

Mass  for the
Intentions  for the
Week

Tuesday, Mar. 5th,
7:00 pm *Soul of Rev. Fr. Joseph Cheung*
Wednesday, Mar. 6th,
8:30 am *A Personal Intention*
Thursday, Mar. 7th,
9:00 am *Soul of Ralph Arsenault*
Req. by: Karen & Tony Amaral
Friday, Mar. 8th,
8:30 am *Soul of Manuel Amaral Jr.*
Req. by: Karen & Tony Amaral
7:00 pm **STATIONS OF THE CROSS**
Saturday, Mar 9th,
5:00 pm *Soul of Mrs. Dorothy Chafe*
Req. by: Karen & Tony Amaral
SUNDAY, Mar. 10th,
9:00 am *Soul of Daniel Ciardullo*
Req. by: Lucy & Mario Ciardullo
11:00 am *People of the Parish*

Weekday Mass TIME CHANGE
Please note on the following Tuesdays the Mass
will be at 12:30 pm: Mar. 19th



PRAY Dianne Gordon, Daniel Berardi, Olier
Caron, Fran Pelletier, Gladys Turton,
Steffan Brunette, Cindy Steffoff, Frank
Ethier, Margaret Swindells, Susan, Nolan Davis,
Fr. Joseph Rodrigues, Ricki Keyzers, Bill
Paterson & Patrick Kellachan Also please
pray for those who take care of them.



**DEVOTIONS TO OUR MOTHER OF
PERPETUAL HELP**
Every Wednesday after 8:30 am Mass.
All are welcome.

2023 TAX RECEIPTS

Please note the income tax receipts will be mailed to
you directly from the Archdiocese of Toronto this
month. Thank you for your donations to our parish
this past year. May God bless you always

**Our Sanctuary Lamp burns
For the Soul of Joseph Stanesic**



**CHURCH IS OPEN FOR
PRIVATE SILENT PRAYER
WEDNESDAY, THURSDAY
& FRIDAY
12 NOON TO 4:00 P.M**

One of the best gifts
we can give
ourselves is time
alone with God.

FIRST COMMUNION & CONFIRMATION 2024
Please pray for the children of our parish as they
prepare to receive the sacraments of First
Communion and Confirmation. Also pray for their
parents and teachers as they guide them on their
journey to receive these sacraments.



Show your love through ShareLife
ShareLife Sunday is March 17th. **Our 2024 parish
goal is \$33,500.** Through your kindness, over 40
Catholic organizations and social service agencies
can help marginalized members of our community.
No one is turned away due to inability to pay. This is
all possible through your support. Please give at the
parish using a ShareLife envelope, online through
our parish website, or at sharelife.org/donate.



PASTORAL MINISTRY
Caring for Our Parish Family
The Pastoral Care team at Sacred
Heart brings Communion twice a
month, on a Wednesday morning, to any of our
parishioners who are unable to attend Sunday
Mass. Do you have a family member or friend who
is homebound due to illness or other reasons and
would like to receive Communion from our
team? Contact the parish office, 905-852-6944, for
more information or to arrange a visit.



STATIONS OF THE CROSS
Every Friday in Lent at 7:00 pm in
the Church.
On March 8th, the stations will be
led by our Knights of Columbus



The Knights of Columbus
are collecting food
throughout Lent to
support the Loaves &
Fishes food bank here in Uxbridge. Food items
may be dropped off in the church foyer in the
bins located at either entrance until March
31st. Thank you for your generous support.

STILL NOT SURE WHAT TO DO FOR LENT
Join the Life Changing Spiritual Pilgrimage this Lent, a
historic journey to Eucharistic consecration. It's free to
sign up. Visit Dynamic Catholic at the following link
[Best Lent Ever](http://www.bestlentever.com)

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, Visit www.vocationstoronto.ca

**"The ultimate goal of fasting is to help each one
of us to make a complete gift of self to God."**

–Pope Benedict XVI



CONFESSIONS DURING LENT

Saturdays 4:00 – 4:45 pm
Wed. March 13th - 6:00 pm to 7:30 pm
Thus. March 14th - 6:00 pm to 7:30 pm
Wed. March 20th - 6:00 pm to 7:30 pm

Palm Sunday

Saturday March 23rd - 5:00 pm
Sunday March 24th - 9:00 am & 11:00 am

Tuesday March 26th

NO EVENING MASS

Wednesday March 27th

Mass - 8:30 am

Holy Thursday – March 28th

Mass of the Lord's Supper at 7:00 pm
Followed by Procession and Adoration
until 10:00 pm

Good Friday – March 29th

Passion of the Lord - 3:00 pm
Stations of the Cross - 7:00 pm

Holy Saturday - Easter Vigil – March 30th

Mass at 7:00 pm
Easter Sunday – March 31st
Masses at 9:00 am & 11:00 am

FASTING & ABSTINENCE IN LENT

Ash Wednesday and Good Friday are obligatory days
of fasting and abstinence for Catholics. In addition,
Fridays during Lent are obligatory days of abstinence.
For members of the Latin Catholic Church, the norms
on fasting are obligatory from age 18 until age 59.
When fasting, a person is permitted to eat one full
meal, as well as two smaller meals that together are not
equal to a full meal. The norms concerning abstinence
from meat are binding upon members of the Latin
Catholic Church from age 14 onwards