


Sunday, June 14, 2026

St John of the Cross Parish

Served by the Carmelites



PARISH OFFICE	PARISH OFFICE HOURS
6890 Glen Erin Drive, Mississauga, ON L5N 2E1 Tel: 905.821.1331 E-mail: sjocrossmi@archtoronto.org Website: https://stjohnofthecrossmi.archtoronto.org	Monday to Friday: 9:30am - 4:30pm and 6:00 - 8.30pm Saturday: 9:00am–12:00pm and 3:15- 6:15pm Sunday: 8:30 am 1:30pm
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	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.
SACRAMENTAL PREPARATION	Two Steps for E-Transfer:
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	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.
BAPTISM	MARRIAGE
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.	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.
AddME	Live Stream
To receive parish notifications, weekly bulletin & Sunday Mass link, click AddMe to be added to the Parish Email List.	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

DAILY EXAMEN: THE CARMELITE WAY

The Daily Examen is an Ignatian practice, but Teresa of Ávila used a remarkably similar method in her own spiritual life, described in Chapter 13 of her *Book of Life*. This 10-minute nightly practice aids you in noticing God's presence throughout your day. Think of it as spiritual attention training, helping you recognise where God was already moving, already speaking, already loving you.



5 Steps:

1. Presence (2 minutes)

Begin by settling into this simple truth: "I am here. God is here." Take several deep breaths, feeling your body in the chair, your feet on the ground. Notice tension in your shoulders, your jaw, your hands. Let it soften. Teresa taught that recollection (i.e., gathering your scattered attention) begins with remembering that God is already with you. You are not trying to make God present. You are acknowledging the presence that is always with you, that never leaves.

2. Gratitude (2 minutes)

Ask yourself: "What gift did I receive today?" Teresa insisted on this: thanksgiving first, always. Before examining anything else, start with gratitude. This reorients your heart toward abundance rather than scarcity, toward grace rather than judgment. Even on the hardest days, there are gifts: the breath in your lungs, the sunrise you almost missed, etc. Name one specific gift. Let yourself feel grateful.

3. Review (3 minutes)

Now gently review your day, asking: "Where did I encounter God today?" This is not about examining sins; that is a different prayer. This is more holistic; it is about noticing everything. When were you most alive? Most yourself? Most loving? Perhaps it was during morning coffee, really tasting it.

4. Healing (2 minutes)

Ask: "Where do I need mercy?" Be brief and specific: "I was impatient with my daughter when she interrupted me." "I judged that person harshly." "I hurried past a person I could have helped." Do not just ask for forgiveness; ask for healing. There is a difference.

5. Tomorrow (1 minute)

Finally, look toward tomorrow and ask: "What grace do I need?" Perhaps patience for a difficult meeting. Perhaps courage to have an overdue conversation. Perhaps simply the grace to stay present.

Excerpt from The Carmelite Friars: <https://www.carmelite.uk.net/spirituality/daily-examen-the-carmelite-way/>

Along the mystical, Carmelite Way

WEDDING ANNOUNCEMENTS

There is a promise of marriage this Friday, June 19th, between **Matthew Abeid-Manrique & Maria Clara Almeida**

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

MEN'S FRATERNITY

The Men's Fraternity is kicking off a Summer Retreat on June 18th, from 7-9 pm in the Carmel Room. The format will be viewing of a video by the speaker, followed by small group sharings.

The dates and topics are as follows:

- * June 18th: Behold the Man by Dcn. Harold Burke
* June 25th: Feeling Broken? How to Find True Happiness by Fr. Mike Schmitz
* August 6th: These Things Drive Priests Crazy by Fr. Leo Patalinghug
* August 13th: Be A Man by Fr. Larry Richards

There is no cost for this Retreat. Please register via the QR code on the Men's Fraternity banner in the Rotunda if you would like to participate.

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.



The beautiful display cabinets for Our Lady of Mount Carmel and St. John of the Cross statues in the rotunda arrived, just in time for Corpus Christi Celebration.

