

Eucharistic Adoration



Do you realize that Jesus is there in the tabernacle expressly for you – for you alone? He burns with the desire to come into your heart. Don't listen to the demon; laugh at him, and go without fear to receive the Jesus of peace and love.” – St. Thérèse of Lisieux

What is Eucharistic Adoration?

Adoration is a way to be present with the Lord and focus on actively listening to His word through prayer. During Eucharistic Adoration, the faithful pray to Jesus Christ, who is present in the Eucharist. The Eucharist, also referred to as the *Blessed Sacrament*, is typically kept in a Tabernacle at a Parish Church.

We can pray to God anywhere, and He is always within us. However, we have access to an especially powerful way to adore Jesus in the Eucharist. In the presence of the Eucharist, we acknowledge the power and sacrifice of the body of Jesus, who gave His life so that we may live.

It is His body, blood, soul and divinity that is really, truly, and substantially present in the Eucharist.

We adore and receive the Eucharist in communion at Mass, which is the most beautiful act of worship that we have. Jesus is truly present in all of the Tabernacles in the world. We can continue to adore Him in the Eucharist after Mass in a quiet time of prayer, contemplating Who we have just received. Being in the presence of the body, blood, soul and divinity of Jesus Christ gives spiritual strength and nourishment in a uniquely powerful way.

The Saints Encourage Us to Go to Adoration

“Whenever I go to the chapel, I put myself in the presence of our good Lord, and I say to him, ‘Lord, I am here. Tell me what you would have me to do’ . . . And then, I tell God everything that is in my heart. I tell him about my pains and my joys, and then I listen. If you listen, God will also speak to you, for with the good Lord, you have to both speak and listen. God always speaks to you when you approach him plainly and simply.” - **St. Catherine Labouré**

“The time you spend with Jesus in the Blessed Sacrament is the best time that you will spend on earth. Each moment that you spend with Jesus will deepen your union with Him and make your soul everlastingly more glorious and beautiful in heaven, and will help bring about an everlasting peace on earth.” - **St. Mother Teresa of Calcutta**

“Know also that you will probably gain more by praying fifteen minutes before the Blessed Sacrament than by all the other spiritual exercises of the day. True, Our Lord hears our

prayers anywhere, for He has made the promise, ‘Ask, and you shall receive,’ but He has revealed to His servants that those who visit Him in the Blessed Sacrament will obtain a more abundant measure of grace.” - **St. Alphonsus Liguori**

“O Christ, let my greatest delight be to see You loved, Your praise and glory proclaimed and Your mercy honoured. O Christ, let me glorify Your goodness and mercy to the last moment of my life, with every drop of my blood and every beat of my heart. Would that I be transformed into a hymn of adoration of You. When I find myself on my deathbed, may the last beat of my heart be a loving hymn glorifying Your unfathomable mercy. Amen.” - **St. Faustina**

The Source Holy Hour

The **Sisters of Life** organize a monthly SOURCE HOLY HOUR. Here are some stories from their encounters at these times of blessing.

Unexpected therapy

A young family came in who were not Christian. They sat just inside the entrance of the Church for about 15 minutes. On their way out, they said, “We go to therapy every week. And that was the best, unexpected therapy we’ve ever experienced. Thank you.”

When a heart speaks for the first time

A woman who just arrived from China came into the Cathedral. She sat down with a Sister in front of the Blessed Sacrament. The Sister leaned over and asked her, “Do you believe in God?” She replied, “*God?* What is God?” The Sister pointed at Jesus in the Eucharist and gently said, “This is God.” She handed the woman a *Litany of Trust* prayer, and said, “You can talk to God with these words, if you’d like.” Silently, the woman began to read. A few minutes later she looked up, and with tears in her eyes said, “That is the first time I could hear my heart speak.”

Yes, God sees good in you

A young man was looking at his phone as he passed by the Cathedral. He lifted his head as a Sister approached and invited him inside. “Would you like to come and pray?” He instantly held his phone close to his chest. “Sister, you have no idea what I’m involved in. How hard it is to avoid this.” She asked him if he was Catholic. “Yes, but I haven’t been in a Church in a long time.” Shamefully, he looked down and asked, “Do you still see good in me?” She responded, “Absolutely, I see good in you. God sees good in you. And He’s not giving up on you.” The young man stepped inside, sat down in a pew, and stayed an entire hour. When he left, it looked like a huge weight had lifted. He smiled broadly and simply said, “Thank you.”

