

## SAINT JOHN XXIII PARISH

Pastor: (Rev) Simon deGale; Secretary: Mrs. Rose Scarano  
Chaplain @ Sunnybrook & Toronto East Hospitals--in Residence: Fr Montfort Marianayagam

Office: 416-429-4000; Hours: Monday-Friday 9AM-3PM  
Email: [saintjohnxx\\_iiiparish@outlook.com](mailto:saintjohnxx_iiiparish@outlook.com). Website: <http://saintjohnxxiiiparish.ca/>



### Sunday Mass

Sat Vigil Mass: 5:15PM / Sun Mass: 9AM, 12:15PM & 5:30PM. (Weekdays: Mon, Wed, Fri: 7PM; Tues, Thurs, Sat: 9AM)

### Baptism

Baptisms are celebrated on the second Sat at 11AM and third Sun at 1:30PM. Preparation session is required.

### Reconciliation (confession)

Before all Sun Masses/Sat Vigil Mass and the Wed Mass or by appointment. *Confessional in Chapel.*

### Anointing of the Sick

At any time by appointment. In case of emergency, please ask hospital for Catholic priest or call Fr. Simon at 416-737-0760.

### Marriage

See Fr Simon before setting a date.

### RCIA

If you know someone who wishes to become Catholic speak to priest.

### Finance Committee

Mr Pors Canlas, Ms Olivia Dizon, Mr Carlton Paul

### Catholic Cemeteries

Mount Hope, Holy Cross, Queen of Heaven, Assumption, Christ the King, Resurrection, Mount Peace. Head Office: 416-733-8544

## DAILY ADVENT MEDITATIONS

<http://evangeli.net/gospel>

Check out the above Web Site for daily meditations on the Advent readings.

## HOLY HOUR

### *Advent Sundays*

Come and watch with Christ in the Blessed Sacrament on Sundays of Advent from 4PM-5PM.

Speak with your Saviour and God about your life, your concerns, and worries; experience His presence and protection.

# Year of Mercy

EXTRAORDINARY JUBILEE OF MERCY  
December 8, 2015 to November 20, 2016

***The ritual opening of the Holy Door of Mercy in the Basilica of St. Peter, December 8, 2015, marks the official start of the Jubilee of Mercy.***

From that moment on, in every Catholic Church in every diocese, the faithful are called to celebrate and live the Jubilee, particularly through the liturgy.

You are invited to live the Jubilee in the Archdiocese of Toronto!

In the Archdiocese of Toronto, we have nine Holy Doors, which open on Sunday, December 13, 2015. The faithful are invited to make a pilgrimage to one of these doors during the Jubilee Year to obtain a plenary indulgence.

You can also live the Jubilee in your everyday actions. Learn about spiritual and corporal works of mercy. *"We need constantly to contemplate the mystery of mercy. It is a wellspring of joy, serenity, and peace. Our salvation depends on it."*

— Pope Francis,

Bull of Induction of the Extraordinary Jubilee Year of Mercy.

## HOLY DOORS IN THE ARCHDIOCESE OF TORONTO

### ***St. Paul's Basilica***

83 Power Street, Toronto 416-364-7588  
stpaulsbasilica@on.aibn.com

Weekend Mass times:

Saturdays 4:30 p.m.; Sundays 8:30 a.m. and 11 a.m.  
Confession times: Saturdays 3:45 to 4:15 p.m.

### ***St. Patrick's Parish***

131 McCaul St., Toronto, 416-598-3269  
secretary@stpatrickstoronto.ca

Mass times: Saturdays 5 p.m.; Sundays 8:30 a.m., 10 a.m. (German), 12:10 p.m., 5 p.m. Confession times:  
Saturdays 4:30-5 p.m.

### ***St. Theresa's Parish***

2559 Kingston Rd., Scarborough, 416-261-7498  
st-theresa@rogers.com

Mass times: Sat 5 p.m.; Sun 10 a.m. and 12 p.m.  
Confession times: Sat from 4:30-5 p.m., 15 minutes before all masses.

## JUBILEE INDULGENCE

### ***A Jubilee entails the granting of indulgences.***

This practice will acquire an even more important meaning in the Holy Year of Mercy. God's forgiveness knows no bounds... The mercy of God... becomes indulgence on the part of the Father who, through the Bride of Christ, his Church, reaches the pardoned sinner and frees him/her from every residue left by the consequences of sin, enabling him to act with charity, to grow in love rather

than to fall back into sin... To gain an indulgence is to experience the holiness of the Church, who bestows upon all the fruits of Christ's redemption, so that God's love and forgiveness may extend everywhere. Let us live this Jubilee intensely, begging the Father to forgive our sins and to bathe us in his merciful "indulgence."

