

## SAINT JOHN XXIII PARISH

*Pastor:* (Rev) Simon deGale; *Secretary:* Ms Hayde Ayala

*To Donate Online to St JXXIII go to:* <https://community.archtoronto.org/page.aspx?pid=415>

*Office:* 416-429-4000; *Hours:* Monday-Friday 9AM-3PM

*Email:* [saintjohnxx\\_iiiparish@outlook.com](mailto: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, Wed, Fri 7PM; Tues, Thurs, Sat 9AM)

### **Baptism**

Baptisms are celebrated on the second Saturday of the month at 11AM and third Sunday of the month at 1:30PM. Preparation session is required.

### **Reconciliation (confession)**

Before all Sun Masses/Sat Vigil Mass and the Wed Mass or by appointment. Confessional is in Adoration Chapel.

### **Anointing of the Sick**

At any time by appointment. In case of emergency, please ask hospital for Catholic priest. Or see Fr Simon.

**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

## LENT: DEVOTIONS

### ***Stations of the Cross***

Every Friday of Lent after 7PM Mass

### ***Holy Hour***

Every Sunday of Lent: 4—5PM

Consider “doing” one or both of these devotions for Lent—they are much more fruitful than “giving up” chocolate.

### CATECHISM OF THE CATHOLIC CHURCH

THE PROFESSION OF FAITH  
"The Creed"

*The Church: people of God,  
body of Christ, temple of the Spirit*

#### 153. Why is the Church the 'people of God'?

The Church is the 'people of God' because it pleased God to sanctify and save men not in isolation but by making them into one people gathered together by the unity of the Father and the Son and the Holy Spirit.

#### 154. What are the characteristics of the people of God?

One becomes a member of this people through faith in Christ and Baptism. This people has for its origin God the Father; for its head Jesus Christ; for its hallmark the dignity and freedom of the sons of God; for its law the new commandment of love; for its mission to be the salt of the earth and the light of the world; and for its destiny the Kingdom of God, already begun on earth.

#### 155. In what way does the people of God share in the three functions of Christ as Priest, Prophet and King?

The people of God participate in Christ's priestly office insofar as the baptized are consecrated by the Holy Spirit to offer spiritual sacrifices. They share in Christ's prophetic office when with a supernatural sense of faith they adhere unflinchingly to that faith and deepen their understanding and witness to it. The people of God share in his kingly office by means of service, imitating Jesus Christ who as King of the universe made himself the servant of all, especially the poor and the suffering.

#### 156. In what way is the Church the body of Christ?

The risen Christ unites his faithful people to himself in an intimate way by means of the Holy Spirit. In this way, those who believe in Christ, in as much as they are close to him especially in the Eucharist, are united among themselves in charity. They form one body, the Church, whose unity is experienced in the diversity of its members and its functions.

#### 157. Who is the Head of this body?

Christ "is the Head of the body, the Church" (Colossians 1:18). The Church lives from him, in him and for him. Christ and the Church make up the "whole Christ" (Saint Augustine); "Head and members form, as it were, one and the same mystical person" (Saint Thomas Aquinas).

#### 158. Why is the Church called the "Bride of Christ"?

She is called the "Bride of Christ" because the Lord himself called himself her "Spouse" (Mark 2:19). The Lord has loved the Church and has joined her to himself in an everlasting covenant. He has given himself up for her in order to purify her with his blood and "sanctify her" (Ephesians 5:26), making her the fruitful mother of all the children of God. While the term "body" expresses the

unity of the "head" with the members, the term "bride" emphasizes the distinction of the two in their personal relationship.

#### 159. Why is the Church called the temple of the Holy Spirit?

She is so called because the Holy Spirit resides in the body which is the Church, in her Head and in her members. He also builds up the Church in charity by the Word of God, the sacraments, the virtues, and charisms.

*"What the soul is to the human body, the Holy Spirit is to the members of Christ, that is, the body of Christ, which is the Church." (Saint Augustine)*

#### 160. What are charisms?

Charisms are special gifts of the Holy Spirit which are bestowed on individuals for the good of others, the needs of the world, and in particular for the building up of the Church. The discernment of charisms is the responsibility of the Magisterium.

Dear Parishioners,  
I am not with you this first Sunday of Lent as I have taken the weekend off due to the sudden death of my brother Paul deGale. He died peacefully at his home in Brampton from heart and lung issues. His funeral was yesterday, Saturday. My brother suffered from severe schizophrenia, and his was not an enviable life. Pray for him to be in the peace of the Lord.

