Starting this weekend and in the following weekends to come, we will be looking at the reflections on the Beatitudes as given by Dr. Peter Kreeft.

*“Blessed are the poor in spirit, for theirs is the kingdom of heaven.”*

The poor here refers to those who have little to no material possessions, but who live with their confidence in God. When we see ‘poor in spirit,’ we must realize that it means that no matter what a person’s social rank is they can inherit heaven if their dependence is completely for God. [4] When someone is poor physically, they desire food and money, temporal things. When someone is poor in spirit, they desire God, spiritual and eternal things. Psalm 63 captures the attitude of the soul that is poor in spirit, “O God, you are my God, for you I long; for you my soul is thirsting. My body pines for you like a dry, weary land without water.” Poor in spirit can also mean being poor in our inner lives, not puffed up with pride in our spiritual riches like the Pharisees but honest about how much we are lacking and how much we need God’s help.

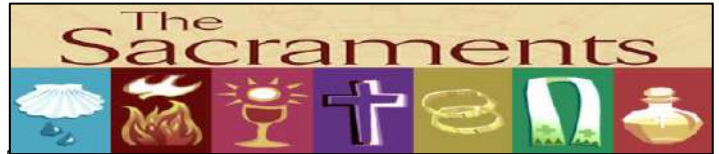
Pride is self-assertion and selfishness (the opposite of poverty of spirit, which is humility and selflessness). [5] Many times we act as if we can save ourselves, as if we have the ability to take care of all our own needs. Conversely, poverty of spirit is recognition of the fact that we cannot take care of our needs on our own; it is reliance on God for all. When are truly poor in spirit, our souls begin to understand the words of the Blessed Virgin Mary, “My soul proclaims the glory of the Lord, my spirit rejoices in God my Savior for he has looked with favor on his lowly servant.” [6] The Church is reminded of this beatitude as it prays the Canticle of Mary each day during Evening Prayer.

Quick Reflection:

Do I still trust the will of God even when misfortunes or injustices happen to me? Do I strive for greater fortune or higher positions by unlawful means, or would I rather suffer? Do I love my riches and wealth more than God (i.e., Greed)?

**If we live our life detached of the love of wealth and money, we will gain everything we ever wanted in Heaven. It is a mistake to think that money will solve all of our problems and make us truly happy. Christ does not say happy are those who are rich in wealth, but rather he says happy are those who are poor in spirit.**

<https://linktoliturgy.com/the-beatitudes-part-1>



## FIRST HOLY COMMUNION

I pray that all the children had a happy and healthy return to school after the Christmas break. The children will continue to prepare for their two very special Sacraments in January. Please see below for the class starts dates and please review the Sacramental schedule on the back of your child’s passport for the upcoming First Reconciliation date and second passport review.

### First Reconciliation/Communion Preparation classes at our 6 Parish schools:

These classes will begin the week of January 16<sup>th</sup> and 23<sup>rd</sup>. Please note that Mrs. Selda will be preparing all of the grade 2 children from our 6 Parish schools in class.

### RCIC Classes at the Parish:


Classes will resume on Saturday January 28<sup>th</sup> at the Parish, for all the children attending Public/Private schools, Other Catholic schools and for the children in grades 3-6.

God Bless.

## CONFIRMATION

Classes continue either on Sunday, Jan 22 from 4pm – 6pm or Monday, Jan 24 from 7pm – 9pm, depending on which day your child has been assigned. All classes will be in person at the church. Candidates, please ensure all homework is completed prior to your return to the class. Should you have any absences, or if you have any questions, please email Noah Aquino.

God Bless.



Our first Edge night will take place this Friday, Jan 27 from 7:30pm - 9:00pm. This is open to all students in Gr 6-8. Snacks will be provided. If you’d like to register, please visit the youth page on our parish website. Thank you to all the teens who participated in our collab night with St. Isaac Jogues Parish! It was a great success. For any Youth related questions, please email [youth.sfds@gmail.com](mailto:youth.sfds@gmail.com). God Bless



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?



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