

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)

**WEDNESDAY, JULY 1, IS CANADA DAY—A PUBLIC HOLIDAY
MASS IS AT 10AM**

Mass on Monday is Cancelled Until Further Notice

CATECHISM OF THE CATHOLIC CHURCH

THE CELEBRATION OF THE CHRISTIAN MYSTERY

"The Liturgy - Work Of The Most Holy Trinity"

221. In what way is the Father the source and the goal of the liturgy?

Through the liturgy the Father fills us with his blessings in the Word made flesh who died and rose for us and pours into our hearts the Holy Spirit. At the same time, the Church blesses the Father by her worship, praise, and thanksgiving and begs him for the gift of his Son and the Holy Spirit.

222. What is the work of Christ in the liturgy?

In the liturgy of the Church, it is his own paschal mystery that Christ signifies and makes present. By giving the Holy Spirit to his apostles he entrusted to them and their successors the power to make present the work of salvation through the Eucharistic sacrifice and the sacraments, in which he himself acts to communicate his grace to the faithful of all times and places throughout the world.

223. How does the Holy Spirit work in the liturgy of the Church?

The very closest cooperation is at work in the liturgy between the Holy Spirit and the Church. The Holy Spirit prepares the Church to encounter her Lord. He recalls and manifests Christ to the faith of the assembly. He makes the mystery of Christ really present. He unites the Church to the life and mission of Christ and makes the gift of communion bear fruit in the Church.

THE PASCHAL MYSTERY IN THE SACRAMENTS OF THE CHURCH

224. What are the sacraments and which are they?

The sacraments, instituted by Christ and entrusted to the Church, are efficacious signs of grace perceptible to the senses. Through them divine life is bestowed upon us. There are seven sacraments: Baptism, Confirmation, Holy Eucharist, Penance, Anointing of the Sick, Holy Orders, and Matrimony.

225. What is the relationship of the sacraments to Christ?

The mysteries of Christ's life are the foundations of what he would henceforth dispense in the sacraments, through the ministers of his Church.

"What was visible in our Saviour has passed over into his mysteries." (Saint Leo the Great)

226. What is the link between the sacraments and the Church?

Christ has entrusted the sacraments to his Church. They are the sacraments "of the Church" in a twofold sense: they are "from her" insofar as they are actions of the

Church which is the sacrament of Christ's action; and they are "for her" in as much as they build up the Church.

227. What is the sacramental character?

It is a spiritual "seal" bestowed by the sacraments of Baptism, Confirmation, and Holy Orders. It is a promise and guarantee of divine protection. By virtue of this seal the Christian is configured to Christ, participates in a variety of ways in his priesthood and takes his part in the Church according to different states and functions. He is, therefore, set apart for divine worship and the service of the Church. Because this character is indelible the sacraments that impress it on the soul are received only once in life.

228. What is the relationship between the sacraments and faith?

The sacraments not only presuppose faith but with words and ritual elements they nourish, strengthen, and express it. By celebrating the sacraments, the Church professes the faith that comes from the apostles. This explains the origin of the ancient saying, "lex orandi, lex credendi," that is, the Church believes as she prays.

229. Why are the sacraments effective?

The sacraments are efficacious *ex opere operato* ("by the very fact that the sacramental action is performed") because it is Christ who acts in the sacraments and communicates the grace they signify. The efficacy of the sacraments does not depend upon the personal holiness of the minister. However, the fruits of the sacraments do depend on the dispositions of the one who receives them.

230. For what reason are the sacraments necessary for salvation?

For believers in Christ the sacraments, even if they are not all given to each of the faithful, are necessary for salvation because they confer sacramental grace, forgiveness of sins, adoption as children of God, conformation to Christ the Lord and membership in the Church. The Holy Spirit heals and transforms those who receive the sacraments.

231. What is sacramental grace?

Sacramental grace is the grace of the Holy Spirit which is given by Christ and is proper to each sacrament. This grace helps the faithful in their journey toward holiness and so assists the Church as well to grow in charity and in her witness to the world.

232. What is the relationship between the sacraments and everlasting life?

In the sacraments the Church already receives a foretaste of eternal life, while "awaiting in blessed hope, the appearing in glory of our great God and saviour Christ Jesus" (Titus 2:13).

