

## The Eucharist

Eucharist means thanksgiving, and is rooted in an earlier Jewish ritual where the term described the practice of giving thanks during a meal for God's creation, redemption and sanctification.

The Eucharist reaches back through the ages to the last Supper, connecting today's Catholics to the ritual Passover meal when Jesus first blessed bread and wine and instructed his followers to do as he did (in memory of me). To this day, the priest speaks the words of consecration over the bread and wine, transforming it into the body and blood of Christ. This ritual is called "transubstantiation" indicating that the elements of the sacrament, bread and wine, and substantively changed. (By the way, Catholics use real wine, rather than grape juice customary in most Protestant churches).

Prior to the Second Vatican Council, no one but the priest was allowed to touch the consecrated host; the priest placed it on the tongue of the person receiving it. Today Extraordinary Ministers of the Eucharist help in the distribution of the Holy Communion and people are allowed to take the host in their hands and place it in their mouths themselves. The important thing to remember is not so much how we take Holy Communion but why.

As Catholics we are encouraged to receive Communion every time we attend Mass, but we must receive it "at least once a year".

Communion is reserved for all who are in full relationship with the Catholic Church, including Orthodox Christians.

By receiving Communion we become one with Christ. We are spiritually nourished by the bread of life.

After communion we can't go our own ways, ignoring one another, or even turning against one another. We can't be truly in union with Christ without being in communion with one another.



# St. Mary's Church

Rev. Msgr. Fernando Couto (Pastor)  
Rev. Fr. João Ferreira (Associate Pastor)

Parish Council

Parish Finance Council

**Adoration of the Blessed Sacrament**  
First Friday of Every Month at 5:00 p.m.

English Choir

**Portuguese Choir**  
Ana da Silva 905-891-5444

**Santo Cristo**  
Joey Teves 647-887-2804

**Santo Cristo Band (Hall)** 416-703-2231  
Paul Valerio (President) 647-998-5916

**Santo Cristo Association**  
Please contact the parish 416-703-2326

**Espirito Santo**  
Afonso & Filomena Vieira 905-848-8571

**Saint Vincent De Paul** 416-247-8868

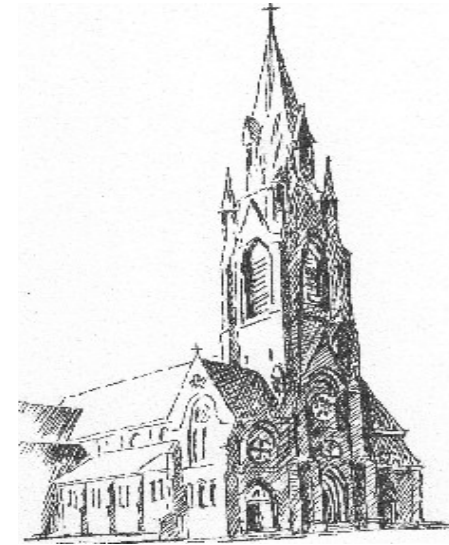
**Volunteer Co-ordinator**  
Delia Medeiros (contact the parish)

**Baptism—Sundays**  
Baptisms will be booked by appointment only

**Marriages**  
Please contact the priest 12 months in advance

**Confessions**  
Every day before Mass, except on Sunday

**Schools**  
St. Mary Elementary 416-393-5205  
Bishop Macdonell 416-393-5462



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Website: [stmarysbathurst.archtoronto.org](http://stmarysbathurst.archtoronto.org)

### OFFICE HOURS

Mon.— Fri. 8:30—12:00 and 1:00—4:00

### Sunday Masses

8:30 am Portuguese  
10:00 am Portuguese  
11:30 am English  
1:00 pm English

### Weekday Masses

Monday—Friday 9:00 am Portuguese  
6:00 pm English  
Saturday 5:00 pm English



## Body and Blood of Christ

June 11, 2023

**First Reading (Deut 8;2-3.14-16)** The author exhorts the people to remember that they are God's people who need to nourish themselves on his word.

