

SAINT JOHN XXIII PARISH

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>

Sunday Mass— Sat Vigil Mass 5:15PM / Sun Mass 9AM, 12:15PM & 5:30PM.
(Weekdays: Mon (cancelled), Wed, Fri 7PM; Tues, Thurs, Sat 9AM).

Baptism—**Call office:** 416-429-4000

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

NEW MASS PRACTICES

You Have To Reserve Seating.

Call/Email Office Monday to Friday before weekend.

416-429-4000

saintjohnxx_iiiparish@outlook.com

1. Face Masks To Be Worn At Mass
2. Sanitize Hands At Entrance
3. Sit Only Where There Is Green Marker
4. Families Or Members Of Same Household Can Sit Close Together; You Must Ensure Distancing From Non-Household Members
5. Washrooms Closed (We Would Have To Sanitize After Each Use)

Mass on Monday is Cancelled Until Further Notice

CATECHISM OF THE CATHOLIC CHURCH

THE CELEBRATION OF THE CHRISTIAN MYSTERY

*"Who celebrates?"***233. Who acts in the liturgy?**

In the liturgy it is the whole Christ (Christus Totus) who acts, Head and Body. As our High Priest he celebrates with his body, which is the Church in heaven and on earth.

234. Who celebrates the heavenly liturgy?

The heavenly liturgy is celebrated by the angels, by the saints of the Old and New Testament, particularly the Mother of God, by the Apostles, by the martyrs, and by the "great multitude which no one could number from every nation, race, people, and tongue." (Revelation 7:9). When we celebrate the mystery of our salvation in the sacraments we participate in this eternal liturgy.

235. How does the Church on earth celebrate the liturgy?

The Church on earth celebrates the liturgy as a priestly people in which each one acts according to his proper function in the unity of the Holy Spirit. The baptized offer themselves in a spiritual sacrifice; the ordained ministers celebrate according to the Order they received for the service of all the members of the Church; the bishops and priests act in the Person of Christ the Head.

*"How is the liturgy celebrated?"***236. How is the liturgy celebrated?**

The celebration of the liturgy is interwoven with signs and symbols whose meaning is rooted in creation and in human culture. It is determined by the events of the Old Testament and is fully revealed in the Person and work of Christ.

237. From where do the sacramental signs come?

Some come from created things (light, water, fire, bread, wine, oil); others come from social life (washing, anointing, breaking of bread). Still others come from the history of salvation in the Old Covenant (the Passover rites, the sacrifices,

the laying on of hands, the consecrations). These signs, some of which are normative and unchangeable, were taken up by Christ and are made the bearers of his saving and sanctifying action.

238. What is the link between the actions and the words in the celebration of the sacraments?

Actions and words are very closely linked in the celebration of the sacraments. Indeed, even if the symbolic actions are already in themselves a language, it is necessary that the words of the rite accompany and give life to these actions. The liturgical words and actions are inseparable both insofar as they are meaningful signs and insofar as they bring about what they signify.

239. What are the criteria for the proper use of singing and music in liturgical celebrations?

Since song and music are closely connected with liturgical action they must respect the following criteria. They should conform to Catholic doctrine in their texts, drawn preferably from Sacred Scripture and liturgical sources. They should be a beautiful expression of prayer. The music should be of a high quality. Song and music should encourage the participation of the liturgical assembly. They should express the cultural richness of the People of God and the sacred and solemn character of the celebration. "He who sings, prays twice" (Saint Augustine).

240. What is the purpose of holy images?

The image of Christ is the liturgical icon par excellence. Other images, representations of Our Lady and of the Saints, signify Christ who is glorified in them. They proclaim the same Gospel message that Sacred Scripture communicates by the word and they help to awaken and nourish the faith of believers.