## WHAT IS AN INDULGENCE?

### ***From the Catechism of the Catholic Church 1471:***

The doctrine and practice of indulgences in the Church are closely linked to the effects of the sacrament of Penance. "An indulgence is a remission before God of the temporal punishment due to sins whose guilt has already been forgiven, which the faithful Christian who is duly disposed gains under certain prescribed conditions through the action of the Church which, as the minister of redemption, dispenses and applies with authority the treasury of the satisfactions of Christ and the saints."

"An indulgence is partial or plenary according as it removes either part or all of the temporal punishment due to sin." The faithful can gain indulgences for themselves or apply them to the dead.

## HOW TO OBTAIN THE JUBILEE INDULGENCE

***For those able to make a pilgrimage to one of the Jubilee churches in Rome, that is certainly an option. Otherwise, there are eight churches within the Archdiocese of Toronto with a Holy Door of Mercy.***

Going through one of these Holy Doors is a spiritual journey that shows, as the Holy Father said, "the deep desire for true conversion." In addition to passing through a Holy Door, each pilgrim is to:

1. receive the Sacrament of Reconciliation,
2. receive the Holy Eucharist while reflecting on God's great gift of mercy,
3. make a profession of faith (recite either the Apostles' or the Nicene Creed), and
4. pray for the Holy Father and for his intentions (an Our Father and a Hail Mary are recommended).

For those who are elderly, confined and the ill, Pope Francis said that they may obtain the indulgence:

1. by "living with faith and joyful hope this moment of trial" and
2. by receiving the Eucharist or by attending Mass and community prayer, "even through the various means of communication" (for instance, a Mass offered on television).

For those in prison, they may obtain the indulgence in their prison chapels.

Indulgences may be obtained for the dead by the carrying out of these same acts by the Faithful with the intention of offering the indulgence for someone who is deceased.

And finally, for all Catholics, this jubilee indulgence may also be obtained when a member of the Faithful personally performs a spiritual or corporal work of mercy.

More information on indulgences can be found on the Vatican website.

**MASS INTENTIONS**

Mon, Dec 21, **7PM**: Thanksgiving for Christine  
 Tues, Dec 22, **9AM**: +Leonardo Tolentino  
 Wed, Dec 23, **7PM**: +Rosa Dizon  
*Christmas Eve: Thurs, Dec 24, 11:59PM*  
*Christmas Day: Fri, Dec 25 9AM & 12:15PM*  
*St Stevens Day: Sat, Dec 26, 10AM*: Luk Family  
 Thnksgv

**Saturday Vigil**, December 26  
 5:15PM: The Parishioners

**Sunday**, December 27  
 9AM: Thanksgiving by Navarro Family  
 12:15PM: Thanksgiving by C.W.L.  
 5:30PM: +Nestor Cruz & Benjamin DeLaCruz

**PARISH**

**YOUTH CHOIR**

*Rehearsals*

**1st, 3rd, 4th, & 5th Saturdays of Month @ 10AM.**

Grade 8 — Grade 12: Contacts: Editha Lazaga:  
 416-557-3622 or Fr Simon

*Sing 2<sup>nd</sup> & 3<sup>rd</sup> Sundays of Month @ 5:30PM Mass*

**CHILDREN'S CHOIR**

*Grade 1 — Grade 7*

Contact Amy: 647-878-2534 or Cecille 416-825-0793.

*Sing 1<sup>st</sup> & 4<sup>th</sup> Sundays of Month @ 5:30PM Mass*

**NEXT CHALICE CHILDREN COLLECTION**

*Sunday, January 24, 2016*

Goal: \$2,220(cost raise of \$48 per child per year)  
 Payment is made in May of each year for following 12  
 months. Total to Date: \$903.

