

We welcome you to

Holy Martyrs of Japan Parish

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

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

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

Office Hours - Monday to Friday 9:30 am - 12:00 pm & 1:00 pm to 4:30 pm



Pastor: Rev. John Pak jpak@archtoronto.org

Associate Pastor: Rev. Edwin Logrono
elogrono@archtoronto.org

Deacon: Dcn. David Langley



Holy Martyrs of Japan-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
2:00 pm St. Philip of Jesus Mission (Migrant Workers in Spanish)

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
At least one year's notice is needed and do not book venues until the first meeting with the priest.

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.

PARISH 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

PARISH MINISTRIES and SOCIETIES

Alpha
Among Friends (Ministry for grieving women)
Catholic Moms Group
CWL (Catholic Women's League)
Consolation and Hope
EDGE Youth Ministry
Faith and Fellowship
Knights of Columbus
LIFETEEN Youth Ministry
Liturgical Ministers
Nossa Senhora de Fatima
RCIA (Rite of Christian Initiation of Adults)
Rosary Apostolate
St. Vincent de Paul Society
St. Philip of Jesus Mission for the Migrant Workers
Santissima Trinite & Espirito Santo
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, March 3, 7:00PM

+Samantha Diogo +Romanko Sakac *Special Intention for Kiefer Carter

TUESDAY, March 4, 9:00AM *ProPopulo

WEDNESDAY, March 5, - ASH WEDNESDAY

12:00PM & 7:00PM *ProPopulo

THURSDAY, March 6, 9:00AM *ProPopulo

FRIDAY, March 7, 7:00PM *Special Intention for Tymothy Tuyen Tran

SATURDAY, March 8, 9:00AM *ProPopulo

SATURDAY, March 8, 5:00PM

+Isabel Camacho & Manuel Feliciano Coelho
+Manuel da Silva +Carlos Pais +Augusta Barros
& Joao Gomes Faria +Antonio Santana & Maria
Sousa +Vitorino Nazario & Olimpia Sousa +Jose
Manuel Caldas Azevedo +Joao Perna +Antonio
Albert Rocha +Joao Balugas +Antonio Soares &
Virginia Correia +Maria Ferreira & Joao Ferreira
+Herrnengildo Avelar & Virginia Correia +
Lucy Balugas & Emilia Laranjeiro

SUNDAY, March 9, 8:00PM *ProPopulo

SUNDAY, March 9, 10:00AM

+Luis & Laura Andrade +Miquelina Dias

SUNDAY, March 9, 12:00pm *ProPopulo

SUNDAY, March 9, 2:00pm *ProPopulo

St. Philip of Jesus (Mission)

FIRST FRIDAY HOLY HOUR ADORATION

Holy hour will be on Friday March 7, 2025, at 6:00pm to 7:00pm followed by Mass at 7:00pm and Stations of the Cross at 7:30pm.

MONTHLY REQUIEM MASS AT HOLY MARTYRS OF JAPAN

Requiem Mass will be held at the church on the first Friday March 7, 2025, at 11:00am. Mass Intentions can be booked at the parish office.



STATIONS OF THE CROSS

Please join us every Friday during the season of Lent, starting Friday March 7, after the 7:00pm Mass for the Stations of the Cross.

FAITH AND FELLOWSHIP LENTEN STUDY COMING SOON!

MINISTRY FAIR - Saturday March 15/16

After all weekend Masses in the Parish Hall

Is God calling you to share your faith, time and talents? Please stop by if you are thinking about ways to share your gifts of time and talent or would just like more information on what is going on at Holy Martyrs of Japan Parish. The Fair will showcase all our parish ministries, and you will be able to see how your particular talents can be used to serve others. We look forward to seeing you there!!

REFLECTION



THE 3 PILLARS OF LENT

Prayer, Fasting and Almsgiving

In a message for Lent in 2008, Pope Benedict XVI described these as “specific tasks that accompany the faithful concretely in this process of interior renewal.”

At the start of Lent, we should ask ourselves-what pulls me away from loving God, loving others, and loving myself as well? How can I incorporate acts of sacrifice, acts of giving and acts of prayer that will help me love as God loves?

