
SAINT JOHN XXIII PARISH—CLOSED FOR NOW

Pastor: (Rev) Simon deGale; *Secretary:* Ms Hayde Ayala; *Office:* 416-429-4000; *Hours:* Fr Simon is monitoring phones.

Email: saintjohnxx_iiiparish@outlook.com. *Website:* <http://saintjohnxxiiiparish.ca/>

ShareLife: <https://www.sharelife.org/Public/Home.aspx>

EASTER CANDLE



Sunday Mass—CANCELLED FOR NOW—Fr Simon says daily Mass for your intentions.

Baptism—EMERGENCY: see front page of website: <http://saintjohnxxiiiparish.ca/>

Reconciliation (confession)—BY APPOINTMENT: 416-429-4000

Anointing of the Sick—EMERGENCIES CALL 416-429-4000 OR 416-737-0760

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

SEE PAGE 9 & 10 & 11 FOR PRAYERS

HERE ARE 5 WAYS TO KEEP SUNDAY HOLY
IN COVID 19 TIMES**1. Watch a live-stream of the Mass**

The Archbishop, Cardinal Collins, will be live-streaming daily Mass from St. Michael's Cathedral Basilica at 7:30 a.m. Monday through to Sunday.

While digital participation can never replace actual presence at Mass, live-stream Mass <https://www.archtoronto.org> is a great way of keeping our connection with the Mass when it is not possible to be there in person. We can make an offering in our heart to be united spiritually to this offering, which is more spiritually efficacious than any other prayer. We should silence our phones, eliminate (as best we can!) distractions in our home, and try to give all of our attention to what is happening at the Mass so we can fully participate in this remote way.

2. Make a spiritual communion

An ancient practice of the Church for those who cannot be present at Mass is to make a spiritual communion. We have a simple prayer you can pray with longing in your heart to be united to Jesus.

My Jesus, I believe that you are present in the most Blessed Sacrament. I love You above all things and I desire to receive You into my soul. Since I cannot now receive You sacramentally, come at least spiritually into my heart. I embrace You as if You were already there, and unite myself wholly to You. Never permit me to be separated from You. Amen. St. Alphonsus Liguori

3. Read the Sunday readings as a family

These can easily be found at usccb.org/bible. by clicking on "Today's Readings." Magnificat (a daily prayer book) is also offering free digital resources during this time, including the Sunday readings and a reflection.

Reading Scripture individually or together with others—especially in our families—is an excellent spiritual practice. Catholics "commit to forming your family in the love and power of sacred Scripture by placing it at the centre of your family life. Study and reflect on Scripture, especially on the Sunday readings." Archbishop Vigneron

4. Check in on those around you

Because those who are older are most susceptible to complications from COVID-19, health officials are encouraging them to minimize their time away from home. It is a great act of charity to reach out to these brothers and sisters in our faith communities to check in on them. Do they need groceries or help with something in their homes? Caring for each other — especially those who are most vulnerable during this time — is a demand of the Gospel. It is the enactment of our life as joyful missionary disciples.

5. Pray a family Rosary

Reclaim the Rosary as a way to be united to Mary, the Mother of Jesus and the Mother of the Church. She is the perfect model of a disciple and our great intercessor. If you don't know how to pray this prayer, check out the youtube video from the Franciscan Friars of the Renewal and pray along with them.

LITURGICAL MUSICIANS**Online Meeting**

**From: Rebecca Spellacy, Associate
Director, Liturgy**

This time of pandemic means we cannot physically be together for worship. It has caused us to find new ways to stay connected to the life of the Church and to grow in our relationship with God.

All current Music Ministers are invited to join us on Saturday, May 30 from 10 to 11:30 a.m. for a chance to share with each other our journey thus far. We will also share some practical tips and resources to continue growing as disciples of Christ. This is a free online video conference.

However, we ask that you please register in advance, so we know you'll be attending. Once you register, you will receive information on how to join the web call.

Please register online at: <https://bit.ly/Music-WebMtg-May2020>. There is no cost to join. Further information on how to join the web meeting will be provided upon registration.

