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## ROMAN CATHOLIC CHURCH

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### Solemnity of the Most Holy Trinity

May 30th 2021



*Christians are baptized in the name of the Father and of the Son and of the Holy Spirit: not in their names, for there is only one God, the almighty Father, his only Son and the Holy Spirit: the Most Holy Trinity.*

*The mystery of the Most Holy Trinity is the central mystery of Christian faith and life. It is the mystery of God in himself. It is therefore the source of all the other mysteries of faith, the light that enlightens them. It is the most fundamental and essential teaching in the "hierarchy of the truths of faith". The whole history of salvation is identical with the history of the way and the means by which the one true God, Father, Son and Holy Spirit, reveals himself to men "and reconciles and unites with himself those who turn away from sin".*

– *Catechism of the Catholic Church*

**Our mission at St. Francis de Sales** is to joyfully welcome you to our parish family of faith, trusting that: if you are seeking Christ, you will find Him here. If grieving, you will receive comfort. If troubled in spirit, you will receive the blessing of peace without being judged. If discouraged, you will rejoice in hope. If alone, you will find companionship and Christian love. May our parish be a sanctuary of peace for you as we journey together to the Father's house.

### Parish Hours

#### DAILY MASS

MONDAY - SATURDAY 9:00 am

#### SUNDAY MASS

SATURDAY 5:00 pm

SUNDAY 8:30 am | 9:45 am | 11:00 am | 12:15 pm

#### SACRAMENT OF RECONCILIATION

FRIDAY 9:30 am - 10:00 am

#### OFFICE HOURS

MONDAY - FRIDAY 9:00 am - 2:30 pm

SATURDAY 9:30 am - 12:30 pm | 3:00 pm - 6:00 pm

SUNDAY 9:30 am - 1:00 pm

### Parish Contacts

PASTOR	<b>FR. JOSEPH SINGH</b> sfdspastor@gmail.com	☎ ext 105
ASSOCIATE PASTOR	<b>FR. DAVID TWADDLE</b> fr.twaddle@gmail.com	☎ ext 104
DEACON	<b>DEACON ALBAN SOARES</b> alban.soares@gmail.com	☎ ext 108
PARISH OFFICE ADMINISTRATOR	DENISE FORD denise.ford@archtoronto.org	☎ ext 103
CONFIRMATION, & YOUTH MINISTRY	NOAH AQUINO noah.aquino@outlook.com	☎ ext 100
FIRST COMMUNION, RECONCILIATION	DAWN SELDA dawn.selda@archtoronto.org	☎ ext 102

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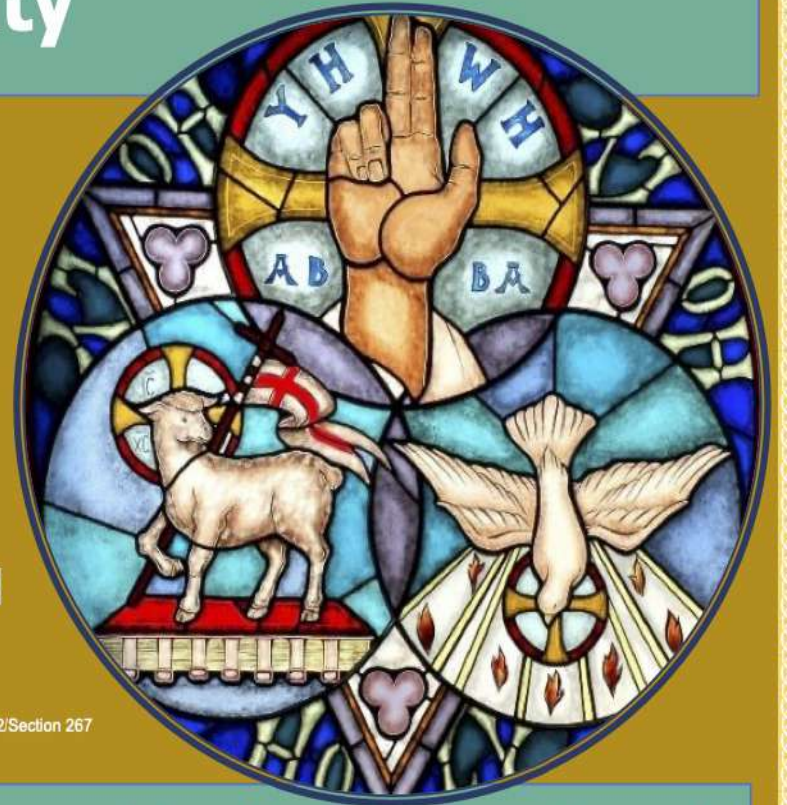


St. Francis de Sales Parish

# The Most Holy Trinity

<sup>267</sup> Inseparable in what they are, the divine persons are also inseparable in what they do. But within the single divine operation each shows forth what is proper to him in the Trinity, especially in the divine missions of the Son's Incarnation and the gifts of the Holy Spirit.