MASS INTENTIONS

Monday Mass Cancelled Until Further Notice

Tues, June 30: **9AM**

+*Candelarioa Ferolino*

Wed, July 1: **10AM** (CANADA DAY)

+*Cirilo Alicpala*

Thurs, July 2: **9AM**

+*Lino Nicolas Miguel e's Family Deceased*

Fri, July 3: **7PM**

+*Len, Jonnie, Robert e's Terry Murphy*

Sat, July 4: **9AM**

+*Teodorica Garcia*

Saturday, July 4

5:15PM: +*Marta Short*

Sunday, July 5

9AM: *The Parishioners*

12:15PM: +*Lerma Glen e's Isagani Ayala*

5:15PM: *Dennis Edquiban*

VIGIL CANDLES

Saturday, July 4—Friday, July 10.

Sanctuary Tabernacle—+*Lerma & Isagani*
& 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

**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



Experts recommend keeping your daily fitness routine while working from home



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

STS PETER AND PAUL, APOSTLES: *Solemnity; Monday, June 29*—Peter (d. 64?) Saint Mark ends the first half of his Gospel with a triumphant climax. He has recorded doubt, misunderstanding, and the opposition of many to Jesus. Now Peter makes his great confession of faith: “You are the Messiah” (Mark 8:29b). It was one of the many glorious moments in Peter’s life, beginning with the day he was called from his nets along the Sea of Galilee to become a fisher of men for Jesus.

The New Testament clearly shows Peter as the leader of the



apostles, chosen by Jesus to have a special relationship with him. With James and John he was privileged to witness the Transfiguration, the raising of a dead child to life, and the agony in Gethsemane. His mother-in-law was cured by Jesus. He was sent with John to prepare for the last Passover before Jesus’ death. His name is first on every list of apostles.

But the Gospels prove their own trustworthiness by the unflattering details they include about Peter. He clearly had no public relations person. It is a great comfort for ordinary mortals to know that Peter also has his human weakness, even in the presence of Jesus.

He generously gave up all things, yet he can ask in childish self-regard, “What are we going to get for all this?” (Mat19:27). He receives the full force of Christ’s anger when he objects to the idea of a suffering Messiah: “Get behind me, Satan! You are an obstacle to me. You are thinking not as God does, but as human beings do” (Mtt16:23b).

Peter is willing to accept Jesus’ doctrine of forgiveness, but suggests a limit of seven times. He walks on the water in faith, but sinks in doubt. He refuses to let Jesus wash his feet, then wants his whole body cleansed. He swears at the Last Supper that he will never deny Jesus, and then swears to a servant maid that he has never known the man. He loyally resists the first attempt to arrest Jesus by cutting off Malchus’ ear, but in the end he runs away with the others. In the depth of his sorrow, Jesus looks on him and forgives him, and he goes out and sheds bitter tears. The Risen Jesus told Peter to feed his lambs and his sheep (Jh21:15-17).

Paul (d. 64?) If the most well-known preacher today suddenly began preaching that the United States should adopt Marxism and not rely on the Constitution, the angry reaction would help us understand Paul’s life when he started preaching that Christ alone can save us. He had been the most pharisaic of Pharisees, the most legalistic of Mosaic lawyers. Now he suddenly appears to other Jews as a heretical welcomer of Gentiles, a traitor and apostate.

Paul’s central conviction was simple and absolute: Only God can save humanity. No human effort—even the most scrupulous observance of law—can create a human good which we can bring to God as reparation for sin and payment for grace. To be saved from itself, from sin, from the devil, and from death, humanity must open itself completely to the saving power of Jesus.

Paul never lost his love for his Jewish family, though he carried on a lifelong debate with them about the uselessness of the Law without Christ. He reminded the Gentiles that they were grafted on the parent stock of the Jews, who were still God’s chosen people, the children of the promise.

THE FIRST MARTYRS OF THE HOLY ROMAN CHURCH: *Optional Memorial; Tuesday, June 30*—There were Christians in Rome within a dozen or so years after the death of Jesus, though they were not the converts of the “Apostle of the Gentiles” (Rm15:20). Paul had not yet visited them at the time he wrote his great letter in 57-58 A.D.



There was a large Jewish population in Rome. Probably as a result of controversy between Jews and Jewish Christians, the Emperor Claudius expelled all Jews from Rome in 49-50 A.D. Suetonius the historian says that the expulsion was due to disturbances in the city “caused by the certain Chrestus” [Christ]. Perhaps many came back after Claudius’ death in 54 A.D. Paul’s letter was addressed to a Church with members from Jewish and Gentile backgrounds.

