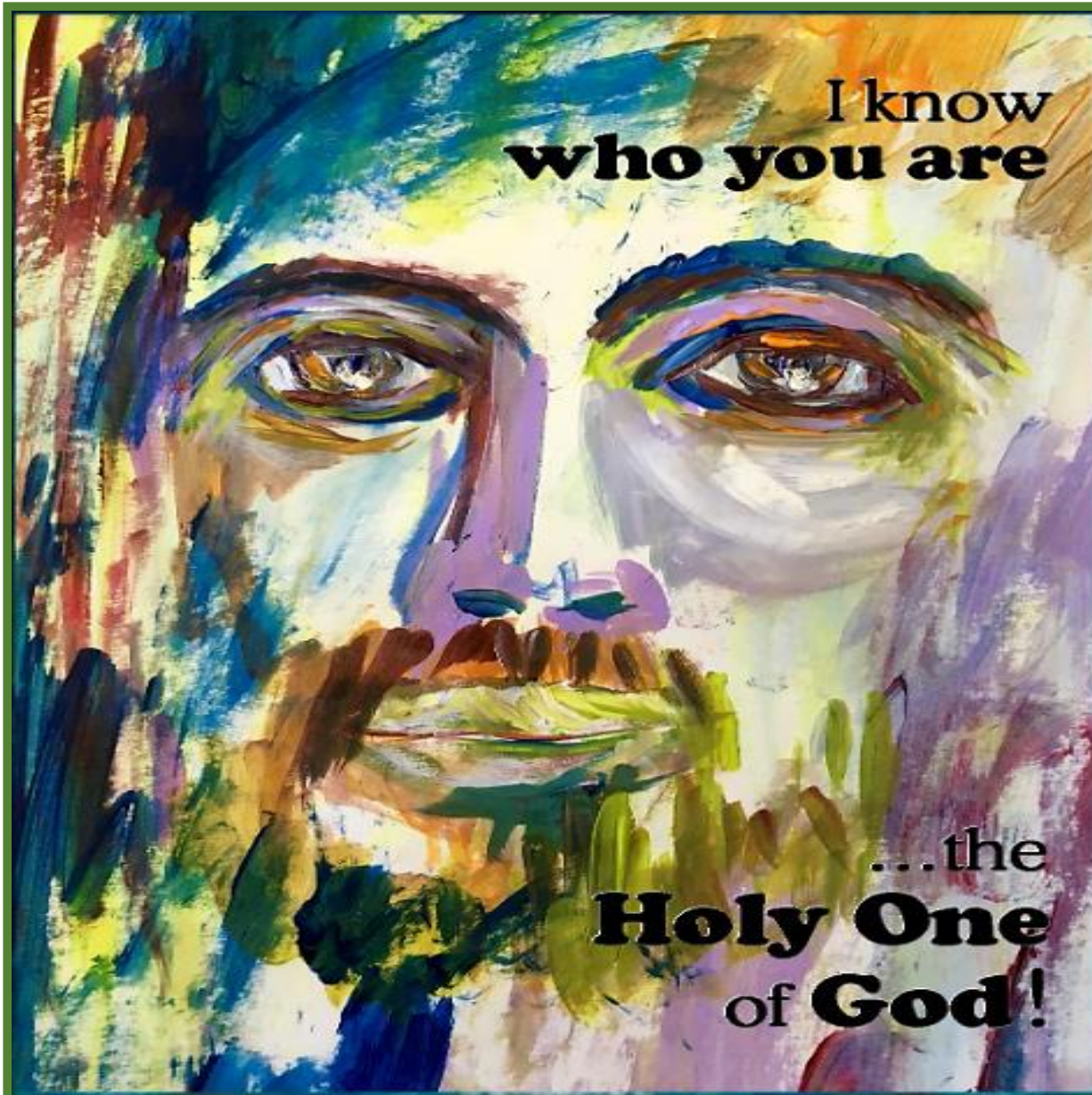


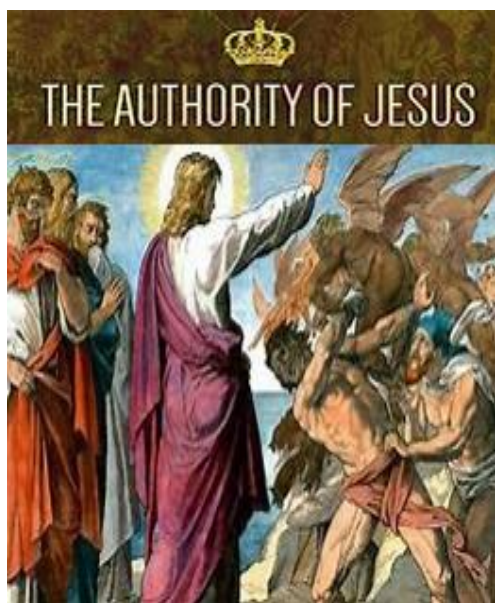
ST. LAWRENCE MARTYR CHURCH
2210 LAWRENCE AVE E. SCARBOROUGH , ONTARIO, M1P 2P9
<https://stlawrencemartyr.archtoronto.org>
Tel No. 416-759-9359

Mark 1:21-28
Jesus Heals a Man
with an Unclean Spirit.



JANUARY 31, 2021 – 4TH SUNDAY IN ORDINARY TIME

ST. LAWRENCE MARTYR CHURCH
JANUARY 31, 2021 – 4TH SUNDAY IN ORDINARY TIME



GOSPEL: Mark 1.21-28:

The disciples went to Capernaum; and when the Sabbath came, Jesus entered the synagogue and taught. They were astounded at his teaching, for he taught them as one having authority, and not as the scribes. Just then there was in their synagogue a man with an unclean spirit, and 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.”

But Jesus rebuked him, saying, “Be silent, and come out of him!” And the unclean spirit, convulsing the man and crying with a loud voice, came out of him. They were all amazed, and they kept on asking one another, “What is this? A new teaching — with authority! He commands even the unclean spirits, and they obey him.”

At once Jesus’ fame began to spread throughout the surrounding region of Galilee.

GOSPEL SUMMARY:

Today’s Gospel finds Jesus teaching in the synagogue in Capernaum. The people were surprised that he taught with such authority. They were amazed when he confronted and cast out an evil spirit from a man who was among them. The evil spirit called Jesus “the Holy One of God.” Those who witnessed this power and authority spread word of Jesus throughout Galilee.

REFLECTION FOR PARENTS:

Today is a good day to consider how we use our power and authority as parents, as bosses or supervisors, as coaches, as captain of the team or class president. Do we use our power and authority for the good of others? Do we use our power and authority to bring about positive change? Do we use our power and authority to guide our children or others in the ways of holiness and righteousness? Our use of power and authority has the potential to lift people up or to tear them down. The words we choose, the tone of voice we use, and the actions we take reveal to our family members, to friends, and to others that it is Jesus Christ who has authority over our lives.



