

## TWENTY-THIRD SUNDAY IN ORDINARY TIME



### PASTOR'S CORNER

After over a two-year hiatus, our bulletin is back, and in my first reflection, I want to remind you of the importance of our Sunday Mass and how to get ready for this heaven on earth. It goes without saying that the Holy Eucharist is the Church's greatest treasure, and all of us have a great responsibility to treat this gift from heaven with appropriate reverence. So let me help you to do so with the following few steps we are all called to take. These points may be obvious to you, but perhaps thinking through these practical matters once again will help you appreciate the Eucharist even more.

**1. Try to prepare your heart and mind well before the Holy Mass.** If you cannot prepare at home, at least try to quiet your mind in the car, or while walking to church, and - when inside - talk to Jesus in the silence of your heart instead of chatting with others before Mass begins.

**2. Do not forget about the Eucharistic fast.** You also need to prepare to receive the Sacred Body and the Precious Blood of Our Lord Jesus Christ by keeping the Eucharistic fast, which means you consume nothing except water or medicine for one hour before receiving Holy Communion.

**3. Make sure you are in a state of grace.** If you have any mortal sins that have not been forgiven in the Sacrament of Penance, then you need to go to confession in order to prepare yourself spiritually to receive the Body and Blood of Christ. Such an incredibly holy gift requires us to be as holy as we can be, and at a minimum that means being free from mortal sin. Our venial sins (if we are truly sorry for them) are forgiven at the beginning of the Mass during the penitential rite.

**4. Keep in mind that "Sunday Best" is still our policy.** I realize that the question of attire for Mass has always been a topic of deliberation. Whatever the opinions, it comes down to personal attitude and disposition in deciding how and what to wear for Mass. But keep in mind that dressing is a form of respect for yourself, for God and for others. And in the spiritual sense, our dressing is an expression of the image of being "clothed in Christ." So, for us Christians, dressing for Mass can be an act of faith and charity.

**5. Honor the presence of Jesus in the tabernacle.** Mahatma Gandhi once said that if he believed as Catholics do in the Eucharist, he would fall prostrate before the tabernacle and have a hard time ever getting up. Our faith tells us that the Eucharist is truly the Body, Blood, Soul, and Divinity of Jesus Christ, the Son of God and Saviour of the World. So the least we can do before His awesome presence is to genuflect, or at least to bow, in front of the tabernacle. Please, show others that you do believe and care about the true presence of God in our church.

**6. Approach and receive Holy Communion with awe and reverence.** As you process forward to receive Holy Communion, you should be focused on what you are doing. Thus when you come to the foot of the altar, bow before receiving or kneel to receive. Then, whether you receive Jesus on the tongue or in the hand, you must do so with great awe and reverence to make sure that nothing of Christ is lost. This means you ought to consume any crumb of the Sacred Host that may rest on the palms of your hands, and that you do not carelessly, or inadvertently, drop the host on the floor. This is why do not walk away with the Host in your hand but consume it right there after receiving. Moreover, if you are receiving in the hand, open one palm clearly enough that the priest or minister will know where to place the Sacred Host, and say "Amen" clearly, in a way that affirms your faith in the tremendous Mystery of which you are partaking. Do not offer a response other than "Amen."

**7. Spend some time giving thanks to God.** Gratitude is the attitude that should fill your heart after receiving Holy Communion, because you have just received a Gift from heaven. Try to spend some time in silence offering God your heartfelt thanks for all He has done for you during the sacred Liturgy of the Word and Most Holy Eucharist.

And finally, sometimes you may leave the church underwhelmed and unimpressed because of the homily, the music, or the noisy kids in the back row, but the truth is, these things are not what matters, because the Mass is not about a stellar homily, a gifted choir, or a talented lector. These things are "nice" when they happen, but even when they do not occur, the Holy Sacrifice of the Mass is not about what you do but what God does for you during this sacred time of worship and praise. You only need to have eyes to see, ears to hear and the heart to love as God has loved you in his Son and Our Lord Jesus Christ.



# SEPTEMBER 4, 2022

## SACRAMENTAL PREPARATIONS SESSIONS FOR THE SCHOOL YEAR 2022-2023

Parents and/or Guardians, if you have a young person who will be in grades 2 thru 7 who have not made their sacraments for the school year 2022-2023, and they wish the reception of either First Holy Communion, Confirmation or both, please be advised that a letter will be given out in our parish schools in September. Also, much of our notices/communications about Sacramental prep is posted in the parish bulletins so please be vigilant and pick up weekly bulletins. Peace of Christ!

### ALTAR SERVERS NEEDED FOR ALL MASSES

We are in need of 5 Altar servers for each weekend Mass.

If you are in grade 3 and up and are interested in serving our community and receiving community service hours for school please consider joining the Altar servers.

Volunteer forms are available for pick up on the table at the back of the Church and can also be picked up from the parish office during office hours.

**DO YOU HAVE A BUSINESS?**

**ARE YOU LOOKING FOR A PLACE TO ADVERTISE?**

**CONSIDER ADVERTISING ON THE BACK OF THE PARISH BULLETIN.**

**IF YOU ARE INTERESTED PLEASE CONTACT THE PARISH OFFICE FOR MORE INFORMATION.**

**416-293-7974**



**ARE YOU MOVING?  
OR HAVE YOU  
ALREADY MOVED?**

Please contact the parish office so your records can be updated. Thank you.



**The Society of Saint  
Vincent de Paul Holy  
Spirit Conference**

*Turning concern into  
action*

Lord, help me to make time today to serve You in those who are most in need of encouragement or assistance.

With a generous heart and spirit, let us share what we have with our neighbour -in-need. Your generous contributions to the POOR BOX will help us lift up the lowly and feed the hungry.



## MASS INTENTIONS

### Tuesday, September 6

9:00 a.m. Intentions of all CNIB staff.

### Wednesday, September 7

9 a.m. Intentions of Julian Ochangco req. by Lulu Ochangco.

### Thursday, September 8

9 a.m. (+) Madeleine Reaume req. by Vivien Johns.

### Friday, September 9

9 a.m. Private Intentions.

### Saturday, September 10

4:30 p.m. (+) Dorothy Johns req. by the Johns family.

### Sunday, September 11

9:00 a.m. All Parishioners.

11 a.m. Intentions of Thanksgiving req. by the Pereira family.

## HOLY SPIRIT PARISH OFFERING JULY/AUGUST

### JULY 3, 2022

Regular Envelope Offering	\$ 4,835.00
Building Fund offering	\$ 643.00
Marygrove	\$ 206.00

### JULY 10, 2022

Regular Envelope Offering	\$ 5,710.00
Building Fund Offering	\$ 1,187.00

### JULY 17, 2022

Regular Envelope Offering	\$ 4,129.00
Building Fund Offering	\$ 745.00

### JULY 24, 2022

Regular Envelope Offering	\$ 2,459.00
Building Fund Offering	\$ 134.00

### AUGUST 7, 2022

Regular Envelope Offering	\$ 5,812.00
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### AUGUST 14, 2019

Regular Envelope Offering	\$ 3,104.00
Building Fund Offering	\$ 1450.00

### AUGUST 21, 2022

Regular Envelope Offering	\$ 5705.00
Catholic Mission Collection	\$ 845.00

### AUGUST 28, 2022

Regular Envelope Offering	\$ 2,870.00
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*Put God  
first and  
you'll never  
be last.*