

## SAINT JOHN XXIII PARISH

Pastor: (Rev) Simon deGale; Secretary: Hayde Ayala

To Donate Online to St JXXIII go to: <https://community.archtoronto.org/page.aspx?pid=415>

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. Wkdys Mon, Wed, Fri 7PM; Tues, Thurs, Sat 9AM

### Baptism

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

### Reconciliation (confession)

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

### Anointing of the Sick

At any time by appointment. In case of emergency, please ask hospital for Catholic priest.

### 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

Head Office: 416-733-8544

## WORLD MISSION

### SUNDAY 2016

#### TODAY

#### Sunday, October 23rd.

Parishes worldwide will celebrate this unique Sunday, every Catholic across the world will have the opportunity to join in as brothers and sisters, with prayer and *financial* support for the poor and emerging church.

World Mission Sunday is a world-wide sign of the Universal Church and your donation will help provide emergency aid when disaster strikes, care for refugees in war torn countries; also, rural and health clinics and transportation for priests, catechists and religious and lay pastoral workers.

Please join the Universal Church's efforts to share with justice and fraternity amongst all the Dioceses in the world.

## SACRAMENT OF FIRST HOLY COMMUNION

**Registration is THIS month of Oct 2016.**

Families of grade 2 candidates (also grds 3-8) please call office for appointment with Fr Simon.

Cost of materials is \$12.

Copy of Baptismal Certificate required if not Baptized @ StJXXIII

CATECHISM OF THE CATHOLIC CHURCH  
PART TWO—THE CELEBRATION OF THE  
CHRISTIAN MYSTERY

THE SACRAMENT OF THE EUCHARIST

**277. How is the celebration of the Holy Eucharist carried out?**

The Eucharist unfolds in two great parts which together form one, single act of worship. The Liturgy of the Word involves proclaiming and listening to the Word of God. The Liturgy of the Eucharist includes the presentation of the bread and wine, the prayer containing the words of consecration, and communion.

**278. Who is the minister for the celebration of the Eucharist?**

The celebrant of the Eucharist is a validly ordained priest (bishop or priest) who acts in the Person of Christ the Head and in the name of the Church.

**279. What are the essential and necessary elements for celebrating the Eucharist?**

The essential elements are wheat bread and grape wine.

**280. In what way is the Eucharist a memorial of the sacrifice of Christ?**

The Eucharist is a memorial in the sense that it makes present and actual the sacrifice which Christ offered to the Father on the cross, once and for all on behalf of mankind. The sacrificial character of the Holy Eucharist is manifested in the very words of institution, "This is my Body which is given for you" and "This cup is the New Covenant in my Blood that will be shed for you" (Luke 22:19-20). The sacrifice of the cross and the sacrifice of the Eucharist are one and the same sacrifice. The priest and the victim are the same; only the manner of offering is different: in a bloody manner on the cross, in an unbloody manner in the Eucharist.

**281. In what way does the Church participate in the eucharistic sacrifice?**

In the Eucharist the sacrifice of Christ becomes also the sacrifice of the members of his Body. The lives of the faithful, their praise, their suffering, their prayers, their work, are united to those of Christ. In as much as it is a sacrifice, the Eucharist is likewise offered for all the faithful, living and dead, in reparation for the sins of all and to obtain spiritual and temporal benefits from God. The Church in heaven is also united to the offering of Christ.

**HAITIAN RELIEF  
HURRICANE MATTHEW**

**Donations Can Be Made Through the  
Archdiocese**

In the face of widespread damage, flooding and landslides, more than 1.4 million people are in need of assistance, with 750,000 people identified as in serious need. More than 1,000 people have been reported dead so far, while the risk of cholera and other disease is growing.

Development and Peace – Caritas Canada and the Canadian Conference of Catholic Bishops (CCCB) have launched a joint emergency appeal to all Catholics and all Canadians, asking them to be in solidarity with those affected by Hurricane Matthew. Development & Peace has well-established partnerships in Haiti after nearly 45 years of active service in the country.

