

WEEKLY E-BULLETIN

Saint Dunstan's Parish, Scarborough



From the Administrator's Desk

Dear Parishioners,

Peace and love of Christ be with you all. And happy solemnity of the Most Holy Trinity, our triune God: three persons, one God; "...Inseparable in what they do, inseparable in what they are." *

Welcome also to another segment of the church's liturgical season of the ordinary time. It is ordinary in the sense that it is different from some other seasons like Christmas and Easter, but not ordinary in a negative sense. This is a season in which we cultivate the faith that we have already sown in those special seasons earlier mentioned.

May our faith continue to grow. May this green season of spring-going-to-summer be a physical indication of our inner growth and health. And, as we end our Marian Devotion tomorrow, May 31st, may our Mother Mary continue to intercede for us. Let the rosary now become part of our daily routine. May has come to an end, but Mary continues to inspire us. Have a blessed Sunday.

*(Catechism of the Catholic Church §§ 261, 262, 263, 267).
Catechism of the Catholic Church (uscbb.org).

Fv. Victor Amole

OVERVIEW:

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

LIVE  **STREAM**

MASS SCHEDULE

May 30th	10:00AM
May 31st	9:00AM

***Our livestream masses for weekdays will be suspended this week. Maintenance is required, as is some rest for the soul. Thank you for understanding.*

GOSPEL INSPIRATION

In the name of the Father, and of the Son, and of the Holy Spirit.

Matthew 28:19

The Sign of the Cross is a very simple prayer, but it reflects one of the most complex truths of our faith: the one true God is Trinity of divine Persons.

In today's Gospel, Jesus specifically commanded his disciples to baptize in the name of the Trinity. That's because Baptism isn't just about committing ourselves to Jesus or having our sins washed away. When we were baptized, we were plunged into the life of the Trinity. Each of us became "an adoptive son of the Father, a member of Christ and a temple of the Holy Spirit". (Catechism, 1279).

We can remember our baptism each time we make the Sign of the Cross. But unfortunately, it's such a familiar prayer that it might become rote or automatic. Don't let that happen!



In the name of the Father: Remember the Father who loves you. He sees you not as a slave to order around but as a child to be loved. He wants you to know that everything that separates you from him has been forgiven.

And of the Son: Remember the Son who redeemed you. Sent by the Father in love, he made the ultimate sacrifice so that you could join his family. He wants you to understand that you are an essential part of his body, the Church.

And of the Holy Spirit: Remember the Holy Spirit who gives you life. Gift of the Father and the Son, he actually dwells in you. He wants you to experience, even now, the wisdom and power and presence of God within you.

What a powerful and profound little prayer! Today, on Trinity Sunday, let the Sign of the Cross remind you of everything you received at your baptism. You are an adopted child of God. You are a member of the body of Christ. You are a temple of the Holy Spirit.

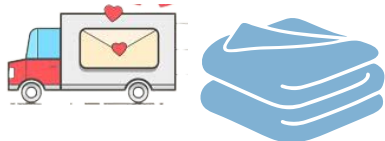
Source: Living With Christ

Universal Intention of Pope Francis for June 2021: The Beauty of Marriage

Let us pray for young people who are preparing for marriage with the support of a Christian community: may they grow in love, with generosity, faithfulness, and patience.



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**. For more information, see the flyer on the next page.

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



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 "*temperance*".



Umbrellas In Church?

Maybe. The roof of St. Dunstan's church is in some need of repair, as is the Marian Grotto.

Kindly assist your parish community with these important maintenance projects. Please donate either by contacting the office and dropping of your cheque, or by donating via the Archdiocese Donation Online Form. If you select the Archdiocese website, please be sure to mention Saint Dunstan's Parish on the form. <https://community.archtoronto.org/page.aspx?pid=298>

Please give today because no one likes sitting in a soggy pew! We can get this work done quickly if we band together.

Many Upcoming Opportunities to Make A Difference

There are many ways that you can assist the church's mission. You can make a difference in someone's life by contributing to these important initiatives of faith next month:

(1) A special Collection **Marygrove Children's Camp** - June 12/13, 2021

(2) A special Collection for **ShareLife** - June 19/20, 2021



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>



Devotion to Our Lady of Perpetual Help



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

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



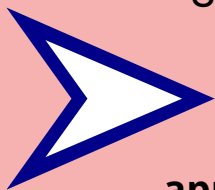
Bundle Up

for the
Society of Saint Vincent De Paul



**WE ARE COLLECTING
DONATIONS AT**

3150 Danforth Avenue, Toronto



WE DO NOT ACCEPT

appliances, baby or regular furniture,
books, mattresses, dishes,
construction material or video tapes.

