

SAINT JOHN XXIII PARISH
Open Today: Regular Schedule

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)

MONDAY MASS CANCELLED FOR SUMMER

CATECHISM OF THE CATHOLIC CHURCH

THE PROFESSION OF FAITH
"The Creed"

"I Believe In Life Everlasting"

207. What Is Life Everlasting?

Eternal life is that life which begins immediately after death. It will have no end. It will be preceded for each person by a particular judgment at the hands of Christ who is the Judge of the living and the dead. This particular judgement will be confirmed in the final judgment.

208. What is the particular judgment?

It is the judgment of immediate retribution which each one after death will receive from God in his immortal soul in accord with his faith and his works. This retribution consists in entrance into the happiness of heaven, immediately or after an appropriate purification, or entry into the eternal damnation of hell.

209. What is meant by the term "heaven"?

By "heaven" is meant the state of supreme and definitive happiness. Those who die in the grace of God and have no need of further purification are gathered around Jesus and Mary, the angels and the saints. They thus form the Church of heaven, where they see God "face to face" (1Cor13:12). They live in a communion of love with the Most Blessed Trinity and they intercede for us.

"True and subsistent life consists in this: the Father, through the Son and in the Holy Spirit, pouring out his heavenly gifts on all things without exception. Thanks to his mercy, we too, men that we are, have received the inalienable promise of eternal life." (Saint Cyril of Jerusalem)

210. What is purgatory?

Purgatory is the state of those who die in God's friendship, assured of their eternal salvation, but who still have need of purification to enter into the happiness of heaven.

211. How can we help the souls being purified in purgatory?

Because of the communion of saints, the faithful who are still pilgrims on earth are able to help the souls in purgatory by offering prayers in suffrage for them, especially the Eucharistic sacrifice. They also help them by almsgiving, indulgences, and works of penance.

212. In what does hell consist?

Hell consists in the eternal damnation of those who die in mortal sin through their own free choice. The principal suffering of hell is eternal separation from God in whom alone we can have the life and happiness for which we were created and for which we long. Christ proclaimed this reality with the words, "Depart from me, you cursed, into the eternal fire" (Matthew 25:41).

213. How can one reconcile the existence of hell with the infinite goodness of God?

God, while desiring "all to come to repentance" (2 Peter 3:9), nevertheless has created the human person to be free and responsible; and he respects our decisions. Therefore, it is the human person who freely excludes himself from communion with God if at the moment of death he persists in mortal sin and refuses the merciful love of God.

214. In what does the final judgment consist?

The final or universal judgment consists in a sentence of happiness or eternal condemnation, which the Lord Jesus will issue in regard to the "just and the unjust" (Acts 24:15) when he returns as the Judge of the living and the dead. After the last judgment, the resurrected body will share in the retribution which the soul received at the particular judgment.

215. When will this judgment occur?

This judgment will come at the end of the world and only God knows the day and the hour.

216. What is the hope of the new heavens and the new earth?

After the final judgment the universe itself, freed from its bondage to decay, will share in the glory of Christ with the beginning of "the new heavens" and a "new earth" (2Pt3:13). Thus, the fullness of the Kingdom of God will come about, that is to say, the definitive realization of the salvific plan of God to "unite all things in Christ, things in heaven and things on earth" (Eph1:10). God will then be "all in all" (1 Cor15:28) in eternal life.

"Amen"

217. What is the meaning of the word "Amen" with which we conclude our profession of faith?

The Hebrew word "Amen", which also concludes the last book of Sacred Scripture, some of the prayers of the New Testament, and the liturgical prayers of the Church, expresses our confident and total "yes" to what we professed in the Creed, entrusting ourselves completely to him who is the definitive "Amen" (Revelation 3:14), Christ the Lord.

MASS INTENTIONS

Mon, June 22: **7:30AM**
+ *Visitación Dacanay*

Tues, June 23: **7:30AM**
+ *Gerturde Scharf*

Wed, June 24: **7PM**
+ Leopoldo & Estelita Labrador

Thurs, June 25: **9AM**
Thanksgiving of Justin Worobec

Fri, June 26: **7PM**
Thanksgiving of Black Nazarene Devt.

Sat, June 27: **9AM**
Thanksgiving of Jeffrey

Saturday, June 27
5:15PM: *The Parishioners*

Sunday, June 28
9AM: + *Rosada Marcella Dias*
12:15PM: *Thanksgiving of Lamorena Family*
5:15PM: *Thanksgiving B-day*

VIGIL CANDLES

Saturday, June 27—Friday, July 3.
Sanctuary Tabernacle—+ *Sally Baloloy*
& 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

Jesus Cleans The
Heart,
We Disinfect The Pew

Jesus Washes Away
Sins But You Still
Have To Wash Your
Hands

“Sing To The Lord!”
How?
Not With Voice But
With The Heart

6 FEET APART
TODAY
IS BETTER THAN
6 FEET UNDER
TOMORROW

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

ST PAULINUS OF NOLA, BISHOP: *Optional Memorial; Monday, June 22—The*

ST JOHN FISHER & ST THOMAS MORE, MARTYRS: *Optional Memorial; Monday, June 22—The*

THE NATIVITY OF ST JOHN THE BAPTIST:

*Solemnity; Wednesday, June 24—*Jesus called John the greatest of all those who had preceded him: "I tell you, among those born of women, no one is greater than John...." But John would have agreed completely with what Jesus added: "[Y]et the least in the kingdom of God is greater than he" (Luke 7:28).



