



SHRINE BULLETIN

Issue: Sunday September 1, 2024

MINISTRY SERVED BY JESUITS

Reverends Patrick Coldricks, Wayne Bolton, Robert Foliot and John O'Brien

WEEKLY REFLECTION

On Cleansing The Mind

By Fr. John O'Brien, S.J.

What is the strangest food you have ever eaten? Have you ever tried something exotic, just to see what it was like? I remember the first time I had sushi. Had to wrap my head around the idea of eating raw fish, but soon discovered that it was oddly delicious, especially with ginger and wasabi. Probably the strangest thing I have ever eaten, and it was only once, was snake soup. Of course, it mostly just tasted like chicken.

In the Gospel today, Jesus is telling the crowd that it's not what you put inside you that defiles your soul, so much as what is kindled within your mind and heart. He was rearranging their mental furniture a bit, because in the law of Moses, there were lots of external laws regarding cleanliness rituals and food prohibitions. These were religious, but probably also had to do with helping a desert-based people live in a healthy and hygienic way. God wanted his people to live well.

Jesus declared that he "came so they might have life and have it to the fullest" (John 10:10). The life he came to bring derived not just from exercising and eating healthily, although these are important. The life that determines who we are, our best self, is an inner spark, that comes from keeping one's soul clean from noxious thoughts.

As the saying goes: "Sow a thought, reap an action; sow an action, reap a habit; sow a habit, reap a character; sow a character, reap a destiny."

The best way to keep our inner house clean is to regularly take stock of our thought processes. Have I harboured harmful thoughts of envy and suspicion? Have I used or abused anyone mentally? At the end of each day, we can review our thoughts, and the words and actions that flowed from them, repent of what need repenting, and make the right resolutions for moving forward.

Let us allow the Holy Spirit to fill our minds with thoughts that are pure, noble, creative and kind, and learn to see the good, the true, and the beautiful everywhere. If we cultivate this habit, we will be happier people, in tune with God, and can eat as much snake soup or sushi as we might desire.

MASS INTENTIONS

Holy Mass can be gifted and reserved inside of the Visitor Office.

Sunday, Sep 1

09:00 Nathanael
10:30 Jimmy Thomas
12:00 Elizabeth Byrne
15:00 Radicvic Family, et al.
19:30 Pope Francis

Monday, Sep 2

10:30 Jimmy Thomas
12:00 Mario Taylo †
15:00 Ben & Ester Betara †

Tuesday, Sep 3

10:30 Jimmy Thomas
12:00 Taylo Family, et al.
15:00 James Ryan, et al.

Wednesday, Sep 4

10:30 Jimmy Thomas
12:00 Subaangan
15:00 Joanna Joji, et al.

Thursday, Sep 5

10:30 Antonio Botelho †
12:00 P. P. Marthiri †
15:00 Cecelia Pathinather, et al. †

Friday, Sep 6

10:30 Jeff McPherson †
12:00 Donald Hikele †, et al.
15:00 Nobel Family

Saturday, Sep 7

09:00 Marg George †
10:30 Thomas Joseph
12:00 Rukmani Perera †, et al.
15:00 Lukas Marincic
19:30 Joseph Leitao †

WEEKEND ACTIVITIES

Guided Tour	1pm
Rosary	2pm
Stations of the Cross	3pm



SHRINE EVENTS

SPECIAL EVENTS

AUG 12

MEMORIAL AT CARAGOUHA
(SITE OF FIRST MASS IN
ONTARIO)
12 PM MASS

SEP 15

40TH ANNIVERSARY OF THE
VISIT OF ST. POPE JOHN
PAUL II
12 PM MASS

SEP 21

FALL GALA NIGHT
5 PM TO 10 PM

SEP 28

FEAST OF THE CANADIAN
MARTYRS (*SHRINE
OBSERVANCE*)
ONE MASS ONLY - 12 PM

SEP 29

HEALING MASS
7:30 PM MASS

OTHER EVENTS

AUG 4, 11, 18, 25

YOUNG ADULT GATHERINGS
4 PM TO 7 PM

**CINEMA DIVINA AT THE
SHRINE (FILM SERIES) - 7 PM**

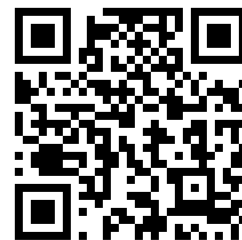
AUG 6 - PERFECT DAYS

AUG 12 - BAKHITA I

AUG 13 - BAKHITA II

AUG 20 - IN A BETTER WORLD

AUG 27 - TBA



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