

THE SIGN OF THE CROSS

Christians love to sign themselves and others with the sign of the cross. I remember asking my parents for a blessing every night before going to bed and they would sign my forehead with the sign of the cross. I sort of did it out of habit and yet deep down I realized it was important because I would not have dreamt of omitting this from our evening ritual, except maybe in a fit of rebellion during my teens. I will never forget asking my dad for his blessing during his last visit. It was his last blessing I ever received. This custom of signing ourselves and others with the cross goes back to the early centuries of Christianity.



Every time we sign ourselves with the sign of the cross we place ourselves under the protection of the cross and we commit ourselves to Christ into whom we have been baptized. Specific to your question, there is evidence that people signed themselves on the forehead and breast at the time of the gospel as early as the ninth century. By the eleventh century the signing at the time of the gospel also included the mouth.

Today’s rubrics (prescriptions) for the celebration of the Eucharist as they are contained in the Roman Missal indicate that the person proclaiming the gospel is to say, “ A reading from the holy Gospel according to...” Following that, he is to make the sign of the cross on the book, and then on his forehead, lips and breast, “which everyone else does as well.” The meaning of this gesture may be summarized as follows: May the word of the Lord guide our thoughts, our speech, and all our actions.

We bless ourselves with the sign of the cross before we start praying the Rosary, when we start a journey be it by car or aeroplane, before an operation, when confessing our sins, baptizing, anointing a sick person, etc. When we bless ourselves with the sign of the cross we hope to be under God’s protection. Make it a habit. Bless yourself everyday.

Via Sacra

Every Friday during Lent we will have the Via Sacra (Stations of the Cross) after the 6:00 p.m. Mass.

ShareLife

Lent is a time to repent and be generous. Let us pray for all those in need during this Lent season. The first ShareLife collection will be on March 21 & 22.

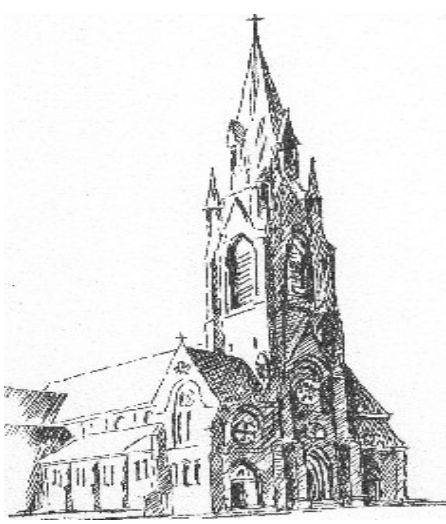


Lenten Confessions

On Thursday, March 19th, we will be having confessions in our parish from 10:30 am to noon, and from 6:30 to 7:30 pm.

St. Mary's Church

Rev. Fernando Couto (Pastor)
Rev. Benny Joseph (Associate Pastor)



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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

Adoration of the Blessed Sacrament
First Friday of Every Month at 5:00 p.m.

English Choir
Susan Taylor 416-531-0503

Portuguese Choir
Ana da Silva 905-891-5444

Santo Cristo
Artur Rocha 647-624-7113

Santo Cristo Band (Hall)
Marco Lima (President) 416-703-2231
416-818-5462

Santo Cristo Association
Please contact the parish 416-703-2326

Espirito Santo
Kevin & Christina Cordeiro 647-218-1601

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

School
St. Mary Elementary 416-393-5205
Bishop Macdonell 416-393-5462



First Sunday of Lent

February 22, 2026

First Reading (Gen 2:7-9;3:1-7) Adam and Eve succumb to temptation and cause a rift between themselves and God.

Psalm: Have mercy, O Lord, for we have sinned.

Second Reading (Rom 5:12-19)

By his obedience to God, Christ won back for us the gifts lost through the disobedience of Adam.

Gospel (Mt 4:1-11)

Jesus was tempted by the devil, but unlike Adam and Eve, he did not succumb.

In the First Reading, we have the story of the tempting of Adam and Eve, and in the Gospel the story of the tempting of Jesus. They are two very sophisticated stories, and are not meant to be taken literally. Jesus is the new Adam, who by his obedience restores for us the gifts lost by the disobedience of the first Adam. He is also the new Israel. Like the first Israel he too was tested in the desert. But whereas the first Israel was found wanting, Jesus remained faithful to God.

From the Depths of Sin and Sadness

From the depths of sin and sadness,
I have called unto the Lord.
Be not deaf to my poor pleading,
In your mercy, hear my voice.
Be not deaf to my poor pleading,
In your mercy, hear my voice.

If you, Lord, record our sinning,
Who could then before you stand?
But with you there is forgiveness,
You shall ever be revered.
But with you there is forgiveness,
You shall ever be revered.

For the Lord my heart is waiting,
For God’s word I hope and wait.
More than watchers wait for sunrise,
I am waiting for the Lord.
More than watchers wait for sunrise,
I am waiting for the Lord.

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Be With Me, Lord

**Be with me Lord when I am in trouble
Be with me Lord I pray.**

You who dwell in the shelter
of the Lord most high
Who abide in the shadow of our God
Say to the Lord my refuge and fortress
My God in whom I trust

No evil shall befall you
No pain come near
For the angels stand close by your side
Guarding you always and bearing you gently
Watching over your life

Jerusalem My Destiny

**I have fixed my eyes on your hills,
Jerusalem, my Destiny!
Though I cannot see the end for me,
I cannot turn away.
We have set our hearts for the way;
this journey is our destiny.
Let no one walk alone.
The journey makes us one.**

Other spirits, lesser gods,
have courted me with lies.
Here among you I have found
a truth that bids me rise. (Refrain)

See, I leave the past behind;
A new land calls to me.
Here among you now I find
A glimpse of what might be. (Refrain)

In my thirst, you let me drink
The waters of your life,
Here among your I have met,
The Saviour, Jesus Christ. (Refrain)

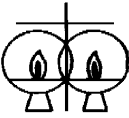
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The Glory of These Forty Days

The glory of these forty days
we celebrate with songs of praise,
for Christ, by whom all things were made,
himself has fasted and has prayed.

Alone and fasting Moses saw
the loving God who gave the law.
And to Elijah, fasting, came
the steed and chariots of flame.

Then grant, O God, that we may, too,
return in fast and prayer to you.
Our spirits strengthen with your grace,
and give us joy to see your face.



MASS INTENTIONS

Mass Intentions For The Week

Saturday, February 21st

5:00 pm. Mariano Machado, parents & siblings—Lance Tang

Sunday, February 22nd

8:30 am. Praise to the Little Jesus of Prague

10:00am. Community—Santo Cristo Association—Maria de Fátima Tavares Melo—João & Angelina Rodrigues—Marilene Fernandes de Castro, souls in purgatory — José Ribeiro

11:30 am. José & Angelo Medeiros — Arlindo, Ilda & Richard Vicente

1:00 pm. Idalina Amaral

Monday, February 23rd

9:00 am. Intentions of Maria, Andy, Elayna & Fátima Medeiros

6:00 pm. Idalina Amral

Tuesday, February 24th

9:00 am.

6:00 pm. Ildeberto Camara

Wednesday, February 25th

9:00 am. Siblings of Carlos Arruda

6:00 pm. Intention of Nesochi Chuba

Thursday, February 26th

9:00 am. Adelaide Assunção Soares & Francisco Manuel Rodrigues

6:00 am. Maria José & António Medeiros & family

Friday, February 27th

9:00 am.

6:00 pm.

Saturday, February 28th

5:00 pm. Manuel & António Faria—Manuel Pereira