

Abcore
120 Mill St. E. Unit 4
Tottenham, ON
LOG 1W0

PHYSIOTHERAPY & SPORTS REHABILITATION

Services Available

- Sports Injury Management
- Motor Vehicle Accident Rehabilitation
- WSIB Injuries
- Surgical Rehabilitation
- Hip / Knee GLA:D Osteoarthritis Program
- LSVT BIG - Parkinson's Physiotherapy
- Pelvic Health Physiotherapy
- Vestibular / Concussion Rehab
- Acupuncture / Dry Needling
- Muscle Sprain/Strain/Sciatica
- Shockwave Therapy
- Home Physiotherapy
- Massage Therapy

Call Us Today @ 905-936-2846
admin@abcorephysiotherapy.com

Colella Excavating Ltd.

SISTO
Tel: 416-805-1234
colellaexcavatingltd@hotmail.com

6953 - 4th Line
Tottenham, ON
LOG 1W0



s.defrancesca@bell.net
www.tottenhamnutrition.com

3 Queen St. N.
Tottenham, ON.
LOG 1W0
Tel. 647-880-4237

Sandra A. DeFrancesca
B.Sc., M.Sc., Nutritionist

Integrative Nutrition Health Coach Certified
Come In for An Initial Consultation, Free of Charge

LIBERTY TAX

overcome **TAXiety**™

4 Victoria St. E.
Alliston, ON L9R 1T4 (705) 250-7770
Corner of Church & Victoria

RIPLEYS Auto Service
www.ripleysauto.ca

Rick Ripley
Owner / Technician

Monday-Friday 8am-5pm

28 King St S 705-434-1061 Alliston On L9R 1H6

LIV BALANCED WELLNESS
Womens Wellness Coach & Doula

Get Social: @livbalancedwellness
Get in Touch: livbalancedwellness@gmail.com / T: 647-323-6592
Shop Online: www.livbalancedwellness.com

Women Wellness Services

- provide fertility, prenatal and postnatal services to help women & families navigate the journey of motherhood & parenthood
- provide healing support for anxiety, stress, overwhelm & loss
- provide holistic nutritional journeys, pilates & yoga classes and therapeutic massages to encourage and support overall wellbeing

TANDOORI MASTER
AUTHENTIC INDIAN CUISINE

FOOD VOUCHER

Bring this Voucher & Get Discount up to 15% OFF on all take-out orders.

This Voucher is valid until April 2025

140 Mill St E Unit B2, Tottenham ON
(905)-936-5000




HUNGRY?
Join us at **BP Alliston**
Over 100 items on our menu. We've got what you crave!

BOSTON PIZZA ALLISTON
27 Young St 705-434-1987

Boston Pizza
WE'LL MAKE YOU A FAN!

Boston Pizza and the Boston Pizza name are registered trademarks of Boston Pizza Ripleys Limited Partnership, used under license. The Boston Pizza name is a trademark of Boston Pizza International Inc. ©2015 Boston Pizza International Inc. All rights reserved. 23,30434,300,00

DRURY FUNERAL CENTRE

- Family Owned and Operated
- Spacious, modern facility with ample parking
- Burial, Cremation and Celebration of Life options
- Extensive aftercare Estate Document package
- Prearranging and preneed

519 Victoria Street East, Alliston, ON L9R 1K1
Phone: 705-428-3835
Email: druryfc@bellnet.ca
www.druryfuneralcentre.com

RBC Dominion Securities Inc.

Build your wealth and your confidence

Loris Rizzardo, MBA, CIM, CFP
Investment Advisor
RBC Dominion Securities Inc.
loris.rizzardo@rbcc.com
T: 905-832-2477

Wealth Management
Dominion Securities

A FRESH Shopping Experience!



GLOBAL PET FOODS
eat.play.love.

905-936-9369 T
Gpftottenham@gmail.com E
140 Mill Street East, Unit B1 A
Tottenham Ontario
LOG 1W0

Vincès
55 Queen St. S., Tottenham



FIRST CHOICE REALTY Ontario Ltd., Brokerage

Peter Barbati
Sales Representative
416-268-6020
Full Service and Savings
PeterBarbatirealtor@gmail.com
www.yourspecialhome.com

Purchases over \$25
\$2 OFF
"some restrictions apply"
Pizza & Wings

Follow us on instagram for Daily Deals
905-936-3600
One coupon per visit expires Dec 31 2025

MILLIGAN HEATING + COOLING Ltd.

