

Sunday, September 18, 2022

# St. John of the Cross Parish

*Served by the Carmelites*



## PARISH OFFICE

6890 Glen Erin Drive, Mississauga, ON L5N 2E1

Phone: 905.821.1331

E-mail: [sjocrossmi@archtoronto.org](mailto:sjocrossmi@archtoronto.org)

Website: <https://stjohnofthecrossmi.archtoronto.org>

## PASTORAL TEAM

Fr. Joyson George, O.Carm, Pastor Ext. 228

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Fr. Felix Antony, O.Carm., Assoc. Pastor 224

[FAntony@archtoronto.org](mailto:FAntony@archtoronto.org)

Liane Harris, Pastoral Associate 226

[LHarris@archtoronto.org](mailto:LHarris@archtoronto.org)

Secretary—Violanta Nicholson 223

[VNicholson@archtoronto.org](mailto:VNicholson@archtoronto.org)

Reception—Diane Mejia 221

## SACRAMENTAL PREPARATION

1st Communion & 1st Reconciliation 225

Confirmation, [confirmation@sjocross.org](mailto:confirmation@sjocross.org) 230

Youth Group, [ym@sjocross.org](mailto:ym@sjocross.org)

St. Vincent de Paul Society 305

## BAPTISM

Parents are required to attend the Baptism Preparation Class. They are also encouraged to attend the class prior to the birth of the baby. Godparents are expected to attend the class. A registration package is available at the Parish Office or at our website for download. Email the completed forms to the parish office.

## MARRIAGE

It is required that one of those to be married resides within the Parish boundary. Couples planning to be married must contact the Parish office at least one year in advance of their proposed date. They are required to complete a Marriage Preparation Course.

## SICK AND HOMEBOUND

Please contact the office.

## MASS TIMES

Mondays to Saturdays: 9:00am

Additional Mass on Wednesdays: 7:00pm

Additional Mass on 1st Fridays: 7:00pm

Sundays:

8:00am, 10:00am, 12:00pm, and 4:00pm

Sunday Vigil Mass at 5:00pm on Saturday

## RECONCILIATION

6:00-6:45pm before the Wednesday 7pm Mass or by appointment.

## PARISH SUMMER OFFICE HOURS

Monday to Friday:

9:30am—3:00pm

Saturday:

9:30am—12:00pm and 3:15-6:15pm

Sunday: 9:30am—1:30pm



**Click here for  
Live Stream**

All 9am morning masses, Monday to Saturday and the Saturday 5pm (Sunday Mass) Holy Mass will be livestreamed.

## AddMe

To receive parish notifications, weekly bulletin and Sunday Mass link, click AddMe to be added to the Parish Email List.

## PLEASE OBSERVE SAFETY PROTOCOLS FOR EVERYONE'S SAFETY:

1. Wear mask
2. Sanitize your hands when you come inside the church

### Two Steps for E-Transfer:

1) Send donations to: [admin@sjocross.org](mailto:admin@sjocross.org)

2) Send a separate email message to

[admin@sjocross.org](mailto:admin@sjocross.org) with your Security Answer, your Name, Phone number, and purpose of this fund.

**BULLETIN DEADLINE—MONDAY AT NOON**

# Sunday, September 18, 2022

## CHURCH

Mon	Sept 19	Folk Choir Practice 7:00pm
Tues	Sept 20	First Communion Registration 6:30-8:30pm
Thurs	Sept 22	Life in the Spirit 7:00-9:00pm
Fri	Sept 23	Baptisms 12:00pm & 1:00pm
Sun	Sept 25	Confirmation Parent Mtg 6:00pm

## SEMINAR ROOM

Mon	Sept 19	R.C.I.A. 7:00-9:00pm
Tues	Sept 20	Bereavement Ministry 5:30-8:00pm
Tues	Sept 20	PTC—Social Time 1:00-4:00pm
Fri	Sept 23	LSS 7:00-9:00pm

## NESSINGER HALL

Mon	Sept 19	CWL Council Mtg. 7:00-9:00pm
Tues	Sept 20	Line Dancing 1:00-4:00pm
Tues	Sept 20	1st Communion Reg'n. Mtg 6:30-8:30pm
Thurs	Sept 22	Bible Study 7:00-8:30pm
Fri	Sept 23	Life in the Spirit Seminar 7:00-9:00pm
Sat	Sept 24	Men's Fraternity 6:30-8:30am
Sat	Sept 24	OCY Young Adult Ministry (YAM))
Sun	Sept 25	Confirmation Parent Mtg 6:00pm

## CONFIRMATION REGISTRATION MEETINGS

Grade 7 and above, meetings for parents will take place at the Church.

