



Archdiocese
of Toronto

Catholic Pastoral Centre
1155 Yonge Street
Toronto, Ontario M4T 1W2
T 416.934.0606
www.archtoronto.org

**FOR IMMEDIATE RELEASE
MEDIA ADVISORY:**

Spring cleaning for the soul

225 churches take part in Day of Confessions

TORONTO (April 9, 2014)

Psychologists call spring the “season of hope.” After a long, bleak winter, the signs of new life testify that change is possible.

Likewise, the Catholic Church has its own seasons, called liturgical seasons. The current season of Lent reminds us that we, too, can experience renewal. An important spiritual practice during Lent is the Sacrament of Reconciliation, also known as confession. As we admit our failings, God empowers us to change our lives.

The Archdiocese of Toronto is holding a Day of Confessions on **Wednesday, April 9**. At most of the archdiocese’s 225 parishes, a priest will be available to hear the confessions of Catholic parishioners.

For interested media, the Archdiocese of Toronto can facilitate a visit to a confessional, as well as interviews with a local priest and individuals who have attended confession.

Note: In order to respect the sacred nature of this event, any media outlets wishing to attend one of these sessions must arrange a visit with the contact people below.

The Archdiocese has prepared a Day of Confessions website (www.archtoronto.org/confession) that features helpful resources like a how-to guide in eight languages, video testimonies and Frequently Asked Questions. It also includes times and locations for participating parishes. Some churches have scheduled over 11 hours to accommodate the schedules of parishioners.

The Archdiocese of Toronto is Canada’s largest diocese, stretching from Toronto north to Georgian Bay and from Oshawa to Mississauga. It is home to 1.9 million Catholics and 225 churches, with Mass celebrated in more than 30 languages each week.

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Media Contact:

Kris Dmytrenko – Communications Coordinator, Archdiocese of Toronto
(416) 934-3400 x 282 kdmytrenko@archtoronto.org

Bill Steinburg – Communications Manager, Archdiocese of Toronto
(416) 934-3400 x 558 bills@archtoronto.org