

We welcome you to

Holy Martyrs of Japan Parish

P.O. Box 1180, 167 Essa Street, Bradford, Ont. L3Z 2B6

Telephone 905-775-2065 Fax 905-775-9241 Parish subscription with Formed.org

Email: holymartyrssofjapan@archtoronto.org website: holymartyrssofjapan.archtoronto.org

Parish Office Hours—Monday to Friday—9:30am to 12:30pm and 1:00pm to 4:30pm



Pastor: Rev. John Pak jpak@archtoronto.org
Associate Pastor: Rev. Joseph Baal jbaal@archtoronto.org
Deacon: Deacon David Langley
Lay Pastoral Associate: Eduardo Meneses
emeneses@archtoronto.org



St. Paul Miki and Companions—Pray for Us!

SUNDAY MASSES

Saturday Vigil: 5:00 pm
8:00 am (Mass in Portuguese the second Sunday of the month.)
10:00 am, 12:00 pm
4:30 pm (Spanish Mass for Migrant Workers)
6:30 pm

WEEKDAY MASSES

Mondays, Wednesdays & Fridays 7:00pm
Tuesdays, Thursdays & Saturdays 9:00am

CONFESSIONS

Saturday: 8:00am to 8:30am and 3:30pm to 4:30pm
or by appointment.

BAPTISMS

Please contact Father John at jpak@archtoronto.org

MARRIAGE

Please contact Father John at jpak@archtoronto.org

HOLY COMMUNION for SHUT-INS and SICK

If you know of anyone who is sick and would like to have communion brought to them or would like the Sacrament of the Sick, or simply would like to be included in the Prayers of the Faithful, contact us.

CATHOLIC SCHOOLS

Holy Trinity High School—905-775-4841
St. Marie of the Incarnation—905-775-3492
St. Teresa of Calcutta—905-778-8653
St. Charles—905-775-6762
St. Jean de Brebeuf—905-775-8460
St. Angela Merici—289-231-2085

OFFICE STAFF

Office Manager:
Delia McEvenue
Office Assistant:
Anna Maria Mongillo
Custodian/Maintenance:
Anthony Venroy

MINISTERS

Youth Minister:
Ray Reitzel email: reitzel@hotmail.com
Ministry to Migrant Workers:
Nancy Mora

PARISH MINISTRIES and SOCIETIES

Alpha
Among Friends (Ministry for grieving women)
Catholic Moms Group
Catholic Moms and Tots
CWL (Catholic Women's League)
Consolation and Hope
EDGE Youth Ministry
El Sembrador - Ministry to Migrant Workers
Knights of Columbus
LifeTeen Youth Ministry
Liturgical Ministers
Nossa Senhora De Fatima
RCIA (Rite of Christian Initiation of Adults)
Rosary Apostolate
Sacramental Preparation & Catechesis
St. Vincent de Paul Society
Santissima Divinidade
Young Adult Ministry (YAM)

NEW PARISHIONERS: WELCOME!

We are delighted to have you join our parish family; we invite you to register by completing the form in the parish foyer or at the parish office. Offering envelopes available by request.

WEEKLY MASS INTENTIONS

MONDAY, February 26, 7:00PM

+Margaret Dudo +Laddie Balon +Maria Laura Pontes
+Augusto Balugas & Sons +Alba Collarelli +Michael Leahy *Special Intention for Diana Rogers

TUESDAY, February 27, 9:00AM

+Elijah Roberts & Astrid Marson

WEDNESDAY, February 28, 7:00pm

+Antonio & Luiza Nazario

THURSDAY, February 29, 9:00AM

+All Deceased Freskiw & Moskal Family Members

FRIDAY, March 1, 7:00PM

+Modesta Nardi

SATURDAY, March 2, 9:00AM - First Saturday

+All Souls in Purgatory

SATURDAY, March 2, 5:00PM

+Antonio Carneiro & Antonio Cardoso +Antonio

Janeiro & All Souls +Maria & Eugenio Arruda

+Maria Dolores Vigario +Manuel da Silva

+Virgilio Domingues & Rosa Miranda +Maria

Dos Anjos & Rosa Miranda +Rui Sera +Manuel

& Mary Matos +Euclides Pinho +Norma King &

Otto Mojica * Special Intention for John

Pellegrini & Rossana Pellegrini

SUNDAY, March 3, 8:00AM

*ProPopulo

SUNDAY, March 3, 10:00AM

+Samantha Diogo

SUNDAY, March 3, 12:00PM

+Fortunato Rendine

SUNDAY, March 3, 4:30PM

El Sembrador*ProPopulo

SUNDAY, March 3, 6:30PM

+Lara Fess



FIRST FRIDAY HOLY HOUR ADORATION

Will be held on Friday March 1, 2024, at 6:00pm -
7:00pm followed by Mass at 7:00pm and Stations of the
Cross at 7:30pm

MONTHLY REQUIEM MASS AT HOLY MARTYRS OF JAPAN – March 1, 2024, at 11:00am

Mass will be held at the church. Mass Intentions can be
booked at the parish office.

VOCATIONS

Lent: the springtime of the soul... is a time to make a new
covenant with God, develop new signs of our relationship
with our Creator. Go into your own desert and discover
what God is asking of you. If you think God could be
calling you to be a priest, religious, or permanent deacon,
call Fr. Matt McCarthy, Director of Vocations,
Archdiocese of Toronto at 416 968 0997. Email:
vocations@archtoronto.org

REFLECTION



THE 3 PILLARS OF LENT

Prayer, Fasting and Almsgiving

In a message for Lent in 2008, Pope Benedict XVI
described these as “specific tasks that accompany the
faithful concretely in this process of interior renewal.”

