



## How are we to live?

“I have been crucified with Christ: I no longer live, but Christ lives in me, and I live by faith in the Son of God who gave himself up for me” (Gal.2:20).

In our new life in Christ, begun in Baptism, each person is called to become holy, to become a saint. To help us live this call to holiness,

God gave us **Ten Commandments**, which prohibit what is contrary to love of God and neighbor, and prescribe what is essential to it.

1. I am the Lord your God; you shall not have strange gods before me.
2. You shall not take the name of the Lord your God in vain.
3. Remember to keep holy the Lord's Day.
4. Honour your father and your mother.
5. You shall not kill.
6. You shall not commit adultery.
7. You shall not steal.
8. You shall not bear false witness against your neighbor.
9. You shall not covet your neighbour's wife.
10. You shall not covet your neighbour's goods.

At the Last Supper Jesus gave us a new Commandment: to love one another as he loved us. He sacrificed his life to save everyone; and invites us to imitate him, loving and serving others.

## The Ten Commandments

Christian life is about love. The first three Commandments tell us how to love God: the other seven tell us how to love people. Because we are called to trust God, Commandment #1 forbids atheism, money worship, and superstitions such as fortune-telling and horoscopes. Commandment #2, out of respect for God's holy name, forbids saying it disrespectfully, and profaning sacred things. Commandment #3 requires that we make time for God. The focus of the Christian Sabbath is the Mass. Sports and other activities on Sunday must be scheduled around Mass. Missing Sunday Mass is a mortal sin, except for serious reasons, such as illness,.

The commandments to love others (“our neighbor”) begin with Commandment #4. We should honour and respect our parents and those in lawful authority. Parents, for their part, have a duty to create a harmonious family atmosphere, marked by kindness. Since human life is a divine gift, Commandment #5 forbids murder, abortion, and suicide as well as illegal drug use.

Commandments #6 & 9 deal with marital love, requiring faithfulness in marriage. Since unity and procreation are both essential in marriage, Commandment #6 forbids contraception and sterilization to prevent pregnancy, and sexual activity outside marriage. Because of our human dignity, the 9<sup>th</sup> forbids thoughts of lust; it requires modesty and discretion in dress and speech.

Commandments #7 & 10 require social justice and solidarity with the poor. Commandment #7 forbids theft, tax evasion, charging unjust interest, waste, and making profit the exclusive reason for business; Commandment #10 forbids greed, envy, and coveting another's possessions.

Commandment #8 forbids rash judgment, gossip and flattery. It requires speaking the truth with charity.



## How important is prayer?

Being a Catholic is more than just following a set of rules, saying certain prayers and attending Mass on Sundays. It calls for friendships with God the Father, the Son and the Holy Spirit, fostered by prayer. (Com. 535)

**Why is there a universal call to prayer?** “Because, through creation, God first calls every being from nothingness...”

The Mass is the most excellent prayer because it makes present the sacrifice of Calvary. The Our Father is a unique vocal prayer because Jesus Christ taught it to us.

Everyone needs to make time each day for intimate conversation with God. One can nourish prayer and knowledge of the faith with retreats, daily Mass, and reading the Bible and spiritual books.

The Rosary is a traditional way to honour Mary, as Jesus asked ( and meditating on key events in Jesus' life. Praying the Rosary individually or as a family is a practice the Church recommends.



## What Is Sin?

Sin is an offence against God, disobeying His love (Com. 392). *Mortal* sin destroys all grace in the soul and takes away our supernatural life in God. *Venial* sin is less serious, but it harms our friendship with God, and our ability to love others.

“What is required to receive Holy Communion? Anyone who is conscious of having committed a grave [mortal] sin must first receive the sacrament of Reconciliation before going to Communion.” (Com. 291)

395. When does one commit a mortal sin? One commits a mortal sin when these are simultaneously present: grave matter, full knowledge, and deliberate consent. If unrepented, mortal sin leads us to the eternal death of hell.”

