

Some images have links.


“Come to me, all you who are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.”

Matthew 11:28-30



Welcome Summer! A Time of Rest and Renewal.

A message from the TCDSB Nurturing Our Catholic Community Team



Welcome to “Nurturing our Families of Faith.” This is a newsletter to support the faith journey of students, staff, and their families across The Toronto Catholic District School Board.

We are grateful for the chance to share this journey with you, and we hope this newsletter will be helpful to you as you live out your faith in these challenging times.

The Summer Season

As we approach the summer months, we take this time to stop and reflect on what has transpired over the past year. While there have been moments of difficulty and struggle, there have also been moments of joy and happiness. This dichotomy is always with us, and helps us to understand that there is a dual nature to life and all the experiences that we have.

So, too, does our Church experience these moments of sadness and joy. We are coming to the end of the Easter season, when we proclaimed with one voice, "Hallelujah! He is Risen!" after the grief of the Triduum. While we celebrate Pentecost as the birth of our Church, and the great mystery of the Holy Trinity, we are also reminded of the sorrows that our Lord and His Mother endured, when we commemorate the Sacred Heart of Jesus and the Immaculate Heart of Mary. The Transfiguration of Our Lord and the Assumption of the Blessed Virgin Mary are also significant events in our Church's history, and are moments that encompass joy and sorrow.

Even though summer is a time of rest, relaxation, and renewal, we should take the time to renew our faith too. This edition of the Nurturing Our Families of Faith newsletter has many activities and resources that can be used to remember not just the above mentioned feast days, but also to further explore and strengthen our faith. Our hope and prayer is that we may all return in the new school year, strengthened and fortified in Christ, ready to meet new challenges, and continuing to grow with hearts of kindness and love.

THE HOLY TRINITY

What is the Holy Trinity?

There is one God, who is Father, Son and Holy Spirit.

The Trinity, or Holy Trinity, is a way of describing God the Father, God the Son and God the Holy Spirit.

God the Father

God is described as God the Father because we believe that God is the creator of everything and Lord over all the universe.

God the Son

God the Son refers to how we believe that God chose to come to earth as a human being in the form of Jesus, the son of Mary.

God the Holy Spirit

Finally, God the Holy Spirit refers to the power of God in our daily lives.

When do we celebrate the Feast of the Holy Trinity?

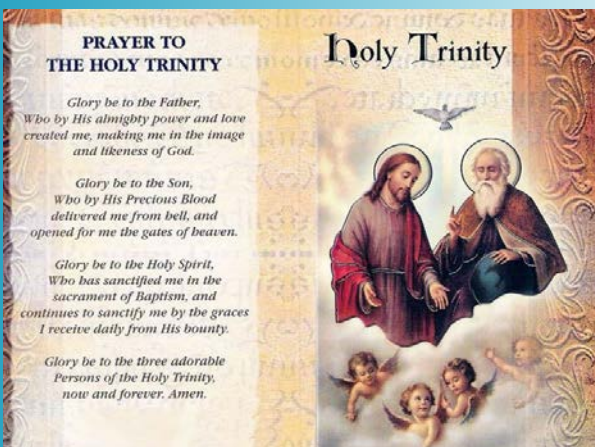
This year, we will celebrate the Feast of the Holy Trinity on **June 4**.



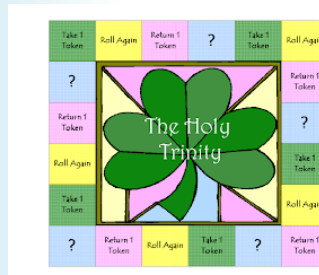
A Clever Way to Explain the Holy Trinity to Children

VIDEOS

- [Catholic Kids Media: What is the Trinity?](#)
- [Kids Corner: The Holy Trinity](#)
- [The Holy Trinity: Children's Liturgy](#)
- [Religious Ed: The Holy Trinity](#)
- [Prayer to the Holy Trinity](#)



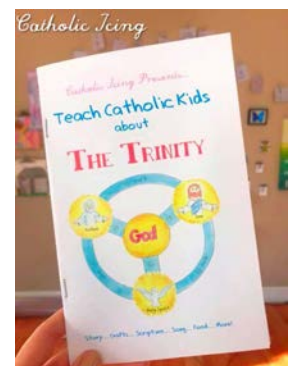
ACTIVITIES



The Holy Trinity File Folder Game



How to Explain the Holy Trinity to Children & Activities



CORPUS CHRISTI

On the Thursday or Sunday after Trinity Sunday, the Church celebrates The Feast of Corpus Christi, also known as The Solemnity of the Most Holy Body and Blood of Christ. This Feast commemorates the immense gift of the Eucharist in our lives and in the Church.