Fr Simon

### 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"

### OUR REFUGEE FAMILY 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



**MASS INTENTIONS**

Mon, March 2, 7PM:  
*+Victorina Vallejo*

Tues, March 3, 9AM:  
*+Mervyn e<sup>3</sup> +Alexis Steinwall*

Wed, March 4: 7 PM:  
*Thanksgiving of Crescentia Anandappa*

Thurs, March 5, 9AM:  
*Thanksgiving of Violeta*

Fri, March 6, 7PM  
*Healing of Deling Ferolino*

Sat, March 7, 9AM  
*+Maribeth Empensando*

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**Saturday, March 7**  
 5:15PM: *The Parishioners*

**Sunday, March 8**  
 9AM: *Thanksgiving of Fe Tolentino*  
 12:15PM: *+Palmerino Mario Cerio*  
 5:30PM: *+Antonio Hernandez*

**VIGIL CANDLES**

**Saturday, March 7—Friday, March 13**  
 Sanctuary Tabernacle:  
 Chapel Tabernacle:

**COMMUNION FOR THE SICK & SHUT-INS**

*Call parish office and let us know—416-429-4000*

**CHALICE CHILDREN'S COLLECTION**

**Next Collection Sunday, March 22**  
**February Collection: \$266.50**

**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.

**THANK YOU FOR YOUR SUPPORT**

***Last Sunday's Offering—\$2767.95***  
 To break even weekly—\$3,000 needed.

**SACRAMENTS OF  
FIRST HOLY COMMUNION & CONFESSION**

***Second Test***

***Month of February/March***

Call office for appointment with Fr Simon when child knows the material.

***Sunday Mass***

Confirmandi attendance at Mass every Sunday is a sign that you are ready to receive God, the Holy Spirit, in a new and deeper way.

**VOCATIONS**

***Jesus was led by the Holy Spirit into the desert for forty days of prayer and fasting.***

Are you open to being

led by the Holy Spirit into the life-commitment God has prepared for you? If God is calling you to serve him as a priest, deacon, brother or sister, 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)

**SACRAMENT OF HOLY CONFIRMATION**

***Parents & Sponsors Meeting with Fr Simon***

Wednesday, March 11 at 7:30PM

***Session 5***

Wednesday, March 18: 7PM Mass & 7:30—9PM Session

**UPCOMING PARISH YOUTH GROUPS EVENTS**

***All Are Welcome***

Fri, March 6: 6:00 - 8:00 pm in the Parish Hall. (Social)  
 Fri, March 13: 6:00 - 8:00 pm in the Parish Hall. (Service)  
 Fri March 20: 6:00 - 8:00 pm in the Parish Hall. (Lesson)  
 Fri, March 27: 6:00 - 8:00 pm in the Parish Hall. (Social)

**BEING A GOOD STEWARD OF  
GOD'S GIFTS**

***Sunday, March 1***

As we begin this great season of Lent it is important to take some time to reflect on how we plan to best spend this time to grow as stewards of Christ. It is important that if we are going to give something up, we should strive to replace it with something good as well. Let us strive to fast from anything that prevents us from being good stewards and feast on those practices that strengthens us.

## SMILE



## COME AND SEE WEEKEND

**Friday, March 13 (begins at 7:00 p.m.) to Sunday, March 15 (ends at 1:30 p.m.), at St. Augustine's Seminary.**

Inviting single Catholic men 17 years and older, to cultivate a deeper prayer life and relationship with Jesus Christ; leading to a better discernment of God's call for their lives. Time for prayer, reflection and information on the process of becoming one of Christ's disciples as a Catholic priest. Register online at [www.vocationstoronto.ca](http://www.vocationstoronto.ca). Registrants 17 years old require parental consent.

For more information, please contact (the Parish Priest) or the Office of Vocations at: 416 968 0997; email: [vocations@archtoronto.org](mailto:vocations@archtoronto.org)

## 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.

## UPCOMING LENTEN MISSION

**St John XXIII Parish**

**Preacher: Fr Francis Ching, Companions of the Cross**

"Growing in Partnership with Christ."

"We will focus on living a responsible discipleship, fighting vices and growing in virtues" March 29 to April 1, 2020

Fr Francis is returning to lead us in this parish mission and the above is his theme for this mission.

