

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>

SACRED HEART STATUE—ON LEFT SIDE OF CHURCH

**TODAY IS OUR SECOND SHARELIFE COLLECTION WEEKEND**

As we “Live the Gospel by providing for those in need,” we are reminded of the Gospel value to “love one another as I have loved you.” Through ShareLife, we are able to bring this value to life through the work of over 40 agencies, caring for families in crisis, people with special needs, the elderly, immigrants and refugees, and children and youth.

In addition, our support provides for the formation of our clergy and for international programs in the developing world.

I invite you to join me in making a contribution to ShareLife during the second collection this weekend. Envelopes can be found in the pews. On behalf of those who are served by our agencies, I thank you for your generosity.

Sincerely, Fr Simon

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.

CANCELLED TOTUS TUUS

Regretfully, August, 2020, Totus Tuus is now cancelled because the "shutdown" is preventing the training and preparation of the leaders for the summer.

MASS INTENTIONS

Mon, April, 27: **7:30AM**
 +*Merriam e³ + Vivian Maltese*
 Tues, April 28: **7:30AM**
 +*Fr Frank Hanban*
 Wed, April 29: **7:30AM**
 +*Fr John Donlin*
 Thurs, April 30: **7:30AM**
Thanksgiving of Glen Cruz—B-day
 Fri, May 1: **7:30AM**
Thanksgiving of Thelma Casimir
 Sat, May 2: **7:30AM**
 +*Joemar Salumbides*

Sunday, May 3

7:30AM:

The Parishioners

+*Agustin deSilva e³ +Felipa Abarri*

+*Roberto Verzosa*

+*Alfonso Cabelin*

VIGIL CANDLES

Saturday, May 2—Friday, May 8.

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



"Aren't you happy, Mom? Spring is finally here."

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.

SAINTS THIS WEEK

ST PETER CHANEL, PRIEST, MARTYR—Optional Memorial, Tuesday 28; **ST LOUIS GRIGNON DE MONTFORT, PRIEST**—Optional Memorial, Tuesday 28;

ST CATHERINE OF SIENA, VIRGIN, DOCTOR—Memorial, Wednesday 29: The value Catherine makes central in her short life and which sounds clearly and consistently through her experience is complete surrender to Christ. What is most impressive about her is that she learns to view her surrender to her Lord as a goal to be reached in this life.



She entered the Dominican Third Order at 18 and spent the next three years in seclusion, prayer, and austerity. Gradually, a group of followers gathered around her—men and women, priests and religious. An active public apostolate grew out of her contemplative life. Her letters, mostly for spiritual instruction and encouragement of her followers, began to take more and more note of public affairs. Opposition and slander resulted from her mixing fearlessly with the world and speaking with the candour and authority of one completely committed to Christ. She was cleared of all charges at the Dominican General Chapter of 1374.

Her public influence reached great heights because of her evident holiness, her membership in the Dominican Third Order, and the deep impression she made on the pope. She worked tirelessly for the crusade against the Turks and for peace between Florence and the pope.

In 1378, the Great Schism began, splitting the allegiance of Christendom between two, then three, popes and putting even saints on opposing sides. Catherine spent the last two years of her life in Rome, in prayer and pleading on behalf of the cause of Pope Urban VI and the unity of the Church. She offered herself as a victim for the Church in its agony. She died surrounded by her “children” and was canonized in 1461.

Catherine ranks high among the mystics and spiritual writers of the Church. In 1939, she and Francis of Assisi were declared co-patrons of Italy. Pope Paul VI named her and Teresa of Avila doctors of the Church in 1970. Her spiritual testament is found in *The Dialogue*.

Reflection: Though she lived her life in a faith experience and spirituality far different from that of our own time, Catherine of Siena stands as a companion with us on the Christian journey in her undivided effort to invite the Lord to take flesh in her own life. Events which might make us wince or chuckle or even yawn fill her biographies: a mystical experience at six, childhood betrothal to

Christ, stories of harsh asceticism, her frequent ecstatic visions. The value of her life for us today lies in her recognition of holiness as a goal to be sought over the course of a lifetime. Saint Catherine of Siena is the Patron Saint of: Europe, Fire Prevention, Italy

ST MARIE DE L'INCARNATION, RELIGIOUS—Memorial, Thursday 30:

ST JOSEPH THE WORKER—Optional Memorial, Friday, May 1: To foster deep devotion to Saint Joseph among Catholics, and in response to the “May Day” celebrations for workers sponsored by Communists, Pope Pius XII instituted the feast of Saint Joseph the Worker in 1955. This feast extends the long relationship between Joseph and the cause of workers in both Catholic faith and devotion. Beginning in the Book of Genesis, the dignity of human work has long been celebrated as a participation in the creative work of God. By work, humankind both fulfills the command found in Genesis to care for the earth (Gn 2:15) and to be productive in their labours. Saint Joseph, the carpenter and foster father of Jesus, is but one example of the holiness of human labour.

