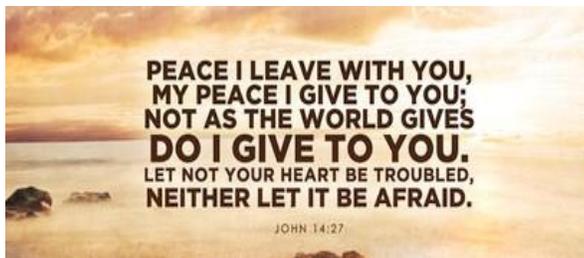


Fearless



The parting promise of Christ on earth is as relevant to us today as it was to his frightened disciples. While peace is something we all want, it is good to realize that peace can have varied meanings. For military personnel peace is the absence of war, for a mother it can mean that the children are asleep, for the tired worker, relaxation at the end of an exhausting day. The peace of Christ does not mean that things are always going well for us. The peace of Christ is something more profound than this; *it is a peace that begins with knowing that we are loved and forgiven.* That God has seen and experienced the worst of us and has declared his love for us anyway. It means that we are at one with God and in harmony with our neighbor.

As human beings, we are a mixture of hopes and fears, strengths and weaknesses and are all wounded to some degree. It is only Christ, through the power of the Holy Spirit, who can console us, heal us and bring us peace of mind. However, in order to pass on the peace of Christ we must be at peace with ourselves, all our grudges gone and resentments banished.



Mass Intentions

| | |
|-----------|--|
| Monday | Soul of Daisy Suero |
| Tuesday | Soul of Angel Papa Soul of Maggie DeAbreu Soul of Michelle Everard Soul of Louisa John-Phillip Soul of Laima O'Sullivan |
| Wednesday | Soul of Joan Lookhong |
| Thursday | Soul of John Frederick Jack Wilson |
| Friday | Intentions of Lucas McCron |

During this past Lent, I took part in a men's program called Exodus 90. In short a those who were part of the program had to commit to 90 days of cold showers, no sugar, daily exercise, and no TV or screen time (except for work or school). The prayer part was especially important for me. I'm the type of person that thrives of challenges. I constantly set small and large challenges for myself to overcome. Without prayer, this could have turned into a 90-day exercise in narcissism.

I entered the 90 days with one main prayer intention: For God to help me in not being troubled or afraid. In today's Gospel Jesus tells his nervous wreck of disciples: "Peace I leave with you, my peace I give it to you. Not as the world gives do I give to you. Do not let your hearts be troubled or afraid" (John 14:25-26). So what was I afraid of or troubled by?

My life is great. I am happily married with two beautiful healthy girls, I have a fulfilling job, I am healthy, no financial troubles and I am surrounded by good relationships. This is just a few things I'm grateful for. However, I have the tendency to fall for the "Original Sin" of Adam and Eve. Not trusting God with my future. I want full control of the future of my life. What is the great lie that Adam and Eve fell for?

The Great Lie

The serpent approached Eve first telling her that if she ate of the forbidden tree her "eyes will be opened" and they will become like God (see Genesis 3:5). Adam and Eve lived in paradise. They had access to a perfect world without sin or suffering. Yet they still allowed fear to sneak into their lives.

Conquering Sin with Fasting & Prayer

Does this sound familiar? No matter how good we have it we still allow fear to sneak into our minds. As I entered into prayer in the 90 days, my perception of fear started to change. Rather than living in fear of countless negative possibilities, I started to look to the future with excitement of overcoming challenges and the person I would become overcoming these challenges.

So when Jesus says don't be troubled or afraid he means it. We have two choices. We can listen to the voice of the evil one, who constantly whispers garbage into our ears or we can listen to Christ, who is the author of all creation. Who knows what we need before we even ask.

In Christ,
Greg Garda

PRAYER REQUEST LINE
905 881-2786 ext. 250

PARISH NEWS



MAY IS THE MONTH OF OUR LADY

PRAY THE ROSARY FOR PEACE

Please join us Friday, May 31 at 7:00 pm when the statue of Our Lady will return to the parish and we pray the rosary at 7:00 pm as a community. All are welcome.

SL ShareLife

Helping the whole community through Catholic agencies

2019 PARISH GOAL - \$147,000.00

Collection to date – \$ 86,176.55

Living the gospel by supporting isolated seniors

In the span of three months, Debbie felt she had lost everything. Her partner of 33 years died, her leg was amputated and she could no longer care for her pets. She turned to the Society of Sharing, a ShareLife funded agency, who partnered her with a volunteer named Geoff. Not only did Geoff provide friendship, he used his teaching background to help Debbie fulfill a lifelong goal: learning how to read properly. Though it will be impossible for Debbie to regain all she has lost, her life is feeling full again.

June 2nd is the next ShareLife Sunday.

Please give generously.



CWL WHITE ELEPHANT SALE JUNE 8/9 – ST. LUKE'S PARISH HALL

Got too much stuff? Downsizing? This is a great opportunity to create space in your home and support another CWL initiative! You can start dropping off any new or gently used items to the parish hall starting now until June 7th. **Please no clothing or furniture of any kind.** All proceeds will go to support parish activities. Please see the bulletin board or a CWL member for more information.

The Knights of Columbus – St. Luke's Council 4393 say **THANK YOU** to everyone who so generously donated to the Canadian Wheelchair Foundation.

PRAYERS FOR HEALING MAY 27TH

The Praise and Worship group has a schedule of meetings on Monday evenings at 7:30pm in the Parish Hall. Led by a Prayer Leader we share Scripture and Hymns with our fellow parishioners, many of whom participated in the Life in the Spirit Seminar

Following the Praise and Worship on Monday evening May 27th, we have invited Father Ben St. Croix from the Companions of the Cross to visit us again for **PRAYERS FOR HEALING**. This special healing service is open to everyone. So bring your family members, neighbors, friends, and anyone who could benefit from this service. Fr Ben's CDs will be available.

Come at 7:30pm and join in the prayerful preparation as we open ourselves to the Holy Spirit and invite Him into our hearts for physical, spiritual, emotional, and relationship healing to take place.

TOTUS TUUS Day Camp 2019

Totus Tuus registrations are now 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/gkvfUI>

Exciting Workshop with Dr. Robert Weber

All are welcome

You are invited to attend an exciting workshop at **St. Bonaventure's Parish on Saturday, June 1, 2019** from 9:30 a.m. to 3:30 p.m. sponsored by Office of Formation for Discipleship. This workshop is for all men and women in the second half of life. "Guest Speaker is **Robert L. Weber, Ph.D., M.Div.** Clinical psychologist and co-author of **The Spirituality of Age: A Seeker's Guide to Growing Older.**" The workshop will frame a vision of the spirituality of ageing that will serve to encourage and enhance spiritual growth not in spite of ageing, but because of ageing.

Who should attend? All those who are seeking spiritual growth in the second half of life. For more information please contact Sally Amaral at samaral@archtoronto.org or 416-934-3400, ext. 518.