HVAC installations/service
Family owned/operated since 1973
905-936-2133
milliganheating@gmail.com

Feehely Gastaldi
BARRISTERS & SOLICITORS

With law offices in Alliston and Tottenham, the lawyers at Feehely Gastaldi have been proudly serving our community since 1975.
www.feehelygastaldi.com

TOTTENHAM OFFICE ALLISTON OFFICE
PH: 905.936.4262 PH: 705.435.4386
law@fglawyers.ca info@fglawyers.ca

Feeb's PUB & GRILL
It's Tottenham Original!

2 MILL STREET EAST - 905.936.9009 - www.feebs.ca - info@feebs.ca
JOIN US FOR SOME DELICIOUS DINE-IN & TAKE OUT...OR CATERING AT YOUR LOCATION
ALL OF YOUR BBQ, BIRTHDAY, CORPORATE & EVENT REQUIREMENTS

SHELburne MEMORIALS
~ Established 1888 ~

Cemetery Monuments, Inscriptions and more!
info@shelburnememorials.com
1-800-668-8756
Helpful Friends, Helping You

Rod Abrams Funeral Home Ltd.
905-936-3477
www.RodAbramsFuneralHome.com

Tottenham Animal Clinic

Call us today to make an appointment
(905)936-3131

GEE-WIZZ

PORTABLE TOILETS
SHORT & LONG TERM RENTAL
Special Events

Phone: 416-888-3424
Fax: 905-939-9404

TOR CONTRACTING

EXCAVATING
CONCRETE
ICF CONSTRUCTION
DEMOLITION
WATERPROOFING & WASTE DISPOSAL

WWW.TORCONTRACTING.CA
705-481-7731 INFO@TORCONTRACTING.CA

COLDWELL BANKER
RONAN REALTY, BROKERAGE

MARC RONAN
SALES REPRESENTATIVE/OWNER
905-936-4216
marc@marcronan.com
www.marcronan.com

ADJALA
Credit Union Limited
905-936-2761
www.adjalacu.com info@adjalacu.com

Celebrating Over 75 Years in the Community

Hours of Operation
Monday - Wednesday - Friday
9am - 5pm

Savings, Chequing, GICs, Loans, Mortgages,
Lines of Credit, RRSPs, TFSAs, RIFFs,
Online Banking, Debit Cards
www.adjalacu.com info@adjalacu.com

1st Sunday of Lent
The Parish Community of



St. James

2118 Adjala-Tecumseth
Townline, Colgan, LOG 1W0



St. Francis Xavier

72 Queen St
Tottenham



St. Mary's

2458 4th Concession
Achill

MASSSES

Monday 7:00 pm (St. James)
Tuesday 9:30 am (St. Francis)
Wednesday 9:30 am (St. Francis)
Friday 7:00 pm (St. James)
Saturday 10:30 am (St. James)
Saturday Vigil 5:30 pm (St. James)
Sunday 8:30 am (St. Mary's), 10:00 am (St. James) & 11:30 (St. Francis)

PARISH DIRECTORY

(905-936-4266)

Office

Ex. 101

St. Vincent De Paul

Ex. 103

Emergency Line (For Anointing of the Sick)

Ex. 102

Cemetery

Ex. 104

SCHOOLS

St. James Elementary School (905) 936-4191
Monsignor Ronan Elementary School (905) 729-3473
Father F.X. O'Reilly Elementary School (905) 936-3364
St. Thomas Aquinas High School (905) 936-4743

Catholic Women's League (CWL):

Helene Comepeau (president)
(647) 522-3346 or helenecompeau2@gmail.com

OFFICE HOURS

Tuesday, Wednesday, and Friday 2:00 - 5:00 pm
Email: stjamesco@archtoronto.org
Phone: 905-936-4266
Website: www.stjamesco.archtoronto.org

CONFESSIONS

Saturday 4:30 pm—5:15 pm at St. James

BAPTISM

Once a month on Sundays at St. James
Contact the office for more details

SACRAMENTAL PREPARATION

Registration is **CLOSED** for 2025.

