

SAINT JOHN XXIII PARISH

Open Today: 9AM-1PM for Private Prayer (No Mass)

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

Baptism—**NEW:** Only 5 persons permitted in Church: 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

**GOOD NEWS**

Next Sunday, June 20/21, Sunday Mass will resume.

Unfortunately, we are limited to only 30% capacity.

This means you have to reserve a seat at Mass.

SEE PAGE 2 FOR DETAILS

CATECHISM OF THE CATHOLIC CHURCHTHE PROFESSION OF FAITH
"The Creed"

"I Believe In The Forgiveness Of Sins"

200. How Are Sins Remitted?

The First And Chief Sacrament For The Forgiveness Of Sins Is Baptism. For Those Sins Committed After Baptism, Christ Instituted The Sacrament Of Reconciliation Or Penance Through Which A Baptized Person Is Reconciled With God And With The Church.

201. Why Does The Church Have The Power To Forgive Sins?

The Church Has The Mission And The Power To Forgive Sins Because Christ Himself Has Conferred It Upon Her: "Receive The Holy Spirit, If You Forgive The Sins Of Any, They Are Forgiven; If You Retain The Sins Of Any, They Are Retained" (John 20:22-23).

"I Believe In The Resurrection Of The Body"

202. What Is The Meaning Of The Term "Body" (Or "Flesh") And What Importance Does It Have?

The Resurrection Of The Flesh Is The Literal Formulation In The Apostles Creed For The Resurrection Of The Body. The Term "Flesh" Refers To Humanity In Its State Of Weakness And Mortality. "The Flesh Is The Hinge Of Salvation" (Tertullian). We Believe In God The Creator Of The Flesh; We Believe In The Word Made Flesh In Order To Redeem Flesh; And We Believe In The Resurrection Of Flesh Which Is The Fulfillment Of Both The Creation And The Redemption Of The Flesh.

203. What Is Meant By The "Resurrection Of The Body"?

This Means That The Definitive State Of Man Will Not Be One In Which His Spiritual Soul Is Separated From His Body. Even Our Mortal Bodies Will One Day Come To Life Again.

204. What Is The Relationship Between The Resurrection Of Christ And Our Resurrection?

Just As Christ Is Truly Risen From The Dead And Now Lives Forever, So He Himself Will Raise Everyone On The Last Day With An Incorruptible Body: "Those Who Have Done Good Will Rise To The Resurrection Of Life And Those Who Have Done Evil To The Resurrection Of Condemnation" (John 5:29).

205. What Happens To Our Body And Our Soul After Death?

After Death, Which Is The Separation Of The Body And The Soul, The Body Becomes Corrupt While The Soul, Which Is Immortal, Goes To Meet The Judgment Of God And Awaits Its Reunion With The Body When It Will Rise Transformed At The Time Of The Return Of The Lord. How The Resurrection Of The Body Will Come About Exceeds The Possibilities Of Our Imagination And Understanding.

206. What Does It Mean To Die In Christ Jesus?

Dying In Christ Jesus Means To Die In The State Of God's Grace Without Any Mortal Sin. A Believer In Christ, Following His Example, Is Thus Able To Transform His Own Death Into An Act Of Obedience And Love For The Father. "This Saying Is Sure: If We Have Died With Him, We Will Also Live With Him" (2 Timothy 2:11).

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. No Washrooms Open (We Would Have To Sanitize After Each Use—Too Much!)

MASS INTENTIONSMon, June 15: **7:30AM***+Candelaria Ferolino*Tues, June 16: **7:30AM***+Thanksgiving for Jeremiah & Olivia*Wed, June 17: **7PM***+Cipriana Alicpala*Thurs, June 18: **9AM***+Leonardo Tolentino*Fri, June 19: **7PM***+Fr Johnathon Robinson*Sat, June 20: **9AM***+Most Rev Reynaldo Agramon*

Saturday, June 20

5:15PM: *Thanks to Mary, Mother of the Church*

Sunday, June 21

9AM: *+Alfonso & Eduardo Perlas***12:15PM:** *+Tomas & Elvira Bernales***5:15PM:** *+The Parishioners***VIGIL CANDLES****Saturday, June 20—Friday, June 26.**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