In Latin, *Corpus Christi* means *Body of Christ*. On Holy Thursday, we remember the institution of the priesthood and the Eucharist, the Last Supper, the Agony in the Garden, the betrayal of Judas and the beginning of the Passion of Christ. It is easy to become lost in so many beautiful things to remember. Corpus Christi Sunday allows us to focus solely on celebrating the real presence of Christ – Body, Blood, Soul, and Divinity – in the bread and wine. This year, we celebrate this great feast on **June 11**.

The Eucharist is such a fundamental aspect of our faith but unfortunately, one that we can easily take for granted. It is said that if Angels could envy humans, they would envy our ability to receive Jesus in the Eucharist. When we receive Communion, Christ is closer to us than ever! We should never take this precious gift for granted.

“How many of you say: I should like to see His face, His garments, His shoes. You do see Him. You touch Him. You eat Him. He gives Himself to you that you may see Him, but also to be your food and nourishment.” Saint John Chrysostom

From: <https://mycatholickids.com/the-feast-of-corpus-christi-food-for-the-journey/>

ACTIVITIES

ALL ABOUT THE FEAST OF
Corpus Christi

What we celebrate
Corpus Christi is a feast day with the sole purpose of focusing on the Holy Eucharist.

When we celebrate
Officially the Thursday after Trinity Sunday. However, it's most often celebrated on the Sunday after Trinity Sunday.

Ways we celebrate

- A procession of the Eucharist around your parish.
- Eucharistic Adoration after Mass.
- Praying a traditional Catholic prayer called "Benediction of the Blessed Sacrament" at the end of Mass and singing songs about the Eucharist.
- If the Feast of Corpus Christi is a public holiday where you live, you may see a Eucharist procession (sometimes by candlelight) happening in the streets.

History
Saint Juliana of Liege (1193-1258), who had a great reverence for the Blessed Sacrament, began the cause for the feast day of Corpus Christi. This day would be apart from Holy Thursday when the Church focuses on not only the Eucharist but the washing of the feet, ordained priesthood, and Jesus in agony in the Garden of Gethsemane. Saint Juliana was motivated by a recurring vision of the Church as a full moon with one dark spot, which she interpreted as the absence of a specific reverence to the Holy Eucharist. In her later years, she gained the support of Jacques Pantaléon, at the time Archdeacon of Liège, and other Church leaders. Pantaléon was later elected Pope Urban IV and went on to establish the Feast of Corpus Christi.

Homework
Spend some time in prayer today asking for a greater ability to see the face of Christ in others. (If you're Catholic, spend that prayer time in front of the Blessed Sacrament of the Holy Eucharist). Then say a quick prayer for five random people that you pass throughout your day.

bustedhalo THE CATHOLIC BLOG

VIDEOS

- [Catholic Kids Media: What is the Eucharist?](#)
- [Corpus Christi - Children's Liturgy](#)
- [My Time with Jesus - Corpus Christi](#)
- [Dynamic Catholic - The True Presence](#)
- [Oxford Oratory - Reflection for Children on Corpus Christi](#)
- [Catholic Kids Media: What is Pentecost?](#)



5 Ways to Celebrate Corpus Christi as a Family



Eucharist Crafts



SACRED HEART OF JESUS

In 1673, St. Margaret Mary Alacoque received a vision of Jesus' compassionate heart, pierced by the sins of the world, which was the beginning of the devotion to the Sacred Heart of Jesus.

The Church celebrates the Solemnity of the Sacred Heart of Jesus on the Friday following the second Sunday after Pentecost, so this year, it will be celebrated on **June 16**. Immediately following the celebration of the Sacred Heart of Jesus is the memorial of the Immaculate Heart of Mary on **June 17** (next page).

The term "Sacred Heart of Jesus" denotes the entire mystery of Christ, the totality of his being, and his person considered in its most intimate essential: Son of God, uncreated wisdom; infinite charity, principal of the salvation and sanctification of mankind. The "Sacred Heart" is Christ, the Word Incarnate, Saviour, intrinsically containing, in the Spirit, an infinite divine-human love for the Father and for his brothers.