For more information, visit: www.ssvptoronto.ca

Around the Archdiocese & Beyond

JUNE 3 - JUNE 11, 2021

SACRED HEART NOVENA RETREAT

All lay people, religious and clergy are invited to participate in this online novena retreat in honour of the Sacred Heart of Jesus.

A new video will be premiered daily on the seminary's YouTube channel (below). Each video is a short retreat conference and will feature one of the following priests:

Rev. John Elmer Abad
Rev. Charles Anang
Rev. Scott Birchall
Rev. Greg Carruthers
Rev. Frederick Chung
Rev. Edwin Gonsalves
Rev. Séamus Hogan
Rev. Eric Rodrigues
Rev. Tomasz Skibinski

Everyone is also invited to join a livestream Mass from St. Michael's Cathedral presided by Cardinal Thomas Collins, Archbishop of Toronto.



New Intersessory 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.



8 WAYS TO BE LEAVEN ON SOCIAL MEDIA

On May 27, 2021 The National Catholic Reporter published an article by Ann Garrido entitled, "Showing up Christian online: 8 ways to be 'leaven' on social media."

It lists 8 simple commitments that everyone can make to change the digital world for the better. If you're interested in the subject, simply ...

[CLICK HERE](#)

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

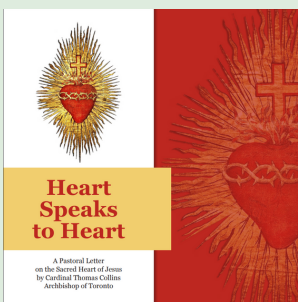
Phone: 416-261-7207, ext. 221
Fax: 416-261-2529
Email: lay.formation@staugustines.on.ca
www.staugustines.on.ca

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 5 of the letter follows.

Action plan launched to promote Laudato Si'

On May 25, 2021, the Vatican unveiled a 7-year action platform to generate environmental action, as suggested by the encyclical *Laudato Si'*. Pope Francis, who has strongly urged concrete action to support his encyclical, said that such initiatives are needed in the face of "an ecological crisis without precedent." - *CWN*

5. “Create in me a clean heart, O God.” (Psalm 51:10)

When we speak of offering “heartfelt sympathy”, or of having a “heart to heart talk”, or of believing something “from the bottom of my heart”, we are not simply referring to the affective dimension of the human person, working in harmony with the intellect and will. We are talking about the basic reality of who we are, our personal identity. In ancient times, both in the Bible and in the writings of the early Fathers of the Church, like Saint Augustine, that is what the symbol of the heart meant in its fullness.

When, in Exodus, the heart of Pharaoh is hardened, it means that he himself is hardened. In Psalm 95, which is often prayed at the beginning of the day in the Liturgy of the Hours of the Church, God challenges us to hear his voice, referring to the time in the desert when Moses would not trust God to provide water for his people: “do not harden your hearts as at Meribah, as on the day of Massah in the wilderness, when your fathers put me to the test and put me to the proof, though they had seen my work.” (Psalm 95: 8-9) When we reject God’s will, and get trapped by our ego, then we harden our hearts, we harden ourselves. When Samuel chose David, least among his brothers, to lead the people he said “the Lord sees not as man sees; man looks on the outward appearance, but the Lord looks on the heart.” (I Samuel 16:7)

We can become so self-satisfied, but that only leads to spiritual mediocrity, and none of us can afford that in a world as challenging as the one in which we live. The first message of both John the Baptist and of Jesus was a call to repentance, to a heartfelt turning away from slavery to the ego, and a turning to the way of freedom which God offers: “Repent, for the kingdom of heaven is at hand.” (Matthew 3:2; 4:17). He had offered that freedom to Moses and the Hebrews, who were comfortable in their slavery in Egypt, but needed to be set free. He offers now to set us free from our slavery to pride, anger, envy, greed, laziness, lust, and gluttony.

We all need conversion, repentance: a deep change of heart. That is not easy.

