



## Building Confidence in Self and God

A primary concern of most parents is to develop the self-confidence of their children. One might think that to build a child’s self-confidence you repeatedly tell them how amazing they are and help them accumulate personal achievements but the research indicates otherwise. It seems that the subconscious is suspicious of the motivation behind such affirmations and accolades and for the most part disregards them. What the research does show is that self-confidence is grown through experience. Studies show that the experience of using one’s abilities to face and overcome difficult situations is what truly develops self-confidence.

The gospel stresses the importance of unwavering faith, which is the courage to live with the uncertainty of not knowing all the answers. **Faith** does make a difference in the way we view our life and makes it possible to carry many a cross that would otherwise seem insupportable.

I believe the same theory can be applied to the faith. Though affirming our children’s identities as Children of God has positive benefits, it is not how Jesus developed the faith of his followers. He sent them out and told them to take nothing for the journey: ‘neither walking stick, nor sack, nor food, nor money.’ What Jesus did give them was the power and authority of the Holy Spirit and without material support, the disciples fully relied on it. We witness this repeatedly in the bible starting with the Abraham, the Father of Faith, who was called to leave the comforts of home in faith that God would provide, and God did.

It is never a question of faith or no faith; the question is always “In what or in whom do I put my faith?” – possessions, power, people or God. People of faith believe that every person matters and that God takes small things and makes them into great things. As we take to heart the word of God, faith can inspire us to change direction and accomplish marvelous feats. Faith is knowing without seeing, believing without fully understanding and trusting without touching the One who is ever faithful. Faith is stepping out and doing the things we believe God wants us to do, even if it does not make sense. Having created the natural world, God has placed us as stewards of his creation. He has left us free to create the social world and it is up to us to build or destroy, to hurt or heal, to reach out or be selfish.

Naturally, when we live in comfort there is less need for us to fully trust in God. Richard Leonard a Jesuit priest describes in his book, *Why Bother Praying*, how as a second year novice he was dropped 200kms from the original Jesuit retreat house in the middle of Australia and had to walk the entire way back to it begging for food and accommodation each day. Fr. Richard said that he learned more about prayer in those 10 days than he did the 25 years prior living in a comfortable Australian community.

### MASS INTENTIONS

Monday	Intentions of <b>Rosa Jung</b>
Tuesday	Intentions of <b>Marlene Howard</b> Soul of <b>Christi Li</b> Soul of <b>Mirna Pina Flores</b> Intentions of <b>Kevin Arcand</b> Mass of Thanksgiving – <b>Susan Hannan</b>
Wednesday	Intentions of <b>Rosaria Young Sook Lee</b>
Thursday	Soul of <b>George Chin</b>
Friday	Soul of <b>Lucy Kok Moey Chin</b>

Bishop Barron notes that our faith needs to be strong and tested for it to be authentic as he points out: “One of the most painful truths of the last century is that the weakness of [true] Christian witness allows some of the worst elements in society to flourish. Think of the rise of the evil powers that created World War II. Christianity had become so weak, so unconvincing, so attenuated that great evil was allowed to flourish. Yes, indeed there were a handful of powerful Christian resisters, but let’s face it: the overwhelmingly vast majority of Christians either supported Hitler or remained in silence, out of either fear or indifference.” It seems that our desire for comfort has the opposite effect making us more fearful, unresponsive and ultimately unfulfilled.

**Please pray for the sick in our community**  
We pray for the sick, the suffering, the anxious & the lonely, especially: **Ave Warren, Brian Dorrian, Tony da Camara Jr., Tracey Hutchinson, Kevin Arcand, Jairus Papio, San Hu and Elona**

Therefore, if we want to develop the self-confidence and faith of our children we have to be comfortable exposing them to a little hardship. Setting aside time for more intensive periods of prayer, fasting, almsgiving and service is a good place to start. In the end, they will come out more faithful, self-confident, and best of all they will discover the unfathomable depths of God’s love for them, a love they can trust and be confident in.

John Humphries.

### PRAYER REQUEST LINE

905 881-2786 ext. 250

# PARISH NEWS



Starts **Monday October 07 through November 25.**  
Afternoon session 1-3pm, Evening Session 7:30-9:30pm  
\*\* No Bible Study on Thanksgiving Monday, October 14.

**Register this weekend** after all masses in the narthex.  
Book and reading material \$15.00



## **SAINT VINCENT DE PAUL** **THANKSGIVING FOOD DRIVE**

Your donations of non-perishable food items can be dropped off in the narthex or the parish hall this weekend before 2pm on Sunday and are much appreciated.

**Thank you.**



## **UNPLANNED**

Based On A True Story  
What She Saw Changed Everything

Join us at 7:00 pm **Friday, October 11<sup>th</sup>** for a screening of the movie UNPLANNED in the parish hall.  
Everyone welcome!

## **LIFE CHAIN** **SUNDAY, OCT 6<sup>TH</sup> 2-3:00 PM**

Please join us Sunday October 6<sup>th</sup> to give public witness that abortion destroys a human life created by God. We can join parishioners from Blessed Trinity Parish at Bayview and Finch or St. Pascal Baylon at Yonge and Steeles.

**“Will you not watch one hour with me?” (Mark 14:37)**

## **2<sup>nd</sup> Annual** **Parish Ministry Conference** **Saturday, October 19, 2019**

This year’s Parish Ministry conference will address the reality of being Catholic in today’s world.

Register Now - Tickets are ½ price!

Please see the bulletin board for more information.

If anyone attending can accommodate additional passengers, please contact Natalie Doucet at x235.



## **CIRCLE OF FRIENDS**

Circle of Friends is a program for seniors at St. Luke’s Parish. It begins its third year on **Thursday, October 10<sup>th</sup>**. Our goal is to affirm and support each other, seeking opportunities to grow stronger mentally, physically and spiritually as we journey through the second half of our lives. Newcomers are always welcome. Contact Antoinette Agostinelli at ext. 233 for

more information.

## **2018 PUBLIC SQUARE ROSARY RALLY**

We need to pray the Rosary for Canada, for repentance and conversion. We need to bring Our Blessed Mother into our community. The goal is to have 1000 Public Rosaries across Canada –please come and join us on **Saturday, October 12<sup>th</sup>, at 12:00 noon**. Please see the Public Square Rally flyer in the narthex for locations to gather.



## **SAINT VINCENT de PAUL** **Bundle Up Weekend**

A Saint Vincent de Paul container will be in the church parking lot **October 12<sup>th</sup> & 13<sup>th</sup>** to collect **household linens, clothing, footwear, bedding, draperies/towels, toys and small household goods** to support the needy in our community.

The container will be open all day Saturday until 5:30 pm and Sunday until 2:00 pm. Volunteers will assist with the loading before and after each Mass. **THANK YOU!!!**



## **PRAISE & WORSHIP**

Please join us **Wednesday, Oct 9<sup>th</sup>** at 7:30pm for an evening of Praise & Worship in the parish hall. All are welcome. Bring a friend!