



Parish Week

“We loved them in life;
we will not forget them
in death.”

Sunday, 3 Nov. 2024

Saturday, 2 Nov. / All Souls

- 8.00 am Mass: † Vaz & D’Silva Family (Lydia & family)
- 1.00 pm Wedding: Benjamin Liang & Samantha Buyser
- 5.00 pm Mass: † Ernesto, Lydia & Justino Rodas (family)

SUNDAY, 3 NOV. / 31-B

- Homilist: Fr. Edwin Galea
- Religious Articles Sale

- 9.00 am Mass: † Holy Souls in Purgatory Rebello family)
- 10.30 am Mass: † Lalita & Joseph D’Souza
- 12.00 pm Mass: † Jose & Felicisima Turiano (family)
- 7.00 pm Mass: Pro Populo

Monday, 4 Nov. / St. Charles Boromeo, bishop

- 8.00 am Mass: † All Souls (D’Souza family)
- 7.00 pm Mass: † Belen & Lorenzo Merin (family)
- 7.40 pm Infant Parent Godparent meeting

Tuesday, 5 Nov.

- 8.00 am Mass: † Caroline & Cyril Bastiampillai (family)
- 9.00 am St. Joan of Arc Academy Faith Day Mass
- 7.00 pm Liturgy

Wednesday 6 Nov.

- 8.00 am Mass: † Divina Grace Baugio (Corine)
- 7.00 pm Mass: † Mary Weerasinghe (Malini)

Thursday, 7 Nov.

- 8.00 am Mass: † Consuelo Gotero (family)
- 7.00 pm Mass: † Jim Harvey (Veronica, wife)

Friday, 8 Nov.

- 8.00 am Mass: † James Larkin (Alice)
- 7.00 pm Mass: † Danilo & Baltazar Salcedo (family)

Saturday, 9 Nov. / Dedication of St. John Lateran Basilica

- 8.00 am Mass: † The Woods family (Alice Larkin)
- 5.00 pm Mass: Int. † Mary & Malini Wijesinghe (friends)

SUNDAY, 10 NOV. / 32-B

- Homilist: Fr. Elias Chachati

- 9.00 am Mass: † Gabriel & Francis Andreas (Vincent Ambrose)
- 10.30 am Mass: † Lydia Marquez (family)
- 12.00 pm Mass: † Juan Trinidad & Vetrans (Gilda)
- 1.30 pm Infant Baptisms
- 7.00 pm Mass: Pro Populo

Focus on the Word

31st Sunday in Ordinary Time, Year B

Deuteronomy 6.2-6; Hebrews 7.23-28; Mark 12.28-34

Almighty and merciful God, by whose gift your faithful offer you right and praiseworthy service, grant, we pray, that we may hasten without stumbling to receive the things you have promised. Amen.

Pray for the Deceased

**Rose Usha Biswas, Delfina Boila,
Fr. William Michael Comerford,
Carmella Rustico, Maria Easter Soriano-Zabala**

**The 140 victims of the flooding in India & Pakistan
in August.**

November Masses

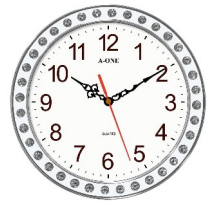
During the month of November, the month of the *Holy Souls*, in addition to our regular weekday 8.00 am morning Mass, there will be an evening Mass: Monday to Friday at 7.00 pm.

Book of Remembrance

During November, the month of the *Holy Souls*, we will remember all the faithful departed of our families at our daily Masses. Parishioners may add the names of deceased family members in our November *Book of Remembrance*, in front of the pulpit.

Fall Time Change 3 November

“SPRING AHEAD, FALL BACK.” Parishioners are reminded that next weekend is the *Fall Time Change*. Eastern Standard Time resumes (and Daylight Savings Time ends) at 2.00 am on Sunday, 3 November. Make sure to update your clocks, watches, coffee makers, microwave ovens, dashboard clocks, and any other device that keeps you connected to the universe.