Jesus, too, was a carpenter. He learned the trade from Saint Joseph and spent his early adult years working side-by-side in Joseph’s carpentry shop before leaving to pursue his ministry as preacher and healer. In his encyclical *Laborem Exercens*, Pope St JPII stated: “the Church considers it her task always to call attention to the dignity and rights of those who work, to condemn situations in which that dignity and those rights are violated, and to help to guide [social] changes so as to ensure authentic progress by man and society.”



Saint Joseph is held up as a model of such work. Pius XII emphasized this when he said, “The spirit flows to you and to all men from the heart of the God-man, Saviour of the world, but certainly, no worker was ever more completely and profoundly penetrated by it than the foster father of Jesus, who lived with Him in closest intimacy and community of family life and work.”

Reflection: To capture the devotion to Saint Joseph within the Catholic liturgy, in 1870, Pope Pius IX declared Saint Joseph the patron of the universal Church. In 1955, Pope Pius XII added the feast of Saint Joseph the Worker. This silent saint, who was given the noble task of caring and watching over the Virgin Mary and Jesus, now cares for and watches over the Church and models for all the dignity of human work.

ST PIUS V, POPE—Optional Memorial, Friday, May 1; **ST ATHANASIUS, BISHOP, DOCTOR**—Memorial, Saturday, May 2:

“Were Not Our Hearts Burning Within Us.....While He Was Opening The Scriptures To Us?”

THE 2
DISCIPLES



This Sunday's Readings: *First Reading: Acts 2:14,22-33*—Peter and the apostles announce that Jesus has been raised from the dead; *Responsorial Psalm: Psalm 16:1-2,5,7-11*—God will show us the path of life; *Second Reading: 1 Peter 1:17-21*—You were saved by Christ's sacrifice; *Gospel Reading: Luke 24:13-35*—Jesus appears to two disciples who are walking to Emmaus.

Background on the Gospel Reading

On most Sundays during the Easter season in Cycle A, our Gospel is taken from the Gospel of John. This week's Gospel, however, is taken from the Gospel of Luke. As in last week's Gospel, today's Gospel shows us how the first community of disciples came to believe that Jesus had risen from the dead. In these stories we gain insight into how the community of the Church came to be formed.

When we read today's Gospel, we may be surprised to learn that these friends of Jesus could walk and converse with him at some length yet not recognize him. Again we discover that the risen Jesus is not always easily recognized. Cleopas and the other disciple walk with a person whom they believe to be a stranger; only later do they discover that the stranger is Jesus. We learn that the first community met and recognized Jesus in the breaking of the bread, just as we meet Jesus in the Eucharist.

We can imagine the feelings of the two disciples in today's reading. They are leaving their community in Jerusalem.

Their friend Jesus has been crucified. Their hope is gone. They are trying to make sense of what has occurred, so that they can put the experience behind them.

Jesus himself approaches the two men, but they take him for a stranger. Jesus asks them what they are discussing. He invites them to share their experience and interpretation of the events surrounding his crucifixion and death. When the two disciples have done so, Jesus offers his own interpretation of his crucifixion and resurrection, citing Jewish Scripture. In that encounter we find the model for our Liturgy of the Word—what we do each time we gather as a community for the Eucharist. We reflect upon our life experiences and interpret them in light of Scripture. We gather together to break open the Word of God.

In the next part of the story, we find a model for our Liturgy of the Eucharist. The disciples invite the stranger (Jesus) to stay with them. During the meal in which they share in the breaking of the bread, the disciples' eyes are opened; they recognize the stranger as Jesus. In the Eucharist too we share in the breaking of the bread and discover Jesus in our midst. Just as the disciples returned to Jerusalem to recount their experience to the other disciples, we too are sent from our Eucharistic gathering. Our experience of Jesus in the Eucharist compels us to share the story with others.

ST JOHN XXIII ADORATION CHAPEL
EXPOSITION OF THE BLESSED SACRAMENT



VOCATIONS

3rd Sunday of Easter

Do you recognize Christ in your life?

Does your heart burn in his presence? How are you being called - as a priest, deacon, brother or sister? 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—\$1075.

Easter Collection to Date—\$1055.

To break even weekly—\$3,000 needed.

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

You can **Either** 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 by welcoming newcomers to Canada

The Dia Desso family were forced to flee the Cote d'Ivoire due to the civil war. They sought safety in neighbouring Ghana, where they met a team from the Office of Refugees of the Archdiocese of Toronto (ORAT). ORAT, a ShareLifefunded agency, facilitated the family's private refugee sponsorship by Good Shepherd Parish in Thornhill. They are now thriving! The father loves his work driving a forklift, the mother cares for their one-year-old son at home, and the daughters are succeeding at school. Thanks to your support, the Dia Desso family is proud to be living in Canada.

Next Sunday, 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?
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 As a "SRES" (Senior Real Estate Specialist) I can help!
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 Want to be a Home Owner?
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 ✓ Earn Up to \$1,000 on Referrals.
 ✓ Upto 10% Commission Donation to the Church.



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 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,

overwhelmed by fatigue,

Console us, O Lord.

Look upon politicians and administrators, 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.

CORONA VIRUS 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.

