



## MASS INTENTIONS FOR THE WEEK

While we are unable to celebrate public masses, Fr Regulo Imperial will offer his daily, private masses for the following intentions:

### Monday, March 23<sup>rd</sup>

9 a.m. – Lilani Soza requested by Shiro Wijayaratham

### Tuesday, March 24<sup>th</sup>

9 a.m. – Elaine Chalhoub requested by Shiro Wijayaratham  
7 p.m. – Maikel Michriky requested by Maikel Michriky

### Wednesday, March 25<sup>th</sup>

9 a.m. – Cletus de Mel requested by Shiro Wijayaratham

### Thursday, March 26<sup>th</sup>

9 a.m. – Luigi Zanatta requested by the Miles Family

### Friday, March 27<sup>th</sup>

9 a.m. – No Mass  
7 p.m. – Stefan Haas requested by the Martins Family

### Saturday, March 28<sup>th</sup>

5:30 p.m. – Laura Anderson requested by Michael & Debbie Courneyea

### Sunday, March 29<sup>th</sup>

9 a.m. – Catherine Mitchell requested by the Mitchell/Smith Families  
10:30 a.m. – Maurice Walsh requested by Mary & Gord Anderson  
12 p.m. – Jose Bonzon & Josephine Lizares requested by Ampy Ipo Olviga  
5:30 p.m. – Pacifico Salamilao requested by Nancy Borbon



Dear Parishioners:

On this **4<sup>th</sup> Sunday of Lent**, as we approach Holy Week, I am writing about the events of Holy Week – **THE GREAT FEAST OF THE TRIDUUM** (*the three days*).

It seems appropriate then, to ask the question: **What is the Triduum?** It is one feast, beginning on what we traditionally call **Holy Thursday** (evening), continuing on without interruption through **Good Friday**, culminating at the **Easter Vigil** and concluding at Evening Prayer on Easter Sunday. It is important that we see this feast as **ONE** and not three separate events. It is in the passion, the death and the resurrection of Jesus that we find our redemption.

Unfortunately, for many people the Three Days are experienced as the Passion (Palm Sunday), Good Friday and Easter Sunday. To move away from this picture, I would like to highlight the Three Days – the **Triduum** as the beginning of the great feast of Easter. The summit of our Lenten celebration is the One Great Feast of the Triduum. Please be there to crown our Lenten experience.

It is important to note that the sacrament of reconciliation will not be scheduled after Wednesday evening (of Holy Week). It is very much expected from us that before the Three Days come, we must have taken our spiritual bath and clean ourselves for the great event.

**LET'S LOOK FORWARD TO THE GREAT EVENT!**

God bless, *the Pastor*

## LENT THE RULES FOR FASTING & ABSTINENCE

We are obliged to observe *Fasting and Abstinence*. According to the teaching of the Catholic Church: ▶ The **law of Abstinence** forbids the use of meat and prohibits the eating of meat on Fridays throughout the year. ▶ The **law of Fasting** allows only one full meal a day, but does not prohibit taking some food in the morning and evening. ▶ *Abstinence and Fasting* are to be observed on **Ash Wednesday** and on the **Friday of the Passion and Death of Our Lord Jesus Christ**.

*Who are obliged to observe these precepts?*

▶ Anyone aged 14 and above are bound by the law of *Abstinence*. ▶ Anyone aged between 18 and 59 are obliged to *Fast and Abstain*. ▶ Nevertheless, Pastors and parents are to see to it that minors who are not bound by the laws of *Fasting and Abstinence* are educated in an authentic sense of penance.

## HOW CAN YOU "LIVE THE GOSPEL" WHEN LIFE IS SO BUSY?

Many people help those in need by volunteering at a local organization. But if your schedule doesn't allow for it, you can still make a huge impact in your community by supporting ShareLife-funded agencies. Next Sunday is the first ShareLife collection. Over the next week, please reflect on your ability to "Live the Gospel" by making a sacrificial gift to our parish ShareLife campaign. **March 29 is ShareLife Sunday. Please give generously.**

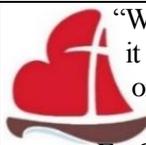
The St John Fisher Parish Family welcomes:

**February:** Leo Jose Fernando Santos Ribeiro  
Peyton Maeve Shimada  
Charleigh Rose Davies  
Makonnen Victoria Jones-Norville  
Negus Nagast Daniel Jones-Norville  
Ryleigh Jean Davies



**March:** Christian Nicholas Omardeen-Perfetti  
Cordelia Priscilla Omardeen-Perfetti  
Lea Elysa Ragual

May our Lord bless you always!



"We must work the works of Him who sent me while it is day." Are you being called to a life as an ordained or a consecrated person? If God is calling you to serve him as a priest, deacon, brother or sister, contact Fr. Chris Lemieux, Vocation Director, ArchToronto 416-968-0997 / [vocations@archtoronto.org](mailto:vocations@archtoronto.org) / [www.vocationstoronto.ca](http://www.vocationstoronto.ca)

### COVID-19 AND ONLINE MASSES

The Archdiocese of Toronto has created a number of resources to assist the faithful while public Masses are cancelled because of the Covid-19 pandemic.

