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Mass Intentions for the Week



Monday, March 23
 Tuesday, March 24
 Wednesday, March 25
 Thursday, March 26
 Friday, March 27
 Saturday, March 28

† John Poirier
 † Maria and Guglillmo Odorico
 † Lionel Schweier
 Intentions of Anne Gariepy
 † Adrienne Magennis
 † Sam Arrigo
 † John Morneault
 For the Protection of Life

CORONAVIRUS DISPENSATION AND PRAYERS

Many people feel powerless in the face of this pandemic. We see in a devastating way how widely a virus spreads person to person. We have confidence that God allows the good that we do, our prayer and our actions, to make a positive impact on brothers and sisters. As Pope Francis encourages us, *“Let us call upon him today, firmly rooted in prayer, for without prayer all our activity risks being fruitless and our message empty.”* (Evangelii Gaudium, no. 259)

*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.*

Pope Francis



The church will be open as follows for private prayer:



Monday’s	9:30 a.m. to 5:00 p.m.
Tuesday’s	9:30 a.m. to 5:00 p.m.
Wednesday’s	9:30 a.m. to 7:00 p.m.
Confessions	6:00 p.m. (in the sacristy)
Thursday’s	9:30 a.m. to 5:00 p.m.
Friday’s	9:30 a.m. to 5:00 p.m.
Saturday’s	9:30 a.m. to 6:00 p.m.
The Blessed Sacrament will be exposed in the church proper from 4:30 p.m. to 6:00 p.m.	
Sunday’s	8:00 a.m. to 5:00 pm.
The Blessed Sacrament will be exposed in the church proper the entire time.	
Praise and worship will be sung from 12:00 p.m. to 1:30 p.m.	



Please remember to pray for those who are sick including **Scott Recker, Tim Taylor, Connie O’Neill, Doreen Johnson, Theresa Perry, Allan Alter, Francois Pelletier, John O’Donnell, Pauline Krezel, Allan Cool and Tammy Ayotte.**

Please remember to pray for those who have died including **Robert Rogers, Margaretha Duivenvoorde, John Emmett Murphy and Joseph Bewsey.**



WHAT IS A DISPENSATION FROM MASS?

A dispensation from the diocesan Bishop releases Catholics from fulfilling their Sunday obligation (Mass) because public Masses are cancelled in the Archdiocese of Toronto until further notice.

Though there is a sadness for not being able to participate at Mass, one should not feel guilty for not going to Mass. You have a free conscience to stay home. Catholics are encouraged to offer up their sickness or pastoral care for the sake of those who are seriously ill and for those who have died.

WHAT SHOULD I DO IF I CAN'T GO TO MASS?

Catholics are encouraged to make a 'spiritual communion'. St. John Paul II writes that "it is good to cultivate in our hearts a constant desire for the sacrament of the Eucharist. This was the origin of the practice of 'spiritual communion', which has happily been established in the Church for centuries and recommended by saints who were masters of the spiritual life.

Saint Teresa of Jesus wrote: 'When you do not receive communion and you do not attend Mass, you can make a spiritual communion, which is a most beneficial practice; by it the love of God will be greatly impressed on you.'" (Ecclesia Eucharistia, no. 34).

How Do I Make a Spiritual Communion?

Below are recommendations for how to make a 'spiritual communion' when unable to participate in the Holy Sacrifice of the Mass.

The recommendations can be adapted based upon personal and family needs.

- Gather with others in your household and begin a time of prayer with the sign of the cross.
- Take time to read and reflect upon the readings from Sunday Mass.
- Share prayer intentions quietly or aloud.
- Pray the Lord's Prayer.
- Close with the sign of the cross.

The faithful will be able to watch at <https://www.stmichaelscathedral.com/live> a Mass which will be celebrated every day at 7:30 a.m. at St. Michael's Cathedral Basilica, which will be followed by the Angelus and the Rosary.

This Mass, Rosary and Angelus will also be available on the Archdiocese YouTube channel <https://www.youtube.com/user/ArchdioceseofToronto> for those who cannot join at 7:30 a.m.

OUR PARISH PRIESTS - please be assured our prayers will be offered for the intentions of everyone and for the health and safety of our world as we go through these trying times.

Fr. Larry, Fr. Jeremias and Fr. Bob will be celebrating daily Mass for the scheduled intentions.

REFLECTIONS ON THE IMPORTANCE OF BOTH PRAYER AND ACTION



"In our Christian life too, prayer and action are always profoundly united. Prayer that does not lead to concrete action toward a brother who is poor, sick, in need of help, the brother in difficulty, is a sterile and incomplete prayer. But, in the same way, when in ecclesial service we are only concerned with doing, we give greater weight to things, functions, structures, and we forget the centrality of Christ; we do not set aside time for dialogue with him in prayer, we are in risk of serving ourselves and not God present in our needy brother."

(Pope Francis, Sunday Angelus, July 22, 2013)

"People who pray are not wasting their time, even though the situation appears desperate and seems to call for action alone. Piety does not undermine the struggle against the poverty of our neighbours, however extreme. In the example of Blessed Teresa of Calcutta we have a clear illustration of the fact that time devoted to God in prayer not only does not detract from effective and loving service to our neighbour but is in fact the inexhaustible source of that service."

(Pope Benedict XVI, Deus Caritas Est, no. 36)

The **Ministry with Maturing Adults** seeks to support the lifelong faith development of women and men throughout all phases of the pre-retirement and retirement years.



You are invited to check in by phone or email with your neighbours and friends.

Although we are not able to gather in the same physical space we are able to be united in prayer. When the suspension of Mass and programs has been lifted we shall resume our regular gatherings.

Preparing for Confirmation, first sharing in Holy Communion and Reconciliation

All preparation meetings and celebrations have been suspended. Please check our parish website regularly for updates. All questions about preparation and celebration of the sacraments may be directed to Catherine Ecker at caecker@archtoronto.org.

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