



Parish Week

Sunday, 5 April 2020

→ This year, the HOLY WEEK liturgies will follow a plan prepared by the office of **Cardinal Thomas Collins**.

Saturday, 4 Apr. / St. Isidore, bishop & martyr

- 8.00 am Mass: † Gabriel, Francis & Christy Andreas (Antania Ambrose)
 5.00 pm Mass: † Jacob Diaz (mother)

SUNDAY, 5 APR. / PALM SUNDAY

- 9.00 am Mass: † Agapet Fernandez (Mary)
 10.30 am Mass: Int. Jerry Koenig on his Birthday (Tina)
 12.00 pm Mass: Int. Aurelia Adriano (family)
 7.00 pm Mass: Pro Populo

Monday, 6 Apr.

- 8.00 am Mass: † Noel Fernando (family)
 7.00 pm Mass: † In Memory of Babies, Alleluia & Glory D'Cunha

Tuesday, 7 Apr.

- 8.00 am Mass: † Juliet Caldeira (Caldeira & Das family)
 7.00 pm Mass: Int. Rance Gamboa for her Birthday (family)

Wednesday, 8 Apr.

- 8.00 am Mass: † Cyril Bastiampillai (family)
 7.00 pm Mass: † Lydia Marquez (family)

HOLY THURSDAY, 9 Apr.

- 7.00 pm Mass of the Lord's Supper
 8.00 pm Eucharistic Adoration (to midnight)

GOOD FRIDAY, 10 Apr.

- *Collection: Holy Land*
 12.00 pm Early Liturgy of the Lord's Passion
 3.00 pm Solemn Liturgy of the Lord's Passion
 7.00 pm Evening Liturgy, Stations of the Cross (*Lectors*)

HOLY SATURDAY, 11 Apr.

- 7.00 pm Easter Vigil Liturgy (Pro Populo)
 - RCIA Initiation into Church

EASTER SUNDAY, 12 Apr. / The Resurrection of the Lord

- *Homilist: Elias Chachati*
 ■ *Two Collections: (a) Offertory; (b) Easter*
 9.00 am Mass: Int. Doris Marquez (friends)
 10.30 am Mass: † Ernesto & Lydia Rodas (family)
 12.00 pm Mass: Int. Olu Oshinowo (family)
 7.00 pm Mass: Pro Populo

The parish Priests are celebrating private Masses daily during the current **Covid 19 shutdown**, honouring the Intentions requested by our Parishioners.

Focus on the Word

Passion Sunday, Year A

Isaiah 50.4-7; Philippians 2.6-11; Matthew 26.14-27.66

Almighty ever-living God, who as an example of humility for the human race to follow caused our Savior to take flesh and submit to the Cross, graciously grant that we may heed his lesson of patient suffering and so merit a share in his Resurrection. Amen.

Pray for the Deceased

Felice Vignali
Iyaz Palo Ricafort

The **17 victims** of the **prison riots** in **Zacatecas, Mexico**



ShareLife 2020

Living the Gospel!

Palm Sunday, 5 April

Living the Gospel by helping Seniors maintain independence



Marie dreads the day when she can no longer care for her husband, who is experiencing memory loss. She worries they will have to move to a nursing home, where they might not be able to live together. Marie learned *Les Centres d'Accueil Héritage* (CAH), a *ShareLife*-funded agency, offers services for francophone seniors in their situation. Marie feels so relieved that, with CAH's support, they can continue living together in their own home.

May 3 is **ShareLife Sunday**. Thank you for your generosity. Please give generously. *You can work wonders!*

Our parish will be prepared to resume plans for our 2020 *ShareLife* Campaign when the current **Covid 19 shutdown** ends.

Sacramental Preparation

All Sacramental Preparation meetings and instructions will be rescheduled after the current **Covid 19 shutdown** ends.

Sunday Mass Slips

During the current **Covid 19 shutdown**, students must hold on to their slips, as presentations cannot take place.

COMING UP

40hw20

This year, the HOLY WEEK liturgies will follow a plan prepared by the office of **Cardinal Collins**, Archbishop of Toronto.

Cathedral Website stmichaelscathedral.com/live

Use this site to access the **2020 HOLY WEEK LITURGIES**, live streamed from **St. Michael Cathedral Basilica**.

Stewardship Message for Parishioners



Dear Parishioners,

We hope and pray that you are staying healthy – both physically and spiritually. Please let us know if the parish can help you during these difficult times.

We are all aware that our parish relies on the support of our parishioners to function. Parish salaries, programs and ongoing operating costs (heating, water, electricity, etc.) are all funded through the generosity of our parish community. Without the weekly offertory collection during this COVID 19 crisis, the parish needs to have practical ways for its members to maintain its work.

In response to many requests received from parishioners, the Archdiocese has identified ways that we can continue to support our parish.

