

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>

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

SHARELIFE

Every gift to ShareLife is a sacred trust

At ShareLife, we pride ourselves on being responsible and accountable to you, our generous donors. By keeping administrative and fundraising costs at 11% – one of the lowest in the nonprofit sector – we ensure the maximum amount possible goes to the vital work of our agencies.

***Next Sunday, June 7 is the next ShareLife Sunday.
Please give generously.***

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

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

CATECHISM OF THE CATHOLIC CHURCH

THE PROFESSION OF FAITH
"The Creed"

The Faithful: Hierarchy, Laity, Consecrated Life

188. What is the vocation of the lay faithful?

The lay faithful have as their own vocation to seek the Kingdom of God by illuminating and ordering temporal affairs according to the plan of God. They carry out in this way their call to holiness and to the apostolate, a call given to all the baptized.

189. How do the lay faithful participate in the priestly office of Christ?

They participate in it especially in the Eucharist by offering as a spiritual sacrifice "acceptable to God through Jesus Christ" (1 Peter 2:5) their own lives with all of their works, their prayers, their apostolic undertakings, their family life, their daily work and hardships borne with patience and even their consolations of spirit and body. In this way, even the laity, dedicated to Christ and consecrated by the Holy Spirit, offer to God the world itself.

190. How does the laity participate in the prophetic office?

They participate in it by welcoming evermore in faith the Word of Christ and proclaiming it to the world by the witness of their lives, their words, their evangelizing action, and by catechesis. This evangelizing action acquires a particular efficacy because it is accomplished in the ordinary circumstances of the world.

191. How do they participate in the kingly office?

The laity participate in the kingly function of Christ because they have received from him the power to overcome sin in themselves and in the world by self-denial and the holiness of their lives. They exercise various ministries at the service of the community and they imbue temporal activities and the institutions of society with moral values.

192. What is the consecrated life?

The consecrated life is a state of life recognized by the Church. It is a free response to a special

call from Christ by which those consecrated give themselves completely to God and strive for the perfection of charity moved by the Holy Spirit. This consecration is characterized by the practice of the evangelical counsels.

193. What can the consecrated life give to the mission of the Church?

The consecrated life participates in the mission of the Church by means of a complete dedication to Christ and to one's brothers and sisters witnessing to the hope of the heavenly Kingdom.

WEBINAR FOR SENIORS

Saturday, June 6, 2020 from 11 a.m. to 12 p.m.

The topic for this live webinar is "The Gifts and Challenges of these Unprecedented Times" presented by Sr. Janet Schaeffler, OP.

This virtual event is a great opportunity for our parishioners to celebrate Seniors' Month this June. There is no cost to join. All men and women in the second half of life (50+), including volunteers, parish leaders, parish staff and priests are welcome to join this free live webinar.

Please register online at: <https://bit.ly/MAW-WebinarJune2020>.

Further information on how to join the web meeting will be provided upon registration. Further ideas and resources for Seniors' Month are available at: <http://bit.ly/SeniorsMonth-ArchTO>.

If you have further questions, please contact Sally Amaral at: 416-934-3400 ext. 518 or samaral@archtoronto.org.

MASS INTENTIONS

Mon, June 1: **7:30AM**
+Especiosa Lobo e3 Eulalia Nazareth
 Tues, June 2: **7:30AM**
Grace Institute of the Holy Eucharist: Thnksgv
 Wed, June 3: **7:30AM**
Grace Institute of the Holy Eucharist: Thnksgv
 Thurs, June 4: **7:30AM**
Grace Institute of the Holy Eucharist: Thnksgv
 Fri, June 5: **7:30AM**
Thanksgiving for Prayer Grps: John Cheng
 Sat, June 6: **7:30AM**
Thanksgiving of Lauren

Sunday, June 7
7:30AM:

The Parishioners
+Lerma, Isagani, Teresa Domingo
Thanksgiving of John Cheng: Friends B-day

VIGIL CANDLES

Saturday, June 6—Friday, June 12.
 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



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

BLESSED VIRGIN MARY, MOTHER OF THE CHURCH:

Memorial; Monday, June 1—On March 3, 2018, Pope Francis declared that, henceforward, the Monday after Pentecost Sunday will be celebrated as the Memorial of the Blessed Virgin Mary, *Mother of the Church*. ...The Holy Father's wishes for this new feast day is that it will foster Marian piety and the maternal sense of the Church

Cardinal Sarah wrote, "... Mary's mission began in the Upper Room as she prayed with the Apostles in anticipation of the coming of the Holy Spirit, as her Son had promised. Pentecost was the birth of the Church – the Mystical Body of Christ. As mother of Christ, the Head of the Church, she also is the Mother of the Church.



Mary had been waiting in the Upper Room with the Apostles, her Son's closest friends. As any good natural mother, she would have loved them because he loved them. She would have wanted the best for them and likely had high hopes for them because of their closeness to him. She would have loved them despite their failure to stand by Jesus when things turned terrible and he was arrested, tortured and crucified. They, on their part, would have loved and honoured her because she was the mother of their best friend.

Surely the Spirit's descent was magnificent. But what about what happened afterward? Her Son's friends – the ones who had turned on him – are suddenly and deeply converted. They lost their fears, put themselves aside, and bravely stepped out into the streets to proclaim the Good News. This is what Mary's Son had worked all his life for, what he surrendered himself for, what he died for. These cowards were now bold, courageous men who were fulfilling her Son's dream! When I picture this scene, I see Mary as the proud Mama, glowing with joy, elated over the

transformation in the Apostles, and cheering them on as they went forth.

