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**St. John of the Cross Parish**  
*Served by the Carmelites*

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## READINGS OF THE WEEK

Mon	April 1	Isaiah 65:17-21; John 4:43-54
Tues	April 2	Ezekiel 47:1-9, 12; John 5:1-16
Wed	April 3	Isaiah 49:8-15; John 5:16-30
Thurs	April 4	Exodus 32:7-14; John 5:18, 31-47++
Fri	April 5	Wisdom 2:1a, 12-22; John 7:1-2, 10, 25-30
Sat	April 6	Jeremiah 11:18-20; John 7:40-53
Sun	April 7	Isaiah 43:16-21; Philippians 3:8-14; John 8:1-11

## CHURCH

Mon	April 1	RCIA 7:00-9:00pm
Tue	April 2	Adult Choir Practice 8:00-10:00pm
Wed	April 3	Band Practice 8:00-10:00pm
Thurs	April 4	Folk Choir Practice 8:00-10:00pm

## SEMINAR ROOM

Mon	April 1	RCIA 7:00-9:00pm
Tue	April 2	Marriage Preparation 7:00pm
Wed	April 3	Prime Time Crafts 1:30-4:30 pm
Wed	April 3	RCIC Group 2 6:30-7:30pm
Thurs	April 4	Marriage Preparation 7:00pm

## NESSINGER HALL

Mon	April 1	EDGE Night 6:00-9:00pm
Tue	April 2	Prime Time Line Dancing 1:00-3:00pm
Tue	April 2	Knights of Columbus Exec. Meeting 7:00-10:00pm
Wed	April 3	RCIC Group 1 6:30-7:30pm
Thurs	April 4	Sacramental Reception Preparation 6:30-7:30pm
Sat	April 6	CHOSEN RETREAT 9:00am-2:00pm



Would you like one of the priests or the deacon from our parish visit you while you are in the hospital? *Please let us know by calling the parish office, 905.821.1331.*

## Stations of the Cross

**Come and join the Stations of the Cross every Friday during Lent at 7:00pm followed by the Eucharistic Celebration.**



**WEDDING ANNOUNCEMENT**  
There is a promise of marriage between:  
Cameron Abbas and Amanda Machado

LET US PRAY FOR THIS COUPLE  
FOR A HAPPY MARRIAGE

## LENTEN FASTING REFLECTION

Humanity's "Fall" away from God and into sin began with eating. God had proclaimed a fast from the fruit of only one tree, the tree of knowledge of good and evil (*Gen. 2:17*), and Adam and Eve broke it. Fasting is here connected with the very mystery of life and death, of salvation and damnation. Food perpetuates life in this physical world, which is subject to decay and death. But God "created no death." (*Wis. 1:13*) Humanity, in Adam and Eve, rejected a life dependent on God alone for one that was dependent rather on "bread alone." (*Dt. 8:3; Mt. 4:4; Lk. 4:4*) The whole world was given to man as a kind of food, as a means to life, but "life" is meant as communion with God, not as food. The tragedy is not so much that Adam ate food, but that he ate the food for its own sake, "apart" from God and to be independent of Him. Believing that food had life in itself and thus he could be "like God." And he put his faith in food.

Christ, however, is the new Adam. At the beginning of His ministry in the Gospel of Matthew, we read, "When He had fasted 40 days and 40 nights, He became hungry." Hunger is that state in which we realize our dependence on something else—when we face the ultimate question: "on what does my life depend?" Satan tempted both Adam and Christ, saying: Eat, for your hunger is proof that you depend entirely on food, that your life is in food. Adam believed and ate. Christ said, "Man does NOT live by bread alone." (*Mt. 4:4; Lk. 4:4*) This liberates us from total dependence on food, on matter, on the world. Thus, for the Christian, fasting is the only means by which man recovers his true spiritual nature. In order for fasting to be effective, then, the spirit must be a part of it. Christian fasting is not concerned with losing weight. It is a matter of prayer and the spirit. And because

of that, because it is truly a place of the spirit, true fasting may well lead to temptation, and weakness and doubt and irritation. In other words, it will be a real fight between good and evil, and very likely we shall fail many times in these battles. But the very discovery of the Christian life as "fight" and "effort" is an essential aspect of fasting.