BRINGING THE GOSPEL INTO YOUR FAMILY:

In today’s Gospel, Jesus casts out an unclean—or evil—spirit. Explain that evil means “harmful” or “immoral.” Christians believe that the devil is the source of evil in the world and in our lives. Invite family members to name ways they see evil present at school, at work, in the neighborhood, in your city, or in the world. Decide on one evil that you as family can address by using your power and authority to bring about a positive change for the good.



DISCUSSION STARTERS:

- 1-A teacher I know who teaches (taught) with authority is . . .
- 2-One way I can use my power and authority for the good is . . .
- 3-I can show others that Jesus Christ has authority over my life by . . .

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ST. LAWRENCE MARTYR CHURCH
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MASSES - MESSE

SATURDAY JANUARY 30TH – SABATO

5:00 P.M. – + Marjorie & Thomas Reilly

SUNDAY JANUARY 31ST - DOMENICA

8:30 A.M. – + Jason Roy Alba

10:00 A.M. – Pietro e Elvira Fugaccia
Mike e Vito Cuoppolo

11:30 A.M. – + Virgil Joseph Vieira

1:00 P.M. – Pro Populo

5:00 P.M. – + Kay Sullivan

MONDAY FEBRUARY 1ST - LUNEDI

8:30 A.M. – + Mike & Frank La Rosa

11:00 A.M. – Family of Agnes Leung

TUESDAY FEBRUARY 2ND - MARTEDI

8:30 A.M. – John Flaim

11:00 A.M. – Father Russell Asch

WEDNESDAY FEBRUARY 3RD - MERCOLEDI

8:30 A.M. – + Chiati & Norma Guerero

11:00 A.M. – + Buston Gibson

THURSDAY FEBRUARY 4TH - GIOVEDI

7:00 A.M. – Virginia Icu

8:30 A.M. – + Dolly Zeagman

FRIDAY FEBRUARY 5TH - VENERDI

8:30 A.M. – In Thanksgiving

7:00 P.M. – Anna Miceli

SATURDAY FEBRUARY 6TH - SABATO

8:30 A.M. – + Romanis Peiris

10:00 A.M. – + Verral Fitz-Charles



FOR THOSE WHO ARE ILL:

