

Living the Gospel



ShareLife Sunday Collection: April 29/30

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 ShareLife

HOLY CROSS PARISH

291 Cosburn Avenue, Toronto, ON M4J 2M4

Tel: 416-421-5225 - press 0 (office); press 3 (St. Vincent's De Paul) Fax: 416-421-4656

Email: holycrossto@archtoronto.org Website: holycrossto.archtoronto.org

Mass Intentions

Apr	MASS FOR	REQUESTED BY
24 Mon, 9am	NO MASS	
25 Tues, 9am	All deceased members of the Waldron Family +	Claudette Wilson
26 Wed, 9am	Angelo Nunno +	Teresa Nunno
27 Thur, 9am	Ronald Jacinto +	Nerissa Jacinto
28 Fri, 9am	Thanksgiving – Nelson Ducusin	Therese De Manche
29 Sat, 9am	All Parishioners Rosa Marie Rivers + Thanksgiving – Fr. Roselle Azares Thanksgiving – Monica Sigue Thanksgiving – Lolita Bayon Nikola & Sharon Claudette Wilson Claudette Wilson Monica Sigue
5pm	Thanksgiving – Patricia Boyer	Patricia Boyer
30 Sun, 9am 11 am	Cocoheart Szabo-Gregory + Thanksgiving – Monica Sigue Elena , Ligaya & Lolita

Meditate on
God's Word



Sunday Gospel Reflection

Gospel: Luke 24.13-35 – The Road to Emmaus

Sharing our Burning Hearts

In today's Gospel we reflect on the Road to Emmaus. As the two disciples walk along, Jesus appears and breaks open the scriptures and breaks bread with them. This same structure is what we experience at Mass with the Liturgy of the Word and the Liturgy of the Eucharist. Reflecting on their walk with Christ, the disciples were profoundly touched, exclaiming "were not our hearts burning within us?" So too, when we partake in Mass our hearts should burn within us from the glory and love of God. But what should we do with this burning? The disciples rushed back to the others in Jerusalem "that same hour" and proclaimed that the Lord is risen. They learned more about their faith and went in haste to share the good news and support the other believers. Likewise, after growing in our faith and being strengthened at Mass we should support the believers in our parish community by giving of our time and talent. As stewards of Christ we should not delay in sharing our gifts from God with others but seek to help immediately. This Easter season, let us decide to renew our commitment to our parish by joining various ministries to help the good news of the resurrection be proclaimed. The Church needs us to be sharers of God's gifts. St Peter in his first letter says "as each one has received a gift, use it to serve one another as good stewards of God's varied grace" (1 Peter 4:10). Let us end by asking ourselves, how well do we cultivate our gifts and aid the spread of the Gospel?

Summary

Just like the disciples from the Gospel, our hearts should burn within us from the presence and love of God that we experience in Mass. The disciples rushed back to the others in Jerusalem "that same hour" and proclaimed that the Lord is risen. Likewise, after being strengthened at Mass we should support the believers in our parish community by giving of our time and talent.

<https://www.archtoronto.org/stewardship>

Exposition of the Blessed Sacrament



We would like to inform everyone that the exposition of the Blessed Sacrament is every **Tuesday to Friday after the 9:00 a.m. Mass until 10:00 a.m.** in the Church **except on holidays.**



Let us pray for the sick


We keep in our prayers the sick, the homebound, and the "forgotten members" in our community.

