

Living the Gospel



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ST. ANN PARISH

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120 First Avenue, Toronto, ON. M4M 1X1 (Corner Gerrard East & Degrassi St).

Phone: 416-466-2127 **Email:** stannsto@archtoronto.org **Website:** <https://stannsto.archtoronto.org>

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

3rd Sunday of Easter: April 23, 2023



Saturday, April 22 at 5 p.m. Mass

Sunday, April 23 at 10:30 a.m. Mass *for the Parishioners of St. Ann*

Sunday, April 23 at 12:30 p.m. *Native People's Mass*

Sunday, April 23 at 6 p.m. Mass

Monday, April 24 at 8 a.m. Mass

Tuesday, February 25 at 8 a.m. Mass

Wednesday, April 26 at 8 a.m. Mass

Thursday, April 27 at 8 a.m. No Mass

Friday, April 28 at 6:30 p.m. Holy Hour, 07 p.m. Mass,

Saturday, April 29 at 5 p.m. Mass

Sunday, April 29 at 10:30 a.m. Mass *for the Parishioner of St Ann Manny and Mavic Galicia – Thanksgiving Wedding Anniversary*

Sunday, April 29 at 12:30 p.m. *Native People's Mass*

Sunday, April 29 at 6 p.m. Mass

3rd Sunday of Easter Year A

Reflection

The readings for the 1st Sunday of Easter for Year A encourage us to truly walk the path of discipleship. In the first reading, Peter boldly proclaims the Good News. The psalm reminds us that God will guide us along the path of life. The second reading explains that Jesus Christ died so we could have new life. And in the gospel, two disciples encounter the risen Jesus on the road to Emmaus.

- Discipleship
- Fellowship
- Letting God lead the way

In today's Gospel, we reflect on the Road to Emmaus. As the two disciples walk along, Jesus

appears and breaks open the scriptures and breaks bread with them. This same structure is what we experience at Mass with the Liturgy of the Word and the Liturgy of the Eucharist. Reflecting on their walk with Christ, the disciples were profoundly touched, exclaiming "Were not our hearts burning within us?" So too, when we partake in Mass our hearts should burn within us from the glory and love of God. But what should we do with this burning?

This Easter season, let us decide to renew our commitment to our parish by joining various ministries to help the good news of the resurrection be proclaimed. The Church needs us to be sharers of God's gifts. St Peter in his first letter says "As each one has received a gift, use it to serve one another as good stewards of God's varied grace" (1 Peter 4:10). Let us end by asking ourselves, how well do we cultivate our gifts and aid the spread of the Gospel?

-Stewardship Bulletin Reflections- Archdiocese of Toronto

Riverdale Together

There is a new initiative taken, in collaboration with St. Mathew Anglican Church, and with La Moon Café, to welcome the people of Riverdale to explore our churches and to come and see. This program will take place on **May 7th from 11 a.m. to 5 p.m.** We will be able to showcase our activities and welcome people to see our churches and ask questions if they have any. There is also an opportunity for people to showcase their crafts and creative works. For details, please see the bulletin board in the church or talk to Fr. Francis.

"Creating Hope for the Earth"

The Toronto Diocesan Council invites you to a special virtual prayer service for Creation. We are celebrating Earth Week 2023 (April 16 to 23) in conjunction with For the Love of Creation.

Sunday, April 23rd from 7 - 7:30 pm,

REGISTRATION:

<https://us02web.zoom.us/meeting/register/tZwpc-2rqDItH9HE-dz5osdgAa3k1uel7I-a>

3rd Sunday of Easter: April 23, 2023

All are welcome, please distribute to all your networks! Change takes all of us. Each action brings hope. Let's make hope visible across the country.

Serra's 'Vocation Seeds'

Do you recognize Christ in your life? Does your heartburn in his presence? How are you being called - as a priest, deacon, brother or sister? If God is calling you, contact Fr. Matt McCarthy, Director of Vocations, Archdiocese of Toronto at 416-968-0997. email vocations@archtoronto.org
www.vocationstoronto.ca

Pope's Prayer Intentions 2023

The Pope's prayer intention for 2023 represents a wide array of challenges facing humanity and is the result of much prayer and discernment. In **April**, we pray with Pope Francis for a culture of peace and non-violence. "We pray for the spread of peace and non-violence, by decreasing the use of weapons by states and citizens." - **Pope Francis**

Mental Health in the Faith

Communities Awareness Sunday

Sunday, May 7, 2023, has been chosen as *Mental Health in the Faith Communities Awareness Sunday throughout the Archdiocese of Toronto*. This day is intended to raise awareness in our parish communities of the importance of mental health, how we need to look after it and how important it is to get help if we are struggling. Increasing awareness about mental health also helps people living with mental health issues to feel less alone. In our faith communities, people often report experiencing shame or stigma attached to mental health and mental health illness. Having open conversations about mental health issues, listening, and sharing information, opens doors to seeking help, and healing.

The Gift of Faith and Mental Health

The Southdown Institute invites you to join them for a day of insightful, educational, and practical talks to promote mental health, wellness and spirituality,

designed specifically for the catholic community of faith.

Date: Friday, May 12, 2023

Time: 10 a.m. to 3 p.m.

Location: Nativity of Our Lord Parish Hall
480 Rathburn Road,
Etobicoke, ON M9C3S8

This is a free event, and registration is required to attend. To register, visit www.southdown.on.ca
For the details see the notice board.

Native People's Mission

Native People's Mission is hosting a monthly parental support circle for parents and families who have experienced grief, suffering, and separation trauma due to the loss of a child to the social system. The elder Dr. Bob Philip would be the supporting elder for the event. If you would like to know more about this event, please call Amanda Hill at 416 888 9302. The next meeting would take place on the following dates: April 25, and May 30, from 5.30 to 7 p.m. A light refreshment will be provided. Please spread the news to those whom you think would benefit from the support Group.

Wellness Tip – Water - Hydration is Key

You are 60% water! Over half of your body is made of water and requires it to function normally. While you know drinking enough water throughout the day is important, you may not know all the amazing things water is doing in your body.

So, how much fluids should you drink to stay hydrated? Dietitians of Canada recommend women 19 years and older drink 9 cups of fluids (1 cup = 250 ml) and 12 cups for men 19 years and older. However, fluid needs will vary depending on age, sex and level of physical activity. Try drinking a glass of water:

- When you wake up Before each meal
- Before, during and after vigorous exercise for optimal performance and to replenish lost fluids.
- One hour before bed to keep you hydrated while sleeping



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