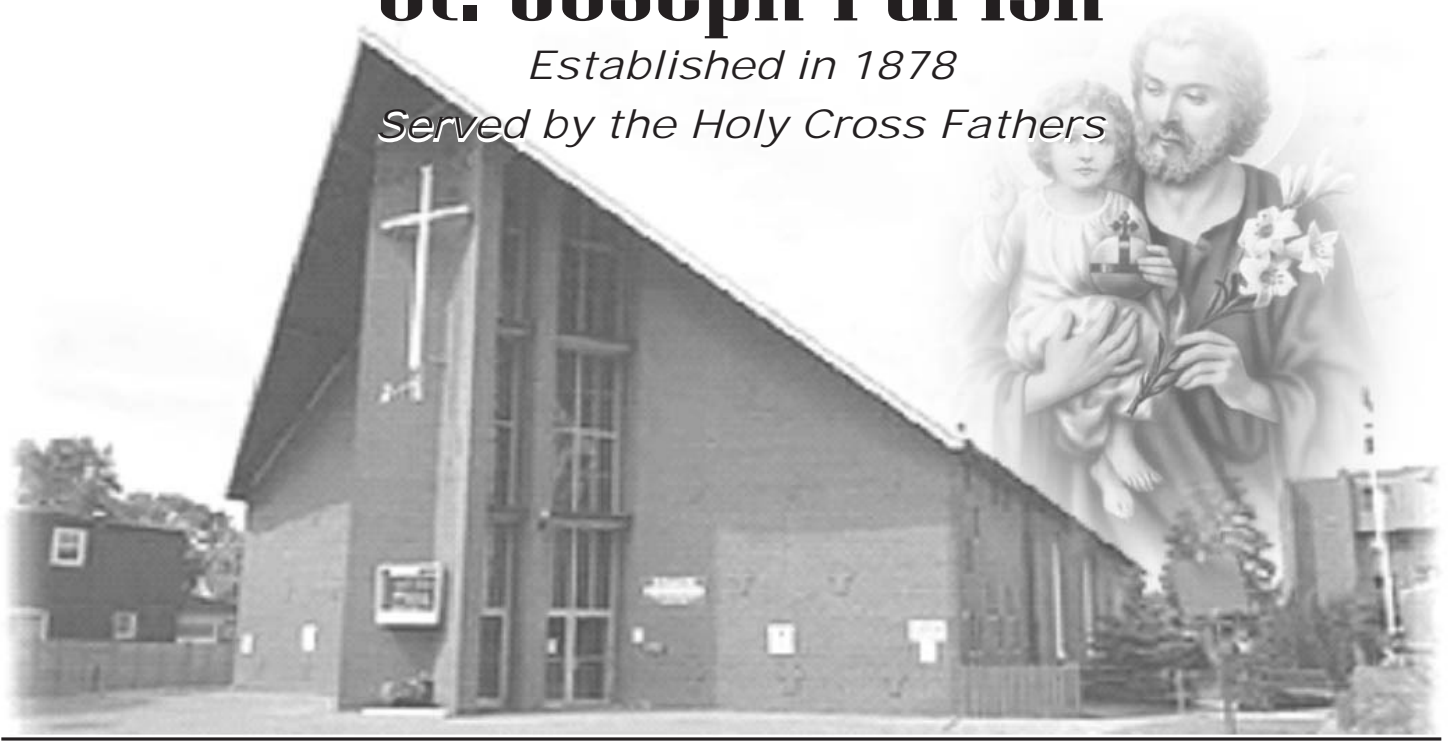


St. Joseph Parish

Established in 1878

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UNITY IN DIVERSITY

“Moved by the Good News of Jesus Christ... We *Journey with St. Joseph*”

Pastor: Fr. Roshan Loy D’Souza, CSC
Secretary/Bookkeeper: Nerie Bernal
Custodian: Allan Cobham