## 2020 LIFT JESUS HIGHER RALLY

**9AM, Saturday March 9**

**Metro Toronto Convention Centre**

**255 Front St. W., Toronto**

The theme of this year's rally is "JESUS, LIGHT OF THE WORLD." Featuring inspired talks by: Ralph Martin; Christy Dupuis; Monsignor Gregory N. Smith; and keynote speaker Fr. James Mallon. An adult High Mass (with Sunday readings) will be celebrated by His Eminence Cardinal Thomas Collins; a youth Mass (with Sunday readings); a separate youth event with great music, dynamic talks and inspirational skits (ages 13-18). COST: \$25 for adults, \$15 for youth; CONTACT: Catholic Renewal Ministries; PHONE: (647) 243-9441 EMAIL: [contact@ljhr.ca](mailto:contact@ljhr.ca); WEBSITE: [www.ljhr.ca](http://www.ljhr.ca)

## 30TH ANNUAL ORDINANDI DINNER

**Tuesday, March 3 at 6:15PM**

**Pearson Convention Centre**

**2638 Steeles Ave. E., Brampton**

Tickets are selling faster than ever this year! Be sure to order soon. Meet and honour the Ordinandi of St. Augustine's Seminary and Redemptoris Mater Missionary Seminary who with God's grace will be ordained to the priesthood this coming spring.

CONTACT: Mario Biscardi PHONE: 416-300-4154

EMAIL: [mariobiscardi@sympatico.ca](mailto:mariobiscardi@sympatico.ca)

ORDER FORM: <http://bit.ly/OrdinandiDinner2020>

**PRAY FOR THE HOLY FATHER, POPE FRANCIS', MARCH MISSION INTENTION**  
**Catholics in China**

We pray that the Church in China may persevere in its faithfulness to the Gospel and grow in unity.

**CELEBRATE YOUR MARRIAGE WITH A WORLDWIDE MARRIAGE ENCOUNTER WEEKEND!**

**Celebrate your love and take a fresh look at your marriage!**

**April 24-26, 2020**

Spend a very special weekend together. A Weekend of discovery...a lifetime of love! Worldwide Marriage Encounter is a weekend getaway that helps married couples rediscover themselves as individuals and as a couple. The Weekend format helps couples communicate openly and honestly without group sharing, therapy or marriage counselling.

Upcoming Weekend: April 24-26, 2020 - Four Points Sheraton (Argentia Road), Mississauga, ON

For more information and application, please go to [www.wwme.org](http://www.wwme.org) or contact:

Gerard & Marge McCauley at [gerard.marge@rogers.com](mailto:gerard.marge@rogers.com) or (905) 792-1925.

**SUGGESTIONS FOR LENT**

***Don't Try To Do All—Pick What Is Achievable***

- Attend the Lenten Mission at StJXXIII: March 30—April 1
- Make a commitment to read the Sunday scriptures before you go to Mass.
- Try a new spiritual practice. Sign up for an hour of Eucharistic Adoration. Sign up for a silent retreat or spend at least one hour in silent meditation each weekend.
- Pick one type of expenditure that you'll "fast" from during Lent, and then give the money you would usually spend to a local charity.
- Take something on: 40 days of letter writing (Lent is 40 days long), or 40 acts of kindness, or 40 phone calls to the important people in your life.
- When you first sit down in front of your computer at work, or at the very end of your workday, try a 10-minute guided prayer from Sacred Space based on the spiritual exercises of St. Ignatius.
- Go to a weekday Mass one day during the week. Many parishes offer them early in the morning, at noon, or after work.
- If you don't have a crucifix in your apartment or house, buy a simple one and put it in your bedroom.
- Read the entire Gospel of Mark in one sitting. As the shortest Gospel, it is the most concise story of Jesus' life, and the cross, a central Lenten symbol, plays an even more prominent role than in the other Gospels.
- Attend the Stations of the Cross somewhere. Many parishes offer these during Lent and often on Fridays. Or check out Busted Halo's Virtual Stations of the Cross.
- Unplug from your Smart Phone or turn off your car radio on your commute. The silence may be jarring at first, but you may find that you are able to concentrate better and will be more observant of your surroundings.
- Use a book of daily reflections and keep it by your bed. Local parishes often offer these during Lent.
- Think about a habit that has kept you from being whom God is calling you to be. Consciously give up that habit for Lent.
- Spend at least one weekend or evening volunteering during Lent. Serve a meal at your local soup kitchen. Visit the elderly. Stock shelves at a food pantry.
- Make a commitment to fast from insensitive, cruel comments about others. So, no gossiping or going down the Twitter rabbit hole.
- As a part of your Lenten almsgiving, make a point to learn more about a particular social issue (immigration, human trafficking, racism, the environment, public education, child poverty). Give money to an organization related to your chosen issue that supports the dignity of the human person.
- Pray for somebody. As you're walking the streets, driving the highways, or sitting in your cubicle at work, pick out a person who appears to be in need and pray for that person. Be mindful of these words, "Be kind, for everyone you meet is fighting a great battle."

