

TWENTY-THIRD SUNDAY IN ORDINARY TIME



Labour Day is tomorrow, but I have spiritual homework for you today. We Catholics have many sets of spiritual things. Do you know at least some of them by heart? If not, please do not use this metaphorical excuse: *“It is so high you can't get over it; so low you can't get under it, so wide you can't get around it.”*

1. The Ten Commandments.....
2. The Three Theological Virtues.....
3. The Four Cardinal Virtues.....
4. The Eights Beatitudes.....
5. The Seven Gifts of the Holy Spirit.....
6. The Seven Deadly Sins.....
7. The Seven Corporal Works of Mercy.....
8. The Seven Spiritual Works of Mercy.....
9. The Twelve Fruits of the Holy Spirit.....
10. The Five Precepts of the Church.....

There are also the seven lively virtues, which are the antidote to the seven capital sins. So let me help you with this challenge:

1. Humility – Pride.
2. Generosity – Greed.
3. Chastity – Lust.
4. Patience – Anger.
5. Temperance – Gluttony.
6. Kindness – Envy.
7. Diligence – Sloth.

P.S. When we were little, we were expected to memorize the basic truths of our Faith. It was not an easy task for a child, but to this day I still remember them by heart. Today is a different world, but I wonder whether your children or grandchildren will remember anything about our faith in the future. So to make sure that they do, they should learn from you now that there is no other way to live in a meaningful and fulfilling way but to remember who they are in the eyes of God.

Fr. Slawek

HOLY SPIRIT CHURCH

70th Anniversary

Sunday, September 13, 2026 — Mass 11 a.m.

will be celebrated by His Eminence Frank Cardinal Leo

Reception to follow in Church Hall

Everyone welcome

September 6, 2026

70th Anniversary Album—Parishioners who had their photo taken for Holy Spirit Parish 70th anniversary album can now pick up the directories from the Parish office hours Monday—Thursday during 8:30 a.m.—1 p.m.

SACRAMENTAL PREPARATIONS SESSIONS FOR THE SCHOOL YEAR 2026 -2027

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 2026-2027, 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 Holy Spirit and St. Gerald next week. 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!

- Info Session for the Sacrament of Reconciliation and First Holy Communion will be on Sunday, September, 27th 10 a.m. in the Church Hall
- Info Session for the Sacrament of Confirmation will be on Sunday, October 4th 12 p.m. in the Church Hall.



The Society of Saint Vincent de Paul Holy Spirit Conference

We learn to help the needy from the love of God. Such concern not only provides the poor with material help but also represents an opportunity for the spiritual growth of the giver.

St. John Paul 11

Thank you for your ongoing love and generosity towards the poor. Your donations to the Poor Box go a long way to help many poor and unfortunate families.

Thank you all parishioners for your contributions!



Children's Liturgy
will resume
Sunday, September 20th
For the 9 a.m. & 11 a.m. Masses.



COFFEE & TEA & SNACKS SOCIAL

Wednesday, September 16, 2026

Everyone welcome



ARE YOU MOVING? OR HAVE YOU ALREADY MOVED?

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

MASS INTENTIONS

Tuesday, September 8

9 a.m. + **Repose of the soul of** Michael Leung & Violet Leung req. by Margaret Leung,

Wednesday, September 9

9 a.m. + **Repose of the soul of** Belen & Lorenzo Merin Sr. req. by family.

Thursday, September 10

9 a.m.. **Private Intentions.**

Friday, September 11

9 a.m. **For the Intentions of** Becky & Rick Romero 50th Wedding Anniversary.

Saturday, September 12

4:30 p.m.

Sunday, September 13

9 a.m. **Intentions of** all Parishioners.

11 a.m. **Intentions of** all Parishioners

ANOTHER WAY TO DONATE TO OUR PARISH

Pre-Authorized Giving Plan

Pre-Authorized Giving is a very simple procedure. When you participate in Pre-Authorized Giving, your offering will be withdrawn from your account on or about the 20th of the month. This amount will then be deposited to the Parish's account.

This amount will be receipted at the end of the year for tax purposes.

Application forms are on the table at the back of the church.

**DO WHAT
IS RIGHT,
NOT WHAT
IS EASY**