



*Growing  
in Spirit,  
Community,  
and Service*

### **Mass Times**

**Sunday Eucharist**

**Saturday Vigil: 5 pm**  
**Sunday: 8:30 am, 10 am  
and 12 noon**

### **Weekday Eucharist**

**Monday to Friday: 9 am:**

### **Sacrament of Reconciliation**

**Saturday: 9 to 10 am**

### **Ministry Centre Hours**

**Sunday:**

**9:30 am to 2:30 pm**

**Monday, Tuesday,**

**Wednesday, Friday:**

**9:30 am to 4 pm**

**Thursday: Closed**

**Saturday:**

**3 pm to 7 pm**

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<https://stbonaventuresdo.archtoronto.org/>

*Sixth Sunday in Ordinary Time  
February 16, 2025*

# Bonnie News

*Franciscan Church of St. Bonaventure*



*The Sermon on the Mount* (1896), Károly Ferenczy (1862-1917), Oil on canvas. Hungarian National Gallery, Budapest. Source: Wikicommon, Fine Art in Hungary. Public Domain.

### ***Beatus Vir, a response to Psalm 1 by Malcolm Guite***

Come to the place, where every breath is praise,  
And God is breathing through each passing breeze.  
Be planted by the waterside and raise

Your arms with Christ beneath these rooted trees,  
Who lift their breathing leaves up to the skies.  
Be rooted too, as still and strong as these,

Open alike to sun and rain. Arise  
From meditation by these waters. Bear  
The fruits of that deep rootedness. Be wise

In the trees' long wisdom. Learn to share  
The secret of their patience. Pass the day  
In their green fastness and their quiet air.

Slowly discern a life, a truth, a way,  
Where simple being flowers in delight.  
Then let the chaff of life just blow away.

## LITURGY & SACRAMENTS

### THIS WEEK'S MASS SCHEDULE

Monday, February 17	9 AM	† Lino Arruda
Tuesday, February 18	9 AM	Intentions of Mercedes Alon on her birthday
Wednesday, February 19	9 AM	† David Tomcik
Thursday, February 20	9 AM	† Luis and Conchita Delfino
Friday, February 21	9 AM	Intentions of Vinodh Loganadhan Intentions of Martha Felton Intentions of Chris The Friars † Renee and Carmen Caliguia
Saturday, February 22	5 PM	† Neil Pinto
Sunday, February 23	8:30 AM	The Parishioners
	10 AM	† Annie Soans
	12 PM	† George De Gannes
Sanctuary Lamps	Bl. Sac.	† Joyce De Gannes
	Bl. Sac.	Vinodh Loganadhan
	Our Lady	† Joyce De Gannes

### LITURGY OF THE WORD WITH CHILDREN

Liturgy of the Word with Children is celebrated at the 10 a.m. Mass for children ages 4-9.

### THE SACRAMENT OF RECONCILIATION AT ST. BONAVENTURE PARISH

Confessions are heard on a weekly basis on Saturdays from 9 to 10 a.m. in the Confessional Room. In addition, you can always make an appointment with Fr. Peter or Fr. Tom.

### SACRAMENT OF ANOINTING OF THE SICK ~ FEBRUARY 15 AND 16

The Sacrament of Anointing of the Sick will be celebrated after the 5 p.m. Mass on Saturday, February 15 and after the 12 noon Mass on Sunday, February 16 for: those who are experiencing serious illness, were involved in a serious accident, or who are suffering from chronic infirmity or mental illness; those anticipating surgery or major medical tests; and any elderly person, especially when frailty is pronounced.

### HOLY COMMUNION TO THE HOMEBOUND



Our parish has an active Eucharistic Ministry to the Homebound. Our Eucharistic Ministers provide pastoral visits and bring Holy Communion to parishioners who are unable to attend church because of illness, disability or age. If you or someone you know might benefit from this ministry, please contact us at [homebound@st-bonaventure.ca](mailto:homebound@st-bonaventure.ca) or at 416-447-5571 ext. 590 and let us know.

### SCRIPTURE SHARING GROUP AT ST. BONAVENTURE'S

The Scripture Sharing group meets every Wednesday from 7 p.m. to 8:30 p.m. in the Oak Room of the Parish Centre to prepare for the readings for the upcoming Sunday. Reflecting on the spirituality of the scriptures before Mass can have a great impact on hearing the Word proclaimed on Sunday. Participation via ZOOM is available. For more information, please contact Tom: [tom.burns6727@gmail.com](mailto:tom.burns6727@gmail.com)

## PRAYER



In our charity we remember those who are ill and all who have requested a remembrance in our prayers.