- Get to know your neighbours. Introduce yourself, plan a dinner, or bring food to an older person on your block.
- Read the Works of Mercy as Jesus describes them in Matthew 25:31-46. Then put this teaching into practice and choose an act of service you can perform throughout Lent.
- Celebrate the Sacrament of Reconciliation. Can't remember how? Here's a simple guide: tell the priest it's been a while, and ask him to guide you through it.

**LENTEN REGULATIONS**

***What is Ash Wednesday?***

This day marks the beginning of Lent. We attend Mass on this day and receive the Ashes on the forehead as a sign of sorrow for sin and as sign of our intention to become more faithful.

***What is Lent?***

Lent is the penitential season of the Church's year. It is 40 days of preparation to renew our Baptismal vows on Easter Sunday. During this time we seek closer union with the Lord through increasing the disciplines of fasting, prayer, and giving of alms (charitable giving).

***Lenten Fast & Abstinence***

Catholics are obligated to Fast & Abstain from meat on Ash Wednesday & Good Friday.

***The Fast on Ash Wednesday and Good Friday.***

The required fast on Ash Wed and Good Friday involves eating only one full meal on those days. One or two smaller meals may be taken on those days, but may not total one full meal. The required fast does not allow eating anything between meals.

***Abstinence on Ash Wednesday and Good Friday***

Abstinence on these days from meat does not intend the omission of eggs or dairy products.

***Age Requirements***

"All Catholics who have completed their 14th year are bound by the law of abstinence; all adults are bound by the law of fast up to the beginning of their 60th year.

***Fridays of the Year***

It is a requirement of our Faith that we abstain from meat on all the Fridays of the year (except on Solemnities) in commemoration of our Saviour's death.

**TOTUS TUUS RETURNS**

***Dear Parents Please Call Office & Register Your Child for Totus Tuus 2020.***

**Dates:** Aug 9-14 / **Cost:** \$10/for the week/per child payable week prior to Aug 9. / **Day Prgrm:** kids entering grades 1-6 in the Fall. / **Eveng Prgrm:** youth entering grades 7-12 in the Fall.

## “Away With You, Satan! For It Is Written, Worship The Lord Your God, And Serve Only Him”

Jesus



**This Sunday's Readings:** *First Reading: Genesis 2:7-9; 3:1-7—Eve and Adam eat from the tree that was forbidden to them by God; Responsorial Psalm: Psalm 51:3-4,5-6,12-13,17—A prayer for mercy; Second Reading: Romans 5:12-19—Through the obedience of Jesus, many will be made righteous. (shorter form: Romans 5:12,17-19); Gospel Reading: Matthew 4:1-11—Jesus fasts for 40 days in the desert and is tempted by the devil.*

### Background on the Gospel Reading

In each of the three Synoptic Gospels (Mark, Matthew, and Luke), after Jesus' baptism by John, Jesus is reported to have gone to the desert to fast and pray for 40 days. In each case, while in the desert, Jesus is tempted by the devil.

Matthew and Luke give more detail than Mark does, but each one tells how the devil tempts Jesus in the desert. In Matthew, as in Luke, the devil presents three temptations to Jesus. The devil tempts Jesus to use his power to appease his hunger; he tempts Jesus to put God's promise of protection to the test; and he offers Jesus all of the kingdoms of the world if

Jesus will worship the devil. In each case, Jesus resists the temptation, rebuking the devil with words from Scripture.

The account of Jesus' temptation in the desert is filled with allusions and parallels to the Old Testament, including the story of the people of Israel. The Israelites spent 40 years wandering in the desert in Exodus, for example, and Jesus spends 40 days in the desert. As the Israelites were tempted during the Exodus, so too is Jesus tempted.

