

Sunday, May 24, 2026


St John of the Cross Parish



PENTECOST

Holy Spirit

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	MASS TIMES
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	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

Sunday, May 24, 2026



Come, Holy Spirit, fill the hearts of your faithful
and kindle in them the fire of your love.



Send forth your Spirit and they shall be created,
and you shall renew the face of the earth.



A Blessed Pentecost to all!

Happy birthday, Church! Happy birthday to us all!



Along the Mystical Carmelite way ...

PRAYING IN THE SPIRIT: THE CARMELITE CONTEMPLATIVE WAY

When we hear “praying in the Spirit,” most of us think of something we can feel – hands raised, voices passionate, maybe tongues, certainly energy. We think of prayer that moves us, prayer we can sense happening, prayer that creates an atmosphere we can almost touch. The Spirit feels present because something visible is happening.

This experience is real and valuable. The Spirit does move powerfully in community worship, in passionate intercession, in the gifts of tongues and prophecy. But here’s what the Carmelite tradition wants to whisper to us: **The Holy Spirit also prays in silence.** In fact, some of the Spirit’s deepest work happens when nothing seems to be happening at all. When prayer becomes so simple it looks like doing nothing. When the Spirit prays through us in ways our conscious mind can’t detect or control.

Let us introduce you to a different way of praying in the Spirit, one that might feel strange at first, especially if you are used to prayer being something you actively do. **This is prayer as receptivity, prayer as being present, prayer as allowing the Spirit to work beneath the surface of your awareness.**

This is contemplative prayer, and the Carmelites have been teaching it for five hundred years.



When the Spirit Leads Into Quiet

John of the Cross describes a transition many people experience in their prayer journey. He calls it moving from meditation to contemplation. Meditation is active; you are thinking about God, reflecting on Scripture, engaging your imagination and emotions. You are doing something you can feel and measure. Contemplation is receptive; you are simply being present to



Join us for the Corpus Christi Procession on Saturday, June 6th, after the 5pm Holy Mass, on the Feast of the Most Holy Body and Blood of Christ.

EUCHARISTIC MIRACLES EXHIBIT

There will be an exhibit of the Eucharistic Miracles from Friday, June 5th to Monday, June 8th, St. John of the Cross Room. A work of St. Carlo Acutis, the exhibit showcases some of the many miracles of the Holy Eucharist throughout the world.



God, often without thoughts or feelings to confirm the connection. You are not doing; you are allowing God to do.

John teaches that when God begins to give you the grace of contemplation, your old active methods stop working. Scripture that once moved you feels flat. Prayers that once energised you feel empty. Your mind wanders constantly. You wonder if you’re doing something wrong. Well, you aren’t.

The Spirit is teaching you a new way to pray.

Source: Carmelite Friars

<https://www.carmelite.uk.net/spirituality/praying-in-the-spirit-the-carmelite-contemplative-way/>

Follow SJOC Parish in:



Instagram: sjoc.youth



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BULLETIN DEADLINE—MONDAY AT NOON, TWO WEEKS BEFORE

MASS INTENTIONS

Monday, May 25, 9am

1. For the Repose of Rhona Delamarre, requested by the Delamarre Family
2. For the Repose of Raul & Carlos Perez, requested by Bonnie Perez & Family
3. For the Repose of Kenneth Maynard, requested by the Family

Tuesday, May 26, 9am

1. For the Repose of Nelson Coutinho, requested by Ven, Sidney & Crystal Coutinho
2. For the Repose of Otto Vanderlowen, requested by Marylou Vanderlowen

Wednesday, May 27, 9am

1. For the Wedding Anniversary Blessings of Selwyn & Candy, requested by John, Sabrina & Children
2. For the Repose of Pete Fernandes, requested by Cippy, Shirley & Family
3. For the Repose of Louisa Vanderlowen, requested by Marylou Vanderlowen
4. For the Repose of Kenneth Maynard, requested by the Family