When we sacrifice things that this world tells us we need, it can remind us that only God can truly satisfy our spiritual hunger. When we think about what to give up for lent, we ought to also think about what sort of commitment to prayer and ability to be charitable that we can hold ourselves to. Lent’s 3 pillars help us do this, each one equally important in helping us deepen our relationship with God while working to build God’s kingdom here on earth.

Kids/Teen Fasting Ideas for Lent

- Give up a favorite toy or game
- Fast from social media for a day (once a week)
- Give up a favorite snack
- Drink only water at school
- Give up a favorite chair at home or school
- Speak kind words to someone
- Go without headphones/air pods for a day
- Play your favorite game, focusing on helping others instead of winning
- Allow others to pass in front of you in line

Offer all your sacrifices and blessings to the Lord!

Kids/Teen Prayer Ideas for Lent

- Pray on the way to school
- Play guess the Saint each day
- Pick a relative each day and pray for that person
- Call a grandparent after church and discuss the Gospel/homily
- Go to bed 5 minutes early and spend extra time talking with God
- Research the name of your church and learn about its origin
- Pay special attention to the intercessions at Mass and choose one to pray for
- Go to confession
- Research organizations that support Catholic Youth like Edge and Lifeteen.

ANNOUNCEMENTS

8th Sunday in Ordinary Time | March 2, 2025

General Ideas for Lenten Sacrifices

- Give up coffee/Tea (or only brew it at home)
- Give up alcohol
- Give up certain social media sites, or limit them to certain days/times of the day
- Give up electronics after a certain time in the day (eg No screen time after 8:00pm)
- Sleep without a pillow
- Shower without hot (with only lukewarm) water
- Keep the thermostat several degrees cooler
- Park at the back of the parking lot and say a prayer as you walk to the grocery store
- Abstain from reading gossip/rumor sites or sharing in gossip with one another

Adult Prayer Ideas for Lent

- Subscribe to a daily prayer newsletter
- Each morning, scroll through your contacts on your phone and randomly stop and say a prayer for whichever person you land on
- Spend a few minutes with Scripture each day
- Start a Bible in Year podcast (with Fr. Mike Schmitz)
- Attend daily Mass once a week
- Attend and pray the Stations of the Cross every Friday
- Invite a friend to Mass with you
- Join a bible study group at church
- Attend Adoration of the Eucharist
- Go to Confession
- Pray the Rosary once a day

Kids/Teen/Family Ideas for Almsgiving

- Spend time volunteering as a family
- Allow kids to be the one to place money in the offertory basket at Mass
- Introduce children to a charity and explain why to donate to it
- Have children identify toy or clothes they are willing to donate that their donation can be a blessing to someone in need
- Create a jar to collect change to donate
- Donate to a food bank
- Donate a service (share your talents for free)
- Give a smile to someone you pass who may be living on the street (instead of ignoring them)
- Support a business that advertises in your parish bulletin

<https://hallow.com/blog/what-to-give-up-for-lent>

2024 TAX RECEIPTS

Tax Receipts should be received within the third or fourth week of March from the Archdiocese of Toronto. With our most sincere and humble thanks for your continued support and generosity.

SHROVE TUESDAY - March 4, 2025

The Knights of Columbus invite you to a pancake supper on Shrove Tuesday from 5pm -7pm in the parish hall. There is no fixed price-we ask for donations that will support our charitable works within the parish and our community.



ASH WEDNESDAY THE BEGINNING OF LENT March 5, 2025

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



PARISH LENTEN CONFESSIONS March 18, 2025 From 6:00pm to 8:00pm

“Create in me a clean heart, O God, and put a new and right spirit within me.” Psalm 51:10



Saturday, March 22nd, from 5:00pm - 7:00pm

Join us for our SOUP NIGHT in the Parish Hall. Come and warm with some fresh homemade soup with a bun, coffee, tea, water and cookies. The cost is \$10.00 per person and \$5.00 for children under 10 years.

“Knowing you, God, awakened such love in me that I wished to correct all my faults, not fearing your anger but for love alone.” – St. Gertrude the Great

YOUTH MINISTRY



Grades 6, 7 & 8's are invited to come to the EDGE, on Fridays 7:00-8:30pm in the Parish Hall.

Next Edge Night: March 7 – First or Last

LIFE TEEN

Life Teen is for youth in Grades 9-12 and will be held on every other Friday from 7:00pm to 9:00pm are all welcome! Next Lifeteen Night is: March 14 – March Break No Lifeteen

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