At the start of Lent, we should ask ourselves-what pulls me
away from loving God, loving others, and loving myself as
well? How can I incorporate acts of sacrifice, acts of giving
and acts of prayer that will help me love as God loves?

When we sacrifice things that this world tells us we need, it
can remind us that only God can truly satisfy our spiritual
hunger. When we think about what to give up for lent, we
ought to also think about what sort of commitment to prayer
and ability to be charitable that we can hold ourselves to.
Lent’s 3 pillars help us do this, each one equally important
in helping us deepen our relationship with God while
working to build God’s kingdom here on earth.

Kids/Teen Fasting Ideas for Lent

- Give up a favorite toy or game
- Fast from social media for a day (once a week)
- Give up a favorite snack
- Drink only water at school
- Give up a favorite chair at home or school
- Speak kind words to someone
- Go without headphones/air pods for a day
- Play your favorite game, focusing on helping others
instead of winning
- Allow others to pass in front of you in line

Offer all your sacrifices and blessings to the Lord!

Kids/Teen Prayer Ideas for Lent

- Pray on the way to school
- Play guess the Saint each day
- Pick a relative each day and pray for that person
- Call a grandparent after church and discuss the
Gospel/homily
- Go to bed 5 minutes early and spend extra time
talking with God
- Research the name of your church and learn about
its origin
- Pay special attention to the intercessions at Mass
and choose one to pray for
- Go to confession
- Research organizations that support Catholic Youth
like Edge and Lifeteen.

General Ideas for Lenten Sacrifices

- Give up coffee/Tea (or only brew it at home)
- Give up alcohol
- Give up certain social media sites, or limit them to certain days/times of the day
- Give up electronics after a certain time in the day (eg No screen time after 8:00pm)
- Sleep without a pillow
- Shower without hot (with only lukewarm) water
- Keep the thermostat several degrees cooler
- Park at the back of the parking lot and say a prayer as you walk to the grocery store
- Abstain from reading gossip/rumor sites or sharing in gossip with one another

Adult Prayer Ideas for Lent

- Subscribe to a daily prayer newsletter
- Each morning, scroll through your contacts on your phone and randomly stop and say a prayer for whichever person you land on
- Spend a few minutes with Scripture each day
- Start a Bible in Year podcast (with Fr. Mike Schmitz)
- Attend daily Mass once a week
- Attend and pray the Stations of the Cross every Friday
- Invite a friend to Mass with you
- Join a bible study group at church
- Attend Adoration of the Eucharist
- Go to Confession
- Pray the Rosary once a day

Kids/Teen/Family Ideas for Almsgiving

- Spend time volunteering as a family
- Allow kids to be the one to place money in the offertory basket at Mass
- Introduce children to a charity and explain why to donate to it
- Have children identify toy or clothes they are willing to donate that their donation can be a blessing to someone in need
- Create a jar to collect change to donate
- Donate to a food bank
- Donate a service (share your talents for free)
- Give a smile to someone you pass who may be living on the street (instead of ignoring them)
- Support a business that advertises in your parish bulletin

<https://hallow.com/blog/what-to-give-up-for-lent>

PARISH LENTEN CONFESSIONS

February 22, 2024

From 6:00pm to 8:00pm

“Create in me a clean heart, O God, and put a new and right spirit within me.” Psalm 51:10



Our Next CWL Soup night is:

Saturday March 9, from 5:00pm-7:00pm

Join us for our SOUP NIGHT. Enjoy some fresh homemade soup with a bun, coffee, tea, water and cookies. The cost is \$10.00 per person and \$5.00 for children under 10 years. Take out containers for \$15.00 will be available after 6:00pm. Soups will be listed on a board in the foyer closer to the date.

REPENT, RECONCILE AND RENEW LENTEN RETREAT WITH FATHER JOSEPH Saturday March 2, 2024

Join us in this retreat preparing our soul for this Lenten season. Saturday March 2, after the 9:00am Mass until 3:00pm in the parish hall. Let us journey together along the road to Calvary.

LENTEN PRAYER ANNOUNCEMENT

Lenten prayer cards are available in the foyer from February 14 to March 3. Please join our community of prayers for all during this Lenten Season.

CALLING ALL MOMS

Holy Martyrs of Japan Parish has a **Catholic Mom's Group** that meets once a month on Thursdays from 7:00pm-8:00pm in the Large Meeting room, to discuss the trials and tribulations of being a Catholic Mom. For More information contact: Kayleigh Garcia Meneses at: catholicmomsgrouphmj@gmail.com

ShareLife

Help bring love and hope to young mothers through ShareLife.

Many young women who are unexpectedly pregnant don't know where to turn for help. Through your support, our agencies ensure they have the resources they need to keep their education on track, provide their babies a healthy start, and create a bright future. Please give generously.

YOUTH MINISTRY



Grades 6, 7 & 8's are invited to come to the EDGE, on Fridays 7:00-8:30pm in the Parish Hall.

Next Edge Night: **March 8 – The Great Idea**

LIFE TEEN

LIFE TEEN is for youth in Grades 9-12 and will be held on every other Friday from 7:00pm to 9:00pm are all welcome!
Next Life Teen Night: **March 1 – Credible Witness**

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