Wednesday, May 27, 7pm

1. For the Repose of Mirani Kailainathan, requested by Bernadette Ananadaraj
2. For the Birthday Blessings of Evie, requested by the Robinson Family

Thursday, May 28, 9am

1. For the Repose of Biju Mathew, requested by the Mathew Family
2. For the Repose of Cajetan Fernandes, requested by Hazel Tavares

Friday, May 29, 9am

1. For the Repose of John Benjamin, requested by the Benjamin Family
2. For the Repose of Oscar Lopes, requested by Friends
3. For the Repose of Kenneth Maynard, requested by the Family

Saturday, May 30, 9am

1. For the Repose of Jermain Apikian, requested by her Family
2. For the Deceased Members of the Vattathara Family, requested by Anna Babu
3. In Thanksgiving & Birthday Blessings for Kevin Neil Varias, requested by the Alejandro Family
4. In Thanksgiving & Birthday Blessings for Iranjika, requested by the Perera Family

Saturday, May 30, 5pm

1. For the Repose of Maria Della Riza Fernandes, requested by her Family
2. For the Repose of Alyma Curry, requested by the Naidu Family

Sunday, May 31, 8am

1. In Thanksgiving & Birthday Blessings for Isaiah Desouza, requested by the Desouza Family

Sunday, May 31, 10am

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

Sunday, May 31, 12pm

1. In Thanksgiving & Birthday Blessings for Celina Benjamin, requested by the Benjamin Family


RELIGIOUS STATUES



The Parish Women's Group will be holding an auction of beautiful religious statues after all Sunday Masses this weekend. Come, and bring home one or two of these statues on this Pentecost Sunday. Make it a gift for yourself, for your family, or for someone else. 100% of the proceeds go towards a new baptismal font in our beautiful church.



BULLETIN DEADLINE—MONDAY AT NOON, TWO WEEKS BEFORE

Bundle Up

For the Society of Saint Vincent de Paul  We do not accept books, furniture, appliances, dishes, mattresses, construction materials or video tapes. Bundle Up: June 6-7

We are collecting your donations at **St. John of the Cross**
6890 Glen Erin Drive, Mississauga
On
June 6 - 7, 2026

WE DO NOT ACCEPT appliances, baby or regular furniture, books, mattresses, dishes, construction material or video tapes. For more information visit www.ssvptoronto.ca

The Parish Women's Group will be hosting a modified Coffee Sunday after all Holy Masses on this Pentecost Sunday, the birthday of the Church.



Come, let us celebrate our common birthday!

CHURCH		
Mon	May 25	Adult Choir 6:30-9:00pm
Wed	May 27	Band Practice 8:00pm
Thurs	May 28	Folk Choir 7:00pm
Sat	May 30	Children's Choir 10:00am
ST. JOHN OF THE CROSS ROOM		
Wed	May 27	Prime Time Club Crafts 1:00-3:00pm
NESSINGER HALL		
Tues	May 26	Line Dancing 1:00-3:00pm
Tues	May 26	Bible Study: Life Everlasting 7:00-8:45pm
Thurs	May 28	EDGE Program 6:45-8:45pm
BASEMENT CARMEL A ROOM		
Mon	May 25	CWL Council Meeting 7:00pm
Sun	May 31	LifeTeen Program 5:15-7:15pm
BASEMENT LISIEUX ROOM		
Thurs	May 21	PTC Book Club 1:00-3:00pm

Registration Begins Thursday, April 9
Open to all children entering Grades 1-6 in September 2026

ROME PAUL UNDERGROUND CHURCH **July 13 - 17**

CROSS CAMP 

CATHLETICS! **July 20 - 24**

For more information about the camp and registration forms, please visit the parish office or scan the QR code.

Cross Camp registration forms and other details are in our website.

<https://stjohnofthecrossmi.archtoronto.org/en/our-ministries/youth-group/summer-cross-camp/>

There will be a 3rd ShareLife Collection next weekend. Thank you for your generosity!

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