Here are the ways that you can continue to support our parish at this time:

→ **P.A.G.** Contribute through *Pre-Authorized Giving*.

See the link for this in the letter on our website for more information on pre-authorized giving. You can click in the letter our website to download an enrollment form which can be printed and completed. Return the completed form and a voided cheque to your parish office. Or e-mail the form and a scanned copy or photo of a voided cheque to development@archtoronto.org for processing. Contributions are withdrawn from your bank account on the 20th of each month.

→ Hold on to your regular weekly offertory contribution until the parish office can re-open.

→ Contribute to our parish offertory by credit card. See the link for this in this letter on our website. You will then be able to select our parish in the drop-down menu. You can make a one time or recurring contribution to our parish offertory or other special funds.

→ You can contribute to the offertory via online banking. To do this, the archdiocese will need to send you a unique account number. Please send an e-mail to campaign@archtoronto.org. In your email message provide:

☐ Your name ☐ Address ☐ Parish name (*St. Maria Goretti*) ☐ Municipality (*Scarborough*)

You will be emailed account information which you can use to set up the Archdiocese of Toronto as a payee in your on-line banking. Your gift will be forwarded to our parish. You can make a *one time* or *recurring* gift to our parish Offertory.

If you have any questions, please contact the Development Office at the Archdiocese of Toronto:

Phone: 416-934-3400, ext. 540, or email: development@archtoronto.org.

Thank you for your many contributions to our parish. We miss seeing all of you at Mass, and we pray daily that we will be able to gather together again soon.

Yours in Christ,

Fr. Edwin Galea, *pastor*;

Fr. Elias Chachati, *associate pastor*;

Rev. Mr. Ramon Villardo, *deacon*



Holy Week 2020

Specific Procedures for the Archdiocese of Toronto

Issued on 25 March 2020

*A Summary of the Guidelines for the Celebration of the Holy Week Liturgies, issued by **Cardinal Collins***

Dear Father, In this time of tribulation, we as Priests of Jesus Christ, are all the more called to deepen our exercise of this sacred ministry to the glory of God and the service of His people. Each day we do this through the celebration of the Eucharist even when it is not possible for the people to be present. We also do this through the *Liturgy of Hours* in which we pray for God's people as their Priests, and I strongly encourage every Priest to spend at least an hour before the Blessed Sacrament in prayer for the people.

We are nearing the most sacred time of the year. It is essential that, in every parish in the diocese, the ceremonies of **Holy Week** and **Easter** proceed even though adapted to the restrictions required at this time.

Due to the current pandemic, the liturgical celebration of the paschal mysteries of Holy Week, the Triduum and Easter will be celebrated without the physical participation of the faithful. The following instruction outlines how these liturgies are to be celebrated in the Cathedral Basilica of St. Michael, and in all parish churches throughout the Archdiocese of Toronto.

PALM SUNDAY – 5 April 2020

At the Cathedral Basilica of St. Michael

- The liturgy of Palm Sunday will begin at 10:00 am, and will be livestreamed so that the faithful may prayerfully unite themselves in their homes to the celebration of the liturgy.
- The liturgy will commence with the blessing of palms, the proclamation of the Gospel and the Solemn Entrance, but without the procession of palms. Blessed palms will be distributed at a later date.
- Present at the liturgy will be the Priests of the Cathedral parish.

At Parish Churches

- The pastor accompanied by his Associate will begin the liturgy of Palm Sunday with the blessing of palms, the proclamation of the Gospel and Solemn Entrance. The blessed palms will be distributed at a later date.

Reconciliation

Preparation for the sacred time of Holy Week, the Triduum and Easter Sacrament of Reconciliation:

The only ordinary way of attaining forgiveness for sins is participating in individual and integral *Confession* and receiving *Absolution*.

If a person is unable to meet a Priest for the Sacrament during the current pandemic, it will suffice for the moment to pray the **Act of Contrition** as best as one can, intending it truthfully, and to commit to participating in the *Sacrament of Reconciliation* as soon as possible when conditions allow. There will be no permission granted for General Absolution.

MASS OF CHRISM – 7 April 2020

At the Cathedral Basilica of St. Michael

- The Mass of Chrism will begin at 10:00 am, and will be livestreamed so that the clergy, religious and lay faithful of the archdiocese will have an opportunity to prayerfully unite themselves in their homes to the celebration of the liturgy.
- Present at the liturgy will be the Priests of the Cathedral parish.
- The liturgy will include the blessing of Holy Oils, which will be distributed at a later date.

EVENING MASS OF THE LORD'S SUPPER – Holy Thursday, 9 April 2020

At the Cathedral Basilica of St. Michael

- The Mass of the Lord's Supper will begin at 7:00 pm, and will be livestreamed so that the faithful may prayerfully unite themselves in their homes to the celebration of the liturgy.
- Present at the liturgy will be the Priests of the Cathedral parish.
- The *Mandatum* (washing of feet) will be omitted.
- At the end of the Holy Mass, the Blessed Sacrament will be reposed in the tabernacle. There will not be a procession to a special place of reposition.