If you have a loved one you would like on our Sick list, please call or email us. We will keep their names on our list for 4 weeks. *Thank you.*



National Family and Life Week: May 7–14
 Across Canada, the Catholic faithful are invited to celebrate a special week to honour and support families. The official theme of the National Family and Life Week is from the Gospel of John, the

words of Jesus who says, “Love one another. Just as I have loved you, you also should love one another” (Jn 13:34). We find love at the heart of family relationships, a communion of love in Christ. To love one another is to be “guardians of life” within our families and in wider society when we show kindness toward and care for the vulnerable and marginalized. A Toolkit from the Canadian Conference of Catholic Bishops to celebrate and promote the National Week, including: • A message from the CCCB President • Daily prayer intentions and activities for families and parishes • Catechesis and discussion tool for groups of young people, couples, families • Social media campaign based on related saints • Homily and prayers of the faithful suggestions for a family and life Mass on either Sunday, May 7 or Sunday, May 14 In English • NFLW 2023 - Resource page on the CCCB website: <https://bit.ly/NFLW2023>

 Join the Kolbe ‘KNOW YOUR FAITH’ series for 4 Tuesdays: 7 – 9 p.m. on **May 9, 16, 23, and 30th**, as we continue our study on “**SALVATION HISTORY: THE GOSPEL ACCORDING TO ST. MATTHEW: Part V**”. Through prayer, study and informative DVDs, enhance your understanding and knowledge of the New Testament and deepen your awareness of God’s merciful love in your own life. See the flyer on the Parish bulletin board or visit www.kolbeapostolate.com for more information.

 **St Vincent de Paul - Spring Bundle-up Weekend - May 06/07:**
 Please bring your donations to the truck parked at the back of the Church on the weekend of May 06/07. A member of the Society will be available at the truck between 9:00 am - 6:00 pm both days.
What we accept: Any clothing, footwear, bedding (any condition) drapery, towels, toys (new only)
DONT accept: Baby items, construction material, dishes, furniture, books.

Mental Health in the Faith Communities



MENTAL HEALTH Awareness The Southdown Institute Sunday, **May 7, 2023** has been chosen as Mental Health in the Faith Communities Awareness Sunday throughout the Archdiocese of Toronto. This day is intended to raise awareness in our parish communities of the importance of mental health, how we need to look after it and how important it is to get help if we are struggling. Increasing awareness about mental health also helps people living with mental health issues to feel less alone. And, normalizing mental health and mental health illness can decrease the stigma and shame attached to them. To support Mental Health in the Faith Communities Awareness here are some the resource materials in PDF format. Please visit <https://www.archtoronto.org/mentalhealth> to access this information. 1. Letter of Introduction for Mental Health in the Faith Communities Awareness Sunday 2. Prayers of the Faithful 3. St. Dymphna Novena 4. Resilience: Navigating Acceptance and Change (article) 5. Covenant Spring 2023 edition 6. Mental Health Resources 7. The Gift of Faith and Mental Health (One-Day Event) Flyer 8. Southdown Outpatient Wellness Services Flyers. Catholics throughout the Archdiocese are encouraged to participate in Mental Health in the Faith Communities Awareness Sunday. The special focus for this day to raise awareness in our parish communities of the importance of mental health, how we need to look after it, and how important it is to get help if we are struggling. In our faith communities, people often report experiencing shame or stigma attached to mental health and mental health illness. Having open conversations about mental health issues, listening, and sharing information, opens doors to seeking help, and healing. So, on Sunday, May 7, 2023, let’s talk about mental health and help stop the silence, stigma and shame.

Bundle Up
 For the **Society of Saint Vincent de Paul**

We are collecting your donations at

Holy Cross
 291 Cosburn Avenue, Toronto
 On
May 6 - 7, 2023

We DO NOT ACCEPT
 appliances, baby or regular furniture,
 books, mattresses, dishes,
 construction material or video tapes
 For more information visit
www.svptoronto.ca

St Vincent de Paul - Marygrove & Ozanam Camp:
 The Society of Saint Vincent de Paul is now accepting names of children from families in need who want an opportunity (free of charge) to attend the Society’s Camps - Marygrove Camp for Girls aged 5 -13 & Camp Ozanam for Boys aged 7 – 12. Please call us at 416-421-5225 Option 3 and leave your Name, Tel, Child’s name & age and a member of the Society will get back to you to arrange for an interview and completion of forms.

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