**Sunday, September 25, 2022 at 6 pm OR  
Tuesday, September 27, 2022 at 7 pm**

Please register on this link to attend the meeting

<https://forms.gle/RgTDGigtZc1EB8B29>

What to bring with you to the meeting:

Go to <https://stjohnofthecrossmi.archtoronto.org/en/our-community/services/confirmation-preparation/>  
and follow the instructions in this website.

You will be given guidance as to what forms to complete and certificates to bring to the meeting.

*Pray for the sick and for the salvation of souls, especially those from our parish.*



**RCIA** Do you know anyone who is interested to know more about God and the Catholic Faith or adults who have not received the Sacra-

ments of Holy Communion and/or Confirmation yet? The Church offers the RCIA Program to help them prepare to receive the Sacraments. Please have them contact Liane Harris at the Parish Office for more information. Sessions start in mid-September.

## SACRAMENTAL PREPARATION 2022-2023

First Communion and Confirmation Meetings are scheduled at the church for all parents with baptized children preparing for these sacraments on the following dates:

### First Communion Registration Dates:

*Registration packages will be delivered to the schools*

Sunday, September 18<sup>th</sup>, 7:00 – 8:00 pm **OR**  
Tuesday, September 20<sup>th</sup> 7:00 – 8:00 pm

### Confirmation Registration Dates:

Sunday, September 25, 2022 at 6:00 pm **OR**  
Tuesday, September 27, 2022 at 7:00 pm

*The Link to attend the registration meeting will be provided to the schools and will be on the parish website weekend of Sept 10<sup>th</sup>/11<sup>th</sup>, 2022*

Telephone voice mail extensions at the parish for questions regarding Sacramental Preparation

First Communion/ First Reconciliation  
905-821-1331 x 225

Confirmation  
905-821-1331 x 230

Messages left on these voice mails will be returned by members of the Sacramental Team

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**Sunday, September 18, 2022**



### **Cardinal Collins' Stewardship Sunday Homily (2022)**

Cardinal Thomas Collins has announced the institution of Stewardship Sunday as an annual occurrence across the entire Archdiocese on the 25th Sunday of Ordinary Time.

Below is the link of Cardinal Collins' Sunday Homily for this Sunday, September 18th.

<https://www.archtoronto.org/en/offices-and-ministries/sub-sites/stewardship/home/stewardship-sunday/>

### **The LITURGY OF THE WORD WITH CHILDREN**

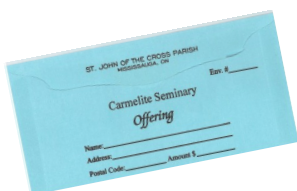
#### **Needs Volunteers!**

Bring the Sunday Gospel to the little ones in a way that is meaningful to them.

If interested, please complete the Commitment Form in the Parish Office.

### **Carmelite Seminary Offering**

Please pick up a blue envelope at the back of the church for the Carmelite Seminary Offering. You can bring it back next weekend and place it along with the regular offering or drop it off at the office.



*Thank you for your generosity!*

## **WEDDING ANNOUNCEMENT**

There is a promise of marriage this Saturday, September 24th, between



**Joseph Travali and  
Simran Virdi**

Let us pray for this couple as they prepare for their wedding.

*Ignorance of Scripture  
is ignorance of Christ.*

**St. Jerome**

### **THIRD ORDER LAY CARMELITE COMMUNITY**

#### **ST. JOHN OF THE CROSS**

*"Carmel, is a source of wealth for the whole Christian Community" - Pope St. John Paul II*

Lay Carmelites are Roman Catholic men and women who "live in the following of Jesus Christ according to the traditions and spirit of Carmel". They are called to a vocation of love, seeking God's will in the ordinary circumstances of everyday life. Carmelite spirituality, an 800-year-old tradition of contemplative prayer, community, and ministry, is a path to holiness embraced by St. John of the Cross, St. Teresa of Avila, St. Thérèse de Lisieux and many others.