At Parish Churches

- The Pastor accompanied by his Associate will begin the Mass of the Lord's Supper.
- The *Mandatum* (washing of feet) will be omitted.
- At the end of the Holy Mass, the Blessed Sacrament will be reposed in the Tabernacle.

SOLEMN LITURGY OF THE LORD'S PASSION – Good Friday, 10 April 2020

At the Cathedral Basilica of St. Michael

- The Good Friday Passion of the Lord will begin at 3:00 pm, and will be livestreamed so that the faithful may prayerfully unite themselves in their homes to the celebration of the liturgy.
- Following the special Decree of 19, special prayers will be said “for the sick, the dead, for those who feel lost or dismayed.”

At Parish Churches

- At 3:00 pm, the Pastor accompanied by his Associate will begin the Liturgy for Good Friday.
- Special prayers are to be said “for the sick, the dead, for those who feel lost or dismayed.”

EASTER VIGIL LITURGY – Holy Saturday, 11 April 2020

At the Cathedral Basilica of St. Michael

- The Easter Vigil will begin at 7:00 pm, and will be livestreamed so that the faithful may prayerfully unite themselves in their homes to this sacred celebration.
- Present at the liturgy of the Vigil will be the Priests of the Cathedral parish.
- At the beginning of the Vigil, the lighting of the fire is omitted. The Paschal Candle is lit in the Sanctuary. The procession with the Paschal Candle is omitted. The *Exsultet* then follows immediately, and the Vigil proceeds in the usual way.
- The renewal of Baptismal Promises replaces the Liturgy of Baptism.
- The rite of Baptism and the Reception of Baptized Christians is to be deferred to a later time.

At Parish Churches

- The Pastor accompanied by his Associate will begin the Easter Vigil Liturgy.
- The lighting of the fire is omitted, and the Paschal Candle is lit in the sanctuary, without the procession. The *Exsultet* then follows immediately, and the Vigil proceeds in the usual way.
- The renewal of Baptismal Promises replaces the Liturgy of Baptism.
- The rite of Baptism and the Reception of Baptized Christians is to be deferred to a later time.

EASTER SUNDAY – 12 April 2020

At the Cathedral Basilica of St. Michael

- The Mass for Easter Sunday will begin at 10:00 am, and will be livestreamed so that the faithful may prayerfully unite themselves in their homes to the celebration of the liturgy.
- Present at the Mass will be the Priests of the Cathedral parish. Special prayers will be said for those affected by the Covid 19 pandemic, for our religious and government leaders, and for the dead.

At Parish Churches

- The Pastor accompanied by his Associate will celebrate the Mass of Easter Sunday.

Special prayers will be said for those affected by the current pandemic, for our religious and government leaders, and for the dead.

Holy Week 2020 summary

Due to the current **Covid 19 pandemic**, the liturgical celebration of the Paschal Mystery of Holy Week, from Palm Sunday to the Paschal Triduum and Easter, will be celebrated without the physical participation of the faithful here at ST. MARIA GORETTI PARISH and in each Parish Church of the Archdiocese of Toronto.

You are strongly encouraged to watch the beautiful celebrations of Holy Week livestreamed from Saint Michael Cathedral Basilica. See:

<https://www.stmichaelscathedral.com/live>

at the following times: (*All these can be viewed later in the day; go to Schedule, and choose Video Archive*)

Palm Sunday, 5 April: Palm Sunday Mass at 10 am
Please note that Blessed Palms will not be distributed at the parish today but will be distributed at a later date.

Monday, 6 April: Daily Mass at 7:30 am

Tuesday, April 7: Mass of Chrism at 10:00 am

Wednesday, April 8: Daily Mass at 7:30 am

Holy Thursday, April 9: Evening Mass of the Lord's Supper at 7:00 pm

Good Friday, April 10: The Lord's Passion at 3 pm
Prayers will be said for those affected by the pandemic, for our religious and government leaders, and for the dead.

Holy Saturday, April 11: Easter Vigil Liturgy: 7 pm

Easter Sunday, April 12: Easter Mass: 10 am



Extraordinary **Urbi et Orbi** Blessing from Pope Francis 1.00 pm ET, 27 March 2020

Gospel Reading: Jesus Stills a Storm

4 ³⁵ On that day, when evening had come, Jesus said to the Apostles, “Let us go across to the other side.”

³⁶ And leaving the crowd behind, they took him with them in the boat, just as he was. Other boats were with him.

³⁷ A great windstorm arose, and the waves beat into the boat, so that the boat was already being swamped.