OFFICE HOURS:
Monday to Friday: 9:00 am to 12:00 pm

Music Ministry: Megan Montifar & Eric Fahn

PARISH MINISTRIES

Altar Servers
Children’s Liturgy
Collection Counters
Communion to the Sick
Lectors & Eucharistic
Ministries
Legion of Mary
Social Action Committee
Parish Council

Finance Council
Girl Guides

*If you feel called to
serve the church
through any of these
ministries, please call
the parish office.*

St. Vincent de Paul Society:
The Knights of Columbus: www.kofc9079.com

St. Joseph Catholic School:
Principal: Eoghan Morishita-Miki
Phone: 416-393-5209

MASS TIMES:

| | |
|---------------------|----------|
| Monday | No Mass |
| Tuesday, & Thursday | 9:00 am |
| Wednesday & Friday | 7:00 pm |
| Saturday Vigil | 5:00 pm |
| Sunday | 10:00 am |

CELEBRATION OF SACRAMENTS

Sacrament of Baptism, First Communion, Confirmation and Marriage:

Please contact the office to begin the process of preparation.

Sacrament of Reconciliation:

Saturday before the vigil mass or on request anytime.

Ministry to and Anointing of the Sick:

Please advise us if you have someone ill at home, hospital or in a nursing home so that we can minister to them.

New members please register at the office.

Hall Rental: Please contact **Margaret MacDonald**
at 416-463-8638

162 Leslie St. Toronto, ON M4M 3C7

Tel: 416-466-7815 or 416-518-0276

Email: stjosephparishtoronto@gmail.com / stjosephTO@archtoronto.org

Website: www.stjosephTO@archtoronto.org

THE THIRTIETH SUNDAY IN ORDINARY TIME : OCTOBER 29, 2023



From the Pastor's desk...



YOUR VERY SELF

Take a moment to reflect on the way that you typically think about yourself. Are your thoughts primarily oriented toward the qualities that you and others value most, or do you tend to get more hung up on characteristics and features that you wish were somehow different?

If your honest answer is the latter, you're not alone. It seems like most people zoom in on all the things that are not to their liking. We question how we look, our voice, our abilities, our talent, our intelligence, and our value in the lives of others. And all of these tendencies combine to create a deficit-based perspective toward ourselves.

When this becomes our primary stance toward ourselves, it can result in the formation of a belief that the things that make us who we are are somehow not enough. It can trigger shame, causing us to withdraw or hold back from relationships. It can produce feelings of depression or anxiety. And it can generate enough worry about the potential for rejection that we start to cling to it, insisting that there is value in viewing oneself through this lens.

The most common argument in defense of a deficit-based perspective is that you can't improve yourself unless you are willing to do the hard work of focusing on the parts of yourself that are not to your satisfaction. In other words, it is viewed as a pathway for making positive changes. I want to acknowledge that we all have weaknesses, and that it can be beneficial to work on these areas. However, beating yourself up over a perceived shortcoming is rarely a useful source of motivation.

More often, it only reinforces the belief that there is something about you that is unacceptable. Any inability to accept yourself can actually be a barrier to change. By contrast, self-acceptance is often a fast track toward growth and development. When we acknowledge and accept who we are and where we're at, it frees us up to address things about ourselves from a desire to grow. Focusing on things you want to change about your performance can be effective. Wanting to change who you are is more likely to result in getting stuck. In contrast to all of this, a strengths-based perspective is grounded in a fundamental belief that you are enough, right now, just as you are. It can help you to be more aware of the capacities and values that you carry with you through life and serve as a springboard toward desired outcomes. **God Bless. Fr. Roshan Loy D'Souza, CSC**

REMEMBERING ST. JOSEPH'S CHURCH,



making a charitable Bequest:

Having a properly made will is one of the best gifts anyone can leave their loved ones in the event of their passing. It also ensures that charities and causes closest to their hearts will be sustained. By putting the parish in their will, parishioners can help the Church faithfully carry out the pastoral mission entrusted to her by our Lord, for generations to come. **For more information, please call the Parish office of St. Joseph Church. Contact: 416 466 7815 or 416 518 0276**

The Week Ahead :

