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# ST. JUSTIN MARTYR PARISH



Lord, You have the words of  
eternal life.

## PARISH MINISTRIES

### ALTAR SERVERS:

Liam D'Souza

### ALTAR SOCIETY:

Christine Abela

### CARING & SHARING:

Kathy Crupi

### CATHOLIC WOMEN'S LEAGUE:

Belinda Cua Sia

### CATECHESIS OF THE GOOD

#### SHEPHERD:

May Chow Leong

### CHILDREN'S LITURGY:

Karen Nazione-Garcea

### CHOIRS:

Julia Hauser (Organist: Eric Hauser)

### CRAFT GROUP:

Linda Moynagh

### EXTRAORDINARY MINISTERS

#### OF HOLY COMMUNION:

Grace Tenn

### FOOD BANK:

Kathy Crupi

### KNIGHTS OF COLUMBUS:

Robert Buick

### LAY PASTORAL VISITORS /

#### COMMUNION TO THE SICK

Anita Lee

### LECTORS:

Grace Tenn

### LEGION OF MARY:

Fadia Mishrigi

### NEEDLEWORK GUILD:

Joanne Boicey

### OUT OF THE COLD:

Joy Vaz Jones

### PRAYER GROUPS:

Charismatic: Vicky Ton

Contemplative: Peter and Maureen

DeFreitas

### REFUGEE COMMITTEE:

[refugeesjm@gmail.com](mailto:refugeesjm@gmail.com)

### MATURING ADULTS:

Karen Nazione-Garcea

### ST. VINCENT DE PAUL:

905-479-0103 ext. 52

### USHERS & HOSPITALITY:

Arnold Lee Wah

### YOUNG ADULTS (AGES 20's-30's):

Hilton Chiu

### YOUTH:

Hilton Chiu

• Edge: (for Grades 5-8 students)

• Lifeteen: (for Grades 9-12)

## PARISH SCHOOLS

St. John XXIII Catholic School

905-477-3288

St. Justin Martyr Catholic School

905-474-0284

St. Matthew Catholic School

905-475-0517

St. Monica Catholic School

905-887-1560

St. Augustine Catholic High School

905-887-6171

## CONNECT WITH US!

### PASTOR

Msgr. Vid Vlasic

### ASSOCIATE PASTOR

Rev. Jibin Joy

### PARISH OPERATIONS MANAGER

Karen Nazione-Garcea

### PARISH SECRETARY

Binitha Alfred

### MUSIC DIRECTOR

Julia Iacono-Hauser

### FIRST COMMUNION/RCIC

Rachel Martinez

### YOUTH MINISTER

Hilton Chiu



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## SUNDAY MASS SCHEDULE

SATURDAY 5:00 pm

SUNDAY 8:30 am | 10:30 am | 12:30 pm | 7:00 pm

## WEEKDAY MASS SCHEDULE

MONDAY, TUESDAY, THURSDAY, FRIDAY, SATURDAY - 9:10 am

WEDNESDAY - 7:00 pm (Devotion to Our Lady of Perpetual Help)

