

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.

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 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

Sacrament Of First Holy Communion Grade 2 & Up

Registration

Takes Place This October. Parents/Guardians Please Call Office For Appointment With Fr Simon

Bring To Appointment

Copy Of Baptismal Certificate Of Candidate (If Not Baptized At St JXXIII)
& \$12 For Program.

Mass Attendance

First Holy Communion Families Must Attend Mass Every Sunday

We have been advised by a number of sources that scammers have created a Gmail account in an effort to impersonate Cardinal Thomas Collins, Archbishop of Toronto, and are continuing to email people. NOTE that there is no request for funds in these initial communications – this is often a strategy used by criminals phishing for victims. To this point, the people being targeted are members of religious orders. As we suspect this issue may be more widespread, we suggest this information be shared among your parish and religious communities as appropriate, warning people not to respond should they receive these emails. Cardinal Collins only communicates through an archtoronto.org email address. Consider any other addresses to be suspect. Thank you for your attention to this important matter. —from the Archdiocese of Toronto

CATECHISM OF THE CATHOLIC CHURCH

Part Two

The Seven Sacraments of the Church

The seven sacraments are:

Baptism
Confirmation
Holy Eucharist
Penance (confession)
Anointing of the Sick
Holy Orders
Matrimony

250. How are the sacraments of the Church divided?

The sacraments are divided into: the sacraments of Christian initiation (Baptism, Confirmation, and Holy Eucharist); the sacraments of healing (Penance and Anointing of the Sick);, and the sacraments at the service of communion and mission (Holy Orders and Matrimony). The sacraments touch all the important moments of Christian life. All of the sacraments are ordered to the Holy Eucharist "as to their end" (Saint Thomas Aquinas).

The sacraments of Christian initiation

251. How is Christian initiation brought about?

Christian initiation is accomplished by means of the sacraments which establish the foundations of Christian life. The faithful born anew by Baptism are strengthened by Confirmation and are then nourished by the Eucharist.

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
Come for a few minutes or an hour and keep watch with the Lord. Pray for others, the Church, your family, yourself.



FAMILY AT THE HEART OF SERVICE

A gathering of families in the Archdiocese of Toronto with Archbishop Cardinal Thomas Collins

Saturday, November 17, 2018

9AM to 4PM

Our Lady Queen of Poland Parish

625 Middlefield Rd, Scarborough

—FREE—

Join us for a family-friendly day of inspirational talks from Cardinal Collins and families, prayer, praise and worship, and hands-on service activities.

"Like good stewards of the manifold grace of God, serve one another with whatever gift each of you has received." 1Peter 4:10

PLEASE REGISTER TODAY AT

<http://bit.ly/familyserviceTO>

or 416-934-3400 x523

CHRISTIANS IN THE MIDDLE EAST

2018 Benefit Dinner—Spotlight on Iraq

Saturday, November 17, 2018

7PM (doors open at 6PM)

Toronto Grand Banquet & Convention Centre

30 Baywood Rd, Etobicoke

Featured Speakers

Bishop Bahai Soro & Cardinal Thomas Collins

Individual Tickets \$75 Or Table of 8 \$540

Buy Tickets at:

cmedinner2018.eventbrite.ca

or contact cmedinner@gmail.com or 416-275-2151

CELEBRATE YOUR MARRIAGE WITH A WORLDWIDE MARRIAGE ENCOUNTER WEEKEND!

Celebrate your love and take a fresh look at your marriage! Spend a very special weekend together.

A Weekend of discovery...a lifetime of love! Worldwide Marriage Encounter is a weekend getaway that helps married couples rediscover themselves as individuals and as a couple. The Weekend format helps couples communicate openly and honestly without group sharing, therapy or marriage counselling.

Upcoming Weekend: October 19-21, 2018

For more information and application, please go to

www.wwme.org or contact:

Gerard & Marge McCauley at gerard.marge@rogers.com

or (905) 792-1925.