If you have any further questions, please contact Ella Okonkwo at: formation@archtoronto.org or 416-934-3400 ext. 523. Please note that our office is currently working remotely.

MASS INTENTIONS

Mon, April, 20: **7:30AM**
+Renaldo Vallejo
Tues, April 21: **7:30AM**
+Reynaldo Vallejo
Wed, April 22: **7:30AM**
Parishioners
Thurs, April 23: **7:30AM**
+Sebastian Miranda
Fri, April 24: **7:30AM**
Thanksgiving of Black Nazarene Devotees
Sat, April 25: **7:30AM**
Thanksgiving of Estela

Sunday, April 26

7:30AM:

+Isagani & Lerma Glen Ayala

Thanksgiving of MaryAnn & Renato Galvez 45 Wdd Anv

Thanksgiving of CWL—O.L.G.C. Feast Day

The Parishioners

VIGIL CANDLES

Saturday, April 24—Friday, May 1.

Sanctuary Tabernacle—**The Parishioners**
& Chapel Tabernacle—**The Parishioners**

INTERCESSORY PRAYER GROUP

Need Prayer Help?

Call Beth: 416-467-6492. Intention will be emailed out to this prayer community. Only first name & intention will be shared.

SACRAMENT OF HOLY CONFIRMATION

Cancelled—TO BE RESCHEDULED.

SACRAMENTS OF FIRST HOLY COMMUNION

Cancelled—TO BE RESCHEDULED

CHALICE CHILDREN'S COLLECTION

February Collection: \$266.50

COMMUNION FOR THE SICK & SHUT-INS

CALL PARISH OFFICE AND LET US KNOW—
416-429-4000. SUSPENDED FOR NOW

EXTRAORDINARY MINISTER OF HOLY COMMUNION

(Eucharistic Ministers)

Faith and Resource Sharing Meeting

From: Rebecca Spellacy, Associate Director, Liturgy

This time of pandemic means we cannot physically be together for worship. It has caused us to find new ways to stay connected to the life of the Church and to grow in our relationship with God. All current Extraordinary Ministers of Holy Communion are invited to join us on Saturday, May 16, 2020, from 10 to 11:30 a.m. for a chance to share with each other our journey thus far. We will also share some practical tips and resources to continue growing as disciples of Christ.

Please register online at: <https://bit.ly/EMHC-WebMtg-May2020>. There is no cost to join. Further information on how to join the web meeting will be provided upon registration.

If you have any further questions, please contact Ella Okonkwo at: formation@archtoronto.org or 416-934-3400 ext. 523. Please note that our office is currently working remotely.

LECTORS

Online Meeting

From: Rebecca Spellacy, Associate Director, Liturgy

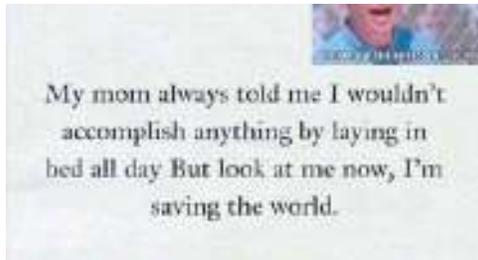
This time of pandemic means we cannot physically be together for worship. It has caused us to find new ways to stay connected to the life of the Church, and to grow in our relationship with God. All current Lectors are invited to join us on Saturday, May 23 from 10 to 11:30 a.m. for a chance to share with each other our journey thus far. We will also share some practical tips and resources to continue growing as disciples of Christ.

Please register online at: <https://bit.ly/Lectors-WebMtg-May2020>. There is no cost to join. Further information on how to join the web meeting will be provided upon registration.

If you have any further questions please contact Ella Okonkwo at: formation@archtoronto.org or at 416-934-3400 ext. 523. Please note that our office is currently working remotely.

