

## 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. (Wkds: Mon, Wed, Fri 7PM; Tues, Thurs, Sat 9AM)

### Baptism

Baptisms are celebrated on the second Saturday of the month at 11AM and third Sunday 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. Or see Fr Simon.

### Marriage

See Fr Simon before setting a date.

### RCIA

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

### Catholic Cemeteries

Head Office: 416-733-8544

## LIVING THE GOSPEL BY EVANGELIZING OUR FAITH IN THE WIDER WORLD

Gia Lao Parish is located in the mountainous Diocese of Xuan Loc in Vietnam. Its parishioners, mostly poor, work on the hillside farms. The Pastoral Mission Fund, with the support of ShareLife, provided a one-time grant so the parish could acquire resources it could not otherwise provide. This includes bibles and hymnals, along with training for 60 catechists, who lead marriage preparation and catechism classes. With your support, Gia Lao Church is bringing faith to a community in the greater world.

**April 22 is the next ShareLife  
Sunday. Please give  
generously.**

## CATECHISM OF THE CATHOLIC CHURCH

### Part One—The Profession of Faith

#### I BELIEVE IN THE HOLY SPIRIT

#### 136. What does the Church mean when she confesses: "I believe in the Holy Spirit"?

To believe in the Holy Spirit is to profess faith in the Third Person of the Most Holy Trinity who proceeds from the Father and the Son and "is worshipped and glorified with the Father and the Son". The Spirit is "sent into our hearts" (Gal4:6) so that we might receive new life as sons of God.

#### 137. Why are the missions of the Son and the Holy Spirit inseparable?

In the indivisible Trinity, the Son and the Spirit are distinct but inseparable. From the very beginning until the end of time, when the Father sends his Son he also sends his Spirit who unites us to Christ in faith so that as adopted sons we can call God "Father" (Rom8:15). The Spirit is invisible but we know him through his actions, when he reveals the Word to us and when he acts in the Church.

#### 138. What are the names of the Holy Spirit?

"The Holy Spirit" is the proper name of the third Person of the Most Holy Trinity. Jesus also called him the Paraclete (Consoler or Advocate) and the Spirit of Truth. The New Testament also refers to him as the Spirit of Christ, of the Lord, of God - the Spirit of Glory and the Spirit of the Promise.

#### 139. What symbols are used to represent the Holy Spirit?

There are many symbols of the Holy Spirit: living water which springs from the wounded Heart of Christ and which quenches the thirst of the baptized; anointing with oil, which is the sacramental sign of Confirmation; fire which transforms what it touches; the cloud, dark or luminous, in which the divine glory is revealed; the imposition of hands by which the Holy Spirit is given; the dove which descended on Christ at his baptism and remained with him.

#### 140. What does it mean that the Spirit "has spoken through the prophets"?

The term "prophets" means those who were inspired by the Holy Spirit to speak in the name of God. The Spirit brings the prophecies of the Old Testament to their complete fulfillment in Christ whose mystery he reveals in the New Testament.

#### 141. What did the Holy Spirit accomplish in John the Baptist?

The Spirit filled John the Baptist, who was the last prophet of the Old Testament. Under his inspiration John was sent to "prepare for the Lord a people well disposed" (Lk1:17). He was to proclaim the coming of Christ, the Son of God, upon whom he saw the Spirit descend and remain, the one who "baptizes with the Spirit" (Jn1:33).

#### 142. What is the work of the Spirit in Mary?

The Holy Spirit brought to fulfillment in Mary all the waiting and the preparation of the Old Testament for the coming of Christ. In a singular way he filled her with grace and made her virginity fruitful so that she could give birth to the Son of God made flesh. He made her the Mother of the "whole Christ", that is, of Jesus the Head and of the Church his body. Mary was present with the twelve on the day of Pentecost when the Holy Spirit inaugurated the "last days" with the manifestation of the Church.

### MARCH FOR LIFE

*Thursday May 10—Day trip: Parliament Hill, Ottawa*

*Rally: 12:30PM / March: 1:30PM*

We have booked 2 Coaches of 56 seats.

Mass for Life @ 6AM; depart from

StJXXIII at 6:30AM; depart Ottawa

immediately after the March—3PM.

