

St. John XXIII Parish

150 Gateway Blvd., Don Mills, ON M3C 3E2

Website: <https://stjohn23do.archtoronto.org>

Email: stjohn23do@archtoronto.org

Office Hours: Monday-Friday 9AM to 3PM



PARISH BULLETIN | 1st Sunday of Lent | 22 February 2026

PRAYERS


FASTINGS

ALMSGIVING\$

“Man does not live by bread alone, but by every word that comes from the mouth of God.” Matthew 5.17

Station of the Cross

Every Friday at 6:30pm - Followed by MASS

Welcome New Parishioners!

Please introduce yourself and your family to me before or after the mass to welcome you to our parish community.

All parishioners are encouraged to register in our community and participate in the church activities. We are here to support each other and grow in our relationship with God and with our neighbors.

For Registration form, ask anyone of the Ushers or Call the office.

Your Pastor,

Fr. David



Saturday Vigil Mass – 5:15pm

Sunday Mass –9am, 12:15pm, 5:30pm

Weekdays:

Monday, Wednesday, Friday – 7pm

Tuesday, Thursday, Saturday – 9am

Baptism- every Saturday of the month.

Preparation class is required. Talk to Fr. David after any of the Sunday masses.

Confession every Saturday at 4pm or by appointment.

Confirmation - for Grade 7 & up registration for 2026 is in the months of August and September 2025

First Holy Communion – for Grade 2 & up registration for 2026 is in the months of August and September 2025

Wedding – Talk to Fr. David after any of the Sunday Masses

Anyone who wants to become

Catholic – Talk to Fr. David after any of the Sunday Masses

Parish School- **St. John XXIII Catholic School**
175 Grenoble Dr. North York, ON M3C 3E7
Tel. 416-393-5348

Archdiocese of Toronto-

Tel. 416-934-0606 *www.archtoronto.org

St. Polycarp Feb 23rd

Pray for us!

“To (Jesus) all things in heaven and on earth were subjected, whom every breathing creature serves, who is coming as judge of the living & the dead.”



*“Jesus was led up by the Spirit into the wilderness
to be tempted by the devil.” Matthew 4.1*

Last Wednesday we began our Lenten penitential journey with a Mass where we had the imposition of ashes. The ashes reminded us how fragile earthly life is and directed us to Christ, who, with his passion and resurrection, rescued us from the slavery of sin and death.

St. Paul, in the second reading, that day, called us to, “the acceptable time;” A time of reconciling ourselves to God. Lent is the acceptable time; A time of receiving the Grace of God with greater openness.

In this Acceptable time, the Church calls us to a time of prayer; because in prayer, we abandon ourselves totally into the hands of God and from Him, we await the true peace. The Church also call us, to a time of fasting: for in fasting, we show our prevalence for God, Our Creator rather than the Created; And we prepare our Hearts to receive God’s greatest gift and privileged sign of his Kingdom; His Son.

Lent is also a time of Charity; A time of works of Mercy and justice; when we participate in the Love of God, who provides for his every son and daughter created in his own Image. Isaiah 58: 1-9; *“Why do you say we fast and you do not see it, afflict ourselves and you do not take note. Lo, on your fast you carry out your own pursuits, ... your fast ends up in quarreling and fighting; Is this the fasting I wish? This is the Fasting that I wish, release those bound unjustly, set free the oppressed, share your bread with the hungry shelter the homeless.”*

Today, the Gospel narrates to us the Temptations of Jesus. Let us remember that the Temptations followed Christ’s Baptism by John, the Baptist. Jesus; He who was without sin, accepted the Baptism of John, a Baptism of Repentance, as an Act of acceptance of the Mission and Will of the His Father. In His Baptism, The Holy Spirit, descended on Him and anointed Him for the Mission. The Father approved this Act of Acceptance in His Proclamation; *“This is my beloved Son with whom I am well pleased.”*

After Baptism, we read Jesus was led by *“the Spirit into the Desert to be tempted by the Devil.”* The desert was a place of hardship; the Israelites had experienced this. The desert also is a place where the Israelites encountered God and became a Nation. Israel however miserably failed God; Jesus on his side, is the faithful Israelite, who overcame every temptation of the Devil. Jesus, vanquishes the power of evil through the Spirit and obedience to the Father.

