

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, 16 August 2026

Saturday, 15 Aug. / Assumption of the Blessed Virgin Mary

8.00 am Mass: † Cyril Bastiampillai (family)
5.00 pm Mass: † Neiser Deangkinay (Edna & Carmelo)

SUNDAY, 16 AUG. / 20-A

■ *Homilist: Fr. Elias Chachati*

9.00 am Mass: † Lydia Marquez (family)
10.30 am Mass: Int. Rhodora Thomas (family)
12.00 pm Mass: † Ellis Kirkland Galea (Carol Morra)
7.00 pm Mass: Pro Populo

Monday, 17 August

8.00 am Mass: † Caroline Bastiampillai (family)
7.00 pm Mass: † Ana & Pablito Medero Sr. (family)

Tuesday, 18 August / St. Helen, mother of Emperor Constantine

8.00 am Mass: † Ibrahim Murcus (Amalia El Haddad)

Wednesday, 19 August

8.00 am Mass: † Mary Lilly Therese Parimalam
George Gabriel (Jubeth Victorino)

Thursday, 20 August / St. Bernard, abbot & doctor

8.00 am Mass: † Zanaida Madrid (Ina Manuel)

Friday, 21 August / St. Pius X, pope

8.00 am Mass: † Zanaida Madrid (Corine Maulion)
11.00 am ► Ina Grafton Mass
7.00 pm Mass: † Veronica Remedios (Sunita & Gavin Moniz)

Saturday, 22 Aug. / Queenship of the Blessed Virgin Mary

8.00 am Mass: † Marcelino Gabales (family)
5.00 pm Mass: † Dominic & Anjelica Fernandes (Joseph)

SUNDAY, 23 AUG. / 21-A

■ *Homilist: Deacon Ramon Villardo*

■ *Summer Fair / Krispy Kreme donuts*

9.00 am Mass: † Emeliana Mawirat Death Anniversary (Fely)
10.30 am Mass: † Ernesto, Lydia & Justino Rodas (family)
12.00 pm Mass: † Tiu Teng Suy & Ramon Ng Tong (family)
7.00 pm Mass: Pro Populo

A Special Gift ALTAR FLOWERS

We thank the family of our dear friend **Jason Colaco** for their gift of the beautiful flowers at our Altar from his funeral Mass on 21 March 2026. May he rest in peace.



The Feast of the Assumption (15 August) refers to the Blessed Virgin Mary being brought body and soul into heaven at the end of her earthly life. It is by the power of God Mary was assumed. In 1950, Pope Pius XII issued *Munificentissimus Deus*, which officially defined this Dogma. Like all beliefs about Mary, it the Assumption illustrates to us the truth about Christ's promise of eternal life and the resurrection of the faithful.

Upcoming Weddings

There is a promise of Marriage between:

Nagendiram and Antonguanaratnam 29 Aug.
Francis Villanueva and Christina Joseph 17 Oct.



Focus on the Word

20th Sunday in Ordinary Time, Year A

Isaiah 56.1-7; Romans 11.13-32; Matthew 15.21-28

O God, who have prepared for those who love you good things which no eye can see, fill our hearts, we pray, with the warmth of your love, so that, loving you in and above all things, we may attain your promises, which surpass every human desire. Amen.

Parish Summer Fair 23 August, 9 am – 2 pm

Our Parish is holding a Bazaar on Sunday, 23 August, beginning after the 9.00 am Mass and continuing to 2.00 pm. **Krispy Kreme** donuts are on sale: \$15 a dozen. To reserve a table, call: **Lillian**, 647-909-6425; or: **Angela**, 416-699-8000. Table rental is \$30.

RCIA, RCIC Rite of Christian Initiation of Adults and Children

The next meetings:

RCIA Adults, 4 September at 7.30 pm

RCIC Youth, 5 September at 10.00 am.



2nd Collection: 16 August, Canadian Missions

This Sunday, the 2nd collection is for *Canadian Missions*.

CATHOLIC MISSIONS IN CANADA (CMIC) was established in 1908, to provide support to Catholic missionaries (Priests, sisters, brothers & lay people) who dedicate their lives to proclaim the Gospel throughout the poorest regions in Canada.

CMIC and some selected DIOCESES IN NORTHERN CANADA, help sustain and extend the Catholic faith to hard-to-reach mission areas in Canada. See the website bulletin for more details.

COMING UP

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18 Aug. **St. Helen**, mother of Emperor Constantine
28 Aug. **St. Augustine** of Hippo
29 Aug. Wedding: Nagendiram & Antongnanaratnam (10:00 am)
30 Aug. 2nd Collection: **Maintenance**
7 Sept. Infant Baptism Parent-Godparent Meeting (7:40 pm)
13 Sept. ► Rosary Sunday celebration at the Martyrs' Shrine; Sunday School class resumes after Summer break
24 Sept. ► Beatification of **Archbishop Fulton J. Sheen** (St. Louis, USA) by **Cardinal Luis Antonio Gokim Tagle**, delegate of **Pope Leo XIV**
25 Sept. ► **Pope Leo** travels to France, visits UNESCO in Paris and the Shrine of *Notre Dame de Lourdes*
27 Sept. St. Vincent de Paul BUNDLE UP Sunday
29 Sept. **St. Michael** the Archangel
4 Oct. Jubilee Year: ST. FRANCIS OF ASSISI, 800th Anniversary of death
26 Oct. ► Toronto Municipal elections
31 Oct. ► Beatification of the **Georgia Martyrs** (Savannah, USA) by **Cardinal Francis Leo**, delegate of **Pope Leo XIV**
1 Nov. **All Saints Day**;
Visit of **Bishop Vincent Nguyen**
22 Nov. Feast of St. CECILIA, patroness of Musicians



Fr. Thomas and Fr. Wilson in Toronto, 16 July.



El Shaddai Scarborough Chapter 32nd Anniversary, 29 June 2026.

The Feast of Saints Peter and Paul.



Jessica and Rehan, 1 August 2026





Archbishop George Anthony Samy after Mass, 6 Aug., with Altar Servers Seamus and Colin Smith.



Daphne, with great-granddaughter Daphne.



Back in Scarborough from Summer holidays.