COMING UP

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- 11 Nov. Remembrance Day;
- Knights of Columbus wreath laying at 7 pm Mass
- 17 Nov. 2nd Collection: *Shepherds’ Trust*
- 23 Nov. RCIA Early Initiation Rite (5.00 Mass)
- 24 Nov. 2nd Collection: *Maintenance*
- 1 Dec. 1st Sunday of Advent
- 2 Dec. Infant Baptism Parent Godparent Meeting (7:40 pm)
- 8 Dec. - 2nd Collection: *ShareLife Legacy*
Infant Baptism (1:30 pm)
- 9 Dec. Solemnity of the Immaculate Conception of the Blessed Virgin Mary
- 22 Dec. 4th Sunday of Advent;
- Fr. Armand Joseph Desaulniers: death anniversary (1988)
- 24 Dec. Christmas Eve Masses begin at 7.00 pm
- 25 Dec. Christmas: Feast of the Nativity of Our Lord
- 2nd Collection: *Christmas*
- 29 Dec. Feast of the Holy Family;
- 2nd Collection: *Maintenance*

Ministry Sunday 2024

Many thanks to all who participated in our Annual *Ministry Sunday* on 27 October. A special *Thank You* to all who offered their names to serve in various parish ministries. Soon, our parish Volunteer Screening Committee will finish reviewing the list of candidates, to make sure they are registered in our parish, etc. Then, the Ministry Facilitators will be contacting you to arrange the follow-up so you can begin the orientation process to share your talents in our parish family of faith and service.

ShareLife 2024

Many thanks for your contribution to our 2024 Parish Campaign.

So far, we have raised: \$ 52,843.00
toward our 2024 goal of: \$ 65,000.00



Please help us to reach our goal by giving at our Parish using a *ShareLife* envelope. Thank you for your compassion.



RCIA *The Rite of Christian Initiation of Adults*
Thank you to the Bible Sponsors

Many thanks to all who sponsored Bibles for the RCIA candidates for the *Rite of the Catechumenate* at the 5 pm Mass:

Saturday, 26 October.

Please keep all the Adult and Youth candidates in your prayers. On Saturday, 23 November, some of the participants who have been involved since the *Rite of Election* earlier this year will celebrate the *Early Initiation Rites*.

The RCIA is for adults who want to be Baptized; those who are Christian and not yet Catholic; and those who are already Catholic but have not received all the Sacraments of Initiation.

Catholic Education

As we continue to live in the spirit of our Thanksgiving celebration with our families, let us give thanks for the teachers, trustees and sports leaders in our Catholic schools who educate and encourage our youth to realize their potential as unique children of God. All are invited to celebrate the gift and blessing of Ontario's publicly funded Catholic schools by visiting: www.TogetherInFaith.ca



Ontario Catholic School
Trustees' Association

Knights of Columbus

16 Nov. 6.30 pm KOC Dinner Dance
Be prepared for an evening of pure fun!
\$30 a ticket for entertainment, food and dancing to brighten up the November blues.
See the ticket table in the Vestibule on Sunday.



ADVENT PREPARATIONS

Christmas Flowers

Parishioners are invited to sponsor this year's display of CHRISTMAS POINSETTIAS in our Sanctuary. Donation envelopes are at the Office window.



If you wish to *dedicate* your flowers please fill out the "Christmas Flower" form in the donation envelope. Dedications will be accepted until:

Noon on Monday, 23 December.

The forms are intended to remember *one person* for each pot donated. If you wish to honour more than one person, you may submit the name of a couple who share a common family name; or, for many persons, "For the members of the _____ Family."

Advent Wreath Lighters

Would you like to be an *Advent Wreath candle lighter*? This is a wonderful way to involve your family in the spirit of this wonderful season, and assist your fellow parishioners in our common worship and praise of the Father. See the sign-up list on the Vestibule bulletin board.



Altar Servers

FALL TRAINING SERIES

Sunday, following 12 noon Mass

Would you like to be an Altar Server? The Fall Training Series for our new Altar Server Candidates will continue following the 12.00 noon on Sunday. See Fr. Edwin for details.



Renew Conference 23 & 24 November 2024

"Those who hope in the Lord will run and not be weary."
Isaiah 40:31

Join us on 23 & 24 November for RENEW Toronto: the annual conference for all young adults aged 19 - 39. It is an opportunity to grow in faith with like-minded people in a similar stage of life.

This conference will offer unique opportunities for students, young adult professionals, young couples, families, men and women!

CANADA EVENT CENTRE
300 Water St., Whitby

www.renewtoronto.org

Jubilee of Youth 23 July – 5 August 2025

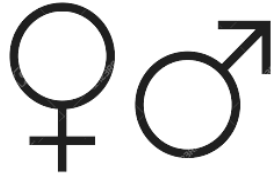
Join Fr. Paul Magyar and the OCY team for a pilgrimage of a lifetime! *Pilgrims of hope!* You are being called to embark on a journey of a lifetime. The Office of Catholic Youth invites all Young Adults between the ages of 19-39 to join us from July 23rd to August 5th to embark on an incredible experience *in Rome!*

Be the first to know about our travel plans and booking opportunities by joining one of our upcoming info sessions. Secure your pilgrimage spot immediately with on-site registration forms available at each session. email: youth@archtoronto.org

“Born This Way:” Not Borne Out

Moira McQueen, LLB, MDiv, PhD

Part 1.