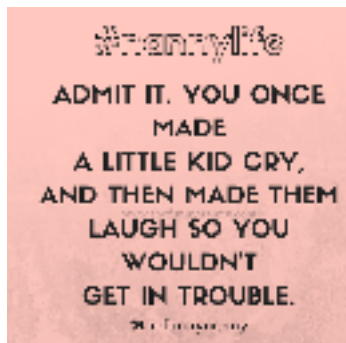
EMAIL: info@torontoretrouvaille.comWEB: www.torontoretrouvaille.com**PREACHING STEWARDSHIP
CONFERENCE FOR CLERGY
AND LAITY - WEBINAR*****June 29, 8:00 AM – 5:00 PM EDT***

St. Augustine's Seminary, in its continuing series of Preaching Seminars and Conferences, is hosting a Webinar on Preaching Stewardship with Dr. Scott Hahn, His Eminence Thomas Cardinal Collins, Dr. Josephine Lombardi, and Dr Mary Callan on Monday June, 29. This webinar replaces the in-person conference that was scheduled at the same time.

Full details and registration are available at

<https://www.eventbrite.ca/e/st-augustines-seminary-online-preaching-stewardship-conference-tickets-102782398922>

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', JUNE MISSION INTENTION

The Way of the Heart

We pray that all those who suffer may find their way in life, allowing themselves to be touched by the Heart of Jesus

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

THE MOST SACRED HEART OF JESUS: *Solemnity; Friday, June 19*—The Friday that follows the Corpus Christi Sunday is the Feast of the Sacred Heart. Many Catholics prepare for this Feast by beginning a Novena to the Sacred Heart. On the Feast of the Sacred Heart itself, we can gain a plenary indulgence by making an Act of Reparation to the Sacred Heart.



From the earliest days of the Church, "Christ's open side and the mystery of blood and water were meditated upon, and the Church was beheld issuing from the side of Jesus, as Eve came forth from the side of Adam. It is in the eleventh and twelfth centuries that we find the first unmistakable indications of devotion to the Sacred Heart. Through the wound in the side, the wound in the Heart was gradually reached, and the wound in the Heart symbolized the wound of love." (Catholic Encyclopedia)

This general devotion arose first in Benedictine and Cistercian monasteries of that time, especially in response to the devotion of St. Gertrude the Great, but specific devotions became popularized when St. Margaret Mary Alacoque (1647-1690), a Visitation nun, had a personal revelation involving a series of visions of Christ as she prayed before the Blessed Sacrament. She wrote, "He disclosed to me the marvels of his Love and the inexplicable secrets of his Sacred Heart." Christ emphasized to her His love -- and His woundedness caused by Man's indifference to this love.

He promised that, in response to those who consecrate themselves and make reparations to His Sacred Heart, that:

- He will give them all the graces necessary in their state of life.
- He will establish peace in their homes. •He will comfort them in all their afflictions. •He will be their secure refuge during life, and above all, in death. •He will bestow abundant blessings upon all their undertakings. •Sinners will find in His Heart the source and infinite ocean of mercy. •Lukewarm souls shall become fervent. •Fervent souls shall quickly mount to high perfection. •He will bless every place in which an image of His Heart is exposed and honored. •He will give to priests the gift of touching the most hardened hearts. •Those who shall promote this devotion shall have their names written in His Heart. •In the excessive mercy of His Heart that His all-powerful love will grant to all those who receive Holy Communion on the First Fridays in nine consecutive months the grace of final perseverance; they shall not die in His disgrace, nor without receiving their sacraments. His divine Heart shall be their safe refuge in this last moment.

THE IMMACULATE HEART OF THE BLESSED VIRGIN MARY:

Memorial; Saturday, June 20—Historically, devotion to the Heart of Mary grew up in parallel, but at a lesser intensity than that of devotion to the Heart of Jesus, only starting to become more prominent during the time of St John Eudes. St. John brought people to love Christ and the Virgin Mary by speaking tirelessly about their Heart, the sign of the love God shows for us and the communion to which we are called.

To offer them liturgical worship, he composed Masses and Offices in their honor and had the first Feast of the Holy Heart of Mary celebrated on February 8, 1648, at Autun (France,) and the Feast of the Heart of Jesus celebrated on October 20, 1672. He died on August 19, 1680 and was canonized by Pope Pius XI on May 31, 1925.

Nevertheless, it was not until after the Apparitions at Rue du Bac concerning the "Miraculous Medal" made to Catherine Labouré in 1830, and the establishment of a society dedicated to the Immaculate Heart of Mary, at the Church of Our Lady of Victories in Paris in 1836, that this particular devotion became really well known. Since then devotion to the Immaculate Heart of Mary, has gradually grown more widespread in the Church, particularly since the apparitions at Fatima.

