

**SAINT JOHN XXIII PARISH—CLOSED FOR NOW**

*Pastor:* (Rev) Simon deGale; *Secretary:* Ms Hayde Ayala; *Office:* 416-429-4000; *Hours:* Fr Simon is monitoring phones.

*Email:* [saintjohnxx\\_iiiparish@outlook.com](mailto: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

**SHARELIFE**

**Living the Gospel by supporting married couples**

Married for three years, Phil and Helen were expecting their first child when Phil revealed a secret: he had a son from a previous relationship. Feeling betrayed by Phil's dishonesty, Helen learned about affordable couples counselling at Catholic Family Services of Toronto. Over 10 weeks of counselling, they learned to take the risk of being honest rather than using deceit to keep the peace. Phil and Helen found a new sense of confidence as a couple and starting feeling excited about the arrival of their baby.

**Today is ShareLife Sunday.  
Thank you for your generosity.**

**FOR HOW TO KEEP SUNDAY HOLY  
DURING LOCKDOWN  
SEE PAGE 12**

**FOR PRAYERS  
SEE PAGE 9 & 10 & 11**

**CATECHISM OF THE CATHOLIC CHURCH**

THE PROFESSION OF FAITH  
"The Creed"

The Faithful: Hierarchy, Laity, Consecrated Life

*I believe in the communion of saints*

**194. What is the meaning of the "communion of saints"?**

This expression indicates first of all the common sharing of all the members of the Church in holy things (sancta): the faith, the sacraments, especially the Eucharist, the charisms, and the other spiritual gifts. At the root of this communion is love which "does not seek its own interests" (1 Corinthians 13:5) but leads the faithful to "hold everything in common" (Acts 4:32), even to put one's own material goods at the service of the most poor.

**195. What else does "the communion of saints" mean?**

This expression also refers to the communion between holy persons (sancti); that is, between those who by grace are united to the dead and risen Christ. Some are pilgrims on the earth; others, having passed from this life, are undergoing purification and are helped also by our prayers. Others already enjoy the glory of God and intercede for us. All of these together form in Christ one family, the Church, to the praise and glory of the Trinity.

*Mary, Mother of Christ, Mother of the Church*

**196. In what sense is the Blessed Virgin Mary the Mother of the Church?**

The Blessed Virgin Mary is the Mother of the Church in the order of grace because she gave birth to Jesus, the Son of God, the Head of the body which is the Church. When he was dying on the cross Jesus gave his mother to his disciple with the words, "Behold your mother" (John 19:27).

**197. How does the Virgin Mary help the Church?**

After the Ascension of her Son, the Virgin Mary aided the beginnings of the Church with her prayers. Even after her Assumption into heaven, she continues to intercede for her children, to be a model of faith and charity for all, and to exercise over them a salutary influence deriving from the superabundant merits of Christ. The faithful see in Mary an image and an anticipation of the resurrection that awaits them and they invoke her as advocate, helper, benefactress and mediatrix.

**198. What kind of devotion is directed to the holy Virgin?**

It is a singular kind of devotion which differs essentially from the cult of adoration given only to the Most Holy Trinity. This special veneration directed to Mary finds particular expression in the liturgical feasts dedicated to the Mother of God and in Marian prayers such as the holy Rosary which is a compendium of the whole Gospel.

**199. In what way is the Blessed Virgin Mary the eschatological icon of the Church?**

Looking upon Mary, who is completely holy and already glorified in body and soul, the Church contemplates in her what she herself is called to be on earth and what she will be in the homeland of heaven.

**ONLINE "CRADLE OF HOPE"  
2020 CONFERENCE  
June 13 @ 10:00 am**

Presented by the Catholic Charismatic Renewal Council (CCRC) of the Archdiocese of Toronto.

