

Living the Gospel



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ShareLife

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THE MOST HOLY TRINITY

... <i>Mass Intentions</i>		
May/June	MASS FOR	REQUESTED BY
27 9am	NO MASS	
28 Tues, 9am	80 th Birthday Thanksgiving – Joan Skura	Joan Skura
29 Wed, 9am	Thanksgiving – Elena Manuel	Mila Benedicto
30 Thurs, 9am	David Cowan +	Barbara Read
31 Fri, 9am	Thanksgiving – Vinda Olase	Mila Benedicto
Jun 1 Sat 9am	All Parishioners Potenciana Evero + Rosita Jala + Maria Paz Beltran + Evero & CastilloFamily Ybarola Family Rico & Yvette Beltran
5pm	Thanksgiving - Luzminda Que	Beth & Connie Escabarte
2 9am	34 th Wedding Anniversary Thanksgiving – Allan & Lydia Jaikaransingh	Allan & Lydia Jaikaransingh
11 am	Thanksgiving – Shauna D'Souza	D'Souza Family

Meditate on God's Word



Sunday Gospel Reflection
Solemnity of the Most Holy Trinity
Gospel: Matthew 28.16-20 - The Commissioning of the Disciples

Signing Ourselves with the Trinity

Today we celebrate the Solemnity of the Most Holy Trinity. The Catechism says that the “mystery of the Most Holy Trinity is the central mystery of Christian faith and life ... It is therefore the source of all the other mysteries of faith” (CCC 234). As Christians, we profess the mystery of the Trinity every time we make the sign of the cross, in the name of the Father, and the Son and the Holy Spirit.


The practice of signing ourselves with the cross is an ancient tradition that likely dates back to the time of the Apostles. Around the year 200, Tertullian wrote that “we Christians wear out our foreheads with the sign of the cross.” By signing ourselves, we are joining the countless saints that have gone before us. We can be a witness to the world whenever we sign ourselves in public. For example, the next time we eat in public let us strive to make the sign of the cross as we pray our grace before meals.

Additionally, often times the sign of the cross is the quickest prayer we can muster in times of great stress. St. Francis de Sales, Doctor of the Church, recommends that we “make spiritual aspirations to God by short, ardent movements of [our] hearts.” We can do this by invoking all three persons of the Trinity and marking ourselves with the cross, which is the sign of our salvation. Therefore, the next time we experience a difficult moment let us not despair but boldly make the sign of the cross. This will allow us to continually raise up our minds and hearts to the Blessed Trinity, the greatest mystery of our faith.

Summary


Today is the Solemnity of the Most Holy Trinity which we profess every time we make the sign of the cross saying “in the name of the Father, and the Son and the Holy Spirit.” St. Francis de Sales recommends that we “make spiritual aspirations to God by short, ardent movements of [our] hearts.” Therefore, the next time we experience a difficult moment in our lives or ministries, let us not despair but boldly invoke all three persons of the Trinity and make the sign of the cross.

<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 9:30 a.m. 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.*



Simple prayer to the Holy Spirit whenever we seek guidance, strength and inspiration....
"Come Holy Spirit, fill the hearts of your faithful, and enkindle in us the fire of your

love. Send forth your Spirit, and we shall be created, and you shall renew the face of the earth. Amen."

Church Renovation Progress Report
Sanctuary Painting – completed
Carpet replacement – 80% done, our plush commercial-grade church carpet is being installed. It matches the walls & moldings.
Storm windows installation – done, these windows enhance insulation, block outside noise, and protect historic stained glass.
Side & Main door – work in progress
Leaky roof – issues were addressed and repaired successfully.
Church hall painting – will begin as soon as carpet installation is completed.
Sound System upgrade - We have ordered the necessary materials for the sound system upgrade. Installation is scheduled to take place within the next two weeks.
Tabernacle – end of July
Hanging sanctuary lamps – ne1st week of June.
Stations of the Cross restoration – halfway through the process.
 Thank you for your patience and support as we work to improve our church. Thank you for your donations. With each donation, you help lay the foundation for a renewed and vibrant place of worship.



As we prepare to honor the Feast of the Triumph of Holy Cross Church 96th anniversary, we are delighted to invite you.....

On Sept 6 (1st Friday) just ahead of the 96th anniversary of our church, **His Grace Archbishop Francis Leo** has accepted our invitation to preside the 7pm mass together with our Pastor

Fr. Freddie Claudio & Fr. Nabine. This milestone represents years of faith, community, and devotion, and we want to celebrate it together. Join us as we come together in prayer, gratitude, and fellowship. Let us honor the legacy of our church and look forward to many more years of spiritual growth.

Following the Mass, we warmly invite all attendees to partake in a light refreshment. Come and enjoy delicious food, fellowship, and the company of fellow parishioners.

Church Activities



May 26, 2024. Let us join together in prayer for the **First Holy Communion candidates**. May their hearts be filled with reverence and joy as they receive the Body and Blood of our Lord Jesus Christ for the first time.



Know Your Faith:

Do you ever wonder what the **BOOK OF REVELATION** is all about?

Come and join us as we start our study on this intriguing Book. Four Tuesday evenings: **May 28 + June 4** from **7-9 p.m.** in the hall.

	<p>The Special Devotion Candle Thanksgiving – Peter Geekie “Every good gift and every perfect gift is from above.” as requested by: Claudette Wilson May 21 - 28</p>
<p>Special Devotion Candle (Sanctuary Lamp in the Tabernacle) is available to burn for your intention for one week for \$20.00. Please call the parish office to book your lamp.</p>	



Prayer for the Sick

Prayer for Healing: Jimmy Zoras, Monica Mizzi, Maria Santelices, Bill McNeal, Joanne Zdebiak & Raffael Ruscillo, Monica Crum-Ewing, Katherine Gatt and Lynn Osbourne "Heavenly

Father, we pray for our friend who is ill. Soothe their pain, calm their fears, and surround them with Your peace.



Ways to Support Your Parish

Online through the “ Support Your Parish “initiative through the Archdiocese of

Toronto. The link can be found on our Home Page.

Online through our existing PAG (Pre-Authorized Giving) program. Contact the office for more information.

By placing a cheque in your traditional offertory envelopes and mailing to the parish office: HolyCross Parish, 291 Cosburn Avenue, Toronto, ON M4J 2M4.

No matter how you chose to give, please know that your support is needed and appreciated, now more than ever.

Thank you so much in advance for your generosity.

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