God loves you

Another man came in to pray who looked like he was having a rough day. He went right to the front, looked up at Jesus in the monstrance, and began to weep. Much later a Sister walked up to him at the pew because he was still weeping. She said, “I don’t know what you are going through, but I want you to know that God loves you.” And he looked at her and replied, “Now I know, Sister. Now I know.”

Parish Week † Sunday, 27 Aug. 2023

Saturday, 26 Aug.

- 8.00 am Mass: † Caroline Bastiampillai (family)
- 2.00 pm Wedding: Steven Kranz & Joan Lago
- 5.00 pm Mass: † Emilia Laurel (Melchora Mulla)

SUNDAY, 27 AUG. / 21-A

- Homilist: Deacon Ramon Villardo
- 2nd Collection: Maintenance

- 9.00 am Mass: † Gabriel & Frances Andreas (Mary Thanarajan)
- 10.30 am Mass: † Ernesto, Lydia & Justino Rodas (family)
- 12.00 pm Mass: † Horacio Lino Lapinio (The Vindigni family)
- 7.00 pm Mass: Pro Populo

Monday 28 Aug. / St. Augustine, bishop & doctor

- Fr. Frank Turk: death Anniversary (2006)
- 8.00 am Mass: Int. Maulion family members (Corine)
- 7.00 pm Mass: † Lina & Giancarlo Vaccaro (family)

Tuesday, 29 Aug. / Passion of St. John the Baptist

- 8.00 am Mass: † Fernando & Beatriz Remedios (Jose)

Wednesday, 30 Aug.

- 8.00 am Mass: Int. Thanksgiving (Paul Cheng)

Thursday, 31 Aug.

- 8.00 am Mass: Int. Thanksgiving Nicole Crasto & Sarah Chiang (Fiona, Leo & Sarah Chiang)

Friday, 1 Sept.

- 8.00 am Mass: † Caroline Bastiampillai (family)
- 6.00 pm Holy Hour
- 7.00 pm Int. Thanksgiving Edmundo Banes (Caroline)
- 7.30 pm RCIA

Saturday, 2 Sept. / Blessed André Grasset

- 8.00 am Mass: † Caroline Bastiampillai (family)
- 10.00 am RCIC
- 1.00 pm Wedding: Haran Mailvaganam & Maria Mariadasaan
- 5.00 pm Mass: † Edgar Laurel (Melchora Mulla)

SUNDAY, 3 SEPT. / 22-A

- Homilist: Fr. Edwin Galea

- 9.00 am Mass: † Frances Andreas (family)
- 10.30 am Mass: † Waldo Fernando (Bernie & family)
- 12.00 pm Mass: † Caroline Bastiampillai (John's family)
- 7.00 pm Mass: Pro Populo

Pope Francis in Canada

29 July 2023 marked the 1st anniversary of the journey of **Pope Francis** to Canada, during which he offered an apology for the collaboration of the Church with the federal government in administering Residential Schools for Indigenous Canadians.



The Catholic Register has published a beautiful commemorative book to mark this visit. All parishioners who are currently active in Parish Ministries may request a copy. Sign up lists will be provided to Ministry facilitators this Sunday, 27 August. Copies of the book will be available while supplies last.

Focus on the Word

21st Sunday in Ordinary Time, Year A

Isaiah 22.15-23; Romans 11.33-36; Matthew 16.13-20

O God, who cause the minds of the faithful to unite in a single purpose, grant your people to love what you command and to desire what you promise, that, amid the uncertainties of this world, our hearts may be fixed where true gladness is found. Amen.

Mass Intentions Requests for 2024

The *Mass Intention* book for 2024 is now open. The Parish Office will accept requests for intentions after any Sunday Mass and during weekday office hours.

To serve parishioners well, there will be a MASS INTENTIONS table in the Vestibule at all morning Masses on **20 & 27 August 2023**.

Rosary Sunday Midland, 10 September

The annual *Rosary Sunday* celebration at the Martyrs' Shrine in Midland will be held on Sunday, 10 Sept. The CWL has hired one coach for the day. Cost: \$45 per person. To reserve a seat, call:

Lillian (647-909-6425) or **Nicole** (647-827-0277).

RCIA, RCIC Rite of Christian Initiation of Adults and Children

Coming Up:

RCIA meetings: 1 & 8 Sept., 7.30 pm.

RCIC meetings: 2 & 9 Sept., 10.00 am.



Maintenance Collection 27 August

The 2nd collection this Sunday will be for the support of our major parish projects through the *Maintenance Collection*.

