



# MERCIFUL REDEEMER PARISH

2775 Erin Centre Boulevard  
Mississauga, ON L5M 5W2  
Phone: (905) 812 0030  
Fax: (905) 812 0011  
[www.mercifulredeemer.org](http://www.mercifulredeemer.org)

## OFFICE HOURS

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### Monday to Friday

9:00 AM - 12:00 PM

1:00 PM - 8:00 PM

**Saturday** 9:30 AM - 5:30 PM

**Sunday** 9:30 AM - 1:30 PM

## MASS TIMES

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**Monday** 12:15 PM

**Tuesday** 7:00 PM

**Wednesday** 12:15 PM

**Thursday** 7:00 PM

**Friday** 12:15 PM, \*7:00 PM

(\*Every First Friday of the Month)

**Saturday** 9:00 AM

5:00 PM (Sunday Vigil)

7:00 PM (Youth Mass)

**Sunday** 8:30 AM, 10:00 AM

11:30 AM, 7:00 PM

## CONFESSION TIMES

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**Tuesday** 6:00 - 6:50 PM

**Saturday** 4:00 - 4:50 PM

**First Friday of the Month**

11:30 AM - 12:00 PM

Anytime by Appointment

## ADORATION CHAPEL

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Open Everyday 7:00 AM - 10:00 PM

## FOLLOW US ON SOCIAL MEDIA

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@MercifulRedeemerParish

@RedeemerParish

@mryouthministry

## ✝ PARISH TEAM

**Msgr Owen Keenan, Pastor**

[pastor@mercifulredeemer.org](mailto:pastor@mercifulredeemer.org)

**Fr Ryan Alemão, Associate Pastor**

[associate@mercifulredeemer.org](mailto:associate@mercifulredeemer.org)

**Rev. Mr. Brian du Quesnay, Permanent Deacon**

[baduquesnay@sympatico.ca](mailto:baduquesnay@sympatico.ca)

**Rev. Mr. Peter L.T. Rickards, Permanent Deacon**

[pluto123@sympatico.ca](mailto:pluto123@sympatico.ca)

**Jane Scamurra, Lay Pastoral Associate**

[jane@mercifulredeemer.org](mailto:jane@mercifulredeemer.org)

**Patricia Pereira, Office Manager**

**Elizabeth Nogueira, Evening Secretary**

**Flavia Fernandes, Weekend Secretary**

[office@mercifulredeemer.org](mailto:office@mercifulredeemer.org)

**Marc Puigmarti, Youth Minister**

[mercifulredeemerym@gmail.com](mailto:mercifulredeemerym@gmail.com)

**Chai Bonoan, Communications**

[communications@mercifulredeemer.org](mailto:communications@mercifulredeemer.org)



## PARISH SCHOOLS

**Divine Mercy** 2840 Duncairn Dr. | (905) 812 5445

**Our Lady of Mercy** 5820 Glen Erin Dr. | (905) 814 9216

**St. Aloysius Gonzaga** 2800 Erin Centre Blvd. | (905) 820 3900

**St. Rose of Lima School** 4590 The Gallops | (905) 828 4076

**St. Sebastian School** 3460 Aquinas Ave. | (905) 607 0107



## PARISH COMMUNITY

**Charismatic Prayer Group** Mondays, 7:15–9:00 PM

**Family of Faith Committee** [mercifulfamilyoffaith@gmail.com](mailto:mercifulfamilyoffaith@gmail.com)

**Knights of Columbus** Dom Cianflone, [gk@sfc16254.ca](mailto:gk@sfc16254.ca)

**Lay Pastoral Visitors** Donna Coulson, [mrpastoralcare@gmail.com](mailto:mrpastoralcare@gmail.com)

**Legion of Mary** Wednesdays, 7:00–9:00 PM, OLOM Room

**Men's Fraternity** Saturdays, 8:00–10:00 AM

**Merciful Moms** Tuesdays, 9:30–11:00 AM, [jane@mercifulredeemer.org](mailto:jane@mercifulredeemer.org)

**Rosary Apostolate** [mrraschools@gmail.com](mailto:mrraschools@gmail.com), [mrrafamilies@gmail.com](mailto:mrrafamilies@gmail.com)

**St. JP II TOB Prayer Group** Wednesdays, 10:00–11:00 PM, Chapel

**The Prime Time Club** Wednesdays, after 12:15 PM Mass

**Youth Ministry** [www.mercifulredeemerym.com](http://www.mercifulredeemerym.com)

# TODAY'S READINGS: JANUARY 7, 2018

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**First Reading:** Isaiah 60:1-6

**Second Reading:** Ephesians 3:2-3a, 5-6

**Gospel:** Matthew 2:1-12

## MASS INTENTIONS FOR THE WEEKEND

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**MONDAY, January 8, 12:15 PM**

+ Carlos Pinto Lobo, + Francis Yap

Thanksgiving by Cherry Palao

**TUESDAY, January 10, 7:00 PM**

+ Carmen Navarro, + Roque Yu Jr. & Sr.

