

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. *Website:* <http://saintjohnxxiiiparish.ca/>

ShareLife: <https://www.sharelife.org/Public/Home.aspx>

**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.

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

Baptism—EMERGENCY: see front page of website: <http://saintjohnxxiiiparish.ca/>

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

SEE PAGE 9 & 10 & 11 FOR PRAYERS

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. 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.

LITURGICAL MUSICIANS

Online Meeting

**From: Rebecca Spellacy, Associate Director,
Liturgy**

This time of pandemic means we cannot physically be together for worship. It has caused us to find new ways to stay connected to the life of the Church and to grow in our relationship with God.

All current Music Ministers are invited to join us on Saturday, May 30 from 10 to 11:30 a.m. for a chance to share with each other our journey thus far. We will also share some practical tips and resources to continue growing as disciples of Christ.

This is a free online video conference.

However, we ask that you please register in advance, so we know you'll be attending. Once you register, you will receive information on how to join the web call.

Please register online at: <https://bit.ly/Music-WebMtg-May2020>. There is no cost to join. Further information on how to join the web meeting will be provided upon registration.

If you have any further questions, please contact Ella Okonkwo at: formation@archtoronto.org or 416-934-3400 ext. 523. Please note that our office is currently working remotely.

CANCELLED TOTUS TUUS

Regretfully, August, 2020, Totus Tuus is now cancelled because the "shutdown" is preventing the training and preparation of the leaders for the summer.

MASS INTENTIONS

Mon, May 11: **7:30AM**

+*Anthony Scarcello*

Tues, May 12: **7:30AM**

+*Jonnie, Len, Robert, & Terry Murphy*

Wed, May 13: **7:30AM**

+*Alejandro Canonigo*

Thurs, May 14: **7:30AM**

For End of Pandemic

Fri, May 15: **7:30AM**

+*Abelardo Dacanay*

Sat, May 16: **7:30AM**

+*Esperanza Gabriel*

Sunday, May 17

7:30AM:

The Parishioners

+*Alfonso Perlas*

+*Alice & John Sequeira*

VIGIL CANDLES

Saturday, May 16—Friday, May 22.

Sanctuary Tabernacle—
& Chapel Tabernacle—

INTERCESSORY PRAYER GROUP

Need Prayer Help?

Call Beth: 416-467-6492. Intention will be emailed out to this prayer community. Only first name & intention will be shared.

SACRAMENT OF HOLY CONFIRMATION

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**

EXTRAORDINARY MINISTER OF HOLY COMMUNION

(Eucharistic Ministers)

Faith and Resource Sharing Meeting

From: Rebecca Spellacy, Associate Director, Liturgy

This time of pandemic means we cannot physically be together for worship. It has caused us to find new ways to stay connected to the life of the Church and to grow in our relationship with God. All current Extraordinary Ministers of Holy Communion are invited to join us on Saturday, May 16, 2020, from 10 to 11:30 a.m. for a chance to share with each other our journey thus far. We will also share some practical tips and resources to continue growing as disciples of Christ.

Please register online at: <https://bit.ly/EMHC-WebMtg-May2020>. There is no cost to join. Further information on how to join the web meeting will be provided upon registration.

If you have any further questions, please contact Ella Okonkwo at: formation@archtoronto.org or 416-934-3400 ext. 523. Please note that our office is currently working remotely.

LECTORS

Online Meeting

From: Rebecca Spellacy, Associate Director, Liturgy

This time of pandemic means we cannot physically be together for worship. It has caused us to find new ways to stay connected to the life of the Church, and to grow in our relationship with God. All current Lectors are invited to join us on Saturday, May 23 from 10 to 11:30 a.m. for a chance to share with each other our journey thus far. We will also share some practical tips and resources to continue growing as disciples of Christ.

Please register online at: <https://bit.ly/Lectors-WebMtg-May2020>. There is no cost to join. Further information on how to join the web meeting will be provided upon registration.

If you have any further questions please contact Ella Okonkwo at: formation@archtoronto.org or at 416-934-3400 ext. 523. Please note that our office is currently working remotely.

SMILE



YTOL Online May Retreat May 15—May 18

Facebook page:

<https://www.facebook.com/events/2718878264901442/>

Our annual May retreat is FAST approaching, and this time around, the topic will be on the very awesome Foster Father of Christ, SAINT JOSEPH! This retreat will be totally online (Yay, no paying for gas!).