In this penitential journey, in preparation to celebrate the festivities of our salvation, every disciple of Christ is called to be attentive to the Presence of God, in his Creation and Liturgies, as Christ offers himself as a revelation of the Father. Let us pray for an increase of faith and trusting reliance in God’s graciousness, that leads to victory. Let us stay alert and awake.

The Gospel reading today ends; *“When the Devil had finished every test, he departed from him, to return, at an opportune time.”*



Catechism of the Catholic Church

V. The Many Forms of Penance in Christian Life

1434. The interior penance of the Christian can be expressed in many and various ways. Scripture and the Fathers insist above all on three forms, fasting, prayer, and almsgiving,³¹ which express conversion in relation to oneself, to God, and to others. Alongside the radical purification brought about by Baptism or martyrdom they cite as means of obtaining forgiveness of sins: effort at reconciliation with one's neighbor, tears of repentance, concern for the salvation of one's neighbor, the intercession of the saints, and the practice of charity "which covers a multitude of sins."³²

1435. Conversion is accomplished in daily life by gestures of reconciliation, concern for the poor, the exercise and defense of justice and right,³³ by the admission of faults to one's brethren, fraternal correction, revision of life, examination of conscience, spiritual direction, acceptance of suffering, endurance of persecution for the sake of righteousness. Taking up one's cross each day and following Jesus is the surest way of penance.³⁴

1436. Eucharist and Penance. Daily conversion and penance find their source and nourishment in the Eucharist, for in it is made present the sacrifice of Christ which has reconciled us with God. Through the Eucharist those who live from the life of Christ are fed and strengthened. "It is a remedy to free us from our daily faults and to preserve us from mortal sins."³⁵

1437. Reading Sacred Scripture, praying the Liturgy of the Hours and the Our Father - every sincere act of worship or devotion revives the spirit of conversion and repentance within us and contributes to the forgiveness of our sins.

1438. The seasons and days of penance in the course of the liturgical year (Lent, and each Friday in memory of the death of the Lord) are intense moments of the Church's penitential practice.³⁶ These times are particularly appropriate for spiritual exercises, penitential liturgies, pilgrimages as signs of penance, voluntary self-denial such as fasting and almsgiving, and fraternal sharing (charitable and missionary works).

To read more click this link: [Catechism of the Catholic Church - IntraText](#)

MASS INTENTIONS

- Feb 21-Sat,5:15PM Vigil Mass
+ Omer & Donna Comeau
- Feb 22-Sun 9:00 AM + Romeo Macapagal
12:15 PM + Teresa & Domingo Ayala
5:30 PM + The Parishioners
- Feb 23-Mon, 7:00PM Thanksgiving of Roceli Carpio
- Feb 24-Tue, 9:00 AM + Claude D'Souza
+ Corazon Rivera
- Feb 25-Wed, 7:00 PM +Betty Medina
- Feb 26 -Thu, 9:00 AM Successful Surgery of JL
- Feb 27 -Fri,7:00 PM + Esperanza Intoy
- Feb 28-Sat,9:00 AM Thanksgiving of Tess Garcia

7-day Vigil Lamp Intention – Feb 21-27, 2026

- Sanctuary-- + Teresa Ayala
- Virgin Mary- + Domingo Ayala

WORD OF THE WEEK

“FASTINGS”

It is a form of spiritual penance that detaches us from worldly attachments and draws us closer to God, with specific obligations for age and health as outlined in the Catechism.