+ Desmond Granger

**WEDNESDAY, January 11, 12:15 PM**

+ Lucia Camello, + Oscar Anacta

Thanksgiving by Mary & Louis

**THURSDAY, January 12, 7:00 PM**

Special intention for Emilio Digennaro

Thanksgiving by Liam & Natty Viegas

**FRIDAY, January 13, 12:15 PM**

+ William Gammon, + Robert MacDonald

+ Maria Oliveira

**SATURDAY, January 14, 9:00 AM**

+ William & Helen, + Lucas Pereira

+ Adi Chagpar, + Rafael Ilagan Jr., + Fr. Corto

Thanksgiving by Rodrigues Family

**SATURDAY, January 14, 5:00 PM**

+ Corrine Roran, + Joe O'Sullivan

+ Orlando & Anna Perfetti

**SATURDAY, January 14, 7:00 PM**

+ Patrick D'Costa, + Ossie Pereira

+ Assunta & Sebastian D'Souza

**SUNDAY, January 15, 8:30 AM**

+ Guy Greco

Thanksgiving by Anita Ong & Menzies family

**SUNDAY, January 15, 11:30 AM**

+ Agnelo Lobo, + For the Unborn

Special intention for Maikel & Iskandara Michriky

**SUNDAY, January 15, 7:00 PM**

+ Benjamin Rios, + Roque Jaramillo

## SACRAMENTS

### BAPTISM

Parent/s are to be registered parishioners, live within the parish boundaries, attend Mass regularly, and participate in a preparation program. Please contact the Parish Office for more information.

### MARRIAGE

Couples planning to be married must contact a priest at least one year in advance, be registered parishioners, live within the parish boundaries, attend Mass regularly, and participate in a Marriage Preparation program. Please contact the Parish Office for more information.

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## REMINDERS

### CHANGE OF ADDRESS

If your home address or telephone number has changed, please send us an email at [office@mercifulredeemer.org](mailto:office@mercifulredeemer.org).

### NEW PARISHIONERS: WELCOME!

Welcome to our Parish! We are so happy to have you join our community. Know that we are here to support you and lead you closer to Christ. Please do not hesitate to introduce yourself to either Msgr Owen, Fr Ryan, or anyone in our staff. Don't forget to pick up a box of envelopes and a registration form found on the table in the entrance hall. Please complete the form and submit it to the Parish Office as soon as possible.

### PLEASE REGISTER WITH THE PARISH

If you have not registered at our parish, please complete a registration form found on the table in the entrance hall and submit it to the Parish Office as soon as possible. Also, don't forget to pick up a box of envelopes. Using these envelopes for your monetary offerings to the Church will ensure that you receive an annual tax receipt, and relay to us that you are an active parishioner at Merciful Redeemer. Thank you and God bless!

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## ANNOUNCEMENTS

### SHARELIFE 2017 REPORT TO DONORS

The ShareLife office has released a Report to Donors sharing the results of the 2017 campaign and demonstrating how our support has made a difference. Copies of the report are available at the parish, or can be downloaded from the ShareLife website at [www.sharelife.org](http://www.sharelife.org).

### VOLUNTEERS NEEDED

We need youth and adult volunteers willing to offer their time to begin a Children's Liturgy at the 11:30 AM Sunday Mass in addition to the existing one for 10:00 AM Mass. Please contact Jane at [jane@mercifulredeemer.org](mailto:jane@mercifulredeemer.org).

# LECTIO DIVINA: SOLEMNITY OF EPIPHANY OF THE LORD

**WE BEGIN OUR PRAYER** (*Make the Sign of the Cross*)  
O God, whose Only Begotten Son has appeared in our very flesh, grant, we pray, that we may be inwardly transformed through him whom we recognize as outwardly like ourselves. Who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever. Amen.