In partnership with Caritas Haiti and USA sister organization Catholic Relief Services, funds will:

- provide supplies for those who lost everything and to reduce the risk of spreading preventable disease;
- provide basic supplies to those whose homes were destroyed;
- help distribute food, sanitation and supply kits;
- and aid in collaboration with the Ministry of Agriculture to conduct an inventory of agricultural losses.

*Those wishing to help may do so in the following ways:*

1. Online through the Archdiocese of Toronto website: [www.archtoronto.org](http://www.archtoronto.org)
2. By phone through the Development Office – 416-934-3411
3. Through their parish, making cheques payable to: "StJXXIII–Haiti Emergency"

**THE TORONTO RIGHT TO LIFE  
ASSOCIATION'S ANNUAL CHRISTMAS CARD  
CAMPAIGN**

**On Sale Here At StJXXIII, Weekends of Nov 6 & 13**  
Pricing is \$8 for any pack, with 10 cards and envelopes in each pack. Beautiful Christmas Cards containing Christian Symbols (keep Christ in Christmas). Your purchase of these cards will help the Right Life Association in its work to defend the life of the unborn child.

### MASS INTENTIONS

Mon, Oct 24, **7PM**: Thnksv of Jerome John  
 Tues, Oct 25, **9AM**: Safe Flight of the Regadios  
 Wed, Oct 26, **7PM**: +Pedro, +Fayda, +Leonara  
 Thurs, Oct 27, **9AM**: Thanksgiving by Leonor  
 Fri, Oct 28, **7PM**: Thnksvg: Blk. Naz. Devotees  
 Sat, Oct 29, **9AM**: +Vincete Letrondo

**Saturday, Oct 29**

5:15PM: +Robert McNaney

**Sunday, Oct 30**

9AM: The Parishioners

12:15PM: In Honour of Our Lady of Fatima

5:30PM: In Thnksvg for Nemesio Mindanao

### VIGIL CANDLES

**Saturday, Oct 29—Friday, Nov 4**

Sanctuary Tabernacle:

Chapel Tabernacle: +Roger deGale

### PARISH

#### CHILDREN'S CHOIR

**Grade 1 — Grade 8**

Inf. Amy: 647-878-2534; Sing 1<sup>st</sup> & 4<sup>th</sup> Sun @  
5:30PM Mass

#### CHALICE CHILDREN COLLECTION

Next Collection—**Sun, Oct 30**: Goal: \$2,220.

Payment is made in May of each year for  
following 12 months.

Total to Date: \$232.00

#### YOUTH CHOIR

**Rehearsals—Sat @ 10AM.**

Grade 9 & Up: Sing 2<sup>nd</sup> & 3<sup>rd</sup> Sun of Month:  
5:30PM Mass

#### FIRST HOLY COMMUNION

**Enrolment**

Sunday, November 6 @ 12:15PM

**First Test**

Month of November

### "FORMED"

**Want to watch a movie on a saint's life? Hear  
an inspiring audio on spirituality?**

Teach your children the faith through video?  
You can do all this via computer, smart phone,  
tablet or internet tv. Go to ["formed.org"](http://formed.org); input  
our parish access code: MRFx27; fill out your  
profile and password. Bang! You're into the site.

#### **HIGHLIGHTED FOR OCTOBER**

Go To Movies:

Biographies, Watch The Movie On

**John XXIII**

*Excellent*

Go To Audio:

Featured, Listen To

**"Praying The Rosary Like Never Before".**

*Lives Up To It's Name*

#### ANNUAL CHRISTMAS DINNER/DANCE

**Save This Date**

**What:** CWL Annual Christmas Dinner & Dance

**When:** Saturday, November 26, 2016

**Time:** From 6:30 PM until 12:30 AM

**Where:** Leaside Community Memorial Gardens  
1073 Millwood Rd, Toronto, M4G 1X6

**Cost:** \$25: includes music, food, raffles & dancing.

**Attire:** Semi-Formal

Info: Lynda Caratao 416-951-9907, Elaine Shaver  
647-713-1198 or Marilyn Baldemor 416-571-1077  
Ample parking available at no additional cost.

#### PARISH GROUP LEADERS

**Lectio—Evangelization**

**Six Sessions**

Sat, Sep 24, 11AM-12:30PM; **Sat, Oct 22,**

**11AM-12:30PM;** Sat, Oct 29, 11AM-12:30PM; Sat,

Nov 26, 11AM-12:30PM; Sat, Feb 4, 11AM-12:30PM;

Sat, Feb 18, 11AM-12:30PM.