Purpose of Fasting

According to the Catechism of the Catholic Church, fasting is a spiritual discipline and penance that helps Catholics turn away from sin and grow closer to God (CCC 1434, 1438, 2043). It is a way to imitate Christ's fasting in the desert, to participate in His suffering, and to cultivate self-discipline, humility, and dependence on God. Fasting also reminds believers that spiritual nourishment is more important than physical food and encourages reflection on life beyond the material world.

To read more click the link [Your Catholic Guide for Fasting & Abstinence During Lent, According to Church Teaching –](#)

Pope Leo's Prayer Intention - February 2026 - FOR CHILDREN WITH INCURABLE DISEASES

"Let us pray that children suffering from incurable diseases and their families receive the necessary medical care and support, never losing strength and hope."



Our Patron Saint...



“The true and solid peace of nations consists not in equality of arms but in mutual trust alone.” St. John XXIII

St. Polycarp Feb 23rd

Polycarp is one of the Fathers of the early Church, and his letter to the Philippians is one of the early pieces of Christian writing in existence today. A disciple of the apostle John, he was a leader of the second generation of Christians, the first Christians who were not eyewitnesses to the death and resurrection of Our LORD. Extremely influential in the catechesis and initiation of new Christians, he was named bishop of Smyrna, located in modern-day Turkey. Polycarp was martyred for his faith about the year 155, at the age of 86. He is a patron of those suffering from earaches.

Living with Christ February 2026 edition

PARISH DEVOTIONS

Mother of Perpetual Help Devotion

-every Saturday before the 9am Mass

Recitation of the Holy Rosary

-before the Mass

Adoration of the Blessed Sacrament

-Every 1st Friday at 6:00pm communal

Parish Ministries & Programs

- Eucharistic Extraordinary Ministers
- Lectors—Proclaimers of God’s words
- Altar Servers & Sacristans
- Ushers
- Catholic Women’s League
- Intercessory Prayer Group
- Legion of Mary
- Icon of Our Lady
- Society of St. Vincent de Paul
- Seniors Breakfast Club

If you are interested to join, please email us at stjohn23do@archtoronto.org and we will direct you to the person leading these groups.

What unites us, is much greater than what divides us” St. John XXIII

IN THE NEWS



Pope on Ash Wednesday: ‘Call death for what it is’

Click the link to read more Vatican News: [Pope on Ash Wednesday: ‘Call death for what it is’ - Vatican News](#)



MESSAGE FOR LENT 2026 FROM HIS EMINENCE FRANK CARDINAL LEO
Monday, February 16, 2026



A CALL TO BUILD UP HEROIC MEN OF FAITH THIS LENT
Friday, February 20, 2026



A LIFETIME OF LOVE: 11,137 YEARS OF MARRIAGE UNDER ONE ROOF AS 300 COUPLES RENEW WEDDING VOWS

Click the link to read more Archdiocese News: [Archdiocese of Toronto - News](#)

Announcements!!!

- 📅 **Parents of all First Holy Communion Candidates, please email the office to schedule your child for Test 3;**
- 📅 **Station of the Cross in all Fridays of Lent starting February 20 at 6:30pm;**
- 📅 **Confirmation Meeting on February 28th at 11AM- topic is “The Gifts of the Holy Spirit” part 2.**





Lenten Message 2026
His Eminence Frank Cardinal Leo
Metropolitan Archbishop of Toronto

My Dear Brothers and Sisters,

May Jesus and Mary be in your hearts.

As we enter into the holy season of Lent, I would like to share some words of spiritual nourishment and encouragement. Each year, while Ash Wednesday emphasizes repentance, prayer, fasting, and almsgiving, on the First Sunday of Lent especially, we are invited to pursue our journey of faith into the desert with Christ. However, it is not a solitary journey, nor are the three Lenten practices purely a “private affair”. Sacred Scripture and Sacred Tradition teaches us that God never saves individuals in isolation, rather, he gathers a people to himself (cf. *Lumen Gentium*, 9). Recently, the universal Church has reflected on the meaning of *synodality* and emphasized the ecclesial and social togetherness of our journey together to God, thus recalling the importance of the community in the salvific plan of God (cf. CCC 781). With this in mind, I would ask us to consider how Lent is not only about our personal conversion but also the healing and renewal of our relationship with God and one another. We would do well to ask ourselves: how do we live Lent together?