**READING** Read the following verses 2-3 times:  
When Jesus was born in Bethlehem of Judea, in the days of King Herod, behold, magi from the east arrived in Jerusalem, saying, "Where is the newborn king of the Jews? We saw his star at its rising and have come to do him homage." When King Herod heard this, he was greatly troubled, and all Jerusalem with him. Assembling all the chief priests and the scribes of the people, he inquired of them where the Christ was to be born. They said to him, "In Bethlehem of Judea, for thus it has been written through the prophet: *And you, Bethlehem, land of Judah, are by no means least among the rulers of Judah; since from you shall come a ruler, who is to shepherd my people Israel.*" Then Herod called the magi secretly and ascertained from them the time of the star's appearance. He sent them to Bethlehem and said, "Go and search diligently for the child. When you have found him, bring me word, that I too may go and do him homage." After their audience with the king they set out. And behold, the star that they had seen at its rising preceded them, until it came and stopped over the place where the child was. They were overjoyed at seeing the star, and on entering the house they saw the child with Mary his mother. They prostrated themselves and did him homage. Then they opened their treasures and offered him gifts of gold, frankincense, and myrrh. And having been warned in a dream not to return to Herod, they departed for their country by another way. (*Matthew 2:1-12*)

**MEDITATION** Silently reflect on one or more of the following questions. If practicing lectio divina as a family or group, invite the participants to share their responses.

*What word/s in this passage caught your attention?*

*What in this passage comforted you?*

*What in this passage challenged you?*

**PRAYER** Read the Scripture passage one more time. Bring to the Lord the praise, petition, or thanksgiving that the Word inspires in you.

*All kings shall pay him homage,  
all nations shall serve him.*

PSALM 72:11

**CONTEMPLATION** Read the Scripture passage again, reflect on these questions, and give yourself time for silent reflection and/or discussion.

**Go and search diligently for the child.**

*Where am I searching for religious meaning?*

*How do I know if I find what I am searching for?*

**They prostrated themselves and did him homage.**

*How do I give God the honour he deserves?*

*How does my relationship with God extend beyond petitioning for my needs?*

**They departed for their country by another way.**

*What old ways continue to lead me to God?*

*What new ways do I need to embrace to grow closer to God and his Church?*

**CLOSING PRAYER** (*Recite the Lord's Prayer*)

**LIVING THE WORD THIS WEEK** How can I make my life a gift for others in charity? Join in a parish or community celebration of National Migration Week to recognize the gifts that migrants and refugees bring to our culture and our Church.

## *What is the Epiphany?*

The Epiphany marks the arrival of visitors, identified in Scripture as magi, to the place where Jesus was born. Although we know virtually nothing about them, we do know they brought three gifts:

### **GOLD**

Symbol of wealth and power, identifies the recipient as a king.

### **FRANKINCENSE**

Crystallized resinous sap of a tree used as incense and as an offering, is symbolic of prayer.

### **MYRRH**

Used in healing liniments and as an embalming ointment. Myrrh is an odd gift for a child—so, even at the beginning of Jesus' life on earth, this gift foreshadows his death.

The feast unites three events in the life of Christ when His divinity shines through His humanity:

*The Adoration of the Magi  
The Baptism of Christ in the Jordan  
The First Miracle at the Wedding Feast of Cana*

## Trivia of the Week

**Q1: On the territory of which modern country was St. Dominic born?**  
 a. Spain   b. Greece   c. France   d. Italy

**Q2: A characteristic feature of Gothic church architecture is the \_\_\_\_\_ vault.**  
 a. Holy   b. Secret   c. Rib   d. Money

**Q3: Which Roman emperor made Christianity the state religion of Rome?**  
 a. Constantine I   b. Julian   c. Constantine II   d. Theodosius

**Q4: Which Dominican saint tried to convince the Pope to return to Rome from Avignon in the 14<sup>th</sup> century?**  
 a. St. Catherine of Siena   b. St. Raymond of Capua   c. St. Thomas Aquinas   d. St. Dominic

**Q5: At which ecumenical council was the apostolic faith concerning the Holy Spirit declared?**  
 a. Chalcedon 451   b. Constantinople 381   c. Ephesus 431   d. Nicea 325

**Q6: What name given to the Holy Spirit literally means “advocate”?**  
 a. Spiritus   b. Ruah   c. Paraclete   d. Pneuma

*Answers found at the bottom of this page, under “YOUCAT Corner”*



## YOUCAT CORNER

### When should a person pray?

From the earliest times Christians have prayed at least in the morning, at meals, and in the evening. Someone who does not pray regularly will soon not pray at all [2697–2698, 2720]. Anyone who loves another person and all day long never gives that person a sign of his love does not really love him. So it is with God, too. Anyone who truly seeks him will keep sending him signals of his longing for his company and friendship. Get up in the morning and give the day to God, asking for his blessing and to “be there” in all your meetings and needs. Thank him, especially at mealtimes. At the end of the day, place everything into his hands, ask him for forgiveness, and pray for peace for yourself and others. A great day—full of signs of life that reach God.