MASS INTENTIONS

Monday Mass Cancelled Until Further Notice

Tues, July 6: **9AM**

Thanksgiving of Melissa Ben

Wed, July 7: **7PM**

+Rosada Marcella Dias

Thurs, July 8: **9AM**

+Jesus Ilagan jr

Fri, July 10: **7PM**

+Oscar Anacta

Sat, July 11: **9AM**

Thanksgiving of Jenifer

Saturday, July 11

5:15PM: *+Candelaria Ferolino*

Sunday, July 12

9AM: *Thanksgiving by Sharon, Joel, & Roy*

12:15PM: *The Parishioners*

5:15PM: *+Dennis Edquiban*

VIGIL CANDLES

Saturday, July 11—Friday, July 17.

Sanctuary Tabernacle—
& Chapel Tabernacle—

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

NO DATE YET

SACRAMENTS OF FIRST HOLY COMMUNION

NO DATE YET

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**

RETRouvaille WEEKEND

Help for Troubled Marriages

Nov 6 @ 6PM

Please be advised that this event may be cancelled due to the limitations on public gatherings given the COVID-19 pandemic. We suggest you reach out to the event organizer to confirm whether this event will still be happening.

Niagara Falls, Ontario

If you are thinking of separation or divorce — or you are already separated but want to try again — then Retrouvaille can help. This program will give you the tools to help get your marriage back on track. It will also give you the opportunity to rediscover one another and examine your lives together in a new and positive way.

PHONE: 416-281-6007

EMAIL: info@torontoretrouvaille.com

WEB: www.torontoretrouvaille.com

SMILE



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', JULY MISSION INTENTION

Our Families

We pray that today's families may be accompanied with love, respect and guidance.

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**



SAINTS THIS WEEK**ST MARIA GORETTI, VIRIGN, MARTYR:**

Optional Memorial; Monday, July 6—Peter (d. 64?) Saint Mark

ST AUGUSTINE ZHAO RONG, PRIEST, MARTYR, AND COMPANIONS, MARTYRS:

Optional Memorial; Thursday, July 9—Christianity arrived in China by way of Syria in the 600s. Depending on China's relations with the outside world, Christianity over the centuries was free to grow or was forced to operate secretly.



The 120 martyrs in this group died between 1648 and 1930. Eighty-seven of them were born in China, and were children, parents, catechists, or labourers, ranging in age from nine years to 72. This group includes four Chinese diocesan priests. The 33 foreign-born martyrs were mostly priests or women religious, especially from the Order of Preachers, the Paris Foreign Mission Society, the Friars Minor, Society of Jesus, Society of St. Francis de Sales (Salesians), and Franciscan Missionaries of Mary.

Augustine Zhao Rong was a Chinese soldier who accompanied Bishop John Gabriel Taurin Dufresse of the Paris Foreign Mission Society to his martyrdom in Beijing. Not long after his baptism, Augustine was ordained as a diocesan priest. He was martyred in 1815. Beatified in groups at various times, these 120 martyrs were canonized together in Rome on October 1, 2000.

Reflection: The People's Republic of China and the Roman Catholic Church each have well over a billion members, but there are only about 12 million Catholics in China. The reasons for that are better explained by historical conflicts than by a wholesale rejection of the Good News of Jesus Christ. The Chinese-born martyrs honoured by today's feast were regarded by their persecutors as dangerous because they were considered allies of enemy, Catholic countries. The martyrs born outside China often tried to distance themselves from European political struggles relating to China, but their persecutors saw them as Westerners and therefore, by definition, anti-Chinese. The Good News of Jesus Christ is intended to benefit all peoples; today's martyrs knew that. May 21st-century Christians live in such a way that Chinese women and men will be attracted to hear that Good News and embrace it.

ST BENEDICT, ABBOT: Memorial; Saturday, July

11—Benedict was born into a distinguished family in central Italy, studied at Rome, and early in life was drawn to monasticism. At first he became a hermit, leaving a depressing world—pagan armies on the march, the Church torn by schism, people suffering from war, morality at a low ebb.