MASS INTENTIONS

Mon, Oct 8, **10AM:**

Thanksgiving of the deMelo Family

Tues Oct 9, **9AM:**

+Felisa e³ Aguida Lacap

Wed Oct 10, **7PM:**

Thanksgiving of Olivia Dizon

Thurs Oct 11, **9AM**

Florye e³ Tony Lamorena Wedd Annv Thnks

Fri Oct 12, **7PM**

Thanksgiving for Dave Alon

Sat Oct 13, **9AM**

+Dr Eduardo Eleazar

Saturday, October 13

5:15PM: *+Antonietta Cimone*

Sunday, October 14

9AM: *Thanksgiving by Madelaine Joy Sanchez*

12:15PM: *+Romeo Dolor Jr*

5:30PM: *The Parishioners*

VIGIL CANDLES

Sat, October 13—Friday, October 19

Sanctuary Tabernacle: **Healing of Christina Miguel**

Chapel Tabernacle: **+Souls in Purgatory**

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 2nd & 4th Thurs of Month

COFFEE SUNDAY

Last Sun of the Month

9AM Mass & 12:15PM Mass:

Thank you Volunteers for your generosity.

THANK YOU FOR YOUR SUPPORT

Last Sunday's Offering—\$2,453.

To break even weekly—\$3,000 needed.

Philippine Relief Collection

\$1,526.

FAMILY ENRICHMENT RETREAT

Families of St JXXIII Parish You are Invited to a Family Enrichment Retreat

Saturday, November 3, 2018

Begins with Mass @ 9AM until 4PM in Parish Hall
Interested Families please register with CWL no later than October 21

Cost: Free

Simple lunch will be served

To register: Call Elaine Shaver 647-713-1198

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 & Up:

Sing 2nd Sunday @ 5:30PM

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

Sing 1st & 4th Sun @ 5:30PM Mass

CHALICE CHILDREN'S COLLECTION

Total for 2018/19 \$000.00:

Next Collection is Sunday, October 28

FIRST FRIDAY OF THE MONTH
OVERNIGHT VIGIL—ADORATION CHAPEL

NEXT First Friday: October 5

Vigil Begins Fri 7:30PM and ends Sat 7:30AM/ Info: Elaine
647-713-1198

SACRAMENT OF HOLY

CONFIRMATION

Mass & Session 1

This Coming Wednesday, October
10 @ 7PM

All Candidates for Confirmation must
attend Mass & Session

**COME & SEE WEEKEND
ST. AUGUSTINE'S SEMINARY**

Weekend of November 2 - 4, 2018

Inviting single Catholic men 17 years and older, to cultivate a deeper prayer life and relationship with Jesus Christ; leading to 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 register online at www.vocationstoronto.ca. For more info: 416-968-0997 or vocations@archtoronto.org.



VOCATIONS

Matrimony - a beautiful vocation so misused today. Celibacy - a beautiful gift so misunderstood today. Whether we do God's work in pairs or as a single person in ministry or in a community, we do God's work because He calls us. If you feel God is calling you to a Church vocation, call Fr. Chris Lemieux, Vocation Director, Archdiocese of Toronto 416-968-0997
vocations@archtoronto.org www.vocationstoronto.ca

**PRAY FOR THE OCTOBER
MISSION INTENTION**

Evangelization – The Mission of Religious
That consecrated religious men and women may rouse themselves, and be present among the poor, the marginalized, and those who have no voice.

BUNDLE UP SUNDAY

For the Society of St Vincent dePaul

Truck will be in our carpark on weekend of Oct 13—14

ACCEPTING

All Clothing
(any condition)

All Footwear
(any condition)

Bedding
(Any condition)

Drapery/Towels
Toys
(new or nearly new)

DON'T ACCEPT

Books
(any kind)

Construction Material
(any condition)

Dishes
(any kind)

Furniture
(any condition)

Video/Audio Cassettes

SMILE

Television Psalm

The TV is my Shepherd, I shall not want anything else.

It maketh me to lie down on the sofa.

It leadeth me away from the Scripture.

It destroyeth my soul.

It leadeth me in the paths of sex and violence for the sponsors sake.

Yea, though I walk through the valley of the shadow of death, I will enjoy the evil, for blood and sex, they excite me. It prepares a filthy commercial before me in the presence of my children.

It anoints my head with humanism. My coveting runneth over.

Surely laziness and ignorance shall follow my family all the

days of our lives,

and we shall dwell in the house watching TV forever.

FIRST ANNUAL DAY

OF REFLECTION FOR MEN

Jesus Christ, Timeless Model for Men of Today

Presenter: Fr Seamus Hogan

St Augustine's Seminary, 2661 Kingston Rd.,
Scarborough, M1M 1M3

—Saturday, October 13, 2018—

9:30Am—3PM (includes Mass in Chapel)

Cost \$50 (lunch included)

Register online www.staugustines.on.ca

Information: 416-261-7207, ext 235 OR

layspiritualformation@sastoronto.org

BIRTHRIGHT

Volunteers Required

Birthright, a pro-life crisis pregnancy service, needs your help. 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. Do you have time to offer 3 or 4 hours a week in a life-saving cause? Info: 416-469-1111 or toronto@birthright.org.

