

St. Thomas Aquinas

ROMAN CATHOLIC PARISH

640 Glenholme Avenue, Toronto, ON. M6E 3G9 | Tel: 416-782-8943 | Fax: 416-781-8444
stthomasaquinasto@archtoronto.org • www.stthomasaquinas.archtoronto.org

PASTOR Fr. Patrick Ezimora C.C.E.
ASSOCIATE PASTOR Fr. Peter Paul C.C.E.



Solemnity of Mary, Mother of God

THIS WEEK AT ST. THOMAS AQUINAS

From the Pastor's Desk

Dear brothers and sisters in Christ,

Happy New Year 2023!

You surely remember the last time you purchased something of great value. You probably set some rules around its use and/or rent. Or, perhaps, you recall more vividly the moment you got engaged or just married. You probably made up some regulations that helped you go far in your relationship. Totally normal! We could all use some new year resolutions or commitments, don't you think? I mean, if we really want this new year to turn out a better, more prosperous, and superb year, then we got to do something from the very starting point.

Obviously, I am not referring to decisions such *less junk food, more veggies, less alcohol, more fitness*, etc. No gainsaying those are great as well for our physical and mental well-being. However, I think at this point of our spiritual fitness. While both can complement each other, the latter seem to support the former even more. If that is the case, would it not be beneficial this new year to draft a spiritual growth plan? For instance, one could decide now to read a chapter of the Bible every blessed day. Would it not be a fruitful exercise to meditate more, pray the Holy Rosary every day, listen to uplifting news/programs, attend Mass earlier with a specific intention, be more actively involved in your parish and local community, volunteer more hours during each month, confess more regularly, seek out new ways to share your life with others. A long list of to-do's, isn't it? Indeed! Nonetheless, we do not have to do it all at once. No. We only need to begin small and determined, and then increase stronger and stronger over time. How amazing!

On behalf of Fr. Peter and the entire STA parish staff, I wish you a blessed and smashing new year 2023. May the Mother of God, Queen of Peace, accompany you all the way through this new year. Say "Amen" 😊

Buon Anno 2023!

Sicuramente ricorderete l'ultima volta che avete acquistato qualcosa di grande valore. Probabilmente avete stabilito delle regole per il suo utilizzo e/o affitto. Oppure, forse, ricordate più vividamente il momento in cui vi siete fidanzati o appena sposati. Probabilmente avete stabilito delle regole che vi hanno aiutato ad andare avanti nella vostra relazione. È del tutto normale! Tutti noi avremmo bisogno di qualche proposito o impegno per l'anno nuovo, no? Se vogliamo davvero che questo nuovo anno sia migliore, più prospero e superbo, dobbiamo fare qualcosa fin dall'inizio. Ovviamente non mi riferisco a decisioni come *meno cibo junk, più verdure, meno alcol, più fitness*, ecc. Non nego che anche queste sono ottime per il nostro benessere fisico e mentale. Tuttavia, a questo punto penso alla nostra forma fisica spirituale. Sebbene entrambe possano completarsi a vicenda, la seconda sembra sostenere ancora di più la prima. Se è così, non sarebbe utile in questo nuovo anno elaborare un piano di crescita spirituale? Per esempio, si potrebbe decidere di leggere un capitolo della Bibbia ogni benedetto giorno. Non sarebbe un esercizio fruttuoso meditare di più, pregare il Santo Rosario ogni giorno, ascoltare notizie/programmi edificanti, arrivare un poco prima alla Messa e parteciparvi con un'intenzione specifica, essere più attivamente coinvolti nella propria parrocchia e nella comunità locale, fare più ore di volontariato ogni mese, confessarsi più regolarmente, cercare nuovi modi per condividere la propria vita con gli altri. Una lunga lista di cose da fare, non è vero? Certo! Tuttavia, non dobbiamo fare tutto in una volta. No. Dobbiamo solo iniziare in modo piccolo e determinato, per poi diventare sempre più forti col tempo. Che meraviglia!

