

We welcome you to

# Holy Martyrs of Japan Parish

P.O. Box 1180, 167 Essa Street, Bradford, Ont. L3Z 2B6

Telephone 905-775-2065 Fax 905-775-9241 Parish subscription with Formed.org

Email: holymartyrssofjapan@archtoronto.org website: holymartyrssofjapan.archtoronto.org

Parish Office Hours—Monday to Friday—9:30am to 12:30pm and 1:00pm to 4:30pm



**Pastor:** Rev. John Pak jpak@archtoronto.org  
**Associate Pastor:** Rev. Joseph Baal jbaal@archtoronto.org  
**Deacon:** Deacon David Langley  
**Lay Pastoral Associate:** Eduardo Meneses  
emeneses@archtoronto.org



## St. Paul Miki and Companions—Pray for Us!

### SUNDAY MASSES

Saturday Vigil: 5:00 pm  
8:00 am (Mass in Portuguese the second Sunday of the month.)  
10:00 am, 12:00 pm  
4:30 pm (Spanish Mass for Migrant Workers)  
6:30 pm

### WEEKDAY MASSES

Mondays, Wednesdays & Fridays 7:00pm  
Tuesdays, Thursdays & Saturdays 9:00am

### CONFESSIONS

Saturday: 8:00am to 8:30am and 3:30pm to 4:30pm  
or by appointment.

### BAPTISMS

Please contact Father John at jpak@archtoronto.org

### MARRIAGE

Please contact Father John at jpak@archtoronto.org

### HOLY COMMUNION for SHUT-INS and SICK

If you know of anyone who is sick and would like to have communion brought to them or would like the Sacrament of the Sick, or simply would like to be included in the Prayers of the Faithful, contact us.

### CATHOLIC SCHOOLS

Holy Trinity High School—905-775-4841  
St. Marie of the Incarnation—905-775-3492  
St. Teresa of Calcutta—905-778-8653  
St. Charles—905-775-6762  
St. Jean de Brebeuf—905-775-8460  
St. Angela Merici—289-231-2085

### OFFICE STAFF

**Office Manager:**  
Delia McEvenue  
**Office Assistant:**  
Anna Maria Mongillo  
**Custodian/Maintenance:**  
Anthony Venroy

### MINISTERS

**Youth Minister:**  
Ray Reitzel email: reitzel@hotmail.com  
**Ministry to Migrant Workers:**  
Nancy Mora

### PARISH MINISTRIES and SOCIETIES

Alpha  
Among Friends (Ministry for grieving women)  
Catholic Moms Group  
Catholic Moms and Tots  
CWL (Catholic Women's League)  
Consolation and Hope  
EDGE Youth Ministry  
El Sembrador - Ministry to Migrant Workers  
Knights of Columbus  
LifeTeen Youth Ministry  
Liturgical Ministers  
Nossa Senhora De Fatima  
RCIA (Rite of Christian Initiation of Adults)  
Rosary Apostolate  
Sacramental Preparation & Catechesis  
St. Vincent de Paul Society  
Santissima Divinidade  
Young Adult Ministry (YAM)

### NEW PARISHIONERS: WELCOME!

We are delighted to have you join our parish family; we invite you to register by completing the form in the parish foyer or at the parish office. Offering envelopes available by request.

# WEEKLY MASS INTENTIONS

## MONDAY, January 29, 7:00PM

+Augusta Barros & Joao Gomes Faria +Brian Robin  
+Trudy Gillard +Laddie Balon +Lara Fess