NOVENA TO ST POPE JOHN XXIII

Patron Saint of Our Parish

Begins October 5 & Ends October 13

Novena is recited 15 Minutes before the Weekday Masses

On Sunday, Oct 14, Novena will be recited during the Holy Hour—4-5PM

FEAST DAY: Sat/Sun Oct 14

We will celebrate with Fine Dining in the Hall after all Masses

SAINTS OF THE WEEK

FEAST: ST JOHN XXIII, POPE—Thursday, October 11 (transferred to Sunday, Oct 14): Although few people had as great an impact on the 20th century as Pope John XXIII, he avoided the limelight as much as possible. Indeed, one writer has noted that his “ordinariness” seems one of his most remarkable qualities.

The firstborn son of a farming family in Sotto il Monte, near Bergamo in northern Italy, Angelo Giuseppe Roncalli was always proud of his down-to-earth roots. In Bergamo’s diocesan seminary, he joined the Secular Franciscan Order. After his ordination in 1904, Fr. Roncalli returned to Rome for canon law studies. He soon worked as his bishop’s secretary, Church history teacher in the seminary, and as publisher of the diocesan paper.

His service as a stretcher-bearer for the Italian army during World War I gave him a firsthand knowledge of war. In 1921, Fr. Roncalli was made national director in Italy of the Society for the Propagation of the Faith. He also found time to teach patristics at a seminary in the Eternal City.

In 1925, he became a papal diplomat, serving first in Bulgaria, then in Turkey, and finally in France. During World War II, he became well acquainted with Orthodox Church leaders. With the help of Germany’s ambassador to Turkey, Archbishop Roncalli helped save an estimated 24,000 Jewish people.

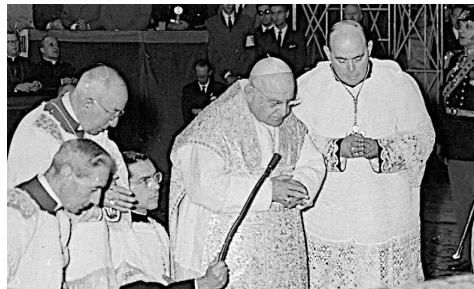
Named a cardinal and appointed patriarch of Venice in 1953, he was finally a residential bishop. A month short of entering his 78th year, Cardinal Roncalli was elected pope, taking the name John after his father and the two patrons of Rome’s cathedral, St. John Lateran. Pope John took his work very seriously but not himself. His wit soon became proverbial, and he began meeting with political and religious leaders from around the world. In 1962, he was deeply involved in efforts to resolve the Cuban missile crisis.

His most famous encyclicals were *Mother and Teacher* (1961) and *Peace on Earth* (1963). Pope John XXIII enlarged the membership in the College of Cardinals and made it more international. At his address at the opening of the Second Vatican Council, he criticized the “prophets of doom” who “in these modern times see nothing but prevarication and ruin.” Pope John XXIII set a tone for the Council when he said, “The Church has always opposed... errors. Nowadays, however, the Spouse of Christ prefers to make use of the medicine of mercy rather than that of severity.”

On his deathbed, Pope John said: “It is not that the gospel has changed; it is that we have begun to understand it better. Those who have lived as long as I have...were enabled to compare different cultures and traditions, and know that the moment has come to discern the signs of the times, to seize the opportunity and to look far ahead.” “Good Pope John” died on June 3, 1963. Saint John Paul II beatified him in 2000, and Pope Francis canonized him in 2014.

Reflection: *Throughout his life, Angelo Roncalli cooperated with God’s grace, believing that the job at hand was worthy of his best*

efforts. His sense of God’s providence made him the ideal person to promote a new dialogue with Protestant and Orthodox Christians, as well as with Jews and Muslims. In the sometimes noisy crypt of St. Peter’s Basilica, many people become silent on seeing the simple tomb of Pope John XXIII, grateful for the gift of his life and holiness. After his beatification, his tomb was moved into the basilica itself.