Source: Catechism of the Catholic Church (CCC) - Chapter One/Paragraph 2/Section 267



## The Holy Trinity is expressed in the Nicene Creed

As Humans we dwell throughout our lives in the mystery of the Holy Trinity

### Join us this week at the church for:

- ❖ Private Prayer: Monday to Thursday from 10:30am to 12:30pm
- ❖ Sacrament of Confession: Saturday from 4:00pm to 4:45 pm
- ❖ Communion Service: Saturday and Sunday (Sign up on Eventbrite)
- ❖ On-line Weekend Reflection by Fr. Joe or Fr. David (see Home Page)

Space is limited to 10 people, including clergy, staff and parishioners. See Bulletin Insert for details.

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## THE MOST HOLY TRINITY

### MASS INTENTIONS

**MONDAY, 31 MAY**

**S.I. IN THANKSGIVING  
S.I. HELEN & EDWIN D'SOUZA  
+ KATHERINE TOYUORE & DOMINIC  
JATOE**

**TUESDAY, 1 JUNE**

**S.I. ALVARO & LUCY SARMENTO**

**WEDNESDAY, 2 JUNE**

AVAILABLE

**THURSDAY, 3 JUNE**

AVAILABLE

**FRIDAY, 4 JUNE**

AVAILABLE

**SATURDAY, 5 JUNE**

**S.I. CRAIG & GAIL STANLEY**

**SUNDAY, 6 JUNE**

**+ CONSTANCE & GRACE VAZ  
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### DAILY INTENTIONS

Please note that each day, when a private Mass is offered by Fr. Joe and Fr. David, the above intentions are mentioned at the celebration of the Eucharist.

**If you would like to book a Mass Intention please email the parish office at [denise.ford@archtoronto.org](mailto:denise.ford@archtoronto.org). Please include the full name for the Mass intention, and include your name and phone number.**

### BUNDLE SUNDAY

We will have a collection for used clothing, shoes and linens on the weekend of **June 5 & 6**. NO FURNITURE, HOUSEHOLD ITEMS, ELECTRONICS OR TOYS PLEASE. These collections assist St. Vincent de Paul in its mission of helping the needy and we very much appreciate your past and continued support.

### HUMANITARIAN AID TO INDIA

**Those wishing to help India during this pandemic time may do so in the following ways:**

- Online through the Archdiocese of Toronto website: [www.archtoronto.org](http://www.archtoronto.org)
- By phone through the Development Office – 416-934-3411
- Through the parish, making cheques payable to:

St. Francis de Sales Parish – India's COVID-19 Outbreak – Disaster Relief

### COMMUNION SERVICES & PRIVATE PRAYER AT THE PARISH

St. Francis de Sales parish will be open for **private prayer from Monday to Thursday from 10:30am to 12:30pm**. We are only allowed to have **10 individuals at a time including clergy and staff/ volunteers in the Church**. Please be mindful of the time you give to private prayer in the parish as there are other people who would like the opportunity to do the same.

We will be having Communion Services. Only 8 people are allowed to attend each 5 minute Communion Service. Please note this is not the celebration of Mass. To attend this Communion Service, you will have to register on Eventbrite. To access Eventbrite, please visit our website at [www.stfrancisdesales.ca](http://www.stfrancisdesales.ca) This Communion Service is limited only to Saturday evening and Sunday at specific times. This does not extend to the other days of the week. For the times of the Communion Service, please see Eventbrite. **Please arrive early. If you are late for your Communion Service the entrance door to the parish will be locked and you will have to register for another date.**

**The Sacrament of Confession will be offered on Saturdays from 4pm to 4:45pm in the North and/or South Rooms.**

### ONLINE DONATIONS

Dear parishioners,

If you are not able to attend, but still wish to donate, here are the ways in which you can continue to support our parish at this time:

- Mail your regular weekly offertory contribution to the parish or drop off to the parish locked mailbox by the office door, or drop off in the donations box at Mass.
- Online donations can be made at [www.archtoronto.org](http://www.archtoronto.org). Simply click on the donate now icon, select St. Francis de Sales parish from the drop down menu and the fund you wish to donate to. This can be done as a onetime donation or as an ongoing monthly donation. It will give you a place to choose that option.
- Contribute through pre-authorized giving. You can obtain a form from the parish website. Mail the completed form and a voided cheque to the parish office. Or e-mail the form and a scanned copy or photo of a voided cheque to [development@archtoronto.org](mailto:development@archtoronto.org) for processing. Contributions are withdrawn from your bank account on the 20th of each month.