## TUESDAY, January 30, 9:00AM

+Alzira Neto & Adriano Neto

## WEDNESDAY, January 31, 7:00PM

+Antonio Nazario & Luiza Nazario

## THURSDAY, February 1, 9:00AM

+Maria Dolores Vigarito

## FRIDAY, February 2, 7:00PM

+Antonio Janeiro & All Souls

## SATURDAY, February 3, 9:00AM -First Saturday

+All Souls in Purgatory

## SATURDAY, February 3, 5:00PM

+Antonio Carneiro & Antonio Cardoso

+Samantha Diogo +Maria & Eugenio Arruda

+Manuel da Silva +Michele & Caterina Puma

+Donald Fernandez +Mary Matos +Brian Robin

+Laddie Balon +Carole Reitzel +Special

Intention for John Pellegrini & Rosanna

Pellegrini

## SUNDAY, February 4, 8:00AM

\*ProPopulo

## SUNDAY, February 4, 10:00AM

+Antonio Gomes D'Acosta

## SUNDAY, February 4, 12:00PM

+Romanko Sakac

## SUNDAY, February 4, 4:30PM

El Sembrador\*ProPopulo

## SUNDAY, February 4, 6:30PM

+Domenic Mercuri & Vito Sr. Malfara



### FIRST FRIDAY HOLY HOUR ADORATION

Will be held on Friday February 2, 2024, at  
7:30pm following the 7:00pm Mass

### MONTHLY REQUIEM MASS AT HOLY MARTYRS OF JAPAN – February 2, 2024, at 11:00am

### CEMETERY WINTER VISITATION

When visiting the cemetery in the winter months we ask you to take great caution upon entering and exiting the cemetery during these winter months, as the downward slope can be icy.

### VOCATIONS

If God is calling you, call Fr. Matt McCarthy, Director of Vocations, Archdiocese of Toronto at 416 968 0997.

Email: [vocations@archtoronto.org](mailto:vocations@archtoronto.org)

### CALLING ALL MOMS

**Catholic Mom's Group** meets once a month on Thursdays from 7:00pm-8:00pm in the Large Meeting room, to discuss the trials and tribulations of being a Catholic Mom. For More information contact: Kayleigh Garcia Meneses at: [catholicmomsgrouphmj@gmail.com](mailto:catholicmomsgrouphmj@gmail.com)

# REFLECTION

*In their synagogue was a man with an unclean spirit; he cried out, "What have you to do with us, Jesus of Nazareth? Have you come to destroy us? I know who you are—the Holy One of God!" Jesus rebuked him and said, "Quiet! Come out of him!" The unclean spirit convulsed him and with a loud cry came out of him. [Mark 1:23–26](#)*

It's interesting to note that this unclean spirit immediately knows Who Jesus is. This is because each of two opposites emphasizes the other very clearly. For example, the color black is most clearly seen when it is placed in front of something white. Or something hot is most noticeable after experiencing something very cold. And a loud noise is most jarring when someone is sitting in silence. And so it is with Jesus and evil. Jesus, the Holy One of God, is most clearly seen when He comes in contact with an unclean spirit. This fact gives us some wonderful insights into our journey toward the heights of holiness. Oftentimes, when one experiences a profound and transforming conversion, it is because they were first living a life of sin. When one who is living in sin encounters the saving grace of God, it is quite noticeable. And that is good.

But there is also another spiritual insight we can take from this. To further the analogy, it is also true that when the color black is put next to something dark blue, or something hot is touched after holding something quite warm, there is less notice taken. So it is with the spiritual life. When we are striving to obtain true holiness of life, and when we are already living the many virtues to which we are called, the next step closer to God might not be nearly as noticeable. Instead, growth in perfection for one who is already striving for perfection will be very subtle. And that is also good. This is important to understand because sometimes, when a person has gone through a powerful conversion earlier in life, they want to return to the experience they had when they initially converted. But that should not be our goal. Instead, we should continually strive to experience these more subtle changes that take us from a life of holiness to one of even greater holiness. In this case, if you do not sense a powerful contrast of spiritual experiences within you, that may be simply because there are no serious sins you are trying to overcome. Thus, the ideal for every Christian is to eventually experience less contrasting spiritual experiences and more that are gentle and subtle as our Lord continues to gently perfect you in many ways.

Reflect, today, upon your own spiritual journey toward holiness. If you do see serious sin in your life, know that God wants to profoundly free you and draw you through a major conversion. If you do not see serious sin in your life and if you already strive daily to become holy, then rejoice if your spiritual consolations and communications from God are much more subtle and, at times, undetectable. Keep working at perfection and rejoice that you are on the correct path. Catholic News Agency2021

# ANNOUNCEMENTS

4<sup>th</sup> Sunday in Ordinary Time | January 28, 2024

## MARRIAGE SUNDAY

**FEBRUARY 11, 2024, AT 3:00PM**  
**CELEBRATION OF MARRIAGE MASS WITH**  
**ARCHBISHOP FRANCIS LEO**  
**St. Michael's Cathedral Basilica**  
**(65 Bond St, Toronto)**

