

VOL. 1, ISSUE 25 | MAY 23, 2021

WEEKLY E-BULLETIN

Saint Dunstan's Parish, Scarborough



From the Administrator's Desk

Dear Parishioners, Happy Pentecost!

Pentecost Sunday is a reminder that we are all God's beloved children. We may be different from one another in many respects: we may have different cultural backgrounds; we may speak different languages; we certainly all have different personalities, sensibilities, and opinions. What unites us, however, is the love of Jesus Christ and God, the Father. We are different, but we are brothers and sisters who are loved equally in the eyes of God.

Interestingly enough, Jesus did not change the apostles when he sent the Holy Spirit to them. He didn't make them into pre-packaged photocopies of one another.

What the holy spirit did do however is unite them - and all the apostles - and give them the strength to leave their hiding places and proclaim the Good News. The Holy Spirit changed their hearts so that they wanted to give others the same gift that they received.

So, let us pray that the Holy Spirit makes us unifiers and gives us the courage to come out of our closed spaces to love and help each other. Have a great long weekend ahead. May God Bless you and keep you,

Fv. Victor Amole

OVERVIEW:

- From the Administrator's Desk
- Parish News
- Around the Archdiocese & Beyond
- Wednesday Audience with Pope Francis
- Featured: St. Philip Neri

LIVE  **STREAM**

MASS SCHEDULE

May 24th	10:00AM
May 25th	9:00AM
May 26th	7:00PM
May 27th	9:00AM
May 28th	9:00AM
May 29th	10:00AM

GOSPEL INSPIRATION

And they were all filled with the Holy Spirit *Acts 2:4*



Just how big was that “all”? Well, Luke tells us that “about one hundred and twenty persons” were together the day the apostles chose Matthias to replace Judas (Acts 1:15). It’s quite possible that many of them had joined the apostles to celebrate the Jewish feast of Pentecost as well. So those “all” who had gathered that day probably included people like Mary Magdalene, along with some of the other women who went to Jesus’ tomb on Easter Sunday. You can also imagine Simon the Cyrenian being there, along with his sons, Alexander and Rufus. And what about Peter’s wife? Or Zacchaeus or Lazarus and Martha and Mary? Maybe Stephen and the other future deacons were there, along with people whose names have been lost in history.

Whoever was there, Luke tells us that they all received the same gift of the Holy Spirit. They all began speaking in tongues. And they all found new courage and boldness to speak “of the mighty acts of God” (Acts 2:11).

You know where this is going right?

God gives the same Spirit that filled Peter and the apostles to everyone who asks. That includes you, your family, your friends, even your enemies. God doesn’t restrict his blessings to a chosen few. He wants to fill everyone!

Try something different at Mass today. Although we are all gathered in our homes online, imagine what it would be like if the Spirit fell on all of you during the liturgy. What would it look like for all of those present, including you, to experience the Holy Spirit in the same way the disciples did? Or to be filled with joy that all burst out in praise of the Lord? Or experience God’s love in a deep, intimate way?

In fact, don’t just imagine it. Pray for it!

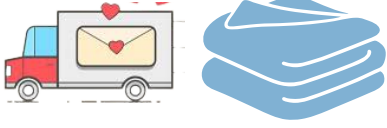
Source: Living With Christ

Universal Intention of Pope Francis for May 2021: The World of Finance

Let us pray that those in charge of finance will work with governments to regulate the financial sphere and protect citizens from its dangers.



Parish News



Society of SVDP Clothing Collection

It is time again for the Bundle Up Weekend, in support of the wonderful and charitable work of Saint Vincent De Paul. At this pandemic time, the needs of many disadvantaged brothers and sisters have soared. We shall most possibly have it on the weekend of June 19. The focus this year is more on **textiles, shoes, clothing, bedding, draperies and small household goods**. Please click on this link for more information.

Pentecost Sunday

Today we celebrate the Solemnity of Pentecost, one of the Church's greatest feasts, marking the completion of Christ's earthly mission and the beginning of the Spirit's mission in the Church.



