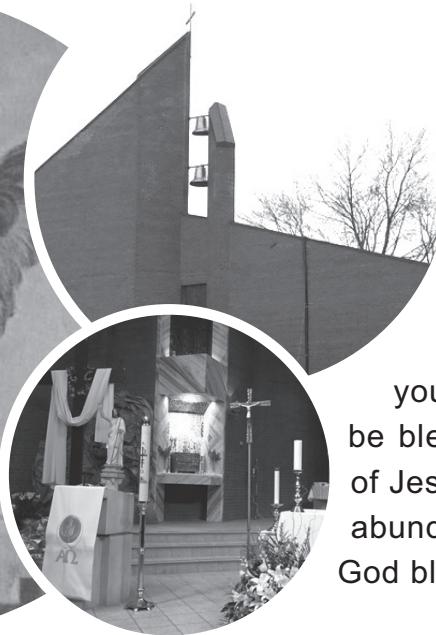
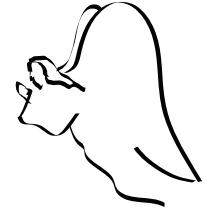




HOLY ANGELS CHURCH

TOGETHER IN PRAYER AND WORSHIP



Holy Angels Parish walks with you in your journey of faith. We are a community of believers, coming together to pray and give glory to God through liturgy and sacraments.

Our Catholic community welcomes you. We pray that each parishioner will be blessed and strengthened by the power of Jesus Christ our Saviour and live a life of abundance in fellowship, joy and love. May God bless you always!

PASTORAL TEAM/ SQUADRA PASTORALE:

Rev. Bruno Kesangana Nandaba
Pastor

Anna Schaefer
Secretary/Catechist

Anna Capuano
Organist

Maria Park
Music Director

Danny Franchi
Hall Caretaker

MASS TIMES/ORARIO DELLE MESSE:

Saturday Vigil:
5:00 p.m. English

Sunday:
9:30 a.m. Italian
11:30 a.m. English

Weekday Masses:
8:00 a.m. English
(Mon/Wed/Thurs/Fri)
NO Mass on Tuesdays

CONFESIONS/ CONFESIONI:

4:00 – 4:45 p.m. Saturdays or by appointment

OFFICE HOURS/ ORARIO DI UFFICIO:

Monday
By Appointment Only

Tuesday
Closed

Wednesday to Friday
9:00 a.m. to 2:00 p.m.

Saturday/Sunday
Closed

CONTACT INFORMATION/ INFORMAZIONI SUI CONTATTI:

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Toronto, ON M8Z 2G6

Tel.: 416-255-1691
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office@holyangelschurch.ca
Holy Angels Youth (HAY):
youth@holyangelschurch.ca

Parish Ministries:
ministry@holyangelschurch.ca
Website:
holyangelset.archtoronto.org

FOURTH SUNDAY IN ORDINARY TIME



February 1, 2026
Fourth Sunday in Ordinary Time
Zeph 2:3; 3:12-13 | 1 Cor 1:26-31 | Mt 5:1-12a

Written by
THE
FAITHFUL
DISCIPLE

GROW AS A DISCIPLE | PRAY, STUDY, ENGAGE, SERVE

There have been many times when I have experienced “imposter syndrome” in my work, where I doubt my own ability. In these times, I often looked to others to try to determine if I was doing enough. But instead of giving me the validation and encouragement I was seeking, this act of comparison frequently led to dissatisfaction. I began to wish I was more like others — more outgoing, more disciplined, more organized. But who I am and the gifts that I have to offer are exactly what I am being called to give in my vocation. Saint Paul reminds us in his First Letter to the Corinthians that we were not called because we possess a specific talent or personality; we have been called to bear witness to the work Christ is doing in us. And this witness comes from living our vocation authentically, with the gifts we naturally possess. When we not only accept but love and value our unique qualities, we give glory to the One who so lovingly and perfectly created us.

GO EVANGELIZE

PRAYER, INVITATION, WITNESS, ACCOMPANIMENT

In proclaiming the beatitudes, Christ reveals that those who will experience the rewards of heaven aren't those we might consider “blessed” by human standards. What our culture values as markers of success and happiness are not always what is valued in the kingdom of God. Indeed, the joys of life in the kingdom are deeper than those here on earth; we were created for fulfillment greater than what this world can offer. Therefore, we must live confidently in the hope of Christ's promises instead of comparing ourselves to others who might appear more successful. And as we live our vocation, we are called to live out the countercultural message of the beatitudes — a radical trust in the eternal promises of God in spite of earthly poverty, grief, or persecution. In doing so, we invite others to see and experience the joy of the abundant life that Christ proclaims.

REFLECT

As we go through life, there can be times when we feel unprepared for the vocation God has called us to. Consider how these feelings of inadequacy may be an invitation for us to rely more fully on Christ working within us. Bring this to prayer and ask the Lord to reveal how he may be using this particular circumstance to draw us closer to him.

