

**Renovation Collection**

THIS weekend March 1/2, there will be a second collection for the Parish Renovation Fund.



**Ash Wednesday**

March 5, 2025

**MASS TIMES:**

8:30AM – Holy Cross Parish

7:00PM – St. Gregory the Great Parish

**Reminder!!**

**Ash Wednesday is a Day of Fast & Abstinence.**

**Stations of the Cross during Lent**

Please join us for Stations of the Cross every Thursday here at Holy Cross at 5:00pm, and every Friday at St. Gregory's after the 7:00pm Mass. All are welcome!



**What is FASTING?**  
The **limitation** of food and drink – typically to one main meal and two smaller meals, with no solid foods in between. But remember to drink enough fluids!

**When do we fast?**  
Ash Wednesday and Good Friday\*

\*Paschal Fast: Good Friday and Holy Saturday are days of prayer and quiet reflection. We honour the suffering and death of Jesus and prepare to share in the joy of his resurrection at Easter.

**What is ABSTINENCE?**  
**Avoiding** certain kinds of food or drink, typically meat or other desirable foods

**When do we abstain?**  
Catholics are obliged to abstain from **meat every Friday** throughout the year (except solemn feast days)

**TIP:** Instead of abstaining, you may substitute special acts of charity or piety on Fridays

**ALL ABOUT Fasting & Abstinence**

**Why fast?**  
It helps us to **pray better**: an empty stomach can lead to more attentive prayer

**Why abstain on Fridays?**  
It's the **day of Christ's saving death** on the cross; we abstain to share in His work of saving the world

**Who has to fast?**  
Catholics aged 18 to 59  
Those with impaired health should not fast in any way.

**Who has to abstain?**  
Catholics aged 14 and older

**During Lent, the money we save on food while fasting and abstaining should be given to others in alms**

SOURCE: "Keeping Friday" and "Living Lent" from the Canadian Conference of Catholic Bishops www.cccb.ca

**All About Fasting and Abstinence**

**Fasting** is the limitation of food and drink, typically to one main meal and two smaller meals, with no solid foods in between. (But remember to drink enough fluids!). We fast on Ash Wednesday and Good Friday. We fast because it helps us to pray better. An empty stomach can lead to more attentive prayer. Catholics aged 18-59 are bound to fast. Those with impaired health should not fast in any way.

**Abstinence** is avoiding certain kinds of food or drink, typically meat or other desirable foods. Catholics are obliged to abstain from meat every Friday throughout the year (except solemn feast days). Instead of abstaining, you may substitute special acts of charity or piety on Fridays. We abstain on Fridays because it's the day of Christ's saving death on the Cross; we abstain to share in His work of saving the world. Catholics aged 14 and older are obliged to abstain. <https://bit.ly/3OnYuqv>

**The Youth Corner**



St Gregory the Great and Holy Cross have started a group for our youth in grades 6-8. Our next gathering will be **Wed. March 5, 2025** from 6:15 p.m. to 8:00 p.m. in St. Gregory's Hall. EDGE usually runs every other Wednesday. Download registration form: <https://linktr.ee/ymstgchc> or scan QR code. For more information or to register, please contact our youth minister Kim Carson at: [ymstgchc@archtoronto.org](mailto:ymstgchc@archtoronto.org)



\*\*\*\*\*

**Young Adults at St. Gregory The Great & Holy Cross Socials and Faith Formation**

**Who:** ages 18-39. **Next social is March 29**  
**Socials:** Every 1<sup>st</sup> Saturday of the month 6:30-9:30pm  
**Faith Formation: WISDOM** A nine-part faith formation program. Next meeting is **March 15**, 6:30pm – 9:30pm  
**Where:** St. Gregory's Parish Hall 190 Simcoe St. N.  
**Connect and Register:** [stgregsandholycrossya@gmail.com](mailto:stgregsandholycrossya@gmail.com)

**Instagram:** @stgregsandholycrossya  
<https://linktr.ee/stgregsandholycrossya>



**The Archdiocese is Seeking a Data Specialist**



The Archdiocese of Toronto is seeking a Data Specialist. If interested, please visit: <https://bit.ly/jobarch>

**MASS Intentions**

- Saturday March 1 Holy Cross**  
4:30pm For the People of Our Parish
- Sunday March 2 Holy Cross**  
12-noon †Antonio Dantas
- Tuesday March 4**  
St. Gregory the Great at 12:10 p.m.
- Ash Wednesday (March 5)**  
8:30am - Holy Cross ASH WEDNESDAY  
7:00pm - St. Gregory's ASH WEDNESDAY
- Thursday March 6 Holy Cross**  
8:30am †Andrew Nicholls  
5:00pm \*\*Stations of the Cross at Holy Cross
- Friday March 7 Confessions & adoration -**  
St. Gregory's - 6 p.m. - 6:45 p.m.
- Saturday March 8 Holy Cross**  
3:30 pm - 4:15pm Adoration and Confessions  
4:30pm For the People of Our Parish
- Sunday March 9**  
St. Gregory the Great at 8:00 a.m.  
St. Gregory the Great at 9:30 a.m.  
12-noon †Rita Globe & Vinco Family

Please remember Holy Cross Parish in your Will.