Please remember in your prayers: those who are sick and for those who love and minister to them –John Miceli, Gianna Ramzi, Francisco William, Stephanie Solomon, Antonio Sorbera, Bill Matthews, Vanessa Melone, Rosemarie Sorbera, Amelia Barroso, Joey Bagnato, Alicia Alvares, Charlie Abreu.

Special Prayers
For Those In Need



VOCATION REFLECTION:



Pray to know how God wants to use your talents and abilities. Could it be He is calling you to consider priesthood, religious life, or deaconate? If God is calling you to be a priest, religious, or permanent deacon, call **Fr. Matthew McCarthy** Vocation Director Archdiocese of Toronto.

Tel No. 416-968-0997

Email vocations@archtoronto.org

Website <https://www.vocationtoronto.ca/>

WORLD DAY OF THE SICK:

The Universal Church celebrates the World Day of the Sick on Thursday, February 11. While this year's celebration will be more limited, we still encourage you to use this as an opportunity to recognize the sick and those who care for them (in healthcare institutions, in families and in parish



communities) via livestream and online bulletins. We especially remember and pray for all those who have suffered and continue to suffer the effects of the coronavirus pandemic. For further information, including the Pope's message for the World Day of the Sick 2021, the Sacrament of Anointing, as well as catechetical and other helpful resources, please visit our "Care for the Sick" mini site at: www.archtoronto.org/sick. If you require assistance, please contact me at: 416-934-3400 ext. 518 or samaral@archtoronto.org.

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BEREAVEMENT SUPPORT GROUP VIRTUAL SESSIONS:



During this time of pandemic and grief, we are pleased to be sponsoring Bereavement Support Group virtual sessions on Tuesdays, March 2, 9, 16, 23 and 30 from 7 to 8:30 p.m. "Grieving with Great HOPE" is a Catholic faith-based program that consists of a five-week grief support workshop

using an on-demand video format that is available on Formed. It offers a prayerful, practical and personal approach for anyone who is grieving the loss of a loved one. These sessions will be facilitated by Sr. Gabriel Mary Riddle, CPS, pastoral assistant at St. Peter's Parish in Toronto, and assisted by seminarians from St. Augustine's Seminary of Toronto.

There is no cost to attend, but online registration is required. If you have bereaved parishioners who could benefit from this program, please encourage them to register by Tuesday, February 23 at: <http://bit.ly/BS-RegisterMar2021>.

Please download the poster here: <http://bit.ly/GrievingwithGreatHope>.

OFFICE FOR INTERRELIGIOUS DIALOGUE:

Re: World Interfaith Harmony Week
From: Rev. Anthony Prakash Lohale, OP, Director

Please join us in celebrating **World Interfaith Harmony Week (WIHW)**.



The World Interfaith Harmony Week was first proposed at the United Nations General Assembly on September 23, 2010 by King Abdullah II of Jordan. The WIHW is based on the pioneering work of The Common Word initiative. The WIHW extends the two commandments by adding "Love of the Good and Love of the Neighbour." All people of good will, regardless of faith, are encouraged to come together and learn about each other during the first week of February of every year. All events for WIHW must be held between Saturday, January 30 and Sunday, February 28, 2021.

Dear Padre
January 31, 2021



Recently my son made his first reconciliation and was told to say some prayers as his penance. Doesn't this make prayer seem like a punishment for being bad??

You raise a valid concern. In fact the latest rite of reconciliation suggests that, if at all possible, penance must right the wrong and be clear enough that the penitent knows he has fulfilled it. Penance should not just show God we're sorry; it should also put us on the path to a Christian life and correct the harm our sins caused.

For instance, if someone has stolen something and returning it would reveal his sin (this cannot be part of the penance), making a comparable donation might be a fitting penance. When someone confesses gossiping, I challenge him or her to tell someone else something good about the person who was gossiped about. In other words, instead of spreading pain, learn to spread joy. The penance for disobeying parents might be to do something nice for them or do chores without being asked. This type of penance is far more beneficial to the penitent and the community at large.