³⁸ But he was in the stern, asleep on the cushion; and they woke him up and said to him, “Teacher, do you not care that we are perishing?” ³⁹ He woke up and rebuked the wind, and said to the sea, “Peace! Be still!” Then the wind ceased, and there was a dead calm.

⁴⁰ He said to them, “Why are you afraid? Have you still no faith?” ⁴¹ And they were filled with great awe and said to one another, “Who then is this, that even the wind and the sea obey him?”





The Pope's Homily

"When evening had come" (Mark 4:35).

The Gospel passage we have just heard begins like this. For weeks now it has been evening. Thick darkness has gathered over our squares, our streets and our cities; it has taken over our lives, filling everything with a deafening silence and a distressing void, that stops everything as it passes by; we feel it in the air, we notice in people's gestures, their glances give them away. We find ourselves afraid and lost. Like the disciples in the Gospel we were caught off guard by an unexpected, turbulent storm. We have realized that we are on the same boat, all of us fragile and disoriented, but at the same time important and needed, all of us called to row together, each of us in need of comforting the other. On this boat... are all of us. Just like those disciples, who spoke anxiously with one voice, saying "We are perishing" (v. 38), so we too have realized that we cannot go on thinking of ourselves, but only together can we do this.

It is easy to recognize ourselves in this story. What is harder to understand is Jesus' attitude. While his disciples are quite naturally alarmed and desperate, he stands in the stern, in the part of the boat that sinks first. And what does he do? In spite of the tempest, he sleeps on soundly, trusting in the Father; this is the only time in the Gospels we see Jesus sleeping. When he wakes up, after calming the wind and the waters, he turns to the disciples in a reproaching voice: "Why are you afraid? Have you no faith?" (v. 40).

Let us try to understand. In what does the lack of the disciples' faith consist, as contrasted with Jesus' trust? They had not stopped believing in him; in fact, they called on him. But we see how they call on him: "Teacher, do you not care if we perish?" (v. 38). Do you

not care: they think that Jesus is not interested in them, does not care about them. One of the things that hurts us and our families most when we hear it said is: "Do you not care about me?" It is a phrase that wounds and unleashes storms in our hearts. It would have shaken Jesus too. Because he, more than anyone, cares about us. Indeed, once they have called on him, he saves his disciples from their discouragement.

The storm exposes our vulnerability and uncovers those false and superfluous certainties around which we have constructed our daily schedules, our projects, our habits and priorities. It shows us how we have allowed to become dull and feeble the very things that nourish, sustain and strengthen our lives and our communities. The tempest lays bare all our prepackaged ideas and forgetfulness of what nourishes our people's souls; all those attempts that anesthetize us with ways of thinking and acting that supposedly "save" us, but instead prove incapable of putting us in touch with our roots and keeping alive the memory of those who have gone before us. We deprive ourselves of the antibodies we need to confront adversity.

In this storm, the façade of those stereotypes we used to camouflage our egos, always worrying about our image, has fallen away, uncovering once more that (blessed) common belonging, of which we cannot be deprived: our belonging as brothers and sisters.

"Why are you afraid? Have you no faith?" Lord, your word this evening strikes us and regards us, all of us. In this world, that you love more than we do, we have gone ahead at breakneck speed, feeling powerful and able to do anything. Greedy for profit, we let ourselves get caught up in things, and lured away by haste. We did not stop at your reproach to us, we were not shaken awake by wars or injustice across the world, nor did we listen to the cry of the poor or of our ailing planet. We carried on regardless, thinking we would stay healthy in a world that was sick. Now that we are in a stormy sea, we implore you: "Wake up, Lord!"

"Why are you afraid? Have you no faith?" Lord, you are calling to us, calling us to faith. Which is not so much believing that you *exist*, but coming to you and *trusting* in you.

This Lent your call reverberates urgently: "Be converted!," "Return to me with all your heart" (Joel 2:12). You are calling on us to seize this time of trial as a time of choosing. It is not the time of your judgement, but of our judgement: a time to choose what matters and what passes away, a time to separate what is necessary from what is not. It is a time to get our lives

back on track regarding you, Lord, and others. We can look to so many exemplary companions for the journey, who, even though fearful, have reacted by giving their lives. This is the force of the Spirit poured out and fashioned in courageous and generous self-denial.

It is the life in the Spirit that can redeem, value and demonstrate how our lives are woven together and sustained by ordinary (often forgotten) people, who do not appear in newspaper headlines nor on the grand catwalks of the latest show, but who without any doubt are in these very days writing the decisive events of our time: doctors, nurses, supermarket employees, cleaners, caregivers, providers of transport, law and order forces, volunteers, Priests, religious men and women and so very many others who have understood that no one reaches salvation by themselves.