COMING UP

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- 4 Sep. Infant/Parent Godparent Meeting (7:40 pm)
- 10 Sep. Infant Baptism (1:30 pm)
- 17 Sep. 2nd Collection: **Bishops**
- 21 Sep. St. Maria Goretti School Mass (12:30 pm)
- 24 Sep. - 2nd Collection: **Maintenance**;
CWL Meeting
- 29 Sept. Feast of **St. Michael & the Archangels**
- 2 Oct. Infant Baptism Parent Godparent Meeting (7:40 pm)
- 8 Oct. St. Vincent de Paul Bundle Up Sunday;
Infant Baptism (1:30 pm)
- 15 Oct. 2nd Collection: **World Mission**
- 23 Oct. Wedding: Diaz – Ocampo (11:00 am)
- 28 Oct. Wedding: MacCuaig – Steele (11:00 am)
- 29 Oct. 2nd Collection - **Maintenance**

Website stmariagoretti.archtoronto.org

For more information on Parish activities, see pages 3 and following in the website bulletin.

More on Eucharistic Adoration

The Eucharist is a living sign. You receive God Himself.

During the Mass, when the Priest utters the words of Jesus at the Last Supper, “This is My Body ... This is My Blood,” (Mt 26:26-28) the bread and wine actually become the Body and Blood of Jesus. When we consume the Host at Holy Communion, God Himself truly enters into us. This is a radical truth. Should we not then return this ultimate act of love by giving Jesus our love, our worship, our devotion, our hearts, and our very livers?

How many of you say: ‘I want to see His face, His garments, His shoes?’ You do see Him, you touch Him, you eat Him. He gives Himself to you, not only that you may see Him, but also to be your food and nourishment. – *St. John Chrysostom*

Holy Communion assures me that I will win the victory; and so it is. This Bread of the Strong gives me all the strength I need to carry on my mission and the courage to do whatever the Lord asks of me. – *St. Faustina Kowalska*

Bishop Barron:

“This is not a metaphor, a symbol, or a spiritual idea; it really happens. In the Eucharist, the body and blood, as well as the soul and divinity of our Lord Jesus Christ and, therefore, the whole Christ, is truly, really, and substantially contained (CCC 1374).”

Prayer to the Blessed Sacrament

My Lord Jesus Christ, it is Your great love for us that keeps You day and night present in the Blessed Sacrament, full of compassion and love, waiting for us to visit You. I believe that You are really present in the Sacrament of the Altar.

From the depth of my heart, I adore You and I thank You for the many graces You have given me. especially for the gift of Yourself in this Sacrament, for the gift of Your most holy Mother as my mother, and for the privilege of visiting You in this Church at this time.

My Jesus, I love You with all my heart. I am sorry for my ingratitude and I now resolve, with the help of Your grace, never to offend You again. I consecrate my entire self to You, my thoughts, my feelings, and all that I have. From now on, do whatever You want with me. All I ask for is Your love and strength to do Your Holy Will.

Act of Adoration

I adore You, Bread from Heaven. I adore You, Bread of Angels. I adore You, My Jesus, truly present in the Blessed Sacrament. (*Pause for silent adoration.*)

I adore You, Jesus, my true life because You died for love of me. I adore You, Jesus, Divine Light because You show me the way to heaven. I adore You, Jesus, Divine Lamb. Who takes away the sin of the world. (*Pause for silent adoration.*)

My God and Savior Jesus Christ, true God and true Man, I firmly believe that You are really and bodily present in the Blessed Sacrament of the Altar. From the very depths of my heart, I adore You. (*Pause for silent adoration.*)

St. Augustine Seminary Offers Degree in Patristic Studies

St. Augustine Seminary in Scarborough is a founding and charter member of the Toronto School of Theology (at the University of Toronto). In 2022, the *Discastery for Culture Education* of the Roman Curia granted St. Augustine Seminary PONTIFICAL STATUS.

The Seminary will now be able to offer a course in Patristic Studies (study of the *Church Fathers*), and will be able to grant its own degrees.

The 2-year (4-semester) advanced Licentiate degree program is structured around 4-year mandatory courses in Patrology, Biblical, Exegesis, the development of the Doctrine of God, Christology, Ecclesiology, and the relation between the Church and Society. In addition, Students will be required to complete a thesis. The program also introduces Students to early Christian writers’ intellectual and cultural milieu, such as Rhetoric and Philosophy.

Graduates of the program are equipped to teach in colleges, seminaries of Theology, and can also serve as catechetical resources for dioceses and various chaplaincies.

