

Today we begin reading from 'The Sermon on the Mount' - Matthew's masterpiece, gathering together central teachings of Jesus. Singled out in our Christian tradition with this special name, this sequence of Matthew's gospel is the most famous passage in all Christian literature. In today's reading, Jesus instructs us on the nature of true happiness - what the ever-restless human heart is seeking: something beyond life's passing joys and satisfactions, something that we know we are made for, in the depths of our being.

Matthew's all-to-familiar presentation of the 'Beatitudes' has lessons concerning the nature of true happiness that may surprise us - lessons that are as meaningful today as when they were first given. Matthew's gospel, as we have seen, is written for a Christian community made up of Jewish converts; it aims to help them appreciate how Jesus is the fulfilment of all that is dear to them in 'the law and the prophets' (Mt 5.17). As he relates the teaching of Jesus to the biblical tradition, Matthew helps us to appreciate the profound continuity that exists between the two Testaments.

'Blessed (happy) are you'. These words of joyful congratulation, addressed to those who have known the joy brought by God's blessings, echo down the ages in the story of the scriptures. 'All generations will call me blessed', Mary declares. The Beatitudes have a common pattern: relating the attitudes of those who have taken to heart the Good News of the Kingdom to the corresponding blessings that will be theirs, as God's gift. These blessings are shown by Matthew's presentation to be a magnificent fulfilment of the ideals of old Israel. True disciples of Jesus are 'poor in spirit' - they know that the God of Israel's faith is the champion of the powerless, who will certainly 'hear their cry'. It was in this spirit that the authentic faith of Israel's covenant lived on; and it was in this spirit that Jesus lived out his mission. The 'meek' are those who resist the temptation to rely upon human self-sufficiency and arrogance, finding their security in the Lord. For those who first heard Matthew's gospel, the attitudes of the true believer were summed up in the 'justice' that was the faithful Israelite's right relationship with their God. For this community, therefore, those who 'hunger for justice' do more than take up the cause of the oppressed; they seek the fullness of 'justice', by living according to Christ's new Law of Love. The 'merciful' are those who, faithful to their covenant relationship, have learned from the Saviour how to identify with the generous ways of God. 'Pure in heart' has a far broader meaning than we may tend to assume - the 'heart', so often spoken of in the psalms, is the person's innermost self; and this Beatitude speaks of nothing less than an undivided and generous commitment to the Gospel. 'Peacemakers' are those who identify with the hope at the heart of the biblical tradition - 'peace' (shalom), human wellbeing at every level, God's own gift.

The happiness proclaimed in the Beatitudes is not our achievement, but God's gift: 'Fear not, little flock, for it has pleased the Father to give you the kingdom' (Lk 12.32); 'A peace which the world can not give is my gift to you' (Jn 14.27).

The other readings of our liturgy confirm the central place of the spirit of the Beatitudes in the ongoing story of God's people.

John Thornhill sm  
www.theemmausseries.com

**Are you ready to serve God and His Church as a priest or a religious?**

If you think God is calling you to ministerial service, contact Fr. Chris Lemieux, Vocations Director, Archdiocese of Toronto. 416-968-0997 vocations@vocations.ca www.vocationstoronto.ca



Happy are the poor in spirit; theirs is the kingdom of heaven

Readings ~ Zephaniah 2:3; 3:12-13 ~ 1 Corinthians 1:26-31 ~ Matthew 5:1-12

PARISH

**Mass Intentions This Week — January 30 — February 5**

Please join us as we pray for the following announced intentions...

	Intention(s):	Offered by:
Monday, 9am	✠ Stephen Rakoczy	family
Tuesday, 9am	✠ Vincent LaVecchia	family
Wednesday, 9am	✠ members of Mahoney Family	
Thursday, 9am	✠ Ted McConvey	The Brennans
Friday, 9am	✠ members of the Valencia, Goseco & Feliciano families	Linda Feliciano
Saturday, 9am	✠ Deirdre Mungovan	Thelda Walsh and family
5:15pm	✠ Marcy O'Neill	Dixie & Ed Wickham
Sunday, 8am	✠ For the needs of our parish and faithful parishioners ✠	
9:30am	✠ Ricardo Diaz	family
11am	... of Daniella Servedio	
12:30pm	✠ Joan Militar	a friend

**Reminders for Sacramental Preparation**

**CONFIRMATION SESSION 3A**, Sunday, February 19, 4-5:30pm, Parish Hall or Wednesday, February 22, 7-8:30pm, Parish Hall

**Children's Liturgy of the Word** — We welcome children ages 4-10 years old to come celebrate a modified Liturgy of the Word for Children every Sunday during the 9:30am Mass in the Parish Hall.

**Stretch and Flex**

As one ages, muscles tighten and have less range of motion in joints. A regular stretching program may help lengthen muscles and make daily activities easier and more enjoyable. Come join us, **Tuesdays from 6:30pm-7:30pm, 2<sup>nd</sup> floor Running Room. \$10/class. Bring water and yoga mat.**

**Rosary** — prayed daily at 8:30am prior to the 9am Mass. The **Rosary Group** meets every Friday at 2pm in the Parish Hall and prays fifteen decades followed by the Chaplet of Divine Mercy. All are welcome to join in prayer.