In the face of so much suffering, where the authentic development of our peoples is assessed, we experience the Priestly prayer of Jesus: “That they may all be one” (Jn. 17:21). How many people every day are exercising patience and offering hope, taking care to sow not panic but a shared responsibility. How many fathers, mothers, grandparents and teachers are showing our children, in small everyday gestures, how to face up to and navigate a crisis by adjusting their routines, lifting their gaze and fostering prayer. How many are praying, offering and interceding for the good of all. Prayer and quiet service: these are our victorious weapons.

“Why are you afraid? Have you no faith?” Faith begins when we realize we are in need of salvation. We are not self-sufficient; by ourselves we founder: we need the Lord, like ancient navigators needed the stars. Let us invite Jesus into the boats of our lives. Let us hand over our fears to him so that he can conquer them. Like the disciples, we will experience that with him on board there will be no shipwreck. Because this is God’s strength: turning to the good everything that happens to us, even the bad things. He brings serenity into our storms, because with God life never dies.

The Lord asks us and, in the midst of our tempest, invites us to reawaken and put into practice that solidarity and hope capable of giving strength, support and meaning to these hours when everything seems to be floundering. The Lord awakens so as to reawaken and revive our Easter faith.

We have an anchor: *by his Cross we have been saved.*
We have a rudder: *by his Cross we have been redeemed.*

We have a hope: *by his Cross we have been healed and embraced* so that nothing and no one can separate us from his redeeming love.

In the midst of isolation when we are suffering from a lack of tenderness and chances to meet up, and we experience the loss of so many things, let us once again listen to the proclamation that saves us: he is risen and is living by our side. The Lord asks us from his cross to rediscover the life that awaits us, to look towards those who look to us, to strengthen, recognize and foster the grace that lives within us. Let us not quench the wavering flame (cf. Is. 42.3) that never falters, and let us allow hope to be rekindled.

Embracing his cross means finding the courage to embrace all the hardships of the present time, abandoning for a moment our eagerness for power and possessions in order to make room for the creativity that only the Spirit is capable of inspiring. It means finding the courage to create spaces where everyone can recognize that they are called, and to allow new forms of hospitality, fraternity and solidarity. By his cross we have been saved in order to embrace hope and let it strengthen and sustain all measures and all possible avenues for helping us protect ourselves and others. *Embracing the Lord in order to embrace hope:* that is the strength of faith, which frees us from fear and gives us hope.

“Why are you afraid? Have you no faith?” Dear brothers and sisters, from this place that tells of Peter’s rock-solid faith, I would like this evening to entrust all of you to the Lord, through the intercession of Mary, Health of the People and Star of the stormy Sea.

From this Colonnade that embraces Rome (*Urbi*) and the whole world (*Orbi*), may God’s blessing come down upon you as a consoling embrace. Lord, may you bless the world, give health to our bodies and comfort our hearts. You ask us not to be afraid. Yet our faith is weak and we are fearful. But you, Lord, will not leave us at the mercy of the storm. Tell us again: “Do not be afraid” (Matthew 28:5). And we, together with Peter, “cast all our anxieties onto you, for you care about us” (cf. 1 Peter 5:7).



Prayer for Protection in Time of Pandemic

O Mary, you always brighten our path as a sign of salvation and of hope. We entrust ourselves to you, Health of the Sick, who, at the Cross, took part in Jesus' pain while remaining steadfast in faith.

O loving Mother, you know what we need, and we are confident you will provide for us as at Cana in Galilee. Intercede for us with your Son Jesus, the Divine Physician, for those who have fallen ill, for those who are vulnerable, and for those who have died. Intercede also for those charged with protecting the health and safety of others and for those who are tending to the sick and seeking a cure. Help us, O Mother of Divine Love, to conform to the will of the Father and to do as we are told by Jesus, who took upon himself our sufferings and carried our sorrows, to lead us, through the Cross, to the glory of the Resurrection. Amen. †

Under your protection we seek refuge,
O Holy Mother of God. In our needs, despise not
our petitions, but deliver us always from all dangers,
O glorious and blessed Virgin. Amen. †

