

"I am the living bread that came down from heaven; whoever eats this bread will live forever; and the bread that I will give is my flesh for the life of the world." John 6:51

The Eucharist is everything. It's all things, the fullness of life, eternal salvation, mercy, grace, happiness, etc. Why is the Eucharist all this and so much more? Simply put, the Eucharist IS God. Period. Therefore, the Eucharist is all that God is.

In his beautiful traditional hymn, "Adoro te Devote," St. Thomas Aquinas writes, "I devoutly adore You, O hidden Deity, truly hidden beneath these appearances. My whole heart submits to You, and in contemplating You, it surrenders itself completely. Sight, touch, taste are all deceived in their judgment of You, but hearing suffices firmly to believe..." What a glorious statement of faith in this wondrous gift.

This statement of faith reveals that when we worship before the Eucharist, we worship God Himself hidden under the appearance of bread and wine. Our senses are deceived. What we see, taste and feel do not reveal the reality before us. The Eucharist is God.

Throughout our lives, if we were raised Catholic, we were taught reverence for the Eucharist. But "reverence" is not enough. Most Catholics reverence the Eucharist, meaning, we genuflect, kneel, and treat the Sacred Host with respect. But it's important to ponder a question in your heart. Do you believe the Eucharist is God Almighty, the Savior of the world, the second Person of the Most Holy Trinity? Do you believe deeply enough to have your heart moved with love and profound devotion every time you are before our divine Lord present before us under the veil of the Eucharist? When you kneel do you fall down prostrate in your heart, loving God with your whole being?

Perhaps this sounds like it's a bit excessive. Perhaps simple reverence and respect is enough for you. But it's not. Since the Eucharist is God Almighty, we must see Him there with the eyes of faith in our soul. We must profoundly adore Him as the angels do in Heaven. We must cry out, "Holy, Holy, Holy is the Lord God Almighty." We must be moved to the deepest of worship as we enter into His divine presence.

Ponder the depth of your faith in the Eucharist today and strive to renew it, worshiping God as one who believes with your whole being. *Source: www.catholic-daily-reflections.com*

Lord, I believe, help my unbelief Mark 9:24

Reliquary of St. Anthony of Padua



You Are Invited come venerate a relic of **St. Anthony of Padua**

June 12, 2023

St. Francis Xavier Parish

Visit throughout the day 8am to 7pm

BELOVED SAINT mostly known as **Patron of Seekers of Lost Articles**

Pilgrimage to Mexico

November 6, 2023 to November 12, 2023

\$2990.00 (Toronto Dep, Includes all taxes & tips)

★ Welcome Mass in the Shrine of Our Lady of Guadalupe

★ Visit the Cathedral, Dominican Cloister, the Rosary Chapel & the Shrine of San Miguel del Milagro

★ Celebrate Mass where St. Michael appeared to Diego Lazaro



★ Get acquainted with the history of silver mining in Mexico

★ See the image of Our Lady of Ocotlan burnt into a tree!

★ Learn the history of Our Lady of Guadalupe & Blessed Juan Diego

Pray at the Old & New Basilica of Our Lady of Guadalupe

Under the Spiritual Leadership of Fr. James Cherickal
Info: 647 463 9057 ♦ stan@ihtours.com ♦ flyer by the office

Knights of Columbus Father's Day BBQ



Father's Day Family BBQ

June 18, 2023 in the SFX parking lot after 9am ★ 1030am ★ 12pm Masses

COME CELEBRATE WITH DAD!

\$5.00 Burger or Hotdog + pop/water



The Catechism Corner



Q: *Why does one profess belief that there is only one God?*

A: Belief in the one God is professed because he has revealed himself to the people of Israel as the only One when he said, "Hear, O Israel, the Lord our God is one Lord" (Deuteronomy 6:4) and "there is no other" (Isaiah 45:22). Jesus himself confirmed that God is "the one Lord" (mark 12:29). To confess that Jesus and the Holy Spirit are also God and Lord does not introduce any division into the one God. CCCB 200-202, 228

English for Beginners at St. Francis Xavier

NEW TO CANADA?

Want to improve your English?

St. Francis Xavier Parish can help you!



FREE TUTORIALS WITH FRIENDLY TUTORS

★ Monday ★ Wednesday ★ Friday ★



St. Francis Xavier Tutoring Team

◆ Adaptable hours based on the convenience of newcomers.

◆ Individual or group sessions based on need

Free Online Webinar!

ESTATE PLANING From a Catholic Perspective

June 17, 2023 ◆ 9am to 10am

The estate planning team from the Archdiocese of Toronto & Catholic Cemeteries will share:

- ◆ How to protect your loved ones with a proper will
- ◆ Ensure your wishes legally protected
- ◆ Information about Powers of Attorney
- ◆ Finding a lawyer and estate planning advisors
- ◆ Catholic traditions around wills, cremation, burial & funerals



SCAN ME

THREE WAYS TO REGISTER:

<https://qrco.de/june17> ◆ development@archtoronto.org ◆ scan QR code

Youth Summer Mass Club

Youth Summer MASS CLUB

JULY & AUGUST

Students Grades 5 - 12



- ★ Daily Mass Passport ★ Award for top 10
- ★ Promotional award for 10 runners up
- ★ Pictures of visiting churches & fun fact
- ★ Mass & BBQ with Fr. Jim in Angus!



More details to come ◆ Sponsors Needed

CWL Annual Scholarship – SFX Council #3067

Scholarship of \$500.00 Available to:



- ★ Any student from our parish (male or female)
- ★ Graduating high school this year
- ★ Will be attending University/College (Two-year diploma course minimum)

Applications need to be submitted by July 14, 2023

For more information please contact:

Maria Goretty Dsouza, Education & Health Chair

Maria-gorettydso.cwlsfx@hotmail.com ◆ 647 993 3971



HOLY MASS INTENTIONS

Monday June 12, 2023

8am †Glorita Braz Gomes

7pm †Romarico Valera

Tuesday June 13, 2023

8am †Sebastian Clario Bullin

7pm Thanksgiving Mendes family

Wednesday June 14, 2023

8am Thanksgiving Lynette Conroy

7pm Special Intention Slavko Cicak

†Antonio Fortunato Paulo Figliano & family

†Angela & Cezar Gotiangco

†Anthony & Lena Mendes

†Severino Virador

†Allu & Luisa Carvalho

†Jose & Pircilla & Annet Fernandes

†Juan Natividad

†Romulo Trinidad

†Florencio Hidalgo

†James Dy

†Cynthia Nazareth

†Wanda Fernandez

Thursday June 15, 2023

8am †Emily Pansoy

7pm †Walter Lobo

Friday June 16, 2023

8am †Susana Ong

7pm Thanksgiving Mendoza Family

Thanksgiving Veera

Thanksgiving Ethan

Thanksgiving Josephine & Family

†Julie D'Souza

†Nenita Aliermo

†M.M. Joseph

†Maria Nhi Vu

†Catalina Gusan

†Yehan Fernando

Saturday June 17, 2023

730am †Jose Medeiros

5pm Special Intention Alan & Antonia Roaring

Sunday June 18, 2023

730am Pro Populo

9am †Mike & Bibiana Martins

1030am Thanksgiving Krystle & Trevor Ramnata

12pm †Maria Aniana Tugade

130pm Thanksgiving Cruz Fernandes



Corpus Christi

If angels could be jealous of men they would be so for one reason:

Holy Communion

St. Maximilian Kolbe