Using prayer as a penance can send the signal that we pray only when we've been bad or need something from God, like forgiveness. On the contrary, prayer should be constant. We should pray always and in all ways, if for no other reason than to give glory to God.

Fr. Rick Potts, CSsR, CSsR

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Our office recommends that you, your congregation and your staff join any of the following events:

1. Tuesday, February 2 – Paul's 200 Quotations

Please join Toronto's Paul McKenna and Ottawa's World Interfaith Harmony Week Committee. They will be discussing Paul's 200 quotations.

Please contact Paul McKenna for more information: interfaithgold@gmail.com

Please find Paul McKenna's quotations on here: <http://bit.ly/200quotations>

2. Wednesday, February 3 from 7 to 8:30 p.m. (via Zoom) – Race & Religion: Cultivating Anti-Racist Faith Communities.

Participate in an engaging discussion on race, faith and fostering truly inclusive, anti-racist worship spaces and faith communities.

Register at: <https://raceandreligion.eventbrite.ca>

For further information, please contact: nmclccanada@gmail.com

3. Thursday, February 4 from 7 to 8:30 p.m. (via Zoom) – Sharing Sacred Spaces

The Sharing Spaces planning committee is meeting to discuss opportunities to develop interfaith friendships through sharing space, architecture and hosting various faith communities.

For more information, email Vivian Kwok: vivian.kwok@alumni.utoronto.ca

4. Sunday, February 7 – St. Philip's Lutheran Church Interfaith Service

Once again St. Philip's Lutheran Church will be hosting an interfaith service. For further details please contact Rev. Tuula Van Gaasbeek: tvangaasbeek@bell.net or stphilip@bellnet.ca

5. Wednesday, February 24 from 1 to 2:30 p.m. – Extending our Embrace

This online event seeks to widen our circles of compassion and care through inspiring story-telling and art from diverse faith traditions. Organized by Office for Interreligious Dialogue, Archdiocese of Toronto in collaboration with Toronto Catholic District School Board, Interfaith Youth Alliance Movement and Mary Ward Centre. Please click here to register: <http://bit.ly/WIHWregister>



Re: Religions at the Service of Fraternity in Our World

From: Rev. Anthony Prakash Lohale, OP, Director

"...the goal of dialogue is to establish friendship, peace and harmony, and to share spiritual and moral values and experiences in a spirit of truth and love..." – Pope Francis

As we celebrate the Feast of St. Thomas Aquinas on Thursday, January 28, join us for "Religions at the Service of Fraternity in Our World," an online panel discussion with Muslim and Catholic speakers on Pope Francis'

encyclical Fratelli Tutti (On Fraternity and Social Friendship).

DATE: Thursday, January 28 TIME: 4 to 5:30 p.m.

REGISTER: <https://bit.ly/ReligionsAtTheService>

POSTER: <http://bit.ly/ReligionsAtTheServicePoster>

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ST. THÉRÈSE OF LISIEUX SPIRITUAL LIFE SERIES:

February 22, March 8, March 22, April 12, April 26 – 7 to 8:30 p.m.

A VIRTUAL EVENT HOSTED BY NEWMAN CENTRE CATHOLIC MISSION

All are welcome to join a new spiritual life series based on the book *The Story of a Soul* by St. Thérèse of Lisieux. The new series will begin on Monday, February 22 and will be presented in several bi-weekly segments by Fr. Peter Turrone, pastor of the Newman Centre.

There will be time for group discussion. Participants will need to purchase the Study Edition of *Story of a Soul* by Fr. Mark Foley for the class. REGISTER: <https://thestoryofasoul.eventbrite.ca/>
CONTACT: lenita.lopes@newmantoronto.com WEBSITE: www.newmantoronto.com

EXTENDING OUR EMBRACE:

Wednesday, February 24 – 1 to 2 p.m.

A VIRTUAL EVENT HOSTED BY THE OFFICE FOR INTERRELIGIOUS DIALOGUE

The United Nations World Interfaith Harmony Week initiative seeks to bring people together to increase respect and understanding among peoples of all faiths and beliefs.

The past year has been very challenging for all of us. Yet in spite of the need for social distancing, there are many unsung heroes among our faith communities who have found ways of extending their embrace and compassion to the wider world. Now more than ever we need to broaden our embrace, especially to those who are suffering.