Join our annual celebration virtually and free of charge from the comfort of your home on Saturday, June 13, 2020 – 10:00 a.m. to 12:00 p.m. EST

Adoration, Praise & Worship by IV24 and powerful talks by CCRC's Fr. Matthias Yaw Kotoka Amuzu (Spiritual Director) and Fr. Ben St. Croix, CC (Cardinal's Liaison).

On-line registration is required at  
www.ccrctoronto.com  
PHONE: 416-466-0776  
EMAIL: ccrctorontoinfo@gmail.com  
WEB: www.ccrctoronto.com  
FACEBOOK: CCRC Toronto

**MASS INTENTIONS**Mon, June 8: **7:30AM***+Elizabeth (Betty) Cleland*Tues, June 9: **7:30AM***+Denis Edgiuban*Wed, June 10: **7:30AM***+Armando Alamaría jr*Thurs, June 11: **7:30AM***+Samuel Jareno*Fri, June 12: **7:30AM***+Candelabra Ferolino*Sat, June 13: **7:30AM***Thanksgiving of St Anthony's Devotees***Sunday, June 14****7:30AM:***The Parishioners**+Lerma, & Isagani Ayala***VIGIL CANDLES****Saturday, June 13—Friday, June 19.**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 &amp; intention will be shared.

**SACRAMENT OF HOLY CONFIRMATION*****Cancelled—TO BE RESCHEDULED.*****SACRAMENTS OF FIRST HOLY COMMUNION*****Cancelled—TO BE RESCHEDULED*****CHALICE CHILDREN'S COLLECTION****February Collection: \$266.50****COMMUNION FOR THE SICK & SHUT-INS****CALL PARISH OFFICE AND LET US KNOW—  
416-429-4000. SUSPENDED FOR NOW****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](mailto:info@torontoretrouvaille.com)WEB: [www.torontoretrouvaille.com](http://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**

**ST EPHREM, DEACON, DOCTOR:** *Optional Memorial; Tuesday, June 9*—Poet, teacher, orator, and defender of the faith, Ephrem is the only Syrian recognized as a doctor of the Church. He took upon himself the special task of opposing the many false doctrines rampant at his time, always remaining a true and forceful defender of the Catholic Church.

Born in Nisibis, Mesopotamia, he was baptized as a young man and became famous as a teacher in his native city. When the Christian emperor had to cede Nisibis to the Persians, Ephrem fled as a refugee to Edessa, along with many other Christians. He is credited with attracting great glory to the biblical school there. He was ordained a deacon but declined becoming a priest. Ephrem was said to have avoided presbyteral consecration by feigning madness!



He had a prolific pen, and his writings best illumine his holiness. Although he was not a man of great scholarship, his works reflect deep insight and knowledge of the Scriptures. In writing about the mysteries of humanity’s redemption, Ephrem reveals a realistic and humanly sympathetic spirit and a great devotion to the humanity of Jesus. It is said that his poetic account of the Last Judgment inspired Dante.

It is surprising to read that he wrote hymns against the heretics of his day. He would take the popular songs of the heretical groups and using their melodies, compose beautiful hymns embodying orthodox doctrine. Ephrem became one of the first to introduce song into the Church’s public worship as a means of instruction for the faithful. His many hymns have earned him the title “Harp of the Holy Spirit.”

Ephrem preferred a simple, austere life, living in a small cave overlooking the city of Edessa. It was here that he died around 373.

Reflection—Many Catholics still find singing in church a problem, probably because of the rather individualistic piety that they inherited. Yet singing has been a tradition of both the Old and the New Testaments. It is an excellent way of expressing and creating a community spirit of unity as well as of joy. An ancient historian testifies that Ephrem’s hymns “lent luster to the Christian assemblies.” We need some modern Ephrems—and cooperating singers—to do the same for our Christian assemblies today.

**ST BARNABAS, APOSTLE:** *Memorial; Thursday, June 11*—

**ST ANTHONY OF PADUA, PRIEST, DOCTOR:** *Memorial; Saturday, June 13*—

**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](https://www.cfstoronto.com/client/cfs/cfs_lp4w_lnd_webstation.nsf/page/Counselling+Program!OpenDocument).