### Are there various ways to pray?

Yes, there is vocal prayer, meditation, and contemplative prayer. All three ways of prayer presuppose recollecting one’s mind and heart. [2697–2698, 2720]

*Praying means  
 listening more  
 than speaking.  
 Meditation means  
 being looked at  
 more than looking.*

CARLO CARRETTO (ITALIAN WRITER & MYSTIC)



### VOCAL PRAYER

In the first place, prayer is lifting the heart to God. And yet Jesus himself taught his disciples to pray with words. With the “Our Father” he left us the perfect vocal prayer as his testament to show how we should pray.

### MEDITATION

The essence of meditation is a prayerful seeking that starts with a sacred text or a sacred image and explores the will, the signs, and the presence of God.

### CONTEMPLATIVE PRAYER

Also known as interior prayer, contemplative prayer is love, silence, listening, and being in the presence of God.

“Trivia of the Week” Answers: 1. A | 2. C | 3. D | 4. A | 5. B | 6. C

## *Prayer of the Donkey*

O God, who made me  
to trudge along the road  
always,  
to carry heavy loads  
always,  
and to be beaten  
always!  
Give me great courage  
and gentleness.

One day  
let somebody understand me  
that I may no longer want to weep  
because I can never  
say what I mean  
and they make fun of me.

Let me find a juicy thistle  
and make them give me  
time to pick it.

And, Lord, one day,  
let me find again  
my little brother  
of the Christmas crib.  
*Amen.*

CARMEN BERNOS DE GASZTOLD

## **A POEM TO TEACH YOUR CHILDREN: MAYBE A LITTLE COURAGE & GENTLENESS COULD CHANGE EVERYTHING**

This poem comes from Carmen Bernos De Gasztold's little book, *Prayers from the Ark*. In it, Noah and more than 50 animals ask their little favours of God—but the Prayer of the Donkey stands out. The donkey's attitude is a simple but powerful example of how we ought to approach this new year ahead of us.

The donkey's exhausted "always," his description of his lot in life — it's not exactly a complaint. After all, it's God who gave him the life he has. He doesn't ask for a break, for a soft bed or even a kind master. Instead, "Give me great courage and gentleness." He isn't asking for his circumstances to change, he's asking that he will be able to endure them. There is always some heavy load to carry, always something beating us down, as the donkey knows. But that's why the donkey's request strikes a chord with us. Even if life doesn't change, maybe a little courage and gentleness could change everything.

*One day let somebody understand me  
That I may no longer want to weep  
Because I can never say what I mean*

Who hasn't felt this way? No matter how eloquent we are, what is within us is too expansive and mysterious to ever be fully expressed to another. The donkey, referring to the ridiculous sound he makes, is all of us, longing for unity and connection. It's a request that can never be completely satisfied in this world.

His next favour is laughably down-to-earth. "Let me find a juicy thistle and make them give me time to pick it." Again, his humility is staggering. He's not asking for a field of thistles, or to be the master of his own choices, but he also doesn't mind asking for this little treat. Isn't that what we're told to ask for too? "Give us this day our daily bread." We are creatures, and none of us are so holy as to transcend the needs of our bodies.

What keeps the donkey going? He hasn't described an easy life. He's tired, burdened, beaten, misunderstood, laughed at, and hungry. Why isn't he bitter? What has kept him from despairing? The answer becomes clear through his final request:

*And Lord, one day, let me find again  
my little brother of the Christmas crib*

He's been searching, relentlessly, for that little baby whose mother he once carried to Bethlehem. In the memory of Christ's face, the drudgery, and humiliation he endures doesn't matter. He doesn't ask for his hard work to end because he knows it will lead him back to the Christ child. He knows that all he needs is perseverance and a little sustenance to keep him going, till he can find the One who says, "Come to me all who labour and are heavy burdened, and I will give you rest."