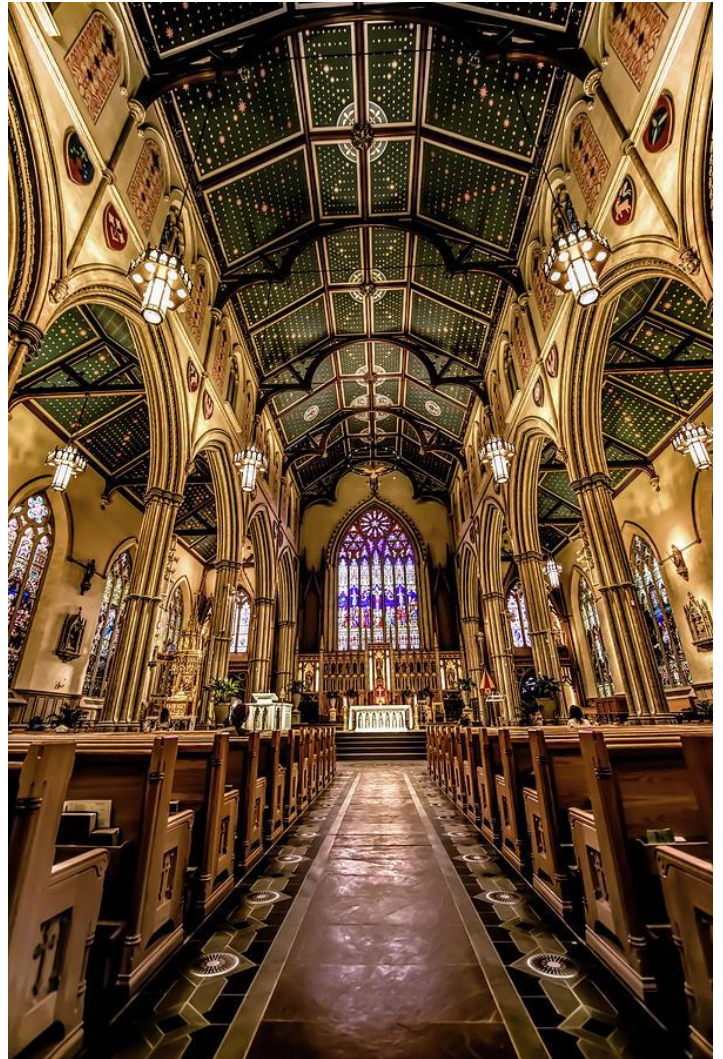
The Voice of Rosa Mystica Mother of the Universal Church

Fontanelle di Montichiari, Italy

Mother of all men and women, and of all peoples, you who know all their sufferings and their hopes, you who have a mother's awareness of all the struggles between good and evil, between light and darkness, which afflict the modern world, accept the cry which we, moved by the Holy Spirit, address directly to your heart.

Embrace with the love of the Mother and Handmaid of the Lord, this human world of ours, which we entrust and consecrate to you, for we are full of concern for the earthly and eternal destiny of individuals and peoples from the threat of corona virus.

In a special way we entrust and consecrate to you those individuals and nations which particularly need to be thus entrusted and consecrated.



Lenten Devotions

During the current *Covid 19 shutdown*, parishioners are encouraged to pray the **Stations of the Cross** and **Rosary** privately.

Stations of the Cross for Vocations

1st Station: Pilate Condemns Jesus To Die

[* *At the beginning of each station:*]

V: *We adore You, O Christ, and we praise You.*

R: *Because, by Your holy cross,
You have redeemed the world.*

V: Consider how Jesus Christ, after being scourged and crowned with thorns, was unjustly condemned by Pilate to die on the cross.

R: Jesus, we ask that You call young men and women today to publicly accept Your invitation to follow You in spite of what others may think or say. Give to them a passion for reaching out through Your love to the needs of Your brothers and sisters.

2nd Station: Jesus Accepts His Cross

V: Consider Jesus as He walked this road with the cross on His shoulders, thinking of us, and offering to His Father in our behalf, the death He was about to suffer.

R: Jesus, help those You call to see in the cross the symbol of union with You. Give to them the zeal and talent to minister to those who are burdened with pain, sorrow, confusion and alienation. Let them see that in the cross is life.

3rd Station: Jesus Falls The First Time

V: Consider the first fall of Jesus. Loss of blood from the scourging and crowing with thorns had so weakened Him that He could hardly walk; and yet He had to carry that great load upon His shoulders. As the soldiers struck Him cruelly, He fell several times under the heavy cross.

R: Jesus, let those You call know that they do not have to be perfect. Let them be open to Your transforming grace that can accomplish more than anyone could imagine. Give to those who respond to Your call to the Priesthood and consecrated life, a deep trust that You will complete what You have begun in them.

4th Station: Jesus Meets His Afflicted Mother

V: Consider how the Son met His Mother on His way to Calvary. Jesus and Mary gazed at each other and their looks became as so many arrows to wound those hearts which loved each other so tenderly.

R: Jesus, instill in young men and women the desire to come to know Your Mother and find in their prayerful reflection of the scriptures, a woman of faith, hope and love whose vocation is an example for all. Help parents to promote and support vocations among their children, families and church communities.

5th Station: Simon Helps Jesus Carry The Cross

V: Consider how weak and weary Jesus was. At each step He was at the point of expiring. Fearing that He would die on the way when they wished Him to die the infamous death of the cross, they forced Simon of Cyrene to help carry the cross after Our Lord.

R: Jesus, send forth your grace upon those you call to church leadership. Help them to accept and affirm others' gifts in the building of community, in proclaiming the message and in reaching out in service.