Washroom/coffee break at service centre

going to Ottawa; dinner break on the way

back at service centre. Price: \$10. [Sign-up](#)

[sheet in foyer](#)

### OPENING THE WORD THROUGH EASTER

*Every Saturday: 10:30AM—Noon*

Come and Reflect on Sacred Scripture's

Teaching for the Sundays of EASTER

Facilitated By Carla Marcoccia, our youth minister.

Welcome to Opening the Word, a program offering prayer and insights for the Sunday Readings. Featuring a variety of experienced presenters including Dr. Tim Gray, Jules Miles, Dr. Scott and Annie Powell, Dr. Edward Sri, and Dr. Ben Akers

## MASS INTENTIONS

Mon, April 16, 7PM:

+Joseph Attar (+Antonio  
Hernandez: 40<sup>th</sup> day)

Tues April 17, 9AM:

+Antonio Hernandez

Wed April 18, 7PM:

+Edel Quin

Thurs April 19, 9AM

+Joe Attar

Fri April 20, 7PM

+Thanksgiving for Steve

Sat April 21, 9AM

Thanksgiving: Amelia Dizon

Saturday, April 21

5:15PM: +Domingo *e* + Teresa Ayala

Sunday, April 22

9AM: +Alfonso Tibet Perlas

12:15PM: Thanksgiving — EJ *e* Katrina

5:30PM: The Parishioners

## VIGIL CANDLES

Saturday, April 21—Friday, April 27

Sanctuary Tabernacle: +Dr Evelyn Abellanosa  
Chapel Tabernacle:

## INTERCESSORY PRAYER GROUP

## Need Prayer Help?

Call Beth at 416-467-6492. Your intention will be emailed out to this prayer community. Only first name and intention will be shared.

COMMUNION FOR THE SICK  
& SHUT-INS

Call parish office and let us know—416-429-4000

## SENIOR'S GROUP

Meets after 9AM Mass on the 2<sup>nd</sup> & 4<sup>th</sup> Thurs of  
Month—Next Meeting IS THURSDAY, April 26

CHILDREN'S CHOIR: GRD 1--GRD 8.

Sing 1<sup>st</sup> & 4<sup>th</sup> Sun @ 5:30PM Mass

CHALICE CHILDREN'S COLLECTION

Total for 2017/18 achieved! \$2157.95

## THANK YOU FOR YOUR SUPPORT

Last Sunday's Offering—\$3,493.

To break even weekly—\$3,000 needed.

## NEW HYMN BOOKS

Cost: \$21

To date the price of 130 books have been donated: \$2,770.

THANKS. To Donate: Please call Hayde at the office:  
416-429-4000.

## YOU CAN DONATE

## Ambries

An Ambry is a glass container in which the Sacred Oils are kept. We have purchased the three glass containers for the Oil of the Infirm, Oil of Sacred Chrism, and Oil of Salvation. Cost was \$237.00.

An Ambry is also a container in which the three glass containers are stored. Oak Ambry cost is \$3,507.46; To date—9 Donations: \$997.

## DEVOTIONS FOR EASTER

Holy Hour with Exposition of the Blessed Sacrament

Sundays Of Easter: 4—5Pm

## VOCATIONS

Easter! Resurrection and new life; a new life shared  
from an earthen tomb.This has been the meaning of life for Christian people for two thousand years. There is nothing more secure, nothing more lasting. Come and share the thrill of proclaiming this truth through your life as a priest, religious or deacon. Call Fr. Chris Lemieux, Vocation Director, Archdiocese of Toronto 416-968-0997  
[vocations@archtoronto.org](mailto:vocations@archtoronto.org) [www.vocationstoronto.ca](http://www.vocationstoronto.ca)

## THEOLOGY ON TAP EAST: LONELINESS

Monday, April 16 — 7PM to 9PM

Boston Pizza, 400 Progress Ave, Scarborough ON  
Faith Connections, the Office of Catholic Youth, and the local parishes invite young adults (19-39) to join us for an evening of thought-provoking conversation on theological topics! Special guest: Shereen McFarlane, Program Manager, Catholic Family Services of Toronto. Munchies provided, cash bar available - come and bring a friend! Info: OCY by e-mail [youth@ocytoronto.org](mailto:youth@ocytoronto.org), or phone 416-599-7676.

## COFFEE SUNDAY: Last Sun of the Month

9AM Mass & 12:15PM Mass: Thank you Volunteers for  
your generosity.