**PRAY FOR THE**

**Adults Seeking The Sacraments Of Baptism & Confirmation At Our Parish**

Lina Lim, Wendy Wang, Liam Dowhan, Perry  
 Leung, Sharon Marshall, Jessica Mogmela, and Marc &  
 Suzanne LaFort

**CHRISTMAS & NEWYEAR SCHEDULE**

EVENT	DATE
Parish Confessions	WED, DEC 23 @ 7:30PM
Christmas Carols	THURS, DEC 24 @ 11:15PM
Christmas Midnight Mass	THURS, DEC 24 @ 11:59PM
Christmas Day Masses	FRI DEC 25 @ 9AM & 12:15PM
St Steven's Day Mass	SAT DEC 26 @ 10AM
The Holy Family Masses	SAT DEC 26 @ 5:15PM SUN DEC 27: 9AM, 12:15PM, 5:30PM
Mary Mother of God Vigil	Holy Hour, DEC 31 @ 7PM
Vigil Mass New Year's Eve Mary Mother of God	DEC 31 @ 8PM
Masses—New Year's Day Mary Mother of God	JAN 1 9AM & 12:15PM
St Basil & St Gregory	JAN 2 @ 9AM
Masses for the Epiphany of the Lord	SAT JAN 2 @ 5:15PM SUN JAN 3 9AM, 12:15PM, 5:30PM

**BLACK NAZARENE NOVENA**

*Feast Day Saturday, Jan 9*

Jan 1st - Friday 1:15 pm  
 Jan 2nd -Saturday 8:45 am  
 Jan 3rd - Sunday 1:15 pm  
 Jan 4th - Monday 7:30 pm  
 Jan 5th - Tuesday 8:45 am  
 Jan 6th - Wednesday 7:30 pm  
 Jan 7th - Thursday 8:45 am  
 Jan 8th - Friday 7:30 pm  
 Jan 9th - Saturday 8:45 am

**WELCOME**

**Marjorie Gonzalez**

We hope as a new member of St John XXIII you will be able to find Our Lord amongst us and rejoice with us in His presence.

## SMILE

**Missed wedding anniversary**

Bob was in trouble. He forgot his wedding anniversary.

His wife was really angry. She told him "Tomorrow morning, I expect to find a gift in the driveway that goes from 0 to 200 in 6 seconds AND IT BETTER BE THERE!"

The next morning he got up early and left for work. When his wife woke up, she looked out the window and sure enough there was a box gift-wrapped in the middle of the driveway. Confused, the wife put on her robe and ran out to the driveway, brought the box back in the house. She opened it and found a brand new bathroom scale. Bob has been missing since Friday.

## UPCOMING

## BOOK &amp; MEDIA FAIR &amp; FINE DINING

*February 6/7, 2016*

We welcome back the Daughters of St Paul to our parish at all our Masses on the above dates. After each Mass you are invited down for a meal (not 5:30PM)

Before or After Mass. You will find an extensive selection of Catholic Bibles, books, Music CDs, and DVD movies for all ages. You are certain to find something inspiring for your self and others. Info: about life and mission of Daughters of St Paul, [www.pauline.org](http://www.pauline.org)

## A NIGHT TO REMEMBER

*A Valentine's Day Dinner & Dance*

*Hosted by St JohnXXIII Mission Support Group*

*February 13, 2016*

Leaside Gardens Banquet Hall, 1073 Millwood Road, Toronto. Tickets \$25—On sale in the new year  
Semi-Formal Dress

All profits go to complete chapel for the orphanage

## ARCDIOCESE

## TORONTO AIRPORT CHAPLAINCY

## CHRISTMAS MASS SCHEDULE

*Traveling over the holidays? Here is the schedule of Masses at Toronto's Airport Chaplaincy*

December 24, 2015: Christmas Eve  
4 p.m. – Terminal 3 & 5:30 p.m. – Terminal 1  
December 25, 2015: Christmas Day  
8 a.m. – Terminal 3  
10 a.m. – Terminal 1  
1 p.m. – Terminal 1  
4 p.m. – Terminal 3  
December 31, 2015: New Year's Eve  
4 p.m. – Terminal 3 & 5:30 p.m. – Terminal 1  
January 1, 2016: New Year's Day  
1 p.m. – Terminal 1 & 4 p.m. – Terminal 3

## SERVICE OF NINE LESSONS AND CAROLS

*With Benediction of the Blessed Sacrament*

*December 22, 7:00 pm*

*Personal Ordinariate of the Chair of St. Peter  
Paroisse du Sacré-Coeur*

381 Sherbourne St., Toronto

Music by Howells, Lauridsen, Poulenc and Willan.

