

## 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

## LAST BULLETIN OF SUMMER

### *Bulletin Returns September 2<sup>nd</sup>*

Mass intentions  
—for the week  
ahead—will be  
posted on  
bulletin board in  
Church foyer.

Any  
announcements  
will also be  
posted on  
bulletin board.

## CATECHISM OF THE CATHOLIC CHURCH

### Part Two

#### The Celebration of the Christian Mystery

##### THE SACRAMENTAL ECONOMY

##### 218. What is the liturgy?

The liturgy is the celebration of the mystery of Christ and in particular his paschal mystery. Through the exercise of the priestly office of Jesus Christ the liturgy manifests in signs and brings about the sanctification of humankind. The public worship which is due to God is offered by the Mystical Body of Christ, that is, by its head and by its members.

##### 219. What place does the liturgy occupy in the life of the Church?

The liturgy as the sacred action par excellence is the summit toward which the activity of the Church is directed and it is likewise the font from which all her power flows. Through the liturgy Christ continues the work of our redemption in, with and through his Church.

##### 220. In what does the sacramental economy consist?

The sacramental economy consists in the communication of the fruits of Christ's redemption through the celebration of the sacraments of the Church, most especially that of the Eucharist, "until he comes" (1 Cor 11:26).

##### THE LITURGY - WORK OF THE MOST HOLY TRINITY

##### 221. In what way is the Father the source and the goal of the liturgy?

Through the liturgy the Father fills us with his blessings in the Word made flesh who died and rose for us and pours into our hearts the Holy Spirit. At the same time, the Church blesses the Father by her worship, praise, and thanksgiving and begs him for the gift of his Son and the Holy Spirit.

##### 222. What is the work of Christ in the liturgy?

In the liturgy of the Church, it is his own paschal mystery that Christ signifies and makes present. By giving the Holy Spirit to his apostles he entrusted to them and their successors the power to make present the work of salvation through the Eucharistic sacrifice and the sacraments, in which he himself acts to communicate his grace to the faithful of all times and places throughout the world.

##### 223. How does the Holy Spirit work in the liturgy of the Church?

The very closest cooperation is at work in the liturgy between the Holy Spirit and the Church. The Holy Spirit prepares the Church to encounter her Lord. He recalls and manifests Christ to the faith of the assembly. He makes the mystery of Christ really present. He unites the Church to the life and mission of Christ and makes the gift of communion bear fruit in the Church.

#### Featured Apostolates this Weekend

##### 1 of 4 Apostolates

#### INTERCESSORY PRAYER GROUP

***A group of parishioners who wish to offer intercessory prayer for your intentions:***

Which can be for the sick, the dying, the wayward, jobs, etc. Contact Beth for your intentions. Only your first name and your intention are shared with the group of intercessors. Beth Abordo: 416-467-6492

#### ANNUAL MASS FOR THE FAITHFUL DEPARTED

***Wednesday, August 15 @ 7PM***

***All families within the Archdiocese are invited to attend the annual Mass for the Faithful departed.***

—*Assumption Cemetery*, 6933 Tomken Road, Mississauga  
Most Rev. John A. Boissonneau  
—*Christ the King Cemetery*, 7770 Steeles Avenue East, Markham (Enter off Reesor Road)—Msgr Vid Vlastic  
—*Holy Cross Cemetery & Funeral Home*, 8 3 6 1 Yonge Street, Thornhill—Most Rev. Robert Kasun  
—*Mount Hope Cemetery*, 305 Erksine Avenue, Toronto—Rev. Fr Michael Busch  
—*Queen of Heaven Cemetery*, 7300 Highway #27, Woodbridge—His Eminence Cardinal Thomas Collins  
—*Resurrection Cemetery*, 355 Taunton Road East, Whitby  
—Most Rev. Vincent Nguyen  
—*St. Mary's Cemetery*, 208 Sunnidale Road, Barrie—Most Rev. Wayne Kirkpatrick

#### Featured Apostolates this Weekend

##### 2 of 4 Apostolates

#### CHILDREN'S LITURGY

***Children's Liturgy of the Word is an age-appropriate Word offered for ages 5 and up at the 12:15PM Mass.***

No pre-registration is necessary. All children are welcome and encouraged to attend. Just before the Liturgy of the Word begins for the assembly, these children are invited to go with the weekly leaders from the Church to the Parish Hall. During this special time, the volunteer teacher leads the children through prayers, songs and readings that are simplified for children. The children learn about the same Scripture readings as the rest of the assembly. They are taught a simplified main message of the readings and encouraged to share that message with their parents after Mass. Volunteers are needed to teach the lessons each week, as well as to assist with the supervision of the children. This is a great opportunity for adults and middle school/high school youth to help these eager youngsters learn the Word of the Lord. For more information or to get involved, contact the Parish Office.