#### SACRAMENT OF CONFIRMATION

**Enrolment**

TODAY: Sun, October 23 @ 12:15PM Mass

**Session 1**

THIS: Wednesday, October 26 @ 7:30PM

## SMILE

### *Fun Facts*

If you kept yelling for 8 years, 7 months and 6 days, you would produce enough sound energy to heat up a cup of tea.

There are approximately 100,000 hairs on an average human head.

It takes an average person 7 minutes to fall asleep.

A 12-year-old girl from Ethiopia was kidnapped by four men on her way from school. A week later the whole group was accosted by three lions who chased the men away and stayed with the girl without harming her, only leaving when the police arrived, looking for her.

Our ears and our nose never stop growing.

In 1994, a man was arrested because he was dressed as the Grim Reaper and just stood and stared into the windows of a home for the elderly.

## VOCATION

### WANTED

***Humble sinners who know the forgiveness of God.***

These make good servants of the Gospel. They can be priests, deacons, sisters or brothers. 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 [www.vocationstoronto.ca](http://www.vocationstoronto.ca)

## ARCHDIOCESE

### KOLBE KNOW YOUR FAITH SERIES:

#### *Salvation History*

7:00 pm

Tuesdays, October 25, November 1, 15, 22, December 6, 13  
– 7 to 9 p.m. Holy Cross Parish Hall; 291 Cosburn Ave.,

OR

Saturdays, October 29, November 5, 19, 26, December 10,  
17 - 9:45 a.m. to 12 p.m. Blessed Trinity Parish Hall  
3220 Bayview Ave., Toronto.

COST: \$15 includes weekly handouts  
[www.kolbeapostolate.com](http://www.kolbeapostolate.com)

### PALLIATIVE CARE: WHAT CATHOLICS SHOULD KNOW

***Sunday, October 30 @ 2:00 pm***  
***Blessed Trinity Church***

***3220 Bayview Ave., North York***

Palliative care improves quality of life of people living with serious illness and includes informed consent, pain management, nutrition/hydration, comfort measures. It is important to understand Church teaching regarding these issues and be informed of your rights as a patient. Dr.

Nisha Fernandes and Dr. Irene D'Souza will present an overview of palliative care and address concerns at end-of-life.

CONTACT: Terry McDermott, RN, Parish Nurse PHONE: 416-226-0262, ext. 8 EMAIL: [btparishnurse@gmail.com](mailto:btparishnurse@gmail.com)

### COME AND SEE WEEKEND *Friday, Nov. 4 to Sunday, Nov. 6,* *St. Augustine's Seminary.*

Inviting single Catholic men 18 years and older, to cultivate a deeper prayer life and relationship with Jesus Christ; leading to a better discernment of God's call for their lives. Time for prayer, reflection and information on the process of becoming one of Christ's disciples as a Catholic priest. Please contact (the Parish Priest ) or the Office of Vocations at: 416 968 0997; [vocations@archtoronto.org](mailto:vocations@archtoronto.org)  
[www.vocationstoronto.ca](http://www.vocationstoronto.ca)

### REVIVAL – RESTORING THE SACRED IN OUR LIVES AND CHURCH

***November 5, 9AM***

***Canada Christian College; 50 Gervais Dr., Toronto***

Serviam Ministries is hosting their annual fall conference with Fr. John Zuhlsdorf (aka "Fr. Z") and Stephanie Gray for an exciting day of prayer, fellowship and inspiring talks that will equip and embolden you to restore the sacred in your lives and those around you.

Free ticket to priests and religious who wear their collar or habit. Seminarians also qualify (register via email to ensure a spot is strongly suggested).