SMILE

Saving World Is Simple



The Singing Nuns

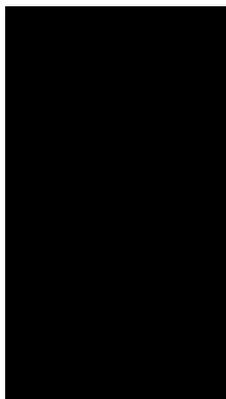
https://www.youtube.com/watch?v=M4jR_9-YPK8.

How To Baptize In Lockdown

Social distancing baptism



Lockdown With Kids Sanity Solution



PRAYER

Mercy. Ask. Thanksgiving. Adoration.

(M. A. T. A.)

Begin with seeking *Mercy*. / Continue by *Asking* for grace. / Move on to be amazed and *Thankful* for all His gifts. / Finally, Marvel in *Adoration* of His holy light. (Don't be surprised if your prayer does not follow the above order)

**THE WISDOM OF
POPE, SAINT JOHN XXIII**

“Consult not your fears but your hopes and your dreams. Think not about your frustrations, but about your unfulfilled potential. Concern yourself not with what you tried and failed in, but with what it is still possible for you to do”

PRAY FOR THE HOLY FATHER, POPE FRANCIS', APRIL MISSION INTENTION

Freedom from Addiction

We pray that those suffering from addiction may be helped and accompanied.

OUR REFUGEE FAMILY

DELAYED

Our Family have been told they cannot travel to Canada until COVID 19 is over.

Donations

GTA Iraqi Community: \$5,000/Anonymous: \$5,000; Parishioners & Parish Fundraisers: \$12,026.15; Parish Bequests: \$23,773.85; Parish Funds: \$500 (processing fees) **Total: \$46,300.00**



DVD LENDING LIBRARY

Please Return DVDs

Do you have a DVD at home which you have forgotten to return? Lent it out? Please get them back! Many of the DVDs have been missing for too long.

DIVINE MERCY SUNDAY, APRIL 19

9 Things You Need to Know About Divine Mercy Sunday

Millions of people look forward to and are profoundly moved by this day. Divine Mercy Sunday is a recent addition to the Church's calendar, and it has links to both private revelation and the Bible. What is it, and why is it so important to them?

1. What is Divine Mercy Sunday?

Divine Mercy Sunday is celebrated on the Second Sunday of Easter. It is based on the private revelations of St. Faustina Kowalska, which recommended a particular devotion to the Divine Mercy. It also has links to the Bible and the readings of this day.

2. When was it made part of the Church's calendar?

In 2000, Pope St John Paul II canonized St. Faustina and, during the ceremony, he declared: It is important then that we accept the whole message that comes to us from the word of God on this Second Sunday of Easter, which from now on throughout the Church will be called "Divine Mercy Sunday".

3. If this is based on private revelation, why is it on the Church's calendar? In his theological commentary in *The Message of Fatima*, then-Cardinal Joseph Ratzinger wrote: We might add that private revelations often spring from popular piety and leave their stamp on it, giving it a new impulse and opening the way for new forms of it. Nor does this exclude that they will have an effect even on the liturgy, as we see for instance in the feasts of Corpus Christi and of the Sacred Heart of Jesus. Popular piety is a sign that the faith is spreading its roots into the heart of a people in such a way that it reaches into daily life. Popular religiosity is the first and fundamental mode of "inculturation" of the faith. While it must always take its lead and direction from the liturgy, it in turn enriches the faith by involving the heart.

4. What does the Church do to encourage the celebration of devotion to the Divine Mercy on this day?

Among other things, it offers a plenary indulgence: To ensure that the faithful would observe this day with intense devotion, the Supreme Pontiff [St John Paul II] himself established that this Sunday be enriched by a plenary indulgence, as will be explained below, so that the faithful might receive in great abundance the gift of the consolation of the Holy Spirit.

In this way, they can foster a growing love for God and for their neighbour, and after they have obtained God's pardon, they in turn might be persuaded to show a prompt pardon to their brothers and sisters. . . . a plenary indulgence, granted under the usual conditions (sacramental confession, Eucharistic communion and prayer for the intentions of Supreme Pontiff) to the faithful who, on the Second Sunday of Easter or Divine Mercy Sunday, in any church or chapel, in a spirit that is completely detached from the affection for a sin, even a venial sin, take part in the prayers and devotions held in honour of Divine Mercy, or who, in the presence of the Blessed Sacrament exposed or reserved in the tabernacle, recite the Our Father and the Creed, adding a devout prayer to the merciful Lord Jesus (e.g. Merciful Jesus, I trust in you!").

