

ST. ANN PARISH

Home of Native Peoples' Mission

Served by the Holy Cross Fathers



UNITY IN DIVERSITY "Moved by the Good News of Jesus Christ... We value our diversity" (St. Ann Parish Mission Statement)

Pastor:

Fr. Francis Salasiar, CSC

In Residence:

Fr. Roshan D'Souza, CSC

Office Hours

Sunday - Thursday:
9:00 a.m. - 1:00 p.m.

Finance Anne Francis

Secretary

Pastoral Assistants

Maria Fernandes

Development & Peace

Catherine Barry

Food Bank

Carlos & Colette Carreiro

Music Ronald Vengie Fabre

Caretaker Rosalie Tolentino

Daily Mass

Monday-Wednesday 8:00 a.m.

Thursday No Mass

First Fridays 6:00 p.m. Adoration

7:00 p.m. Mass

Other Fridays 6.30 p.m. Adoration

7:00 p.m. Mass

Weekend Activities

Saturday

9:00 - 10:30 am: **Food Bank**

4:15 pm: **Novena to St. Bro. Andre**

4:30 pm: **Novena to St. Ann**

5:00 pm: **Sunday Vigil mass**

6 pm: **1st Saturdays - Healing Service**

Sunday

9:30 am: **Divine Mercy & Rosary**

10:30 a.m. and 6:00 p.m. Mass

10:30 am Mass: **Children's Liturgy**

1st Sundays

11:30 am: Development and Peace

Group **Fair Trade - Coffee Sunday**

Native Peoples' Mass

12:30 p.m.

Celebration of Sacraments

Baptism: preparation required
(please contact office)

Reconciliation: Saturdays 4:15 -
4:45 p.m. or by appointment

Matrimony: (couple contacts
office one year in advance)

Parish Ministries

Pastoral Council

Finance Council

Liturgy/Faith Formation

Altar Servers

Music Ministry

Lectors

Eucharistic Ministers

Collection Counters

St. Ann Parish Food Bank

Development and Peace

Out of the Cold Program

Handmaids of the Lord

St. Ann Rosary Makers

120 First Avenue, Toronto, ON. M4M 1X1 (Corner Gerrard East & Degrassi St).

Phone: 416-466-2127

Email: stannsto@archtoronto.org

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

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

5th Sunday in Ordinary Time: February 5, 2023



Saturday, February 4 at 5 p.m. Mass

Sunday, February 5 at 10.30 a.m. Mass *For the parishioners of St. Ann*

Sunday, February 5 at 12.30 p.m. *Native people's Mass*

Sunday, February 5 at 6 pm Mass

Monday, February 6 at 8 a.m. Mass
*Memorial of St Paul Miki and companions
Presentacion Acosta +*

Tuesday, February 7 at 8 a.m. Mass

Wednesday, February 8 at 8 a.m. Mass
Carmen Cayana Reyes +

Thursday, February 9 at 8 a.m. No Mass

Friday, February 10 at 06 p.m. Holy Hour, 07 p.m.
Mass,
Memorial of St Scholastica

Saturday, February 11 at 5 p.m. Mass

Sunday, February 12 at 10:30 am Mass *for the Parishioner of St Ann
Members of the Velasquez-Ignacio Clan – Repose of Soul*

5th Sunday of Ordinary Time Year A



The readings for the 5th Sunday in Ordinary Time Year A focus on evangelization and service. The first reading tells us that when we care for those in need, the darkness in our lives will turn to light. The second reading helps us remember that we do not rely on our own wisdom when we speak and act, but on God. And the gospel tells us that we should boldly spread the Light of Christ throughout the world.

- Evangelization
- Works of mercy
- Justice

Offertory Envelopes for 2023:

Offertory envelope boxes will be available by end of November. If you had a box in 2022 you will find the same number assigned to you with your name and address on it. If you had not used a box in 2022 and would like to use one in 2023, please talk to the ushers at the back of the church. Alternatively, you also have a choice of contributing through Pre-authorized Giving Plan (direct debit) monthly. For more detail, please contact the parish office either by phone or email.