IV Domenica del Tempo Ordinario



Le beatitudini capovolgono i criteri del mondo. La gioia la costruiamo ogni giorno: non nel possesso e nella chiusura, ma nel dono, nella mitezza e nell'operare per la pace.



Thank you for supporting your church. Collection for January 25th was \$1,600.70.

Grazie della generosità per la vostra Chiesa. L'offertorio della domenica 25 gennaio era \$1,600.70.

Holy Angels Building Repairs Fund: Second collection for January 25th was \$170.00.

La Seconda Raccolta per la Chiesa: Seconda raccolta della settimana 25 gennaio era \$170.00.



Dr. Simone: We will be collecting salt for the month of February.

Questo mese vi invitiamo a partecipare alla raccolta del sale a favore della missione del Dr. Simone.



Sanctuary Lamp Prayer for the week of February 1st is offered in memory of parents, brothers and Zio Di Iorio requested by Lucia Capuano.

La lampada del Santissimo Sacramento per la settimana del 1 febbraio e' offerta in memoria dei genitori, fratelli e Zio Di Iorio, su richiesta di Lucia Capuano.

OUR LADY OF MOUNT CARMEL COMMITTEE:

The members of Our Lady of Mount Carmel Committee invite all parishioners and friends to attend our Annual Dinner/Dance which will be on **Saturday March 7th, 2026**, at Le Treport Banquet Hall. **Tickets are \$100 for adults, \$80 for teens 13-18 years old, and \$40 for children 4-12 years old.** To reserve your tickets, please contact **Maria Giannini (905) 270-7681 or a member of the committee.** We thank the community for their continued support. **This year we celebrate our 65th Anniversary of the founding of Our Lady of Mount Carmel Feast in Canada.**

I membri del Comitato di Nostra Signora del Monte Carmelo invitano tutti i parrocchiani ed amici al nostro ballo annuale, sabato 7 marzo 2026, presso Le Treport. Il costo del biglietto è \$100 dollari per gli adulti, \$80 dollari per i ragazzi dai 13 ai 18 anni e \$40 dollari per i bambini dai 4 ai 12 anni. Per prenotare i biglietti, contattate Maria Giannini (905) 270-7681 oppure un membro del comitato. Ringraziamo la comunità per il vostro continuo sostegno. Quest'anno celebriamo il 65° anniversario della fondazione della Festa di Nostra Signora del Monte Carmelo in Canada.

Save the Date!



Pancake Breakfast will be on February 15th after the 9:30 a.m. and 11:30 a.m. Masses. \$15 per ticket.



Fish & Chips will take place on Good Friday, April 3rd following the 3:00 p.m. service. \$20 per ticket.

Marriage Sunday 2026: will be celebrated on the weekend of **February 7-8**. Parishes are encouraged to mark this occasion locally by recognizing special anniversaries, offering an opportunity for couples to renew their marriage commitment, or hosting a parish celebration or date night. Resources and ideas for parishes are available at: www.archtoronto.org/en/offices-and-ministries/sub-sites/marriage/marriage/for-parishes Married couples are also invited to attend the **Celebration of Marriage Mass with Bishop John Boissonneau on Sunday, February 8, 2026 at 2:30 p.m.** at St. Michael's Cathedral Basilica (65 Bond St., Toronto). All married couples will have the opportunity to renew their marriage commitment during the Mass. Reserved seating is available for couples celebrating a **25th, 40th, 50th, 60th, or 60+ Anniversary in 2026**. Seating is limited and available by advance registration. All other seating is first-come, first-served. Those unable to attend in person are invited to join via livestream.

Registration and additional information: www.archtoronto.org/marriage

Mass Intentions February 1st to February 8th

Sunday, February 1st

4th Sunday in Ordinary Time

9:30 am

† Francesco & Elena Macchione by Famiglia Caputo

11:30 am

† Debbie Green by Anna & Michael

Monday, February 2nd

Presentation of the Lord

8:00 am

† Alfredo Cruz by Barkada Friends

Tuesday, February 3rd

St. Blaise, St. Ansgar

8:00 am

No Mass

Wednesday, February 4th

8:00 am - Living Only Mass Intentions

For all our Parishioners

7:00 pm - Memorial Mass

† Alfonso Caputo (one year of passing) by Moglie e figli

Thursday, February 5th

St. Agatha

8:00 am

† Giovanni Ferraro by Tony & Rosaria Menecola

Friday, February 6th

St. Paul Miki & Companions

8:00 am

† Harold & Assumption Colaco by Mildred Monteiro

7:00 pm - First Friday Holy Hour

Saturday, February 7th

Mem. of Blessed Virgin Mary

5:00 pm

† Tony Sabatini (2 years of passing) by Mom Nicolina Sabatini

Sunday, February 8th

5th Sunday in Ordinary Time

9:30 am

† Rosolina Policelli by Figlio Donato e nipoti

11:30 am

† Rosaria Rosato by Family



Don't forget about our Sock Drive that is running for the month of February. Thank you to Holy Angels School who contributed to our Drive!



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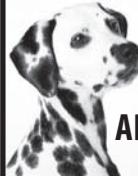
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