5. What is the Divine Mercy image?

The Divine Mercy image is a depiction of Jesus based on a vision that St. Faustina had in 1931. There have been a number of paintings made of this image. The original, though not the most popular one today, is shown below.

A basic explanation of the image is: Jesus is shown in most versions as raising his right hand in blessing, and pointing with his left hand on his chest from which flow forth two rays: one red and one white (translucent). The depictions often contains the message "Jesus, I trust in You!" The rays streaming out have symbolic meaning: red for the blood of Jesus (which is the Life of Souls), and pale for the water (which justify souls). The whole image is symbolic of charity, forgiveness and love of God, referred to as the "Fountain of Mercy".

**6. What is the Chaplet of Divine Mercy?**

The Chaplet of Divine Mercy is a set of prayers used as part of the Divine Mercy devotion. They are usually said using a standard set of Rosary beads, often at 3 p.m. (the time of Jesus' death), but with a different set of prayers than those used in the Marian Rosary.

7. How is the Divine Mercy devotion linked to the Scripture readings for the Second Sunday of Easter?

The Divine Mercy image depicts Jesus at the moment he appears to the disciples in the Upper Room, after the Resurrection, when he empowers them to forgive or retain sins. This moment is recorded in John 20:19-31, which is the Gospel reading for this Sunday. This reading is placed on this day because it includes the appearance of Jesus to the Apostle Thomas (in which Jesus invites him to touch his wounds). This event occurred on the eighth day after the Resurrection, and so it is used on the liturgy eight days after Easter. (It also, however, includes the appearance of Jesus to the disciples on Easter evening, a week earlier, in which he empowered them to forgive or retain sins.)

8. How did Jesus empower the apostles to forgive or retain sins?

That part of the text reads: Jesus said to them again, "Peace be with you. As the Father has sent me, even so I send you." And when he had said this, he breathed on them, and said to them, "Receive the Holy Spirit. If you forgive the sins of any, they are forgiven; if you retain the sins of any, they are retained." He thus gave them a special empowerment with the Holy Spirit to forgive or retain sins.

9. How does this relate to the sacrament of confession?

It relates directly to it. Jesus empowered the apostles (and their successors in ministry) with the Holy Spirit to either forgive or retain (not forgive) sins. Because they are empowered with God's Spirit to do this, their administration of forgiveness is effective--it really removes sin rather than just being a symbol of forgiveness a person is already thought to have obtained. Because they are instructed to forgive or retain, they must discern which they are to do. This means that they need to know about the sin and whether we are truly repentant of it. As a result, we must tell them about the sin and our sorrow for it. Hence: confession. And the Church Fathers understood Christ's ministers as having this power.

“Peace Be With You”

JESUS



This Sunday's Readings: *First Reading: Acts of the Apostles 2:42-47—The first community of Christians grows as its members meet to pray and break bread; Responsorial Psalm: Psalm 118:2-4,13-15,22-24—God's love is everlasting; Second Reading: 1 Peter 1:3-9—We have new hope because of Jesus' Resurrection; Gospel Reading: John 20:19-31—Thomas believes because he sees Jesus.*

Background on the Gospel Reading

The Gospels tell us that Jesus appeared to the disciples on several occasions after they discovered that his tomb was empty. Part of the mystery of Jesus' Resurrection is that he appeared to his disciples not as a spirit but in bodily form. The bodily form was not one that the disciples recognized though. In John's Gospel, Mary of Magdala does not recognize that the figure standing before her is Jesus until he speaks to her. In Luke's Gospel the disciples who meet Jesus on the road to Emmaus do not recognize him until he breaks bread with them. The resurrected Jesus had a physical presence, but the disciples couldn't recognize Jesus unless he allowed them to. His resurrected body, nonetheless, showed the marks of his crucifixion.

