

CANADIAN MARTYRS CHURCH



522 Plains Rd, Toronto, ON M4C 2Z1

TEL: 437-880-9354

Office Hours: Tuesday to Friday 10:00am to 2:00pm

Email : canadianmartyrsto@archtoronto.org

Website: canadianmartyrsto.archtoronto.org

Fr. Efren Alvarez Pelayo, Pastor

Maria Agovino, Lay Pastoral Associate

Karen Colonia, Parish Secretary

Enrique De Leon, Custodian

Weekday Masses		Weekend Masses	
Tuesday	9:00am	Saturday	5:00pm
Thursday	9:00am	Sunday	12:30pm
Sacrament of Reconciliation			
First Thursday: 9:30am to 10:00am		Saturday 4:00pm to 4:30pm	
For any other day: by appointment only			
<u>Baptism:</u> By appointment and after an interview with the parents.			
<u>Marriage:</u> Couples planning to be married should contact the pastor one year in advance.			
<u>Care of the sick:</u> Please call the parish to request visitation of the sick or elderly for prayers, Holy Communion, Sacrament of the Sick.			
<u>New Parishioners:</u> Registration Form is available in the vestibule of the church, in the parish office or on the website.			
Canadian Martyrs School: 416-393-5251			
Principal: Nathalie Bangala			
Address: 520 Plains Rd, East York, ON M4C 2Z1			

Daily Mass Readings for Sunday, July 5 2026
14th Sunday in Ordinary Time

First Reading: Zechariah 9.9-10

Responsorial Psalm: [Psalm 145:1-2, 8-9, 10-11, 13-14](#)

Second Reading: Romans 8.9,11-13

Gospel: Matthew 11.25-30 The Importance of Humility

MASS INTENTIONS

July	Mass For	Requested by
6, Mon – 9am	NO MASS	
7, Tues - 9am	All Visitors and Parishioners	
8, Wed – 9am	HOLY CROSS CHURCH	
9, Thurs – 9am	Thanksgiving mass – Theresa De Manche + Joseph Marquez	Theresa De Manche Geri Marquez and family
10, Fri – 9am	HOLY CROSS CHURCH	
11, Sat – 5pm	All parishioners & visitors	
12, Sun - 12:30pm	All parishioners & visitors	

Prayerful reflection on Scripture

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.

<https://www.archtoronto.org/stewardship>

Prayer:

Heavenly Father,

Thank You for revealing Your love to the humble. Help us to trust You with a simple heart. When we are tired and burdened, draw us to Jesus, who gives true rest. Teach us to walk in His gentle and humble way each day. Amen.



Welcome to Canadian Martyrs Parish Fr. Efren Alvarez Pelayo

Today, as we gather to celebrate this Holy Mass, our hearts are filled with gratitude and joy as we warmly welcome Fr. Efren Alvarez Pelayo as the new pastor of Canadian Martyrs Parish.

As he begins his ministry with our parish family, we ask for your prayers that the Holy Spirit will continue to guide and strengthen Fr. Efren with wisdom, knowledge, courage, and compassion as he faithfully serves our community. May our Lord bless him abundantly with humility, love, and perseverance as he leads us in our journey of faith.

We also encourage everyone to open their hearts in welcoming Fr. Efren by offering him our support, kindness, cooperation, and prayers. Together, as one parish family, may we continue to grow in faith, hope, and love under his pastoral care, building a vibrant and blessed community.

Fr. Efren, we wish you every blessing in your new assignment and entrust you to the loving care of our Lord and the Blessed Virgin Mary. May God richly bless you as you begin this new chapter of service among us.

ANNOUNCEMENT

SANCTUARY VOTIVE PRAYER CANDLES

Light a candle for a loved one or special intention. Candles burn for five days starting each Saturday, with names displayed at the altar and remembered in prayer. Requests can be emailed to CanadianMartyrsTO@archtoronto.org or submitted at the office (Tue–Fri, 10 a.m.–2 p.m.). Donation: \$20.