WEB: [www.serviamministries.com/events/revival/](http://www.serviamministries.com/events/revival/) COST: \$45 PHONE: 1-888-522-2070 EMAIL: [info@serviamministries.com](mailto:info@serviamministries.com)

<b>Feast of the Week</b>
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**Feast—Sts Simon & Jude, Apostles, Martyrs:  
Fri, Oct 28:**

*Saints Simon and Jude's Story*

Jude is so named by Luke and Acts. Matthew and Mark call him Thaddeus. He is not mentioned elsewhere in the Gospels, except, of course, where all the apostles are mentioned. Scholars hold that he is not the author of the Letter of Jude. Actually, Jude had the same name as Judas Iscariot. Evidently because of the disgrace of that name, it was shortened to "Jude" in English.

Simon is mentioned on all four lists of the apostles. On two of them he is called "the Zealot." The Zealots were a Jewish sect that represented an extreme of Jewish nationalism. For them, the messianic promise of the Old Testament meant that the Jews were to be a free and independent nation. God alone was their king, and any payment of taxes to the Romans—the very domination of the Romans—was a blasphemy against God. No doubt some of the Zealots were the spiritual heirs of the Maccabees, carrying on their ideals of religion and independence. But many were the counterparts of modern terrorists. They raided and killed, attacking both foreigners and "collaborating" Jews. They were chiefly responsible for the rebellion against Rome which ended in the destruction of Jerusalem in A.D. 70.

*Reflection*

As in the case of all the apostles except for Peter, James and John, we are faced with men who are really unknown, and we are struck by the fact that their holiness is simply taken to be a gift of Christ. He chose some unlikely people: a former Zealot, a former (crooked) tax collector, an impetuous fisherman, two "sons of thunder," and a man named Judas Iscariot.

It is a reminder that we cannot receive too often. Holiness does not depend on human merit, culture, personality, effort, or achievement. It is entirely God's creation and gift. God needs no Zealots to bring about the

kingdom by force. Jude, like all the saints, is the saint of the impossible: Only God can create his divine life in human beings. And God wills to do so, for all of us.

**St. Jude**

*Patron:* Desperate situations; forgotten causes; hospital workers; hospitals; impossible causes; lost causes; diocese of Saint Petersburg, Florida.

*Symbols:* Bearded man holding an oar, a boat, boat hook, a club, an axe or a book; nearly every image depicts him wearing a medallion with a profile of Jesus, and usually with a small flame above his head; often carries a pen or sits at a writing location to make reference to the canonical Epistle; sailboat; inverted cross; square; halbert; club; loaves and fish; long cross; knotted club; boat hook; fuller's bat; lance; saw; flail; closed book; shield: red with sailboat with a cross on the mast.

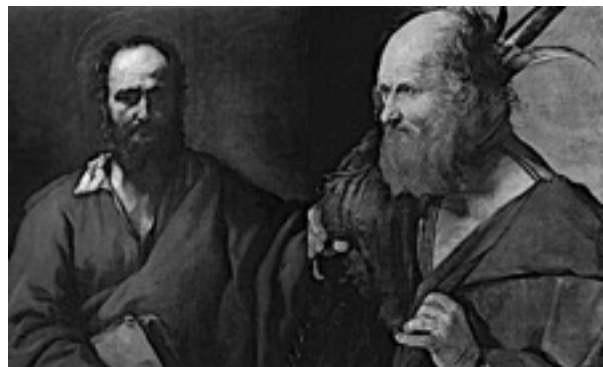
**St. Simon**

*Patron:* Curriers; sawmen; sawyers; tanners.

*Symbols:* Boat; fish; man being sawn in two longitudinally; fish and book; oar; saw; two fishes; lance; fuller's bat; axe; cross; saw and oar saltire; fish on a boat hood; sword; shield: red background with two oars and a hatchet.

*Things to Do:*

- Traditionally Christians used to begin to prepare food such as bread of the dead and soul cakes for the feast of All Souls beginning on this day. In some areas people would beg for ingredients to make these cakes on this day.



## “...Whoever Exalts Himself Will Be Humbled, But Whoever Humbles Himself Will Be Exalted”

Jesus



### **The Readings:**

Sirach 35:12-14, 16-18

Psalm 34:2-3,17-19, 23

2 Timothy 4:6-8,16-18

Luke 18:9-14

Jesus draws a blunt picture in today's Gospel.

The Pharisee's prayer is almost a parody of the thanksgiving psalms (see for example Psalms 30,118). Instead of praising God for His mighty works, the Pharisee congratulates himself for his own deeds, which he presents to God in some detail.