From readings such as today's Gospel, we also see that in his resurrected body, Jesus seems to be free of physical

constraints. He appears to the disciples despite the fact that the doors were locked.

Jesus greets his disciples with the gift of peace and the gift of the Holy Spirit. In doing so, Jesus commissions his disciples to continue the work that he has begun: "As the Father has sent me, so I send you." During the meeting, Jesus also shows the integral connection between forgiveness of sins and the gift of the Holy Spirit.

The story of Thomas illustrates our Christian experience today: We are called to believe without seeing. In fact, all Christians after the first witnesses have been called to believe without seeing. Thomas's doubt is hardly surprising; the news of Jesus' appearance was incredible to the disciples who had seen him crucified and buried. Thomas's human nature compelled him to want hard evidence that the Jesus who appeared to the disciples after his death was indeed the same Jesus who had been crucified. Thomas is given the opportunity to act on that desire. He is our witness that Jesus is really risen.

Our faith is based on the witness of the Church that has preceded us, beginning with Thomas and the first disciples. Through Baptism we receive the same Holy Spirit that Jesus brought to the first disciples. We are among those who are "blessed" because we believe without having seen.



VOCATIONS

2nd Sunday of Easter - April 19, 2020

"As the Father has sent me, so I send you."

Will you respond to God's call to be sent as priest, deacon, sister or brother? If God is calling you, contact Fr. Chris Lemieux, Vocation Director, Archdiocese of Toronto at 416-968-0997. vocations@archtoronto.org
www.vocationstoronto.ca

THANK YOU FOR YOUR SUPPORT

Last Sunday's Offering—\$1610

Easter Collection to Date—\$205.

To break even weekly—\$3,000 needed.

*Please continue your weekly donations if your income is **not** affected by the current situation.*

Either You can donate online through "Interact e-transfer". To do this—Go to your online bank account. Choose "interact e-transfer"; in the section "Send money to" add the parish email address: saintjohnxx_iiiparish@outlook.com; in "Notify By" you can give either Fr Simon's mobile number: 416-737-0760 Or email address: degale.s.7@gmail.com.

When you donate your bank will ask you to send a code which will be sent either to Fr Simon's email address or mobile number. Using this code, I will then be able deposit the funds into the parish account. Your bank will then notify you that your donation has been accepted.

Or you can donate by dropping off your envelope at the mail box at the front door of Church—call office 416-429-4000 when you do this and I will come out and pickup;

Or you can mail your donation—St John XXIII Church, 150 Gateway Blvd, Toronto, M3C 1B1.

SHARELIFE *Living the Gospel through immediate mental health services*

Mental health problems can escalate if not addressed quickly. That's why the five Catholic Family Services agencies in the Archdiocese of Toronto offer walk-in counselling. This initiative can often meet clients' needs without requiring longer term sessions. Clients report a clinically significant increase in confidence that they can tackle their problems. For some agencies, ShareLife is the sole funder of this important program. Thanks to your support, no one is ever turned away due to inability to pay.

***May 3 is ShareLife Sunday.
Please give generously.***

FR SIMON'S TRANSFER DELAYED

Dear Parishioners,

Due to the current situation of uncertainty and anxiety, the Archbishop, Cardinal Collins, wants priests to remain with their communities until things settle down. Therefore, my transfer to the North West Territories will not take place in June as previously planned. The plan at the moment is for the transfer to take place in August. But, as with all things, it will happen in Jesus' time. Meanwhile, let us continue to pray for one another and the world. Peace, Fr Simon

NEW PASTOR

Hopefully in August, 2020

Who the new pastor will be has not yet been decided. *Let us pray for him.* If we do this together, he will become a blessing to JXXIII.

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

Paul O'Connor Funeral Home
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 416-751-7890

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ADORATION OF OUR LORD IN THE BLESSED SACRAMENT

Takes place in the Adoration Chapel

Every Friday: 9AM to evening prayer and 5:40PM. Come for a hour and keep watch others, the Church,



6PM, concludes with Benediction at few minutes or an with the Lord. Pray for your family, yourself.