WEB: [www.thomasmorechurch.ca](http://www.thomasmorechurch.ca)

## MARRIAGE SUNDAY

2016

*In 2016, the Archdiocese of Toronto will celebrate Marriage Sunday at the parish level on the weekend of February 6/7. Cardinal Collins has also announced a special Archdiocesan-wide gathering to honour married couples that will take place on Saturday, February 13, 2016 at 4:30PM at St Andrew Kim Parish in North York.*

His Eminence extends an invitation to all married couples, in particular those who will celebrate their 25<sup>th</sup>, 40<sup>th</sup>, or 50<sup>+</sup> wedding anniversary anytime throughout 2016 to join him for Mass and a reception to honour their fidelity and faithfulness.

Loved ones and family members of those honoured are most welcome to attend. To ensure special reserved seating for honoured couples, pre-registration is required. Visit [www.archtoronto.org/marriage](http://www.archtoronto.org/marriage) to register and to find more information about Marriage Sunday and our archdiocesan celebration. Questions can also be directed to Anne & Dane McCarthy: 416-964-8694

## SUPPORT FOR RECENTLY SEPARATED OR DIVORCED CATHOLICS

*Catholic Family Services of Toronto is offering a 6 week group program for adult men and women coping with the many struggles involved in the process of separation and divorce.*

Group participants will receive support and guidance as they move through this difficult period of transition. The group will run Tuesday evenings from 6:30PM to 8:30PM beginning Jan 9, 2016.

Central Office, 1155 Yonge St  
(Summerhill Subway Station)

## ARE YOU CALLED TO FOLLOW IN THE FOOTSTEPS OF MARY AS A PRIEST OR RELIGIOUS TO CARRY THE GOOD NEWS OF GOD'S GREAT LOVE?

*If you think God is calling you to be a priest, religious or deacon,*

Contact Fr. Chris Lemieux, Vocation Director, Archdiocese of Toronto 416-968-0997  
[vocations@archtoronto.org](mailto:vocations@archtoronto.org) [www.vocationtoronto.ca](http://www.vocationtoronto.ca)

FEAST OF THE WEEK
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**MEMORIAL: *St Stephen, the First Martyr***—  
*Saturday, December 26* — All we know of Stephen is found in Acts of the Apostles, chapters Six and Seven. It is enough to tell us what kind of man he was:

At that time, as the number of disciples continued to grow, the Hellenist (Greek-speaking) Christians complained about the Hebrew-speaking Christians, saying that their widows were being neglected in the daily distribution. So the Twelve called together the community of the disciples and said, "It is not right for us to neglect the word of God to serve at table. Brothers, select from among you seven reputable men, filled with the Spirit and wisdom, whom we shall appoint to this task, whereas we shall devote ourselves to prayer and to the ministry of the word." The proposal was acceptable to the whole community, so they chose Stephen, a man filled with faith and the Holy Spirit... (Acts 6:1-5).

Acts says that Stephen was a man filled with grace and power, who worked great wonders among the people. Certain Jews, members of the Synagogue of Roman Freedmen, debated with Stephen but proved no match for the wisdom and spirit with which he spoke. They persuaded others to make the charge of blasphemy against him. He was seized and carried before the Sanhedrin.

In his speech, Stephen recalled God's guidance through Israel's history, as well as Israel's idolatry and disobedience. He then claimed that his persecutors were showing this same spirit. "[Y]ou always oppose the holy Spirit; you are just like your ancestors" (Acts 7:51b).

His speech brought anger from the crowd. "But [Stephen], filled with the holy Spirit, looked up intently to heaven and saw the glory of God and Jesus standing at the right hand of God, and he said, 'Behold, I see the heavens opened and the Son of Man standing at the right hand of God....' They threw him out of the city, and began to stone him.... As they were stoning Stephen, he called out, 'Lord Jesus, receive my spirit.... Lord, do not hold this sin against them'" (Acts 7:55-56, 58a, 59, 60b).

*Story:* "The witnesses laid down their cloaks at the feet of a young man named Saul...." Now Saul was consenting to his execution. On that day there broke out a severe persecution of the church in Jerusalem.... Saul, meanwhile, was trying to destroy the church; entering house after house and dragging out men and women, he handed them over for imprisonment....

"...[S]till breathing murderous threats against the disciples of the Lord...as he was nearing Damascus, a light from the sky suddenly flashed around [Saul]. He fell to the

ground and heard a voice saying to him, 'Saul, Saul, why are you persecuting me?' He said, 'Who are you, sir?' The reply came, 'I am Jesus, whom you are persecuting' " (Acts 7:58b; 8:1, 3; 9:1a, 3-5).

