
St. Martin De Porres Parish

4179 Lawrence Avenue E. and Morningside Ave. Scarborough, ON M1E 2S3

Email: smartins.office@rogers.com

Parish Website: smartindeporressc.archtoronto.org/

Phone: 416-284-9192 St. Vincent de Paul Society 416-284-6131

Parish Contacts

Pastor

Rev. Anthony Gonsalves (ext 105)

Parish Office Hours

Tuesday - Friday 9:00 am - 4:00 pm

Daily Mass Schedule

Weekdays

Tuesday to Friday 8.30 AM

** No Morning Mass on Monday & Saturday

FRIDAY Mass is followed by the exposition of the Blessed Sacrament till 10.00 am.

Weekend

SATURDAY: 5.00 PM (Vigil)

SUNDAY: 9.00 AM, 10.30 AM & 12.00 Noon

Reconciliation SATURDAY From 4.15 PM to 4.45 PM

Baptism, Confirmation, First Communion

Registered and active parishioners are asked to contact the parish office during week days between 9:00 am to 4:00 pm (Closed 12.30pm - 1.30 pm)

Marriage

Contact the parish priest one year in advance of the date of marriage.

Shut-ins

Please let the parish team know so that they can be supported sacramentally.

Parish Schools

St. Martin De Porres School 416-393-5286

St. Malachy School 416-393-5336

St. Ursula School 416-393-5306

Diocesan Services

Birthright (pregnancy support)	416-469-1111	Catholic Cemeteries	416-733-8544
Catholic Family Services: (counselling for individuals and families)	416-921-1163	Catholic Cultural Services	416-757-7010
Retrouvaille (for troubled marriages)	416-281-6007	New Beginnings	416-222-1101
		St. Vincent de Paul Society	416-284-6131



14TH SUNDAY OF ORDINARY TIME

1st Reading
Zechariah 9.9-10

2nd Reading
Romans 8.9, 11-13

Gospel
Matthew 11.25-30

14th Sunday
Ordinary Time

The Importance of Humility

The readings today remind us of an important characteristic of Christ which all Christians should strive to nurture in their own life, which is humility. Jesus holds this virtue in high regard as we see him praying to the Father in thanksgiving for revealing himself not to those who are proud and learned, but to the weak and humble. Jesus himself is the perfect example of humility, as was foreshadowed in the first reading by the prophet Zechariah, for Christ was the Messiah who came not as a worldly king, but wrapped in swaddling clothes, not on a horse but on a donkey.

Humility bears great importance in the Christian life because a person without humility is prideful, and a person who is proud relies more on oneself than on God. Pride closes oneself to God, as a greater reliance on oneself or one's abilities turns a person to believe that they don't need God in their life. On the contrary, child-like simplicity understands that everything they have is a gift from the Lord. They are aware that they are simply stewards of God's gifts which has been bestowed on them and must rely on God who is greater and wiser than them for all that they need. Only the humble can see that they need the Lord, and in humility ask the Lord to help them carry those burdens.

When we carry our yolk of burdens out of love for Christ, our burdens become light. Only Jesus can lift the burdens we carry, but He can only do that if we humbly go to Him and ask for His help. As He lifts our burdens, He frees us so that we can through the work of stewardship, bring others who are also carrying heavy burdens to Christ. If we are carrying burdens and haven't brought them before the Lord, let us ask for the humility to do so. Let us also in a special way pray for someone we know who is carrying a heavy burden, that they have the courage to go to the Lord and have their burden made light.

Summary

In the Gospel, Christ gives thanks to the Father for those who are humble for it was to them that the Father was revealing the Kingdom of God to. Humility is an important virtue to foster especially in the work of stewardship, for with humility we can see how much God is generous to us and how much we need Him. With humility, we can ask the Lord to help us carry our burdens, and He will make them light.

Regular Mass Schedule Weekday Masses:

Daily morning mass is celebrated Tuesday to Friday at 8:30 am

Weekend Schedule: Saturday (Vigil) Mass **5:00 pm**
Sunday Masses: **9:00 am, 10:30 am & 12:00 noon**

<https://stmartindeporessc.archtoronto.org/eg/>

Mass Intentions for the Week of Jul 4//Jul 5, 2026

Saturday Jul 4th

5:00 pm † Clara Paily
 † All members of The D'silva Family

Sunday Jul 5th

9:00 am † Andrew D'cruz
 † All members of The Don Paul
 Family
 Agnes & Everett Harper
 (Wedding Anniversary)

10:30 am For All Parishioners of SMDP

12:00 pm † Justina Guballa
 † Farid Ala

Monday Jul 6th

Tuesday Jul 7th

8:30 am † John Aaron
 † Aileen Ramdeen

Wednesday Jul 8th

8:30 am Normita Cruz (Birthday Blessing)
 Yulita (Birthday Blessing)

Thursday Jul 9th

8:30 am † Lamia Shuhaibar

Friday Jul 10th

8:30 am



**Let us Pray! For the sick members
of our Parish and for those who
love and minister to them.**

ANNUAL MASS

FOR THE FAITHFUL DEPARTED

WEDNESDAY, AUGUST 12, 2026 • 7:00 P.M.



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Parish Weekly

St. Maria Goretti, Jul 6



In every respect other than her death, Maria Goretti's brief life seems a story repeated over and over again across the globe. The third of seven children, she was born in 1890 in Corinaldo, Italy, to a poor family. By the time she was five, her parents had lost their farm and hired themselves out to work for others as tenant farmers. The family moved often, finally ending up in Nettuno, not far from Rome.

When Maria was nine, her father died, and her mother and siblings threw themselves into work to feed the family. Maria kept house, cooked and watched her baby sister. It was a hard life. There was no time for school, for the family was too busy trying to survive. Like many of the poor, the Goretis could not afford a home of their own, so they shared living quarters with another family, the Serenellis. And like many young girls in similar circumstances, Maria was the victim of unwanted sexual advances on the part of Alessandro, the Serenellis' 20-year-old son. She said nothing about his unwelcome invitations, which she refused, for she was a frightened child, and he was a grown man threatening to kill her if she told.

Make Use of Your Senses

***Blest are your eyes because they see and
blest are your ears because they hear
(Matthew 13: 16)***

We look out of, not into, windows. In like manner, our senses are natural channels through which we may contact external reality and forget about ourselves for a while.

Creation is God's handiwork; the Hindus consider it to be the dance of God. Our senses can connect us with the God of this dance and help us to slow down to a truly human pace. It is through our senses that we join ourselves with the renewing rhythms of day and night, winter and spring, summer and fall.

Many simple blessings come to us through our senses. "Taste and see how good the LORD is" exclaimed the writer of Psalm 34:9. C.S. Lewis also remarked that we Christians ought to enjoy our food more than any other people. How often do we hurriedly gulp it down instead?

Human beings see all of God's creation in living color. Just think how dreary life would be without colors! We should all slow down a few times a day and notice the different shades of color around us.

There is also something to be said for stopping and smelling the roses. It's almost sinful to pass by a bed of aromatic flowers without enjoying them.

Stop and listen to the birds. A mockingbird can tell us more about the exuberance of God than hours of introspection.

It is especially important to use our senses with other people. Look at them; see how they're feeling now. Listen to them; hear the person talking. Touch them; let them know they're real and that you care. The Word became Flesh among us that we might observe concrete evidence of God's love. We should, therefore, bring the Word to flesh in each other's lives

Suggested Practice

1. Pause often to simply look, listen, and feel where you are.
2. Notice what you touch, what you taste, *Be there with your senses.*

KAPIT BAHAY

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