A nome di P. Peter e di tutto lo staff parrocchiale della STA, vi auguro un nuovo anno 2023 benedetto e ricco di successi. Che la Madre di Dio, Regina della Pace, vi accompagni in questo nuovo anno. Dite "Amen" 😊

¡Feliz Año Nuevo 2023!

Seguro que recuerdas la última vez que compraste algo de gran valor. Probablemente estableciste algunas reglas en torno a su uso y/o alquiler. O, tal vez, recuerdes más vívidamente el momento en que te comprometiste o acabas de casarte. Probablemente inventaste algunas normas que te ayudaron a llegar lejos en tu relación. Totalmente normal. A todos nos vendrían bien algunos propósitos o compromisos de año nuevo, ¿no crees? Si de verdad queremos que este nuevo año sea mejor, más próspero y estupendo, tenemos que hacer algo desde el principio.

Obviamente, no me estoy refiriendo a decisiones como *menos comida junk, más vegetales, menos alcohol, más ejercicio*, etc. No estoy negando que esas cosas también son estupendas para nuestro bienestar físico y mental. Sin embargo, en este punto pienso en nuestra aptitud espiritual. Aunque ambas pueden complementarse, la segunda parece apoyar aún más a la primera. Si ese es el caso, ¿no sería beneficioso este nuevo año elaborar un plan de crecimiento espiritual? Por ejemplo, uno podría decidirse ahora a leer un capítulo de la Biblia cada bendito día. ¿No sería un ejercicio fructífero meditar más, rezar el Santo Rosario todos los días, escuchar noticias/programas edificantes, asistir a Misa más temprano con una intención específica, involucrarse más activamente en su parroquia y comunidad local, ofrecerse como voluntario más horas durante cada mes, confesarse más regularmente, buscar nuevas maneras de compartir su vida con los demás? Una larga lista de cosas por hacer, ¿verdad? Pues sí. Sin embargo, no tenemos que hacerlo todo a la vez. No. Sólo tenemos que empezar poco a poco y con determinación, y luego ir creciendo más y más con el tiempo. ¡Qué maravilla!

En nombre del P. Peter y de todo el personal de la parroquia STA, os deseo un bendecido y estupendo año nuevo 2023. Que la Madre de Dios, Reina de la Paz, os acompañe durante todo este nuevo año. Di "Amén" 😊

AT STA PARISH AND THE COMMUNITY

Parish Office Christmas Schedule 2023

The Parish Office will be closed on Monday January 2nd, 2023 and will reopen on Tuesday January 3rd at our regular scheduled time.

Blessed Sacrament's Candle and Flowers

By the kind generosity of an anonymous donour.
Thank you and God bless you. *Grazie. Gracias. Salamat po. Asante.*



MASS SCHEDULE AND INTENTIONS

Dec 31st 2022 to Jan 7th 2023

SATURDAY, Dec 31st

9:00pm Gllimares Family

5:00pm Luchin & Chiara Felice +

SUNDAY, Jan 1st

9:00am (Available for Mass Intention)

10:30am Giovanni & Franca Lombardi +

12:00pm (Available for Mass Intention)

2:00pm (Available for Mass Intention)

6:00pm (Available for Mass Intention)

MONDAY, Jan 2nd

9:00am (Available for Mass Intention)

TUESDAY, Jan 03rd

9:00am Joaquim Fragoso +

WEDNESDAY, Jan 4th

9:00am Healing of Rodney Saymour

THURSDAY, Jan 5th

9:00am Anna Bruno Delgrosso +

FRIDAY, Jan 6th

9:00am (Available for Mass Intention)

SATURDAY, Jan 7th

9:00am The Legion of Mary
Thanksgiving for Lucio Rego +
Souls of Purgatory
In Honour of the Sorrows of Jesus

5:00pm (Available for Mass Intention)

We are accepting Mass Intentions though the office during the week

Week of Prayer for Christian Unity Prayer Service 2023

Sunday, January 22, 2023 - 4 p.m.