Know Your Faith Series 20 answer:

The 3 Pillars of CHURCH Authority

1. Sacred Scripture
2. Sacred Tradition
3. Living Magisterium

Question for this week (21): What are the Three Munera (Duties of the Ordained)?

Sacramental Preparation

If you have children who go to public school, or you go to catholic school but would like to receive the sacrament of First Communion or Confirmation here in the parish, please talk to Fr. Francis and pick up the registration form.

St. Ann Food Bank

We continue to serve the poor in our neighborhood with Food Bank. We serve around 300 people per week. To sustain our service to the poor, we need some of the essential non-perishable food donations: Canned Fish (Tuna or Salmon), Canned Beans, Pasta, Rice, Canned Soup, and Cereals. You can also



donate grocery bags and empty egg cartons. If you are bringing these items, please leave them at the

5th Sunday in Ordinary Time: February 5, 2023



Rectory or place them in our Food Bank Donation Box. Thank you for your support. If you have empty egg cartons please bring them to the parish so that they could be recycled and used to distribute eggs in the food bank. We are in need of it immediately.

Serra's 'Vocation Seeds'

"You are the light of the world." Are you willing to let your light shine as a priest, deacon, brother or sister? If you think God is calling you to a Church vocation, contact Fr. Matt McCarthy, Director of Vocations, Archdiocese of Toronto at 416-968-0997. email vocations@archtoronto.org www.vocationstoronto.ca

Pope's Prayers Intentions 2023

The Pope's prayer intention for 2023 represents a wide array of challenges facing humanity and is the result of much prayer and discernment. In **February**, we pray with Pope Francis that parishes, placing communion at the center, may increasingly become communities of faith, and fraternity and welcome those towards that most in need. - **Pope Francis**

Wellness Tip – Ways to Manage Cravings -1

It's January, the month after all the Christmas holiday indulging and the time when many people start to "clean up" their diet from all the fun, festive foods. However, after enjoying all the treats of the season, you might be finding it hard to kick the cravings for tasty treats. Rest assured you aren't alone, studies show that more than 90 percent of people have food cravings.

Let's decipher the difference between hunger and craving. Hunger is your body's way of telling you that you need food. A craving is a strong desire for a specific food, which typically comes on due to emotions and/or environmental triggers.

The good news is there are plenty of ways to manage cravings. Here are some simple ways to help curb or stop cravings in its tracks:

1. **Drink Water** – When you feel a craving coming on, drink a tall glass of water and wait. Within a few minutes, you'll notice that craving start to disappear and you'll realize that your body was simply thirsty, not hungry. An additional benefit to keep in mind, drinking plenty of water daily provides many health benefits like curbing your appetite and being great for your skin.
2. **Increase Protein Intake** – Eating more protein will help you feel full longer, curb your appetite, and send those cravings away. A high-protein breakfast will greatly reduce your cravings throughout the day. It may also help reduce the craving to snack late at night.
3. **Redirect from the Craving** – As the feeling of a craving starts, try to distract yourself. Go outside for a walk, do a house project, and jump in the shower. Redirect your focus toward something other than the craving. Changing your focus or surroundings will help stop the craving.

Sunday Funny

When my son, William, was young, we belonged to a small country church. On communion day, deacons would pass around the "bread and juice." One Sunday, we attended a church out of town that was more formal. What our church called bread and juice, this one referred to as elements, a word William didn't understand. As communion began, the pastor said, "If the deacons will come forward, the elements will pass among us." William was suddenly excited and I didn't know why. Then he leaned toward me, whispering something that caused me to burst out laughing. With all eyes on us, I took him by the hand and we made a hasty exit. All the way to the car, he protested. "Mom, we're going to miss the circus. The pastor said the elephants were going to pass among us!"



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