

Guidelines for receiving Communion



As the Eucharist represents the unity of the Church with Jesus, reception of Holy Communion provides us with the spiritual nourishment promised in the Gospel.

For Catholics

Catholics fully participate in the celebration of the Eucharist when they receive Holy Communion in fulfillment of Christ's command to *eat his body and drink his blood*. To be properly disposed to receive his Communion, communicants are expected to:

- ☐ be free of grave sin;
- ☐ fast for at least an hour prior to Mass;
- ☐ live in charity with their neighbours.

Persons conscious of grave sin must first be reconciled with God and the Church through the *Sacrament of Penance*, which Jesus gave to the Church as a way in which we can to respond to our call to conversion and repentance.

A frequent reception of the *Sacrament of Penance* is strongly encouraged for all, since it strengthens us in our path to salvation with our brothers and sisters in faith.

For other Christians

The Church welcomes to the celebration of the Eucharist those Christians who are not fully united with us. The Mass is a tremendous source of Grace, and we are happy to share this celebration. At the same time, Catholics believe that the Eucharist is an action of the celebrating community that signifies a oneness *in faith, life and worship*. There exist some divisions among Christians. We pray for unity, and cannot extend an invitation to those who are not members of the Catholic Church to receive Communion with us. At this time in the Mass, these individuals are encouraged to pray privately, and ask Jesus to enter into all our hearts.

For those not receiving Communion

Catholics who are not prepared to receive Holy Communion, and visitors who are not members of the Church, are encouraged to express in their hearts a prayerful desire for unity with the Lord Jesus. Pray that Jesus will enter our hearts and heal us of sin.

For non-Christians

The Church welcomes to the celebration of the Eucharist those who do not share our faith in Jesus. While they are not in a position to receive Communion, which is the sign of our unity in faith, we do invite them to be united with us in prayer, that we will be guided to walk in the way of light.

For Catechumens

Those who are preparing to become members of the Church may attend Mass with other members of the *Catechumenate* group. At any Mass when there is a formal gathering of Catechumens, they are properly dismissed after the homily, and they continue their prayer and study separately from the believing assembly. If Catechumens attend a Mass at which there is no dismissal, they may approach the altar at Communion, and seek a blessing by crossing their hands over their heart, and saying, "*A Blessing, please.*"

Spiritual Preparation

Three rituals form an integrated action from the *Eucharistic Prayer* up to *Communion*:

- ✠ *Lord's Prayer*
- ✠ *Sign of Peace*
- ✠ *Breaking of Bread*



All three speak of our oneness in Christ, and they lead us to enter more deeply into union with Christ and with all the members of His Body. Prayer and the reverent use of these elements can help us to create a true experience of the sacredness of Christ's Presence in His Body and Blood.

The Lord's Prayer

The *Lord's Prayer* is used in Christianity as the "Table Prayer" for the Eucharistic meal. Its request for daily bread brings to mind the Bread of the Eucharist; and the request for forgiveness by God, as we forgive others, underlies our understanding that Communion unites all who share in the meal in peace and love as disciples of Christ. Since we all share a common adoption through Baptism, this prayer is followed by the *Sign of Peace*.

The Sign of Peace

The *Sign of Peace* is a ritual as old as the New Testament, and was part of the Mass from the earliest centuries. Initially, it was placed at the end of the Liturgy of the Word, so that the peace was exchanged before the gifts were brought to the Altar. In the time of St. Augustine of Hippo (354-430), it was placed after the Lord's Prayer, to confirm our solidarity, and has remained in that place until today.

The Breaking of the Bread

In Apostolic times, the *Breaking of the Bread* was the name used for the whole action of the Eucharist. The new converts followed an order that became the pattern for the Church:

"They devoted themselves to the Apostles' teaching and fellowship, to the Breaking of Bread and the prayers..." (Acts 4.2).

The *Breaking of the Bread* denotes the unity of the Assembly who share the one Bread, which is Christ. This action is accompanied by the singing of the *Lamb of God*, a text which reminds us that Christ's Body was broken for us and His Blood poured out for our sake. The chant accompanies the action, and continues until all the bread is broken.



Parish Week

Sunday, 30 August 2026

Jesus, I trust in you.

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

8.00 am Mass: † Angel Gabales (family)
5.00 pm Mass: † Avelina Beduya (Ypil family)

SUNDAY, 30 AUG. / 22-A

■ Homilist: Fr. Elias Chachati

■ 2nd Collection: Maintenance

9.00 am Mass: † Francis Andreas (Gracious)
10.30 am Mass: † Leonora Leal Figueroa (family)
12.00 pm Mass: † Ibrahim Murcus (Corine Maulion)
7.00 pm Mass: Pro Populo

Monday, 31 Aug.