The Archdiocese of Toronto's website now has a page dedicated to COVID-19. On that page you will find helpful links to public health resources, spiritual resources for the faithful while they cannot attend Mass and statements from the archdiocese.

Cardinal Thomas Collins will offer Mass at St Michael's Cathedral Basilica every day at 7:30 am, which the faithful can watch live on the cathedral's website or at their convenience on the Archdiocese of Toronto's YouTube page. The Cardinal will pray the rosary and Angelus after each Mass. Earlier this week, the Cardinal invited the archdiocese's priests to join him in offering a private Mass for the intentions of the people every day at 7:30 am in their respective parishes.

The archdiocese is also producing Sunday Masses in a number of languages: Cantonese, French, Italian, Korean, Mandarin, Portuguese, Spanish, Tagalog and Vietnamese. These will be posted on our YouTube page. The first group of Masses will be available by Sunday March 22<sup>nd</sup>.

*When it is not possible for us to participate at Mass, how can we still keep holy the Lord's Day?*

1. Watch a livestream of the Mass
2. Make a spiritual communion
3. Read the Sunday readings as a family
4. Check in on those around you
5. Pray a family Rosary
6. Go to a church and pray

### ST ALPHONSUS LIGUORI'S ACT OF SPIRITUAL COMMUNION

My Jesus, I believe that you are present in the most Blessed Sacrament. I love You above all things and I desire to receive You into my soul. Since I cannot now receive You sacramentally, come at least spiritually into my heart. I embrace You as if You were already there, and unite myself wholly to You. Never permit me to be separated from You. Amen.

### New Euthanasia Legislation Introduced in Canada

**It's Time To Act – Contact your MP Today!**



Archdiocese  
of Toronto

Legislation to expand euthanasia in our country has been introduced.

If passed, those eligible for euthanasia would include those without a terminal illness, including Canadians with disabilities. Doctors may also be forced to "sign off" on euthanasia for the patients they have been treating for years.

Dementia patients who signed a "directive" 10 years ago may now have someone else determine when they will die. Every life has value - visit [www.helptheliving.ca](http://www.helptheliving.ca) to send a letter (prepared for you) to your Member of Parliament. The process takes less than 5 minutes. More information can also be found at: [www.archtoronto.org/euthanasia](http://www.archtoronto.org/euthanasia). We continue to pray and advocate for the vulnerable among us.



### FIRST COMMUNION UPDATES:

**All missed classes, and the first reconciliation will be rescheduled.**

► In order to receive First Holy Communion, candidates must complete ALL 5 sessions. By not doing so, we presume that the candidate and family is not fully ready for the reception of the Sacrament. Consider if celebrating this Sacrament in the future is a better option.

**Please attend the Sunday 12 pm Mass as a family. Classes are right after mass from 1-2:15 pm. Please take your children to the hall promptly. Thank you!**

❶ Classroom rules & expectations, Intro, Adam & Eve - Complete

❷ Reconciliation & the 10 Commandments - Complete

❸ **Postponed:** Mar 29<sup>th</sup> or Apr 5<sup>th</sup>: Prayers: the significance of prayer & praying, the meaning of different prayers

❹ **Postponed:** Apr 19<sup>th</sup> or 26<sup>th</sup>: First Communion: understanding the importance of the Eucharist, what happens during the mass & receiving the Eucharist

❺ May 3<sup>rd</sup> or 10<sup>th</sup>: Review

#### ► First Reconciliation:

To be scheduled...

#### ► First Communion Dates:

St John Fisher School: May 9<sup>th</sup> @ 5:30 pm

St John Henry Newman School: May 23<sup>rd</sup> @ 5:30 pm

Georges Vanier School: May 24<sup>th</sup> @ 12 pm



### CONFIRMATION CORNER

**All missed classes will be rescheduled.**

In order to be Confirmed, candidates must complete ALL 6 sessions. By not doing so, we presume that the candidate is not fully ready for the reception of the Sacrament. Consider if celebrating this Sacrament in the future is a better option.

**All sessions are on Saturdays from 4-5:15 pm and then the class will attend the 5:30 pm mass together.**

❶ Intro & the Seven Gifts of the Holy Spirit - Complete

❷ Prayer & the Seven Sacraments - Complete

❸ Social Justice - Complete

❹ **Postponed:** March 14<sup>th</sup> – Social Justice II

❺ **Postponed:** March 28<sup>th</sup>: Confirmation Liturgy

❻ **Postponed:** April 4<sup>th</sup>: Called for Missioning

► **Confirmation Mass**, celebrated by our Pastor: June 11<sup>th</sup> at 7 pm



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

StJohnFisherBrampton