# **Teens under too much stress**

As society is drastically changing adolescents are being put under more pressure than ever before. It has come to my attention, being a 17-year-old, that adults seem to believe that stress is the last thing on a teen's mind. When in fact, for most, it is the exact opposite. With exam time and university acceptances fast approaching the need to be "perfect" is constantly our main focus. Due to pressures from parents, teachers, peers and the media, we feel as if our best is just not good enough. Not to mention the added desire to maintain athletics, social status, hobbies, and grades all at once—still finding time for proper rest and diet.

If attention is not brought to this topic, the health risks that stress imposes on adolescents will increase dramatically. Anxiety, depression, and even eating disorders will continue to rise, causing the health of teens to plummet.

All adolescents yearn for encouragement and support. At arguably the most important stage of their life, teens require a society where the definition of perfect is exactly who they are, not what someone else wants them to be.

Tara Denobrega, Whitby

# **First Communion**

Today we will have the First Communion for the children that attended Sunday School. Congratulations to all the children and their families. May God Bless and guide them.

Next Sunday, April 23rd, we will have the First Communions for the children attending St. Mary School at 1:00 p.m.

# **Confirmation**

Confirmation will take place next Saturday, April 22nd at 3:00 p.m.

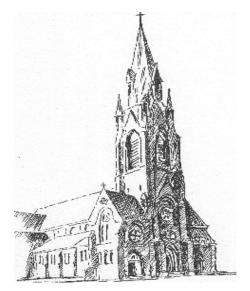
# Santo Cristo Festival

Once again, we are preparing for the feast of Santo Cristo (Ecce Homo) which this year will be on the weekend of May 13 and May 14.

All are welcome. Children that would like to take part in the procession as angels, please contact the office.

# St. Mary's Phurch

Rev. Msgr. Fernando Couto (Pastor) Rev. Fr. João Ferreira (Associate Pastor)



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Toronto, On. M6J 3P8
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# OFFICE HOURS Mon.- Fri. 8:30—12:00 and 1:00—4:00

# **Sunday Masses**

8:30 am Portuguese 10:00 am Portuguese 11:30 am English 1:00 pm English

# Weekday Masses

Monday—Friday 9:00 am Portuguese 6:00 pm English

Saturday 5:00 pm English

### **Parish Council**

## **Parish Finance Council**

# Legion of Mary

# **Adoration of the Blessed Sacrament**

First Friday of Every Month at 5:00 p.m.

# **English Choir**

# Portuguese Choir Ana da Silva 905-891-5444 Santo Cristo Joey Teves 647-887-2804

Santo Cristo Band (Hall) 416-703-2231 Paul Valerio (President) 647-998-5916

**Santo Cristo Association** 

Please contact the parish 416-703-2326

**Espirito Santo** 

Afonso & Filomena Vieira 905-848-8571

Saint Vincent De Paul 416-247-8868

Volunteer Co-ordinator

Delia Medeiros (contact the parish)

# Baptism—Sundays

Baptisms will be booked by appointment only

# Marriages

Please contact the priest 12 months in advance

# Confessions

Every day before Mass, except on Sunday

**Schools** 

St. Mary Elementary	416-393-520
Bishop Macdonell	416-393-5462



# **II Sunday of Easter**

**April 16, 2023** 

First Reading (Acts 2:42-47) The early Christian community was characterized by worship of God and loving service towards one another.

Second Reading (1 Pet 1:3-9) Faith in the resurrection of Jesus is the basis of our hope of eternal life, a hope which enables us to bear patiently the trials of life.

Gospel (Jn 20:19-31) When he touched the wounds of the risen Jesus, Thomas' doubt was turned into faith.

In today's Gospel we meet Doubting Thomas.

Each of us has something in common with Doubting Thomas, because at times we too are troubled by doubts. Instead of denying our doubts, let us bring them to the Lord.

# That Eastertide With Joy Was Bright

That Eastertide with joy was bright, The sun shone out with fairer light, alleluia, alleluia!

When, to their longing eyes restored, The glad apostles saw their Lord. Alleluia, alleluia, Alleluia, alleluia, alleluia!

He showed to them
His hands, His side,
Where yet the glorious wounds abide;
Alleluia, alleluia!

The tokens true which made it plain Their Lord indeed was risen again. Alleluia, alleluia, Alleluia, alleluia, alleluia!

# **Amazing Grace**

Amazing Grace, how sweet the sound
That saved a wretch like me!
I once was lost, but now am found
Was blind but now I see.

Twas grace that taught my heart to fear And grace my fears relieved, How precious did that grace appear The hour I first believed.

When we've been there ten thousand years
Bright shining as the sun
We've no less days to sing God's praise
Than when we first begun.

# Alleluia, Sing To Joy

Alleluia! sing to Jesus!
His the sceptre, his the throne;
Alleluia! his the triumph,
His the victory alone.
Hark! The songs of peaceful Zion
Thunder like a mighty flood.
Jesus out of every nation
Has redeemed us by his blood.

Alleluia! not as orphans
Are we left in sorrow now;
Alleluia! he is near us;
Faith believes nor questions how:
Though the cloud from sight received him,
When the forty days were over,
Shall our hearts forget his promise,
"I am with you evermore"?

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# Sing to the Mountains

Sing to the mountains, sing to the sea, Raise your voices, lift your hearts This is the day the Lord has made, Let all the earth rejoice!

I will give thanks to you my Lord You have answered my plea You have saved my soul from death You are my strength and my song!

Holy, Holy, Holy Lord Heaven and earth are full of your glory!

## **Mass Intentions For The Week**

# Saturday, April 15

**5:00 pm.** José Manuel Oliveira Correia, intention of Lucia Correia — António Fernandes & family—José Anacleto & Maria Rosa Fernandes — António Furtado & family, João Augusto Tavares—Claudia Boaventura—Fernando Pinguelo

# Sunday, April 16

8:30 am. Nelissa da Mota

10:00 am. Comunidade—Ermelinda Arruda—Jaime de Sousa—José Carlos Silva—Manuel José Carneiro—Irene Loureiro—Maria Ana Freitas—António e Albertina Vieira

**11:30 am.** Arlindo, Ilda & Richard Vicente—Becky Bu Chua—José Medeiros, son, parents & siblings

1:00 pm. First Communions

# Monday, April 17

**9:00 am.** Parents & family of Carlos Arruda—Judy da Silva

**6:00 pm.** Francelina Torres

# Tuesday, April 18

9:00 am. Manuel de Amaral Morgado

**6:00 pm.** Souls in purgatory

# Wednesday, April 19

9:00 am. Liberal Paul Silva

6:00 pm. Souls in purgatory

# Thursday, April 20

9:00 am. Intentions of Natália Machado

6:00 pm. Manuel & Maria Couto & family

# Friday, April 21

9:00 am. Maria Lopes & Alexandre da Silva

6:00 pm. Miguel Medeiros, in-laws & family

# Saturday, April 22

**5:00 pm.** 25th Anniversary of Paul & Sandra Medeiros—Mariano Machado & in-laws—Manuel & António Faria—João Rodrigues & parents—Gil Medeiros