In July of 64 A.D., more than half of Rome was destroyed by fire. Rumour blamed the tragedy on Nero, who wanted to enlarge his palace. He shifted the blame by accusing the Christians. According to the historian Tacitus, many Christians were put to death because of their “hatred of the human race.” Peter and Paul were probably among the victims. Threatened by an army revolt and condemned to death by the senate, Nero committed suicide in 68 A.D. at the age of 31.

Reflection: Wherever the Good News of Jesus was preached, it met the same opposition as Jesus did, and many of those who began to follow him shared his suffering and death. But no human force could stop the power of the Spirit unleashed upon the world. The blood of martyrs has always been, and will always be, the seed of Christians.

CANADA DAY: *Optional Memorial; Wednesday, July 1*—**ST ELIZABETH OF PORTUGAL:** *Optional Memorial; Saturday, July 4* / **OUR LADY’S SATURDAY:** *Optional Memorial; Saturday, July 4*—The

“Whoever Welcomes You Welcomes Me, And Whoever Welcomes Me Welcomes The One Who Sent Me”

JESUS



This Sunday's Readings: *First Reading: 2 Kings 4:8-11,14-16a—Hospitality extended to Elisha will be rewarded; Responsorial Psalm: Psalm 89:2-3,16-19—Sing God's praises forever; Second Reading: Romans 6:3-4,8-11; Through Christ we are dead to sin but alive in God; Gospel Reading: Matthew 10:37-42—Jesus outlines the costs and rewards of discipleship.*

Background on the Gospel Reading

Today's Gospel is the conclusion of the instructions and consolations that we have heard Jesus offering to his disciples during the past few weeks. In this passage, Jesus summarizes both the costs of discipleship and its rewards. Once again our understanding of the Gospel is strengthened by considering the context in which it was written and the perspective of Matthew's audience.

The conditions of discipleship outlined in Matthew's Gospel may appear harsh. Yet they underline for us a

truth—choosing anything with one's whole heart has consequences. Choosing life with Christ means that every relationship we have must be understood from a new perspective. For many in Matthew's community, this choice brought division to their family.

Matthew also outlines the reward of hospitality offered to Jesus' followers. In today's Gospel, Jesus explains the difficulties of discipleship, yet reveals that those who welcome the disciples have also welcomed him.

Today's Gospel also highlights for us the importance of hospitality in the Christian life. To welcome another in Jesus' name is to extend hospitality to Jesus himself. We have many opportunities in our daily life to reach out to others, to be a welcoming presence and a sign of God's love.

ORDAINED TO THE PRIESTHOOD YESTERDAY

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 is featuring the newest priests' stories on our website at: <https://www.vocationstoronto.ca/copy-of-vocation-stories>.

The ordinations were live-streamed from the Cathedral: you can watch them 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_Ind_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

"Whoever welcomes you welcomes me, and whoever welcomes me welcomes the one who sent me."

Accept the invitation that is being extended, an invitation by the one who sent him. If you feel you are being called 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: **\$3,828.05**

ShareLife: **\$95**

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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 416-421-5625

Your Fellow Parishioner
 REAL ESTATE AGENT &
 SENIOR REAL ESTATE SPECIALIST

Looking to Buy or Sell your Home or Invest in this lucrative Real Estate market?
 Senior citizen looking to downsize or re-invest? As a "SRES" (Senior Real Estate Specialist) I can help!
 Renting? Why not Rent to Own?
 Want to be a Home Owner?
 No Down Payment? I Can Help!
 ✓ Low Commission Rates & Cash Back Plans.
 ✓ Earn Up to \$1,000 on Referrals.
 ✓ Upto 10% Commission Donation to the Church.



Eric Robert
 Sales Representative
 647-828-4702
 sellfastwitheric@gmail.com
 www.ericrobertrealty.com



Heritage Funeral Centre
 50 Overlea Blvd., Toronto, ON M4H 1B6
 Jay Wilson
 Managing Director
 416-423-1000

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Holy Cross Cemetery & Funeral Home 905-889-7467
 Our Funeral Home is now Open at Holy Cross Cemetery
 www.catholic-cemeteries.com


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 Email: michaelagustin.navarro@gmail.com
 Website: https://www.msnrlaw.com

Services
 Criminal Law
 CIBC Claims
 Family Law
 Immigration Law
 Notarization
 Wills & Estates

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.

