

Sunday, July 5, 2026

St John of the Cross Parish

Parish Summer Fest

In honour of
Our Lady of
Mount Carmel

FAITH ♦ FAMILY ♦ FELLOWSHIP ♦ FUN

LIVE MUSIC
GAMES & ACTIVITIES
DELICIOUS FOOD
COMMUNITY & JOY

ALL ARE WELCOME!

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	229
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/Reconciliation	Sjoc-firstcommunion@archtoronto.org	225
Confirmation,	Sjoc-confirmation@archtoronto.org	230
Youth Group,	Sjoc-youthministry@archtoronto.org	223
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 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 OFFICE HOURS

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

ST. THERESE, THE LITTLE FLOWER

Along the mystical, Carmelite Way ...

THERESE'S 'SHOWER OF ROSES' FOR ANXIETY

Thérèse knew anxiety firsthand. From childhood, she experienced great sensitivity, feeling deeply every disappointment, fear or moment of rejection. Yet she discovered in her Carmelite journey that anxiety loses its grip when placed in the hands of a loving Father. Her "Little Way" encourages believers to live in the present moment, trusting God for the future and not exhausting themselves over what they cannot control.



She advised that when worry erupts, rather than wrestling with it endlessly, one should lift it like a small child lifts its arms to a parent. This imagery – tender, trusting, and dependent – captures her secret to find peace. Anxiety stems from the desire to control outcomes; Thérèse's way dismantles this by focusing wholly on God's loving providence. For her, surrender is not a resignation to fate but a confident rest in divine mercy.

Near the end of her life Thérèse promised: "After my death, I will let fall a shower of roses." For those struggling with anxiety, this image becomes a form of healing prayer: each "rose" represents a grace, a consolation, or an interior strength given at just the right time. To embrace this shower of roses is to believe that no matter how tangled our thoughts, God will send help – sometimes in the form of unexpected peace, a kind word, a providential resolution, or a divine nudge away from fear. Thérèse's roses are God's gentle reminders that we are not alone. Anxiety often comes from living either in the past or in the imagined future. Thérèse invites us to dwell with God in the now. "Be still and know that I am God." (Ps 46:10) When one lives moment by moment with trust, even small trials are transformed into offerings of love.

Excerpt from Carmelite Friars: <https://www.carmelite.uk.net/spirituality/thereses-shower-of-roses-for-anxiety/>

There will be a 2nd Collection after all Sunday Masses next weekend for the Carmelite Mission.

Thank you for your support!



Parish Summer Fest

in honour of Our Lady of Mount Carmel

Feast Mass on Saturday, July 18th, at 4pm

Outdoor procession reciting the rosary after the Feast Mass followed by the blessing and distribution of the brown scapulars.

Games, music, food, cake, ice cream, BBQ, facepainting, and many other fun activities in the parking lot for everyone after the distribution of scapulars.

All are welcome to come and enjoy the celebration for Our Lady of Mount Carmel, the heavenly Patroness of the Carmelite Order.

The Mass will be at 4pm instead of @ 5pm on this day.

Novena to Our Lady of Mount Carmel starts on Friday, July 10th after all Masses.

PARISH RCIA PROGRAM

A Journey of Faith to Encounter God

Do you know anyone who is curious to know about God, the Catholic Faith, and the Church teachings? Or thinking about joining the Catholic Christian Church? RCIA is a program for adults to help them in this journey. Contact Liane Harris, 905.821.1331 x 226 for details or they can leave their contact information in the office. RCIA Program starts in September.



Have a safe, fun, & healthy summer!

VENEZUELA EARTHQUAKE HUMANITARIAN RELIEF

The Archdiocese of Toronto will accept donations and channel funds through our Catholic partners in South America to support relief efforts underway. Those wishing to help may do so in the following ways:

- [Online](http://www.archtoronto.org) through the Archdiocese of Toronto website – www.archtoronto.org
- By phone through the Donations Processing Centre – 437-529-1287
- Through the parish, making cheques payable to: Name of Parish – Venezuela Earthquake

Follow SJOC Parish in:



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Facebook: [SJOCParish](https://www.facebook.com/SJOCParish)

BULLETIN DEADLINE—MONDAY AT NOON, TWO WEEKS BEFORE

MASS INTENTIONS

Monday, July 6, 9am

1. For Unborn Babies, requested by the Nicholson Family

Tuesday, July 7, 9am

1. For the Repose of Nury Andrews, requested by Vincent Andrews
2. For the Repose of Annie & Polson Karam, requested by the Nicholson Family