For more information, contact the Parish Office @ 905-821-1331

<https://www.laycarmelites.org/come-and-see>

<http://www.laycarmelitespcm.org/generalinfo.php>

<https://ocarm.org/en/carmelites-around-the-world/lay-carmelites-third-order>

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**MASS INTENTIONS**

**Monday, September 19, 9am**

1. For the Repose of Julie & Ernest Apikian, requested by Their Family
2. For the Repose of Wilfred Lobo, requested by Trevor D'Souza & Family

**Tuesday, September 20, 9am**

1. For Good Health, requested by Michael Fernandes & Family

**Wednesday, September 21, 9am**

1. For the Repose of Irene Figueroa, requested by Annaliza Gulli
2. For the Conversion of Cleve Kenny, requested by The Family

**Thursday, September 22, 9am**

1. In Thanksgiving & Birthday Blessings for Candida Balmes, requested by Jessy Yap & Family
2. For the Repose of Octo Sequeira, requested by the Sequeira Family
3. In Thanksgiving, requested by the Sequeira Family
4. For the Birthday Blessings of Glen Mendonca, requested by Joseph Sebastian
5. For the Repose of Mary Rodrigues, requested by Faustina & Stephen Rodrigues & Family
6. For the repose of Emerita Rivera, requested by Maritess Rivera

**Friday, September 23, 9am**

1. For the Repose of Felicidad Yap, requested by Jessy Yap & Family
2. For the Blessings of the Deaconate of Clare Otteson, requested by the Family
3. For the Birthday Blessings of Pearl Ann, requested by a Well-Wisher
4. For the Repose of Roque Fernandes, requested by Denise Rodgers
5. In Thanksgiving & Birthday Blessings for Bibi Nancy Sanogo, requested by Bintou Coulibaly
6. For the Wedding Anniversary Blessings of Janice & Alistair Manuel, requested by the Fernandes Family
7. For the Repose of Martin D'Silva, requested by the Family

**Saturday, September 24, 9am**

1. For the Thanksgiving & Birthday Blessings of Xavier DeSouza, requested by the DeSouza Family
2. For the Repose of Tony Pinto, requested by Maggie, Giselle & Rochelle

**Sunday, September 24, 5pm**

1. For the Repose of Elizabeth D'Souza, requested by Gary D'Souza & Family

**Sunday, September 25, 10am**

1. For the Repose of Alvin Mendiola, requested by Sockee Mendiola & Family

**Sunday, September 25, 12pm**

1. For the Repose of Mabel Almida, requested by Trevor D'Souza & Family
2. For the 35th Wedding Anniversary Blessings of Jillian & Remy Baizan, requested by the Blanchette Family
3. In Thanksgiving for Many Blessings Bestowed on Sharon Blanchette, requested by the Family

**Sunday, September 25, 4pm**

1. For the Repose of Grisilda, Raymond & Hyginus Perera, requested by the Perera Family

**Spiritus West Young Adult Ministry**

Come hangout with other young adults as we say goodbye to summer and welcome another ministry year. We'll start the night by participating in the Saturday, 5pm Holy Mass followed by dinner and games! Whether you join us for Vigil Mass and/or dinner, we can't wait to have a good time!

**Spiritus West - Annual BBQ Party**

**Saturday, September 24 - 5:00 to 10 p.m.**

**CONTACT:** Georgina Abrego

**PHONE:** 437-900-1756

**EMAIL:** [gabrego@archtoronto.org](mailto:gabrego@archtoronto.org)

**LAY PASTORAL MINISTRY**

Our ministers bring the Eucharist to your home when you are faced with a medical situation which prevents you from attending weekend Mass.

We say the rosary plus have a communion service for seniors at Chartwell Heritage Glen retirement Home every Wednesday.

We distribute communion to Catholics at Trillium Hospitals beginning in October once again.