TACLOBAN RECONSTRUCTION

After the Storm

Join us on Saturday, October 13th, 2018 at 6:30pm at the Lucie & Thornton Blackburn Theatre @ 80 Cooperage St., Toronto. for a screening of the documentary: *After the Storm* – the building of Pope Francis Village. This movie follows the progress made in reconstruction efforts in Tacloban supported by Canadian Catholics through Development and Peace following Typhoon Haiyan. Tickets: \$11 available at the door or contact lstocking@devp.org

HUMANITARIAN RELIEF –INDONESIA & PHILIPPINES

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

- Online through the Archdiocese of Toronto website: www.archtoronto.org
 - By phone through the Development Office – 416-934-3411
 - Through the parish, making cheques payable to:
 - Name of Parish – 2018 Philippines – Disaster Relief
 - OR Name of Parish – 2018 Indonesia – Disaster Relief
- We offer our prayers for all those impacted by these natural disasters. Thank you for your ongoing efforts to assist those in crisis.

WARD 11: CATHOLIC SCHOOLS TRUSTEES MEETING

Thursday, October 18 – 7:30 pm

St. Brigid’s Parish (300 Wolverleigh Blvd, between Coxwell and Woodbine Ave. two blocks north of the Danforth) is hosting an all-candidates meeting and discussion for the Catholic Trustee position in Ward 11 on Thursday, October 18th at 7:30 pm to 9:00 pm in the Church Hall. All are invited to attend.

St John XXIII School is in Ward 11 / Election Date: Oct 22

"It Is Not Good That Man Should Be Alone"

God

I. In the Beginning

- A. Gen. 1:1, 24-27 Man & Woman Unique:
In God's Image
- B. Gen. 2:18-24 Woman: God's Crowning Work—
She Has No Equal in Her Role!

Genesis 2:18, 24

18 And the LORD God said,
It is not good that the man should be alone;
I will make him an help meet for him.

24 Therefore shall a man leave his father
and his mother, and shall cleave unto his wife:
and they shall be one flesh.

2

This Sunday's Readings: *Genesis 2:18–24; Psalm 128:1–6; Hebrews 2:9–11; Mark 10:2–16*

In today's Gospel, the Pharisees try to trap Jesus with a trick question.

The "lawfulness" of divorce in Israel was never an issue. Moses had long ago allowed it (see Deuteronomy 24:1–4). But Jesus points His enemies back before Moses, to "the beginning," interpreting the text we hear in today's First Reading.

Divorce violates the order of creation, He says. Moses permitted it only as a concession to the people's "hardness of heart"—their inability to live by God's covenant Law. But Jesus comes to fulfill the Law, to reveal its true meaning and purpose, and to give people the grace to keep God's commands.

Marriage, He reveals, is a sacrament, a divine, life-giving sign. Through the union of husband and wife, God intended to bestow His blessings on the human family—making it fruitful, multiplying it until it filled the earth (see Genesis 1:28).

That's why today's Gospel moves so easily from a debate about marriage to Jesus' blessing of children. Children are blessings the Father bestows on couples who walk in His ways, as we sing in today's Psalm.

Marriage also is a sign of God's new covenant. As today's Epistle hints, Jesus is the new Adam—made a little lower than the angels, born of a human family (see Romans 5:14; Psalm 8:5–7). The Church is the new Eve, the "woman" born of Christ's pierced side as He hung in the sleep of death on the cross (see John 19:34; Revelation 12:1–17).

Through the union of Christ and the Church as "one flesh," God's plan for the world is fulfilled (see Ephesians 5:21–32). Eve was "mother of all the living" (see Genesis 3:20). And in Baptism, we are made sons and daughters of the Church, children of the Father, heirs of the eternal glory He intended for the human family in the beginning.

The challenge for us is to live as children of the kingdom, growing up ever more faithful in our love and devotion to the ways of Christ and the teachings of His Church.

Scott Hahn

CATHOLIC ANSWERS

www.catholic.com

WHY DOES GOD ALLOW PERSECUTION?

Question

Why does God allow the persecution of innocents?

Answer

God created man good, in his image and likeness (Gen. 1:26-27). Our first parents willfully chose to rebel against God, thereby sinning and introducing death and other negative consequences, including suffering, into man's earthly existence (see CCC 396ff).

The exercise of free will by some can indeed entail the persecution of the innocent, whether ancient Israel under the oppressive reign of Egypt for more than 400 years, Christians and others in the Holy Land by imperialist Muslims (which precipitated the Crusades), and the killing of millions of Jews and others during Hitler's reign.

And yet God does not abandon us amidst such persecution. He sent his eternal Son to redeem and save us (see John 3:16-17). In addition, through his sacrifice of Calvary, Jesus shows how suffering can be redemptive. Similarly, though he does not actively will our sufferings, he can permit them so as to bring about a greater good (see Rom. 8:28), including the opportunity to serve the persecuted (see 1 Cor. 12:12-26, Matt. 25:31-46) and, ultimately, help foster our own ultimate eternal salvation.