Today the Church implores anew the outpouring of the gifts of the Holy Spirit on all her children. This feast can be considered the birthday of the Church. On this day the catholicity of the Church was demonstrated as Peter's preaching was heard and understood in the various languages of the pilgrims in Jerusalem. From the Holy City, the Gospel was proclaimed to the ends of the earth.



MONTH OF MARY MAY DEVOTION

Join us at 8 pm from Monday to Friday for the recitation of the rosary on our livestream page. Let us pray, aspire, reflect and rest together in the peace and reassurance of the Blessed Virgin Mary. May she intercede for us, for our families, and for the entire world.

Devotion to Our Lady of Perpetual Help



Wednesday evenings at 7:00PM. Please Join Us Online.



Please don't forget! Only 1 person should enter the donations bin at a time. Please practice social distancing. Thank you.

Happy Victoria Day weekend to everyone! Please remember that Mass will be held on holiday Monday at 10:00AM.



The Cardinal Virtues

Thanks to the collaborative efforts of Michael Schaub, and Theresa and Charles Kellen, we now have the "Cardinal Virtues Series" on our website.

The team is exploring the meaning of four cardinal virtues (Justice, Prudence, Fortitude and Temperance) in a delightfully fresh way. Follow the weekly series by clicking on the red button (above). This week, the virtue is "fortitude".

The Saints' Corner by Paula de Rushe-Quintal

CLICK HERE

Saint Therese of Lisieux

by Paula de Rushe - Quintal

Saint Dunstan's Catholic Church
Toronto, ON



Song to the Holy Spirit

One of our parishioners, Christie-Anne D'souza composed a beautiful hymn in honour of the Holy Spirit. Visit it on the youtube link <https://youtu.be/BkmMbb6nS40>. It shall be sung at Mass today to celebrate the feast of the Pentecost.

THE 7 GIFTS OF THE HOLY SPIRIT

Take a Leap of ... Health

“Glory of God is the human person fully alive”
– Saint Ireaneus

There is a big connection between our physical and spiritual lives. The health of one invariably affects the other. This is why it is important especially at this precarious time of the pandemic to keep not only our spiritual life alive, but ensure we are also physically well.

This is the intent of one of our own in the parish of Saint Dunstan, Joseph Ocbena, who has put together lots of physical fitness exercises for our free use. Visit the Healthleap page and benefit.

<https://www.youtube.com/c/TheHealthLeap>



The parish is subscribed to **Formed.org**, many thanks to the generous parishioner who graciously helped us to achieve this. This is an excellent platform of Catholic resources for learning and formation. Avail of this opportunity by subscribing at <https://formed.org/>. Search for Saint Dunstan Danforth Av., and sign-up.

1. WISDOM

Wisdom...understanding... intelligence: various names or aspects of the same gift.

Wisdom: a gift that God readily grants to all who ask in faith and that sustains the Christian in times of trial. It is a kind of knowledge or understanding not accessible to the unbeliever or those who doubt, which gives the recipient an understanding of the real importance of events. In this way a Christian can deal with adversity with great calm and hope

2. UNDERSTANDING

This perfects our speculative reason and apprehension of the truth. Often times, people read scripture and don't understand it. You should read the Word of God only when you've first surrendered to the Spirit of God. If you have the Spirit of God inside you, scripture that was incomprehensible will become self-evident.

4. COUNSEL

The gift of counsel is also called the gift of right judgement. Every step we take is a step closer to God or a step closer to hell. When you have to make a decision, ask your self if it will lead you closer to God or away from God? Seek God's wisdom, take God's direction. Others will see you've surrendered your heart to God and seek your judgement and your counsel.

3. KNOWLEDGE

This gift helps you know things you wouldn't already know. (Matthew 16:13-17) Jesus asks, "Who do people say that the Son of Man is?" Simon Peter said in reply, "You are the Messiah, the Son of the living God." Jesus said to him in reply, "Blessed are you, Simon son of Jonah. For flesh and blood has not revealed this to you, but my heavenly Father.