FIRST FRIDAY - 9:10 am & 7pm followed by

Exposition of the Blessed Sacrament

## SACRAMENT OF RECONCILIATION

SATURDAY

9:30 am – 10:00 am | 4:00 pm – 4:30 pm

## OFFICE HOURS

Monday

9:00 am – 3:00 pm

Tuesday, Thursday, Friday

9:00 am – 5:00 pm

Wednesday

9:00 am – 7:00 pm

Saturday

9:00 am – 1:00 pm

Sunday

9:00 am – 2:00 pm



St.JustinMartyr

Youth  
Ministry



SJMyouthmin

## THIRD SUNDAY OF LENT

### MASS INTENTIONS

#### MONDAY, 04 MARCH

9:10 AM SR. THOMAS LO

#### TUESDAY, 05 MARCH

9:10 AM ANNIE LEUNG

#### WEDNESDAY, 06 MARCH

7:00 PM +VINCENT D'SOUZA

#### THURSDAY, 07 MARCH

9:10 AM +CARMELO SPADOLA  
KAREN NATIONE GARCEA  
& FAMILY  
TERESA CHIN

#### FRIDAY, 08 MARCH

9:10 AM +TEOTONIO GOMES  
+CECILIA & AGRIPINO MANALO  
+FEDERICO CUARESMA

7:00 PM Available

#### SATURDAY, 09 MARCH

9:10 AM +CHARLES TSE  
+BLASIA PEREIRA  
JONATHAN CHANG

5:00 PM CEN SAW  
TRINITY CHUNG & FAMILY

#### SUNDAY, 10 MARCH

8:30 AM Available

10:30 AM PARISHIONERS

12:30 PM +ALEGRIA MUNOZ RICO  
KAYLA BERCENO & FAMILY  
DOMINIC & JOSIE  
MADURI FAMILY

7:00 PM GRANT LALATA & FAMILY

#### SANCTUARY LAMP

FOR THE WEEK OF 04 MAR – 10 MAR IS AVAILABLE.

### STEWARDSHIP REFLECTIONS

#### Confession is a Place of Victory



In the first reading this weekend, we hear about how Moses received the Ten Commandments from God on Mount Sinai. The Church has always taught that the Ten Commandments are a gift

that God has revealed to us to help us orient our lives in a way that best leads us to holiness. In the Gospels, in addition to teaching about the Ten Commandments, Jesus teaches about the importance of loving God and loving our neighbour. The Catechism states that the Ten Commandments “must be interpreted in light of this twofold yet single commandment of love, the fullness of the Law.”

As we are in this penitential season of Lent let us take some time to reflect on how well we are living up to these commandments. One common way of doing this is to perform an examination of conscience. This involves reflecting on our own lives in light of the Commandments and their related sins. This isn't meant to be a sadistic practice of self-loathing but rather an opportunity to see in which ways we can grow in deeper love for Christ and our neighbour.

The best way we can start this process of growth is to avail ourselves to the sacrament of Confession. Confession always remains a place of victory for the Lord is achieving our salvation through the forgiveness of our sins. To be reconciled with God is always a source of celebration.

Let us not look to our examination of conscience and confession as a place of guilt and defeat. Instead, this Lent let us be cleansed through the grace of the sacrament so that we may grow as ever holier stewards of Christ.



**Stations of the Cross:** We will be praying Stations of the Cross after the 7 pm Mass on Friday, March 10, 2024. Join us for a Lenten season filled with prayer and penance.

### MARCH IS BABY MONTH!



The Knights of Columbus is organizing their annual collection of baby items for Mothers and Babies in need. During Baby

Month, you can drop off items such as baby food (with extended expiry dates), formula, disposable diapers (newborns to pullups), new receiving blankets, baby wipes, baby oils, shampoo, sleepers & baby & toddler clothing (newborn to 24 months). Your gifts may be placed in the Church hallway (near the Tree of Life).

*\*Please donate new items or items in excellent condition.*



**SHARELIFE****Your Kindness Matters**

Through your kindness, over 40 Catholic organizations and social service agencies can help marginalized members of our community. Please give at the parish using a ShareLife envelope, online through [www.stjustin.ca](http://www.stjustin.ca) or [www.sharelife.org/donate](http://www.sharelife.org/donate).

With your generosity, we were able to generate \$162,986.46 in the year 2023. We extend our gratitude to all of you who have made it possible. Your continued support will help the many in need.

**OUT OF THE COLD CASSEROLE PROGRAM**

**Saturday, March 16, 2024; 10:30 to 11 am**



With your support and generosity, Out of the Cold Casserole program had been successful in feeding those in need. Our next casserole delivery will be on Saturday, March 16, 2024. Frozen casseroles can be delivered into the parked car of Joy Vaz-Jones in the parish parking lot between 10:30 and 11 am. Please sign up to participate by clicking on this link: <https://forms.gle/U4vJh3FiFaV7wafp9>. You can also email [joyvazjones@gmail.com](mailto:joyvazjones@gmail.com) or call the parish office at 905 479 2463. Thank you in advance!