Let us keep the donkey's prayer in mind through this new year.

Retrieved from *Aleteia* ([www.aleteia.org](http://www.aleteia.org)).

## **EDGE NIGHTS FOR MIDDLE SCHOOL (GRADES 7-8)**



Merciful Redeemer Parish, Basement Hall  
Every 2<sup>nd</sup> and 4<sup>th</sup> Friday  
6:45 – 9:00 PM



## **LIFE NIGHTS FOR HIGH SCHOOL (GRADES 9-12)**



Merciful Redeemer Parish, Basement Hall  
Every 2<sup>nd</sup> and 4<sup>th</sup> Saturday  
7:00 – 10:30 PM

For more information, visit our website  
[www.mercifulredeemerym.com](http://www.mercifulredeemerym.com)  
or contact **Marc Puigmarti** at  
[mercifulredeemerym@gmail.com](mailto:mercifulredeemerym@gmail.com).

# CALENDAR OF EVENTS

## RETREATS & CONFERENCES

### Co-Ed Young Adult Retreat (18-35)

St. Francis Retreat Centre, Caledon (208501 Hwy 9)  
January 19-21, 6:00 PM (Friday) – 1:00 PM (Sunday)

Developed for university students, the retreat will focus on our identity as children of God and include: conferences, opportunities for prayer, Eucharistic Adoration, Mass on Saturday and Sunday, Confession, and fellowship. Register by emailing us at [toronto@sistersoflife.org](mailto:toronto@sistersoflife.org).

If you have any questions, please contact us via email or call (416) 463 2722. A deposit is requested to complete a retreat registration. The cost for this retreat is \$125 per participant or any donation you are able to give.

**Lay Spiritual Formation: *The Faces of Christ in the Book of Revelation* with Monsignor A. Robert Nusca**  
St. Augustine's Seminary of Toronto, Scarborough  
January 20, 9:30 AM – 3:00 PM

Our program includes Mass in the seminary chapel. Cost is \$50/person, lunch included. Please register online at [www.staugustines.on.ca](http://www.staugustines.on.ca). For more information, please call us at (416) 261 7207 ext. 235 or contact us via email at [ioft@sastoronto.org](mailto:ioft@sastoronto.org).

**Lay Spiritual Formation: *An Introduction to the Theology of the Body: Why Your Body Matters* with Dr. Patricia Murphy**  
St. Augustine's Seminary of Toronto, Scarborough  
February 3, 9:30 AM – 3:00 PM

Our program includes Mass in the seminary chapel. Cost is \$50/person, lunch included. Please register online at [www.staugustines.on.ca](http://www.staugustines.on.ca). For more information, please call us at (416) 261 7207 ext. 235 or contact us via email at [ioft@sastoronto.org](mailto:ioft@sastoronto.org).

**Band of Christian Brothers Men's Conference**  
Canada Christian College (50 Gervais Dr, Toronto)  
February 24, 9:00 AM – 4:30 PM

Join us for Serviam Ministries' 3<sup>rd</sup> Annual Band of Christian Brothers Men's Conference. The theme is "Manly Virtue." It is a one-day intensive men's retreat consisting of spiritual talks, Mass, Adoration, Confession, fraternity and prayer.

General admission tickets are \$45 each, plus HST. Special Father/Son rates are available. Event information and tickets are available on [www.serviamministries.com/events/virtue](http://www.serviamministries.com/events/virtue). Please contact Serviam Ministries via email at [info@ServiamMinistries.com](mailto:info@ServiamMinistries.com) or call 1-888-522-2070.

## ARCHDIOCESE OF TORONTO

**104<sup>th</sup> World Day of Migrants and Refugees**  
Good Shepherd Chaldean Catholic Cathedral  
(2 High Meadow Place, North York)  
January 14, 1:00 PM

The theme announced by His Holiness Pope Francis for the 104<sup>th</sup> World Day of Migrants and Refugees is "Welcoming, Protecting, Promoting and Integrating Migrants and Refugees." Please click on the following link to see Pope Francis' entire message: <http://bit.ly/2ADZZtr>. A special Mass will be celebrated on Sunday, January 14<sup>th</sup> with Bishop Kirkpatrick as the homilist for this liturgy. A reception will follow with a number of dignitaries in attendance. All are welcome to attend!