Nov01:Memorial: All Saints Day

Nov 02: Memorial: All Souls Day

Nov 03: Memorial: St. Martin De Porres, Religious,

Nov 04:Memorial : St. Charles Borromeo, Bishop

Nov 09:Memorial: The Dedication of the Lateran Basilica

Nov 10:Memorial:St Leo the Great, Pope,Doctor of the Church



Archdiocese of Toronto

Archdiocese of Toronto wishes to invite all families to participate in the All Souls' Day Mass on Saturday November 4 at 2 p.m. All Masses will be held indoors at the following locations: Assumption Cemetery, Mississauga – Our Lady of Fatima Mausoleum, Christ the King Cemetery, Markham – Reception Centre, Holy Cross Cemetery, Thornhill – Holy Family Mausoleum, Queen of Heaven Cemetery, Woodbridge – St. Anthony's Mausoleum (Liturgy in Italian and English) , Resurrection Cemetery, Whitby – Our Lady of the Assumption Mausoleum All are welcome!

Renew Toronto is a conference for all young adults ages 19-39 taking place on Saturday, November 4, 2023 at Canada Christian College, Whitby Ontario.

Day of Reflection and Prayer for the Bereaved: Saturday, November 04, 2023 09:30 AM - Saturday, November 04, 2023 05:00 PM. Manresa Jesuit Spiritual Renewal Centre, Pickering.

Facilitated by Sr. Claire Marchal & Mary Hyland. Suggested Offering: \$65.00 - Includes break and lunch.

For more information or to register:

Mary Hyland at 905-441-0957

THE THIRTIETH SUNDAY IN ORDINARY TIME : OCTOBER 29, 2023



POPE FRANCIS PRAYER INTENTION

For November 2023: For the Pope

We pray for the Holy Father: as he fulfills his mission, may he continue to accompany the flock entrusted to him, with the help of the Holy Spirit.

CHILDRENS' LITURGY: I am pleased to announce that the Liturgy of the Word with Children has resumed during the Sunday 10:00 a.m. mass each week. This ministry is for school-aged children 4 years old and up.



CHILDRENS' LITURGY AT SUNDAY MASS

Special thanks to coordinators and volunteers who are returning to this important ministry for our children. Our trained leaders help the children to understand the readings of the day through prayers, discussions and activities.

Children return to celebrate the Liturgy of the Eucharist with their families.



Bake Sale: December 17, 2023
after the Sunday 10:00 a.m. Mass.

Light a candle for your dearly departed this All Souls' Day:



November 2, is All Souls' Day. We humbly implore you not to let this day pass unmarked. Please remember your dearly departed on this day. Please include your intentions for your dearly departed. Kindly visit the parish office to buy a candle and offer mass intension



WEEKEND COLLECTION:

October 21-22, 2023: \$918.55

Thank you for your constant support and generous contribution.

Thanks to all our volunteers for their commitment and to our benefactors for your continued support.



Kindly contribute through Pre Authorized Giving. Forms are available in the foyer. Big thanks to Knights of Columbus, Council 9079 for their continued support.

† MASS INTENTIONS

Sunday, October 29

10:00 am : † Gloria & Jose Barbosa & All Souls in Purgatory

Req. Maria Carmo Oliveira

Thanksgiving for the Gift of Life to Dorothy Hamer

Req. Gloria & Jose Gomes & Maria Teves

Monday, October 30 : No Mass

Tuesday, October 31

9:00 am : † Grandparents of Gloria & Jose Gomes

Req. Gloria & Jose Gomes

Wednesday, November 01

7:00 pm : † Deceased Members of Borja & Musngi Family

Req. Ernesto & Dulce Musngi

† Deceased Members of Legion of Mary

Req. Legion of Mary

Thursday, November 02

9:00 am : † Darrin Elliot

Req. Lourdes Elliot

7:00 pm † Frank Duff

Req. Legion of Mary

Friday, November 03

7:00 pm †

Req.

Saturday, November 04

5:00 pm : For the Intentions of St. Joseph Parish Community

St. Joseph Pray for us

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