5. FORTITUDE

Fortitude is courage. Standing up for what is right no matter what the consequences are, even to the point of death. In years past, many died for the faith. Today the faithful are ridiculed and targeted as fanatics. Are you willing to stand up for Christ even to the point of death? You need the courage of God. Do not condemn others though – stand for truth with love.

6. PIETY

Piety, or reverence means we come before God with humility so we can approach God more purely. If I live a life of piety, it means God's Spirit lives inside of me and people can see that. Ask, what would you have me do today, Jesus? Do God's will in your daily life. When you have Piety you're no longer living life through your own power, but by the power of God.

7. FEAR OF THE LORD

Often misunderstood, fear of the Lord is not being frightened of God. It is awe of the God of the universe. There is no fear in love, but perfect love drives out fear because fear has to do with punishment, and so one who fears is not yet perfect in love. – 1 John 4:18 We come to the Lord submissively, willing to do anything He wants and He gives us His gifts of the Holy Spirit.

{ SCRIPTURE }

Isaiah 11:1-3
But a shoot shall sprout from the stump* of Jesse, and from his roots a bud shall blossom.
The spirit of the LORD shall rest upon him:
a spirit of wisdom and of understanding, a spirit of counsel and of strength, a spirit of knowledge and of fear of the LORD, and his delight shall be the fear of the LORD.
Not by appearance shall he judge, nor by hearsay shall he decide

James 1:5
But if any of you lacks wisdom, he should ask God who gives to all generously and ungrudgingly, and he will be given it.

Proverbs 2:2-6
Turning your ear to wisdom, inclining your heart to understanding;
Yes, if you call for intelligence, and to understanding raise your voice;
If you seek her like silver, and like hidden treasures search her out,
Then will you understand the fear of the LORD;
the knowledge of God you will find;
For the LORD gives wisdom, from his mouth come knowledge and understanding;

I say, then: live by the Spirit and you will certainly not gratify the desire of the flesh.
– Galatians 5:16

9 FRUITS OF THE HOLY SPIRIT

In contrast, the fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, self-control.
– Galatians 5:22-23

Now those who belong to Christ [Jesus] have crucified their flesh with its passions and desires. If we live in the Spirit, let us also follow the Spirit. Let us not be conceited, provoking one another, envious of one another. – Galatians 5:24-26

SOURCES:

Fr. Larry Richards, (2009) *Be a Man*
The New American Bible, Revised Edition (NABRE) (2011)

Around the Archdiocese & Beyond

Please Help India During the COVID-19 Outbreak

Since the pandemic began, India's Catholic Church, acting through Caritas India, has been supporting some of the most disadvantaged groups, such as those with inadequate housing, migrant labourers, persons with special needs and widows.

If you would like to contribute to relief efforts through St. Dunstan's Parish, please make cheques payable to: **St. Dunstan's Church - India's COVID-19 Outbreak - Disaster Relief** and drop them off at the parish.

For further information about other ways to provide financial help India fight off covid-19, please click on the image here:



New Intercessory Prayer in Times of Covid-19

Bishop Robert Kasun has issued a special prayer of healing and hope. He has asked that we lift up our voices to God together at this time of distress. Click on the prayerful hands ([top](#)) to be directed to the prayer.



Week of Prayer for China

A global grassroots Catholic movement is offering prayer and solidarity with our persecuted Christian brothers and sisters who are living in China. We encourage you to join in this **Global Week of Prayer for China from Sunday, May 23 to Sunday, May 30, 2021**. Please consider joining in this movement and spreading the word to others. You can find many helpful resources at the [Global Prayer for China website](#).

ST. AUGUSTINE'S LAY SPIRITUAL FORMATION PROGRAM PRESENTS...

