



ST. PAUL'S BASILICA

EST. 1822~FIRST CATHOLIC PARISH IN TORONTO

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Rev. Antanios Farah, OAM
In Residence. Hospital Chaplain

Lynett Wilson
Admin / Communications

Jason Lo
Bookkeeper

Cathy LeBlanc
Sacristan

Ives Alvarez
Custodian

MASS TIMES

Saturday: 4:30 pm ♦ Sunday: 8:30 am and 11:00 am
Tuesday to Friday: 5:00 pm

CONFESSIONS

Saturdays from 3:30 pm to 4:15 pm

OFFICE HOURS

Monday to Friday from 9:30 am to 5:00 pm
(closed for lunch from 12:00 pm to 1:00 pm)

CONTACT

83 Power Street, Toronto, ON M5A 3A8 ♦ Tel: (416) 364-7588
Fax: (416) 366-5617 ♦ Email: stpaulsbasilica@archtoronto.org
Website: stpaulsbasilica.archtoronto.org

SACRAMENTS

Please contact us for more information on preparing for and receiving a Sacrament at St. Paul's Basilica.

- ♦ Baptism; Two months in advance
- ♦ Marriage; Registered parishioners at least one year in advance, For all other marriage inquiries please contact the parish office
- ♦ First Holy Eucharist, Confirmation and RCIA;
Registration takes place in the fall
- ♦ Anointing of the sick & Communion of the sick and shut-ins;
Please contact the parish office

ST. PAUL'S CATHOLIC SCHOOL

Alyson Sobol, Principal ♦ Tel: (416) 393-5204

❖ A MESSAGE FROM THE PASTOR



A Variety of Lenten Suggestions

Here are a range of suggested spiritual activities for a fruitful Lent. If any seem like they might be helpful to you feel welcome to try them.

1. Consider doing your own spiritual reading of part of the Scriptures. We are in “Year A”, which is the year we read the Gospel according to Matthew. The Word of God is alive. When you read, read slowly and receive it. Rest with it. Read it again slowly. Ask God to illuminate your soul with the Word. Give thanks and include one or two things you may have absorbed. But let the Word have the last word.
2. Pray with music. Music based on breath like Gregorian chant or other older Catholic and Orthodox chants naturally slow us down. I find some choral music as well has a kind of breath of hope and openness that naturally complements my desire to be open to what God has to say to me. I have a playlist on Spotify called “Contemplative Journey”. You will see my name “Robert O’Brien” associated with it. That can be a place to start and could give you some ideas to explore. Music itself is a kind of revelation. Sacred music opens us to more of God’s revelation.
3. Electronic fast. I am sure this sounds difficult to impossible. The way we are networked our devices are firmly attached to us. Can we see that this means that we are constantly subject to interruption? The purpose of a retreat in some part at least has always had to do with allowing for some uninterrupted time. Not only can prayer become deeper when we give ourselves a little bit of time, but our relationships will be more meaningful. As we are facing a fast-changing world, we need to be concerned about the quality of our communication. Forcing ourselves to listen to and speak to one another face-to-face some of the time will help us to relate with one another at a deeper level.
4. Kinetic prayer. Take a walk when you pray, whether close to home or in a more natural setting. The Rosary, the Chaplet of Divine Mercy, the Jesus Prayer – all provide simple prayers which we can breathe in and breathe out as we go on our little pilgrimage. And like a pilgrimage we may not notice what difference it has made until later.
5. Family rituals: These can be very rich! We can acknowledge the good practice of Grace Before Meals, but there are many other things that can be implemented at home. My parents would always sprinkle a little Holy Water in our rooms as they retired for the night. At Christmas we had the present that Jesus gave at dinner time – usually a game to play to keep us occupied. A holy water dispenser in a child’s room, or small prayer area with statues or the like can also be good. Let a child lead Grace or post a prayer on the fridge – it could even just be a word or a picture representing the child’s prayer life. You will come up with your own things. They are a big deal and do so much not just for children but for parents too!
6. Time: Incorporating a little silence, especially at the beginning or the end of the day is good. We might think of prayer much of the time as us speaking to God, but the deeper reality is that it is God speaking to us. Jesus prayed because this is what was natural in His relationship with the Father. We too pray because it is the natural thing to do and listening is an important part of that.