Extending Our Embrace is a virtual event that features stories of people whose faith motivated them to extend their embrace. The stories will be interspersed with poems, music, dance, art and reflections from diverse faith traditions.

REGISTER: <http://bit.ly/ExtendingOurEmbrace> POSTER: <http://bit.ly/WIHweek>

Online Registration Only

Registration for the 2021-2022 school year begins on January 20, 2021 at 10:00 a.m. EST. at soar.tcdsb.org.

Please note that due to provincial school closures, all registration applications must be completed online. We apologize for the inconvenience.

C. Nazar | Principal
St. Lawrence Catholic School
2216 Lawrence Ave. E. Toronto, ON M1P 2P9
Tel No. 416-393-5264

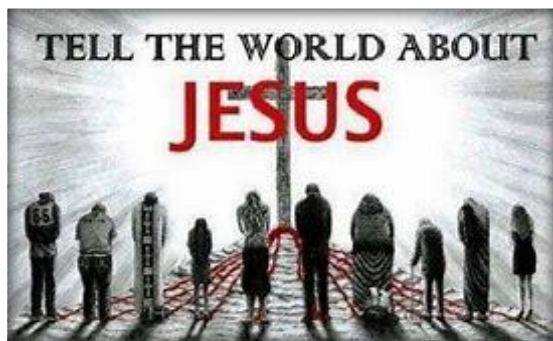


Kindergarten
Registration



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ST. LAWRENCE MARTYR CHURCH
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STEWARDSHIP REFLECTION:

Spreading Jesus' Fame. In today's Gospel we hear about Jesus delivering a man with an unclean spirit. When the crowds saw this great miracle they were all amazed by Jesus' words and deeds and began to speak about Him in astonishment. The Gospel ends by saying that "at once Jesus' fame began to spread throughout the surrounding region of Galilee." The news of this miracle helped others in the region come to know about Jesus.

So too, as stewards of Christ we should share with others the wonderful deeds God has done for us. All of us who have chosen to follow Christ more closely have our own testimony of how God entered into our lives. St. Peter says that it is important to "always be ready to make your defense to anyone who demands from you an accounting for the hope that is in you" (1 Peter 3:15).

Therefore, whenever someone asks us why we take our faith and stewardship so seriously, we should be able to tell them why. These are prime opportunities to share the faith with others. The next time a family member or friend asks us why we choose to follow Christ, let us share with them how God has beautifully worked in our lives. This way, just as Jesus' fame spread in the Gospel, it can also spread here in the Archdiocese. Bishop Robert Barron says that "the minute you walk outside of your church on Sunday you're in mission territory." As stewards, let us live this missionary call and spread the good news of Jesus Christ.

Summary: In the Gospel today it says that after Jesus healed a man with an unclean spirit that his "fame began to spread throughout the surrounding region of Galilee." So too, as stewards of Christ we should share the wonderful deeds God has done for us in order to evangelize those around us. This way, just as Jesus' fame spread in the Gospel, it can also spread here in the Archdiocese.



JANUARY WELLNESS TIP – TIPS FOR WINTER WELLNESS:

Winter brings us shorter days, more time spent inside and the flu season! Our immune system has a lot to deal with during the winter months. Not only do people tend to get more colds and coughs during this time of year, but the lack of sunshine can have a big effect on our mood and physical health.

There are a few things we can do to take extra care of our health at this time of year, whether by boosting our immune system or better dealing with the harsh environment. The website, "Healthy Helper." has some great winter wellness tips, which are summarized below:

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1. Wash Your Hands - This is classic advice and now more than ever we've been repeatedly told of the importance of hand washing. Washing your hands can stop germs from spreading from one person to another and then throughout our community. It's one of the easiest and most effective ways to avoid getting sick. If you don't have soap and water nearby, use anti-bacterial hand sanitizer. You don't realize just how many germs you come into contact with everyday and just being mindful of hand cleanliness can really make a big difference. Another tip: try to not touch your eyes, ears, nose or mouth throughout the day. The nail beds in your fingers harbour many germs that can make their way into your body through open areas.