Follow SJOC Parish in:



Instagram: sjoc.youth



Facebook: SJOCParish

BULLETIN DEADLINE—MONDAY AT NOON, TWO WEEKS BEFORE

MASS INTENTIONS

Monday, June 15, 9am

1. For the Repose of Clarence Rodgers, requested by the Rodgers Family
2. For the Repose of Marie & Gerald Haire, requested by Cavell Miller & Family

Tuesday, June 16, 9am

1. In Thanksgiving for Neela & Sherard, requested by Heather Desouza

Wednesday, June 17, 9am

1. For the Repose of John Dominic Fernandes, requested by the Fernandes Family
2. For the Repose of Mary & Gerard Houle, requested by Diane & Family
3. For the Spiritual Healing of Cleve, requested by the Family

Thursday, June 18, 9am

1. In Thanksgiving & Birthday Blessings for Sabrina Fernandes, requested by John, Children & Grandchildren
2. For the Successful Surgery on a Family Member, requested by Al & Pat Cormier
3. For the Birthday Blessings of Sabrina Fernandes, requested by the Family & Friends

Friday, June 19, 9am

1. In Thanksgiving & Birthday Blessings for Charlotte Farrugia, requested by the Desouza Family
2. For Blessings on Emily & Ian D'Souza on their Wedding Day, requested by the D'Souza Family
3. For the Repose of E.A. Joseph, requested by Vincent & Family
4. For the Repose of Juliette Da Costa, requested by Jill & Braz
5. For the Repose of Douglas Colaco, requested by Peter D'Souza & Family
6. For the Repose of Yvette D'Silva, requested by the Van Drine Family

Saturday, June 20, 9am

1. For the Repose of George Rodricks, requested by Noella, Sherman & Keenan Pereira
2. For the Repose of Sylvester De Souza, requested by the De Souza Family
3. For the Repose of Douglas Colaco, requested by Linda & Deryck Desouza
4. In Thanksgiving & Birthday Blessings for Ewa Kundid, requested by Neil & Loretta Desouza
5. For the Repose of Albin & Stella Kattar, requested by the Babu Family

Saturday, June 20, 5pm

1. For Wedding Anniversary blessings on Aaron & Kerri Romeo, requested by the Romeo Family
2. For the Repose of Jacinto & Teresa Medeiros, requested by the Family
3. For the Repose of Adeline D'Monte, requested by Pat & Nash Davis
4. For the Repose of Douglas Colaco, requested by the Colaco Family
5. For the Repose of Jerzy Jedrzejcack, requested by Danuta & Family

Sunday, June 21, 8am

1. For the Intentions of Tristen Simpson, requested by the Joseph Family
2. For the Repose of Oneide Silva, requested by the Castro Family

Sunday, June 21, 10am

1. For the Repose of Pius Goveas, requested by Doris Goveas
2. For the Repose of Douglas Colaco, requested by Sylvia Colaco & Family

Sunday, June 21, 12pm

1. For the Repose of Felino V. Samaniego, requested by Maria Florentin
2. For the Repose of Lucy Siqueira, requested by the Siqueira & D'Souza Families
3. For Blessings on the Family, requested by Nwodo Patricia Nkiru & Family

Sunday, June 21, 4pm

1. For the Birthday Blessings of Jove Cana, requested by the Cana Family

There will be a blessings for all fathers after all Sunday Masses next weekend, June 20th-21st, for Father's Day.

FATHER'S DAY BAKE SALE



The CWL will be hosting a bake sale after all Masses next weekend. See flyer for details.

Please be reminded to dress modestly when coming to church. The church is a house of God and our common place of worship. No low neckline clothing, short, short skirts/dress, no tank tops, backless, nor spaghetti straps. Thank you for helping keep the church a holy place of prayer.

CHURCH

Thurs	June 18	Folk Choir 7:00pm
Sat	June 20	Children's Choir 10:00am

ST. JOHN OF THE CROSS ROOM

Wed	June 17	Prime Time Club Crafts 1:00-3:00pm
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NESSINGER HALL

Mon	June 15	CWL Meeting 7:00pm
Tues	June 16	Line Dancing 1:00-3:00pm
Tues	June 16	Bible Study 7:00pm

BASEMENT CARMEL A ROOM

Thurs	June 18	Men's Fraternity Retreat 5:00-9:00pm
Fri	June 19	Prayer Group 7:00-9:00pm

BASEMENT LISIEUX ROOM

Mon	June 15	Adult Choir 6:30-9:30pm
Tues	June 16	Joyful Worship Choir 7:00pm
Thurs	June 18	PTC Book Club 1:00-3:00pm
Thurs	June 18	Palliative Support Ministry 7:00pm
Sat	June 20	Children's Choir 10:00am

Faith opens the door to understanding; unbelief closes it.
St. Augustine of Hippo

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