The popular singer, Lady Gaga, attracted a large global audience through her song “*Born This Way*,” seen as sympathetic to the LGBTQ movement. Pope Francis reassured a gay man that he “was born that way,” and that God loves him. Our faith teaches that the latter is true: whether the Pope intended the first part of his remark to be understood from a factual perspective is less certain. It is well known that researchers have been trying for decades to find a basis for homosexuality, but that has proved elusive. There are many theories. Some suggest there could be some basis in biology; most insist that environmental factors play the larger role, as in epigenetics. For example, studies on “twins” show that one twin can be heterosexual while the other is homosexual, casting doubt on genetic causes.

These conclusions clearly do not help the “born this way” notion when it comes to homosexuality, where the “nature versus nurture” debate continues. Nor do they seem helpful when it comes to the transgender issue. There have been various studies in this field, some small and some global, but so far nothing has indicated a definitive biological cause. There is no scientific evidence to show that people who define themselves as transgender are “born this way.”

Amid the ongoing controversy, some geneticists are working on another major research effort to unlock the secrets of gender identity. A joint effort of five institutions in the US and Europe are researching the genome for clues as to an innate disposition to transgenderism. There have been some hints that there might be a biological origin, but nothing definite has yet been shown. A recent study involves DNA from the blood samples of 10,000 people, 3000 of them transgender and the rest non-transgender, or cisgender. The research is awaiting further funding, but one researcher claims that, “If the trait is strongly genetic, then people who identify as *trans* will share more of their genome, not because they are related in nuclear families but because they are more anciently related.”

While that conclusion seems rather generic, Davis also states that the research does not seek to produce a genetic test for being transgender; in any event, it cannot do that. Rather, she hopes the data will lead to better care for transgender people who experience wide health disparities compared to the general population. This suggests their research is intended to influence the social agenda more than to reach any particular, scientific conclusion about causality.

Research being done on brain scans of transgender men has suggested (but not conclusively shown) that they have a weakened connection between the two areas of the brain that process the perception of self and one’s own body.

Personal Health & Wellness Nov.

Health benefits of Lemons

Invigorating and refreshing, lemons are a treasured kitchen staple. But have you ever wondered about the healthful and nutritional value they bring to the table? *GoodLife*



Fitness has given the following wellness-promoting benefits of this popular citrus fruit. (Health Benefits of Lemons)

- **Vitamin C** - Lemons contain about 35 milligrams of Vitamin C. Vitamin C is an antioxidant, which helps protect cells from damage. Vitamin C also helps your body make collagen, helps your body absorb iron and supports your immune system.

- **Anemia prevention**

Lemons can help your body absorb more iron from plant-based foods in your diet. Maintaining proper iron levels helps prevent anemia.

- **Reduced risk of diabetes**

Lemons contain a compound called *hesperidin* that may lower blood sugar levels, decreasing your risk of diabetes. In addition, the citric acid in lemons slows the conversion of starch to sugar, helping reduce blood sugar spikes.

- **Enhances your complexion**

Vitamin C, folic acid, vitamin B and minerals in lemon may help to improve your acne, oily skin, blackheads and dandruff. You can get these benefits by eating lemons or applying lemon to your skin.

- **Reduced risk of heart disease**

Research links consuming lemons with lowering your risk of stroke and heart disease. Plant compounds found in lemons have also been found to lower your cholesterol levels.

- **Antibacterial benefits**

Lemon juice has antibacterial and antifungal properties, which can help protect against infections and promote overall health.

- **Kidney stone prevention**

Lemons get their sour taste from their abundance of citric acid. Some studies show that citric acid may help prevent the formation of kidney stones.

- **Lemon Tea**

Drinking lemon tea is a refreshing way to get many important vitamins. Grating lemon zest into your tea also adds the peel’s limonene. This antioxidant, found in fruit peels, may lower your risk of cancer, diabetes, osteoarthritis and other chronic diseases. Including lemons in your diet can be as simple as adding a splash of lemon juice to water, using lemon zest in cooking or enjoying lemon-based dressings. Try adding lemons into your diet as a tasty way to boost your health.



School laneway pothole repair, 21 August 2024.





RCIC Initiation groups



Top: RCIC, 23 January 2021

Above: 21 February 2021



Top: 21 February 2021

Above: 27 March 2021



Top: 27 March 2021

Above: 27 March 2021



Top: 1 May 2021

Above: 1 May 2021