2. Eat the Rainbow - Make sure you're filling yourself up with lots of colourful produce. Whether it's fresh or frozen, produce is the most important health tool money can buy. Eating a variety of fruit and vegetables will ensure you get all the essential vitamins and minerals you need, especially in the winter when there is less sunlight and less time outside. A healthy, nutrient dense diet is the best defence against sickness of any kind.

3. Get Outside - Winter weather is not to everyone's liking, however make an effort to get outside in the light and fresh air at least once a day. Not only is it good for replenishing your vitamin D needs (which is a key nutrient that aids our immune system and is one that most people become deficient in during the winter), but it also gets you out of the four walls of your home. Being cooped up indoors for too long is not good for your mind or body. During the winter, mould can build up in the home which can trigger congestion, respiratory infections, wheezing, coughing and even asthma attacks for those who have that disease. Do yourself a favour and get up and out of your home.

4. Move Your Body - Exercise is important throughout the year, but even more so in the winter when we are naturally more sedentary. A regular workout routine is a prime booster for your immunity. It reduces the risk of cold and flu, while improving your mood and raising your energy levels that can be so easily zapped in the winter. Not to mention it's an automatic heat builder; you can be your own heat source when you work up a sweat. Along with getting outside for a walk, other ways to move your body include stretching, lifting weights (at home or a gym), exercise classes (gym or online), etc.

5. Stay Positive - Seasonal Affective Disorder (SAD) is a real thing and it can affect a lot more than just your mood. Fatigue, irritability, depression, anxiety and even physical discomfort can result from the changing of seasons. The best way to beat the winter blues is to get outside daily (as mentioned above), but also boost your diet. Incorporate nutrient dense foods and fresh herbs as often as possible. Foods that are high in calcium and magnesium are said to improve stress levels, lift you out of SAD-related moods and overall keep you more healthy and happy.

6. Take Probiotic - Probiotics are vital to everyone's health because they support digestive balance and immune health. Did you know the "gut" is considered the core of your body's overall health and well-being? It can affect your entire body, including immunity, digestion and more. Approximately 70 per cent of the immune system is located in the intestinal tract, therefore maintaining gut health is a key part of maintaining your overall health. Probiotics can help keep your complex digestive system thriving and restore good bacteria. Use these tips this winter and you'll be feeling your best all season long.

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For your ongoing support of our parish, (including those for the St. Vincent de Paul) may be dropped off in person when the church is open for private prayer or sent through the mail.



SUNDAY OFFERING ENVELOPES:

A set of offering envelopes will be prepared for you to pick up at the parish office.

PRE-AUTHORIZED GIVING:

This new way of supporting the church is now being offered in our parish and many of our parishioners may find this method practical and convenient.

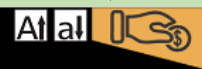
Please call the parish office (416-759-9359) if this way of giving is right for you.

DONATE NOW:

Alternately we ask you to consider your support of the parish by a single or monthly donation through the "Donate now" button at www.archtoronto.org or at stlawrencemartyr.archtoronto.org.

TO DONATE BY CREDIT CARD (Donate Now)

Go to St. Lawrence Website or Click this link > <https://stlawrencemartyr.archtoronto.org/>
At the top right-hand of the page, find the hand (donate now) and click



ST. LAWRENCE MARTYR PARISH, SCARBOROUGH

This will take you to the Archdiocese of Toronto page → Click the button "click here to donate"

Next page is Where is your Parish? → select "Durham and Scarborough"

Next page is Donation page. Please complete the form.

For Parish → click the arrow down, select "St. Lawrence Martyr Parish, Scarborough"

After completing the form > click the button "Donate Now"

We will continue to update you as the situation evolves through our parish website.

We pray that you and your loved ones remain safe and healthy.

May God continue to bless you now and always!

ST. LAWRENCE MARTYR PARISH

2210 Lawrence Ave. East, Scarborough, ON M1P 2P9

Phone: 416-759-9359 FAX: 416-759-6725

<http://stlawrencemartyr.archtoronto.org> E-mail: stlawrence.archtoronto@rogers.com

Parish Groups

We invite you to consider joining a parish group. For more information, please call 416-759-9359.