The tax collector stands at a distance, too ashamed even to raise his eyes to God (see Ezra 9:6). He prays with a humble and contrite heart (see Psalm 51:19). He knows that before God no one is righteous, no one has cause to boast (see Romans 3:10; 4:2).

We see in the Liturgy today one of Scripture's abiding themes—that God "knows no favorites," as today's First Reading tells us (see 2 Chronicles 19:7; Acts 10:34-35; Romans 2:11).

God cannot be bribed (see Deuteronomy 10:17). We cannot curry favour with Him or impress Him—even with our good deeds or our faithful

observance of religious duties such as tithing and fasting.

If we try to exalt ourselves before the Lord, as the Pharisee does, we will be brought low (see Luke 1:52).

This should be a warning to us—not to take pride in our piety, not to slip into the self-righteousness of thinking that we're better than others, that we're "not like the rest of sinful humanity."

If we clothe ourselves with humility (see 1 Peter 5:5-6)—recognize that all of us are sinners in need of His mercy—we will be exalted (see Proverbs 29:33).

The prayer of the lowly, the humble, pierces the clouds. Paul testifies to this in today's Epistle, as He thanks the Lord for giving him strength during his imprisonment.

Paul tells us what the Psalmist sings today—that the Lord redeems the lives of His humble servants.

We too must serve Him willingly. And He will hear us in our distress, deliver us from evil, and bring us safely to His heavenly kingdom.

**CATHOLIC ANSWERS  
ON PRAYER**

**Question**

In the Our Father, Jesus taught his disciples to pray for deliverance from the "Evil One," not merely from "evil" as such. Why hasn't this prayer been translated accurately? Shouldn't we be praying what Jesus taught us to pray, word for word?

**Answer**

First, Jesus probably didn't teach the Our Father in Greek (the language we have the Gospels in) but in Aramaic, so any English version is a translation of a translation.

Second, you can't always translate word for word because the results would be awkward or even unintelligible. Translation invariably involves splitting words in two, combining them, dropping them out, adding them, or rearranging them, depending on the rules of the language you are translating into. To refuse to do any of these things would result in a lousy translation.

If it were translated in a strictly word-for-word manner, the Our Father would read like this:

*Father of-us the in the heavens, let-be-made-holy the name of-you, let-come the kingdom of-you, let-come-about the will of-you, as in heaven also upon earth. The bread of-us the daily give to-us today and dismiss to-us the debts of-us, as also we dismissed to-the debtors of-us. And not into-bring us into trial, but deliver us from the evil.*

Third, languages obey different rules and translations cannot be done in a strictly word-for-word manner. Translators are sometimes confronted with situations where they have to make a decision about how to render something, because the original can have more than one meaning, and there is no good way to express this ambiguity in the translation.

An example of this is the one you mention. Greek tends to use the definite article (in English, the word *the*) much more than we do. For example, you might read about "the Paul" going and saying something to "the Peter" about "the Jesus the Christ." Because it gets used in Greek so frequently and in ways that English doesn't use it, translators have to decide when to drop it and when to include it in their translations.

One such case is at the end of the Our Father. The Greek literally says "the evil." Does this mean "the evil one" or does it just mean "evil"? Because of the way the article is used in Greek, it can have either meaning. In fact, because language can be deliberately ambiguous, it could mean both—i.e., "deliver us from the evil one and from evil in general."

The English translators of the Our Father chose one option rather than another, but it isn't an option where you can look at the Greek and say, "That's wrong. That's not what the Greek says." On the other hand, one can look at the "forgive us our trespasses as we forgive those who trespass against us" and say "That is wrong. The words in Greek are clearly debts and debtors, not trespasses and those who trespass

against." This criticism affects only the English version of the Our Father. (The Pater Noster, for example, has it right: *debita and debitoribus*.)

**YOUTH MINISTRY**

**THEOLOGY ON TAP**

*From Disconnection to Reconnection: Human Relationships in Action / Mon, Oct 24, 7PM, Duke of York Pub / 39 Prince Arthur Ave., Toronto*

Faith Connections invites young adults (19-39) to join us for an evening of thought-provoking theological discussion in a comfortable and relaxed setting, with special guest: Zachary Grant - Justice Ministry. Munchies provided. Cash bar. Bring a friend!