Further, as noted above, the persecution of the innocent can result in their unjust killing, as it did for the Holy Innocents when Herod sought to seek and destroy the Christ Child (Matt. 2:16-18). And yet death did not have the last word in the case of the Holy Innocents, nor will it for others unjustly persecuted unto death. God is in charge and will ultimately and gloriously vindicate those unjustly persecuted.

9th Annual Mass to End Woman Abuse

October 18 - 7 p.m.

**St. Edward the Confessor Catholic Church
75 Churchill Avenue, North York**

Catholic Family Services of Toronto and St. Edward the Confessor Parish (75 Churchill Avenue, North York) and their CWL Council will host the 9th Annual Mass to End Woman Abuse on Thurs, Oct 18 at 7PM. This annual event hopes to raise awareness about abuse of women and girls. Prior to the Mass, brief presentations will be made about our Violence Against Women programs. After Mass, there will be a gathering with light refreshments in the Church Hall. We invite you to join us as we take action in the fight to end women abuse. Info: email info@cfstoronto.com or call 416-921-1163.

ST MICHAEL'S COLLEGE SCHOOL

Is now considering applications for September 2019

Our School is the only independent Catholic school for boys from Grade 7 to 12. Open Houses for interested parents and their sons will be held on Thurs, Oct 18 & Tues, Oct 23: 7:30PM-9:30PM. **Location:** 1515 Bathurst St (at St Clair Av West). While St Michael's is an dependent school we offer a generous bursary programme that provides financial aid to qualifying students.

JOIN THE KOLBE 'KNOW YOUR FAITH' SERIES

For a 5 week study on "THE GOSPEL ACCORDING TO ST MATTHEW – Part I".

Through prayer, study and informative DVDs deepen your awareness of God's merciful love in your own lives. Classes begin Tuesdays October 16th, 7-9 p.m. at HOLY CROSS PARISH OR Saturdays October 20th, 9:45 a.m. to noon at Blessed Trinity Parish. Info: www.kolbeapostolate.com



CWL OF SAINT JOHN XXIII 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 Lolita @lolitaperry@rogers.com or (647)273-2147; or any fellow CWL member

YOUTH MINISTRY

Upcoming Youth Events

Next God Squad Night: Social

Fri, Oct 12, 2018 from 6:00 - 8:00pm in the Parish hall.

Next Kids of the Cross Night: Social

Fri, Oct 19, 2018 from 6:00 - 8:00pm in the Parish hall.

THE PRECIOUS RELIC OF THE TRUE CROSS

Will visit St Maximilliam Kolbe Parish

(4260 Cawthra Rd., Mississauga)

Saturday, Oct 13, 2018. A Special Mass will be celebrated by Bishop Wayne Kirkpatrick at 4PM, followed by the adoration of Relic of True Cross of Christ

SHARELIFE UPDATE

Thank You for Living the Gospel!

Your generosity helped the 2018 parish campaign raise \$13,366,786 (million)

Our parish contribution: \$11,515.55

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

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

Don Mills-Eglinton

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 A COSMETIC & FAMILY DENTAL CENTRE
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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.



Your Fellow Parishioner
 REAL ESTATE AGENT &
 SENIOR REAL ESTATE SPECIALIST

Looking to Buy or Sell your Home or Invest in this lucrative Real Estate market?
 Senior citizen looking to downsize or re-invest?
 As a "SRES" (Senior Real Estate Specialist) I can help!
 Renting? Why not Rent to Own?
 Want to be a Home Owner?
 No Down Payment? I Can Help!
 ✓ Low Commission Rates & Cash Back Plans.
 ✓ Earn Up to \$1,000 on Referrals.
 ✓ Upto 10% Commission Donation to the Church.



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 Jay Wilson
 Managing Director
 416-423-1000




4164 Sheppard Avenue East, Scarborough, ON M1S 1T3
 (East of Kennedy Rd.)
416-293-5211 • www.ogdenfuneralhome.com



CATHOLIC CEMETERIES & FUNERAL SERVICES
 ARCHDIOCESE OF TORONTO

Mount Hope Cemetery 416-483-4944
 Holy Cross Cemetery & Funeral Home 905-889-7467
 Our Funeral Home is now Open at Holy Cross Cemetery
www.catholic-cemeteries.com

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 /