

Sunday, July 13, 2025



St John of the Cross



Served by the Carmelites

PARISH OFFICE

6890 Glen Erin Drive, Mississauga, ON L5N 2E1
Tel: 905.821.1331 E-mail: sjocrossmi@archtoronto.org
Website: <https://stjohnofthecrossmi.archtoronto.org>

PASTORAL TEAM

Fr. Joyson George, O.Carm, Pastor	Ext. 228
Fr.JGeorge@archtoronto.org	
Fr. Joby Joseph, O.Carm, Associate Pastor	Ext. 224
joby.joseph@archtoronto.org	
Deacon Mark Romeo	223
mromeo@archtoronto.org	
Deacon Ferdinand D'Souza	
fdsouza@archtoronto.org	
Liane Harris, Pastoral Associate	LHarris@archtoronto.org 226
Violanta Nicholson, Secretary	VNicholson@archtoronto.org 222
Diane Mejia, Reception	221

SACRAMENTAL PREPARATION

1st Communion/1st Reconciliation	Sjoc-firstcommunion@archtoronto.org 225
Confirmation	Sjoc-confirmation@archtoronto.org 230
Youth Group	Sjoc-youthministry@archtoronto.org
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 completed forms to the parish office.

AddME

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

PARISH SUMMER OFFICE HOURS

Monday to Friday: 9:30am - 3:00pm
Saturday: 9:00am-12:00pm and 3:15- 6:15pm
Sunday: 8:30 am 1:30pm

MASS TIMES

Mondays to Saturdays: 9:00am
Additional Masses on Wednesdays & 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 Wednesday 7pm Mass or appointment.

SICK AND HOMEBOUND

Please contact the office.

Two Steps for E-Transfer:

1) Send donations to: admin@sjocross.org
2) A separate email message to admin@sjocross.org with your answer, your, Tel. number, & purpose of this fund.

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.

Live Stream

All 9am masses, Monday to Saturday, & the Saturday 5pm (Sunday Mass) Holy Mass are live streamed.



Click here for
Live Stream

BULLETIN DEADLINE—MONDAY AT NOON, TWO WEEKS BEFORE

Our Lady of Mount Carmel, patroness of the Carmelites and ours, pray for us.

OLDER CHILDREN BAPTISM

Mom and Dad, if your child is not baptized yet and is now 7 years old and above, please contact the Parish Office. The parish has an RCIA program adapted for children (RCIC) to help prepare your child for baptism.

Along the Mystical Carmelite Way ...

Hope in Motion



I have often reflected about the meaning of hope and why it is a word that is never mentioned in any of the Gospels. And yet, over time, hope is a concept that has become associated with Christ and his message, and is now one of the theological virtues, together with faith and charity. The Latin word *Spes* derives from the Sanskrit *Spa*, meaning moving towards, tending towards. So, at its very roots, **hope is not static but something constantly evolving and becoming.** According to the Gospels, Jesus did not directly talk about hope. Still, he talked about evolving and becoming. He urged us to embrace a certain way of thinking and acting, different to what people were and still are used to. 'Metanoite' he said, change *Logos*, change perspective. He made the last in this world the first in the kingdom of God. He made the meek the heirs of the earth and promised freedom to the oppressed. By encouraging us with his 'Metanoite', Jesus turned hope into reality. By changing way of thinking and acting, according to the Father's will, by modifying the soil of our minds and hearts, and turning thoughts of despair into trust, anger and fear into love, by forgiving 'those who trespass against us'...we bring God's kingdom into being now. This is how we can provide fertile ground for the seeds sown into us by God. And once the seeds find the right environment to sprout, grow and multiply, we can become sowers ourselves, sowers of those same good seeds God gifted us with.

I like to see hope as potential energy, like a seed, a stored potential in each one of us, ready to be set into motion to become kinetic energy, a growing tree with its branches reaching out into the world. Jesus developed his full potential to redeem us, he gave himself for us, with no reserves and he invites us to follow his example. We have been called into this world to activate our potential, our talents and make them fruit. And we are called to do this in the here and now, in the space-time of God. This is how hope is more than wishing for something better for the future. It is a deep and active faith set into action through our daily dedication to building the kingdom of God and the trust in God's constant and ubiquitous presence while inspiring and guiding our work. Hope is like a light that never fades and helps us to see through the shadows of doubt and fear and to lead us to the fullness of life in God.

Excerpt from Carmel Reflection by Fran Giorda

<https://carmelite.org/weekly-reflections/hope-in-motion/>

Happy Feast of Our Lady of Mount Carmel!

Feast Day: Wednesday, July 16th

Carmel means "garden of God".

As a physical place, Mt. Carmel overlooks the Mediterranean and the city and harbor of what is today Haifa, Israel. The Arabs know Carmel as the Mountain of Holy Elijah. In addition to 1 Kings 18, Carmel is mentioned over twenty times in Sacred Scripture, notably in Canticles 7:5.

As a spiritual place, Carmel's reputation derives from its connection to Elijah, but its mention in the Canticle of Canticles (also known as Song of Songs or Song of Solomon) has produced the most Christian commentary. In this poem about love, the head of the Bride is compared to Carmel. Many Christian authors, therefore, have seen Canticle, as an allegory of the life of union with God. Thus, in the Doctors of Spiritual Theology, such as St. John of the Cross, Carmel becomes a metaphor for seeking God (cf. Ascent of Mt. Carmel; Spiritual Canticle).



While Our Lady of Mount Carmel is the patron saint of the Carmelite Order, the basis for the universal Church honoring Mary under this title dates to her appearance to an English Carmelite St. Simon Stock in the 13th century. She gave him the Brown Scapular, a garment worn by religious over the neck and shoulders as an apron, to be worn by Carmelites "as a sign of her protection." It is a Marian devotional practice which, over the centuries, has spread to Catholics around the world.