6th Station: Veronica Offers Her Veil To Jesus

V: Consider the compassion of the holy woman, Veronica. Seeing Jesus in such distress, His face bathed in sweat and blood, she presented Him with her veil. Jesus wiped His face, and left upon the cloth the image of His sacred countenance.

R: Jesus, call forth numerous men and women to see Your face on all whom they meet. Help Your servants to truly understand that whatever good is done to the least of Your brothers and sisters is done to You.

7th Station: Jesus Falls The Second Time

V: Consider how the second fall of Jesus under His cross renews the pain in all the wounds of the head and members of our afflicted Lord.

R: Jesus, teach those You call to the Priesthood and consecrated life to accept their own and others' limitations, relying on God's merciful grace. Help them in these times of darkness to reach out especially to those whom the world calls "fallen"—persons who are addicted, imprisoned, poor, aged, of ill health.

8th Station: Jesus Speaks To The Women

V: Consider how the women wept with compassion seeing Jesus so distressed and dripping with blood as He walked along. Jesus said to them, "Weep not so much for Me, but rather for Your children."

R: Jesus, remove any prejudices from all whom You call to serve as Priests or in the consecrated life. Let those who follow You see that our heavenly Father has no favorites. Let their words and example speak of Christ's justice, peace and joy.

9th Station: Jesus Falls The Third Time

V: Consider how Jesus Christ fell for the third time. He was extremely weak and the cruelty of His executioners was excessive; they tried to hasten His steps though He hardly had strength to move.

R: Jesus, help those You call to know that all vocations are grace-filled; that Priests, sisters, brothers, deacons, consecrated men and women, married and single are all favored by God. Instill in them the understanding that nothing can separate them from the love of God who is actively present in good times and in bad.

10th Station: Jesus Is Stripped of His Garments

V: Consider how Jesus was violently stripped of His clothes by His executioners. The inner garments adhered to his lacerated flesh and the soldiers tore them off so roughly that the skin came with them. Have pity for your Savior so cruelly treated.

R: Jesus, grant that all those being called to the Priesthood and consecrated life will clothe themselves with sincere compassion, humility, kindness, gentleness and patience, forgiveness and thankfulness...and over all these virtues, let them put on love. May they understand that their vocation discernment is their deepest response to Your love.

11th Station: Jesus Is Nailed To The Cross

V: Consider Jesus, thrown down upon the cross, He stretched out His arms and offered to His eternal Father the sacrifice of His life for our salvation. They nailed His hands and feet, and then, raising the cross, left Him to die in anguish.

R: Jesus, instill in youth today a deep desire to make a difference in the world no matter what the cost. Let the courageous example of modern martyrs inspire them to meet all challenges with faith, hope and love. Fill them with Your presence and the grace to respond to the call to "go out to all the world."

12th Station: Jesus Dies Upon The Cross

V: Consider how Jesus, after three hours of agony on the cross, is finally overwhelmed with suffering and, abandoning Himself to the weight of His body, bows His head and dies.

R: Jesus, give to all who are considering their vocation a deep love of the Eucharist, the Most Holy Sacrament of Your passion, death and resurrection. Let them find in the Mass a daily renewal of Your invitation to live their lives through You, with You, and in You, giving glory and honor to God our Father.

13th Station: Jesus Is Taken Down From The Cross

V: Consider how, after Our Lord had died, He was taken down from the cross by two of His disciples, Joseph and Nicodemus, and placed in the arms of His afflicted Mother. She received Him with unutterable tenderness and pressed Him close to her bosom.

R: Jesus, touch the minds, hearts and spirits of those You call to serve the people of God. Fill them with the assurance of our Blessed Mother's love and care for them, especially as they grow to embrace their vocations. Enable them to respond to Your call to bring Your redeeming presence to a world grieving, fearful and hungry for Your Truth through prayer and service.

14th Station: Jesus Is Placed In The Sepulcher

V: Consider how the disciples carried the body of Jesus to its burial, while His holy Mother went with them and arranged it in the sepulcher with her own hands. They then closed the tomb and all departed.

R: We thank you, Jesus, for the infinite power of Your death and resurrection which brought salvation and healing to the world. We thank You for all whom You have called to follow You in the past 2000 years, men and women formally dedicating their lives to the building up of Your Church. We pray for all seminarians and novices in formation. Let all young men and women today reflect on the lives of the saints, and let them come to meet and know Priests, religious, and lay ministers in our times who continue to respond to Christ's call, "Come, follow me."

Prayer To Jesus Christ Crucified

My good and dear Jesus, I kneel before You, asking You most earnestly to engrave upon my heart a deep and lively faith, hope, and charity, with true repentance for my sins, and a firm resolve to make amends. As I reflect upon Your five wounds, and dwell upon them with deep compassion and grief, I recall, good Jesus, the words the Prophet David "They have pierced my hands and my feet; they have numbered all my bones."

