



October, 2021

Dear Sacred Heart Parishioners:

We are pleased to announce our first Parish Mission of 2021, "PROJECT RESTLESS". Inspired by the great Saint Augustine "Our heart is restless until it rests in you". Our mission involves to be God's hands and God's voice, by helping the most vulnerable and needy of Toronto.

An invitations is extended to all parishioners, families and young people to take part in this great outreach of evangelization. We will be leaving for this mission on **Saturday December 11th** and meeting at Sacred Heart Parish parking lot at **12:00 noon**.

We welcome any volunteers to join us on Friday, December 10th, at 7:30 pm in the Parish Hall to prepare food bags and clothing. We are requesting donations of **new hats, gloves, scarfs, socks, blankets, sleeping bags, non-perishable food items, as well as any PPE (masks, hand sanitizers, etc.)** A large 'blue bin' in the foyer of the parish hall has been designated to place all donated items. Any **monetary donations are greatly appreciated (cheques to Sacred Heart-Restless Project) will receive a tax receipt.**

Our goal is to feed and reach out to 150 homeless individuals, we will be providing them with **hot pizza, instant soup, vegetables, granola bars, fruit cups, candy canes and hot chocolate.**

We encourage you to pray for this great endeavour. Please contact us at restless.sacredheartparish@gmail.com if you are interested in helping out or if you need any information.