

# Saint Edith Stein Roman Catholic Church

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**Rev. Constantin Siarapis**

Administrator



## COVID-19 UPDATE:

**The parish is open with full capacity now.  
Masses schedule is on the website**

## COUNTDOWN TO LENT...

### **Why is the signing done with ashes?**

A: Because ashes are a biblical symbol of mourning and penance. In Bible times the custom was to fast, wear sackcloth, sit in dust and ashes, and put dust and ashes on one's head. While we no longer normally wear sackcloth or sit in dust and ashes, the customs of fasting and putting ashes on one's forehead as a sign of mourning and penance have survived to this day. These are two of the key distinctives of Lent. In fact, Ash Wednesday is a day not only for putting ashes on one's head, but also a day of fasting.

### **Is there another significance to the ashes?**

A: Yes. They also symbolize death and so remind us of our mortality. Thus when the priest uses his thumb to sign one of the faithful with the ashes, he says, "Remember, man, that

thou art dust and unto dust thou shalt return," which is modeled after God's address to Adam (Genesis 3:19; Job 34:15, Psalms 90:3, 104:29, Ecclesiastes 3:20). This also echoes the words at a burial, "Ashes to ashes; dust to dust," which is based on God's words to Adam in Genesis 3 and Abraham's confession, "I am nothing but dust and ashes" (Genesis 18:27). It is thus a reminder of our mortality and our need to repent before this life is over and we face our Judge.

## TAX RECEIPTS

**Tax Receipts for 2021 envelope users are ready for pickup in the parish office.** If you didn't use envelopes last year there's still time to pick up a box for this year.

Thank you for your generous support!

## SACRAMENT OF RECONCILIATION

## SACRAMENT OF BAPTISM

## SACRAMENT OF MARRIAGE

- all by appointment only

## SACRAMENT OF ANOINTING OF THE SICK AND HOLY COMMUNION

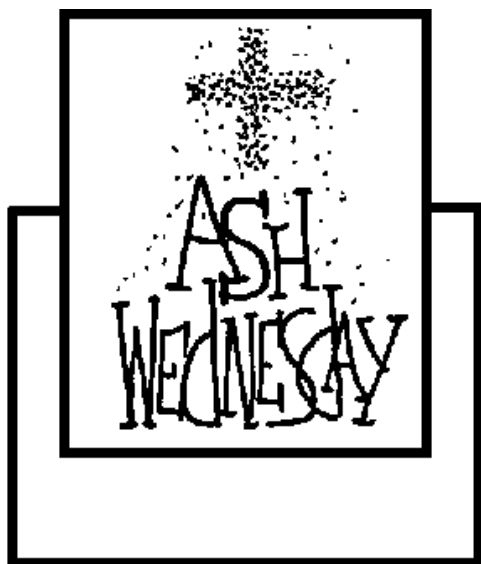
Have your health care team page a Catholic priest if you have a family member in hospital needing anointing of the sick.

Communion to those homebound is suspended at this time.

For information on Catholic education in our community or to reach your local school board trustee, contact the Toronto Catholic District School Board at 416-222-8282 or [www.tcdsb.org](http://www.tcdsb.org).

### Schools in the area:

St. Anselm	416-393-5243
Holy Cross	416-393-5242
Canadian Martyrs	416-393-5251
St. John XXIII	416-429-4000



## Words that Reveal

We are entering the Season of Lent; let us purify our hearts examining our thoughts, words and deeds. The words a person chooses to speak are a window through which to see and know his/her heart. The average person speaks about 25,000-30,000 words a day. Armed with this statistical information, we turn now to the promptings of today's readings and ask ourselves: What am I saying each day with my 25,000-30,000 words and what are my words, saying about me? "A person's speech discloses the bent of the mind," says Sirach (27:4-7), "Each person speaks from the heart's abundance", says Jesus (Lk 6:39-45). What am I disclosing when I speak? What is revealed of my heart's abundance when I open my mouth?

Do my words encourage, enlarge and edify the other or do they dampen their hopes, and tear them down? What do my words reveal of my heart when they explode in anger at the slightest provocation? When I choose pungent criticism over caring counsel, what am I revealing of my inner self?

When I give myself over to gossip, what does this reveal about my heart and my integrity as a believer? According to the Talmud, "The gossiping tongue kills three, the victim of the gossip, the gossiper and the one who listens to

the gossiper". Most of us would not gossip if we remembered to think before we speak and if we were intent upon **responding rather than reacting** to one another. Unfortunately, our mouths are too frequently in motion before our minds and hearts go into gear. In order to cultivate the habit of the pensive pause, Dr. Richard Carlson advises: breathe before you speak. Believers in Jesus might use that pensive pause and momentary breath to allow the Spirit of God to breathe forth in them the compassionate caring and loving kindness of God. Thus empowered and enlightened, we can disclose the best of our minds and speak from our hearts' abundance.

## Prayer In Time Of COVID

Gracious God,  
you who are the author of all life, and who desire the well-being of all people, during these dark days of COVID-19, increase in us, respect and reverence for all human life.

Grant restored health to the sick, comfort and hope to the dying, strength to family members, friends, relatives, clergy and volunteers, renewed energy to hospital workers, PSWs, nurses and doctors, and perseverance to all in the health care professions.

Grant wisdom to scientists for the development of effective and moral vaccines, discernment and right judgment for legislators, aid to the discouraged, poor and vulnerable, courage and justice for front-line workers, and keep always in our minds the vision of the true common good of all the world.

We ask this through Jesus Christ our Lord. Amen.

*Bishop Robert Kasun CSB  
Auxiliary Bishop Central Region  
Archdiocese of Toronto*

## READINGS FOR NEXT SUNDAY

### Readings:

1st Reading: Deuteronomy 26.4-10

2nd Reading: Romans 10.8-13

Gospel: Luke 4.1-13

## Resources during the pandemic

Visit [www.archtoronto.org/](http://www.archtoronto.org/) for links daily masses including:

1. **Daily Mass from Loretto Abbey** (also broadcast on TV)
2. **Daily Mass and Rosary with Cardinal Collins** live from St. Michael's  
<https://www.stmichaelscathedral.com/liveCathedral Basilica>  
 7:30am Mon.-Sat.  
 10:00am Sunday
3. **ASL Mass Livestream** from the International Catholic Deaf Association, Canadian Section
4. Covid-19 resources: [www.archtoronto.org/covid19](http://www.archtoronto.org/covid19)

### Spiritual Communion

During the pandemic we are unable to physically take part in communion. Spiritual Communion is a way to be united with Christ when we cannot physically receive the Body and Blood of Christ in the Eucharist. When viewing mass online say this prayer at the time of communion.

#### ***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.

### **Pope's prayer to Virgin Mary for protection**

*O Mary, you shine continuously on our journey as a sign of salvation and hope.*

*We entrust ourselves to you, Health of the Sick.*

*At the foot of the Cross you participated in Jesus' pain, with steadfast faith.*

*You, Salvation of the Roman People, know what we need.*

*We are certain that you will provide, so that, as you did at Cana of Galilee, joy and feasting might return after this moment of trial.*

*Help us, Mother of Divine Love, to conform ourselves to the Father's will and to do what Jesus tells us.*

*He who took our sufferings upon Himself, and bore our sorrows to bring us, through the Cross, to the joy of the Resurrection. Amen.*

*We seek refuge under your protection, O Holy Mother of God.*

*Do not despise our pleas – we who are put to the test – and deliver us from every danger, O glorious and blessed Virgin.*