In Christ,

Fr. Bob

❖ NEWS

Bake Sale Next Sunday!

Sponsored by St. Paul's Grade 8 Students



Next Sunday, March 12th, following the 8:30 am and 11 am Masses, grade 8 students from St. Paul's School will be hosting a bake sale for parishioners. Please stop by, pick up something sweet and help support these students and the school!

Lenten Day of Retreat

Queen of Apostles Renewal Centre, Mississauga, will be hosting a Lenten Day of Retreat on March 18th from 9am to 3pm. The cost, including lunch, is \$45. To register email office@goa.ca.

❖ NOTEWORTHY

Parish Collection Summary

February	2023	2022	Diff
Last Wkd	\$ 2,911	\$ 3,559	↓ \$ 647
Mth Total	\$ 10,323	\$16,618	↓ \$ 6,294

Turkey and Syria Earthquake - Humanitarian Relief

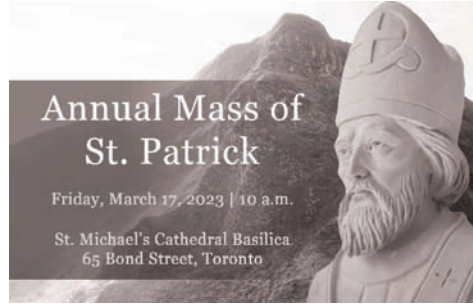
Recent earthquakes and aftershocks in Turkey and Syria have caused devastation in both countries. The Archdiocese of Toronto will accept donations and channel funds through Catholic partners (including Caritas Canada, Aid to the Church in Need, CNEWA, and Jesuits International) to support relief efforts underway. Those wishing to help may do so in the following ways:

- » The Donate button at the top of our parish website, or scan the QR code;
- » The Development Office at 416-934-3411;
- » Parish collections, making cheques payable to: **St. Paul's Basilica - Turkey and Syria Earthquake - Humanitarian Relief**



Annual Mass of St. Patrick

Friday, March 17, 2023 at 10 am
St. Michael's Cathedral Basilica



The annual Mass of St. Patrick at St. Michael's Cathedral Basilica in Toronto will take place on Friday, March 17 at 10 a.m. Cardinal Thomas Collins will be the presider and homilist. All are welcome. Those unable to attend can participate in the celebration via livestream at stmichaelscathedral.com/live or use the QR code.



2022 Tax Receipts

2022 tax receipts have been mailed out. Please contact the office if you have any questions. We appreciate your generosity in supporting your spiritual home. Thank you!

2nd Sunday of Lent

Live the Gospel by supporting ShareLife



ShareLife Sunday is March 26. Our parish goal for this year's campaign is \$46,000.

More than 40 Catholic organizations and social service agencies are supported through your generosity. Without your contributions, more than 150,000 people would not receive the hope offered through the vital work of these agencies.

Please give at the parish using a ShareLife envelope, online through our parish website, or at sharelife.org/donate.

Mass Intentions

Saturday, March 4

4:30 pm ♦ † Veronica Ball

Sunday, March 5

8:30 am ♦ † Charles & Giovanna Zuzek

11:00 am ♦ For the People

Tuesday, March 7

5:00 pm ♦ † Teresa O'Driscoll

Wednesday, March 8

5:00 pm ♦ Unannounced

Thursday, March 9

5:00 pm ♦

Friday, March 10

5:00 pm ♦ Unannounced

Stations of the Cross



The 40 days of Lent are a special time of spiritual renewal in the Church. During Lent the Stations of the Cross will be prayed Friday evenings in the Church after the 5:00 pm Mass.

Credit Card Donations



Don't carry cash or even own cheques? Want to collect miles or points on your credit card? A single or monthly donation through your credit card is a great option. Tax receipts are issued immediately for a single donation and at the end of the year for a recurring gift. Select the Donate button at stpaulsbasilica.archtoronto.org or scan the QR code. Please ensure that "St. Paul's Basilica, Toronto" is selected from the Parish drop down menu when signing up.



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