“In the writing of St. Augustine, we see the everlasting timeliness of his Faith; of the faith that comes from Christ, the Eternal Incarnate Word, Son of God and Son of Man. And we can see that this faith is not of the past. It was preached yesterday; but it is still timely today, for Christ is truly *yesterday, today and for ever.*”

Pope Benedict XVI

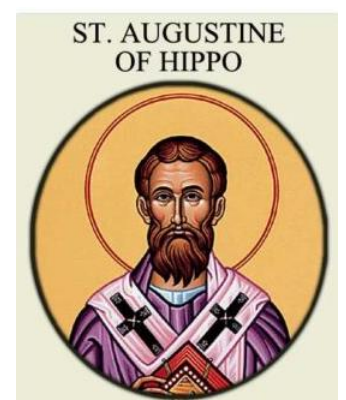
The Church Fathers: From Clement of Rome to Augustine

“The times are evil, the times are troubled, that’s what people say.

Let us live good lives, and the times are good. We ourselves are the times.

Whatever we are like, that’s what the times are like.”

St. Augustine



♪ **Unchained Melody** quiz answer (*from last week*): [1].





Sister Maureen Pereira, Mark Jardine and his mother Shireen.

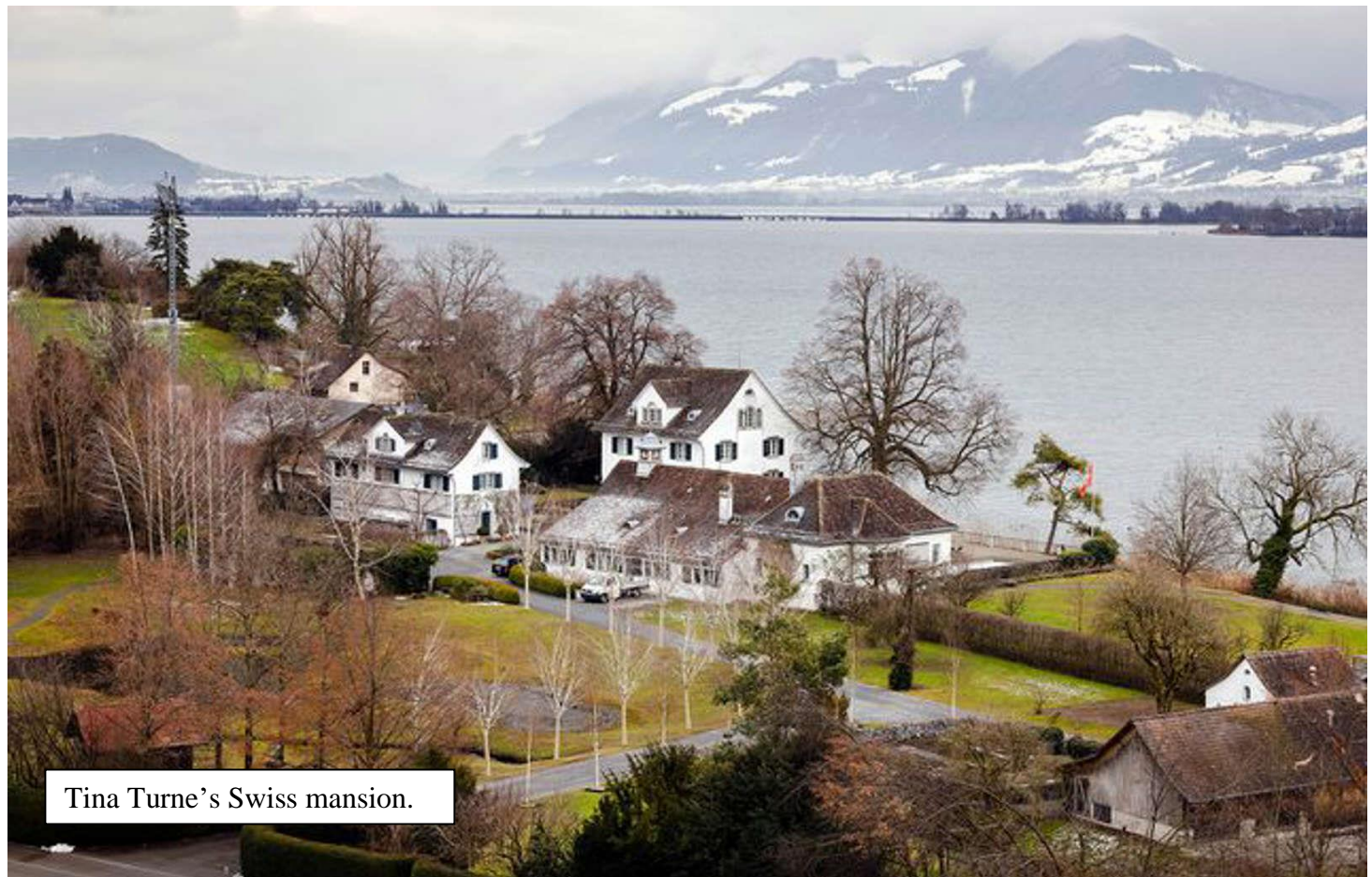


Aidan Shanilka Emmanuel at his *Blessing in Preparation for Baptism*, 11 August.
Born 17 July, Baptized 19 August.