PRESENTER:
Dr. Anne Jamieson

Annual Day of Reflection for Women

Where Holiness is Found—Ordinary People Called to Extraordinary Lives



JUNE
5
2021

9:30 a.m. - 12:00 p.m.
[Online](#)

Cost: \$25

Register online :
staugustines.on.ca/about/events



St. Augustine's Seminary of Toronto
2661 Kingston Rd.
Scarborough, ON
M1M 1M3

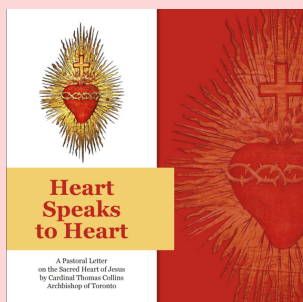
Phone: 416-261-7207, ext. 221
Fax: 416-261-2529
Email: layformation@staugustines.on.ca
www.staugustines.on.ca

St. Augustine's Lay Spiritual Formation Program has organized a mini virtual retreat for women. It will be held on Saturday, June 5, 2021, from 9:30 am to 12:00 and it will be facilitated by Dr. Anne Jamieson.

To learn more about the event and to register, visit.

Eventbrite

On April 28, 2021, Cardinal Thomas Collins, Archbishop of Toronto, released a new pastoral letter on the Sacred Heart of Jesus. This is a significant reflection on one of the most sacred symbols in the Catholic faith and what it can teach us in these difficult times.



If you wish to read the document in its entirety, simply click on the image on your left and you will be directed to it.

However, we will be featuring a section *each week* for several weeks as we approach the Feast Day of the Sacred Heart on **Friday, June 11, 2021**. Part 4 of the letter follows.

Cardinal Collins Condemns Local cases of anti-semitism

Cardinal Thomas Collins released a statement on Friday, May 5, 2021 strongly condemning all acts of hatred, particularly those recently perpetrated against Jewish communities in Canada. "I appeal to all people," he said, "to treat each other with care and respect." He also prayed for the success of the fragile ceasefire in the Holy Land.

4. Head, Heart, and Hands: To Know, to Love, and to Serve

We must always be guided by reason, to see the reality around us with clarity, as it truly is, not as we might want it to be. That is the role of the intellect, and without that, we lose touch with the truth. Truth is objective. It is real. We do not make it up. If we concoct for ourselves a world of “my subjective truth”, disconnected from the objective truth that resists our efforts at manipulation, then we are deluded, and our personal life and the life of society will eventually crumble. Such a life is unhinged from the objective reality of who we are, who God is, and what the world is. So the commitment of the intellect to truth is fundamental.

But while clarity of the intellect is essential, it is not sufficient. We also need the will: it is not enough to see clearly what is real and true; we also need to act on that understanding. We are not just well-informed spectators. So the will is also essential.

But intellect and will, while essential, are not sufficient. Dietrich von Hildebrand, in his wonderful book, *The Heart: An Analysis of Human and Divine Affectivity* (South Bend: St. Augustine’s Press, 2007) points out that we also need the heart: the intimate, personal, and human center of our living relationship with others, and of our sense of self: we are affective as well as intellectual and decisive. All three must be working in harmony.

In the spirituality of the Sacred Heart devotion that essential affectivity and personal relational warmth, and zealous energy, works in harmony with intellect and will. The devotion is rooted in intellectual reflection upon the Gospel encounter with Jesus, and the doctrine of the incarnation; this leads to deep personal love for Jesus, which bears fruit in a life of decisive Christian action. We need to think clearly, and we need to act decisively, but Christianity that is only intellectual is sterile, and Christianity that is only an exercise of the will in action is mere busyness, while Christianity that is merely emotional leads to sentimental self-indulgence. Intellect and action without relational love are fruitless, and can be destructive, but in devotion to the Sacred Heart intellect, affectivity, and will are harmoniously joined: head, heart, and hands. The Sacred Heart symbolizes the personal love of Jesus for each of us, and we respond with an intense personal love for Jesus, and a commitment to show to others by our actions the love Jesus shows to us.

As the famous prayer of Saint Richard of Chichester says: “**O Lord, three things I pray: to see you more clearly, to love you more dearly, to follow you more nearly, day by day.**” Devotion to the Sacred Heart helps us, day by day, to see, love, and follow Jesus.

Weekly Catechesis by Pope Francis

*Dear brothers
and sisters, good morning!*

Continuing along the same lines of the Catechism, in this catechesis we refer to the lived experience of prayer, trying to show some very common difficulties, which must be identified and overcome. *Praying is not easy: many difficulties present themselves in prayer.* It is necessary to know them, recognize them and overcome them.