We commend to the Lord the members of our parish who died recently:

+ James Long, + Bernard Nottage, + Anna Szatmary, + Christopher Harris, + Blanca Graciela, + Martin Frank,  
+ Thelma Jonathan, + Jeanette Bertheau, + Edward Baker and + Joyce De Gannes

## PRAYER NETWORK REQUESTS

Network members pray daily for your prayer intentions which are held in confidence. New members are welcome! Please call Teresa Krijgsman at **416-709-8150** with your prayer intentions or if you would like to join the prayer network.

## THE JUBILEE PRAYER ~ REFLECTION ON THE VERSES



*This weekend continues our reflection on each of the verses of the Jubilee Prayer.*

*Today's verse: "...reawaken in us the blessed hope for the coming of your kingdom."*

The opening petition of Jubilee Prayer concludes by asking the Father to stir up within us the third virtue God lavishes upon us: hope. Rather than sink into disillusionment or cynicism at the state of the world, our receptivity toward the gift of hope moves us forward in the knowledge of God's love for us and the promise of salvation given to us through Christ's death and resurrection. By receiving and nurturing this gift of hope, we allow the love of God to penetrate and shape our lives through which we, in turn, live in faithfulness to God and in charity with one another. By focusing our vision on the fullness of the Kingdom of God, we can catch glimpses of its inbreaking in our lives and in the world around us. We live in hope that, one day, all peoples and indeed, all creation, will find its truest identity in God, whose power and glory will transform all in justice, peace and eternal joy.

Pope Francis, in his book "Hope is a Light in the Night" encourages us "to make a simple but concrete gesture: in the evening, before going to bed, as you're thinking over the events you have lived through and the encounters you have had, go in search of a sign of hope in the day just gone by. A smile from someone you didn't expect, an act of gratuitousness observed at school, a kind act encountered in the workplace, a gesture of help, even a small one: hope is indeed a 'childlike virtue', as Charles Péguy wrote. And we need to go back to being like children, with their sense of wonder, to encounter the world, to know it, and to appreciate it. Let us train ourselves to recognise hope. We will then be able to marvel at how much good exists in the world. And our hearts will light up with hope. We will then be able to be beacons of the future for those around us."

from <https://www.vaticannews.va/en/pope/news/2024-11/pope-francis-hope-is-a-gift-and-duty-for-every-christian.html>

## HELPING OTHERS

### CASSEROLES FOR THE GOOD SHEPHERD REFUGE - YOU CAN MAKE A DIFFERENCE



Thank you to all who make the casseroles and to those who serve at the Good Shepherd in this outreach mission of mercy.

If you have made a casserole in the past and are able to assist again, please help us out. Each casserole is important to the contribution from the St. Bonnie cooks. This need is always present. New cooks are welcome. Recipes are easy to follow and are available along with pans in the cupboard at the back of the church.

Please drop off your casserole on or before February 24. Thank you in advance.

**SOCIETY OF ST. VINCENT DE PAUL - YOUR DONATIONS HELP !**



We received a thank you card from one of our Neighbours in Need. We have permission to share the message of gratitude with our parishioners through the bulletin. These are the words in the card ...

*"To all the sponsors and volunteers and people who support this cause.*

*Thank you so much for being so kind, caring and compassionate and generous to the families who are really in need. There are families who unfortunately struggle a lot due to mental health issues and physical health issues and cannot do things that makes their ends meet. So, helping us during our crisis and also, during festive times is very helpful. Thank you for everything." Sabrina and Family*



By visiting people in need in their homes and walking alongside to guide them to resources to break the cycle of poverty, we give them hope for the future. **Your generous donations to our poor boxes and through Canada Helps do help us make a difference. Thank you!**

Our confidential helpline is: **416-447-5571 Ext. 570**. In addition to donating through our poor boxes located at our three main exits, online donations can be made securely through our QR code or the following link: <https://www.canadahelps.org/en/charities/society-of-st-vincent-de-paul-st-bonaventure-conference/>

**UPCOMING EVENTS**

**"PILGRIMS OF HOPE" REGIONAL MASS - TUESDAY, FEBRUARY 25<sup>TH</sup>, 7:00PM**



You are invited to attend

The Jubilee Year 2025

"Pilgrims of Hope" Regional Mass at St. Edward the Confessor Parish  
Tuesday February 25<sup>th</sup>. 7:00PM

His Eminence Frank Cardinal Leo, The Archbishop of Toronto, will preside at this Mass for the Central Region of the Archdiocese, as we celebrate the Jubilee Year. It also offers an opportunity to give thanks for the elevation of our Archbishop to the College of Cardinals.