Thank you for your many contributions to our parish community.

**Our ShareLife total to date is \$25,665  
Our goal for 2021 is \$84, 800**



**Visit our website: [www.stfrancisdesales.ca](http://www.stfrancisdesales.ca)**

## REFLECTION

These days, with many fads and controversial opinions swirling about us, many are jumping on the band wagon leading them to God knows where. Sentimentality and emotions seem to be guiding post of the day, which stands in contra-distinction to the Church's use of faith and reason. Fr. Jeffrey Kirby in his book: *Real Religion, How to Avoid False Faith and Worship God in Spirit and Truth*, teaches us about the role of the heart. Says the wise Fr. Kirby, on the path to true worship, there will be struggles along the way. We are fallen beings, and in our fallenness, we are inclined to incomplete worship or even to a well disguised self-worship. Our sentiments and emotions want to corrode reality and make our hearts the center of all things.

When Sacred Scripture speaks about the "heart", it is not referring to the epicenter of our emotions or even how we feel in the popular sense but rather to the place where truth is discovered (not invented) and where we are revealed to ourselves and where we encounter the living God. The "heart" is also a reference to our conscience. But just as the heart has been redefined in our modern world, so has conscience. Properly understood in the biblical sense, the conscience is the inner sanctuary of the person, where he/she communicates not only with himself/herself but also with God. There, in the hidden meeting place of his/her interior life, the moral law and the person's freedom interact and make decisions.

As human beings, made in the Image of God, we have a self-possession born from our spiritual souls. This self possession is the ground upon which we share in God's own divine reason. It is the basis upon which our sentiments and emotions move. If a person does not have some form of an interior life, and lacks an attentive ear to his/her conscience, then he or she can be easily mislead regarding what is true and good. Conscience is not some type of divine oracle sent down from the gods upon the mind of a person, nor is it merely our personal wish or some type of super ego, nor is it the consensus of voices within the person. Conscience is not the place where "we figure things out for ourselves" or where we find emotional fulfillment or where we create our own reality. If sentiment overtakes our conscience, then we are imprisoned in a small, self-created world, where good and evil become whatever we think or feel they should be. In such a dark world, we become slaves to the whims, shallowness and cruelty of our own emotions. In the process, our sentiments demand that we worship them and then by extension we end up worshipping ourselves. These are exactly opposite of conscience.

At times, sentiment assaults our hearts and we are tempted to compromise with evil, to betray goodness or to redefine it. Though good and oriented toward goodness, the human heart is also fallen. It can betray itself and its own mission in our interior lives. The prophet Jeremiah warns us: *'The heart is deceitful above all things in desperately corrupt; who can understand it'* (Jer 17:9). In His public ministry, Our Lord Jesus was cautious about the human heart: *"Now when he was in Jerusalem at the Passover feast, many believed in his name when they saw the signs which he did;*



We pray that you are all well! Thank you so much for your continued understanding and patience during the provincial lockdown. We know how challenging these times have been for everyone.

**At this time, all First Communion and Confirmation dates are on hold until we receive further updates from the provincial government and the Archdiocese of Toronto.** We kindly ask you to please check our Parish website regularly, as this is where we will post the new sacramental dates once the Parish can safely open again.

We thank the Lord for your continued desire for your children to receive their sacraments this year and we are looking forward to the day when we can all gather safely again at St Francis de Sales Parish. God bless!



### **RCIA (Rite of Christian Initiation for Adults)**

If you know of a non-Catholic in our neighbourhood who would like to join the Catholic Church, please have him or her phone Father Joe for an appointment. Our classes will begin in September.

### **RCIA SPONSORS**

If you are a practicing Catholic and would like to sponsor a candidate for RCIA for this upcoming year please phone Father Joe for an appointment.

### ***Reflection Cont'd...***

*but Jesus did not trust himself to them, because he knew all men and needed no one to bear witness of man; for he himself knew what was in man" (Jn 2:23-25).*

To worship Jesus in the Church is more bending one's knee in the Church. Catholic moral teaching is not about rules, regulations and prohibitions. It is above all having a relationship with Christ in His Mystical Body, the Church. And to aid us in this regard, it is good to have a well informed conscience. In moments of temptation or duplicity, treachery or sentimentality, the strength of a truly well informed conscience will clarify any confusion, convict us and guide us to remaining faithful to virtue and its demands.

The above was taken from *Real Religion: How to Avoid False Faith and Worship God in Spirit and Truth* by Fr. Jeffrey Kirby.

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