ADORATION

Sign up at the office for the code to St Francis Xavier for access to Adoration

MASS INTENTIONS

Masses can be offered for loved ones, living or deceased. We can accept Mass intentions up to one year before the intention, please contact the Parish Office to book

CATHOLIC LATTE

Parish Priest: Fr. Eric Mah
Check out Fr. Eric's podcast, Catholic Latte, on YouTube, iTunes, Spotify, Podbean, Stitcher, Facebook, Instagram, and TikTok!



Weekly Mass Intentions	
Monday Mar. 10 at 7 pm	Rosalina and Francisco Brum + and Rita and Vittorio Lombardi +
Tuesday Mar. 11 at 9:30 am	Special intentions for Cassidy Shoemaker and Addison Zaichkowski
Wednesday Mar. 12 at 9:30am	For the people of God, vocations to the priesthood, the holy souls in purgatory, and a special intention
Friday Mar. 14 at 7 pm	Richard Eagan +
	For the people of God, vocations to the priesthood, the holy souls in purgatory, and a special intention
	Available for Mass Intention
Saturday Mar. 15 at 10:30 am	Helen Adams +
Saturday Mar. 15 at 5:30 pm	Anita Colagiacomio +
Sunday March 16 at 8:30 am	Nadine Adams +
Sunday March 16 at 10 am	Carlo Cifelli +
Sunday March 16 at 11:30 am	For the people of God

Tax Receipts

Tax Receipts are ready for pick up! Envelopes with your name on it will be at the back of each church on a rotating basis.

St. James— March 15/16
St. Francis— March 22/23
St. Mary's—March 8/9 and & March 29/30

Following the weekend rotations, receipts can be picked up at the Parish Office during Office Hours.

Church Gift Registry

We are excited to introduce a new bulletin board at the church, dedicated to helping our ministries grow and thrive! This board will feature a registry of items that parishioners can purchase for the church, including: Building and Hall Supplies, Liturgical Resources, Youth Ministry Materials, and much more!

All gift donations will receive a gift-in-kind tax receipt as a token of our gratitude for your generosity.

As our ministry continues to evolve, we will regularly update this registry to reflect new needs and opportunities. Please stop by to view the current list of items or visit the registry online (<https://withjoy.com/StJames/welcome>) and consider how you can contribute to the growth of our community! Thank you for your continued support!



Praying for the Sick

If you or a family member is sick, please let the office know and we will add their name to the prayers of the faithful.

Please pray especially for Sharon Duggan, Olga Stanczyk, Victoria Reid, Moira Molony, Tom Kennelly, Christina Burke, Jennifer Leclerc, Jennifer Trott, Joe Cirianni, Joe Gaudio, Maria DeFatima Rego, Eduarda Raimundo, Rita Webber, Furtuso Rio, Lynda Pollice, Liliana Zuniga, Rev. Eugene Tramble, Esmer Isip, Shane Power, Baby Rocco Meliambro, Lincoln Vijey and Arthur Vijey.

Please also pray for those who have recently passed away.

Volunteers Needed—Church Cleaning

Our parish community is looking for ongoing volunteers to help clean our Churches!

St James is cleaned Wednesdays at 10:30am until noon

St Francis is cleaned Wednesdays after morning Mass from 10am until noon

St Mary's is cleaned the First Monday of the month at 10am

Volunteers who would like to join can contact the office for volunteer screening

Lenten Mission

St. Francis Xavier in **Mississauga**, ON is hosting a Lenten Mission from Sun. Mar. 9 through Wed. Mar. 12, 2025 featuring Fr. Eric Mah. There is no admission fee and advance registration is not required. Each night will begin at 7pm with mass followed by a conference and social. All are welcome.



St. James Eucharistic Community
Lent Schedule

ASH WEDNESDAY - WED. MAR. 5
9:30 am - St. Francis Xavier (SFX) | 7:00 pm - St. James Parish

STATIONS OF CROSS - EVERY FRIDAY IN LENT - St. James
6:00 pm - Confessions | 6:30 pm - Stations | 7:00 pm - Mass & Adoration | 8:00 pm - Bread & Soup

LENTEN MISSION BY FR. ERIC MAH - SUN. MAR. 9 TO MAR. 12 - SFX (5650 Mavis Road, Mississauga)
7:00 pm - Vespers (Sun) or Mass (Mon to Wed) & Conference | FREE | NO PRIOR REGISTRATION