Adapted from: <https://www.catholicyc.ca/blog/sacred-heart-of-jesus6046098>

PRAYERS

- [How St. John Paul II can help us really pray the Litany to the Sacred Heart](#)
- [Devotion to the Sacred Heart of Jesus](#)
- [Franciscan Media: Prayers to the Sacred Heart](#)
- [Novena to the Sacred Heart](#)

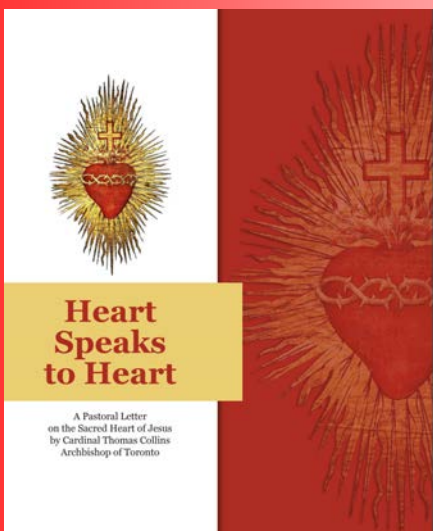


VIDEOS

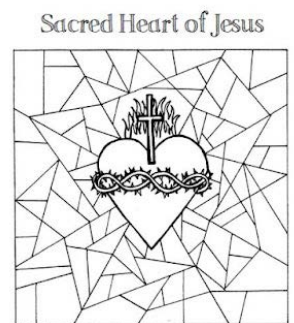
- [HOLY KIDS! The Sacred Heart of Jesus](#)
- [Teach Catholic Kids About the Sacred Heart](#)
- [How to Draw a Sacred Heart](#)
- [Catholic Sprouts: The Sacred Heart of Jesus](#)

ACTIVITIES

- [Sacred and Immaculate Heart Crafts for Kids](#)
- [Catholic Mom: Sacred Heart of Jesus Lesson Plan](#)
- [Archdiocese of Toronto: Activities for the Sacred Heart](#)
- [Feast Day Fun: Sacred Heart of Jesus](#)
- [Sacred Heart Month Activities](#)



Understanding the Devotion to the Sacred Heart and What It Means



Have Mercy on Us

Sacred Heart of Jesus Colouring Pages



IMMACULATE HEART OF MARY

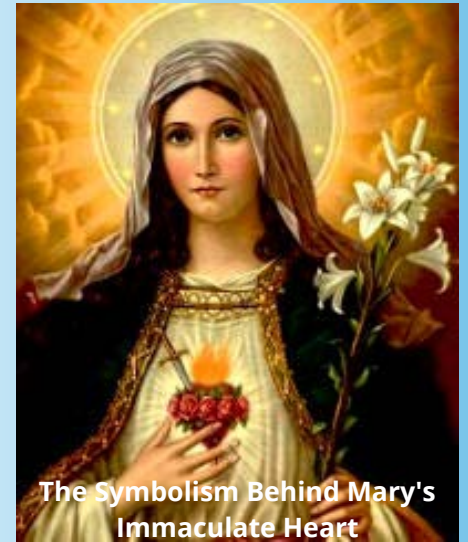
Mary was a woman created, a woman set apart, a model of humility, chosen to carry the most important life that the world will ever know, Jesus. It was her 'yes' that changed the world forever, as it opened the world, and all of us, to hope. The Immaculate Heart of Mary signifies, first of all, the great purity and love of the heart of the Blessed Virgin Mary for God. This purity is seen in her "Yes" to the Father at the Incarnation; Her love for, and cooperation with, the Incarnate Son in His redemptive mission; and her obedience to the Holy Spirit, enabling her to remain free of the stain of personal sin throughout her life. Mary's Immaculate Heart, therefore, points us to her profound interior life, where she experienced both joys and sorrows, yet remained faithful, as we, too, are called to do.

We celebrate the Memorial of the Immaculate Heart of Mary on **June 17**.

Why do we honour Mary's Immaculate Heart?

When we honor the Immaculate Heart of Mary, we give ultimate honor to Jesus. As we honor the Mother, we honor the Son. In addition, the Blessed Virgin is our mother as well, and her mother's heart is beyond compare. St. Louis de Montfort said, "If you put all the love of all the mothers into one heart, it still would not equal the love of the heart of Mary for her children."