## CONFIRMATION—UPCOMING

*Session 7: Wed, April 25, 7:30PM**Confirmation Rehearsal: Fri, May 4, 7:30PM-8:15PM*1<sup>st</sup> HOLY COMMUNION—UPCOMING:*3<sup>rd</sup> Test—Section 3—First Holy Communion*

Make appointment for April

*First Communion Mass: Sat, April 21 @ 5:15PM*

## PRAY FOR THE APRIL MISSION INTENTION

Universal – For those who have Responsibility in  
Economic Matters.That economists may have the courage to reject any  
economy of exclusion and know how to open new paths.FIRST FRIDAY OF THE MONTH  
OVERNIGHT VIGIL—ADORATION CHAPEL*Next First Friday: May 4*

Vigil Begins Fri 7:30PM and ends Sat 7:30AM

Contact: Elaine Shaver—647-713-1198

RETRouvaille WEEKEND: HELP FOR  
TROUBLED MARRIAGES*April 20—6:00 pm. At a hotel located in Mississauga,  
Ontario, close to Highway 401*

If you are thinking of separation or divorce or you are already separated, but want to try again then Retrouvaille can help. If you and your spouse want your marriage to work and are willing to put in a full weekend of hard work and your best effort, then you are invited to attend a Retrouvaille Weekend. Retrouvaille is a program to help married couples through difficult times in their marriage relationships. It is designed to provide the tools to help get your marriage back on track. It will give you the opportunity to rediscover one another and examine your lives together in a new and positive way.

Tel: 416-281-6007 Email: [www.torontoretrovaille.com](http://www.torontoretrovaille.com)

## BUNDLE SUNDAY

*Saturday/Sunday—May 4/5*

St Vincent d'Paul will be collecting gently used *clothing, shoes, linens and household goods* to support our neighbours in need and our residential programs. Please bring your donations and help others in your community.

The truck will be open all day Saturday and Sunday.  
What an opportunity! Clean out your closets and drawers.

## PLEASE

No construction materials, no books, no furniture,  
no dishes, no video/audio cassettes.

## SMILE

*An Act of Kindness*

The neighbour of a four-year-old child was an elderly gentleman, who had recently lost his wife. Upon seeing the man cry, the little boy went into the old Gentleman's yard, climbed onto his lap, and just sat there.

When his mother asked him what he had said to the neighbour, the little boy just said, 'Nothing, I just Helped him cry.'

*Suitable for Grace on Sundays of Easter*

—Easter Peace: It does not mean to be in a place where there is no noise, trouble or hard work. It means to be in the midst of those things and still be calm in your heart.

- Author unknown

—Easter spells out beauty, the rare beauty of new life. S.D. Gordon

—Never look down on anybody unless you're helping him up. - Jesse Jackson

—I ask not for a lighter burden, but for broader shoulders. - Jewish Proverb

—At the end of the day, love and compassion will win. - Terry Waite

—Easter tells us that life is to be interpreted not simply in terms of things but in terms of ideals. Charles M. Crowe

## DAY OF PRAYER FOR VOCATIONS

*Prayer changes things.*

Cardinal Collins has designated May 4 as our day of prayer for vocations in the archdiocese. Amidst your busy day, please join us in prayer as we ask the Lord for vocations to the Priesthood and Religious Life.

PRAYER VIGIL FOR SEMINARIANS  
BEING ORDAINED*Friday May 11—6pm-Midnight**St. Augustine's Seminary, 2661 Kingston Rd, M1M 1M3*

Parishioners are welcome to visit the Seminary on this date between 6PM & Midnight to pray for those to be Ordained to the Priesthood the following day.

## SAINT OF THE WEEK

*Memorial: St Kateri Tekakwitha, Lily of the Mohawks: Virgin Protectress of Canada—Tuesday 17:* St. Kateri Tekakwitha is the first Native American to be recognized as a saint by the Catholic Church. She was born in 1656, in the Mohawk village of Ossernenon. Her mother was an Algonquin, who was captured by the Mohawks and who took a Mohawk chief for her husband.

Kateri contracted smallpox as a four-year-old child which scarred her skin. The scars were a source of humiliation in her youth. She was commonly seen wearing a blanket to hide her face. Worse, her entire family died during the outbreak. Kateri Tekakwitha was subsequently raised by her uncle, who was the chief of a Mohawk clan.