(Excerpts from Rev. Daniel Merz' *A Reflection on Lenten Fasting*, [www.usccb.org/prayer-and-worship/liturgical-year/lent/catholic-reflection-on-lenten-fasting-father-daniel-merz.cfm](http://www.usccb.org/prayer-and-worship/liturgical-year/lent/catholic-reflection-on-lenten-fasting-father-daniel-merz.cfm))

## CARMELITE MOMENTS

### Blessed Teresa Maria Manetti of the Cross

She was born at Campi Bisenzio, Florence, where in 1874 she founded the Congregation of the Carmelite Sisters of Saint Teresa, whom she also sent to Lebanon and the Holy Land. She lived joyfully, body and soul, the mystery of the Cross in full conformity to the will of God, and she was outstanding for her love for the Eucharist, and her maternal care for children and for the poor.



## PARISH LENTEN RECONCILIATION Monday, April 8, 7:00 – 9:00pm

## DIGNITY OF YOUNG PEOPLE IN A DIGITAL AGE

Thursday, March 28, 5:30 - 9:00pm and  
Friday, March 29, 9:00am - 4:00pm  
Regis College Symposium,  
100 Wellesley Street W., Toronto

This educational symposium raises awareness of the issues surrounding the abuse of young people, particularly in our digital age. Speakers are Fr. Hans Zollner, SJ and Professor Elizabeth Letourneau.

P: 416.922.2898 Email: [regiscollegeto@gmail.com](mailto:regiscollegeto@gmail.com)  
Web: [regiscollege.ca/event/symposium-2019/](http://regiscollege.ca/event/symposium-2019/)

## LIBRARY OPEN

The library will be opened next weekend, April 6 & 7, before and after the Saturday 5pm mass and the Sunday 10am & noon masses. We have religious books for all ages. The Library is available FREE to all registered parishioners and comes with a one-month loan.

*Come by and take a look!*

## YOUTH MINISTRY EVENTS



**EDGE:** Mon Apr 1, 2019 -  
6:30-8:30pm  
*The Great Trilogy: The  
Paschal Mystery*

**LIFE TEEN:** Fri Apr 12, 2019 - 6:30-8:30pm  
*Elephant on my Chest: Depression & Anxiety*  
**CROSS Camp (Summer Day Camp,  
August 2019)**

More Info & Registration:  
[www.sjocym.com/crosscamp](http://www.sjocym.com/crosscamp)

## RCIA, RCIC



**PLEASE PRAY FOR THE  
ELECT & THOSE WHO WILL  
BE RECEIVED  
INTO THE CATHOLIC FAITH**

Take a name from the basket of the Elect in the Rotunda and pray for those preparing to become members of our church at Easter.

## INCOME TAX PREPARATION

Free Income Tax Preparation for low income individuals/families, newcomers and seniors is offered by the Community Volunteer Income Tax Program (CVITP), coordinated by the Canada Revenue Agency. Eligibility requirements are posted on the bulletin board. Contact the parish office to book an appointment on Saturdays, from 9:00am to 12:00pm, during the months of March and April. Additional time slots are available in the afternoons on Saturday, April 13<sup>th</sup> and April 27<sup>th</sup>.

**Prayer is the inner bath of love into  
which the soul plunges itself.**  
--Saint John Vianney

## WELCOME NEW PARISHIONERS!

Welcome to St. John of the Cross Parish Community!  
Please feel free to introduce yourself to Fr. Joseph, Fr. Sebastian, or Fr. Felix. Come by the parish office when you get a chance and register as a new parishioner.

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