## MASS INTENTIONS

Mon, June 25, 7PM:

*+Leonardo Alon sr. e3 Mercedes Alon Thnksgrv*

Tues June 26, 9AM:

*Health of Beth Somera*

Wed June 27, 7PM:

*Jeffrey Gomez: B-day*

Thurs June 28, 9AM

*Thanksgiving of Donado Family*

Fri June 29, 7PM

*Black Nazarene Devotees Thanksgiving*

Sat June 30, 9AM

*Thanksgiving of Mary-Ann G***Saturday, June 30**5:15PM: *+Samson Gunawardena***Sunday, July 1**9AM: *The Parishioners*12:15PM: *Thanksgiving to our Guardian Angels*5:30PM: *+Magtangol Navarrete*

## VIGIL CANDLES

**Sat, June 30—Friday, July 6**Sanctuary Tabernacle: *+Lerma & Isagani*Chapel Tabernacle: *Amor Augustin B-day Thnksgrv*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 MonthCOFFEE SUNDAY: *Last Sun of the Month*

9AM Mass &amp; 12:15PM Mass:

*Thank you Volunteers for your generosity.*

## VOCATIONS

***In every age and time the Lord's call brings forth  
priests to prepare a people for the Lord.***Would you be willing to proclaim the truth of God's love  
and presence in your life as a priest, religious or deacon?

If you think God is calling you, 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)

## THANK YOU FOR YOUR SUPPORT

***Last Sunday's Offering—\$2625.50***

To break even weekly—\$3,000 needed.

## YOU CAN DONATE

***Ambries:*** Cost was \$3744. To date—Donations: \$2286

## NEW HYMN BOOKS

***Cost: \$21***Total Cost: \$6,000. *To date—\$3726—THANKS.*

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

## 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.

## YOUTH CHOIR: Grd 7 &amp; Up

***Sing 2<sup>nd</sup> Sunday @ 5:30PM***

## CHILDREN'S CHOIR: GRD 1--GRD 6.

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

## CHALICE CHILDREN'S COLLECTION

**Total for 2017/18 achieved! \$2157.95:**

2018, May payment \$2220

## Featured Apostolates this Weekend

3 of 4 Apostolates

## ROSARY APOSTOLATE

***Nadine Cornelio: 416-421-9322***

The Rosary Apostolate is a non-profit association of volunteers in the community that freely give of their time and talents to lead children, youth and families into a deeper relationship with our Triune God through prayer. Thus, the Rosary Apostolate is an apostolate of prayer. The Rosary apostolate seeks to lead people to Jesus our Saviour and Redeemer through Mary by teaching others how to pray with the Holy Rosary of the Blessed Virgin Mary. There are three basic sectors where we seek to lead people in the recitation of the Holy Rosary: 1—The Catholic Schools; 2—The Homes of Families; 3—The Catholic Churches. Each volunteer under the direction and guidelines of the Rosary Apostolate, prays the Rosary with children and youth and families, to encourage them to return to the practice of praying daily the Rosary. The Rosary Apostolate organization shall be carried on without purpose of gain for its members and any profits or other gains to the Rosary Apostolate organization shall be used in promoting its objectives.



Marylake  
SHRINE OF OUR LADY OF GRACE

THE SIXTH ANNUAL CELEBRATION IN HONOUR OF

## SEÑOR SANTO NIÑO

Celebrate this Augustinian Feast with the Filipino Community

{ SATURDAY, JULY 14, 2018 }

At Marylake, Shrine of Our Lady of Grace – 13760 Keele Street, King City

9 am: Assembly at the Great Crucifix  
10 am: Rosary Procession along The Rosary Path  
11 am: Open Air Sacrifice of the Holy Mass  
12:30 pm: Benediction Service  
9 am - 10 am: Sacrament of Reconciliation available at the Angel Courtyard  
Community picnic and programs all day!

**For more information:**  
Reverend Fr. Ben P. Ebcas Jr., Spiritual Director  
of the Filipino Mission: 416-787-4547  
Jose Bona: 647-533-8404  
Jerom Peralta: 416-843-5721

Bring chairs, tables, umbrellas, sunscreen and picnic lunches.  
Enjoy the grounds at Marylake but please respect the premises. No alcohol please. Limited number of picnic tables on site. To help defray the cost of maintenance of our shrine grounds, we will be asking for a donation of \$10 per car upon entering Marylake. \$100 per bus.