The first problem that emerges to those who pray is a distraction (cf. CCC, 2729). You start to pray and then your mind wanders, it wanders all over the world; your heart is here, your mind is there ... distraction from prayer. Prayer often co-exists with distraction. Indeed, the human mind struggles to dwell for long on a single thought. We all experience this constant whirlwind of images and illusions in perpetual motion, which accompanies us even during sleep. And we all know that it is not good to follow this inclination towards disorder.

The battle to achieve and maintain concentration does not relate only to prayer. If one does not attain a sufficient level of concentration, one cannot study profitably, nor can one work well. Athletes know that contests are not won solely through physical training, but also with mental discipline: above all, with the capacity to concentrate and to remain focused.

Distractions are not to blame, but they must be fought. In the heritage of our faith there is a virtue that is often forgotten, but which is quite present in the Gospel. *It is called "vigilance". And Jesus said, "Keep vigil. Pray". The Catechism mentions it explicitly in its instruction on prayer (cf. no. 2730).* Jesus often calls the disciples to the duty of a sober life, guided by the thought that sooner or later He will return, like a bridegroom from a wedding or a master from a journey.



twitter

Pope's Thoughts in Tweets: Come, Holy Spirit: you are harmony; make us builders of unity. You always give yourself; grant us the courage to go out of ourselves, to love and help each other, in order to become one family. Amen. #Pentecost

Not knowing the day and hour of his return, however, all the minutes of our lives are precious and should not be wasted on distractions. In a moment that we do not know, the voice of our Lord will resound: on that day, blessed will be those servants whom he will find diligent, still focused on what really matters. They did not stray in pursuit of every attraction that entered their minds, but tried to walk the right path, doing good and performing their own task [...]

The time of barrenness warrants a different discourse. The Catechism describes it this way: "the heart is separated from God, with no taste for thoughts, memories, and feelings, even spiritual ones ... Often we do not know what the reasons for barrenness are: it may depend on ourselves, but also on God, who permits certain situations in the exterior or interior life ... Spiritual teachers describe the experience of faith as a continuous alternation between times of consolation and desolation; there are times when everything is easy, while others are marked by great weightiness. Very often, when we encounter a friend, we say, "How are you?" — "Today I am down". Very often we are "down", or rather, we don't have feelings, we don't have consolation, we can't do it. They are those grey days ... and there are so many of them in life! But the danger is having a grey heart: when this "feeling down" reaches the heart and sickens it ... and there are people who live with a grey heart. This is terrible: one cannot pray, one cannot feel consolation with a grey heart!

For the Pope's entire catechesis, please visit:

http://www.vatican.va/content/francesco/en/audiences/2021/documents/papa-francesco_20210519_udienza-generale.html

Featured: St. Philip Neri (May 26th)



At an early age, Philip abandoned the chance to become a businessman, moved to Rome from Florence, and devoted his life and individuality to God. After three years of philosophy and theology studies, he gave up any thought of ordination. The next 13 years were spent in a vocation unusual at the time—that of a layperson actively engaged in prayer and the apostolate.

As the Council of Trent (1545-63) was reforming the Church on a doctrinal level, Philip's appealing personality was winning him friends from all levels of society, from beggars to cardinals. He rapidly gathered around himself a group of laypersons won over by his audacious spirituality. Initially, they met as an informal prayer and discussion group, and also served poor people in Rome.

At the urging of his confessor, Philip was ordained a priest and soon became an outstanding confessor himself, gifted with the knack of piercing the pretenses and illusions of others, though always in a charitable manner and often with a joke. He arranged talks, discussions, and prayers for his penitents in a room above the church. He sometimes led "excursions" to other churches, often with music and a picnic on the way.

The Lord grants in a moment
what we may have been unable to
obtain in dozens of years.
- St. Philip Neri

Some of Philip's followers became priests and lived together in community. This was the beginning of the Oratory, the religious institute he founded. A feature of their life was a daily afternoon service of four informal talks, with vernacular hymns and prayers. Giovanni Palestrina was one of Philip's followers, and composed music for the services. The Oratory was finally approved after suffering through a period of accusations of being an assembly of heretics, where laypersons preached and sang vernacular hymns!

