

HOLY NAME PARISH

GOUGH AND DANFORTH (at Pape Subway)

Rectory: 71 Gough Ave. Toronto, Ont. M4K 3N9

Phone: 416-466-8281

Fax: 416-466-8559

Web site: holynameto.archtoronto.org

Email: HolyNameTO@archtoronto.org



Welcome to Holy Name. We encourage all parishioners to become actively involved in your parish through its many groups and ministries.

We also need and appreciate your financial support from regular offertory envelope contributions. Please ensure that you are registered with the office. Parishioners who are changing their address are asked to inform the parish office.

Pastor: Reverend Eric Rodrigues

Parish Secretary: Mrs. Pamela Cobham

Director of Music: Peter Smith peter.smith1@hotmail.ca 416-989-3542

Parish Office Hours: Mon, Tues, Wed and Fri 9 am - 12 noon 1 pm - 5 pm

CELEBRATION OF THE EUCHARIST

Saturday: 5:00 pm (in the church)

Sunday: 10:00 am (children's program only at 10 am service)
12:00 pm (African Catholic Community)

Weekday: Monday-Friday at 12:05 pm in the church

Eucharistic Adoration: every Friday 12:30 pm - 1:30 pm in the church.

Sacrament of Reconciliation: Saturday 4:00 pm - 4:45 pm and on request.

BAPTISM

By appointment and after instruction.

MARRIAGE

Archdiocesan Marriage Policy: Couples planning to be married must contact a priest one year in advance.

They must also receive personal preparation for entering marriage.

Catholic Cemeteries: 416-733-8544

Archdiocese of Toronto: www.archtoronto.org

Saint Vincent de Paul Society (to help neighbours in need) 416-469-0842

Holy Name School:

Phone 416-393-5215

Fax 416-393-5934

690 Carlaw Ave

Principal: Ms. Maren Askin

The Parish Hall and Rooms are available for rent - please email holynameto@archtoronto.org.

Dear parishioners,

We are about to enter the Season of Lent. This coming **Wednesday, February 18th**, is **Ash Wednesday**. Ash Wednesday is a day of **fasting and abstinence**. Fasting means that we limit ourselves to just one main meal and two smaller meals during the day, and no snacking in between. Fasting is only obligatory for those who are 18 to 59 years of age. Abstinence means that we do not eat meat, as a further sign of sacrifice. Abstinence is obligatory for all those over age 14. These external sacrifices are important because as human beings our physical and spiritual components are meant to be united. The relationship that I have with God, rooted in my soul, will always be connected to my bodily life. The interior dimension of my life can never be isolated from the exterior dimension. The efforts we put towards fasting and abstinence (bodily actions) on Ash Wednesday are actually rooted in the soul. I am able to make these sacrifices with my body because, in the depths of my soul, I consciously make the decision and then carry it out externally.

The sacrifices on Ash Wednesday—and throughout the season of Lent—serve as a type of “exercise” for my soul. I regularly choose actions that are difficult. They do not have to be huge sacrifices; sometimes small but daily sacrifices are quite helpful. What then happens is that I gradually develop a habit whereby my soul is able to take control of my body. This is normally not something easy. The human body can often lead us astray. Temptations make it challenging. These could be temptations towards pleasure, laziness, impatience, or anger. Our bodies (and this includes our emotions) are easily influenced by what goes on around us. It so often seems that we are not quite in control. We have a hard time controlling our impulses...towards pleasure, anger, laziness, etc. By putting forth a regular effort to “train” the soul to be in control of the body, we slowly develop the habit to be more in control of our behaviour.

Lent, then, is an excellent opportunity to develop this capacity in the soul. We all have our temptations; we all have our weaknesses. Let us take advantage of these next 40 days to open our

hearts to the grace of God and respond with our sacrificial efforts!

Fr. Eric



Mass Intentions

- Mon. February 16th
12:05 pm: **Constancio Gonsalves + Charissa Chau + Ashley Caroline Dickinson + Lisa Narayan + Hui Wai On + Death Anniversary of Isabel Barrosot For the Intentions of Ivan Raspor**
- Tues. February 17th
12:05 pm: **Sherry MacEachern +**
- Thurs. February 19th
12:05 pm: **Mary & Harry Keane +**
- Fri. February 20th
12:05 pm: **Marlene O'Connor Depledge +**
- Sat. February 21st
5:00 pm: **Filomena De Lima +**



Masses on Ash Wednesday, February 18th will be at 12:05 p.m. and 7:00 p.m. in the church. Ashes will be distributed at both Masses.



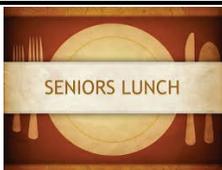
**Stations of the Cross
Every Friday during Lent
At 7:00 p.m.**

PLEASE COME AND JOIN US ON
**SATURDAY, MARCH 14TH AT 5:00
PM MASS**

Celebrant: Archbishop of Toronto, His
Eminence Frank Cardinal Leo
**To commemorate the 100th
Anniversary of the dedication of
our church building.**

The 236th Scouting Group put on a pancake breakfast for parishioners on **Sunday Feb 8th, 2026**. The turnout was excellent and the scouts did a fantastic job cooking up delicious pancakes and sausages. The children loved playing the carnival games. Thank you all for coming out and supporting the community event. We raised a net of **\$482.54 for Holy Name Church** but more than this, we all had a great time coming together with our family and friends at Holy Name Church

Bob Taylor
236th Scouting Group



Seniors Group

Our next biweekly luncheon will be on **Thursday, February 19th, 2026** after the 12:05 Mass in the parish hall.

THANK YOU

*To the Knights of Columbus Monsignor
Ingoldsby Council 9079
For their donation of \$1,000.00 to the parish.*

WELCOME, NEW PARISHIONERS!

Please visit or contact us for information or to register at the Parish office. **Registration Form** can be downloaded from our website or fill-in the Parish Registration Form provided at the entrances of the church. A request for Sunday Offering Envelopes is encouraged to assist in the needs of the church. **Pre-Authorized Giving**, a pre-authorized form is available also on the parish website under **Parish Life** and the entrances of the church. To learn more about the Parish, please visit: our website at **holynameto.archtoronto.org**.



**HAPPY FAMILY DAY
Monday, February 16th**

Tax Receipts for 2025: To be Mailed to Your Home

We thank everyone for their support of the parish in 2025. We have arranged for tax receipts for the year 2025 to be mailed to all donors. For contributions made in 2025 to the Archdiocese for ShareLife or Donate Now via credit card, your tax receipt will come directly from the Archdiocese. Once again thank you very much for your contributions. We appreciate your generosity in supporting your spiritual home.

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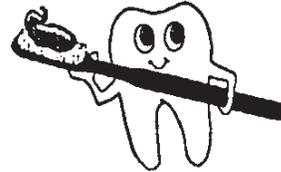
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