



We never tire of reading the gospel accounts of the Last Supper and the institution of the Eucharist. In it, we find our greatest inheritance as Christians. Christ's gift of himself to us is a statement of his belief in us and of how precious we are in his sight. Only a loving God could have given his children such an extraordinary gift. The Eucharist is the making present of the living body of Jesus as food for the journey and as the nourishment we need on our pilgrim way. The mystery of the Eucharist is not something we arrive at as spectators or something we come to observe, but rather a meal we participate in as a community where we strengthen each other in the Eucharistic celebration. It is a call to change and to become more like Christ, so that his presence becomes visible in our behaviours. This feast therefore, expressing God's abiding love in our midst, is an opportunity to renew our faith and to live in a spirit of thanksgiving for so great a gift.



Mass Intentions

Monday	Soul of Joshua Lourie
Tuesday	Souls of Anna & Victor Flegar Souls of Joseph & Gerard Murack Soul of Lorena Sorvidio Soul of George Galatianos Soul of Shereen Cooke
Wednesday	Departed Soul
Thursday	Mass of Thanksgiving from the Tibor Family
Friday	Soul of Debra Jacinta Alsuran Pedro

PRAYER REQUEST LINE
905 881-2786 ext. 250

The Key to Living a Satisfied Life

Before moving to Canada, it was only a dream for my parents to own a suburban house with a bright green lawn and two cars on the driveway. My parents worked hard to buy a nice home, buy two cars, go on nice vacations and buy a family dog. My parents were "raking in the dough," as some would say. Yet, somehow, it was never enough. My parents always argued about money. They eventually got a divorce. This story is of course not unique to my family. So what is the key to living a satisfied life?

If you're looking to discover your "raison d'être," – your reason for existence – in the world, you're out of luck. While worldly pursuits can be good, they cannot be the driving purpose for our lives. It's not a surprise that the highest suicide rates are in wealthy or moderately wealthy countries. For example, Belgium has 20.7 suicides per 100 000 people and South Korea 29.2 so far in 2019. In contrast Afghanistan has 4.7 suicides per 100 000 people. Iraq has 3 and Syria just 1.9. These stats can be found on World Population Review website.

Extraordinary Simplicity

The Church has always taught that the Eucharist is "the source and summit of the Christian life" (Catechism of the Catholic Church, par.1324). How can, what appears to be, a simple wafer be the "source and summit" of our lives? The Eucharist is not a mere symbol for Christ's body, but it actually becomes his body after the prayer of consecration. Jesus teaches with convincing clarity in John 6:51 that the bread he offers is his "flesh." Jesus continues, "...unless you eat the Son of Man and drink his blood, you have *no life in you*" (v.53). This is not an easy teaching. Even his disciples asked, "Who can accept this?" (v.60). Furthermore, many of Christ's disciples abandoned him because of this teaching (see. v.66).

You may be thinking to yourself that surely no modern educated person can believe this. Not so fast. While we accept this doctrine by faith, we do not abandon our reason. There is philosophical reasoning behind this doctrine, which space does not allow me to get into; however, I just want to encourage you not to have a low opinion of God. If God is the author of all creation, he has the ability manipulate reality in way that our finite senses cannot completely grasp.

The Eucharist is the spiritual food that allows us to be rooted in Christ. It is the food that allows us to say with confidence King David's words, "The Lord is my shepherd, *I shall not want*" (Psalm 23).

Greg Garda, *Youth Minister*



SL ShareLife

Helping the whole community through Catholic agencies

2019 PARISH GOAL - \$147,000.00
Collection to date – \$ 112,336.55

Living the gospel by sending food to developing countries.

Irma is a 29 and a single mother to 4 children in El Salvador. Her children suffer from malnutrition. She earns just \$5 per day selling household items at an outdoor market. A local charity reached out to Canadian Food for Children (CFFC), a ShareLife-funded agency. CFFC began sending shipments to her community that include food, clothing and toys. Irma is relieved to receive ongoing support to help her feed her family.

Please consider a sacrificial gift to ShareLife through the parish or sharelife.org

Our 2019 campaign ends July 31st

St. Luke's Annual Picnic Sunday June 23th 2:30 – 6:00 p.m. at Huntington Park *Bring your family & friends*

Pack a picnic basket & head over to Huntington Park for our annual parish picnic. Enjoy a barbeque with hamburgers and hot dogs, along with games & activities for the children.

Please contact: Shaila D'Souza at 905-707-9248 for more information.

GOOD SHEPHERD CASSEROLES

Tuna Casseroles for the Good Shepherd Ministries are due by Sunday, June 30th (last Sunday of the month). St. Luke's has been supporting this program since 2002 and it would not be possible without so many faithful volunteers. God Bless you all.

JUNE IS SENIORS' MONTH

Did you know?

- There are 900 million people in the world over the age of 60 and in Canada; there are more people over the age of 65 than children under the age of 15.
- Life expectancy has increased by 30 years over the past 100 years.
- Our potential for spiritual growth increases as we age.
- Dealing with issues of loss is the central psychological and spiritual task of maturing years.
- Connection – with self, others, and God - is our greatest asset the aging process.

The Circle of Friends here at St. Luke's has celebrated its second anniversary of coming together each month. Two years of building connections, and sharing reflections, insights and wisdom surrounding life issues and lived experiences within the context of Christian faith. We wish you all a great summer. See you at Symposium on Thursday.



MARYGROVE CAMP

THANK YOU!

We raised \$1778.00 to support Marygrove Summer Camp for Girls.

TOTUS TUUS Day Camp 2019

Totus Tuus registrations are open for the day and evening programs.

Day Program

Who: Students entering grades 1-6

When: July 22-26 from 9am – 2:30pm

Cost: \$60 first child & \$30 for each additional child

Evening Program

Who: Students entering grades 7-12

When: July 21-25 from 7pm-9pm

Cost: \$30

To register please visit:

<https://stlukesth.archtoronto.org/Ministries/youth-ministry>

OR <http://eepurl.com/gkvfU1>