

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>



IMAGE OF THE SACRED HEART
FROM THE STATUE LEFT OF THE ALTAR

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

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

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

CATECHISM OF THE CATHOLIC CHURCHTHE PROFESSION OF FAITH
"The Creed"

The Faithful: Hierarchy, Laity, Consecrated Life

177. Who Are The Faithful?

The Christian faithful are those who, inasmuch as they have been incorporated in Christ through Baptism, have been constituted as the people of God; for this reason, since they have become sharers in Christ's priestly, prophetic and royal office in their own manner, they are called to exercise the mission which God has entrusted to the Church. There exists a true equality among them in their dignity as children of God.

178. How are the people of God formed?

Among the faithful by divine institution there exist sacred ministers who have received the sacrament of Holy Orders and who form the hierarchy of the Church. The other members of the Church are called the Laity. In both the hierarchy and the laity there are certain of the faithful who are consecrated in a special manner to God by the profession of the evangelical counsels: chastity or celibacy, poverty, and obedience.

179. Why did Christ institute a Church hierarchy?

Christ instituted a Church hierarchy with the mission of feeding the people of God in his name and for this purpose gave it authority. The hierarchy is formed of sacred ministers: bishops, priests, and deacons. Thanks to the sacrament of Orders, bishops and priests act in the exercise of their ministry in the name and person of Christ the Head. Deacons minister to the people of God in the diakonia (service) of word, liturgy, and charity.

180. How is the collegial dimension of Church ministry carried out?

After the example of the twelve Apostles who were chosen and sent out together by Christ, the unity of the Church's hierarchy is at the service of the communion of all the faithful. Every bishop exercises his ministry as a member of the episcopal college in communion with the Pope and shares with him in the care of the universal Church. Priests exercise their ministry in the presbyterate of the local Church in communion with their own bishop and under his direction.

182. What is the mission of the Pope?

The Pope, Bishop of Rome and the Successor of Saint Peter, is the perpetual, visible source and foundation of the unity of the Church. He is the vicar of Christ, the head of the College of bishops and pastor of the universal Church over which he has by divine institution full, supreme, immediate, and universal power.

184. How do the bishops carry out their mission of teaching?

Since they are authentic witnesses of the apostolic faith and are invested with the authority of Christ, the bishops in union with the Pope have the duty of proclaiming the Gospel faithfully and authoritatively to all. By means of a

supernatural sense of faith, the people of God unfailingly adhere to the faith under the guidance of the living Magisterium of the Church.

186. How do Bishops exercise their ministry of sanctification?

Bishops sanctify the Church by dispensing the grace of Christ by their ministry of the word and the sacraments, especially the Holy Eucharist, and also by their prayers, their example and their work.

187. How do the Bishops exercise their function of governing?

Every bishop, insofar as he is a member of the college of bishops, bears collegially the care for all particular Churches and for the entire Church along with all the other bishops who are united to the Pope. A bishop to whom a particular Church has been entrusted governs that Church with the authority of his own sacred power which is ordinary and immediate and exercised in the name of Christ, the Good Shepherd, in communion with the entire Church and under the guidance of the Successor of Peter.

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.

MASS INTENTIONS

Mon, May 25: **7:30AM**
+Fr Bob Reddy
 Tues, May 26: **7:30AM**
+Ernesto Vallejo
 Wed, May 27: **7:30AM**
+Felisa Tolentino
 Thurs, May 28: **7:30AM**
+Rebecca & Rodolfo Donado
 Fri, May 29: **7:30AM**
Black Nazarene Devotees — Thanksgiving
 Sat, May 30: **7:30AM**
Available

Sunday, May 31

7:30AM:

The Parishioners

Thanksgiving of Katelyn Wordbec

+Kyrie Brequillo

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@torontoretrouvaille.com

WEB: www.torontoretrouvaille.com

PREACHING STEWARDSHIP CONFERENCE FOR CLERGY AND LAITY - WEBINAR

June 9, 8AM

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

Customer: "I've been ringing your call centre on 0700 2300 for two days and can't get through to enquiries, can you help?"
 Operator: "Where did you get that number from, sir?"
 Customer: "It was on the door to the travel centre."
 Operator: "Sir, they are our opening hours."
 JuicyQuotes.com | THE BEST JOKES TO SHARE



"Oh, so you want to get nasty? Well, two can play that game! Remember when I told you to have a nice day? I RETRACT IT! Oh, yes I can! I just DID!"



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 BEDE THE VENERABLE, PRIEST, DOCTOR:
Optional Memorial; Monday, May 25—

ST GREGORY VII, POPE: *Optional Memorial;*
Monday, May 25—

ST MARY MAGDALENE DE'PAZZI, VIRGIN:
Optional Memorial; Monday, May 25—

ST PHILIP NERI, PRIEST: *Memorial; Tuesday, May 26*
—St Phillip Neri is the Patron Saint of Canadian
"Home Mission Work" as it is supported through
Catholic Missions in Canada.