*Comment:* Stephen died as Jesus did: falsely accused, brought to unjust condemnation because he spoke the truth fearlessly. He died with his eyes trustfully fixed on God, and with a prayer of forgiveness on his lips. A "happy" death is one that finds us in the same spirit, whether our dying is as quiet as Joseph's or as violent as Stephen's: dying with courage, total trust and forgiving love.

*Patron Saint of:* Bricklayers; Deacons; Hungary



FR MARK VILLANUEVA

*Pastor of St. Josephine Bakhita Parish  
(Mississauga)*

**25th Anniversary Of Ordination**

Celebration—Friday, January 8, 2016, Mass  
4:30 pm, Saviour of the World Church, 30  
Bristol Road West, Mississauga; Reception at  
Capitol Banquet Hall, 6435 Dixie Road,  
Mississauga; Cocktails 6 pm, Dinner 7 pm,  
Entertainment and dancing to follow  
Cost is \$55 per person; Dress code: Formal  
Contact Rita Venantius at 905-824-7223 or  
[rita.venantius@hotmail.com](mailto:rita.venantius@hotmail.com)

WANT TO VOLUNTEER?

***Birthright, a pro-life crisis pregnancy  
service, needs your help***

Counselling, odd jobs, administrative or marketing. Volunteers, men and women, are needed to assist those facing an unplanned pregnancy, to provide support and comfort as well as practical solutions. training is provided. Please help us to "love them both... mother and child."

Info: 416-469-1111/email:  
[toronto@birthright.org](mailto:toronto@birthright.org)

ELIZABETH

“Blessed are you among  
women, and blessed is the  
fruit of the womb”

**Notes on the text**

Luke turned tradition on its head. Instead of the elderly woman receiving honour from the younger, the tables were turned; Mary was honoured (along with her Son).

Because of her age, Elizabeth should have been the one who received the attention of maternity. But Mary received praise because she believed in the new revelation. Now, Elizabeth (and her son), too, believed because the Spirit acted.

Notice the themes of exaltation and humility. Through the figure of Elizabeth, Luke humbled the old tradition in a time that honoured ancient revelation. Through the figure of Mary, he exalted the new revelation. Through the meeting, he bridged the old to the new. From this moment on, Luke would exalt Jesus and diminish John's role. For Luke, the time of Judaism had past; the time of Christianity had dawned.

**Laudato Si': On the Care of Our Common Home**

Pope Francis' Encyclical *Laudato Si': On the Care for Our Common Home* is a call for global action as well as an appeal for deep inner conversion. He points to numerous ways world organisations, nations and communities must move forward and the way individuals -- believers and people of good will -- should see, think, feel and act. Each week, we offer one of the Pope's suggestions, with the paragraph numbers to indicate its place in the Encyclical.

“Listen to, protect lands of and involve indigenous peoples. The disappearance of cultures is even more serious than losing a species.” (Par 145)

## CATHOLIC ANSWERS

**Full Question**

*Don't all Christian churches believe the same thing about Christ?*

**Answer**

In a sense, they do. To the extent one can describe an ecclesial body as Christian at all, it follows that it must hold to the basics about Christ. (This doesn't mean such a group is entirely orthodox, only that it isn't so heretical as to forfeit entirely the name Christian.)

Both Catholics and Protestants believe Christ to be true God and true man. Both believe Jesus to be the Second Person of the Trinity. And both believe in the Virgin Birth and bodily Resurrection of Christ. So both Catholics and Protestants can rightly be called Christians, though from the Catholic perspective Protestants are heterodox on a number of key points.

At the same time, there are many groups which style themselves Christian while denying basic Christological tenets. Jehovah's Witnesses, for instance, claim Jesus isn't Almighty God, Jehovah, but Michael the Archangel. Mormons deny Jesus and the Father are the same God in two different Persons. Christian Scientists, by rejecting the objective reality of the material world, repudiate the Incarnation as Christians traditionally have understood this doctrine.

There are also "liberal" theologians in the Catholic Church and within Protestant denominations who deny the divinity of Christ, his Virgin Birth, and his bodily Resurrection. As the late von Balthasar observed about a certain "liberal" Catholic theologian, when such basic Christological beliefs are abandoned, it's theologically incorrect to describe the one rejecting them as a Christian.

We Catholics can't forbid heterodox people from describing themselves as Christians, but we can make it clear they don't believe what Scripture and Tradition tell us about Christ.

Answered by: Catholic Answers Staff

**Question:** How do we know the successors to the apostles had the same authority they did?

**Full Question**

Even granting that Jesus chose Peter as earthly head of the Church, and the apostles as its leaders, what evidence is there that their successors assumed their power?