**Responsorial Psalm:** Praise the Lord, Jerusalem.

**Second Reading (1 Cor 10:16-17)** In the Eucharist we all share the same bread, and so, however many we are, we form one Body in Christ.

**Gospel (Jn 6:51-58)** As food and drink nourish the body, so Christ nourishes us for this life and eternal life.

**Often a deep fervent  
Look at Christ may make  
The most fervent prayer.**

*Mother Teresa*

### This Day God Gives Me

This day God gives me  
Strength of high heaven,  
Sun and moon shining,  
Flame in my hearth,  
Flashing of lightning,  
Wind in its swiftness,  
Depths of the ocean,  
Firmness of earth.

This day God sends me  
Strength to sustain me,  
Might to uphold me,  
Wisdom as guide.  
Your eyes are watchful,  
Your ears are list'ning,  
Your lips are speaking,  
Friend at my side.

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### You Satisfy the Hungry Heart

**You satisfy the hungry heart  
with gift of finest wheat,  
Come give to us O saving Lord,  
the bread of life to eat.**

As when the shepherd calls his sheep,  
They know and heed his voice;  
So when You call your family Lord,  
We follow and rejoice.

With joyful lips we sing to You,  
Our praise and gratitude,  
That You should count us worthy Lord,  
To share this heavenly food.

### I Am the Bread Of Life

I am the bread of life,  
You who come to me shall not hunger;  
And who believe in me shall not thirst.  
No one can come to me  
Unless the father beckons.

**And I will raise you up  
And I will raise you up  
And I will raise you up on the last day.**

The bread that I will give  
Is my flesh for the life of the world,  
And if you eat of this bread,  
You shall live for ever, you shall live for ever.

Unless you eat of the flesh of the son of man  
And drink of his blood, and drink of his blood,  
You shall not have life within you.

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### Glory and Praise To Our God

**Glory and praise to our God  
Who alone gives light to our days  
Many are the blessings He bears  
To those who trust in His ways**

We the daughters and sons of Him  
Who built the valleys and plains  
Praise the wonders our God has done  
In every heart that sings

In His wisdom He strengthens us  
Like gold that's tested in fire  
Though the power of sin prevails  
Our God is there to save

## Mass Intentions for the Week

### Saturday, June 10

**5:00 pm.** António dos Santos Garcia—José Augusto Mota—Intention of Tomas Yntig

### Sunday, June 11

**8:30 am.** Olivia, João & Fernando Machado

**10:00 am.** Community—Jaime de Sousa—Maria Otilia, José Manuel & Natividade Sousa, Manuel & Cecilia Medeiros, José Pacheco—José Farias, parents & siblings—Victor Ferreira

**11:30 am.** Edward & Lorraine Collins, Keith Barbour, Stana Plackova, Luba Kowalska & intention of Marcel Smazal—Parents of Maria dos Anjos Silva—Praise to Our Lady of Mount Carmel

**1:00 pm.** Berino Cabral

### Monday, June 12

**9:00 am.** Souls in purgatory

**6:00 pm.** Maria do Carmo Pimentel, parents, siblings, souls in purgatory

### Tuesday, June 13

**9:00 am.** João & Adelaide Gonçalves

**6:00 pm.** Ildeberto Camara—Praise to St. Anthony

### Wednesday, June 14

**9:00 am.** José Teves

**6:00 pm.** Miguel Medeiros, parents, in-laws, siblings & family

### Thursday, June 15

**9:00 am.** Thanksgiving Mass, intention of José & Maria Sousa

**6:00 pm.** Parents, siblings & family of Ernesto Correia

### Friday, June 16

**9:00 am.** Manuel de Amaral Morgado

**6:00 pm.** Sacred Heart of Jesus

### Saturday, June 17

**5:00 pm.** José Manuel Oliveira Correia, intention of Lucia Correia—Assumption of the Blessed Virgin Mary—Mariano Machado—Maria, Artur & Luisa Cabral—Lyonel Moniz Cabral, parents, in-laws & family—Intention of John Guerra & Patria Rosal