Philip Neri was a sign of contradiction, combining popularity with piety against the background of a corrupt Rome and a disinterested clergy: the whole post-Renaissance malaise.



At an early age, Philip abandoned the chance to become a businessman, moved to Rome from Florence, and devoted his life and individuality to God. After three years of philosophy and theology studies, he gave up any thought of ordination. The next 13 years were spent in a vocation unusual at the time—that of a layperson actively engaged in prayer and the apostolate.

As the Council of Trent (1545-63) was reforming the Church on a doctrinal level, Philip's appealing personality was winning him friends from all levels of society, from beggars to cardinals. He rapidly gathered around himself a group of laypersons won over by his audacious spirituality. Initially, they met as an informal prayer and discussion group, and also served poor people in Rome.

At the urging of his confessor, Philip was ordained a priest and soon became an outstanding confessor himself, gifted with the knack of piercing the pretences and illusions of others, though always in a charitable manner and often with a joke. He arranged talks, discussions, and prayers for his penitents in a room above the church. He sometimes led "excursions" to other churches, often with music and a picnic on the way.

Some of Philip's followers became priests and lived together in community. This was the beginning of the Oratory, the religious institute he founded. A feature of their life was a daily afternoon service of four informal talks, with vernacular hymns and prayers. Giovanni Palestrina was one of Philip's followers, and composed music for the services. The Oratory was finally approved after suffering through a period of accusations of being an assembly of heretics, where laypersons preached and sang vernacular hymns!

Philip's advice was sought by many of the prominent figures of his day. He is one of the influential figures of the Counter-Reformation, mainly for converting to personal holiness many of the influential people within the Church itself. His characteristic virtues were humility and gaiety.

After spending a day hearing confessions and receiving visitors, Philip Neri suffered a hemorrhage and died on the feast of Corpus Christi in 1595. He was beatified in 1615 and canonized in 1622. Three centuries later, Cardinal John Henry Newman founded the first English-speaking house of the Oratory in London.

Reflection: Many people wrongly feel that such an attractive and jocular personality as Philip's cannot be combined with an intense spirituality. Philip's life melts our rigid, narrow views of piety. His approach to sanctity was truly catholic, all-embracing, and accompanied by a good laugh. Philip always wanted his followers to become not less but more human through their striving for holiness.

ST AUGUSTINE OF CANTERBURY, BISHOP:
Optional Memorial; Wednesday, May 27—

ST PAUL VI, POPE: *Optional Memorial; Friday, May 29—*

**“And Remember,
I Am With You Always To The End Of The Age”**

JESUS



This Sunday's Readings: *First Reading: Acts of the Apostles 1:1-11—Jesus is taken up to heaven in the presence of the apostles; Responsorial Psalm: Psalm 47:2-3,6-9—Sing praise to God as he mounts his throne; Second Reading: Ephesians 1:17-23—God raised Jesus from the dead and seated him at his right hand; Gospel Reading: Matthew 28:16-20—Jesus charges his disciples to make disciples of all nations and promises to be with them forever.*

Background on the Gospel Reading

Today's Gospel is taken from the conclusion of the Gospel of Matthew. Matthew's Gospel quickly moves from the disciples' discovery of Jesus' empty tomb, to Jesus' appearance to Mary Magdalene and the other Mary, to the commission that Jesus gives his disciples in today's Gospel.

The Final Commission, as this Gospel is sometimes called, is given on the mountaintop. Throughout Scripture, the most important events happen on the mountaintop, and Matthew has used this motif throughout his Gospel. Earlier in Matthew's Gospel, Peter, James, and John had seen Jesus transfigured on the mountaintop (Matthew 17:1-8). Also in the Gospel of Matthew, Jesus taught the crowds from the mountaintop in what we now call the Sermon on the Mount.

Here we are told that the eleven disciples go the mountaintop in Galilee, as Jesus had instructed through Mary Magdalene and the other Mary (cf. Matthew 28:9-10). They see Jesus, and both worship and doubt at the same time. Jesus approaches them and commissions them to baptize and teach, "to make disciples of all nations." It is a task which Jesus had previously prepared his disciples for; recall that Jesus had sent the twelve apostles to preach the Kingdom of God and to heal (cf. Matthew 10:1-15). However, earlier the Twelve were sent only to the House of Israel; in this Final Commission, the eleven are told to go to "all nations." The mission of Jesus is now to be taken to all people; the task now is to baptize and to teach.

