

# Living the Gospel



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**SL ShareLife**

## *The Church of the Good Shepherd*

21 Simonston Blvd. Thornhill, ON L3T 4R6 905-881-1534

email: [GoodShepherdTH@archtoronto.org](mailto:GoodShepherdTH@archtoronto.org) website: [goodshepherdth.archtoronto.org](http://goodshepherdth.archtoronto.org)



## JOURNEY TO THE CROSS

The point of giving things up isn't to be reminded of how much we miss them, but rather to be awakened to how much we miss God and long for his life-giving Spirit. This means, of course, that Lent isn't only about giving up things. It's also about adding things, God-things.

- Having given up junk food for a healthy diet, what will you do with the energy you gain?
- Having given up reading magazines, what will you read now?
- Having given up Facebook, to whom will you devote meaningful conversation?
- Having given up lunch, how will you rely on God for the strength of "food from heaven"?
- Having given up TV as a default activity, how will you use that time to cultivate quality family time?
- Having given up isolation, how will you immerse yourself in community?
- Having given up shopping, will you see those who need clothing in your city?
- Having sacrificed whatever form of selfishness you indulge; how will you meet the needs of others?



The practice of giving something up for Lent is a way of entering into the wilderness with Jesus. Don't worry about whether your sacrifice is a good one. It's not a contest. Just make your aim to know Christ more fully, and trust him to lead you. Seek to replace that thing with devotion to Christ—his Word and his mission. God may lead

you to give up and take up more as you go. That's good. Deny yourself, take up your cross, and follow Jesus.

## CASSEROLE COLLECTION

### FEED MY LAMBS

Frozen casseroles will be collected before each Mass on Saturday, 18th and Sunday, 19th. Good Shepherd Ministries remain at the service of the poor and homeless of our city. Heartfelt thanks to those who have faithfully supported this program.



## Blessed Trinity Parish Prayer Healing Mass

Wednesday, March 22, 2023  
07:00 PM - 08:45 PM

3220 Bayview Ave., Toronto

Blessed Trinity invites you to a Prayer Healing Mass led by Fr. Sam Samuel, VC. Everyone is welcome.

PHONE: 416-226-0262



## LEGION OF MARY ACIES CEREMONY



The Legion of Mary will hold their Annual Consecration to Our Lady for all active and auxiliary members on Sunday, March 26<sup>th</sup> starting at 3:30 p.m. at St. Aidan's Church, 3501 Finch Ave. East (at Birchmount).

## Good Friday Procession

Friday, April 07, 2023

03:00 PM - 04:00 PM

St. Francis of Assisi Parish

72 Mansfield Ave., Toronto

Following a tradition that goes back to 1962, St. Francis of Assisi Parish will be holding the annual Good Friday Procession. The procession includes religious statues, musical bands and people representing different characters associated with the Passion of Christ. We are looking for volunteers of all ages to participate in the procession. To volunteer, register online at [stfrancis.ca](http://stfrancis.ca).

PHONE: 416-536-8195



## "Mass Alive. Yes, Mass Really Alive!"

Monday, March 27, 2023 09:00 AM - 03:00 PM

Manresa Jesuit Spiritual Renewal Centre  
2325 Liverpool Rd., Pickering

A day of reflection open to men and women. When we Catholics want to pray together, we go to Mass. But the Mass can become so routine, it can become boring. What happens at Mass that could make us choose to want to go again and again? Come and reflect on how the Mass could stay fresh, relevant, and nourishing for us. Facilitated by Fr. Robert Foliot, SJ. A suggested offering of \$65 per person. Includes break, lunch and mass along with program.


REGISTER: [manresa-canada.ca](http://manresa-canada.ca)

PHONE: 905-839-2864





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 and he who abides in love  
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 and God abides in him.



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