She was, after all, the Mother of the Church. The Apostles were the original ministers of that Church – her Son's Mystical Body. Mary's joy is our joy, too. I've relived that joy each year in my meditation. Now to have the entire Catholic Church join in that joy by celebrating the Memorial of Mary, Mother of the Church makes me truly ecstatic. —Marge Fenelon

ST MARCELLINUS & ST PETER, MARTYRS: *Optional Memorial; Tuesday, June 2*—

ST CHARLES LWANGA & COMPANIONS, MARTYRS: *Memorial; Wednesday, June 3*—

ST BONIFACE, BISHOP, MARTYR: *Memorial; Friday, June 5*—

ST NORBERT, BISHOP: *Optional Memorial; Saturday, June 6*—

OUR LADY'S SATURDAY: *Optional Memorial; Saturday, June 6*—

HELP WITH MENTAL HEALTH

Due to the ongoing COVID-19 restrictions, we have moved our counselling and psychotherapy services online in an effort to continue to help our clients who are struggling with their mental well-being in this difficult time.

If you are suffering from mild to moderate mental health issues or are experiencing difficulty in your relationships, we encourage you to reach out to us and take a step towards a happier and healthier life. We offer a variety of services, so whether you are an individual, couple, or family, our counsellors will explore your concerns with you and help you work towards your goals.

Our sessions are conducted through the OnCall Health platform, which provides you and your counsellor with a secure and private video connection, since your privacy and confidentiality is of the utmost importance to us.

To learn more about our counselling services or to find out how you can get started, please visit the Catholic Family Services of Toronto website at:

https://www.cfstoronto.com/client/cfs/cfs_lp4w_Ind_webstation.nsf/page/Counselling+Program!OpenDocument

**“Peace Be With You...If You Forgive The Sins Of Any,
They Are Forgiven Them”**

JESUS



This Sunday's Readings: *First Reading: Acts of the Apostles 2:1-11—The Holy Spirit descends upon the apostles gathered in Jerusalem; Responsorial Psalm: Psalm 104:1,24,29-31,34—God's Spirit renews the earth; Second Reading: 1 Corinthians 12:3b-7,12-13—We are all one in Christ Jesus; Gospel Reading: John 20:19-23—Jesus appears to his disciples and gives them the gift of the Holy Spirit.*

Background on the Gospel Reading

The Season of Easter concludes with today's celebration, the Feast of Pentecost. On Pentecost we celebrate the descent of the Holy Spirit upon the apostles gathered in the upper room in Jerusalem; this event marks the beginning of the Church. The story of Pentecost is found in the Acts of the Apostles, today's first reading. The account in today's Gospel, John 20:19-23, also recounts how Jesus gave the gift of the Holy Spirit to his disciples. Yet the event in John's Gospel takes place on Easter Sunday. There is no need to try to reconcile these two accounts. It is enough that we know that after his death, Jesus fulfilled his promise to send to his disciples a helper, an advocate, who would enable them to be his witnesses throughout the world.

We already heard today's Gospel proclaimed on the Second Sunday of Easter this year (Lectionary Cycle A). That Gospel passage, however, also included the

description of Jesus' appearance to Thomas. In that context, we were led reflect on belief and unbelief.

In the context of the Feast of Pentecost, John 20:19-23 reminds us about the integral connection between the gifts of peace and forgiveness and the action of the Holy Spirit. Jesus greets his disciples with the gift of peace. Jesus then commissions his disciples to continue the work that he has begun, "As the Father has sent me, so I send you." He breathes the Holy Spirit upon the disciples and sends them to continue his work of reconciliation through the forgiveness of sins. Jesus' act of breathing the Holy Spirit mirrors God's act of breathing life into Adam at the time of Creation. In fact, both the Greek and Hebrew words for "spirit" can also be translated as "breath."

This Gospel reminds us that the Church is called to be a reconciling presence in the world. The reconciling presence of Christ is celebrated in the Church's sacramental life. In the Sacrament of Baptism, we are cleansed of sin and become a new creation in Christ. In the Sacrament of Penance, the Church celebrates the mercy of God through the forgiving of sins. This reconciling presence is also to be a way of life for Christians. In situations of conflict, we are to be agents of peace and harmony among people.

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



THANK YOU FOR YOUR SUPPORT

*Last Sunday's Offering—\$2,125.
ShareLife to Date—\$2,752.*

*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.

DEALING WITH GRIEF

Dealing with a breakup or the loss of someone close to you is difficult in the best of times – trying to do so in the midst of a pandemic makes everything that much tougher.

Fortunately, at Catholic Family Services of Toronto, we have a ministry dedicated to assisting those who have suffered a loss through separation, divorce, or the death of a loved one.

Our New Beginnings program is offering bi-monthly support sessions. This closed support group allows us to work together to explore our grief, experience healing, and renew our faith.

For more information or to get yourself registered, please reach out to Arcangelo Limanni at alimanni@cfstoronto.com or call (416) 921-1163, ext. 2225.

VOCATIONS

Pentecost Sunday

"Come Holy Spirit, fill the hearts of your faithful and kindle in them the fire of your love."

Send forth workers into your vineyard. If God is calling you to 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

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

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...

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

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



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

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

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, LLB, 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.

