

MASS SCHEDULE & INTENTIONS

Join in prayer with those who have requested Masses be offered for their loved ones, living or deceased.

SUTTON

Mon.	June 20	8:30am	+Julius & Elizabeth Hancko
Tues.	June 21	8:30am	Blessings upon the Fanelli Family req. the Fanelli's
Wed.	June 22	8:30am	Special Intentions req. Lou Conte
Sat.	June 25	5:30pm	+Daniel Haze
Sun.	June 26	8:30am	Parishioners (Pro Populo)

KESWICK

Thurs.	June 23	8:30am	Blessings upon the Fanelli family req. the Fanelli's
Fri.	June 24	8:30am	Special Intentions req. Lou Conte
Sat.	June 25	4:00pm	Special Intentions req. Lou Conte
Sun.	June 26	10:30am	Blessings upon Maureen Grellette req. Deacon Don & Debra McMillan

Through the **Sacrament of Baptism**, we welcome into our Catholic Church the newly Baptized **Alessandro Sita**. May God bless and guide him through the loving examples of their parents and Godparents.

ST. PAUL'S teaching on the reception of Holy Communion: 1st Corinthians 11:27 ff. *So then, whoever eats the bread or drinks the cup of the Lord in an unworthy manner will be guilty of sinning against the body and blood of the Lord.*

WHAT IS SPIRITUAL HOLY COMMUNION?

Years ago, I learned a "spiritual communion" prayer that St. Josemarie Escirva learned as a child from his mother's confessor. It goes like this: "I wish, my Lord, to receive you, with the purity, humility and devotion with which your most Holy Mother received you, with the spirit and fervour of the saints." Millions around the world now pray that prayer.

A spiritual communion is a personal devotional that anyone can pray at any time to express their desire to receive Holy Communion at that moment, but in which circumstances impede them from actually receiving Holy Communion. The impeding circumstances might be a variety of things: the person could already be "Maxed out" because they have already received Holy Communion twice that day; or the person could be in prison and unable to attend Mass; or the person might be elderly and at home watching Mass on the tv or listening to it on the radio; or the person might be hiking a mountain and wants to be more deeply united to Jesus Christ at the moment.

SPIRITUAL COMMUNION PRAYER

My Jesus, I believe that You are present in the Most Blessed Sacrament. I love You above all things, and I desire to receive You into my soul. Since I cannot now receive you sacramentally, come at least spiritually into my heart. I embrace You as if you were already there, and I unite myself wholly to You. Never permit me to be separated from You. – *St Alphonsus Liguori*

PS. Are you aware that there is an obligatory one-hour fasting period before receiving Holy Communion? **Of course, water and medications are allowable.**

HAPPY FATHERS' DAY

Blessings and good health to all the fathers and grandfathers of the parish this Fathers' Day Weekend.

As summer approaches bulletins will be bi-weekly and office hours will be shortened. Please note that phone messages are recorded. Disrespectful language won't be tolerated. Authorities will be contacted if needed.

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