The above adapted from: <https://www.ewtn.com/catholicism/seasons-and-feast-days/immaculate-heart-of-mary-14358>



RESOURCES

The Archdiocese of Toronto has a series of [Infographics on Marian Devotions](#), with prayers that include:

- The Hail Mary
- The Memorare
- Prayers to Our Lady of Fatima
- The Rosary
- Our Lady Help of Christians
- The Angelus
- Salve Regina

[Pope Francis Minute: Why We Should Love the Virgin Mary](#) (video)

[All About the Rosary for Kids](#) (video)

[How to Draw Sacred and Immaculate Hearts](#) (video)

[What You Should Know About the Immaculate Heart of Mary](#)

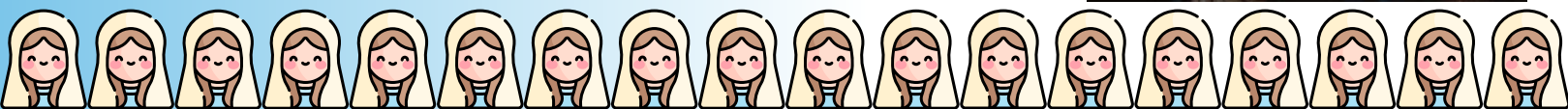
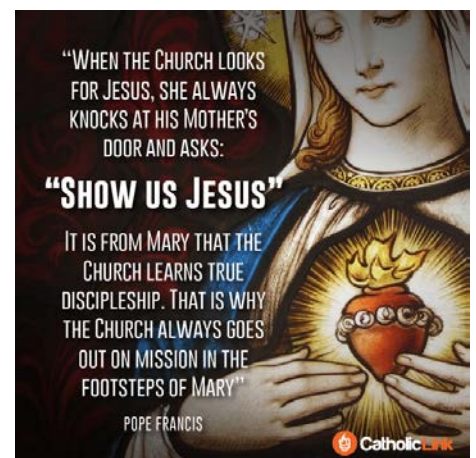
[The Immaculate Heart of Mary and the Inspiration of Mary's Love](#)

[5 Powerful Prayers to the Immaculate Heart of Mary](#)

ACTIVITIES

[Immaculate Heart of Mary Arts and Crafts](#)

[10 Ways to Celebrate the Immaculate Heart of Mary this August](#)



SUMMER ACTIVITIES



PRINTABLE
Summertime Activities
FOR CATHOLIC FAMILIES

10+ Free Printable Summer Catholic Family Activities



30 Things You Can Do This Summer To Deepen Your Kid's Faith



5 Ways To Stay Strong In Your Faith During The Summer



The Most Fun and Faithful Summer Activities For Your Kids



Summer Activities for Kids



10 Vacation Activities For A Catholic Family



7 Ideas to Make Sure Your Summer Vacation isn't a Vacation from God



Not Letting Kids Go Dark from Faith During the Summer

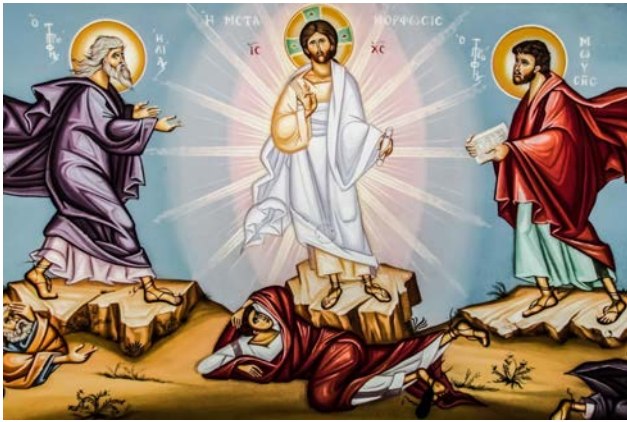


Catholic Online's Summer Reading List For Kids!

TRANSFIGURATION OF THE LORD

This year, we will celebrate the feast of the Transfiguration on **August 6**. The Transfiguration was the glorification of the human body of Jesus. On this occasion His body underwent a change in form, a metamorphosis, so that it shone as brightly as the sun. At the time of the Transfiguration, Jesus' earthly ministry was coming to a close. He had acknowledged that He was the Messiah and predicted His death and resurrection. Now He was to reveal, to a select few, His divine glory.

The Transfiguration provides further evidence that Jesus was the divine Son of God. Those with Him saw Jesus in His glory. The appearance of Moses and Elijah testified that Jesus was the one of whom the law and prophets spoke. The approving testimony of God the Father further confirmed the identity of Jesus.