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.



Eric Robert
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Heritage Funeral Centre
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 Jay Wilson
 Managing Director
 416-423-1000

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 Barrister, Solicitor, & Notary Public
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 Toronto, ON M3C 1W3
 Tel#: 647-849-1042 CP#: 647-204-1306
 Email: michaelagustin.navarro@gmail.com
 Website: https://www.macnlaw.com

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 Immigration Law
 Notarization
 Wills & Estate

We accept legal aid certificate for Family and Criminal cases.

POPE FRANCIS'
Litany of Supplication**WE ADORE YOU, O LORD**

True God and true man, truly present in this Holy Sacrament,

We adore you, O Lord.

Our Savior, God-with-us, faithful and rich in mercy,

We adore you, O Lord.

King and Lord of creation and history,

We adore you, O Lord.

Conqueror of sin and death,

We adore you, O Lord.

Friend of humankind, risen and living at the right hand of the Father,

We adore you, O Lord.

WE BELIEVE IN YOU, O LORD

Only begotten Son of the Father, Who descended from Heaven for our salvation,

We believe in you, O Lord.

Heavenly doctor, who inclines over our misery,

We believe in you, O Lord.

Sacrificed Lamb, who offers Himself to save us from evil,

We believe in you, O Lord.

Good Shepherd, who gives his life for the flock he loves,

We believe in you, O Lord.

Living bread and medicine of immortality, who gives us Life eternal,

We believe in you, O Lord.

FREE US, O LORD

From the power of Satan and the seductions of the world,

Free us, O Lord.

From pride and from the presumption that we can do without you,

Free us, O Lord.

From the deceptions of fear and anguish,

Free us, O Lord.

From unbelief and despair,

Free us, O Lord.

From hardness of heart and the incapacity to love,

Free us, O Lord.

SAVE US, O LORD

From all the evils that afflict humanity,

Save us, O Lord.

From hunger, famine and egoism,

Save us, O Lord.

From disease, epidemics and fear of our brothers and sisters,

Save us, O Lord.

From devastating folly, from merciless interests and from violence,

Save us, O Lord.

From deception, misinformation and manipulation of consciences,

Save us, O Lord.

CONSOLE US, O LORD

Look upon your Church, which is crossing the desert,

Console us, O Lord.

Look upon humanity, terrified by fear and anguish,

Console us, O Lord.

Look upon the sick and dying, oppressed by loneliness,

Console us, O Lord.

Look upon doctors and health care workers,

Console us, O Lord.

overwhelmed by fatigue,

Console us, O Lord.

Look upon politicians and administrators,

Console us, O Lord.

who bear the weight of decisions,

Console us, O Lord.

GIVE US YOUR SPIRIT, O LORD

In the hour of trial and confusion,

Give us your Spirit, O Lord.

In temptation and in weakness,

Give us your Spirit, O Lord.

In the battle against evil and sin,

Give us your Spirit, O Lord.

In the search for true good and true joy,

Give us your Spirit, O Lord.

In the decision to remain in You and in Your friendship,

Give us your Spirit, O Lord.

OPEN US TO HOPE, O LORD

If sin oppresses us,

Open us to hope, O Lord.

If hate closes our hearts,

Open us to hope, O Lord.

If suffering visits us,

Open us to hope, O Lord.

If indifference distresses us,

Open us to hope, O Lord.

If death annihilates us,

Open us to hope, O Lord.

Open us to hope, O Lord.

CORONAVIRUS PRAYER

Jesus Christ, you traveled through towns and villages "curing every disease and illness." At your command, the sick were made well. Come to our aid now, in the midst of the global spread of the coronavirus, that we may experience your healing love. Heal those who are sick with the virus. May they regain their strength and health through quality medical care. Heal us from our fear, which prevents nations from working together and neighbours from helping one another. Heal us from our pride, which can make us claim invulnerability to a disease that knows no borders.