After spending a day hearing confessions and receiving visitors, Philip Neri suffered a hemorrhage and died on the feast of Corpus Christi in 1595. He was beatified in 1615 and canonized in 1622. Three centuries later, Cardinal John Henry Newman founded the first English-speaking house of the Oratory in London. *Source: Franciscan Media*

Keeping You Posted by Jay Franco

ST. PHILIP NERI - St. Philip Neri is the patron saint of joy and humour. He was well known for his cheerfulness, and for his sermons which were full of wisdom and wit. He is also referred to as "The Apostle of Rome" for his evangelical work in this eternal city. This commemorative stamp was released by the Italian Ministry of Economic Development in 2015 to celebrate the fifth centenary of his birth.



Treasure Within

An old beggar lay on his deathbed. His last words were to his young son who had been his constant companion during his begging trips. "Dear son," he said, "I have nothing to give you except a cotton bag and a dirty bronze bowl which I got in my younger days from the junk yard of a rich lady." After his father's death, the boy continued begging, using the bowl his father had given him. One day a gold merchant dropped a coin in the boy's bowl and he was surprised to hear a familiar ring. "Let me check your bowl," the merchant said. To his great surprise, he found that the beggar's bowl was made of pure gold. "My dear young man," he said, "why do you waste your time begging? You are a rich man. That bowl of yours is worth at least thirty thousand dollars." — We Christians are often like this beggar boy who failed to recognize and appreciate the value of his bowl. We fail to appreciate the infinite worth of the Holy Spirit living within each of us, sharing His gifts and fruits and charisms with us. On this major feast day, we are invited to experience and appreciate the transforming, sanctifying, and strengthening presence of the Holy Spirit within us. This is also a day for us to renew the promises made to God during our Baptism and Confirmation, to profess our Faith, and to practice it.

Credit Fr. Anthony Kadavil

SUPPORT YOUR PARISH

Thank you!

BY FATHER VICTOR

Due to the limitations caused by the pandemic, many parishioners have not been able to offer their donations to help upkeep our Church.

I've listed a few ways in which you might like to continue supporting Saint Dunstan's Parish.

We appreciate your generosity at this difficult time.

- **ENVELOPES:** Envelopes can be dropped off at the church office. Please call ahead: 416-694-2811
- **MONTHLY WITHDRAWALS:** Consider pre-authorized giving For more information: <https://stdunstanssc.archtoronto.org/About-Us/donate>
- **CREDIT / DEBIT:** Donate online using your credit card or your chequing account. Visit: <https://stdunstanssc.archtoronto.org/About-Us/donate>
- **ON-LINE BANKING:** Contribute to the offertory via on-line banking. Visit: <https://stdunstanssc.archtoronto.org/About-Us/donate>

CONTACT SAINT DUNSTAN'S CHURCH

3150 Danforth Avenue
Scarborough MIL 1B6

Office: 416-694-2811

Email: stdunstan@rogers.com

In this year of Saint Joseph, we are encouraged to say this special prayer, asking for his intercession.

Special Prayer to St. Joseph

To you, O blessed Joseph, do we come in our tribulation, and having implored the help of your most holy spouse, we confidently invoke your patronage also. Through that charity which bound you to the Immaculate Virgin Mother of God and through the paternal love with which you embraced the Child Jesus, we humbly beg you graciously to regard the inheritance which Jesus Christ has purchased by his Blood, and with your power and strength to aid us in our necessities.

O most watchful Guardian of the Holy Family, defend the chosen children of Jesus Christ; O most loving father, ward off from us every contagion of error and corrupting influence; O our most mighty protector, be propitious to us and from heaven assist us in our struggle with the power of darkness; and, as once you rescued the Child Jesus from deadly peril, so now protect God's Holy Church from the snares of the enemy and from all adversity; shield, too, each one of us by your constant protection, so that, supported by your example and your aid, we may be able to live piously, to die holily, and to obtain eternal happiness in heaven. Amen