**If you require communion, please contact the parish office for a member of this ministry to bring the Holy Eucharist to you.**



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*“... Jesus said, “Let the little children come to me, and do not stop them; for it is to such as these that the kingdom of heaven belongs.”*

*Matthew 19:14*



***“God said, “Let there be light!” And there was light.—Genesis 1:3***

Wow! Boys and girls, have you ever wished that you were there when God said this? First there was darkness, then in an instant, there was light, everywhere! The Bible tells us in Psalm 33:6 (ask mom or dad for help if you cannot find it) that the heavens were made by the word of God. He breathed out the universe and everything in it. So, when God said, “Let there be light”, that light came flying out of His mouth at the speed of light! Just imagine, light streaking across the heavens, chased away all the darkness, and lighting up the whole universe in a glorious brilliance!

Light may travel so fast, 299,792,458 meters/second, but you know there is something faster than the speed of light?

### ***The Speed of God!***

Yes, the speed of God is faster! It sure is. When you call out to God in prayer, He’s instantly right there to listen — and He starts working on His answer right away. He may not give you the answer right away though. Sometimes, He asks you to wait for it. Sometimes, He may not give you the answer you want. But you can trust that God will always give you the exact, right answer—the answer that is best for you. When? At just the right moment and in just the right way. Trust that God is always working a lot faster than the speed of light!

**Short Letter to God:**

Dear God,

It is hard for me to imagine how fast light travels. Thank you, God, for listening to my prayers and for giving me what I need—at the right time and in the right way.

Thank you for always being there for me.

Help me, God, to be patient and to learn to trust your ways of answering my prayers.

Your son/daughter,

(Your Name)



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**Celebrating Families!**

## *Family Picnic*

**The Parish Women's Group is inviting all ladies and their families for a Family Potluck Picnic.**

**When: Saturday, Sept. 24th, 10am—3:00pm**

**Where: Meadowvale Conservation Area**

***Please register for head count.***

**<https://forms.gle/tGhLh5k7PV7YFVfL6>**

**Details will be sent upon registration.**

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## **Homily of Cardinal Thomas Collins Stewardship Sunday**

**September 18, 2022 Gospel: Luke 16, 1-13**

I remember that once, when I was a seminarian, there was a Mass early in the morning in the seminary chapel, and the priest had a very clever way of getting our attention. He took a little bag containing nickels, dimes, and pennies and, during his homily, he threw the contents onto the marble floor of the chapel so that they all went clinkity-clinkity-clink. Anyone who was asleep at that early time woke up very quickly. The point he was making, which I remember, now after over 50 years, was that we who are serving the Lord need to learn from those who serve mere mammon, mere wealth - earthly things.



For those little coins, for mere material goods, people are willing to spend time, energy, and creativity - to use all their talents and abilities, just to get those coins that were rolling on the floor...so unimportant in the great scheme of things. We who have been given the message of the Gospel, the invitation to the Kingdom of God, and the grace of the Sacraments, especially the Holy Eucharist; we who have been given so many gifts from the Lord, including the brief time we have on this earth, need to use our talents with at least the intelligence, the wisdom, the astuteness of the people of this world who use them very effectively for things which are not worth very much, or even for things which are evil. The children of the light, the servants of the Lord, must know how to be effective in using the gifts that God has given them. That's a very good point which we need to think about, especially this day when we reflect throughout the Archdiocese on the great gift of stewardship.

We are stewards. We are servants who are entrusted with the gifts of time, talent and treasure. God has given us our very life and the precious gift of time. He has given us our talents and has helped each one of us in different ways. Above all, He has given us the great gift of our faith, as well as the material goods we possess. We've been entrusted with these gifts only for a while, in order that we might use them wisely and astutely, with at least the creativity and the energy that the people who serve false gods, or no God at all, use in the pursuit of the far lesser things that they cherish.

In the traditional wisdom of the church, there is a great way of looking at stewardship, or how to live as one entrusted with the gifts that God has given to us of time, talent, and treasure, and how to use them fruitfully for the glory of God in the service of our neighbour.