**LEGION OF MARY MOVIE NIGHT**

**Saturday, March 9, 2024, after the 5 pm Mass**



Join the Legion of Mary on Saturday, March 09 after the 5 pm Mass (around 6 pm) in the Parish Hall for a free movie night. We are playing “Pilgrim’s Progress,” a family-friendly movie about the impact on the faith of every person in a family. Sign up at the Legion of Mary table in the Church foyer after March 02/03 weekend Masses.

**YCDSB KINDERGARTEN REGISTRATIONS**

The York Catholic District School Board (YCDSB) is now accepting registrations for Junior Kindergarten for children born in 2020. York Catholic provides a Christ-centered, innovative Catholic Education in 102 schools across York Region. The YCDSB is consistently ranked as one of the top-performing school boards in the province. You can visit their website, [www.ycdsb.ca](http://www.ycdsb.ca), to register for classes starting in September.

**FORMED PICK****Living Lent as Family (Part 3)**

Have you ever wanted to live more liturgically but not known how? We want to help all families by providing these discussions on liturgical living during Lent to be a resource for the Domestic Church—the home. Dr. Ben Akers sits down with Lisa and Bill Patterson to discuss liturgical living during Lent.

Sign up for free at **FORMED.ORG**

-Visit FORMED.org

-Click Sign Up

-Select “I Belong to a Parish or Organization”:

-Find our parish name: St. Justin Martyr Parish, 3898 Highway 7, Unionville, ON

-Enter your email – and you’re in.

**LENTEN FAMILY MEALTIME**

As part of your Lenten commitments, make one day a week -Lenten Family Mealtime. In addition to “Friday fish day,” designate one evening to prepare a meal together. Assign a different dish or task to each family member. Before starting, discuss how each family member is giving to the others—giving time, effort, and care to nourish the entire family to go out and do God’s will.

**FASTING AND ABSTINENCE FROM MEAT**

Since biblical times, fasting and abstinence have been considered appropriate expressions of repentance for sin. As Catholics, we fast on Ash Wednesday and Good Friday, and we abstain from meat on

Ash Wednesday and on all the Fridays of Lent. Fasting and abstaining from meat reminds us of our reliance on God, who is the source of all abundance and nourishment. As Catholics, we are encouraged to fast voluntarily and occasionally throughout the year in order to practice self-denial, to lead a life of moderation that deepens our compassion for people who are in need, and to develop a deeper hunger and thirst for God.

## FIVE WAYS ST. JOSEPH CAN HELP YOUR LENT

Follow St. Joseph's pathway during this Lent for a simpler, spiritually, and personally fruitful season. Here are 5 ways St. Joseph can help you with Lent.



### 1. Simplicity

In John 6, when Jesus boldly declares, "I am the bread of life," his hearers murmur among themselves and ask, "Is this not Jesus, the son of Joseph?" (Jn 6:41). Apparently, they considered Joseph to be just a regular, law-abiding Jew—an average Joe if you will. By implication, Joseph didn't go around Nazareth working miracles and polishing his halo; rather, he lived his holiness wrapped in simplicity.

Every year on Ash Wednesday, we hear: "Take care not to perform righteous deeds in order that people may see them" (Mt 6:1). Our prayer, fasting, and almsgiving should be kept for God's eyes only. Yet we should also remember Jesus' words earlier in the Sermon on the Mount: "Your light must shine before others, that they may see your good deeds and glorify your heavenly Father" (Mt 5:16).

The key difference is simplicity. When we act simply, we take no heed of our glory, but seek God's alone. Such simplicity is a modesty of soul, guarding the intimacy we have with God through prayer, fasting, and almsgiving.