St. Andrew's Presbyterian Church 73 Simcoe St.
(at King St. W.), Toronto

Join His Eminence Cardinal Thomas Collins and a wide representation of Christian leaders to pray for the restoration of full visible unity willed by Jesus Christ for the Church. This event is jointly organized by the Office for Promoting Christian Unity and the Greater Toronto Area Council of Christian Churches (GTACCC). All are welcome to attend in person.

PLEASE SEE THE POSTER:

<https://bit.ly/3GYgHYQ>

OR VISIT: www.archtoronto.org

Support Your Parish With A Gift Of Securities This Christmas

As Christmas approaches, it is a good time to call to mind some of the blessings we've experienced thus far. Thank you for your support throughout the year! While you are planning your seasonal giving benefiting the parish and the community, consider making a gift of securities. It is one of the most financially sound ways to make a difference. When you donate stocks, bonds or mutual funds, you pay no capital gains tax and receive a tax receipt for the full amount of the gift. It means a great tax break for you and greater support to the parish.

To learn more about gifting securities and how you can make an impact for the 2022 tax year, contact the Development Office at 416-934-3400 ext. 561/519 or visit bit.ly/ArchTOGiftsofSecurities.

ALL ABOUT FAITH



Feast Day Mary Mother of God (Jan 01)

No one Knew Jesus like Mary

Saint Mary has many titles under which we honor her. Today's Solemnity commemorates the utterly unique, and unrepeatable, bond she shared with Jesus, a bond no other saint can claim. Jesus and Mary probably even looked very much alike, as hers was the only human DNA in His body. What a beautiful thing that our God did not float down from heaven on a golden pillow. How good that He was not forged from a fiery anvil. How just that He did not ride to earth on a thunderbolt. Jesus could not redeem what He did not assume. So it was fitting that He was born like all of us—from a mom. We honor Mary today for her vocation as mother. If she had disappeared from the pages of the Gospels after giving birth to Jesus she still would have fulfilled her role in salvation history. She was obedient. She was generous. She allowed God to use her, body and soul, to write the first chapter of man's true story, the story of the Church. Like all true stories, the person comes first. A life is lived. The book comes later. God's Mother gives us our mother, Holy Mother Church, who washes our souls in the saving waters of baptism and thus adopts us into God's family. The Motherhood of Mary gives the world Jesus. Jesus gives us the Church. The Church then brings us into God's family where Mary is our mother, Jesus our brother, and God our Father. This is the family of the Church. What pride to be members of so noble a family!

-My Catholic Life

Join the Campaign for Compassion

The expansion of euthanasia is threatening the lives of Canadians who don't have access to sufficient services to live. Your fellow Canadians need your help. Tell your elected officials that Canadians with life-threatening conditions, disabilities, and mental illness deserve real government investment in services and supports so they can live.

Write to your provincial representative today at www.nooptionsnochoice.com With your help, we can get Canadians the support they need to LIVE.



In new interview, Pope Asks for 'Peace in the World' for Christmas



In this preview of an interview Pope Francis has given to the Spanish daily ABC, the Pope responds to a variety of questions regarding what he would like for Christmas, memories of his homeland of Argentina, and his wish to be close to the people even though his institutional role can make that difficult.

[Read More](#)

Living in God's Love

You shall not steal. You shall not bear false witness against your neighbor. You shall not covet your neighbor's house. You shall not covet your neighbor's wife, nor his male or female slave, nor his ox or ass, nor anything else that belongs to him.