John spent his time in the desert, an ascetic. He began to announce the coming of the Kingdom, and to call everyone to a fundamental reformation of life. His purpose was to prepare the way for Jesus. His baptism, he said, was for repentance. But one would come who would baptize with the Holy Spirit and fire. John was not worthy even to untie his sandals. His attitude toward Jesus was: "He must increase; I must decrease" (John 3:30).

John was humbled to find among the crowd of sinners who came to be baptized the one whom he already knew to be the Messiah. "I need to be baptized by you" (Matthew 3:14b). But Jesus insisted, "Allow it now, for thus it is fitting for us to fulfill all righteousness" (Matthew 3:15b). Jesus, true and humble human as well as eternal God, was eager to do what was required of any good Jew. Jesus thus publicly entered the community of those awaiting the Messiah. But making himself part of that community, he made it truly messianic.

The greatness of John, his pivotal place in the history of salvation, is seen in the great emphasis Luke gives to the announcement of his birth and the event itself—both made prominently parallel to the same occurrences in the life of Jesus. John attracted countless people to the banks of the Jordan, and it occurred to some people that he might be the Messiah. But he constantly deferred to Jesus, even to sending away some of his followers to become the first disciples of Jesus.

Perhaps John's idea of the coming of the Kingdom of God was not being perfectly fulfilled in the public ministry of Jesus. For whatever reason, when he was in prison he sent his disciples to ask Jesus if he was the Messiah. Jesus' answer showed that the Messiah was to be a figure like that of the Suffering Servant in Isaiah. John himself would

share in the pattern of messianic suffering, losing his life to the revenge of Herodias.

Reflection: John challenges us Christians to the fundamental attitude of Christianity—total dependence on the Father, in Christ. Except for the Mother of God, no one had a higher function in the unfolding of salvation. Yet the least in the kingdom, Jesus said, is greater than he, for the pure gift that the Father gives. The attractiveness as well as the austerity of John, his fierce courage in denouncing evil—all stem from his fundamental and total placing of his life within the will of God. Saint John the Baptist is the Patron Saint of: Baptism

BLESSED NYKYTA BUDKA & VASYL VELYCHKOVSKY, BISHOPS, MARTYRS:

*Optional Memorial; Saturday, June 27—***Blessed Nykyta Budka** (1877-1949) He was born in 1877 in the village of Dobromirka in the Austro-Hungarian province of Eastern Galicia. He was ordained a Ukrainian Catholic priest in Lemberg in 1905. He was consecrated as the Ukrainian Catholic Bishop for Canada in 1912. He returned to Eastern Galicia in 1927 and became Vicar-General of the Metropolitan Curia in Lwów. After the Second World War Britain and America gave Eastern Galicia to the Soviet Union. The Soviet authorities decided to put the Ukrainian Catholic Church under their own authority and separate it from Rome, and when he resisted, Budka was imprisoned, along with other bishops, on 11 April 1945 and was worked to death in a labour camp in Kazakhstan, where he died on 28 September 1949. He was beatified as a martyr on 27 June 2001 by Pope John Paul II.

Blessed Vasyly Velychkovsky (1903-1973) He was born in



1903

in Stanislav in Eastern Galicia, then a province of the Austro-Hungarian Empire. He entered the seminary in Lwów (currently Lviv) in 1920 and was ordained priest in 1925. He became abbot of the monastery at Ternopil. He was therefore arrested by the Soviet secret police in 1945 and sentenced to death. The sentence was commuted to 10 years' hard labour. He returned to Lviv in 1955 and was ordained bishop in 1963. He was arrested once more in 1969, imprisoned for three years and then exiled to Canada in 1972. He died in Winnipeg on 30 June 1973. He was beatified in 2001.

ST CYRIL OF ALEXANDRIA, BISHOP, DOCTOR: *Optional Memorial; Saturday, June 27—*

OUR LADY'S SATURDAY: *Optional Memorial; Saturday, June 27—*

“Do Not Be Afraid; You Are Of More Value Than Many Sparrows”

JESUS



This Sunday's Readings: *First Reading: Jeremiah 20:10-13—Jeremiah expresses confidence that the Lord will protect him; Responsorial Psalm: Psalm 69:8-10,14,17,33-35; God responds to the prayers of those in need; Second Reading: Romans 5:12-15—Sin came into the world through one person; so salvation came through one person for many; Gospel Reading: Matthew 10:26-33—Jesus assures the Twelve that God cares about them.*

Background on the Gospel Reading

We read today's Gospel in the context of last week's Gospel in which Jesus sent the twelve disciples to proclaim the kingdom of heaven. In between last week's reading and today's reading, Jesus has predicted that the disciples will face difficulties in their mission. Many people will not receive them well, even within the land of Israel. Even family members will turn away from the disciples because of the disciples' commitment to Jesus and the kingdom. Today's Gospel offers the disciples consolation against this difficult truth.