Conversion or repentance is frequently framed within the context of individual acts such as sacramental confession, penance, self-denial or acts of prayer, fasting and almsgiving. The Old Testament already understood the human person within the context of the community which is very different from the modern understanding of a radical individualism. The Hebrew Scriptures, in fact, narrate a strong sense of community and its fidelity or sinfulness in the eyes of God. This is because from the beginning, God relates to Israel as a collective body (cf. Ex 6:7). Sin is never merely a private act because the covenant binds people together, and one person’s infidelity affects the whole body. Fidelity and infidelity are corporate realities. In this way sin, though personal, is likewise always social inasmuch as it always wounds the Body. And conversion, if it is real, always restores relationships. Lent teaches us that to return to the Lord is also to return to one another, and journey together.

Today, many experience the social or communal fragmentation caused by sin: families strained by silence or envy, communities divided by fear or resentment, parishes weakened by absence or disengagement. We may live or work in close proximity to others and yet carry unspoken distances in our hearts. Lent invites us to name this reality honestly—not to assign blame, but to seek healing and forgiveness. The call of the Gospel is not simply “to be better,” but “to be reconciled” (cf. 2 Cor 5:20). Part and parcel of our journeying together is the experience of authentic and daily conversion, both personal and communal, embodied beautifully in the Sacrament of Reconciliation. While Confession is deeply personal, it is never private because sin wounds not only our relationship with God but also our communion with the Church (cf. CCC, 1440; 2 Cor 5:18–20).

Through the Sacrament of Reconciliation, we restore not only our friendship with God but our bonds within the community—a ministry Our Lord entrusted to the apostles (cf. Jn 20:22–23; CCC, 1443–1445). Through this sacrament, the Lord repairs the bonds we have weakened—with him and with one another—and teaches us again the language of mercy and love (cf. CCC, 1468–1469; St. Ambrose, *On Repentance*, I.15). Our Lenten practices culminate on Easter Sunday when our conversion is publicly proclaimed and personally reclaimed as we renew our Baptismal vows, rejecting evil and confessing our belief in the One God—Father, Son, and Holy Spirit—through whom we were reborn into new life (cf. Rom 6:3–11; CCC, 1213, 1262).

To continue reading click the link [Archdiocese of Toronto - Message for Lent 2026 from His Eminence Frank Cardinal Leo](#)

≈ Did you know??? ≈

Lent is a forty-day season and it starts on Ash Wednesday and will end on Holy Thursday evening. The liturgical color is purple, reflecting repentance and spiritual renewal.

The origin of Ash Wednesday is deeply rooted in the history of Christianity and the liturgical calendar. Ashes symbolize humility, mortality, and repentance. The ashes serve as a reminder of the transient nature of life and the call to seek God's mercy and forgiveness.

CatholicTime.com

The Ashes used on Ash Wednesday are made from the burned palm branches from the previous year's Palm Sunday.

The Stations of the Cross or Way of the Cross, or Via Crucis is a devotion practice during Lent. This devotion has evolved over time, with tradition holding that the Blessed Mother visited daily the scenes of our Lord's passion. Newadvent.org

LENT



THE STATIONS OF THE CROSS

1. Jesus is condemned to death
2. Jesus carries His Cross
3. Jesus Falls the first time
4. Jesus meets His sorrowful mother
5. Simon helps Jesus to carry the Cross
6. Veronica wipes the Face of Jesus
7. Jesus falls the second time
8. The women weep over Jesus
9. Jesus falls the third time
10. Jesus is stripped of His garments
11. Jesus is nailed to the Cross
12. Jesus dies on the Cross
13. Jesus is taken down from the Cross
14. Jesus is laid in the sepulcher

*We adore you, O Christ and we bless you.
Because by your holy Cross, you have
redeemed the world.*