Kateri was known as a skilled worker, who was diligent and patient. However, she refused to marry. When her adoptive parents proposed a suitor to her, she refused to entertain the proposal. They punished her by giving her more work to do, but she did not give in. Instead, she remained quiet and diligent. Eventually they were forced to relent and accept that she had no interest in marriage.

At age 19, Kateri Tekakwitha converted to Catholicism, taking a vow of chastity and pledging to marry only Jesus Christ. Her decision was very unpopular with her adoptive parents and their neighbours. Some of her neighbours started rumours of sorcery. To avoid persecution, she traveled to a Christian native community south of Montreal.



According to legend, Kateri was very devout and would put thorns on her sleeping mat. She often prayed for the conversion of her fellow Mohawks. According to the Jesuit missionaries that served the community where Kateri lived, she often fasted and when she would eat, she would taint her food to diminish its flavour. On at least one occasion, she burned herself. Such self-mortification was common among the Mohawk.

Kateri was very devout and was known for her steadfast devotion. She was also very sickly. Her practices of self-mortification and denial may not have helped her health. Sadly, just five years after her conversion to Catholicism, she became ill and passed away at age 24, on April 17, 1680.

Her name, Kateri, is the Mohawk form of Catherine, which she took from St. Catherine of Siena. St. Kateri Tekakwitha was canonized by Pope Benedict XVI on Oct. 21, 2012. She is the patroness of ecology and the environment, people in exile and Native Americans.

## TOTUS TUUS

*Dear Parents*

***We have four (4) young Missionaries coming to our parish from the Archdiocese of Toronto this summer for one week: Sunday, July 8—Saturday, July 14.***

They will run a day program and evening program. The program name is “**Totus Tuus**” (Totally Yours) and is inspired by St John Paul II’s words to youth, “Give yourself totally to God”.

**(Registration Fee: \$10 per Student)**

The Day program commences on Mon to Sat of this week from 8:45AM to 2:30PM daily

During the week, the children *entering* grades 1 through 6 in the upcoming fall school year participate in 4 classes each day, attend daily Mass, learn the Mass parts and liturgical songs, participate in games, icebreakers, skits, songs, recess, and prayer. The grade school curriculum helps children to learn and be reinforced in important principles of their Catholic faith.

*A typical day of Totus Tuus Day Camp:*

8:45am—Arrival and Welcome / 9am—Intro and skit / 9:15am—Warm-up and songs / 9:30am—Class 1 / 9:55am—Snack / 10:10am—Music prep for Mass / 10:30am—Class 2 / 10:55am—Mass prep / Confession / 11:20am—Daily Mass / 12pm—Lunch Recess / 12:45pm—Cool down and water break / 1pm—Afternoon Intro and skit / 1:15pm—Class 3 / 1:40pm—Break / 1:55pm—Class 4 / 2:20pm—Review and closing prayer / 2:30pm—Dismissal

The evening program commences at 6:45PM to 9PM daily: Sunday to Friday of this week.

Totus Tuus offers evening instruction for junior and senior high school youth (grades 7-12) during the week in the evenings: 7pm—9pm. We have found that energetic, faithful, college-aged teachers can effectively impact junior and senior high school youth. The team teaches in such a way as to continually offer a dialogue by which participants feel respected in their most basic dignity.

*A typical evening of the Grade 7-12 Program:*

6:45pm—Arrival and welcome / 7pm—Intro and skit  
7:30pm—Session1 & Q&A / 8pm—Break and refreshment  
8:15pm—Session2 & Q&A / 8:45pm—NitePrayer / 9pm—Dismissal

**Sign-Up Sheet in Foyer**

**"You Are Witnesses Of These Things"**

Jesus



**This Sunday's Readings:** *Acts 3:13–15, 17–19; Ps 4:2, 4, 7–9; 1 Jn 2:1–5; Lk 24:35–48*

Jesus in today's Gospel teaches His apostles how to interpret the Scriptures.

He tells them that all the Scriptures of what we now call the Old Testament refer to Him. He says that all the promises found in the Old Testament have been fulfilled in His passion, death, and resurrection. And He tells them that these Scriptures foretell the mission of the Church—to preach forgiveness of sins to all the nations, beginning at Jerusalem.