He soon realized that he could not live a hidden life in a small town any better than in a large city, so he withdrew to a cave high in the mountains for three years. Some monks chose Benedict as their leader for a while, but found his strictness not to their taste. Still the shift from hermit to community life had begun for him. He had an idea of gathering various families of monks into one "Grand Monastery" to give them the benefit of unity, fraternity, and permanent worship in one house. Finally he began to build what was to become one of the most famous monasteries in the world—Monte Cassino, commanding three narrow valleys running toward the mountains north of Naples.

The Rule that gradually developed prescribed a life of liturgical prayer, study, manual labor, and living together in community under a common abbot. Benedictine asceticism is known for its moderation, and Benedictine charity has always shown concern for the people in the surrounding countryside. In the course of the Middle Ages, all monasticism in the West was gradually brought under the Rule of St. Benedict.

Today the Benedictine family is represented by two branches: the Benedictine Federation encompassing the men and women of the Order of St. Benedict, and the Cistercians, men and women of the Order of Cistercians of the Strict Observance.

Reflection: The Church has been blessed through Benedictine devotion to the liturgy, not only in its actual celebration with rich and proper ceremony in the great abbeys, but also through the scholarly studies of many of its members. Liturgy is sometimes confused with guitars or choirs, Latin or Bach. We should be grateful to those who both preserve and adapt the genuine tradition of worship in the Church.

Saint Benedict is the Patron Saint of: Europe, Kidney Disease, Monks, Poisoning, Schoolchildren



**“Come To Me, All You That Are Weary And Carrying Heavy Burdens ,
And I Will Give You Rest. I Am Gentle And Humble In Heart, And You
Will Find Rest For Your Souls.”**

JESUS



This Sunday's Readings: *First Reading: Zechariah 9:9-10—The Lord shall come to reign in Zion; Responsorial Psalm: Psalm 145:1-2,8-11,13-14—A prayer of praise to God who is our king; Second Reading: Romans 8:9,11-13—Those in whom the Spirit of God dwells must now live according to the Spirit, not the flesh; Gospel Reading: Matthew 11:25-30—Jesus prays in thanks to God, who has revealed himself to the lowly.*

Background on the Gospel Reading

Today's reading from Matthew's Gospel comes after a discourse in which Jesus reproaches people who have witnessed his mighty deeds yet still lack belief. In this context, today's Gospel explains the reason for this unbelief and reveals what is necessary for faith. Today's Gospel also continues to enhance our understanding of discipleship as last week's Gospel did.

Jesus first prays in thanksgiving to God who has made himself known to Jesus' disciples. He praises God who has made himself known to the "little ones" and not to the wise and learned. As in other recent readings from Matthew's Gospel, a contrast is made

here between the unbelieving Pharisees, who are wise and learned, and the faithful disciples, tax collectors, and sinners with whom Jesus keeps company.

The second part of this reading calls to our attention the unity between the Father and the Son. God has made himself known through Jesus, and in knowing Jesus, we come to know the Father. In Jesus' life and in his person, God reveals himself to us.

In the concluding sentences of today's Gospel, Jesus' teaching is again contrasted to the teaching of the Pharisees. This common theme of Matthew's Gospel probably reflects tension that existed between Jesus and the Pharisees and between the Pharisees and the community of Christians for whom Matthew wrote. Pharisaic Judaism became the predominant form of Judaism after the destruction of the Temple in Jerusalem about 70 A.D. Here that tension is expressed as alternative paths of holiness. The careful observance of the Mosaic law taught by the Pharisees could be experienced by some as difficult and burdensome. In contrast, Jesus' way of holiness is presented as uncomplicated and even restful.

HELP WITH MENTAL HEALTH

Due to the ongoing COVID-19 restrictions, we have moved our counselling and psychotherapy services online in an effort to continue to help our clients who are struggling with their mental well-being in this difficult time.

If you are suffering from mild to moderate mental health issues or are experiencing difficulty in your relationships, we encourage you to reach out to us and take a step towards a happier and healthier life. We offer a variety of services, so whether you are an individual, couple, or family, our counsellors will explore your concerns with you and help you work towards your goals.

Our sessions are conducted through the OnCall Health platform, which provides you and your counsellor with a secure and private video connection, since your privacy and confidentiality is of the utmost importance to us.