Traditional Filipino foods will be available for purchase. Catering will be provided by FV Foods.



905-833-5368 | info@marylake.com | www.marylake.com

THE AUGUSTINIANS  
PROVINCE OF ST. JAMES

## SMILE

### MORE Medical Charts

- “On the second day, the knee was better, and on the third day it disappeared!”
- “Cough with flame”
- “Skin: somewhat pale but present.”
- “The skin was moist and dry.”
- “Occasional, constant, infrequent headaches.”
- “Patient was alert and unresponsive.”
- “She stated that she had been constipated for most of her life, until she got separated.”
- “The patient was to have a bowel resection. However, he took a job as a stockbroker instead.”
- “Acute pain related to witchcraft.”
- “Bowel incontinence related to shyness”.
- “Insomnia related to computer games”.
- “Discharge status: Alive but without permission.”
- “The patient refused autopsy.”
- “Advised patient to take a bath”
- “IVF consumed and terminated then replaced with the same IVF”
- “While in ER, she was examined, X-rated and sent home.”
- “The lab test indicated abnormal liver function.”
- “She has no rigours or shaking chills, but her husband states she was very hot in bed last night”.

## TOTUS TUUS

Dear Parents: We Have Four (4) Young Missionaries Coming To Our Parish This Summer For One Week: Sun July 8-Sat July 14.

(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.

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.

Registration Sheets in Foyer

## Featured Apostolates this Weekend

4 of 4 Apostolates

SENIOR'S GROUP

Femi Barrara 416-467-6492

Meet after the 9AM Mass on the 2nd & 4th Thursdays of the Month. Inviting our Mature Parishioners to come and socialize with each other for breakfast, exercise, spiritual movies, board games, cards, etc. Meeting will take place in Our Lady of Good Counsel room across from the offices.

## PRAY FOR THE JUNE MISSION INTENTION

That the Church may work towards that inclusiveness which respects others for their differences.

## FIRST FRIDAY OF THE MONTH OVERNIGHT VIGIL—ADORATION CHAPEL

COMING **First Friday: JULY 6**

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

Contact: Elaine Shaver—647-713-1198

## SAINTS OF THE WEEK

*Solemnity: Sts Peter & Paul, Apostles—Friday, June 29:* **Peter** (died around year 64). Saint Mark ends the first half of his Gospel with a triumphant climax. He has recorded doubt, misunderstanding, and the opposition of many to Jesus. Now Peter makes his great confession of faith: "You are the Messiah" (Mark 8:29b). It was one of the many glorious moments in Peter's life, beginning with the day he was called from his nets along the Sea of Galilee to become a fisher of men for Jesus.

The New Testament clearly shows Peter as the leader of the apostles, chosen by Jesus to have a special relationship with him. With James and John he was privileged to witness the Transfiguration, the raising of a dead child to life, and the agony in Gethsemane. His mother-in-law was cured by Jesus. He was sent with John to prepare for the last Passover before Jesus' death. His name is first on every list of apostles.

And to Peter only did Jesus say, "Blessed are you, Simon son of Jonah. For flesh and blood has not revealed this to you, but my heavenly Father. And so I say to you, you are Peter, and upon this rock I will build my church, and the gates of the netherworld shall not prevail against it. I will give you the keys to the kingdom of heaven. Whatever you bind on earth shall be bound in heaven; and whatever you loose on earth shall be loosed in heaven" (Matthew 16:17b-19).

But the Gospels prove their own trustworthiness by the unflattering details they include about Peter. He clearly had no public relations person. It is a great comfort for ordinary mortals to know that Peter also has his human weakness, even in the presence of Jesus.

He generously gave up all things, yet he can ask in childish self-regard, "What are we going to get for all this?" (see Matthew 19:27). He receives the full force of Christ's anger when he objects to the idea of a suffering Messiah: "Get behind me, Satan! You are an obstacle to me. You are thinking not as God does, but as human beings do" (Matthew 16:23b).

Peter is willing to accept Jesus' doctrine of forgiveness, but suggests a limit of seven times. He walks on the water in faith, but sinks in doubt. He refuses to let Jesus wash his feet, then wants his whole body cleansed. He swears at the Last Supper that he will never deny Jesus, and then swears to a servant maid that he has never known the man. He loyally resists the first attempt to arrest Jesus by cutting off Malchus' ear, but in the end he runs away with the others. In the depth of his sorrow, Jesus looks on him and forgives him, and he goes out and sheds bitter tears. The Risen Jesus told Peter to feed his lambs and his sheep (John 21:15-17).