Adapted from: https://www.blueletterbible.org/faq/don_stewart/don_stewart_786.cfm

Six days later, Jesus took with him Peter and James and his brother John and led them up a high mountain, by themselves. And he was transfigured before them, and his face shone like the sun, and his clothes became bright as light. Suddenly there appeared to them Moses and Elijah, talking with him...While he was still speaking, suddenly a bright cloud overshadowed them, and a voice from the cloud said, "This is my Son, the Beloved; with him I am well pleased; listen to him!" Matthew 17:1-6

VIDEOS

- [Saddleback Kids: The Transfiguration](#)
- [Kids on the Move: The Transfiguration Bible Story](#)
- [ShareFaith Kids: The Transfiguration of Jesus](#)
- [Children's Sermon: The Transfiguration of Christ](#)

RESOURCES

- [Explanation of the Transfiguration](#)
- [PursueGOD Kids: The Transfiguration](#)
- [Christianity.com: What was the Transfiguration](#)
- [10 Things You Need to Know about the Transfiguration](#)
- [Prayer for the Feast of the Transfiguration](#)
- [Novena to Our Lord of the Transfiguration](#)

ACTIVITIES



Craft Ideas on the Transfiguration of Christ



ASSUMPTION OF THE VIRGIN MARY

On **August 15**, we will celebrate Mary's Assumption into heaven. It is one of three feasts of Mary that are Holy Days of Obligation for Catholics. January 1 is the feast of Mary, the Mother of God, and December 8 is the feast of the Immaculate Conception of Mary. The assumption of the Blessed Virgin Mary into heaven has long been held as an important Catholic belief. The belief was not defined as dogma, however, until 1950 by Pope Pius XII. The dogma teaches that Mary, who was without sin, was taken, body and soul, into the glory of heaven.

Only Mary, who was born without stain of original sin—the Immaculate Conception—could give birth to Christ, who is fully God and fully human. This is called the Immaculate Conception. Because of Mary's role in God's plan of salvation, she does not suffer from the effects of sin, which are death and decay. Mary is the first to receive the fullness of the redemption that her son has won for all of humanity. The Church, therefore, recognizes Mary as the sign of the salvation promised to all.

Mary's faith enabled her to recognize the work of God in her people's history and in her own life. Her openness to God allowed God to work through her so that salvation might come to all. Mary is a model and symbol of the Church. May we be like Mary, open and cooperative in God's plan of salvation.



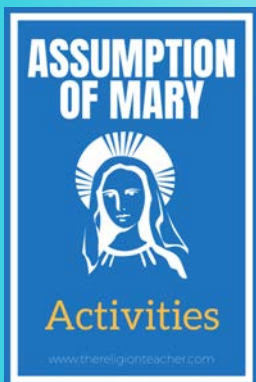
Adapted from: <https://www.loyolapress.com/catholic-resources/liturgical-year/sunday-connection/assumption-of-the-blessed-virgin-mary-august-15/>

VIDEOS

- [Catholic Kids Media: The Solemnity of the Assumption of the Blessed Virgin Mary.](#)
- [My Time with Jesus: The Assumption of Mary.](#)
- [Holy Tales Bible Stories: Stories About Mary.](#)
- [Children's Liturgy: The Assumption of the Blessed Virgin Mary.](#)
- [Busted Halo: Mary in 2 Minutes](#)



ACTIVITIES



Understanding and Celebrating the Feast of the Assumption



WORTH EXPLORING



Christian Meditation – The Prayer of 3 “S’s”



ONLINE / LIVESTREAM MASSES

Catholic TV

Daily at 12:30 pm EST

St. Michael’s Cathedral

Daily at 6:30 am, 11:00 am, 3:00 pm, & 10:30 pm
Sunday at 10 am (all times EST)

Salt and Light TV

Daily at 6:30 am, 11:00 am, 3:00 pm & 10:30 pm (all times EST)

Radio Maria

Monday and Thursday at 12:30 pm EST

Daily TV Mass

(Loretto Abbey Chapel)

Fr. Rob Galea's YouTube Channel

GIVING OPPORTUNITIES



FOR ADDITIONAL INFORMATION

Visit us at: [Nurturing Our Catholic Community](https://www.nurturingourcatholiccommunity.org),

Contact us at: ncc.team@tcdsb.org



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