**“God Did Not Send The Son Into The World To Condemn The World,  
But In Order That The World Might Be Saved Through Him.”**

JESUS



**This Sunday's Readings:** *First Reading: Exodus 34:4b-6,8-9—Moses pleads for God's mercy on Mt. Sinai; Responsorial Psalm: Daniel 3:52-56—We praise God who is exalted above all forever; Second Reading: 2 Corinthians 13:11-13—Paul urges the Corinthians to live in peace with one another and with God; Gospel: Reading John 3:16-18—God sent his Son into the world to save the world.*

#### **Background on the Gospel Reading**

This week we return to the liturgical season of Ordinary Time. This Sunday and next, however, are designated as solemnities—special days that call our attention to central mysteries of our faith. Today on Trinity Sunday we celebrate the mystery of the Holy Trinity, one God in three persons.

Today's Gospel is from the beginning of John's Gospel. The passage we read follows Jesus' conversation with a Pharisee, Nicodemus, about what it means to be born of both water and the spirit. Nicodemus approaches Jesus at night and acknowledges Jesus as a teacher from God. Jesus tells him that only those who are born from above will see the Kingdom of God. Nicodemus misunderstands and questions how a person can be born more than once. Jesus tells Nicodemus that no one can enter the Kingdom of God without being

born of water and Spirit. Jesus is essentially explaining Baptism, which we celebrate as a sacrament today. Yet Nicodemus, we are told, still does not understand what Jesus is saying. Jesus continues by testifying to the need to be born from above so that one might have eternal life.

After the dialogue with Nicodemus, the author of the Gospel offers his own explanation of Jesus' words. This is what we read in today's Gospel, John 3:16-18.

In the context of today's focus on the mystery of the Holy Trinity, the reading calls our attention to the action of God, who reveals himself in three persons: God the Father, Jesus the Son, and the Holy Spirit. God the Father, out of love for the world, sent his Son into the world in order to save it. Through the death and resurrection of the Son, we have been given the gift of the Holy Spirit. As three persons, God acts always as a God of love; he does not condemn the world but acts to save it.

The Gospel also calls attention to the response that is required of us. God's love for us calls us to respond in faith by professing our belief in God's son, Jesus, and the salvation that he has won for us. This profession of faith is a sign of the work of the Holy Spirit in our lives.

ST JOHN XXIII ADORATION CHAPEL  
DIVINE MERCY IMAGE  
"Jesus, I Trust In You"



**THANK YOU FOR YOUR SUPPORT**

*Last Sunday's Offering—\$2085  
ShareLife to Date—\$2,852.*

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

**DONATIONS**

**3 options for donating.**

1. You can donate online through "Interact e-transfer". To do this—Go to your online bank account. Choose "interact e-transfer"; in the section "Send money to" add the parish email address: [saintjohnxx\\_iiiparish@outlook.com](mailto:saintjohnxx_iiiparish@outlook.com); in "Notify By" you can give either Fr Simon's mobile number: 416-737-0760 Or email address: [degale.s.7@gmail.com](mailto:degale.s.7@gmail.com).

When you donate your bank will ask you to send a "password" which will be sent either to Fr Simon's email address or mobile number. I will then be able deposit the funds into the parish account. Your bank will then notify you that your donation has been accepted.

2. Or you can donate by dropping off your envelope at the mail box at the front door of Church—call office 416-429-4000 when you do this and I will come out and pickup;

3. Or you can mail your donation—St John XXIII Church, 150 Gateway Blvd, Toronto, M3C 1B1.

**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](mailto:alimanni@cfstoronto.com) or call (416) 921-1163, ext. 2225.