To learn more about our counselling services or to find out how you can get started, please visit the Catholic Family Services of Toronto website at:

https://www.cfstoronto.com/client/cfs/lp4w_lnd_webstation.nsf/page/Counselling+Program!OpenDocument.

DEALING WITH GRIEF

Dealing with a breakup or the loss of someone close to you is difficult in the best of times – trying to do so in the midst of a pandemic makes everything that much tougher.

Fortunately, at Catholic Family Services of Toronto, we have a ministry dedicated to assisting those who have suffered a loss through separation, divorce, or the death of a loved one.

Our New Beginnings program is offering bi-monthly support sessions. This closed support group allows us to work together to explore our grief, experience healing, and renew our faith.

For more information or to get yourself registered, please reach out to Arcangelo Limanni at alimanni@cfstoronto.com or call (416) 921-1163, ext. 2225.

VOCATIONS

"You are in the spirit, since the Spirit of God dwells in you."

Is the Spirit leading you or someone you know to ministerial service? If God is calling you, to the priesthood, diaconate or consecrated life, 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: **\$2748.25**

ShareLife: **\$440**

FR SIMON'S TRANSFER AUGUST 27

Dear Parishioners,

Archbishop, Cardinal Collins, has set August 27 as the date for priest transfers to take place. Therefore, my transfer to the North West Territories take place at this time.

NEW PASTOR

Who the new pastor will be has not yet been announced. *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
 1939 Lawrence Avenue East
 416-751-7890

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.

Don Mills-Eglinton

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Your Fellow Parishioner
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 Sales Representative
 647-828-4702
 sellfastwitheric@gmail.com
 www.ericrobertrealty.com



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 Jay Wilson
 Managing Director
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 **Michael Agustin Navarro, LL.B, MBA**
 Barrister, Solicitor, & Notary Public
 896 Don Mills Road Suite 918
 Moreau Shepell Tower Two
 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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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

POPE FRANCIS

"It is very clear: if you cannot find a priest to whom you can confess," explained Pope Francis, "speak with God, He is your Father, and tell Him the truth: 'Lord, I have done this, this and this.... I am sorry', and ask Him for forgiveness with all your heart, with the Act of Contrition, and promise Him: 'Later I will go to confession, but forgive me now'. You will return immediately to God's grace. You yourself can approach God's forgiveness as the Catechism teaches us, without having a priest at hand. Think about it: this is the moment! And this is the right moment, the appropriate moment. An Act of Contrition, made well. In this way our souls will become as white as snow".

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.

AN ACT OF SPIRITUAL COMMUNION

(In place of receiving Jesus in Holy Communion)

"My Jesus, I believe that You are present in the Most Holy Sacrament. I love You above all things, and I desire to receive You into my soul. Since I cannot at this moment 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

POPE FRANCIS' PRAYER TO MARY

O Mary, you shine continuously on our journey as a sign of salvation and hope. We entrust ourselves to you, Health of the Sick. At the foot of the Cross you participated in Jesus' pain, with steadfast faith.

You, Salvation of the Roman People, know what we need. We are certain that you will provide, so that, as you did at Cana of Galilee, joy and feasting might return after this moment of trial.

Help us, Mother of Divine Love, to conform ourselves to the Father's will

and to do what Jesus tells us: He who took our sufferings upon Himself, and bore our sorrows to bring us, through the Cross, to the joy of the Resurrection. Amen.

We seek refuge under your protection, O Holy Mother of God. Do not despise our pleas – we who are put to the test – and deliver us from every danger, O glorious and blessed Virgin.

JESUS' WORDS OF CONSOLATION TO US:

"I am with you always, to the end of the age." (Mt 28:20)

&

"Let not your hearts be troubled. Believe in God; believe also in me." (Jn14:10)

&

"Are not two sparrows sold for a penny? And not one of them will fall to the ground apart from your Father. But even the hairs of your head are all numbered. Fear not, therefore; you are of more value than many sparrows. (Mt10: 29-31)

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](https://www.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.