Immediately after death, everyone is judged by God on how loving they had been in life. After this judgment each soul will go either to heaven or hell. Before entering heaven imperfect souls may have to spend some time in *Purgatory*. No matter how many mortal sins one has committed, or how long one has been in a state of mortal sin, God always welcomes the sinner back, just as the father welcomed his son back in the parable of the Prodigal Son.

## What about Suffering?

Illness and suffering have always been among the gravest problems confronted in human life. Even Jesus felt forsaken by God when faced with betrayal and physical agony, but his death and resurrection give new meaning to human suffering, which now has a redemptive value. “Very often illness provokes a search for God, and a return to him” (CCC 1501). While medical science endeavours to cure disease, Christians can unite their suffering to Christ on the cross, for their own salvation and that of others.

## The influence of Faith on daily life

All Christians are called to become holy and to spread the Catholic faith in and through their ordinary activities, which includes cultural and leisure pursuits.

The vocation of the Lay faithful is to seek the Kingdom of God by conducting their lives according to the plan of God. (Com.188)

Also, by working with commitment and competence, people fulfill the potential inscribed in human nature, honour the Creator's gifts, and serve the human community. “Work” includes paid employment, work within the family, volunteer activities, and study.

## Parish Week ❖ Sunday, 4 Sept. 2022

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

8.00 am Mass: † Fr. Leonard Rozario (Aruna Boila)

5.00 pm Mass: † Lalita D'Souza (Joseph)

### SUNDAY, 4 SEPT. / 23-C

■ *Homilist: Fr. Edwin Galea*

9.00 am Mass: † Frances Andreas (Gracious)

10.30 am Mass: † Therese & Endaya Bernaldo (Raphael)

12.00 pm Mass: † Rosario Rebello (family)

7.00 pm Mass: Pro Populo

**Monday 5 Sept. / St. Mother Teresa of Kolkatta**

8.00 am Mass: † Theresa & Joseph (Mary Joseph)

7.00 pm Mass: † Paul Vaz (Elizabeth)

7.40 pm Infant Baptism Parent/Godparent meeting

**Tuesday, 6 Sept.**

8.00 am Mass: † Belen Merin (Gina Arroyo)

**Wednesday, 7 Sept.**

8.00 am Mass: † Mary Tong Fung & Joseph Tam  
(Angela Tam)

**Thursday 8 Sept. / Nativity of the Blessed Virgin Mary**

8.00 am Mass: † Christopher Roman (Shoba Ryan)

**Friday, 9 Sept.**

8.00 am Mass: † James Larkin (Alice)

**Saturday, 10 Sept.**

8.00 am Mass: † Belen & Lorenzo Merin (Gina Arroyo)

1.00 pm Wedding: Maclindan Christy & Amirthashini St. John

5.00 pm Mass: † Lydia Marquez (family)

### SUNDAY, 11 SEPT. / 24-C

■ *Homilist: Fr. Elias Chachati*

■ *Shrine Apostolate Presentation at all Masses*

9.00 am Mass: † Luigi De Cicco (Emma)

10.30 am Mass: † Angela Siyayogan (Mathy A)

12.00 pm Mass: † Dionisio Sr. Alcantara (Janet Aguirre)

1.30 pm Infant Baptism

7.00 pm Mass: Pro Populo

## Greeters 6.00 pm, 17 September 2022

All Parish Greeters are invited to their next ministry meeting in the Church, following the 5.00 pm Mass on Saturday, 17 September.

### A Special Gift GRADUATION FLOWERS

Our Parish gratefully thanks the staff of **St. Maria Goretti School** for their gift of the beautiful lilac Chrysanthemums at the Altar following the Graduation Mass on 23 June.



## Mother of Perpetual Help

Let Mary bring peace into your life. Pray for your special intentions at the Monday Novena Mass to *Our Mother of Perpetual Help*. Rosary at 6.40 pm, Mass at 7 pm.