This little bit of wisdom speaks of **"See, Judge, and Act"**. We need to **"See"** clearly the situation in which we live, just as people who are simply trying to get ahead in the world need to see what is really going on. We need to be astute, shrewd and prudent in seeing reality clearly, so that we make good decisions. We need to **"Judge"**, and assess our situation according to the principles of the Gospel. Then we need to **"Act"** effectively, at least as effectively, creatively, wisely, and shrewdly as the children of this world in serving their lesser goals. We are serving the Lord and our goal is the Kingdom of God, and we owe it to the Lord to be at least as fruitful and creative as those of this world.

Let's look at what God says to us in the readings today. First of all, we need to **"See"**. In our case we need to see, and not just as the steward or manager in the Gospel—he's about to lose a job and he saw that coming very quickly; we need to see the world in which we live. We need to see those who are in need. We need to see the face of Christ in all of those who are suffering. We need to see, in our neighbours, the different ways in which they can be helpful in advancing the cause of Christ. We need to see, within our own heart, our own frailties for which we are sorry, but also the gifts God has given to us. As we have heard in the first reading, the prophet Amos speaks of those who are trampling upon the needy and of those who are causing suffering to others, tampering with the scales, buying the poor for silver. We need to see what is happening in this world and use the gifts which God has entrusted to us as stewards of his creation to use them well, effectively, and creatively in

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order to spread the love of God, which is made authentic and real in this world through the love of our neighbour who is in need. It is our neighbour whom we have to notice, first of all.

**“Judge”:** we need to judge, according to the Gospel of Jesus Christ. Judge, not in the sense of being judgmental, but in having principles, stars we steer by, to help us to know how to act in any given situation. Of course, the steward in the Gospel was a crooked and dishonest steward, and the Lord does not praise him for that. He was judging according to his own selfish values concerning how to satisfy his needs. Rather, Jesus praises the steward in the Gospel for acting wisely, even in the service of an unworthy goal; how much more should we act at least as wisely not for unworthy goals, but according to the principles which we find in today's second reading and throughout the whole Gospel:

“This is right and is acceptable in the sight of God our Savior, who desires everyone to be saved and to come to the knowledge of the truth.

For there is one God; there is also one mediator between God and humankind,  
Christ Jesus, himself human, who gave himself a ransom for all  
—this was attested at the right time. For this I was appointed  
a herald and an apostle, a teacher of the Gentiles in faith and truth.”

This is our mission: we become immersed in the Gospel of Jesus Christ, so that it may be in our mind that we know it, on our lips that we speak it, and in our hearts so we live it. This provides us with the principles by which we judge the world in which we live and are able to know what to do with what we see before our eyes. This is the heart of stewardship. We **see** the world, we recognize our own abilities to help, and we **judge** it all according to the Gospel of Jesus Christ. But then we need to **act**. Now, the one thing our Lord praises in the crooked steward in today's Gospel is his astuteness in using his gift of intelligence to get out of a problem which he was facing—he was about to be let go. Jesus is not, again, praising his crookedness, but he is saying people like this whose judgments are not made according to the Gospel of Jesus but according to their own selfishness, nonetheless use their God-given talents in creative ways. Just as in that story I told in the beginning, for a clinkity-clinkity-clink, for mere mammon, for coins and bits and pieces, people use great creativity. So this steward, this manager, used admirable sharpness and wisdom, and the intelligence God gave him for his own selfish needs. We need to use our own intelligence, creativity, and talent for the glory of God and the service of our neighbour and do at least as well as the servants of mammon. The dishonest steward knew how to see his situation, and act effectively, though the principles by which he judged reality were corrupt. He was using his mind for a bad purpose with bad principles, but was acting effectively, though for a bad cause. We need to act effectively for a good cause. See, judge, and act. This is the guiding light, principle, and method which has long been at the heart of our life of evangelization as servants of our Lord, Jesus Christ.

And so, on this Sunday which, throughout our entire Archdiocese, is dedicated to stewardship, we're encouraged to make effective use of the gifts which we have been given by the Lord, not for selfish ends as did the steward in today's Gospel, but for good, for the glory of God and the service of our neighbour. That is our mission: to see the needs around us, to judge not according to our selfishness, but according to the Gospel of our Lord, Jesus Christ, and then to act carefully, clearly, creatively, and effectively, in order to serve those who are in need.