## Sacramental Prep

First Communion Prep Class #6 at 10:45 a.m.

Sunday March 23, 2025 at St. Gregory the Great  
Parish Hall (190 Simcoe St. N.)

Confirmation Prep Class #6 at 10:45 a.m.

Sunday March 2, 2025 in Holy Cross Parish Hall.

RCIA is at St. Gregory's Hall on Tuesdays at 7 PM.

### Sacrament of Baptism

If you are interested in having your child Baptized, please request a registration form from the priest after attending Sunday Mass.



Looking to make new friends? Want a chance to hang out with other like-minded students? If you attend

Ontario Tech University, Durham College or Trent University (Durham/GTA), join us at St. Joseph the Worker Parish for this free monthly event. Join us for 5pm Mass every second Saturday of the month, followed by our social with free dinner, fellowship, games and more!  
<https://oshawacatholic.ca/>



### Parish Soup Sunday - Thank you!

The Knights of Columbus - St. Jude Council would like to thank all those who came out last Sunday for the Soup and Sandwich Luncheon. It was greatly appreciated!

**Come & See — Discernment Weekend Retreat March**

**14–16, 2025 at St. Augustine's Seminary**

**Friday, March 14 at 6:30 p.m. until**

**Sunday, March 16 at 2 p.m.**

To register [www.vocationstoronto.ca/comesee](http://www.vocationstoronto.ca/comesee).

For more information, [vocations@archtoronto.org](mailto:vocations@archtoronto.org)

**Are you civilly married or in a common-law relationship, with previous marriages or divorces?** If yes, contact the priest so that we can see how to help you seek an annulment and (or) Marriage in the Church. In this way, eventually, you will be able to receive the Sacraments with good conscience.

### MARRIAGE PREPARATION COURSES

#### Holy Family Parish, Whitby

Friday, March 21<sup>st</sup> - 7:00pm to 9:00pm, Saturday, March 22<sup>nd</sup> - 9:00am to 5:00pm. For more information and to register, please call the office at 905-665-6470 ext. 201 or email: [holyfamilywh@archtoronto.org](mailto:holyfamilywh@archtoronto.org)

#### St. John the Evangelist, Whitby

Monday Evenings 7pm-9pm, April 7 to May 12.  
\$300 per couple. Call 905-668-3676 to register.

#### St. Leo the Great Parish, Brooklin

May 1, 2 & 3 from 6pm to 8:30pm. Call: 905-655-3286

### Collection for Dr. Simone – A Lenten Project

As a Lenten project, Dr. Andrew Simone is asking for donations of paper, pencils and personal hygiene soap. Dr. Simone is the founder of Canadian Food for Children. This organization is a charity which collects funds and food for starving children around the world. Please place any donations in the basket to the left of the Altar. We will be collecting donations from March 6<sup>th</sup> to April 13<sup>th</sup>. Thank you in advance!

### 16<sup>th</sup> Annual Dynamic Women of Faith Conference

Saturday March 22, 2025 from 9am to 4pm

Old Mill (includes a light lunch). Closing Mass will be celebrated by: Most Rev. Robert Kasun CSB. Please call Dorothy Pilarski at: 416-907-1042. Register at:

<https://dynamicwomenfaith.com/>



### Announcing the 2025 ShareLife Campaign

As we approach our first ShareLife Sunday collection on March 30, it is essential that we come together in compassion to meet our Parish Campaign goal addressing the growing needs in our communities. Your support of ShareLife makes different programs possible. On March 22/23 we will welcome a speaker on behalf of ShareLife.



### CWL CORNER

Monthly Meeting **Tuesday March 4<sup>th</sup>**. Rosary at 6:40pm followed by Meeting at 7:00pm in Parish Hall. All ladies are welcome. Come out and support the CWL of Holy Cross.

### Toronto Oratory's Theology Summer School

will be providing the introduction to the Catechism in the first week. This year's topic for the second week will be **Jubilee Years**. This will include some historical, theological, and artistic topics, as well as exploring the themes of the current Jubilee Year. <https://oratory-toronto.org/summer-school/>

### Save the date: A Day with Mary

On Saturday, May 31, the Feast of the Visitation of the Blessed Virgin Mary, a new archdiocesan event called "A Day with Mary" will be taking place at Villanova College in King City. More information will follow in the coming weeks. Mary Mother of the Church, pray for us!

### SPRING AHEAD NEXT WEEKEND!

It is once again time to wind your clocks ahead!

**It is also a great time to change the batteries in smoke detectors!**



*Let us pray for our priest(s) and fellow Parishioners; for the Church and holy vocations: that there may be holy bishops, priests, deacons, and religious; holy marriages, families and holy single people; for repentance, salvation and peace in the world; and for all the deceased.*

**Please remember Holy Cross Parish in your Will.**