*O Mary conceived without sin, pray for us who have recourse to thee.*

## Focus on the Word

**23<sup>rd</sup> Sunday in Ordinary Time, Year C**

**Wisdom 9.13-18; Philemon 9-17; Luke 14.25-33**

*O God, by whom we are redeemed and receive adoption, look graciously upon your beloved sons and daughters, that those who believe in Christ may receive true freedom and an everlasting inheritance. Amen.*

## ShareLife 2022

Many thanks for your contribution to our 2022 Parish Campaign.

Please make a sacrificial gift to *ShareLife*.

Our Parish goal for 2022 is: \$42,000.00

This year's *ShareLife* campaign ends on: **31 December**.



## Rosary Sunday Midland, 11 September

The annual *Rosary Sunday* celebration at the Martyrs' Shrine in Midland will be held on Sunday, 11 Sept. The CWL has hired one coach, which is now full of registered participants. If you would like to add your name to a *waiting list*, in case spaces open up, you may call: **Lillian**, 416-267-6802, or **Virginia**, 416-509-8459.

## Municipal Election 24 October 2022

The Church encourages citizens to exercise their mandate and vote in the Municipal Election on 24 October. Be informed about the issues in our community, and take advantage of opportunities to hear the Candidates and learn their positions on public policy.

## RCIA Rite of Christian Initiation of Adults

*The next meetings:*

RCIA Adults: 2 September - 7.30 pm

RCIC Youth: 3 September - 10.00 am

## COMING UP

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- 17 Sept. Wedding: Bulac & Marzo (1:00 pm);  
- Greeters (6.00 pm)
- 18 Sept. 2<sup>nd</sup> Collection: *Needs of the Church in Canada*
- 24 Sept. Wedding: John & Gayle (2:00 pm)
- 25 Sept. 2<sup>nd</sup> Collection: *Maintenance*;  
- Wedding Anniversary: Rosaria & Renato Niro (1:15 pm)
- 29 Sept. *Feast of St. Michael the Archangel*;  
- Wedding: Mulla & Mendoza (10:30 am)
- 1 Oct. *Feast of St. Thérèse of Lisieux*;  
- Wedding: Vasantharajah & Puvanarajh (11:00 am)
- 2 Oct. 2<sup>nd</sup> Collection: *Healing & Reconciliation*
- 3 Oct. Infant Baptism Parent/Godparent Meeting (7:40 pm)
- 4 Oct. *Feast of St. Francis of Assisi*

## Website [stmariagoretti.archtoronto.org](http://stmariagoretti.archtoronto.org)

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



# ShareLife 2022

## You paved Jane's road to healing.



**Jane** was once a victim of human trafficking in her teens. Traffickers usually know their victims. They target those with vulnerabilities, including people with histories of abuse, substance use issues, or clients of the foster care or criminal justice systems. People of color, immigrants and people living in poverty are also more vulnerable. While you may have seen posters about trafficking with images of chains or ropes, traffickers often use coercion or fraud to exploit their victims.

Since breaking free from the clutches of her abuser, she was still not able to truly live her life, as she continued to suffer from trauma. In fact, she found herself in a vicious cycle of abusive relationships, one after another. When it was finally too much, Jane sought help from Catholic Family Services of Durham (CFSD), an agency funded through your support of *ShareLife*, who in turn provided help when she needed it the most.

Through your kindness and generosity, Jane was able to participate in individual and group programs that build strength and resiliency. These programs encouraged her to let go of dysfunctional coping strategies and replace them with self-care techniques that heal and help her move forward. This enabled her to realize the bright future she can have for herself and her child, one that is free from abuse. You made this possible for Jane.

Many other young women like Jane continue to live in fear and pain due to abuse. Your ongoing support enables *ShareLife*-funded agencies to care for them.

Your compassion is their guiding light on the road to recovery. We thank you for bringing hope and healing to their lives.