A plenary indulgence is available for those who attend this Jubilee Mass.  
Condition and further information can be found at: [www.archtoronto.or/jubilee](http://www.archtoronto.or/jubilee)

Confessions will be heard from 5:30 PM to 6:45 PM

St. Edward the Confessor Parish  
75 Churchill Avenue, North York ON M2N 1Y8

**TEA-TIME THEOLOGY: "ONWARDS & UPWARDS!" THE SYNODAL PROCESS BEYOND OCTOBER 2024**

Presented by Sister Gill Goulding, CJ, who brings a wealth of experience and expertise. As a member of the Theological Commission of the Secretariat of the Synod, she contributed to the preparatory document, the *Vademecum*, and the *Document for the Continental Stage*. Her insights promise to shed light on how we can live the Synodal process well beyond October 2024.

This series will follow Regis College's *Windows on Theology* format, taking place every Wednesday from **March 12 to April 9**, from **11:00 AM to 12:45 PM**. The course will be offered in a hybrid format, with in-person sessions, live-streaming, and recorded options available to ensure accessibility for all.

Five Wednesdays 03/12/2025 - 04/09/2025, Regis College, 100 Wellesley St W., in St. Joseph Chapel.

Admission: \$160

You can register by going to:

<https://regis.app.neoncrm.com/np/clients/regis/eventRegistration.jsp?event=1096&>

## MINISTRY WITH MATURING ADULTS



With a focus on nurturing our spirituality in body, mind and spirit in the second half of life and finding meaning and purpose in our daily life, always with a spirit of gratitude and practicing welcoming and hospitality to those we encounter each day in our families, communities and beyond. We hope to provide you with helpful and relevant information from our own presentations and our partners in the community while meeting and enjoying our Tuesday morning gatherings, usually twice monthly! There is no need to pre-register for these events below. Just come and you will be warmly welcomed! And feel free to invite a friend! If you would like more information, email: Trena Finnegan, Coordinator Ministry with Maturing Adults: [trena@st-bonaventure.ca](mailto:trena@st-bonaventure.ca)

**Tuesday February 18th 10:00AM to 11:30AM- Main Hall**

**Cultivating an Attitude of Gratitude and experiencing Joy in Life's second Act**

We continue exploring the needs that Sr. Schaeffler identifies in her writings and focus on the need to be grateful as we live out our life in the second act.

We will spend time in small groups, pondering, wondering and discussing these needs with guided questions.

We will then explore and share in the large group creative ways to practice, celebrate and live out these needs so that we can continue to enjoy life to the full.

*Facilitated by: Trena Finnegan, Coordinator - Ministry with Maturing Adults*

**Please note the following change of date & programme content. We apologies for any inconvenience.**

**Revised: Tuesday March 11<sup>th</sup>, 10:00AM to 11:30AM - Main Hall (March 4th is cancelled)**

***A Lenten Journey from Loneliness to Solitude: I Matter Because God Created me to Matter!***

Loneliness is one of the greatest spiritual epidemics of our times. Believing that I am a beloved child of God, is one of the strongest antidotes. When we feel lonely, we become hostile toward ourselves and others. We begin to believe that we do not matter. Feeling small and irrelevant we live in an illusion of fear and disconnect. Lent is an opportunity, a moment in time, when we can change the way we look at things and spiritually grow. A time when we can move from loneliness to solitude by embracing the Lenten pillars of fasting, almsgiving and prayer. Drawing on the writings of Fr. Henri Nouwen, Deacon Michael Carrera invites us to connect with the power of God's grace and optimally prepare our hearts this Lent to welcome the resurrected Lord.

*Michael Carrera is a Permanent Deacon in the Archdiocese of Toronto and currently serves at St. Benedict's Parish in Etobicoke. He has a master's degree in exercise science and has authored and co-authored four books: Periodization Strength Training for Sports (2nd ed.), The Catholic Workout book and DVD, Conditioning Young Athletes and his first book of fiction, Soul Winner. Soul Loser. A Remarkable Story of Finding Meaning in the Wisdom of the Day. Two of his books have been translated into multiple languages. He can be reached at [www.freedombench.com](http://www.freedombench.com) or on Instagram @freedombench*

**Tuesday March 18<sup>th</sup>, 10:00AM to 11:30AM - Main Hall**

**Life in the Blue Zones of the World**

Would you like to discover the secrets to living to 100? Explore with us the Blue Zones in the regions of the world that are home to the longest living and healthiest populations.

