

# SIXTEENTH SUNDAY IN ORDINARY TIME

## Mass Intentions FOR THE WEEK



### **Saturday, July 19<sup>th</sup>**

5:00 pm Luigi Giuseppe Gennaro  
by Josie Iannello

### **Sunday, July 20<sup>th</sup>**

8:30 am Antonietta Pia; Enrico Pia;  
Cessidio & Alessandrina Tamburro  
by Domenic & Laura Tamburro  
Lilliania Iannacchini  
by Joe & Anna Paoella  
Carmelina Iamonaco  
by Margaret Minicucci

10:30 am Joe Di Rocco  
by Di Rocco Family  
Antonia & Silvio Colella  
by Frank & Maria Pennino  
Pasqualina Greco  
by Anna Di Rezze  
Monina Delemos (1Yr Memorial)

### **Wednesday, July 23<sup>rd</sup> – St. Brigid**

7:00 pm Maria Spensieri  
by The Catholic Women's League

### **Friday, July 25<sup>th</sup> – St. James**

7:00 pm For Deceased Members of the Sacred Heart  
Parish Families

### **Saturday, July 26<sup>th</sup> – St. Joachim & St. Anne**

5:00 pm Raffel Morrand  
by Josie Iannello

### **Sunday, July 27<sup>th</sup>**

8:30 am Deceased Members of the Torrone &  
Vecchiarelli Families  
by Maria Torrone  
Argentina, Raffaella & Rocky Grossi  
by Joe & Anna Paoella

10:30 am Oreste Rauzi  
by Edda Cescolini  
Assunta & Vittorio Pennino  
by Frank & Maria Pennino



## Feast Day of Saint Bridget Wednesday, July 23<sup>rd</sup>

Saint Bridget was born in Sweden of noble and pious parents, and led a holy life. At ten years old, she heard a sermon on the Passion of our Lord. The next night, she saw Jesus on the cross, covered with blood, and speaking to her about his Passion. From then on, meditation on Our Lord's Passion affected her so deeply that she could never think of it without tears. She was given in marriage to Ulfo the prince of Nericia; and won him, by example and persuasion, to a life of piety. She lived happily with him for 28 years, bearing him eight children. St. Catherine of Sweden was their daughter. Bridget was very devoted to the education of her children. She was also zealous in serving the poor, especially the sick; and set apart a house for their reception, where she would often wash and kiss their feet. Together with her husband, she went on pilgrimage to Compostella, to visit the tomb of the apostle St. James. On their return journey, Ulfo fell dangerously ill. Saint Dionysius appeared to Bridget at night and foretold the restoration of her husband's health, along with other future events. Ulfo did recover and became a Cistercian monk. He died not long after becoming a monk. After her husband's death, Bridget founded the Order of the Most Holy Savior, erecting at Vadstena a double monastery for monks and nuns. Following the guidance of the Holy Spirit, she later went to Rome, where she worked for the return of the Popes from Avignon. Bridget would hear the voice of Christ calling to her in her dreams. She was a mystic, embracing an austere manner of life. Many secrets were revealed to her by God. St. Bridget is most known for the Revelations given to her concerning the sufferings of our Redeemer. After Bridget had kindled the love of God in many hearts in the city of Rome, she made a pilgrimage

*Prayer is the highest achievement of which the human person is capable  
– St. Teresa Benedicta of the Cross*

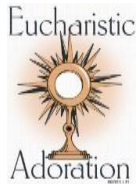
# SUNDAY, JULY 20<sup>TH</sup>, 2025

to Jerusalem. On her return trip, she was attacked by fever and suffered severe sickness for an entire year. On a day she had foretold, she then passed into eternal life. Her body was taken to her monastery of Vadstena. Bridget quickly became renowned for miracles and was named a saint by Boniface IX. The order she founded, named the Order of the Most Holy Savior (Bridgettines) at Vadstena, received confirmation by Pope Urban V in 1370, and survives today. The new branch of the order was re-founded by Blessed Elisabeth Hesselblad and has grown substantially around the world. Bridget is the patron saint of Europe, Sweden, and widows.



## Our Mother of Perpetual Help Devotions

Join us in praying the Novena **every Wednesday** evening beginning at 6:30 pm followed by Holy Mass at 7:00 pm.



## EXPOSITION OF THE BLESSED SACRAMENT Friday – July 25<sup>th</sup>

Silent Adoration before the Blessed Sacrament begins at 3:30 pm, Holy Rosary Benediction, Celebration of Mass at 7:00 pm.

## EVENTS AT SACRED HEART PARISH

### Save the Dates on your Calendar

**Mission Appeal** – August 9<sup>th</sup> & 10<sup>th</sup>  
**Sacred Relics of Carlo Acutis and Pier Giorgio Frassati** – Sunday, September 7<sup>th</sup> after 10:30 am Mass  
**Parish Carnival & Picnic** – Sunday, September 14<sup>th</sup> – 11:30 – 3:00 pm  
**Chalice Canada** - Presentation on Sponsoring a child – September 20<sup>th</sup> & 21<sup>st</sup>  
**Annual Golf Tournament** – Thursday, September 25<sup>th</sup> – Information in Narthex



## THE CATHOLIC WOMEN'S LEAGUE

The Catholic Women's League is collecting gently used and clean footwear for men, women and children. They will be delivered to Canadian Food for Children for developing countries in September. Please tie the laces together or wrap elastics around each pair to keep together and set in the bin beside the Food Bank under the stairwell in the Hall. We are also collecting bars of soap which can be placed in the same bins. If you have Rosaries that you are not using, we will gather them until we are ready to deliver to them in September. For any information, kindly contact Beverly Flanagan, President Beverly Flanagan [rhmcauley@zing-net.ca](mailto:rhmcauley@zing-net.ca).



## REGISTRATION FOR SACRAMENTS IN 2026

Sacramental Preparation Meeting for:

### Confirmation

**Monday, September 22<sup>nd</sup>**

at 7:00 pm in the Parish Hall.

Sacramental Preparation Meeting for:

### First Holy Communion and First Reconciliation

**Tuesday, September 23<sup>rd</sup>**

at 7:00 pm in the Parish Hall.

### R.C.I.A. PROGRAM

The Rite of Christian Initiation of Adults – To Register, kindly contact the Rectory/Office 905-833-1161 OR email [sacredheartki@archtoronto.org](mailto:sacredheartki@archtoronto.org).

*If we wish to learn the art of living well and dying well, let us not follow the crowd, which only believes and values what is seen. Instead let us follow Christ.*

- St. Robert