LENTEN DAY OF CONFESSIONS - TUES. MAR. 25 - St. James
10:30 am - 12:00 pm, 1:00 pm - 6:00 pm, 7:00 pm - 9:00 pm

LENTEN MISSION BY FR. ERIC MAH - MON. MAR. 31 TO WED. APRIL 2 - St. Francis, Tottenham
6:00 pm - Social | 6:30 pm - Talk | 8 pm - Mass & Adoration | FREE | NO PRIOR REGISTRATION

TENEBRAE SERVICE - TUES APRIL 8 - St. James
7:30 pm - Music sung by St. Michael's Choir School Alumni Choir | FREE | NO PRIOR REGISTRATION

PALM SUNDAY - SAT. APRIL 12 & SUN. APRIL 13
SAT. APRIL 12 - 5:30 pm (St. James)
SUN. APRIL 13 - 8:30 am (St. Mary's), 10:00 am (St. James) & 11:30 am (SFX)

HOLY THURSDAY - THURS. APRIL 17 - St. James
7:00 pm Mass followed by Adoration until midnight

GOOD FRIDAY - FRI. APRIL 18 - St. James
12:00 pm & 3:00 pm - Good Friday Services
6:30 pm - Confessions | 7:00 pm - Stations of the Cross | 7:30 pm - Bread & Soup

EASTER VIGIL - SAT. APRIL 19 - St. James
No 10:30 am or 5:30 pm Masses | No Confessions at 4:30 pm Mass - 8:00 pm

EASTER SUNDAY - SUN. APRIL 20
8:30 am (St. Mary's), 10:00 am (St. James) & 11:30 am (SFX)

DIVINE MERCY SERVICE - SUN. APRIL 27 - St. James
2:00 pm - Exposition of Blessed Sacrament followed by confessions | 3:00 pm - Divine Mercy Chaplet



THEOLOGY ON TAP
TOTTENHAM

ASHLEY MILLS
Youth Minister, St. James

FR. ERIC MAH
Host, Catholic Latte

WED. MAR. 26TH
7:00 PM

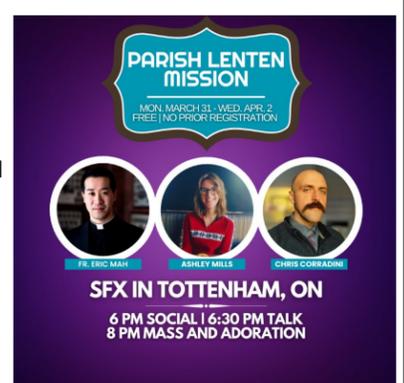
FEEBS PUB & GRILL
2 MILL STREET EAST,
TOTTENHAM, ON

Parish Lenten Mission—SFX Tottenham

From Mon. Mar. 31 through Wed. Apr. 2, Fr. Eric Mah, Ashley Mills and Chris Corradini will be hosting a Lenten Mission at SFX in Tottenham, Ontario. Each night will begin with a social at 6 pm, a talk at 6:30 pm, and Mass at 8 pm followed by adoration.

There is no registration fee to attend and no prior admission.

Please note that the regular Monday Mass at St. James on Monday at 7 pm that week will still place as scheduled, although it will be presided over by a guest priest.



Totus Tuus

We are pleased to announce that St. James Parish in Colgan will be hosting a summer camp facilitated by the Office of Catholic Youth entitled Totus Tuus (which is Latin for "totally yours"). Four lay missionaries will be sent to our parish to facilitate the program.

The day camp for students entering Gr. 1 to Gr. 6 will run from Monday, July 14 through Friday, July 18 from 9:00 am to 2:30 pm. The evening camp for students entering Gr. 7 to 12 will take place from Sunday, July 13 through Thursday, July 17 from 6:00 pm to 9:00 pm.

Registration is \$90 per child for the day camp and \$50 per child for the evening camp. There will be a special discount for families - \$5 off per each additional child. Registration fees can be paid via debit or credit card, cash, or cheques made out to "St. James Parish," and dropped off at the parish office. The registration deadline is Fri. July 4. Volunteer opportunities are also available; volunteer screening is required in addition to the completion of a volunteer registration form.

Registration packages are available at the back of the Churches and on our website.