**Answer**

This is the real issue that separates Catholics from other Christians. I doubt very much that anybody, Fundamentalist or mainline Protestant, denies the authority of the apostles. The very fact that there were apostles and that Christ explicitly commanded them to "go forth and teach whatsoever I have commanded you" is too powerful to ignore or deny. The real problem is in the question of their transferring that mission to others who decidedly were not apostles.

That this teaching authority can reside elsewhere than solely among the apostles, is amply demonstrated. Of the four

Gospels, two were written by men who were not apostles, and yet their writings bear the stamp of divine inspiration and authentic teaching. There is no record anywhere of Luke's ever having met Christ, and he was certainly not one of the Twelve. Mark may have seen Christ in the flesh and indeed may have been the young man in the garden who fled naked when someone tore from his back the sheet he'd wrapped himself in. Matthias was chosen as apostle by the other apostles to replace Judas Iscariot. This choice was, according to the Acts of the Apostles, made directly under the inspiration of the Holy Spirit. Once elected, he was treated exactly as one of the original Twelve.

In other words, the Bible itself shows that Jesus gave the apostles the power to appoint successors.

## YOUTH MINISTRY

**Dear St. John XXIII Parish,**

My name is Carla Marcoccia, I am the Parish's new Youth Minister and I am very excited to get to know and serve the community.

Please pray for the launch of this ministry! I will be reaching out to the community with upcoming dates and events.

**To the youth of the Parish:**

Do you desire friendships within a fellowship of believers?

Are you looking for a closer relationship with God?

Would you like to learn more about Jesus' and the Church's teachings?

Are you seeking the opportunity to make your faith relevant in the world?

Then please consider joining and participating in SJ23 Youth Ministry!

There will be two programs held here at the Parish on alternate Friday nights:



**Edge** is a Middle School Ministry for students from grade 6-8 that helps middle schoolers unleash who they were created to be, in Christ.



**Life Teen** strengthens teens' Catholic identity while rooting them firmly in Christ and in His Church and is for students from grade 9-12.

I am looking forward to meeting you.  
Sincerely, Carla Marcoccia


**Bamboo Travel & Tours**  
 Call Marivic  
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 747 Don Mills Rd., Suite 204, Toronto, ON  
 Tel 416-422-0464 Fax 416-422-3969  
[bambootours@bellnet.ca](mailto:bambootours@bellnet.ca)

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 For free aptitude test call 416-292-5959  
 4466 Sheppard Ave. East at Brimley



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 50 Overlea Blvd., Toronto, ON M4H 1B6  
 Jay Wilson  
 Managing Director  
 416-423-1000

**ADORATION OF THE BLESSED SACRAMENT**  
*Takes place in the Chapel*  
 Every Friday: 9AM to 6PM, concludes with evening prayer and 5:40PM. Come for an hour and keep Lord. Pray for Church, your



Benediction at a few minutes or watch with the others, the family, yourself.

**CATHOLIC CEMETERIES**  
 Archdiocese of Toronto  
**Mt Hope Cemetery**  
 305 Erskine Avenue, Toronto, ON M4P 1Z7  
 416-483-4944  
[www.catholic-cemeteries.com](http://www.catholic-cemeteries.com)



## FAST &amp; ABSTINENCE

*During Lent*

Catholics fast, and abstain from meat on Ash Wednesday and Good Friday.

***Fridays of the Year***

It is a requirement of our Faith that we abstain from meat on all the Fridays of the year (except on Solemnities) in commemoration of our Saviour's death.

*The fast on Ash Wednesday and Good Friday.*

The required fast on Ash Wednesday and Good Friday involves eating only one full meal on those days. One or two smaller meals may be taken on those days, but may not total one full meal. The required fast does not allow eating anything between meals.

***Abstinence on Ash Wednesday and Good Friday & Fridays of the Year***

Abstinence on these days from meat does not intend the omission of eggs or dairy products.

***Age Requirements***

"All Catholics who have completed their fourteenth year are bound by the law of abstinence; all adults are bound by the law of fast up to the beginning of their sixtieth year.

**MARTYRS SHRINE HELLO!**

***Saturday, June 4, 2016***

The 12:15PM Choir & the Daughters of Isabella have volunteered to sponsor our Pilgrimage to the Shrine next year. This year's pilgrimage was such a beautiful experience both in terms of the spiritual experience and the wonderful grounds and fine weather that we want to go again.

Soon we will have to begin preparing for this event.

## ABSTINENCE

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