In today's First Reading and Epistle, we see the beginnings of that mission. And we see the apostles interpreting the Scriptures as Jesus taught them to.

God has brought to fulfillment what He announced beforehand in all the prophets, Peter preaches. His sermon is shot through with Old Testament images. He evokes Moses and the exodus, in which God revealed himself as the ancestral God of Abraham, Isaac, and Jacob (*Ex3:6,15*). He identifies Jesus as Isaiah's suffering servant who has been glorified (*Is52:13*).

John, too, describes Jesus in Old Testament terms. Alluding to how Israel's priests offered blood sacrifices to atone for the people's sins (*Lev16; Heb9–10*), he says that Jesus intercedes for us before God (*Rom8:34*), and that His blood is a sacrificial expiation for the sins of the world (*1John1:7*).

Notice that in all three readings, the Scriptures are interpreted to serve and advance the Church's mission—to reveal the truth about Jesus, to bring people to repentance, the wiping away of sins, and the perfection of their love for God.

This is how we, too, should hear the Scriptures. Not to know more "about" Jesus, but to truly know Him personally, and to know His plan for our lives.

In the Scriptures, the light of His face shines upon us, as we sing in today's Psalm. We know the wonders He has done throughout history. And we have the confidence to call to Him, and to know that He hears and answers.

Scott Hahn

## CATHOLIC ANSWERS

www.catholic.com

### MASS EVERY DAY?

#### Question

Is it OK to attend daily Mass every day?

#### Answer

Yes, it is perfectly acceptable to attend Mass everyday. In fact, many people do just that.

*The Church obliges the faithful to take part in the Divine Liturgy on Sundays and feast days and, prepared by the sacrament of Reconciliation, to receive the Eucharist at least once a year, if possible during the Easter season. But the Church strongly encourages the faithful to receive the holy Eucharist on Sundays and feast days, or more often still, even daily (CCC 1389).*

Five (5) Reasons to go to Mass every day:

1. *Receiving Christ in the Blessed Eucharist gives us the strength to fight selfish pride and sin.* Pride and ego are two of the many demons most of us must battle constantly. We desire pleasure, things, convenience, notice, etc. It's a constant struggle to weaken these impulses... especially when they impact our other priorities and relationships. We cannot win the struggle alone. We were not created perfect. We were born frail and defective so that we might acknowledge that any good which happens in us or through us is from God.

It takes supernatural strength to combat ego; and we can get that strength from our Lord present in the Eucharist. The sanctifying grace that pours through us when we receive the consecrated host allows us to stop before uttering a word of anger, or engaging in a selfish sin. Simply put, the Eucharist strengthens us for the daily journey.

2. *Praising God first thing in the morning is the most important thing on our daily calendar.* "First things first", as they say. And since we've been blessed to be a member of this one, holy, catholic, and apostolic Church, we should understand that it's a privilege and a gift that we can make God the first and most important person in our day by worshipping Him in His temple. Plus, God asks for the first fruits of our harvest, the first tenth of all our blessings. Going to Mass is offering the first part of our day to the Lord who is the source of all our blessings. It's the best form of Catholic stewardship.

3. *The Mass is my ongoing spiritual formation.* One beautiful thing about the Mass is that it is so drenched in scripture. Attending Mass daily allows us to soak in God's Word. Reading and reflecting on the daily scriptures the evening before makes the Mass seem even richer and more fulfilling. The Mass helps us get a full Catholic education in Christ -- stewardship, the sacraments, the saints, and evangelization -- 260 days a year. It helps us grown in the Lord a day at a time.

4. *The Mass heals.* Every Mass is a healing experience. It heals wounds caused by our sinful nature, it heals our relationship with God and with one another, bringing us closer to our Lord, giving us opportunities to draw near and receive Him not only in the Word, but also in the Blessed Sacrament.

5. *You meet your Creator, your friend, your love.* It is good to be a friend and lover of God. On the day we see Him face-to-face, we will realize that which we have missed throughout our lives. As Saint Augustine says: "my heart is restless until it rests in You." Find your shelter in the wings of the Lord. Find it, every morning, in His Holy temple. During the day, find it in silent prayer wherever we are.

We will come to yearn for the Lord knowing that our day is incomplete without prayer and worship. We will find no greater solace than in His Word, in His sacraments, and in surrendering to His love. In accepting the challenge of meeting Jesus daily in the Eucharist, we will find more joy than ever.

