

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>

A promotional poster for a digital Easter retreat. The top section has a yellow background with the text "OUR FIRST EVER..." in small letters, followed by "DIGITAL EASTER RETREAT" in large, bold, blue letters. Below this is a photograph of a person's hands typing on a laptop keyboard. The bottom section has a yellow background with the text "3 WEEKS LEFT!" in bold blue letters. Below this is a list of bullet points: "• FREE - Donations to Fontbonne Ministries welcome", "• Weekly Easter reflections right to your inbox, geared for Young Adults", "• Weekly gatherings via Zoom", and "• An easy way to go deeper into the Easter season". At the bottom of the list, it says "Registration is still open!". In the bottom right corner, there is a logo for "Faith Connections" with a green heart icon and the text "Faith Connections" and "A COMMITMENT TO SERVICE".

<https://www.eventbrite.com/e/easter-retreat-tickets-102732906890>

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 18: **7:30AM**

+Fr Basil O'Brien

Tues, May 19: **7:30AM**

+Zaldy Balde Sr.

Wed, May 20: **7:30AM**

Available

Thurs, May 21: **7:30AM**

Available

Fri, May 22: **7:30AM**

Available

Sat, May 23: **7:30AM**

+Cleofe Dino

Sunday, May 24

7:30AM:

The Parishioners

+Teresa e³ Domingo Ayala

Thanksgiving of CWL

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**

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@torontoretrovaille.com

WEB: www.torontoretrovaille.com

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



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 JOHN I, POPE, MARTYR: *Optional Memorial; Monday, May 18*—Pope John I inherited the Arian heresy, which denied the divinity of Christ. Italy had been ruled for 30 years by an emperor who espoused the heresy, though he treated the empire's Catholics with toleration. His policy changed at about the time the young John was elected pope.

When the eastern emperor began imposing severe measures on the Arians of his area, the western emperor forced John to head a delegation to the



East to soften the measures against the heretics. Little is known of the manner or outcome of the negotiations—designed to secure continued toleration of Catholics in the West.

On his way home, John was imprisoned at Ravenna because the emperor had begun to suspect that John's friendship with his eastern rival might lead to a conspiracy against his throne. Shortly after his imprisonment, John died, apparently from the treatment he received in prison. John's body was transported to Rome and he was buried in the Basilica of St. Peter.

Reflection: We cannot choose the issues for which we have to suffer and perhaps die. John I suffered because of a power-conscious emperor. Jesus suffered because of the suspicions of those who were threatened by his freedom, openness, and powerlessness. "If you find that the world hates you, know it has hated me before you" (John 15:18).

ST BERNADINE OF SIENA, PRIEST: *Optional Memorial; Wednesday, May 20*—. **ST EUGENE DE MAZENOD, BISHOP:** *Optional Memorial; Thursday, May 21*—.

ST CHRISTOPHER MAGALLANES, PRIEST, MARTYR, AND COMPANIONS, MARTYRS: *Optional Memorial; Monday, May 18*—Like Blessed Miguel Agustín Pro, SJ, Cristóbal and his 24 companion martyrs lived under a very anti-Catholic government in Mexico, one determined to weaken the Catholic faith of its people. Churches, schools, and seminaries were closed; foreign clergy were expelled. Cristóbal established a clandestine seminary at Totatiche, Jalisco. He and the other priests were forced to minister secretly to Catholics during the presidency of Plutarco Calles (1924-28).

All of these martyrs, except three, were diocesan priests. David, Manuel and Salvador were laymen who died with their parish priest, Luis Batis. They all belonged to the Cristero movement, pledging their allegiance to Christ and to the Church that he established, to spread the Good News in society—even if Mexico's leaders had made it a crime to receive baptism or celebrate the Mass.

These martyrs did not die as a single group but over 22 years time in eight Mexican states, with Jalisco and Zacatecas having the largest number. They were



beatified in 1992 and canonized eight years later.

Reflection: Every martyr realizes how to avoid execution, but refuses to pay the high price of doing so. A clear conscience was more valuable than a long life. We may be tempted to compromise our faith while telling ourselves that we are simply being realistic, dealing with situations as we find them. Is survival really the ultimate value? Do our concrete, daily choices reflect our deepest values, the ones that allow us to "tick" the way we do? Anyone can imagine situations in which being a follower of Jesus is easier than the present situation. Saints remind us that our daily choices, especially in adverse circumstances, form the pattern of our lives.

“If You Love Me, You Will Keep My Commandments”

JESUS



This Sunday's Readings: *First Reading: Acts of the Apostles 8:5-8,14-17—The people of Samaria accept the Gospel of Jesus proclaimed to them by Philip; Responsorial Psalm: Psalm 66:1-7,16,20—Sing praise to God, all the earth; Second Reading: 1 Peter 3:15-18—Be ready to give explanation for your hope in Christ; Gospel Reading: John 14:15-21—Jesus promises his disciples that he will send them another advocate, the Spirit of truth.*

Background on the Gospel Reading

Today's Gospel is a continuation of last week's Gospel: Jesus is speaking to his disciples at the Last Supper. In today's reading Jesus offers encouragement to his disciples, who will soon see him crucified. He reassures them that even though he will leave them, he will not abandon them. Instead he will send them the Advocate, the Holy Spirit, through whom the disciples will continue to live in union with Jesus.

Jesus uses the term Advocate to describe the Holy Spirit, whom the disciples will receive. Another word used to describe the Holy Spirit is Paraclete, a legal term meaning "one who offers defence for another." Note that Jesus says that

he will send "another Advocate." Jesus himself is the first advocate, interceding for his disciples with the Father.

In today's reading Jesus contrasts his impending departure with the permanence of the gift of the Holy Spirit. Jesus will leave to return to the Father, but the Holy Spirit will remain with the disciples.

Through the gift of the Holy Spirit, the disciples will come to know and appreciate the unity of the Son and the Father. They will also understand that they too participate in the communion between the Father and the Son: "On that day you will realize that I am in my Father and you are in me and I in you" (John 14:20).

Today's reading is one example of the contrast that John's Gospel presents between the community of disciples, to whom God will reveal himself, and the unbelieving world, which will remain in darkness. The unbelieving world cannot accept the "Spirit of truth," whom the disciples will receive. Only through the Spirit will God's revelation and love be known.

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



VOCATIONS

6th Sunday of Easter

The Lord said, "I will not leave you orphaned."

Pray for an increase of vocations to the priesthood, diaconate, and consecrated life. 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—\$700.

ShareLife to Date—\$1365.

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_iiiiparish@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 supporting youth ministry in our parishes

What difference does training make for youth ministers?

Consider that the 40+ youth ministers in the Archdiocese of Toronto collectively impact thousands of youth and their families. The Office of Catholic Youth (OCY), funded by ShareLife, visits parishes, equips youth ministers, and facilitates networking — including an archdiocesan training day attended by 200 youth ministers and volunteers. OCY helps ensure a vibrant church for future generations.

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.

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

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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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 As a "SRES" (Senior Real Estate Specialist) I can help!
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 ✓ Upto 10% Commission Donation to the Church.



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 416-421-5625

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

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 Barrister, Solicitor, & Notary Public
 896 Don Mills Road Suite 918
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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

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." (Jn 14:10)

&

"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." (Mt 10: 29-31)