Jesus commissions his disciples to baptize in the name of the Trinity, one of the clearest attestations found in Scripture for baptism in the name of the Trinity. In the Acts of the Apostles and in the Letters of Paul, baptism is more frequently offered "in the name of Jesus."

The ending of Matthew's Gospel can be understood as the beginning of the Church. Jesus commissions his disciples to continue to teach in his name and to bring others into the community of disciples through baptism. The Gospel ends, as it had begun, with the promise that Jesus will continue to be Emmanuel, "God with us" (cf. Matthew 1:23), for all eternity.

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



VOCATIONS

Ascension Sunday

*Jesus said, "Remember, I am with you always,
to the end of the age."*

If you are discerning God's call for the priesthood, diaconate and consecrated life, contact Fr. Chris Lemieux, Vocation Director, Archdiocese of Toronto at 416-968-0997.
vocations@archtoronto.org www.vocationstoronto.ca

THANK YOU FOR YOUR SUPPORT

Last Sunday's Offering—750.

ShareLife to Date—\$2000.

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
the Deaf community**

Imagine you're a Deaf child and your parents don't know sign language. Your parents could gesture in a basic way, but how do you share your joys, fears and needs?

Silent Voice, a ShareLife agency, teaches American Sign Language and Deaf culture to families so they can share a common language.

"I'm so passionate about Silent Voice," says one grateful parent, "because your Family Communication Program rescues children from social isolation."

Last year more than 700 Deaf people and their family members received help through Silent Voice.

**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

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

Dr. Maria Imelda C. Ang
 A COSMETIC & FAMILY DENTAL CENTRE
 29 Gervais Drive, Suite 101
416-383-1889
 North York, ON M3C 1Y9
Free Chairside Teeth Whitening for every new patient exam & cleaning. Please call for details...

Dr. Evangeline M. Bernabe & Associates
Family, Cosmetics Dentistry & General Orthodontics

 25 Overlea Blvd. Unit 3, Toronto, On, M4H 1P9
 416-421-5625

Your Fellow Parishioner
 REAL ESTATE AGENT &
 SENIOR REAL ESTATE SPECIALIST

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



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




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

OGDEN FUNERAL HOMES

 4164 Sheppard Avenue East, Scarborough, ON M1S 1T3
 (East of Kennedy Rd.)
 416-293-5211 • www.ogdenfuneralhome.com

 **CATHOLIC CEMETERIES & FUNERAL SERVICES**
 ARCHDIOCESE OF TORONTO

Mount Hope Cemetery 416-483-4944
 Holy Cross Cemetery & Funeral Home 905-889-7467
 Our Funeral Home is now Open at Holy Cross Cemetery
 www.catholic-cemeteries.com

 **Michael Agustin Navarro, LL.B, MBA**
 Barrister, Solicitor, & Notary Public
 896 Don Mills Road Suite 918
 Moreau Shepell Tower Two
 Toronto, ON M3C 1W3
 Tel#: 647-849-1042 CP#: 647-204-1306
 Email: michaelagustin.navarro@gmail.com
 Website: https://www.macnlaw.com

Services
 Criminal Law
 CICB Claims
 Family Law
 Immigration Law
 Notarization
 Wills & Estate

We accept legal aid certificate for Family and Criminal cases.

POPE FRANCIS'
Litany of Supplication

WE ADORE YOU, O LORD

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

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

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

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

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

WE BELIEVE IN YOU, O LORD

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

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

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

We believe in you, O Lord.

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

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

FREE US, O LORD

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

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

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

From unbelief and despair,
Free us, O Lord.

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

SAVE US, O LORD

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

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

From disease, epidemics and fear of

our brothers and sisters,

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

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

CONSOLE US, O LORD

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

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

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

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

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

GIVE US YOUR SPIRIT, O LORD

In the hour of trial and confusion,

Give us your Spirit, O Lord.

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

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

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

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

OPEN US TO HOPE, O LORD

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

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

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

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

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

CORONA VIRUS PRAYER

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

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

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

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

Jesus Christ, heal us. -AMERICA MAGAZINE

MIRACULOUS HELP

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

Prayer for Protection in Time of Pandemic...

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

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

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

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

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

POPE FRANCIS

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

Act of Contrition (traditional)

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

Act of Contrition (alternate form)

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

Acts of Contrition inspired by the Gospels

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

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

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

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

An Act of Contrition to Our Lord Jesus

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

An Act of Contrition inspired by Psalm 51

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

The Jesus Prayer

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

AN ACT OF SPIRITUAL COMMUNION

(In place of receiving Jesus in Holy Communion)

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

POPE FRANCIS' PRAYER TO MARY

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

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

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

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

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

JESUS' WORDS OF CONSOLATION TO US:

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

&

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

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.