- Altar Servers
- Extraordinary Ministers of Communion
- Lectors
- Choir - 5:00 pm English Mass
- Choir - 10:00 am Italian Mass
- Choir - 11:30 am English Mass
- Ushers
- St. Lawrence Women's Group...1st Sunday of every month after 8:30 am Mass
- St. Vincent de Paul Society (Helpline 416-410-3589) 2nd and 4th Monday of each month
- The Craft Group...every Tuesday after 8:30 am Mass
- Knights of Columbus...3rd Monday of every month at 7:30 pm
- Legion of Mary...every Tuesday at 7pm
- Marian Movement for Priests...every Wednesday following 8:30 am Mass
- Youth Group...2nd and last Saturday of the month at 2 pm
- Charismatic Prayer Meeting Friday Night at 7:00pm



Pastoral Team

Rev. Fr. Roy Farrell Pastor of St. Lawrence Martyr
 Rev. Fr. Jimmy Joseph Associate Pastor of St. Lawrence Martyr
 Rev. Fr. Russell Asch Chaplain to the Faithful participating in the Extraordinary Rite of the Latin Mass

Confessions

Saturdays following 8:30 am Mass
 Saturday.....4:15 to 4:45 pm
 Any time by request

Confessioni

Sabato dopo la messa dalle 8:30am
 Sabato..... 4:15 alle 4:45 pm
 Qualsiasi altro giorno a richiesta dei fedeli.

Sunday Masses (Messe Domenicali)

Sat. Vigil (Sabato)	5:00 pm	English (Inglese)
Sunday (Domenica)	8:30 am	English (Inglese)
	10:00 am	Italian (Italiano)
	11:30 am	English (Inglese)
	1:00 pm	Latin (Latino)
	5:00 pm	English (Inglese)

Daily Masses (Giorni Feriali)	Mon (Lun)	Tues (Mar)	Wed (Mer)	Thur (Gio)	Fri (Ven)	Sat (Sab)
English (Inglese)	8:30 am	8:30 am	8:30 am	8:30 am	8:30 am	8:30 am
Latin (Latino)	11:00 am	11:00 am	11:00 am	7:00 am	7:00 p.m.	10:00 am

* Weekday Latin Masses subject to change due to funeral or absence of priest. Latin Masses are of the Extraordinary Form of the Roman Rite, according to the 1962 Missal. * Messe nei giorni feriali latino sono soggetti a variazioni a causa di funerale o assenza del sacerdote. Messe latine sono della forma straordinaria del Rito Romano, secondo il Messale del 1962.

Parish Office

Julia Di Paolo....Parish Secretary

Office Hours

Mon to Thurs: 9:15 am -12:00 pm
 1:00 pm - 4:00 pm
 Friday.....9:15 am - 1:00 pm
 Sunday.....9:30 am - 1:00 pm
 Closed on Saturday and holidays

Orario Di Ufficio

Dal Lun al Gio: 9:15 am-12:00pm
 1:00 pm - 4:00 pm
 Venerdì.....9:15 am - 1:00pm
 Domenica.....9:30 am - 1:00 pm
 Sabato e giorni di festa: Ufficio Chiuso

Eucharistic Holy Hours

- Sunday Evenings: 4:00 pm - 5:00 pm
- First Fridays: 7:15 am - 8:15 am, 9:15 am - 6:30 pm, 8:00 pm - 4:00 am

For Baptism, Marriage and Sacrament of the Sick:

- Please contact the parish office at 416-759-9359

Parish School: St. Lawrence Catholic School

2216 Lawrence Ave. East, Scarborough, ON Tel.:416-393-5264

Devotions

- **Rosary:** 8:00 am - Monday through Saturday
- **Our Lady of Perpetual Help:** 8:25 am - Wednesdays
- **Novena to Our Lady of the Miraculous Medal:** Mon. after the 8:30am Mass (Oct-May)
- **Novena to St. Anthony of Padua:** For thirteen Tuesdays in preparation for the Feast of St. Anthony

BAPTISMS

Baptism takes place on the Second Sunday of each month. Pre-baptism instructions are provided to parents and sponsors who must be practicing Catholics. Contact parish office for details.

MARRIAGES

Contact the parish priest at least one year in advance of the marriage. Engaged couples must attend a marriage preparation course offered by the Archdiocese. Please contact the parish office for more details.

FIRST COMMUNION & CONFIRMATION FOR PUBLIC SCHOOL STUDENTS

Please contact parish office for details

RCIA (Rite of Christian Initiation for Adults)

Please contact parish office for details.

HOLY COMMUNION FOR SHUT-INS

Please contact parish office to arrange a visit.

Welcome New Parishioners!

We invite you to come and register your family at the parish office.

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