

## 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.

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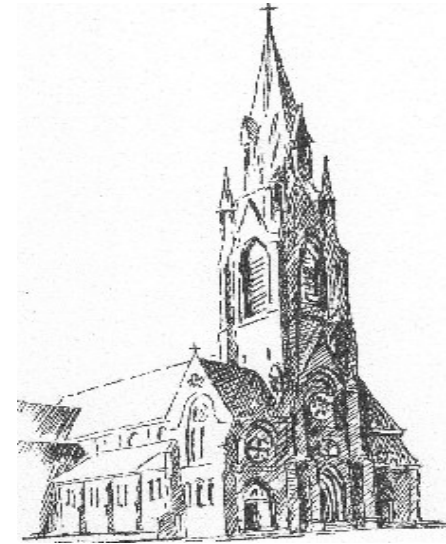
### ShareLife

Our third and last ShareLife collection for this year gave us a total of \$6,705.00. Thank you for all your donations and support towards ShareLife. God bless you all. If you haven't yet made your contribution for ShareLife, you can do so at any time, your offering will be sent to the Archdiocese.



# St. Mary's Church

Rev. Msgr. Fernando Couto (Pastor)  
Rev. Fr. Benny Joseph (Associate Pastor)



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**OFFICE HOURS**  
Mon.– Fri. 8:30—12:00 and 1:00—4:00

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#### 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

#### Parish Council

#### Parish Finance Council

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

#### English Choir

Susan Taylor 416-531-0503

#### Portuguese Choir

Ana da Silva 905-891-5444

#### Santo Cristo

Artur Rocha 647-624-7113

#### Santo Cristo Band (Hall)

Marco Lima (President) 416-703-2231  
416-818-5462

#### Santo Cristo Association

Please contact the parish 416-703-2326

#### Espirito Santo

Kevin & Christina Cordeiro 647-218-1601

#### 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

#### School

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



## Body and Blood of Christ

June 7, 2026

**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.

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

*Mother Teresa*

### Gather Your People

Gather your people, O Lord,  
Gather your people, O Lord  
One bread, one body  
One spirit of love  
Gather your people, O Lord.

Draw us forth to the table of life: brothers and sisters,  
each of us called to walk in your light.

We are parts of the body of Christ, needing each other,  
each of the gifts the Spirit provides.



### 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.

Is not the cup we bless and share  
The blood of Christ out-poured?  
Do not one cup, one loaf, declare  
Our oneness in the Lord?

### 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 forever  
You shall live forever

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### Alleluia, Sing to Jesus

Alleluia! Sing to Jesus;  
His the scepter, His the throne.  
Alleluia! His the triumph,  
His the victory alone.  
Hark! The songs of peaceful Zion  
thunder like a mighty flood:  
"Jesus out of every nation  
has redeemed us by His blood."

Alleluia! Bread of heaven,  
here on earth our food, our stay.  
Alleluia! Here the sinful  
flee to You from day to day.  
Intercessor, Friend of sinners,  
earth's Redeemer, hear our plea  
where the songs of all the sinless  
sweep across the crystal sea.

### Mass Intentions for the Week

**Saturday, June 6**

**5:30 pm.** Manuel Pereira Arruda

**Sunday, June 7**

**8:30 am.** Manuel & Francelina Mendonça

**10:00 am.** Community — José Luis & Maria Teresa Branco—Maria Armandina da Silva—Liliana Correia Vieira—António Correia—Marilene Fernandes de Castro, souls in purgatory — Joaquim Lopes de Brito, parents & in-laws—José Hilário

**11:30 am.** Jesus Christ Vicar on Earth, intention of Iliohan family—Arlindo, Ilda & Richard Vicente

**1:00 pm.** Intention of Arju Lena—Intention of Lena Raposo & thanksgiving—José & Daniel Ribeiro

**Monday, June 8**

**9:00 am.** Ermelinda Arruda

**6:00 pm.**

**Tuesday, June 9**

**9:00 am.**

**6:00 pm.**

**Wednesday, June 10**

**9:00 am.** Intention of Filomena Melo

**6:00 pm.** Ildeberto Camara

**Thursday, June 11**

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

**6:00 pm.** Ildeberto Camara

**Friday, June 12**

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

**6:00 pm.** Nelson de Melo

**Saturday, June 13**

**5:00 pm.** António Carneiro—Thanksgiving to Sacred Heart of Jesus—Praise to St. Anthony