On the last day of Our Lady's appearance in Fatima, she appeared dressed as the Our Lady of Mount Carmel. "The Rosary and the scapular are inseparable. The scapular is a sign of consecration to Our Lady." - St. Lucia, one of the children in Fatima



St John of the Cross Men's Fraternity

It's where you get better at what you already are.... a son, a husband, a father...

2025 SUMMER RETREAT

This summer we will be using episodes from Chris Stefanick's popular TV show



Chris Stefanick is an internationally acclaimed author, speaker, and television host who has devoted his life to sharing the love of Jesus, and helping others do the same. His live seminars, TV, radio, and video ministry have reached millions, and his educational initiatives are turning the tide in the Church.

DATE: June 10th 2025

TOPIC: How to live real masculinity - Chris Stefanick

7:00 pm to 9:00 pm - Carmel Room in the basement

DATE: JUNE 24th 2025

A talk by Fr. Henry Alva

7:00 pm to 9:00 pm - Carmel Room in the basement

DATE: JULY 8th 2025

TOPIC: Struggling to forgive - Chris Stefanick

7:00 pm to 9:00 pm - Carmel Room in the basement

DATE: JULY 29th 2025

TOPIC: Love your self - Chris Stefanick

7:00 pm to 9:00 pm - Carmel Room in the basement

ADMISSION FREE - ONLY LOVE OFFERING ARE WELCOME

NO NEED TO REGISTER

BULLETIN DEADLINE—MONDAY AT NOON, TWO WEEKS BEFORE

PARISH WOMEN'S GROUP

Summer Bash

For all women parishioners & their daughters! Come to the Hula Summer Bash, an evening of fun, games, dancing, and good time, celebrating each other.

Friday, July 18th, 6:45-9:00pm, Hall



Sign up after any of the Sunday Masses this weekend.

See you all, ladies!

Let's celebrate our sisterhood!

No fee. Bring a dish to share (potluck)!



We keep our children, the volunteers, and coordinators in prayers as the Summer Camp starts this

week. May they have a safe, enjoyable, and faith-filled experience.

MASS INTENTIONS

Monday, July 14, 9am

1. For the Repose of Consuelo Calo, requested by Joseph & Joan Calo

Tuesday, July 15, 9am

1. For the Repose of Clarence Rodgers, requested by the Rodgers Family
2. For the Repose of Benigno Alejandro Sr. & Deceased Family Members, requested by the Alejandro Family
3. For the Repose of Vivian Sinanan, requested by Pamela Seegulam
4. For the Birthday Blessings of Narendra Seegulam, requested by Pamela Seegulam

Wednesday, July 16, 9am

1. For the Repose of Amy & Albert Misquitta, requested by Elma Sastry & Family
2. For the Healing of Carolyn Rhodes, requested by Heather
3. For the Repose of Peter Rocha, requested by the Lobo, Rocha & Colaco Families

Wednesday, July 16, 7pm

1. For the Repose of Ezlinda & Estrelita Dsouza, requested by the Family
2. In Thanksgiving to the Sacred Heart of Jesus, requested by the Menezes Family
3. For the Repose of Leonissa, requested by the Family

Thursday, July 17, 9am

1. For the Healing of Elisa Lee, requested by the Lee Family

Saturday, July 19, 9am

1. In Thanksgiving & Birthday Blessings for Natalee Joseph Simpson, requested by the Family
2. In Thanksgiving for Blessings Received by Jijo, requested by Anna Babu

Saturday, July 19, 5pm

1. In Thanksgiving & 75th Birthday Blessings of John Fernandes, requested by Sabrina, Children & Grandchildren.
2. For the Repose of Julia Nazare, requested by the Nazare Family

Sunday, July 20, 10am

1. For the Repose of Elvis Rego, requested by the Rego Family
2. For the Repose of Geraldine DeCruze, requested by her Family

The Carmelites were known from early on as "Brothers of Our Lady of Mount Carmel." The title suggests that they saw Mary not only as "mother," but also as "sister." The word *sister* is a reminder that Mary is very close to us. She is the daughter of God and therefore can help us be authentic daughters and sons of God. She also can help us grow in appreciation of being sisters and brothers to one another. She leads us to a new realization that all human beings belong to the family of God. When such a conviction grows, there is hope that the human race can find its way to peace.



What is a third order Lay Carmelite?

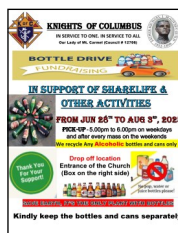
A lay Carmelite is someone who is not a priest or nun, but one who wants to commit, in a special way, to the Carmelite Order.

St. John of the Cross Parish has a Lay Carmelite Community. They meet on the 1st Saturdays of the month.

There will be a second collection this weekend for the Carmelite Mission. Thank you for responding to the need of the mission. Your generosity goes a long way!

PRIME TIME CLUB

Prime Time Club Craft will continue during the month of July on Wednesdays at the St. John of the Cross room. We are taking a break for August and will resume on September 3rd. New members are always welcome.



Bottle Drive Fundraising
in Support of ShareLife
& other activities
until August 3

Alcoholic bottles and cans only
An initiative of the Knights of Columbus

CHURCH

Tues	July 15	Joyful Worship Choir 7:00-8:30pm
Wed	July 16	Band Choir 8:00-9:30pm
Thurs	July 17	Folk Choir 7:00-8:30pm

ST. JOHN OF THE CROSS ROOM

Wed	July 16	Prime Time Club Crafts 1:00-3:00pm
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NESSINGER HALL

Fri	July 18	Women's Group Summer Bash 6:45-9:30pm
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