### YOUTH MINISTRY

#### **Next Kids of the Cross: Easter Bible Study Series**

Fri, April 20 from 6:00 - 8:00pm in the Parish hall.

#### **Next God Squad Night: Easter Bible Study Series**

Friday, April 27 from 6:00 - 8:00pm in the Parish hall.

### YOUNG ADULT MISSION TRIP TO YELLOWKNIFE AND FORT PROVIDENCE

**July 16—23, 2018**

**Cost: \$1,300:**

***Includes transportation, meals and accommodation.***

Information night: Monday, April 23rd, 2018, @ 7PM  
Office of Catholic Youth, 54 Hoskin Ave, Toronto M4T 1W2

Registration Ends & Deposit is due (50% of the cost):  
Friday, May 25, 2018

Young Adults (19-39) are invited to join us. Travel to Yellowknife and Fort Providence to serve the community. Learn about our missions in Canada and Indigenous culture.

To enter fully into the missionary experience, simple accommodations will be arranged, which may include a few nights of roughing it.

[www.ocytoronto.org/mission](http://www.ocytoronto.org/mission)

### CATHOLIC REGISTER PILGRIMAGE TO ROME

**May 18**

Join The Catholic Register to celebrate the newspaper's 125th anniversary with a 10-day pilgrimage to Rome, Assisi and Florence. We will explore the spirituality of Pope Francis and St. Francis of Assisi. Highlights include Pentecost Sunday Mass in St. Peter's Basilica at which the


Pope is expected to preside, attendance at the Pope's weekly audience in St. Peter's Square, a tour of the Vatican Museum and Sistine Chapel, two days in Assisi and two days in Florence. Cost: \$3,595 + \$600 airport taxes and fuel charge. The Catholic

Register: 416-934-3405 [pilgrimage@catholicregister.org](mailto:pilgrimage@catholicregister.org)  
[www.catholicregister.org](http://www.catholicregister.org)

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ADORATION OF OUR LORD IN THE BLESSED SACRAMENT  
*Takes place in the Adoration Chapel*  
 Every Friday: 9AM to 6PM, concludes with evening prayer and Benediction at 5:40PM. Come watch with the others, the family, yourself.



Benediction at 5:40PM. Come watch with the others, the family, yourself.  
 for a few hour and keep Lord. Pray for Church, your



## LENT IS HERE!!!

***When Is Ash Wednesday?—February 14***

### ***What is Ash Wednesday?***

This day marks the beginning of Lent. We attend Mass on this day and receive the Ashes on the forehead as a sign of sorrow for sin and as sign of our intention to become more faithful.

### ***What is Lent?***

The penitential season of the Church's year. It is 40 days of preparation to renew our Baptismal vows on Easter Sunday. During this time we seek closer union with the Lord through an increase of *fasting*, *prayer*, and *giving of alms* (charitable giving).

### ***Lenten Fast & Abstinence***

Catholics are obligated to Fast & Abstain from meat on Ash Wednesday & Good Friday.

### ***The Fast on Ash Wednesday and Good Friday.***

The fast on Ash Wed and Good Friday involves eating only one full meal. One or two smaller meals may be taken on those days, but may not total one full meal. No eating between meals.

### ***Abstinence on Ash Wednesday and Good Friday***

Abstinence on these days from meat can include eggs or dairy products.

### ***Age Requirements***

"All Catholics at 15 are bound by the law of abstinence; all adults are bound by the law of fast up to the beginning of their 60 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 Feasts) in commemoration of our Saviour's death.

## FERTILITYCARE TORONTO

### ***Catholic Women's Fertility Health***

Are you planning to space your children and feel unsure of the family planning system you're using?

**FertilityCare** Toronto can help.

Is your family complete and are wondering what comes next for family planning? **FertilityCare** Toronto can help.

Would you like to follow your faith but don't know a reliable, scientific family planning method?

**FertilityCare** Toronto can help.

Do you have health concerns and want to learn more about your body and gynecologic health?

**FertilityCare** Toronto can help.

Are you suffering from infertility or recurrent miscarriage and don't know where to turn for effective help? **FertilityCare** Toronto can help.

**Contact/Info** 416-465-2868 [www.fertilitycare.ca/](http://www.fertilitycare.ca/)

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