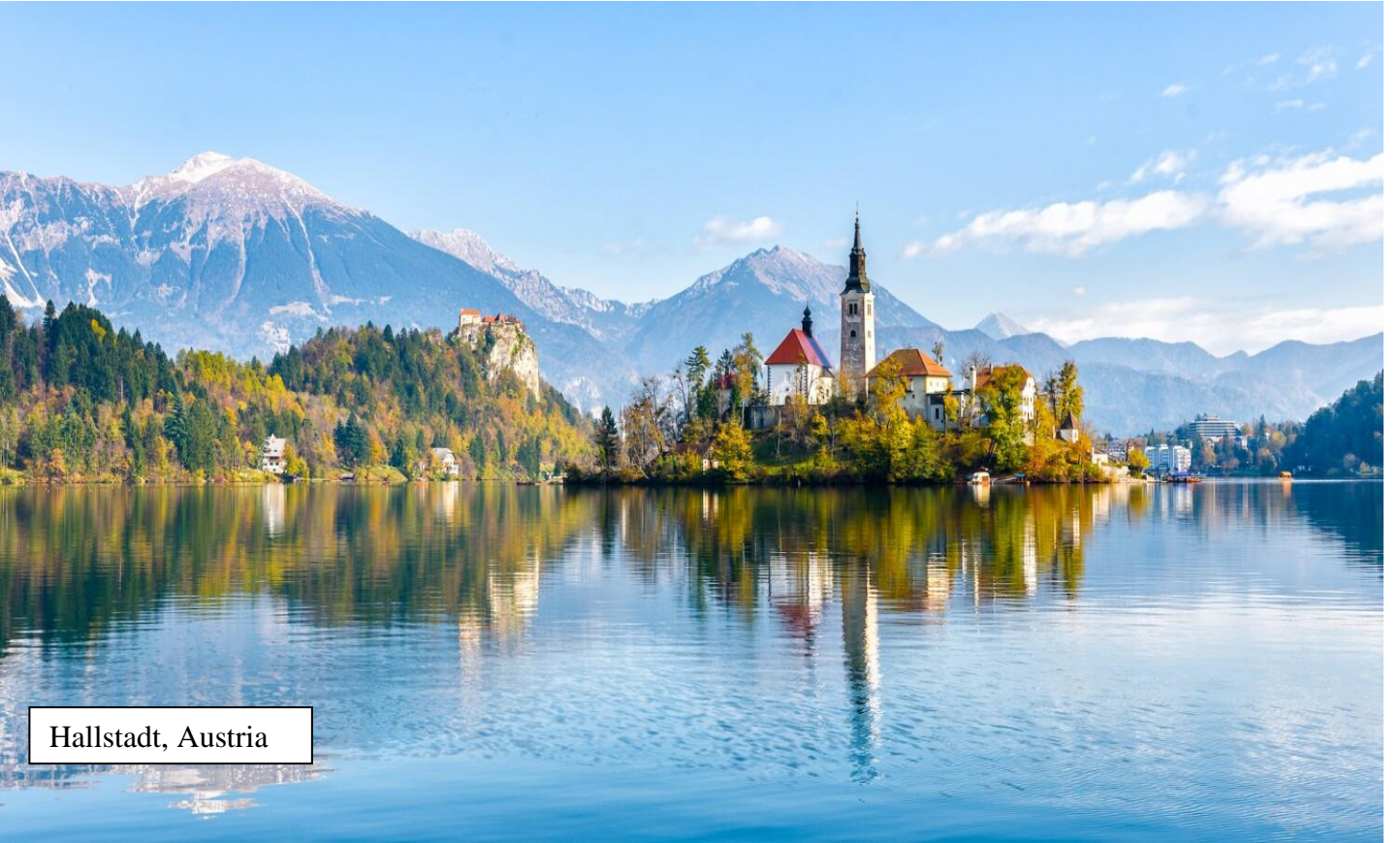
Chateau de Chambord, France



Tina Turner's Swiss mansion.



Kilchurn Castle, Scotland



Hallstadt, Austria