The main difference between the devotions to the hearts of Jesus and Mary is that the one concerned with Jesus emphasizes his divine heart as being full of love for mankind, but with this love for the most part being ignored or rejected, while devotion to Mary's heart is essentially concerned with the love that her heart has for Jesus, for God.

Therefore, it is not an end in itself, so the love of her heart is meant to be a model for the way we should love God. The fact that her heart is immaculate, that is sinless, means that she is the only fully human person who is able to really love God in the way that he should be loved. The aim of the devotion is to unite mankind to God through Mary's heart, and this process involves the ideas of consecration and reparation. A person is consecrated to Mary's Immaculate Heart as a way of being completely devoted to God. This involves a total gift of self, something only ultimately possible with reference to God; but Mary is our intermediary in this process of consecration.

Because of the strong analogy between Jesus and Mary, the consecration to Mary's Immaculate Heart is closely linked to the consecration to Jesus' Sacred Heart, although it is subordinate and dependent on it. That is, although the act of consecration is ultimately addressed to God, it is an act that is made through Mary.



"...Unless You Eat The Flesh Of The Son Of Man And Drink His Blood, You Have No Life In You"

JESUS



This Sunday's Readings: *First Reading: Deuteronomy 8:2-3,14b-16a—Moses tells the people to remember how God delivered them from slavery in Egypt; Responsorial Psalm: Psalm 147:12-15,19-20—Praise God, Jerusalem!—Second Reading: 1 Corinthians 10:16-17 —Though many, we are one body when we partake of the Body and Blood of Christ; Gospel Reading: John 6:51-58—Jesus says, "I am the living bread."*

Background on the Gospel Reading

This Sunday we celebrate a second solemnity during this period of Ordinary Time in the liturgical calendar. Today is the Solemnity of the Most Holy Body and Blood of Christ. This day was once called Corpus Christi, which is Latin for "Body of Christ." In the revised Lectionary the name for this day is expanded to reflect more completely our Eucharistic theology.

Today's Gospel is taken from the Gospel according to John. The reading is part of a discourse between Jesus and a crowd of Jews. The discourse comes shortly after the miracle of Jesus' multiplication of the loaves and fishes. In John's Gospel, miracles such as this are identified as "signs" through which people come to believe that Jesus is the Son of God. These signs are followed by dialogue, or discourse that interprets and explains the miracle. In John's Gospel, Jesus' multiplication of the loaves is said to have occurred near Passover, thus linking it to the Exodus story and God's saving action toward the Israelites.

Having seen Jesus multiply the loaves and fishes, the crowd pursues him, perhaps seeking more food but also looking for another sign. Jesus tells the crowd that he is the bread of life. He explains that just as God gave the Israelites manna to sustain them in the desert, so now God has sent new manna that will give eternal life. It is in this context that Jesus repeats those words in today's Gospel and tells them again that he is the living bread that came down from heaven.

Jesus' words are not well understood by the crowd; they argue that Jesus is not from heaven but born of Mary and Joseph. The crowd also has trouble understanding how Jesus could give them his flesh to eat. Jesus tells them that when they eat his flesh and drink his blood, they will remain forever connected to him. These are difficult words, but they are important because they seek to show us our intimate connection with Jesus.

This is the mystery that is at the heart of our Eucharistic theology. In the elements of bread and wine, Jesus' Body and Blood are truly present. When we share in the Body and Blood of Christ, Jesus himself comes to dwell within us. This communion with the Lord makes us one body, brings us eternal life, and sends us forth to be Christ's Body in the world.

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/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

The Most Holy Body & Blood of Christ Sunday
Jesus has given us His Body to eat and His Blood to drink to nourish us on our journey towards the Kingdom.

May we be faithful to him on our journey as married, single, ordained or consecrated persons. 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:

Mail Box: **\$1475.**

Credit Card (Through Archdiocese): **\$621.**

Interac e-transfer: **\$540.**

Total: **\$2636.**

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 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
 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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 SENIOR REAL ESTATE SPECIALIST

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 ✓ Low Commission Rates & Cash Back Plans.
 ✓ Earn Up to \$1,000 on Referrals.
 ✓ Upto 10% Commission Donation to the Church.



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 Jay Wilson
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Services
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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.