In this way, we are able to make present in this world, the love of our Lord, Jesus Christ. For we are his representatives here, we are his messengers. He calls us to use the gifts he has given to us in such abundance, during the brief time we have in this world, to show our love for the Lord God by effectively loving others in ways that will help them. And let us look at our parish: look at all the different ways each one of us can work together as parishioners to strengthen one another; to use our different talents individually, as a parish community, and as a diocesan community to serve other people and to do so for the glory of our Lord. That is our commitment on this Stewardship Sunday, to see the needs, to judge according to the Gospel, and to use the gifts God has given to us to act effectively for the glory of God and the service of our neighbour.

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## **September Wellness Tip**


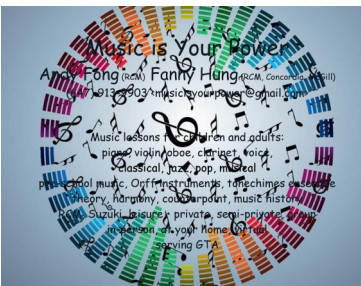






You may have heard the term “superfoods” – and though superfoods aren’t a nutritionally recognized category of foods – the title is typically reserved for natural foods that offer maximum nutritional benefits for minimal calories. They are packed with vitamins, minerals, and antioxidants and are associated with heart health, immune support, cancer prevention, reduced inflammation, and lower cholesterol levels. What foods qualify as Superfoods? Most superfoods come from plants, but some fish and dairy make the cut too. Here are 10 Superfoods you should aim to incorporate in your diet.

1. **Sweet Potatoes:** A nutritional all-star – one of the best vegetables you can eat. They’re loaded with vitamin A, carotenoids, vitamin C, potassium, and fibre. Roast them or make a creamy soup.
2. **Grape Tomatoes:** They’re sweeter and firmer than other tomatoes, and their bite-size shape makes them perfect for snacking, dipping, or salads. They’re packed with vitamin C and vitamin A, and you also get some fibre, some phytochemicals, and a tasty flavour.
3. **Low-fat Milk:** Excellent source of calcium, vitamins, and protein, with little or no artery-clogging fat and cholesterol.
4. **Broccoli:** Lots of vitamin C, carotenoids, folic acid and fibre that makes you feel full longer. They can be eaten raw, steamed or roasted and provide amazing health benefits.



5. **Wild Salmon:** The omega-3 fats in fatty fresh fish like wild salmon can help reduce the risk of sudden-death heart attacks. Salmon that is caught wild has less dioxin contaminant than farmed salmon.
6. **Crispbreads:** Whole-grain rye crackers, like Wasa and Ryvita – usually called crispbreads – are loaded with fibre and often fat-free.
7. **Diced Butternut Squash:** A growing number of food stores sell peeled, seeded, cut, and ready to go bags of diced butternut squash. These can be roasted in the oven, put into a stir-fry, or into soup or risotto. Every half-cup has 5 grams of fibre and payloads of vitamins A and C.
8. **Citrus Fruits:** Great-tasting and rich in vitamin C, folic acid, and fibre. Perfect for a snack or dessert. Try different varieties such as juicy oranges, snack-size clementines, or tart grapefruit.
9. **Beans:** Inexpensive, low in fat, and rich in protein, iron, folic acid, and fibre. Choose garbanzo, pinto, black, navy, kidney, or lentils. Eat them as a side dish or snack, in a tortilla with salsa, or in a soup.
10. **Spinach or Kale (leafy greens):** Loaded with vitamin C, carotenoids, calcium and fibre. Make a mixed salad or soup with these superfoods.



<div><div>CATHOLIC CEMETERIES</div><div>FUNERAL SERVICES</div><div><a href="http://www.catholic-cemeteries.com">www.catholic-cemeteries.com</a></div><div>Assumption Cemetery 905-670-8801</div><div>Catholic Cremation Services 905-670-8801</div><div>Funeral * Cremation * Burial</div><div></div></div>	<div><div>Music is Your Love</div><div></div></div>	<div><div>Dr. Beena George DMD, BDS</div><div></div><div>905-542-9999</div><div>2275 Britannia Rd. W.,</div><div>Unit 10, Mississauga</div><div><a href="http://www.drbeenageorge.com">www.drbeenageorge.com</a></div></div>
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