**VOCATIONS**

Trinity Sunday

*"God so loved the world that he gave his only-begotten Son..."*

How can you best serve God in a response to that love? 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](mailto:vocations@archtoronto.org) [www.vocationstoronto.ca](http://www.vocationstoronto.ca)

**FR SIMON'S TRANSFER DELAYED**

*Dear Parishioners,*

Due to the current situation of uncertainty and anxiety, the Archbishop, Cardinal Collins, wants priests to remain with their communities until things settle down. Therefore, my transfer to the North West Territories will not take place in June as previously planned. The plan at the moment is for the transfer to take place in August. But, as with all things, it will happen in Jesus' time. Meanwhile, let us continue to pray for one another and the world. Peace, Fr Simon

**NEW PASTOR**

*Hopefully in August, 2020*

Who the new pastor will be has not yet been decided. *Let us pray for him.* If we do this together, he will become a blessing to JXXIII.

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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

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 Toronto, ON M3C 1W3  
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 Email: michaelagustin.navarro@gmail.com  
 Website: https://www.macnlaw.com

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We accept legal aid certificate for Family and Criminal cases.



**POPE FRANCIS'**  
**Litany of Supplication**

**WE ADORE YOU, O LORD**

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

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

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

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

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

**WE BELIEVE IN YOU, O LORD**

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

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

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

**We believe in you, O Lord.**

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

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

**FREE US, O LORD**

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

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

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

From unbelief and despair,  
**Free us, O Lord.**

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

**SAVE US, O LORD**

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

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

From disease, epidemics and fear of

our brothers and sisters,

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

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

**CONSOLE US, O LORD**

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

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

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

Look upon doctors and health care workers, overwhelmed by fatigue,  
**Console us, O Lord.**

Look upon politicians and administrators, who bear the weight of decisions,  
**Console us, O Lord.**

**GIVE US YOUR SPIRIT, O LORD**

In the hour of trial and confusion,

**Give us your Spirit, O Lord.**

In temptation and in weakness,  
**Give us your Spirit, O Lord.**

In the battle against evil and sin,  
**Give us your Spirit, O Lord.**

In the search for true good and true joy,  
**Give us your Spirit, O Lord.**

In the decision to remain in You and in Your friendship,  
**Give us your Spirit, O Lord.**

**OPEN US TO HOPE, O LORD**

If sin oppresses us,  
**Open us to hope, O Lord.**

If hate closes our hearts,  
**Open us to hope, O Lord.**

If suffering visits us,  
**Open us to hope, O Lord.**

If indifference distresses us,  
**Open us to hope, O Lord.**

If death annihilates us,  
Open us to hope, O Lord.

**CORONA VIRUS PRAYER**

Jesus Christ, you traveled through towns and villages "curing every disease and illness." At your command, the sick were made well. Come to our aid now, in the midst of the global spread of the coronavirus, that we may experience your healing love. Heal those who are sick with the virus. May they regain their strength and health through quality medical care. Heal us from our fear, which prevents nations from working together and neighbours from helping one another. Heal us from our pride, which can make us claim invulnerability to a disease that knows no borders.

Jesus Christ, you traveled through towns and villages "curing every disease and illness." Come to our aid now, that we may experience your healing love. Jesus Christ, healer of all, stay by our side in this time of uncertainty and sorrow. Be with those who have died from the virus. May they be at rest with you in your eternal peace. Be with the families of those who are sick or have died. As they worry and grieve, defend them from illness and despair. May they know your peace. Be with the doctors, nurses, researchers, medical professionals, and support workers who seek to heal and help those affected and who put themselves at risk in the process. May they know your protection and peace.

Be with the leaders of all nations. Give them the foresight to act with charity and true concern for the well-being of the people they are meant to serve. Give them the wisdom to invest in long-term solutions that will help prepare for or prevent future outbreaks. May they know your peace, as they work together to achieve it on earth.