When God says to the House of Israel through the prophet Ezekiel “I will give you a new heart, and a new Spirit I will put within you, and I will remove the heart of stone from your flesh and give you a heart of flesh” (Ezekiel 36:26) he is calling for a deep transformation, a change that goes right to the heart. In the Beatitudes in the Sermon on the Mount, Jesus says “Blessed are the pure in heart.” (Matthew 5:8) He is calling for integrity at the very heart of each of us. An integer is whole; it is not divided like a fraction. *That is what integrity means, to be pure of heart. In so many ways, throughout scripture and certainly in the spiritual heritage of the disciples of Jesus, the heart represents the innermost sanctuary of our human self. Our hearts must become pure, and they are purified when we encounter the love of the Sacred Heart of Jesus, whom we discover in the Gospel. That is one reason why we should prayerfully read a small portion of the Gospel every day.* We can so easily create a false image of Jesus which has no basis in the actual Jesus we meet in the inspired words of Matthew, Mark, Luke, and John, and in the Sacraments of the Church which he gave to us.

That is the real Jesus whom we encounter in our prayerful meditation on the Sacred Heart, especially if we spend time in adoration of Our Lord in the Blessed Sacrament, a practice which is central to the Sacred Heart devotion. Accept no substitutes, no false “Jesus” of my imagination, who is a nice person who never challenges me but who smiles in approval of whatever I want to do. Especially in the midst of our struggles, we need to meet Jesus himself, our Lord and our God, who calls us to repentance, and challenges us to embrace the life of holiness shown in the Sermon on the Mount, but who also calls us to be not only servants but friends. So we need to know Jesus, personally, and deep in our hearts. Focusing on the Sacred Heart leads us to the very heart of who Jesus is, the divine person who took on our humanity, who journeys with us, who meets us on the road, as he did with the discouraged disciples on the road to Emmaus. *He so personally connected with them, heart to heart, that they later said “did not our hearts burn within us while he talked to us on the road, while he opened to us the Scriptures?” (Luke 24:32) We need that intense experience of encounter, that will change our lives, and we can find it in the Sacred Heart devotion, especially since it leads us to the Gospel and to the Eucharist.*

Weekly Catechesis by Pope Francis

*Dear brothers
and sisters, good morning!*

There is a radical objection to prayer, which derives from an observation that we all make: we pray, we ask, and yet sometimes our prayers seem to go unheard: what we have asked for — for ourselves or for others — is not fulfilled. We often have this experience. If the reason for which we prayed was noble (such as intercession for the health of a sick person, or for the end of a war, for instance), the non-fulfilment seems scandalous. For example, for wars: we are praying for wars to end, these wars in so many parts of the world. Think of Yemen, think of Syria, countries that have been at war for years, for years. Countries ravaged by wars; we pray, and they do not come to an end. But how can this be? “Some even stop praying because they think their petition is not heard” (Catechism of the Catholic Church, 2734). But if God is Father, why does he not listen to us? He who assured us that he gives good things to his children who ask for them (cf. Mt 7:10), why does he not respond to our requests? We have all experienced this: we have prayed, prayed, for the illness of a friend, of a father, of a mother, and then they were gone. But God did not grant our request! It is an experience we have all had.

The Catechism offers us a good summary of the matter. It puts us on guard against the risk of not living an authentic experience of faith, but of transforming the relationship with God into something magical. **Prayer is not a magic wand: it is a dialogue with the Lord.** Indeed, when we pray we can fall into the risk that it is not we who serve God, but we expect it to be He who serves us (cf. 2735). This is, then, a prayer that is always demanding, that wants to direct events according to our own design, that admits no plans other than our own desires.



twitter

Pope's Thoughts in Tweets: May the Holy Spirit teach us to view the world with God's eyes and to treat our brothers and sisters with the gentleness of His heart.

Jesus, on the other hand, had great wisdom in teaching us the Lord's Prayer. It is a prayer of questions only, as we know, but the first ones we utter are all on God's side. They ask for the fulfillment not of our plan, but of his will for the world. Better to leave it to him: “Hallowed be thy name, thy kingdom come, thy will be done” (Mt 6:9-10).

And the Apostle Paul reminds us that we do not even know what is appropriate to ask (cf. Rm 8:26). We ask for our necessities, our needs, things that we want: “But is this more appropriate or not?” Paul tells us, we do not even know what we ought to ask. When we pray, we need to be humble: this is the first attitude for going to pray. Just as there is the habit in many places that, before going to pray in a church, women don a veil or people use holy water as they begin to pray, so too we must tell ourselves before praying what is most appropriate; may God give me what is most appropriate. He knows. When we pray we must be humble, so that our words may actually be prayers and not just idle talk that God rejects. We can also pray for the wrong reasons: such as to defeat the enemy at war, without asking ourselves what God thinks of such a war. It is easy to write “God is with us” on a banner; many are eager to ensure that God is with them, but few bother to check whether they are actually with God. In prayer, it is God who must convert us, not we who must convert God. It is humility. I go to pray but You, Lord, convert my heart so that it will ask for what is appropriate, for what will be best for my spiritual health ... *For the remainder of the catechesis of May 26, 2021:*
https://www.vatican.va/content/francesco/en/audiences/2021/documents/papa-francesco_20210526_udienza-generale.html

