

# MAY 28, 2023 PENTECOST SUNDAY



**"THE SPIRIT DESCENDED  
UPON THEM LIKE TONGUES  
OF FLAME"**

Sun., May 28 <sup>th</sup>	10:30 am	PARISH MASS OF CONFIRMATION
Mon., May 29 <sup>th</sup>	----	No Weekday Mass on Monday
Tues., May 30 <sup>th</sup>	9:00 am	Weekday Mass
Wed., May 31 <sup>st</sup>	9:00 am	MASS OF THE VISITATION OF MARY
Thurs., June 1 <sup>st</sup>	9:00 am	Feastday Mass of St. Justin, Martyr
	7:00 pm	Defibrillator Training ( <i>in Rectory Mtg. Room</i> )
Fri., June 2 <sup>nd</sup>	9:00 am	Mass of the First Friday of June ~ Benediction after Mass
Sat., June 3 <sup>rd</sup>	5:00 pm	<b>VIGIL MASS OF TRINITY SUNDAY</b> ~ First Saturday of the Immaculate Heart
Sun., June 4 <sup>th</sup>		<b>MASSES OF TRINITY SUNDAY</b>
Mon., June 5 <sup>th</sup>	9:00 am	<b>Beginning: Priests' Retreat</b> ( <i>Mass at St. Anthony's Church at 9:00 am</i> ). <b>ALL ARE WELCOME!</b>

## DEFIBRILLATOR TRAINING

As was announced last week, this one hour information session on CPR and on the use of the defibrillator will take place next Thursday, June 1, at 7 pm in the Rectory Meeting Room. To register for this, call the Rectory Office at: **622-5389.**



**CONGRATULATIONS THIS WEEKEND TO OUR 25 PARISHIONERS WHO RECEIVED THE SACRAMENT OF CONFIRMATION. BEST WISHES ALSO TO THEIR SPONSORS AND FAMILY MEMBERS!**



**BISHOP'S SCHEDULE  
CONFIRMATIONS**  
JUNE 3: CORPUS CHRISTI  
JUNE 4: O.L. OF LORETTO

## THE PRIESTS' RETREAT

This year's annual Priests' Retreat will take place at St. Anthony's Church from June 5-8. All are welcome to attend daily Mass at 9 am at St. Anthony's. No Weekday Masses are celebrated in the Cathedral that week.

## A HUGE THANK-YOU TO ST. ANN SCHOOL!



We thank the Students, Staff and the St. Ann Community for their donation of \$1,037.60 to our "St' Pat's Hat" Campaign. A special thank-you to our parishioner Ms Laura Poluyko, who teaches at the School, for her initiative and to the School Principal Mr. Les Arnone. The monies were collected from a Bake Sale.

## "ST. PAT'S HAT" DONATIONS LAST WEEK

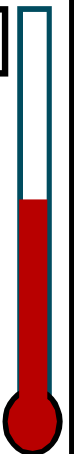
Special Donation ( <i>from St. Ann School</i> )...	\$ 1,037.60
Free Will Donations .....	510.00
Sp. Donation in Memory of Ron Zorzes ...	2,000.00
In Memory of Assunta VanTeeffelen.....	100.00
In Memory of Ron Zorzes.....	150.00
In Memory of Ron Zorzes .....	20.00



Total Donations this Week ... \$ 3,817.60

**TOTAL PLEDGED/COLLECTED TO DATE**

\*\*\* \$ 674,554.60 \*\*\*



## THIS WEEK'S DONATIONS TO OUR PARISH

Last Sunday's Collection .....	\$ 3,854.55
Online Donations .....	50.00
Papal Charities Collection.....	1,045.00
Seminary Collection.....	50.00
Votive Candles .....	30.00
St. Anthony's Poor Fund .....	12.10

Q. I lost a close friend several months ago and I am still missing her and grieving her loss. I once heard a talk about different signs of grief that many experience after the loss of a loved one. Could you please explain what these signs are?

Q. I am very sorry for your recent loss and I pray that knowing these signs may help you in your grieving process. Of course, we know that these can occur not only after the

loss of a loved one to death but also after other losses that we experience.

Since I am not sure what aspects of grief that the presenter that you mentioned addressed, I can only speak about damaging symptoms of grief that I have encountered in my own ministry as a priest. I group them in four categories:

• **PHYSICAL**  
The following are a just a few symptoms of grief which can negatively affect our physical wellbeing:

- ~ physical exhaustion due to lack of proper rest and sleep;
- ~ constant anxiety about our health;
- ~ neglect or discontinuation of exercise or relaxation routines that we had developed before our loss;
- ~ anxiety induced physical illnesses.

• **PSYCHOLOGICAL SIGNS**

- ~ We experience ongoing shock, disbelief and even denial that a loss has actually happened in our lives;
- ~ we have feelings of remorse, fear,

frustration, anger, guilt and doubt.

♦ **SPIRITUAL SYMPTOMS**

As believers, when loss occurs in our lives, we tend to ask questions like:

~ Why did God punish us with this loss and why did he allow it to happen to us or to our friends or family?

- ~ What is the meaning of life and the point of our lives?
- ~ Does God care about us or even listen to our prayers?

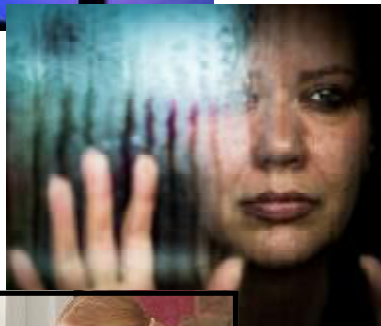
• **EMOTIONAL**

Perhaps the most visible signs appear in this category.  
~ We are constantly on the verge of tears

regardless of our experiences and surroundings;  
~ we notice that we've become irritable or edgy and easily upset by issues;  
~ we often feel emotionally numb and often no longer connected to the

persons or events in our lives;  
~ we constantly think about the person or thing that we lost and we lose interest in our current relationships and surroundings;  
~ we no longer care much about much or anything anymore;  
~ we stop going out and are reluctant to do anything with anyone.

These signs and symptoms may resolve in time or they may last indefinitely until we seek guidance and/or professional counselling.



Catholic Women's League

**VIRTUAL PRAYER SERVICE**

May 31, 2023 at 7 p.m.

Join your League sisters from across the Province in this special May Prayer Service. The Link to register can be found on the poster located on Parish Website at: [www.stpatrickscathedral.ca](http://www.stpatrickscathedral.ca)



Knights of Columbus



**ANNUAL PRAYERS FOR THE UNBORN**

This K.C. Sponsored event will take place on Monday, June 12, 2023 at 7 pm at St. Andrew's Cemetery (O.L. of Charity Mausoleum). ALL ARE WELCOME!

**WHY NOT BECOME A CATHOLIC THIS YEAR?**

Our R.C.I.A. Process for adults to be baptized or to become full members of the Catholic Church will begin in the Fall but you can register now by calling our Parish Office at 622-5389



Development and Peace  
CARITAS CANADA

ECUADOR: 3,470 people (including 1,400 children) in the Chimborazo Province, are being supported by communal organic gardens and rabbit and guinea pig rearing cooperatives; which provides nutritional education, school meals and follow-up for malnourished children.