Join us for a dynamic presentation that will introduce you to the foods, cultures, and ways of living from these special regions in Italy, Japan, and Costa Rica just to name a few! Featuring food, music, and lots of lively discussions. You don't want to miss this wonderful morning as we travel the world together!

*Presentation by: Jane Teasdale, Joint Owner and Director Business Development and Community Relations, Mosaic Home Care Services & Community Resource Centre. Accompanying her is Lauren McNair, Senior Community Resource and Social Engagement Coordinator. Website: [www.mosaichomecare.com](http://www.mosaichomecare.com)*

**Save the Dates: April 8<sup>th</sup>, April 22<sup>nd</sup>, May 6<sup>th</sup>, May 20<sup>th</sup>.**

## CWL INITIATIVE FOR 2025: SHARE THE WORDS

The Catholic Women's League of Canada means many things to people. Our core values of faith, service and social justice guide us as we follow Catholic teaching, provide service locally, nationally and internationally, and work to advocate for social justice.

### # 7 Compassion

Do you recognize the human dignity in all people? Do you feel motivated to do something to help others? Catholic Women's League members embark on many projects that directly impact those who are disadvantaged in society. How can you help? Become a member and be part of the solution.

## CWL GENERAL MEETING, THURSDAY FEBRUARY 27 AT 7 PM - MAIN HALL

**Catholic Women's League of St Bonaventure - Welcomes all Catholic Women!**

**We are Acceptance, Action, Advocacy, Belonging, Change, Charity and Compassion.** Please consider joining the Catholic Women's League. It has all these values at the heart of its mission.

Please join us for our next general meeting on February 27<sup>th</sup>, 2025, at 7pm in the Parish Hall.

## CONGRATULATIONS TO OUR MARY MATTHEWS PUBLIC SPEAKING WINNERS!



**First place:** Aila Riajskikh, grade 8, Hawthorn School - Her topic was King Tutankhamen and Aila will be participating in the North York Regional level competition Saturday February 15, 2025, at St. Luke's Parish, Thornhill.

**Second place:** Violet Willemse, grade 7, St. Bonaventure School - Her topic was The Impact of Cancer. N.B. Violet is the daughter of Anna Della Rocca, granddaughter of Madeline Della Rocca.

**Third place:** Aimilia Manali, grade 7, Hawthorn School - Her topic was Character Development.

**We would like to thank the judges and everyone who participated in this year's event.**

## SPIRITUAL BOUQUETS FOR THE 2025 ORDINANDI

On Feb 8, 15, & 22 CWL will be collecting Ordinandi Spiritual Bouquets to present to the Transitional Deacons who study, pray and reside at St. Augustine's Seminary and at Redemptoris Mater Seminary, who with God's grace will be ordained to the priesthood this year, and to hear their unique call to the priesthood. Please see the notice board at the back of the church for the offering pamphlet. Once it's complete, please drop it into the clear plastic card box at the back of the church, near the bulletin board.

## SAVE THE DATE: SUNDAY, MARCH 2, 2025 - ANNUAL PANCAKE BREAKFAST AND BAKE SALE



We hope you can join us of the Knights of Columbus Pancake Breakfast and CWL Bake Sale, Sunday March 2, 2025, after each of the Masses.  
More information to follow!



A REFLECTION FOR FAMILY DAY ~MONDAY, FEBRUARY 17

*When 'Only' Is More Than Enough: How Beans and Rice Became Our Weekly Dinner Tradition* by Katie Waite



It was the end of another typically hectic day in our house. I was running behind schedule, my husband was running late, the baby's nose was running, and my toddler was running around in circles. He stopped only to utter those famous words: "What's for dinner?"

What was supposed to be for dinner was a stuffed chicken and broccoli dish that, like both the grocery shopping and my children's naps, never managed to materialize. At this point, I had no idea what was in the fridge let alone what was on the menu. I took inventory of our sparse pantry. The only thing I could come up with was...beans and rice.