Wednesday, July 8, 9am

1. For the Souls in Purgatory, requested by the Nicholson Family
2. For the Repose of Leonissa Prabhu, requested by the Family

Wednesday, July 8, 7pm

1. For the Repose of Celestine Rebello, requested by Joshua & Nelson Rebello
2. In Thanksgiving for Blessings Received, requested by the Bustillos Family

Thursday, July 9, 9am

1. For the Martyrs of Orange, requested by the Caron Family

Friday, July 10, 9am

1. For the Repose of Armand Rodrigues, requested by Martha & Family
2. For the Repose of Francisco Toste Brasil, requested by Mercedes Brasil

Saturday, July 11, 9am

1. For the Repose of Pius Goveas, requested by Doris Goveas
2. For the Repose of Ernest & Vallerie Ambrose, requested by the Robson Family

Saturday, July 11, 5pm

1. For the Repose of Bernadette Arasaratnam, requested by Bernadette Anandarajah
2. For the Repose of Pio Rebello, requested by Joshua & Nelson Rebello
3. For the Repose of Claire Vidale, requested by Rene & Family
4. For the Repose of Victor Mercierca, requested by Leli & Family
5. For the Repose of Douglas Colaco, requested by Angelica Mendosa
6. For All the Souls in Purgatory, requested by the D'Almeida Family
7. For the Repose of Darren Pinto, requested by the D'Almeida Family

Sunday, July 12, 10am

1. For the Repose of Gaulbert Monteiro, requested by the Rodgers Family
2. For the Birthday Blessings of Marcelo Martinez Sr., requested by the Martinez Family

Sunday, July 12, 12pm

1. For the Repose of Martin & Bridget Mongan, requested by Annie & Barney

Sunday, July 12, 4pm

1. For the Repose of Lucyna Czajowska-Zegarmistrz, requested by the Zegarmistrz Family

CHURCH

Thurs	July 9	Folk Choir 7:00pm
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ST. JOHN OF THE CROSS ROOM

Mon	July 6	Intercessory Group 7:00pm
Tues	July 7	Knights of Columbus Exec. Meeting 7:00pm

NESSINGER HALL

Mon	July 6	Catechism Study 7:00pm
Tues	July 7	Line Dancing 1:00-3:00pm
Tues	July 7	Baptism Preparation Course 7:00pm
Thurs	July 9	SVDP Conference 7:00-9:00pm
Fri	July 10	Prayer Group 6:00-9:00pm

BASEMENT CARMEL A ROOM

Mon	July 6	Men's Fraternity 7:00pm
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BASEMENT LISIEUX ROOM

Mon	July 6	CWL Executive Meeting 7:00pm
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FOLD & FLY

The Parish Women's Group is initiating a Fold & Fly paper plane flying contest for children, teens, & adults. Letter & legal size papers will be provided as well as some supplies.

2 contests to join in:

1. Distance
2. Time Aloft

Winners will receive prizes and a Pilot's License Certificate.

Practice making your paper planes at home and let them soar at the Parish Summer Fest!

FAITH FORMATION Q & A:

Q: Why can't I "I just follow my conscience?"

A: We often hear people saying "I don't need any guidance from anyone because I just follow my conscience." They claim that their conscience will tell them what is true or false, right or wrong. But what they are really doing is just following their feelings or personal preferences, regardless of what may be the right or moral thing to do. Conscience is a unique faculty or power given to us by God to guide us to what is good, right, true and just. The purpose of conscience is to lead a person to the truth. It is a person's "*most secret core and sanctuary*" where a person can sense the inner voice of God calling them "*to love and to do what is good and avoid evil*" (CCC#1776). First we should have an *informed conscience* by learning right and wrong in the light of the Sacred Scriptures as interpreted by the teaching authority given to the Church. If we do not inform our conscience, then it won't be dependable and trustworthy. The Catechism reminds us that "*the education of the conscience is a lifelong task*." We do this by studying Sacred Scripture, by knowing the moral teachings of the Church and our Christian tradition, and through prayer.

Fr. Tony Kadavil



There will be a 2nd collection this weekend for the Building Fund.
Thank you for your generosity!

Mark your calendar:

PARISH SUMMER FEST on July 18th,
starting at 4pm.

Bring your families and friends and
let us celebrate our beautiful
Carmelite tradition!



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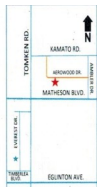
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