**INVITATION TO BE MORE ACTIVE IN YOUR PARISH COMMUNITY** — If you've thought about assuming an active role in the life of the parish, we invite you to email the church office at [olosorrows@bellnet.ca](mailto:olosorrows@bellnet.ca) or call 416 231 6016 to discuss volunteer opportunities. There are several ministries in the parish that you might be interested in: Music Ministry, Ministers of Hospitality/Ushers, Altar Servers, St. Vincent De Paul, Social Committee and more...

**OLS PANCAKE TUESDAY — February 28, 2017 from 5pm-7pm, Parish Hall**  
Pancake Tuesday - February 28 from 5pm-7pm, Parish Hall.

Everyone is invited to our annual Pancake Tuesday. Come and enjoy pancakes, sausage, blueberry topping, juice, tea and coffee. Cost: \$5 children / \$8 adults in advance and \$7 children / \$10 adults at the door. Tickets on sale February 12. Proceeds go to ShareLife.

**Volunteers needed:** set up/tear down, cooking pancakes, servers & helpers from 3pm-8pm. Sign up sheet will be available at the back of the church next Sunday, February 5.



COMMUNITY

**FR. MARTIN'S RETIREMENT RECEPTION** — Please join us in celebrating Fr. Martin Pereira's Retirement on Friday, February 10, 2017 from 6:00pm-9:00pm in our parish hall. Pot luck. Bring your favourite dish/dessert. Send your RSVP to [pereirarsvp@gmail.com](mailto:pereirarsvp@gmail.com). Fr. Martin will continue to celebrate Masses at Our Lady of Sorrows.

**Lectio Divina with Cardinal Thomas Collins: Merciless and Merciful (Matthew 18:15-35)**  
Sunday, February 12, St. Michael's Cathedral. We begin with Vespers (Evening Prayer) at 7 p.m., followed by Lectio Divina from 7:30 to 8:15 p.m. [www.archtoronto.org/lectio](http://www.archtoronto.org/lectio)

**World Day for Consecrated Life Mass — TODAY, Jan. 29 at 3:00pm, St. Paul's Basilica**  
In the Archdiocese of Toronto we are blessed to have living and serving among us more than 900 religious men and women of 100 different religious congregations. All are welcome to come to a special Mass presided by Bishop Wayne Kirkpatrick in celebration of the vocation and witness of these special men and women who are such a vital and important part of the life and ministry of the Church in our Archdiocese. The Church celebrates the World Day for Consecrated Life, on Thursday, February 2<sup>nd</sup>.

**Prayer for Christian Unity — TODAY, January 29 at 3:30pm, St. Michael's Cathedral**  
For information call the Office of Ecumenical and Interfaith Affairs at 416 934 3400 ext. 344/527 or email [vkwok@archtoronto.org](mailto:vkwok@archtoronto.org)

**EMPLOYMENT STRATEGISTS TO HELP INTEGRATE SYRIAN NEWCOMERS**  
A Workshop for Church and Community Sponsors presented by ECULINKS Etobicoke and Islington United Church. Join us to learn how to create a strategy that should help your sponsored family find a road to appropriate employment. Dennis Bradley, Islington United Church, Eddie Alkemade, Our Lady of Sorrows Roman Catholic Church Sponsor Experiences, Mahmoud Allouch, Employment Strategist How to Create an Employment Strategy that Works. Small Group Discussion led by table co-ordinators Saturday, February 4, 2017 10:30 am — 1:30 pm Lunch included. Our Lady of Sorrows Church - Downstairs Hall. Let us know if you are joining us by registering at [www.eventbrite.com/e/employment-strategy-to-help-integrate-syrian-newcomers-tickets-30570568393](http://www.eventbrite.com/e/employment-strategy-to-help-integrate-syrian-newcomers-tickets-30570568393). For information contact: Peter Lindsay — [peterlindsay101@gmail.com](mailto:peterlindsay101@gmail.com)

**St. George's on-the-Hill presents: "Icons" — Sunday, February 5, 2017, 4:00pm**  
Discover the rich history, tradition, and devotional use of icons within the Christian tradition. Learn about the meaning and symbolism of various icons, as well as their use in prayer as a means of contemplating the mystery of God. All are welcome. Refreshments served. Free will donations gratefully accepted. All are welcome. For more information visit [www.stgeorgesonthehill.ca](http://www.stgeorgesonthehill.ca)

**Interfaith Awareness at All Saint's Parish, 1415 Royal York Rd., 9:30am-11:00am**  
Fr. Scott Lewis, SJ, Dean, Regis College, School of Theology, U of T, will present three Ecumenical and Inter-Faith talks. Interested to attend? Email [franca.gallucci28@gmail.com](mailto:franca.gallucci28@gmail.com)  
Saturday, Feb. 4: What does Catholicism have in common with non-Catholic Christianity?  
Saturday, Feb. 11: What does Catholicism have in common with Judaism?  
Saturday, Feb. 18: What does Catholicism have in common with Islam? How to read the Bible.