In less than 20 minutes (thank you, quick cook brown rice!) and in one pot, dinner was on the table. As I started scooping out everyone's portion, I braced myself for protest, demand for more, and accusations of not enough.

"What is this?" said my son, pointing to his spoon. "Well it's only beans and rice." I said. "Oh. I like only beans and rice," he said. And so, too, did the rest of the family. Everyone ate their share without complaint. No one went hungry. The Pinterest police did not come knocking on my door.

That's how only beans and rice, the dinner tradition that saved my sanity and gave us a new appreciation for food and family, started.

And it couldn't have come at a better time. I had been struggling with ways to deal with Lent as a parent, to teach my children about this season. I wanted, in toddler-appropriate and child-friendly ways, to explain to my children about sacrifice, repentance, almsgiving, and the solemnity of the occasion. Unlike the more joyful parts of the liturgical calendar, creating something fun-filled and game-like seemed inappropriate. Eating only rice and beans has been part of the solution. It has become a weekly menu item meant to keep us grounded in what really matters.

In the grand scheme of things, I know it's not a drastic change. I know many people around the world would be delighted to indulge in what we deem a simple meal. I'm not pretending that this weekly dinner is a sacrifice. But it has been a reminder about what is important. By eating only beans and rice, we are stepping away from extravagance, from Pinterest-inspired meals, and from stressing whether or not the children will like what they eat, and are instead focusing on the fact that we all have food. I spend less time in the kitchen and more time at the table. I spend less time preparing for my family and more time with my family. By spending less, by doing less, we are gaining more. Our family dinner of only rice and beans is a simple exercise, reminding us that simple is enough.

From: <https://bustedhalo.com/ministry-resources/when-only-is-more-than-enough-how-beans-and-rice-became-our-weekly-dinner-tradition>

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## CONTACT US

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ARE YOU REGISTERED? IF NOT, ASK AN USHER  
FOR A PARISH REGISTRATION FORM TO COMPLETE

### Ministry for Maturing Adults

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[info@stclareinn.org](mailto:info@stclareinn.org)

### St Bonaventure School

1340 Leslie Street  
Toronto, ON M3C 2K9 416-393-5263  
<https://www.tcdsb.org/SCHOOLS/STBONAVENTURE/>

### Casseroles for the Good Shepherd Centre

416-447-5571 ext 580

### Society of St. Vincent de Paul

416-447-5571 ext. 570

### St. Anthony of Padua Mission Aid

1320 Leslie Street, Suite 100  
Toronto, ON M3C 2K9  
416-690-9904 [www.saintanthonyofpadua.net](http://www.saintanthonyofpadua.net)

## REFLECTION

**“Blessed are you who are poor, for yours is the kingdom of God.” Luke 6:20**

Beautiful and numerous are the beatitudes in Hebrew scriptures. They say that if you do this or that good thing, you will receive blessings. Thus, people were not surprised that Jesus used them in his teaching. The trouble is, he seems to have reversed them! Blessed are you if you do the deed of suffering. What do you mean? Am I supposed to seek to be penniless and sorrowful and in pain? Why would he encourage us to be in such terrible states? Through history there have been many opinions on this reversal, but your author has his own guess, and here it is. A person has to be open and empty in order to let God and others come in. In order to love and be loved we need to *have space at the center of who we are*.

Consider a rich person who “has everything.” Isn’t she tempted to let her possessions define who she is? “Attack my home and you attack me,” she might say. Possessions become an “instead of.” Instead of love, I choose something more stable (so it looks): cars or households or corporations or just plain power. Instead of eating as much as we need, each North American who goes to a restaurant orders enough for five people! “Would you like another order of French fries?” the waiter asks after we have already finished a steak the size of a serving plate and a triple order of fries (so it seems).

Be sure that the principle running through all the beatitudes is this: you are blessed *if you don’t cram yourself full*. Full of food, drink, pride, drugs, fame, sex, visits to the beach, stunning hairdo’s, flattest abs, shiny teeth, fast cars, every kind of wealth, and of course reputation, reputation, reputation.

Jesus seems to be saying instead, blessed are you if you try to stay empty, if you become a spacious home for God, for other human beings, for the long-suffering earth. There is only one reality, only one Being who can give us the bread of life, who can satisfy our deep capacity for love. Don’t you want to welcome that being into your soul instead of flying around at fastest pace having fun, fun, fun? We are built to be quiet receivers, people who know they feel empty and yet are patient. Blessed are you if you let go into his arms.

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**May the Lord bless you and keep you!**