“Well,” you might be asking yourself, “What will this retreat entail? What am I going to get out of this? What does an online YTOL retreat look like?” And boy, do we have answers for you! You’ll be getting:

- Live streamed Mass and prayer sessions!
- Conferences by priests and awesome Catholic public speakers!
- A chance to enter into the Faith and Life of St. Joseph!
- Virtual discussions and Q

Registration

<https://forms.gle/Ar7QMNx3Go4B2QBe6>

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', MAY MISSION INTENTION

For Deacons

We pray that deacons, faithful in their service to the Word and the poor, may be an invigorating symbol for the entire Church

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 NEREUS & ST ACHILLEUS, MARTYRS:** *Optional*

Memorial; Tuesday, May 12—Devotion to these two saints goes back to the fourth century, though almost nothing is known of their lives. They were praetorian soldiers of the Roman army, became Christians, and were removed to the island of Terracina, where they were martyred. Their bodies were buried in a family vault, later known as the cemetery of Domitilla. Excavations by De Rossi in 1896 resulted in the discovery of their empty tomb in the underground church built by Pope Siricius in 390. Two hundred years after their deaths, Pope Gregory the Great delivered his 28th homily on the occasion of their feast. "These saints, before whom we are assembled, despised the world and trampled it under their feet when peace, riches and health gave it charms."

Reflection: As in the case of many early martyrs, the Church clings to its memories though the events are clouded in the mists of history. It is a heartening thing for all Christians to know that they have a noble heritage. Our brothers and sisters in Christ have stood in the same world in which we live—militaristic, materialistic, cruel and cynical—yet transfigured from within by the presence of the Living One. Our own courage is enlivened by the heroes and heroines who have gone before us marked by the sign of faith and the wounds of Christ.

ST PANCRAS, MARTYR: *Optional Memorial; Tuesday, May 12*—

OUR LADY OF FATIMA: *Optional Memorial; Wednesday, May 13*—Between May 13 and October 13, 1917, three Portuguese children—Francisco and Jacinta Marto and their cousin Lucia dos Santos—received apparitions of Our Lady at Cova da Iria near Fatima, a city 110 miles north of Lisbon. Mary asked the children to pray the rosary for world peace, for the end of World War I, for sinners, and for the conversion of Russia.



Mary gave the children three secrets. Following the deaths of Francisco and Jacinta in 1919 and 1920 respectively, Lucia revealed the first secret in 1927. It concerned devotion to the Immaculate Heart of Mary. The second secret was a vision of hell. When Lucia grew up she became a Carmelite nun and died in 2005 at the age of 97.

Pope John Paul II directed the Holy See's Secretary of State to reveal the third secret in 2000; it spoke of a "bishop in white" who was shot by a group of soldiers who fired bullets and arrows into him. Many people linked this vision to the

assassination attempt against Pope John Paul II in St. Peter's Square on May 13, 1981.

The feast of Our Lady of Fatima was approved by the local bishop in 1930; it was added to the Church's worldwide calendar in 2002.

Reflection: The message of Fatima is simple: Pray. Unfortunately, some people—not Sister Lucia—have distorted these revelations, making them into an apocalyptic event for which they are now the only reliable interpreters. They have, for example, claimed that Mary's request that the world be consecrated to her has been ignored. Sister Lucia agreed that Pope John Paul II's public consecration in St. Peter's Square on March 25, 1984, fulfilled Mary's request. The Congregation for the Doctrine of the Faith prepared a June 26, 2000, document explaining the "third secret."

Mary is perfectly honoured when people generously imitate her response "Let it be done to me as you say" (Luke 1:38). Mary can never be seen as a rival to Jesus or to the Church's teaching authority, as exercised by the college of bishops united with the bishop of Rome

ST MATTHIAS, ASPOTLE: *Feast; Thursday, May 14*—



According to Acts 1:15-26, during the days after the Ascension Peter stood up in the midst of the brothers—about 120 of Jesus' followers. Now that Judas had betrayed his ministry, it was necessary, Peter said, to fulfill the scriptural recommendation that another should take his office. "Therefore, it is necessary that one of the men who accompanied us the whole time the Lord Jesus came and went among us, beginning from the baptism of John until the day on which he was taken up from us, become with us a witness to his resurrection" (Acts 1:21-22).