Featured: St. Boniface (June 5th)



Boniface, known as the apostle of the Germans, was an English Benedictine monk who gave up being elected abbot to devote his life to the conversion of the Germanic tribes. Two characteristics stand out: his Christian orthodoxy and his fidelity to the pope of Rome.

How absolutely necessary this orthodoxy and fidelity were is borne out by the conditions Boniface found on his first missionary journey in 719 at the request of Pope Gregory II. Paganism was a way of life. What Christianity he did find had either lapsed into paganism or was mixed with error. The clergy were mainly responsible for these latter conditions since they were in many instances uneducated, lax and questionably obedient to their bishops. In particular instances their very ordinations were questionable.

The Holy Father instructed him to reform the German Church. The pope sent letters of recommendation to religious and civil leaders.

Boniface later admitted that his work would have been unsuccessful, from a human viewpoint, without a letter of safe-conduct from Charles Martel, the powerful Frankish ruler, grandfather of Charlemagne. Boniface was finally made a regional bishop and authorized to organize the whole German Church. He was eminently successful.

In the Frankish kingdom, he met great problems because of lay interference in bishops' elections, the worldliness of the clergy and lack of papal control. During a final mission to the Frisians, Boniface and 53 companions were massacred while he was preparing converts for confirmation.

Source: Franciscan Media

“ ————— ”
The Church is like a great ship being pounded by the waves of life's different stresses. Our duty is not to abandon ship, but to keep her on her course.
- St. Boniface (June 5th)
————— ”

Keeping You Posted by Jay Franco

Saint Augustine of Canterbury (May 27th)



St. Augustine, along with 40 monks, was sent by Pope Gregory the Great to evangelize England. The group was well received and welcomed by King Ethelbert of Kent (who later became a saint himself).

Augustine became the first Archbishop of Canterbury in 597, and was known as the 'Apostle of the English.'

The Visitation Of The Bl. Virgin Mary (30th May)

The feast of the Visitation of Mary has been celebrated in the Roman liturgy since the 8th century to mark the meeting between Mary and her cousin, Elizabeth, where Mary praises the Lord with the Magnificat.

This image is one of the works by Spanish Renaissance artist,

Juan Correa de Vivar. The stamp was issued on 26th October 1962, as part of a 15-stamp set featuring all the Mysteries of the Most Holy Rosary.



Anecdote of the Week

The Holy Trinity: Simplified explanations by Ss. Patrick, Cyril and John Maria Vianney

Since the Holy Trinity is a mystery, all these examples are only the shadows of the shadows of the Truth. The shamrock, a kind of clover, is a leguminous herb that grows in marshy places. St. Patrick, the missionary patron saint of Ireland, used the shamrock to explain the Holy Trinity. The story goes that one day his friends asked Patrick to explain the Mystery of the Trinity. He looked at the ground and saw shamrocks growing amid the grass at his feet. He picked one up one of its trifoliate leaves and asked if it were one leaf or three. Patrick's friends couldn't answer – the shamrock leaf looked like one but it clearly had three parts.

Patrick explained to them: "The mystery of the Holy Trinity – one God in Three Persons: the Father, the Son and the Holy Spirit – is like this, but more complex and unintelligible." St. Cyril, the teacher of the Slavs, tried to explain the Mystery of the Most Holy Trinity using sun as an example. He said, "God the Father is that blazing sun. God the Son is its light and God the Holy Spirit is its heat – but there is only one sun. So, there are three Persons in the Holy Trinity but God is One and indivisible." St. John Maria Vianney used to explain Holy Trinity using lighted candles and roses on the altar and water in the cruets. "The flame has color, warmth and shape. But these are expressions of one flame. Similarly, the rose has color, fragrance and shape. But these are expressions of one reality, namely, rose. Water, steam and ice are three distinct expressions of one reality. In the same way one God revealed Himself to us as Father, Son and the Holy Spirit." - Fr. A. Kadavil

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Scarborough MIL 1B6

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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

SUPPORT YOUR PARISH



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>