## *Sposi Novelli* Newlywed Blessing

With wedding season in full swing, some newlyweds are starting their marriage off in a special way: with a visit to the Vatican to receive a blessing from the Pope. The *sposi novelli* blessing for newlyweds takes place at the end of the Wednesday general audience at the Vatican.

Below are some tips if you or someone you know is considering taking part in this once-in-a-lifetime journey.

### Be aware of the time constraints

The newlywed blessing is available to couples within two months of their wedding date (although some flexibility may be granted, depending on the situation).

### Order tickets ahead of time

Pilgrims are asked to send their ticket requests at least two weeks before the date of the audience they wish to attend. Tickets are handled through THE PONTIFICAL NORTH AMERICAN COLLEGE, which you can contact by emailing [visitorsoffice@pnac.org](mailto:visitorsoffice@pnac.org).

As a Canadian, be sure to include your postal code. Once you've received an email confirmation, tickets for the general audience are distributed in-person at the offices of THE PONTIFICAL NORTH AMERICAN COLLEGE on Via dell'Umiltà 30 (near the *Trevi Fountain*), from 3-4 p.m. on the Tuesday afternoon before the audience. Tickets are free. Be sure to bring along your Marriage Certificate.

### Dress appropriately

To sit in the *sposi novelli* section, the couple must be dressed in their wedding attire (or similar attire: a long white dress with covered shoulders and veil for the bride and a suit with jacket and tie for the groom).

### It's going to be hot

Since you'll be seated in St. Peter's Square, keep in mind there's no protection from sun or rain. Bringing an umbrella will help to protect you from the elements.

### Show up early

You won't be the only ones with tickets, so come early if you want a spot near the front. The closer you are to the front, the better your odds of meeting the Pope.



## Walking Together

### *A Salt + Light documentary*

This documentary invites us on a journey of healing and reconciliation. As Pope Francis' pastoral visit to Canada continues to advance the process of healing, Salt + Light Media has released *Walking Together* to help Canadians appreciate the broader story of the journey toward a meaningful reconciliation.

**Fr. Alan Fogarty**, Executive Producer and CEO of *Salt + Light Media*, reflects on the documentary below.

#### 1. Why did you want to do this documentary?

We wanted to make the documentary because of a desire to help all involved with the means at our disposal. As Canada's Catholic television and social media platform, we hoped to positively influence the process of reconciliation and healing first by providing a space for Indigenous and Church voices to be heard. This is but a start.

The Canadian government's residential school program, all too often animated by priests and religious, negatively affected the lives of the students who attended the schools, their immediate families and the generations that followed to the present day. By providing that space where the many voices could be heard and documented, our goal was to present an alternate narrative that is always reaching for the truth. Perhaps a new narrative that acknowledges the pain caused by misguided systems, institutions and the individuals who committed the wrongs of the past, and the challenge of working towards peace in our hearts and among all involved.

2. Lisa Raven, executive director of *Returning to Spirit*, says that a lot of people view reconciliation as a checklist, seeing it from a “head space” and not a “heart space.” Why is that shift in understanding important?

The head space, or the faculty of reason, can get us only so far. The heart, however, begins with what it's presented by reason and gets to the work of involving every other part of our being. The heart facilitates the inner workings of what we are, including the soul, the home to our spiritual life. If we are properly disposed, there is no limit to the grace of the Holy Spirit

3. What do you hope viewers learn and take away from this documentary?

I hope that our careful presentation of facts and testimonies is not only communicated effectively but that it also leads the viewer to understand the importance of what is at stake and moves them to action. To act with positive impact presumes challenging information that is not fact-based and, therefore, potentially misleading if not damaging.

4. How do you think this documentary can contribute towards healing and reconciliation?

The documentary can contribute to the journey toward healing and reconciliation first by being approached properly. The viewer, discerning what is before them, can be sparked to know even more, to be concerned about and moved by the stories shared and given the courage to stand together with the Indigenous and with all Canadians. The possibility to reconcile is there. We can be, too, in collaboration with all of good will and in good faith.





*Suburban living: inside and out.*