They nominated two men: Joseph Barsabbas and Matthias. They prayed and drew lots. The choice fell upon Matthias, who was added to the Eleven. Matthias is not mentioned by name anywhere else in the New Testament.

Reflection: What was the holiness of Matthias? Obviously, he was suited for apostleship by the experience of being with Jesus from his baptism to his ascension. He must also have been suited personally, or he would not have been nominated for so great a responsibility. Must we not remind ourselves that the fundamental holiness of Matthias was his receiving gladly the relationship with the Father offered him by Jesus and completed by the Holy Spirit? If the apostles are the foundations of our faith by their witness, they must also be reminders, if only implicitly, that holiness is entirely a matter of God's giving, and it is offered to all, in the everyday circumstances of life. We receive, and even for this God supplies the power of freedom.

"I Am The Way, And The Truth , And The Life"

JESUS

WHAT DOES JESUS
MEAN WHEN HE
DESCRIBES HIMSELF
AS "THE WAY THE
TRUTH AND THE
LIFE" IN JOHN 14?

This Sunday's Readings: *First Reading: Acts of the Apostles 6:1-7—The early Christian community chooses seven people to serve at table so that the Twelve can devote themselves to prayer and the ministry of the word; Responsorial Psalm: Psalm 33:1-2,4-5,18-19—The Lord is merciful toward those who trust in him; Second Reading: 1 Peter 2:4-9—Those who have faith are chosen in Christ to be a holy priesthood; Gospel Reading: John 14:1-12—Jesus tells his disciples, "I am the way and the truth and the life."*

Background on the Gospel Reading

The readings for the last few Sundays have been about the Resurrection, but today's Gospel takes us back in time to an event in Jesus' life before his Passion. Jesus tells his disciples that he is going to prepare a place for them in his Father's house. He promises that where he is going, his disciples will be able to follow. Thomas, who will later doubt the disciples' reports that they have seen the Risen Lord, contradicts Jesus by saying that the disciples don't know where Jesus is going or how to get there. Jesus explains that he himself is the way, the truth, and the life. In knowing and loving Jesus, the disciples now love God the Father.

Philip then makes a request that challenges Jesus' words. Philip wants Jesus to show the Father to the disciples. Recall that Jesus has just told his disciples, "If you know me, then you will also know my Father. From now on you do know him and have seen him." As a good teacher, Jesus responds to Philip by repeating and elaborating on what he has just told the disciples: they have seen and known Jesus, so they have seen and known the Father. Then Jesus offers another reassurance about his departure: because of faith in God and in Jesus, the disciples will do the work that Jesus has done and more.

The connection between Jesus and his Father, between Jesus' work and the work of the Father, is made clear in today's Gospel. Jesus is in the Father, and God the Father is in Jesus. As God spoke his name to Moses, "I am," so too Jesus speaks his name to his disciples: "I am the way and the truth and the life."

The revelation of the Trinity is completed in the passage that follows today's reading, and it is the Gospel for next Sunday. Because Jesus goes away, the Father will send in Jesus' name the Advocate, the Holy Spirit, who will continue the work of the Father and of Jesus.

ST JOHN XXIII ADORATION CHAPEL
EXPOSITION OF THE BLESSED SACRAMENT



VOCATIONS

5th Sunday of Easter

"The one who believes in me will also do the works that I do and, in fact, will do greater works than these..."

Are you willing to do the work of the Lord as a priest, deacon, sister or brother? If God is calling you, 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—\$1495.

ShareLife to Date—\$1300.

Easter Collection to Date—\$1215.

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; in "Notify By" you can give either Fr Simon's mobile number: 416-737-0760 Or email address: 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.

SHARELIFE

Living the Gospel by helping those with addictions

After the death of a close friend, Alex turned to hard drugs to escape his reality. He continued using, despite getting married and having a son. Realizing the impact of his addiction on his son, he sought help from St. Michael's Homes, a ShareLife-funded agency. He completed their treatment program and, as a result of his recovery, he can now be there for his family. Alex credits St. Michael's Homes for saving his life.

June 7 is the next ShareLife Sunday.

Please give generously.

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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 Flemington Park Plaza
 747 Don Mills Rd., Suite 206A, Toronto, ON
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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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 Email: michaelagustin.navarro@gmail.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

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." (Jn 14:10)

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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." (Mt 10: 29-31)