■ Federal By-election Day: Beaches-East York

8.00 am Mass: † Cyril Bastiampillai (family)
7.00 pm Mass: † Robert & Teresita De Castillo
(Corine Maulion)

Tuesday, 1 Sept.

8.00 am Mass: Int. Thanksgiving (Antony)

Wednesday, 2 Sept.

8.00 am Mass: † Souls in Purgatory (Antony)

Thursday, 3 Sept. / St. Gregory the Great, pope & doctor

8.00 am Mass: † Caroline Bastiampillai (family)

Friday, 4 Sept.

8.00 am Mass: † Immanuel Baguio (Corine Maulion)
6.00 pm Holy Hour
7.00 pm Mass: Tiu Teng Suy & Ramon Ng Tong (family)

Saturday, 5 Sept. / St. Mother Teresa of Calcutta

8.00 am Mass: Int. Sandra Belen 75th Birthday
5.00 pm Mass: † Nunziato Sidoti (family)

SUNDAY, 6 SEPT. / 23-A

■ Homilist: Fr. Edwin Galea

9.00 am Mass: † Lydia Marquez (family)
10.30 am Mass: † Amadeo Cruz Sr. (family)
12.00 pm Mass: † Arturo Serneo (Helen)
7.00 pm Mass: Pro Populo

Mass Intentions Requests for 2027

The Mass Intention book for 2027 is now open. The Parish Office will accept requests for intentions after any Sunday Mass and during weekday office hours.



END OF SUMMER Dinner Dance

6.00 – 11.00 pm, 19 September

2 Special Dance Spectacles:

SONIA'S TROUPE, FILIPPINO PERFORMERS

Door Prizes, 50/50 Draw, Line Dancing

Tickets: \$35; Over 65 years: \$30; Kids under 12: free.

For tickets, call: Harrison, 416-278-0951



Focus on the Word

22nd Sunday in Ordinary Time, Year A

Jeremiah 20.7-9; Romans 12.1-2; Matthew 16.21-27

God of might, giver of every good gift, put into our hearts the love of your name, so that, by deepening our sense of reverence, you may nurture in us what is good and, by your watchful care, keep safe what you have nurtured. Amen.

RENEW TORONTO 20-21 November

On 20-21 November, the Archdiocese of Toronto and the Office of Catholic Youth will be hosting RENEW TORONTO, an annual Catholic conference for Young Adults between the ages of 18-39. The two-day event will feature keynotes, workshops, young adult socials, marketplaces, Eucharistic Adoration, and more. RENEW will conclude with the Archdiocese of Toronto's own World Youth Day Mass for 2026, offered by His Eminence, Cardinal Francis Leo. To get tickets, please visit: renewtoronto.org.

All young adults between the ages of 19-39 are welcome to join the World Youth Day Mass for 2026, celebrated by Cardinal Leo. It will be held at St. Thomas More Church, 2234 Ellesmere Rd., at 7.00 pm on Saturday, 21 November. For the Mass, no registration is required. For more information, visit: ocytoronto.org/events.

Parish Summer Fair 30 August, 9 am – 2 pm

Due to inclement weather last week, our Summer Fair has been rescheduled to: Sunday, 30 August, 9 am to 2 pm.

ST. JOSEPH CENTRE Thank You from visit of 2 Aug.

St. Joseph Centre is grateful for our support of their ministry since their visit on 2 August. The **Baby Bottles for Life**, with your donations, will be accepted at the Parish office until 30 August.

RCIA, RCIC Rite of Christian Initiation of Adults and Children

The next group meetings:

RCIA Adults, 4 September at 7.30 pm

RCIC Youth, 5 September at 10.00 am.



COMING UP

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- 7 Sept. Infant Baptism Parent-Godparent Meeting (7:40 pm)
- 13 Sept. Sunday School class resumes after Summer break; Infant Baptism (1:30 pm)
- 19 Sept. Memorial Mass: Eileen Ramkissoon (1:30 pm)
- 20 Sept. 2nd Collection: Needs of Church in Canada
- 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
- 26 Sept. ► Linda's Walk (St. Bonaventure Church)
- 27 Sept. 2nd Collection: Maintenance; St. Vincent De Paul Bundle Up Sunday





Previous page: 23 Aug. 2026: Judel Villardo prepares for his assignment as Seminarian Intern at St. David Parish, Maple.

Previous page: 25 Aug. 2026: David Valencia prepares for his assignment as Seminarian Intern at St. Mary Parish, Brampton.

Top: St. Augustine Seminary, Kingston Road, above the Scarborough Bluffs.

Above: Participants in the Seminary Alumni Day, 28 September 2022.



Mark Galea, Maria Fiore, Fr. Edwin at the annual Mass for the faithful departed at Holy Cross Catholic Cemetery, 12 Aug.