This beautiful set of Stations was produced by the Theology of the Body Institute. Visit their site at tobinstitute.org.

For more resources, contact the
Theology of the Body
Evangelization Team (TOBET):
info@tobet.org.

As **Saint John Paul II**'s masterwork, the *Theology of the Body* (TOB) provides compelling answers to the deepest questions we all ask ourselves: Who am I? Why am I here?

How can I be happy? Why do I experience all these deep longings in my body and soul and what am I to do with them? What is my ultimate destiny and how do I get there?



Remember our SHARELIFE Agencies at this critical time

Community / Family Services

Catholic Community Services of York Region, Catholic Cross-cultural Services, Catholic Family Services of Durham, Catholic Family Services Peel-Dufferin, Catholic Family Services of Simcoe Country, Catholic Family Services of Toronto, *FertilityCare* Toronto, Natural Family Planning Association

People with Special Needs

Mary Centre, *Our Place* Community of Hope, Saint Elizabeth Health Care, St. Bernadette's Family, Resources Centre, St. Michael's Homes / Matt Talbot Houses, *Silent Voice* Canada (*ministry to the deaf*)

Children and Youth

Catholic Children's Aid Society of Toronto, Catholic Settlement House Day Nursery, *Covenant House*, Sancta Maria House

Young Parents

Rosalie Hall, Rose of Durham, Rose of Sharon, *Vita* Centre

Seniors

Les Centres d'Accueil Heritage, Loyola Arrupe Centre, Providence Healthcare, Society of Sharing

Affiliated Organizations

Camp Ozanam (*Society of St. Vincent de Paul*), Good Shepherd Ministries, Birthright International

Act of Contrition

O my God, I am heartily sorry for having offended You, and I detest all my sins because of Your just punishments, but most of all because they offend You, my God, who are all good and deserving of all my love. I firmly resolve with the help of Your grace to sin no more and to avoid the near occasion of sin. Amen.

(Alternate form)

My God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good, I have sinned against you whom I should love above all things. I firmly intend, with your help, to do penance, to sin no more, and to avoid whatever leads me to sin. Our Savior Jesus Christ suffered and died for us. In his name, my God, have mercy.

Spiritual Communion

WHAT IS IT?

Spiritual Communion is a way to be united with Christ when we cannot physically receive the Body and Blood of Christ in the Eucharist. It can be made at home or in Church, in front of the Blessed Sacrament or not.

HOW DO I DO IT?

Following these guidelines:

Start with the Sign of the Cross.

Read and reflect on the readings from Mass that day.

Have a real desire to be united with Christ.

Acknowledge your sins and ask for forgiveness.

Receive Christ in your soul and pray (see below)

St. Alphonsus Liguori's Act of Spiritual Communion

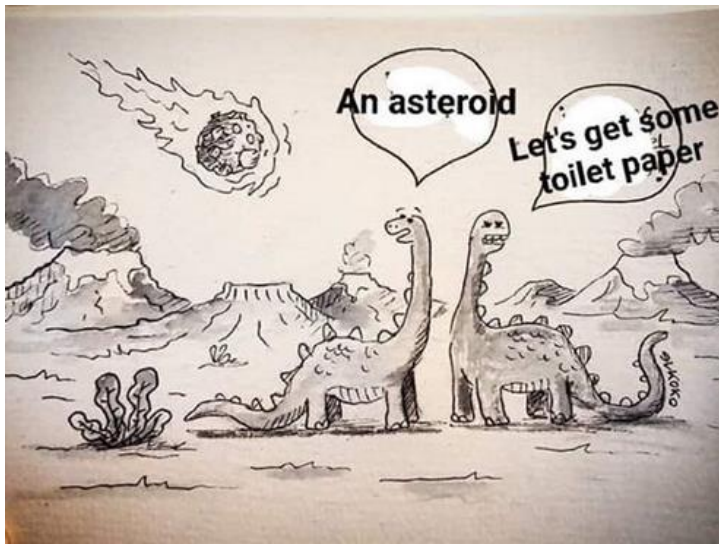
My Jesus, I believe that you are present in the most Blessed Sacrament. I love You above all things and I desire to receive You into my soul. Since I cannot now receive You sacramentally, come at least spiritually into my heart. I embrace You as if You were already there, and unite myself wholly to You. Never permit me to be separated from You. Amen.



Prayer to St. Michael

Saint Michael the Archangel, defend us in battle, be our defense against the wickedness and snares of the Devil.

May God rebuke him, we humbly pray; and do thou, O Prince of the Heavenly hosts, by the power of God, thrust into hell Satan and all the evil spirits who prowl about the world seeking the ruin of souls. Amen.



Maintaining a quarantine couch.