**Paul** (died around year 64). If the most well-known preacher today suddenly began preaching that the United States should adopt Marxism and not rely on the Constitution, the angry reaction would help us understand Paul's life when he started preaching that Christ alone can save us. He had been the most pharisaic of Pharisees, the most legalistic of Mosaic lawyers. Now he suddenly appears to other Jews as a heretical welcomer of Gentiles, a traitor and apostate.

Paul's central conviction was simple and absolute: Only God can save humanity. No human effort—even the most scrupulous observance of law—can create a human good which we can bring to God as reparation for sin and payment for grace. To be saved from itself, from sin, from the devil, and from death, humanity must open itself completely to the saving power of Jesus.

Paul never lost his love for his Jewish family, though he carried on a lifelong debate with them about the uselessness of the Law without Christ. He reminded the Gentiles that they were grafted on the parent stock of the Jews, who were still God's chosen people, the children of the promise.

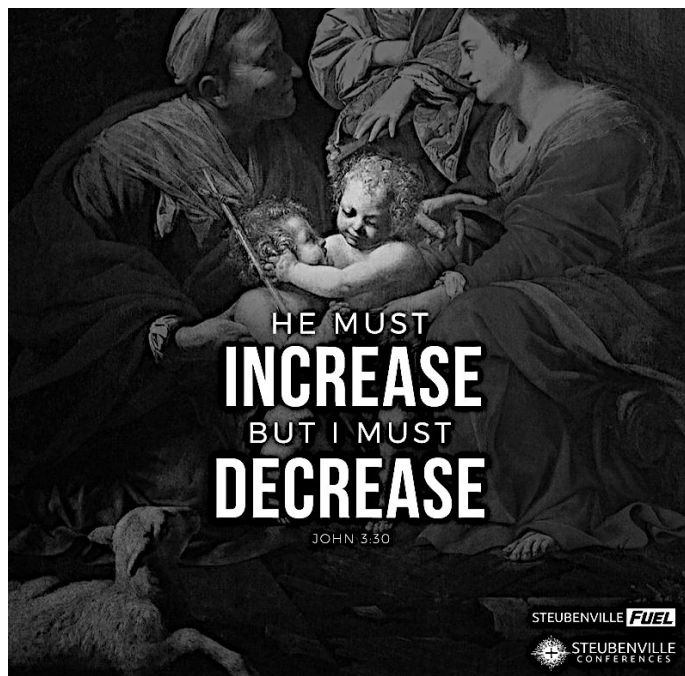


*St Peter receiving the Keys of the Kingdom from the Christ Child while St Paul, the greatest preacher of the Child's Word, looks on.*

*Reflection:* We would probably go to confession to Peter sooner than to any of the other apostles. He is perhaps a more striking example of the simple fact of holiness. Jesus says to us as he said, in effect, to Peter: "It is not you who have chosen me, but I who have chosen you. Peter, it is not human wisdom that makes it possible for you to believe, but my Father's revelation. I, not you, build my Church." Paul's experience of the risen Jesus on the road to Damascus was the driving force that made him one of the most zealous, dynamic, and courageous ambassadors of Christ the Church has ever had. But persecution, humiliation, and weakness became his day-by-day carrying of the cross, material for further transformation. The dying Christ was in him; the living Christ was his life.

## "What Then Will This Child Become?"

PEOPLE



**This Sunday's Readings:** *Is 49: 1–6; Ps 139: 1–3, 13–15; Acts 13:22–26; Lk 1:57–66, 80.*

The people in this week's Gospel are frightened and amazed by the mysterious events surrounding the birth of John. Only his mother and father, Elizabeth and Zechariah, know what this child will be. John the Baptist was fashioned in secret, knit by God in his mother's womb, as we sing in this Sunday's Psalm. From the womb he was set apart, formed to be God's servant, as Isaiah declares in this week's First Reading.

The whole story of John's birth is thick with Old Testament echoes, especially echoes of the story of Abraham. God appeared to Abraham promising that his wife would bear him a son; He announced the son's name and the role Isaac would play in salvation history (see Genesis 17:1, 16, 19).

The same thing happened to Zechariah and Elizabeth. Through His angel, God announced John's birth to this righteous yet barren couple. He made them call John a special name—and told them the special part John would play in fulfilling His plan for history (see Luke 1:5–17).

As Paul says in today's Second Reading, John was to herald the fulfillment of all God's promises to the children of Abraham (Luke 1:55, 73). John was to bring the word of salvation to all the people of Israel. More than that, he was to be a light to the nations—to all those groping in the dark for God.