### 2. Work

On May 1, we celebrate the feast of St. Joseph the Worker. He is a saint who knows how to roll up his sleeves and put in a hard day's work. Joseph reminds us of the dignity of work, beautifully captured in *Gaudium et Spes*: Through labor offered to God, man is associated with the redemptive work of Jesus Christ, who conferred an eminent dignity on labor when at Nazareth He worked with His own hands. (GS 67)

Lent is a good time to live out this dignity of work by imitating St. Joseph. God draws us to Himself through the ordinary means of simply fulfilling our tasks. We need not search for extraordinary acts of penance or lengthy prayers, especially if these detract from our normal duties. So, before we add on extra practices, we should redouble our attentiveness to the work already before us.

### 3. Rest

While Joseph shows us the dignity of work, he had some of his best moments as he slept. It was here that God spoke to him repeatedly through dreams.



We can distinguish two types of rest: physical sleep and spiritual abandonment to God. Both are critical for holiness. Sleep renews us for another day of work and love. Just ask the mother of a newborn about the importance of sleep.

Abandonment increases our hope in God's loving providence, strengthening our faith in times of trials, and creating room for love to grow. By both sleep and abandonment, we recognize our limits: we need sleep, and we need God. We can see this pairing in the beginning of Psalm 127:

"If the Lord does not build the house, in vain do its builders labor;  
if the Lord does not watch over the city, in vain does the watchman keep vigil.

In vain is your earlier rising, your going later to rest,  
you who toil for the bread you eat, when he pours gifts on his beloved while they slumber."

This psalm proclaims the futility of all-nighters and the emptiness of self-made saints. Psalm 127 is a good reminder during Lent, as we up the ante with prayer, fasting, and almsgiving. These are not exercises of our sheer willpower. Our practices on their own do not make us holy. God makes us holy. And sometimes, God bids us to rest.

Remember the words of Moses to the Israelites as Pharaoh pursued them: “The LORD will fight for you; you have only to keep still” (Ex 14:14), as well as the words of Isaiah: “By waiting and by calm you shall be saved; in quiet and in trust shall be your strength” (Is 30:15).

#### 4. Family

Joseph was a great man, but where would he be without his family, without Jesus and Mary? Joseph’s holiness came through Jesus and Mary, by serving them and receiving from them. Similarly, God draws us to himself through those around us. We do not become saints as isolated individuals, but as members of a family or community.



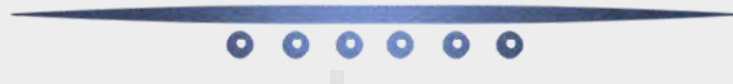
With their parents leading the way by example and family prayer, children and indeed everyone gathered around the family hearth will find a readier path to human maturity, salvation, and holiness. (GS 48)

Lent is a good opportunity to examine our closest relationships. Is there a need to forgive? Is there love that needs rekindling? Is there gratitude missing? These are excellent ways of giving alms.

#### 5. Jesus and Mary

Of course, Joseph’s family isn’t your normal family. There’s a highly special grace about Jesus and Mary. If we compare our families to the Holy Family, we might be tempted to discouragement. But by God’s goodness, Jesus and Mary are not distant, but rather intimately close to us: Jesus is our savior and brother, and Mary is our tender mother. Joseph, for his part, can help us stay close to Jesus and Mary, just as he did.

In the end, all of our Lenten practices are simply saying “yes” to Jesus, just as Mary first did at the Annunciation. May Mary pray for us, and may Jesus bring us to the Father.







PLACE:

St. Justin, Martyr  
Parish Church Hall

*Dinner & popcorn  
will be included*

**SIGN UP NOW!**

*Family & friends  
are all invited!*

**ALMSGIVING:**

**If you wish,  
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a non-perishable  
food item  
to  
Our Parish  
Food Drive**

**FREE  
FAMILY MOVIE NIGHT**

**SATURDAY, MARCH 9TH, 2024  
AFTER THE 5 PM MASS**

*Sponsored by The Legion of Mary - St. Justin, Martyr Parish*





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*Tidings of great joy...* **2024!**  
*Luke 2:10 and in*



**Knights of Columbus (KOC)**  
Charity, Unity and Fraternity!

To join the team of men, contact  
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## The Society of St. Vincent De Paul

"Go to the poor, you will find God"

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