Whether we are home or abroad, surrounded by many people suffering from this illness or only a few, Jesus Christ, stay with us as we endure and mourn, persist and prepare. In place of our anxiety, give us your peace.

Jesus Christ, heal us.

-AMERICA MAGAZINE

**MIRACULOUS HELP**

The first known miracle worked by Our Lady was at the wedding feast of Cana when she obtained from her Son the conversion of water into wine. So, too, she can obtain a miraculous intercession with her Son for our poor Creation.

**Prayer for Protection in Time of Pandemic...**

O Mary, you always brighten our path as a sign of salvation and of hope. We entrust ourselves to you, Health of the Sick, who, at the Cross, took part in Jesus' pain while remaining steadfast in faith.

O loving Mother, you know what we need, and we are confident you will provide for us as at Cana in Galilee. Intercede for us with your Son Jesus, the Divine Physician, for those who have fallen ill, for those who are vulnerable, and for those who have died. Intercede also for those charged with protecting the health and safety of others and for those who are tending to the sick and seeking a cure.

Help us, O Mother of Divine Love, to conform to the will of the Father and to do as we are told by Jesus, who took upon himself our sufferings and carried our sorrows, so as to lead us, through the Cross, to the glory of the Resurrection. Amen.

Under your protection we seek refuge, O Holy Mother of God. In our needs, despise not our petitions, but deliver us always from all dangers, O glorious and blessed Virgin. Amen.

## RECONCILIATION WITH THE LORD IN THE ABSENCE OF THE SACRAMENT OF CONFESSION

### POPE FRANCIS

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

#### Act of Contrition (traditional)

O my God, I am heartily sorry for having offended Thee, and I detest all my sins because of thy just punishments, but most of all because they offend Thee, my God, who art all good and deserving of all my love. I firmly resolve with the help of Thy grace to sin no more and to avoid the near occasion of sin. Amen.

#### Act of Contrition (alternate form)

My God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good, I have sinned against you whom I should love above all things. I firmly intend, with your help, to do penance, to sin no more, and to avoid whatever leads me to sin. Our Saviour Jesus Christ suffered and died for us. In his name, my God, have mercy.

#### Acts of Contrition inspired by the Gospels

Father of mercy, like the prodigal son I return to you and say: "I have sinned against you and am no longer worthy to be called your child."

Christ Jesus, Saviour of the world, I pray with the repentant thief to whom you promised Paradise: "Lord, remember me in your kingdom."

Holy Spirit, fountain of love, I call on you with trust: "Purify my heart, and help me to walk as a child of light."

Lord Jesus, you opened the eyes of the blind, healed the sick, forgave the sinful woman, and after Peter's denial confirmed him in your love. Listen to my prayer: forgive all my sins, renew your love in my heart, help me to live in perfect unity with my fellow Christians that I may proclaim your saving power to all the world.

#### An Act of Contrition to Our Lord Jesus

Lord Jesus, you chose to be called the friend of sinners. By your saving death and resurrection free me from my sins. May your peace take root in my heart and bring forth a harvest of love, holiness, and truth.

#### An Act of Contrition inspired by Psalm 51

Lord God, in your goodness have mercy on me: do not look on my sins, but take away all my guilt. Create in me a clean heart and renew within me an upright spirit.

#### The Jesus Prayer

Lord Jesus, Son of God, have mercy on me, a sinner.

## AN ACT OF SPIRITUAL COMMUNION

(In place of receiving Jesus in Holy Communion)

"My Jesus, I believe that You are present in the Most Holy Sacrament. I love You above all things, and I desire to receive You into my soul. Since I cannot at this moment receive You sacramentally, come at least spiritually into my heart. I embrace You as if You were already there and unite myself wholly to You. Never permit me to be separated from You." Amen. St. Alphonsus Liguori

## POPE FRANCIS' PRAYER TO MARY

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

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

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

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

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

## JESUS' WORDS OF CONSOLATION TO US:

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

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

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"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.