This section of Matthew's Gospel should be read in the context of Matthew's intended audience, a

Jewish-Christian community. The Gospel alludes to the dangers and persecutions that this community has most likely already faced and will continue to face. To reassure this community, Matthew recalls for them the encouraging words of Jesus that we read today.

In this Gospel passage, Jesus might be understood as putting suffering in perspective. The disciples of Jesus are called upon to keep their focus on God. Those who can harm the body do not have ultimate power; God does. Still persecution and suffering can not be avoided or prevented. But Jesus reassures his disciples that God knows and cares about what happens to his children.

We might not face the same type of persecution, but we do experience difficulties as we endeavour to live a Christian life. Sometimes we let the opinions of others prevent us from doing what we know to be right. We need the reminder that what God thinks about us is more important. We are reassured by the promise that God cares for us and protects us.

THOSE TO BE ORDAINED PRIEST*Saturday, June 27*

1. Rev. Mr. Joshua Lobo
2. Rev. Mr. Martin Dicuangco
3. Rev. Mr. John Sutka
4. Rev. Mr. Neil Pereira
5. Rev. Mr. Michael Corpus
6. Rev. Mr. Ji-Hwan Cho
7. Rev. Mr. Andre Lima
8. Rev. Mr. Rafał Bartosiński

The Office of Vocations will be featuring some of our soon-to-be newest priests' stories on our website at: <https://www.vocationstoronto.ca/copy-of-vocation-stories>.

Because of the restricted admission and attendance in our churches, attendance for the ordinations this year will be by invitation only. The ordinations will however, be live-streamed from the Cathedral at <https://www.stmichaelscathedral.com/live/>.

PLEASE PRAY FOR THEM

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*"Have no Fear."*

Considering a ministerial vocation is not popular, but it may be what God is calling you to.

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 or www.vocationstoronto.ca

THANK YOU FOR YOUR SUPPORT*Last Sunday's Offering:*Mail Box: **\$1686.**ShareLife: **\$400****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

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 416-751-7890

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ADORATION OF OUR LORD IN THE BLESSED SACRAMENT

Takes place in the Adoration Chapel

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



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

Your Fellow Parishioner
 REAL ESTATE AGENT &
 SENIOR REAL ESTATE SPECIALIST

Looking to Buy or Sell your Home or Invest in this lucrative Real Estate market?
 Senior citizen looking to downsize or re-invest?
 As a "SRES" (Senior Real Estate Specialist) I can help!
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 ✓ Low Commission Rates & Cash Back Plans.
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Heritage Funeral Centre
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 Jay Wilson
 Managing Director
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Services
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 CIBC Claims
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 Immigration Law
 Notarization
 Wills & Estate

We accept legal aid certificate for Family and Criminal cases.

POPE FRANCIS'
Litany of Supplication

WE ADORE YOU, O LORD

True God and true man, truly present in this Holy Sacrament,
We adore you, O Lord.

Our Savior, God-with-us, faithful and rich in mercy,
We adore you, O Lord.

King and Lord of creation and history,
We adore you, O Lord.

Conqueror of sin and death,
We adore you, O Lord.

Friend of humankind, risen and living at the right hand of the Father,
We adore you, O Lord.

WE BELIEVE IN YOU, O LORD

Only begotten Son of the Father, Who descended from Heaven for our salvation,
We believe in you, O Lord.

Heavenly doctor, who inclines over our misery,
We believe in you, O Lord.

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

We believe in you, O Lord.

Good Shepherd, who gives his life for the flock he loves,
We believe in you, O Lord.

Living bread and medicine of immortality, who gives us Life eternal,
We believe in you, O Lord.

FREE US, O LORD

From the power of Satan and the seductions of the world,
Free us, O Lord.

From pride and from the presumption that we can do without you,
Free us, O Lord.

From the deceptions of fear and anguish,
Free us, O Lord.

From unbelief and despair,
Free us, O Lord.

From hardness of heart and the incapacity to love,
Free us, O Lord.

SAVE US, O LORD

From all the evils that afflict humanity,
Save us, O Lord.

From hunger, famine and egoism,
Save us, O Lord.

From disease, epidemics and fear of

our brothers and sisters,

Save us, O Lord.
From devastating folly, from merciless interests and from violence,

Save us, O Lord.
From deception, misinformation and manipulation of consciences,
Save us, O Lord.

CONSOLE US, O LORD

Look upon your Church, which is crossing the desert,
Console us, O Lord.

Look upon humanity, terrified by fear and anguish,
Console us, O Lord.

Look upon the sick and dying, oppressed by loneliness,
Console us, O Lord.

Look upon doctors and health care workers, 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.