Each temptation offers insight into both God and the human condition. Jesus' rejection of the temptations shows that he will not put God to the test. Grounding himself on the word and authority of Scripture, Jesus rebukes the devil, confident in God's protection and faithfulness.

As we start our journey through Lent, our Sunday readings call us to adopt the same confidence that Jesus had in the face of temptation: God's word alone will suffice; God's promise of protection can be trusted; God alone is God.

**SUNDAYS IN LENT**

**QUESTION:** Why is it that on Sundays you can do whatever you gave up for lent?

**ANSWER:** Ah, yes, this is one of those things that many people do not realize. I think the answer could be given in two different ways. There is no clear teaching on this since giving something up in Lent is more of a personal sacrifice, even though it is encouraged as a Church discipline. Let me share the two approaches you could take.

First of all, there are those who prefer to give something up all of Lent. That means from Ash Wednesday through Holy Saturday and every day in between. This is certainly a good practice and one that will bring with it much merit. The rational would be that Jesus fasted in the desert for forty days and did not have any breaks or moments of feasting. Additionally, as a Church we do have a penitential attitude even toward Sundays in Lent, in that we keep the Church decorated in a very simple way, wear purple as a sign of penance, and refrain from singing the Gloria and the Alleluia. These are all ways we keep the attitude of penance even on Sundays.

However, with that said, it's also important to point out that Sundays are Solemnities within the Church. A Solemnity is a day of the greatest celebration and especially focuses upon the entire action of Christ's life, death AND resurrection. So Sundays are not technically to be days of fast; rather, they are to be days of feasting! As a child I remember approaching Lent in this way and have always continued this practice. For me, it has always been a welcome moment of rest from the penance of Lent and has helped me remember that the joy of Easter is the final goal of any fasting and penance. Psychologically and spiritually it seems good to celebrate these mini-celebrations of Easter every Sunday, and it seems to help make the days of fasting more meaningful. It adds a certain rhythm to the week, focusing on both celebration and penance at the appropriate times.

Additionally, there are two other solemnities within Lent that some will choose to treat as a Sunday. The Solemnity of St. Joseph is on March 19, and the Solemnity of the Annunciation is on March 25 (nine months before Christmas marking the Incarnation). These days, being Solemnities within our Church, are celebrated with the same joy as Sunday. Therefore, it would be understandable if you decided to give up your Lenten sacrifice on those days also.

The bottom line is that sacrifice and penance is for a purpose. It's a means to an end, not an end in itself. In other words, our ultimate goal is not sacrifice and penance; rather, our ultimate goal is the resurrection. Penance helps us on that journey but penance should never be seen as the final end.

So my recommendation is to celebrate and to celebrate all Solemnities within our Church well. This will only help make the days of penance more fruitful.

**SPIRITUAL DIRECTION OPPORTUNITY**  
*At St John XXIII*  
**Do you want someone to talk with about your faith?**  
Are you seeking to deepen your relationship with God? St. John XXIII Parish is offering a series of 10 - 12 spiritual direction sessions between February and May. You will meet individually every week for 45 minutes with a Jesuit trained Spiritual Director who is continuing her practicum training in the ministry of spiritual direction. These sessions will give you the opportunity to express and better appreciate what is happening in your prayer and in your life with God.  
There is no cost, though a free will offering may be made to St. John XXIII parish to support our ministries.  
  
To apply, contact the Secretary at St. John XXIII Parish. See contact information on front page.

**SPIRITUAL DIRECTION OPPORTUNITY**  
*In Guelph*  
Do you want someone to talk with about your faith? Are you seeking to deepen your relationship with God? Loyola House (the Jesuit retreat house in Guelph) is offering a series of 10 - 12 spiritual direction sessions between February and May. You will meet individually every week for 45 minutes with a Jesuit scholastic who is learning the ministry of spiritual direction. These sessions will give you the opportunity to express and better appreciate what is happening in your prayer and in your life with God.  
There is no cost, though a free will offering may be made to Loyola House to continue our ministry.  
  
To apply, contact Loyola House at [yprowse@ignatiushouse.ca](mailto:yprowse@ignatiushouse.ca)

**NEW PASTOR**  
*June 24, 2020*  
Who the new pastor will be has not yet been decided—this will be known sometime in May of 2020. *Let us begin praying for him.* If we do this together, he will become a blessing to JXXIII. Date of transfer is June 24, 2020.

**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)

**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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 www.catholic-cemeteries.com

  
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