-Exodus 20:15-17

3 Minute Retreat

[English](#)

[Español](#)

LIVING YOUR FAITH

Christmas Crossword Puzzle



Craft to help Children grow in faith

Children's Craft

Litany of Jesus the Savior

Jesus, Word Made Flesh, save me in your humility.
Jesus, Splendor of the Father, save me in your majesty.
Jesus, Lover of Every Human Face, save me in your chastity.
Jesus, Alpha and Omega, save me in your faithfulness.
Jesus, God-With-Us, save me in your presence.
Jesus, King of the Universe, save me in your power.
Jesus, Prince of Peace, save me in your justice.
Jesus, Good Shepherd, save me in your tenderness.
Jesus, Author of Life, save me in your creativity.
Jesus, Light of all Nations, save me in your radiance.
Jesus, Bread of Life, save me in your providence.
Jesus, Bridegroom of Souls, save me in your love.
Jesus, Man of Sorrows, save me in your suffering.
Jesus, the Resurrection and the Life, save me in your hope.
Jesus, Glory of the Saints, save me in your freedom.
Jesus, Desire of every Human Heart, save mChildren's e
in your kindness.
Jesus, Eucharistic King, save me in your self-gift.
Jesus, Son of the Living God, save me in your mercy.
Amen

How to Be Vulnerable Feat Sr. Mary Grace, S.V.



Today Fr. Mark Mary is joined for a third time by Sr. Mary Grace of the Sisters of Life to discuss the reality of vulnerability. Sr. addresses weakness and fear, recognizing these as part of the human experience. She reminds us that the Father never intends us to face these challenges alone. Instead, we should bring our vulnerability to the Lord and understand our "Core Blessing" as we stand on the secure footing of God's love.

Watch Video

The 7 Sorrows of The Virgin Mary The Catholic Talk Show



In this episode of The Catholic Talk Show, the guys explore the devotion of The 7 Sorrows of Mary

Watch Video Here

**"Charity is certainly greater than any rule.
Moreover, all rules must lead to charity."**

St. Vincent de Paul

**DUFFERIN IRON
& RAILINGS**
Custom Wrought Iron Works
Viktor Okhnovsky
416-535-1686
www.dufferiniron.com

**Zito's
marketplace**
210 Marlee Ave.
416.789.4755
www.zitosmarketplace.ca

**Lady York
Foods**

**FRESH FRUIT,
VEGETABLES & MEAT**
2939 Dufferin St. 416-781-8585
ladyyorkfoods.com

Essential Oils - You are so WORTH it!

Chemical-free Lifestyle, Better Sleep, Healthier Skin
Immune System Support, Emotional Balance



Get Your Premium Starter Kit Today!
www.get-oiling.com

Lynda - 416-949-5710

YOUNG LIVING INDEPENDENT DISTRIBUTOR



Tony & Dina Araujo
2189 Dufferin Street
416.652.8666



**A Great Place
To Learn**

Our licensed child care provides stimulating, high quality care to enhance a child's learning and development.

Starting in 2023

50% off

**Toddler, Preschool and
Kindergarten Program Fees**
18 months - 6 years

Other Programs Offered
Before/After Care
6-12 years
Summer Camp
4-12 years

**We Need A Break and
School Readiness
Program**

**LIMITED FREE NURSERY
SPACES AVAILABLE**
2.5-4 years

20 Bansley Avenue (D'Arcy McGee School)
(416) 397-6300 | stbernadettesfrc.org
Transportation available from St. Thomas Aquinas School to D'Arcy McGee School



Te Divina
ORIGINAL DETOX TEA



GUILLERMO & AIXA

**416.732.1490
647.829.4785**



Darosa
Café - Restaurant
Churrasqueira

2853 Dufferin at Glencairn

416-256-4544

www.DarosaRestaurant.com

**THE PERFECT SPOT
TO ADVERTISE YOUR BUSINESS!**



**TO ADVERTISE IN THIS SPACE PLEASE CALL
905-624-4422**

**SALES REPRESENTATIVE
WANTED**

Liturgical Publications, your weekly bulletin printer has an opening for a **full time Sales Representative**.
Base Salary • Commission • Car Allowance • Travel Expenses
If you have a drive to succeed and are self-motivated, email your resume to salesrep@parishbulletins.com



CATHOLIC CEMETERIES
FUNERAL SERVICES

In keeping with your Catholic faith
www.catholic-cemeteries.com

Queen of Heaven Cemetery 905-851-5822

Holy Cross Cemetery & Funeral Home 905-889-7467