

SIXTEENTH SUNDAY IN ORDINARY TIME

Vocation Seeds

We are like Martha. There's plenty to be anxious about but only one thing that is required of us. For five minutes today be like Mary, rest with Jesus and ask Him what He requires of you. If God is calling you, to be a priest, religious or deacon, contact Fr. Matt McCarthy, Director of Vocations, Archdiocese of Toronto at 416-968-0997.

Email: vocations@archtoronto.org
www.vocationsstoronto.ca

Do's and Don'ts when attending Mass

1. Fast - Do not eat anything one hour before Communion. Water and medication are fine.
2. Come early - allow for 10 to 15 minutes of meditation before Mass.
3. Commune - Examine your conscience. Go to confession if you need to. Try to connect with Jesus in the Tabernacle.
4. Do not speak with your neighbour unnecessarily. The church is a place of prayer.
5. Dress properly - this is to show decency and honour to God.
6. No phones - Turn your mobile phones off.
7. Genuflect - Bring your right knee to the ground, facing the Tabernacle, before entering your pew.
8. Participate - Sing, respond, listen, and pray.
9. Think of others - Respect the pew and the queue.
10. Be still - Don't be in a hurry. Enjoy and feel God's presence and thank Him for His blessings and graces.

Looking for new members for our Finance Council

Would you be willing to volunteer to be a member of our Finance Council? We are looking for someone who has some knowledge and experience with finances. We are looking for individual who have knowledge of properties and legal matters. We especially need someone who could act as secretary and take minutes of the meetings. Meetings are roughly once a month (online). If you are interested, please contact Fr. Steven.

Live in such a way that you bear outwardly as well as inwardly the image of Christ crucified, the model of all gentleness and mercy. - St. Paul the Cross

MASS INTENTIONS

Saturday July 19:

5:00 pm In Thanksgiving of Sugianto
Bonnie, Bream, Robbie Archibald
+Clara & Charlene Pereira
+Cristito Colina
+Yang Shuzhen
+Cipriano & Emilia Tan
+Gregoria & Nazario Calingasan
+Raj Mashiasgill

Sunday July 20:

9:00 am +Quitino & Giovanna Volpe

10:30 am Deceased Members of Patterson
and Nugara Family

12:00 pm Pro- Populo

Monday July 21:

9:00 am In Thanksgiving of Ferrao Family

Tuesday July 22:

9:00 am Louis, Louisa, Wilfred Dos Santos

Wednesday July 23:

7:30 pm In Thanksgiving of Amy, Jan, Joseph
Federation of North American Explorer
Living & Deceased Bishop, Priests, Nuns,
Deacons, Cops
+Grace D'Souza
+Wilfred & Jovitha Pinto
Holy Souls in Purgatory

Thursday July 24:

9:00 am +Justin Blanchard

Friday July 25:

9:30 am Celebrant's Intention

7:30 pm Desmond Fernandes

Saturday July 26:

9:00 am Celebrant's Intention

Instead of trying to avoid hardships, ask God for the grace to bear them well. - St. Andre Bessette

July 20, 2025

Alpha Program

Are you curious about Christianity? Interested in learning more about the Catholic faith or asking some big questions? Alpha is a welcoming space for everyone, whether you're considering becoming Catholic or simply want to explore what the Christian faith is all about. There will be 9 sessions and a retreat day. Each session includes dinner and fellowship, inspiring talks on key aspect of the Christian faith, open discussions where you can ask questions and share your thoughts. Come as you are! Alpha is a great way to meet new people, deepen your understanding of faith and discover a new sense of belonging. The first session will start on Tuesday, July 29, at 6:45 pm in St. Aidan Parish Hall. We are also looking for volunteer helpers and food sponsors. There will be training on Tuesday July 22, 7:00 pm in St. Aidan Parish Hall for those who would like to join the Service Team. If you're interested, please contact Edith Vasquez at 416-493-6608.

Bowing or Looking Up?

During the consecration of the Body and Blood of Christ, when the priest elevates the Host and afterwards the chalice, some people bow others look up. Which is correct? The correct action is to look up at the Host and at the Chalice. During these elevations, the bells are rung, to remind us to look up (if for some reason we may have been distracted). We are called to adore Our Eucharistic Lord, Who has just become present to us under the appearance of bread and wine. The priest is instructed "to show" the consecrated bread and wine to the people. The same is true just before Communion. The priest says, "behold the Lamb of God..." These are times we should be looking at (beholding), and adoring, and communing with Our Eucharistic Lord.

2025 Donation Envelopes

There are still 2025 Donation Envelopes left in the gift shop ready for pick up. If you have not yet picked up your envelope or you have transfer to another parish please let us know. Please do not use your old envelopes.

For new parishioners who wish to use donation envelopes, please register in the gift shop or from our website.

Banns for Ordination

Victor Manuel Valdes, one of our parishioners, is to be ordained to the Diaconate for the Archdiocese of Toronto this September 13, at 10:00 am at St. Michael's Cathedral. Canon Law obliges Catholics to reveal any impediment to sacred orders to the bishop or pastor. Please remember Victor in your prayers.

July Devotion

The month of July, in the Catholic Church, is devoted to honouring the most precious Blood of Jesus. The Blood of Christ is precious because it is Christ's own great ransom paid for the redemption of mankind. As there was to be no remission of sin without the shedding of blood, Jesus not only offered His life for the salvation of the world, but He offered to give up His life by a bloody death, and to hang bloodless, soulless and dead upon the Cross for the salvation of humanity, Jesus is said to have given His Life - His blood - for the sake of all humanity, atoning for every form of human sin. The devotion to the Most Precious Blood is thus understood to be a call to repentance, reparation and love. The more we reflect upon, or meditate, on each drop of blood that Christ shed during his passion, the more we will realize just how much He loved us, and hopefully, the more we will love Him in return.

Society of St. Vincent the Paul

Tel: 547-772-1319

www.svdtoronto.org

If you want happiness for an hour, take a nap.

If you want happiness for a day, go fishing.

If you want happiness for a year, inherit a fortune.

If you want happiness for a life time, help somebody.

- Chinese Proverbs

Sayings of the Saints

I thank God for this illness and these physical discomforts, because I have time to converse with Jesus.— St. Faustina Kowalska

Mental prayer in my opinion is nothing else than an intimate sharing between friends.— St. Teresa of Avila

Those whose hearts are pure are temples of the Holy Spirit.— St. Lucy

The more one is humbled, the more one is exalted. -
- St. John Chrysostom