We often associate John with his fiery preaching (see Matthew 3:7–12). But there was a deep humility at the heart of his mission. Paul alludes to that when he quotes John's words about not being worthy to unfasten the sandals of Christ's feet. John said, "[Christ] must increase. I must decrease" (John 3:30).

We must have that same attitude as we seek to follow Jesus. The repentance John preached was a turning away from sin and selfishness and a turning of our whole hearts to the Father.

We must decrease so that, like John, we can grow strong in the Spirit, until Christ is made manifest in each of us.

Scott Hahn

**CATHOLIC ANSWERS**

www.catholic.com

**IS THE EUCHARIST NECESSARY FOR SALVATION?****Question**

Is the Eucharist necessary for salvation?

**Answer**

Normally, the faithful reception of the Eucharist is necessary for salvation for those who have reached the age of reason, as Jesus makes clear in John 6:

*The Jews then disputed among themselves, saying, "How can this man give us his flesh to eat?" So Jesus said to them, "Truly, truly, I say to you, unless you eat the flesh of the Son of man and drink his blood, you have no life in you; he who eats my flesh and drinks my blood has eternal life, and I will raise him up at the last day. For my flesh is food indeed, and my blood is drink indeed. He who eats my flesh and drinks my blood abides in me, and I in him. As the living Father sent me, and I live because of the Father, so he who eats me will live because of me. This is the bread which came down from heaven, not such as the fathers ate and died; he who eats this bread will live for ever." This he said in the synagogue, as he taught at Capernaum.*

The Church further affirms this basic teaching in CCC 846. And yet the Church distinguishes between those who knowingly reject Christ and his Church with grave blame and those who don't know Christ to reject Him (CCC 847-48).

Thus, the Church summarizes re: the Eucharist and other sacraments, beginning with baptism:

*The Lord himself affirms that baptism is necessary for salvation. He also commands his disciples to proclaim the gospel to all nations and to baptize them. Baptism is necessary for salvation for those to whom the gospel has been proclaimed and who have had the possibility of asking for this sacrament. The Church does not know of any means other than baptism that assures entry into eternal beatitude; this is why she takes care not to neglect the mission she has received from the Lord to see that all who can be baptized are "reborn of water and the Spirit." God has bound salvation to the sacrament of baptism, but he himself is not bound by his sacraments (CCC 1257, footnotes omitted).*

**PILGRIMAGE OF LOVE 2018**

**August 11 @ 8:15 am—All Saints Church  
1415 Royal York Rd., Toronto**

The 21st annual "Pilgrimage of Love," to support the activities held at Teopoli for our youth, will take place from Aug 11-19, from All Saints Church in Etobicoke and terminating at the Holy Cross of Teopoli, near Gravenhurst. All are invited to participate for the whole pilgrimage or for part of it. If you're unable to walk, please support this initiative in other ways by donating your talents, food, being a driver or helping us financially. Info: 416-243-7319 or www.teopoli.com.



**CWL OF SAINT JOHN XXIII  
PARISH COUNCIL PRESENTS  
2018 Raffle Tickets Sales Campaign  
Supporting the Parishes' Projects**

Cost: \$1 a ticket, a rim or bundle @ \$20

Prizes: **1st** prize-\$1,000/**2nd** prize - \$600 / **3rd** prize - \$400

**Launch:** Sat, June 23 after the 5:15 mass

**Draw:** Nov 2018, CWL 4th Annual Christmas Dinner & Dance fund-raising event – TBA. Info: Veronica Gomez at [nonic11@yahoo.ca](mailto:nonic11@yahoo.ca) Lolita @lolitaperry@rogers.com or (647)273-2147; or any fellow CWL member

**YOUTH MINISTRY****Next Kids of the Cross Night: Service**

Friday, June 29, 2018 from 6:00 - 8:00pm in the Parish hall.

**Announcements**

Our regular ministry schedule will not be running the month of July, as we anticipate our baby's arrival! Praying the youth have a safe and fun start to the summer, looking forward to seeing you again in August.

**RETOUVAILLE WEEKEND: HELP FOR  
TROUBLED MARRIAGES—MISSISSAUGA**

**September 14, 6:00 pm**

**At a hotel located in Mississauga, 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. Retrouvaille follows the teachings of the Roman Catholic Church, couples of other faith expressions are also welcome. 416-281-6007; www.torontoretrovaille.com


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 416-751-7890

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 ARCHDIOCESE OF TORONTO

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 Our Funeral Home is now **Open** at Holy Cross Cemetery  
[www.catholic-cemeteries.com](http://www.catholic-cemeteries.com)

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/)