Jesus Christ, you traveled through towns and villages "curing every disease and illness." Come to our aid now, that we may experience your healing love. Jesus Christ, healer of all, stay by our side in this time of uncertainty and sorrow. Be with those who have died from the virus. May they be at rest with you in your eternal peace. Be with the families of those who are sick or have died. As they worry and grieve, defend them from illness and despair. May they know your peace. Be with the doctors, nurses, researchers, medical professionals, and support workers who seek to heal and help those affected and who put themselves at risk in the process. May they know your protection and peace.

Be with the leaders of all nations. Give them the foresight to act with charity and true concern for the well-being of the people they are meant to serve. Give them the wisdom to invest in long-term solutions that will help prepare for or prevent future outbreaks. May they know your peace, as they work together to achieve it on earth.

Whether we are home or abroad, surrounded by many people suffering from this illness or only a few, Jesus Christ, stay with us as we endure and mourn, persist and prepare. In place of our anxiety, give us your peace.

Jesus Christ, heal us.

-AMERICA MAGAZINE

MIRACULOUS HELP

The first known miracle worked by Our Lady was at the wedding feast of Cana when she obtained from her Son the conversion of water into wine. So, too, she can obtain a miraculous intercession with her Son for our poor Creation.

Prayer for Protection in Time of Pandemic...

O Mary, you always brighten our path as a sign of salvation and of hope. We entrust ourselves to you, Health of the Sick, who, at the Cross, took part in Jesus' pain while remaining steadfast in faith.

O loving Mother, you know what we need, and we are confident you will provide for us as at Cana in Galilee. Intercede for us with your Son Jesus, the Divine Physician, for those who have fallen ill, for those who are vulnerable, and for those who have died. Intercede also for those charged with protecting the health and safety of others and for those who are tending to the sick and seeking a cure.

Help us, O Mother of Divine Love, to conform to the will of the Father and to do as we are told by Jesus, who took upon himself our sufferings and carried our sorrows, so as to lead us, through the Cross, to the glory of the Resurrection. Amen.

Under your protection we seek refuge, O Holy Mother of God. In our needs, despise not our petitions, but deliver us always from all dangers, O glorious and blessed Virgin. Amen.

**RECONCILIATION WITH THE LORD IN THE
ABSENCE OF THE SACRAMENT OF
CONFESSION****Act of Contrition (traditional)**

O my God, I am heartily sorry for having offended Thee, and I detest all my sins because of thy just punishments, but most of all because they offend Thee, my God, who art all good and deserving of all my love. I firmly resolve with the help of Thy grace to sin no more and to avoid the near occasion of sin. Amen.

Act of Contrition (alternate form)

My God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good, I have sinned against you whom I should love above all things. I firmly intend, with your help, to do penance, to sin no more, and to avoid whatever leads me to sin. Our Saviour Jesus Christ suffered and died for us. In his name, my God, have mercy.

Acts of Contrition inspired by the Gospels

Father of mercy, like the prodigal son I return to you and say: "I have sinned against you and am no longer worthy to be called your child."

Christ Jesus, Saviour of the world, I pray with the repentant thief to whom you promised Paradise: "Lord, remember me in your kingdom."

Holy Spirit, fountain of love, I call on you with trust: "Purify my heart, and help me to walk as a child of light."

Lord Jesus, you opened the eyes of the blind, healed the sick, forgave the sinful woman, and after Peter's denial confirmed him in your love. Listen to my prayer: forgive all my sins, renew your love in my heart, help me to live in perfect unity with my fellow Christians that I may proclaim your saving power to all the world.

An Act of Contrition to Our Lord Jesus

Lord Jesus, you chose to be called the friend of sinners. By your saving death and resurrection free me from my sins. May your peace take root in my heart and bring forth a harvest of love, holiness, and truth.

An Act of Contrition inspired by Psalm 51

Lord God, in your goodness have mercy on me: do not look on my sins, but take away all my guilt. Create in me a clean heart and renew within me an upright spirit.

The Jesus Prayer

Lord Jesus, Son of God, have mercy on me, a sinner.