Tel: 416-467-2645 [www.faithconnections.ca](http://www.faithconnections.ca)

**HIKE AND PRAYER:**

*A Synagogue, a Church, and a Mosque  
Sunday, November 6, 2016 — 1 p.m. to 5 p.m.*

Starting at First Narayever Congregation, 187 Brunswick Ave, Toronto. Faith Connections and Muslim-Catholic Young Adult/Student Dialogue invite all university/college students and young adults (18-39) to join us as we visit a Synagogue, Church, and a Mosque. We will walk, learn, pray, and dialogue together. RSVPs appreciated, call 416-467-2645 or visit [www.faithconnections.ca](http://www.faithconnections.ca)

**THEOLOGY ON TAP: GRIEF —**

*What's love got to do with it?*

Mon, Nov 21—7PM to 9PM. Duke of York Pub, 39 Prince Arthur Ave, Toronto

Faith Connections invites young adults (19-39) to join us for an evening of thought-provoking theological discussion in a comfortable and relaxed setting, with special guest: Florence Loh. What would God and Freud agree on if they had a conversation about grief? Munchies provided, cash bar, come and bring a friend! Info Vanessa 416-467-2645

**COLLEGE/UNIVERSITY AGE**

*Upcoming—Six Sessions with Your Age Group In Parish Lounge led by Fr Simon*

1. Sat, Sep 17 @11AM-12:30PM; 2. Sat, Oct 1 @ 11AM-12:30PM; 3. Sat, Oct 15 @ 11AM-12:30PM; 4. **Sat, Nov 5 @ 11AM-12:30PM**; 5. Sat, Nov 19 @ 11AM-12:30PM; 6. Sat, Dec 3 @ 11AM-12:30PM.

"Come and See". Learn to be disciples of Jesus Christ.

**GOD SQUAD & KIDS OF THE CROSS**

*Upcoming Youth Events:*

Next God Squad Night: Friday Night Movie  
Fri, Oct 28, from 7:00-9:00pm in the Parish Hall.

Next Kids of the Cross Night:  
Fri, Nov 4, from 6:00-8:00pm in the Parish Hall.

**Bamboo Travel & Tours**  
 Call Marivic  
 Flemington Park Plaza  
 747 Don Mills Rd., Suite 206A, Toronto, ON  
 Tel 416-422-0464  
[bambootours@bellnet.ca](mailto:bambootours@bellnet.ca)

**Paul O'Connor Funeral Home**  
 1939 Lawrence Avenue East  
 416-751-7890

**Flemington Park Dental Care**  
 747 Don Mills Road #35  
 Inside Flemington Plaza  
 New Patients are welcome  
**416-429-0783**

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**Dr. Maria Imelda C. Ang**  
 A COSMETIC & FAMILY DENTAL CENTRE  
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*Free Chairside Teeth Whitening for every new patient exam & cleaning. Please call for details...*

**New Conservatory of Music**  
 Piano, Voice, Violin, Guitar and 20 other instruments and theory.  
 Violins, Keyboards, and guitars loaned to beginners.  
 For free aptitude test call 416-292-5959  
 4466 Sheppard Ave. East at Brimley Rd.



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

ADORATION OF OUR LORD IN 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)



**LENTEN FAST & ABSTINENCE**

*We fast, & abstain from meat on Ash Wed & Good Fri.*

***The fast on Ash Wednesday and Good Friday.***

The required fast on Ash Wed and Good Fri 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***

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

***Age Requirements***

"All Catholics who have completed their 14<sup>th</sup> year are bound by the law of abstinence; all adults are bound by the law of fast up to the beginning of their 60<sup>th</sup> year.

***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.

**FOR PARISH REVENUE*****7 Day Vigil Lamps***

To help with parish revenue the red vigil lamps for the altar tabernacle and chapel tabernacle can be purchased for the week beginning at the Sunday Vigil Mass for \$20. The name of the Family or Person for whom the Vigil Lamp is burning will be placed in this bulletin every week.

It is possible for the parish to raise \$1,500 each year in this way.