## PARISH EVENTS AT A GLANCE

**Testimony on Spreading the Gospel in Asia**  
Merciful Redeemer Parish Hall  
January 8, 7:30 PM

The Merciful Redeemer Charismatic Prayer Group wishes to invite you and your family to come and listen to the inspiring testimony of Tricia Bolle on Spreading the Gospel in Asia. There will be Praise and Worship at 7:30 PM followed by Tricia Bolle's testimony at 8:00 PM.

Tricia Bolle served as a missionary in Asia bringing the gospel message of Jesus Christ to many people, especially young adults. She is the founder and president of St. Francis Xavier Lay Missionary Society.

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- Click on Register (lower right of page)
- Enter Parish Access Code: **88FCP7**
- Enter your email and create a password (you need this to login later)
- Enjoy and share with others in our local community!

*Today the Magi gaze in  
deep wonder at what they see:  
heaven on earth, earth in heaven,  
man in God, God in man,  
one whom the whole  
universe cannot contain  
now enclosed in a tiny body.*

*As they look, they believe  
and do not question, as their  
symbolic gifts bear witness:  
incense for God, gold for a king,  
myrrh for one who is to die.*

ST. PETER CHRYSOLOGUS,  
DOCTOR OF THE CHURCH

## **BLESSING OF THE HOME & HOUSEHOLD ON EPIPHANY**

**Leader:** *(Make the Sign of the Cross)*

**Response:** Amen.

**Leader:** Let us praise God, who fills our hearts  
and homes with peace. Blessed be God forever.

**Response:** Blessed be God forever.

**Leader:** The Word became flesh and made his dwelling  
place among us. It is Christ who enlightens our hearts  
and homes with his love. May all who enter this  
home find Christ's light and love.

**Reader:** *(Read Luke 19:1-9)*

*The intercessions are then said:*

**Leader:** The Son of God made his home among us.  
With thanks and praise let us call upon him.

**Response (R):** Stay with us, Lord.

**Leader:** Lord Jesus Christ, with Mary and Joseph  
you formed the Holy Family: remain in our home,  
that we may know you as our guest and  
honour you as our Head. We pray... **(R)**

**Leader:** Lord Jesus Christ, you had no place to lay your  
head, but in the spirit of poverty accepted the hospitality  
of your friends: grant that through our help the  
homeless may obtain proper housing. We pray... **(R)**

**Leader:** Lord Jesus Christ, the three kings presented  
their gifts to you in praise and adoration: grant that  
those living in this house may use their talents and  
abilities to your greater glory. We pray... **(R)**

*(Join hands and pray the Lord's Prayer together)*

**Leader:** Lord God of heaven and earth, you revealed  
your only-begotten Son to every nation by the guidance  
of a star. Bless this house and all who inhabit it. Fill us  
with the light of Christ, that our concern for others may  
reflect your love. We ask this through Christ our Lord.

**Response:** Amen.

**Leader:** *(Make the Sign of the Cross)* May Christ Jesus  
dwell with us, keep us from all harm, and make us one  
in mind and heart, now and forever.

**Response:** Amen.

*It is preferable to end the celebration with a suitable song,  
such as "O Come, All Ye Faithful" or "We Three Kings."*

FROM "CATHOLIC HOUSEHOLD BLESSINGS & PRAYERS"

## **2018 MARRIAGE PREPARATION: NEW COURSES ARE OPEN FOR REGISTRATION**

### **WHO IS IT FOR?**

All couples preparing for Holy Matrimony in the Roman  
Catholic Church.

### **WHO TEACHES THE CLASS?**

Our professionally-trained instructors.

### **WHY TAKE IT WITH CATHOLIC FAMILY SERVICES OF TORONTO?**

Couples have the option of accessing two free couple  
consultation sessions with one of our Counselors on the  
Family Life Team. Our curriculum is recommended by the  
Archdiocese of Toronto and supported by years of research  
done by experts working in the field of marital counseling.

### **WHAT TOPICS DO WE COVER?**

Understanding the Sacrament of Marriage  
Keys to Strong Communication  
Conflict Resolution  
Value Clarification for Couples  
Building Intimacy for Life  
And many more relevant topics

### **CONFLICTS IN YOUR SCHEDULES?**

Please call us directly at (416) 921 1163 for more details.

Visit our website at [www.cfstoronto.com](http://www.cfstoronto.com) for the complete  
schedule for 2018 Programs. Download the registration  
form or call us at (416) 921 1163 to register over the phone.