As part of *Marriage Sunday 2024*, Archbishop Francis Leo will preside at a special Mass to honour all married couples with a special recognition for those celebrating 25<sup>th</sup>, 40<sup>th</sup>, 50<sup>th</sup>, 60<sup>th</sup> and 60+ wedding anniversaries. All married couples will have an opportunity to renew their marriage commitment. All are welcome to attend. Couples celebrating a 25<sup>th</sup>, 40<sup>th</sup>, 50<sup>th</sup>, 60<sup>th</sup> or 60+ anniversary in 2024 may register for reserved seating. All other seating is on a first-come, first-served basis. Those unable to attend at the Cathedral are invited to join the celebration via livestream Mass. The broadcast will begin at 2:45pm. Registration and other important information can be found at [www.archtoronto.org/marriage](http://www.archtoronto.org/marriage)  
We extend special thanks to married couples throughout the archdiocese who, through their witness, remain a shining example of faith, commitment and love!

## PRESENTATION OF THE LORD-BLESSING OF CANDLES - Friday February 2, 2024

Bring your candles to have them blessed during the 7:00pm Mass

## ST. BLAISE – BLESSING OF THE THROATS Saturday February 3, 2024

To celebrate the feast of St Blaise there will be a blessing of throats on Saturday February 3, at the 9:00am Mass

**KNIGHTS OF COLOMBUS – SHROVE TUESDAY**  
On **Tuesday, February 13<sup>th</sup>** we will host a Shrove Tuesday pancake dinner. More details to follow!

## HOLY MARTYRS OF JAPAN FEAST DAY Saturday & Sunday February 3 & 4<sup>th</sup> 2024 Join us for Mass!

We invite our parish community to celebrate our feast day with us, with a pasta dinner on Saturday February 3<sup>rd</sup>, 2024, after the 5:00pm Mass in the parish hall. Free reservation tickets will be available in foyer. Suggested donation is \$20.00/person for the building fund. All are welcome.



## ASH WEDNESDAY FEBRUARY 14, 2024 THE BEGINNING OF LENT

There will be two Masses celebrated this day with the distribution of ashes. One at 12 noon and one at 7:00pm



## STATIONS OF THE CROSS

Starting Friday February 16, 2024, and every Friday thereafter during the season of Lent, join us for the Stations of the Cross at 7:30pm. Come Journey with Christ and prepare yourself for the Triduum.



## IN PREPARATION FOR THE SEASON OF LENT WHAT IS LENT?

**Lent is a time of prayer and penance, when Christ wants to lead us back to our baptismal promises of dying to sin and of living for God.**

**Lent begins on Ash Wednesday and continues until the afternoon of Holy Thursday. It runs for about 40 days. Why 40 days?** The “40 days” (not including Sundays) of fasting, prayer, and penance before Easter reflects Jesus’ 40 days in the wilderness.

### WHAT SHOULD WE DO DURING LENT?

- 1. Turn away from our sins and turn back to God.**  
Detach from habits and tendencies that are contrary to God’s will. Lent is a time of conversion.
- 2. Open our hearts to our Father,** so that we may live with Christ for God. Jesus is calling us to be people of praise and prayer and living signs of his love for all. Let us all answer the call.

## COLDEST NIGHT OF THE YEAR WALK-A-THON

It is a winterrific family friendly walk to raise money for local charities serving people experiencing hurt, hunger and homelessness. Join Father John on the walk!  
It's cold out there. And on February 24, I'm going to do something about it. Together with thousands of Canadians across the country, I'll be walking and fundraising to support people and families experiencing hurt, hunger, and homelessness in my community. Please sign up and join me on this fundraising walk for WOW Living Ministries. You can either join the parish team or fill out the pledge form in the foyer.

<https://secure.e2rm.com/registant/TeamFundraisingPage.aspx?teamID=1010768>

## YOUTH MINISTRY



Next Edge Night: February 9– Batman

## LIFE TEEN

Next Life Teen Night: February 3 – Teen Dinner/Dance Party (offsite) - Please contact Ray for further details at [Reitzel@hotmail.com](mailto:Reitzel@hotmail.com)

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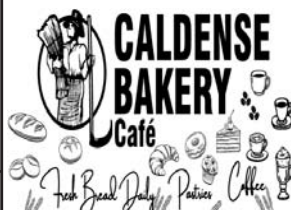


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