



HAVE YOU REGISTERED FOR THE ANCOP WALK 2010?

Walk to transform communities and change lives!

Give needy children an education and build homes for the poor!



Register now and make a difference! Hurry! There are only 9 days left before the event.

Visit the ANCOP website @ www.ancopwalk.ca

The ANCOPWALK will be held on Sunday, August 29, 2010 at 1:00 pm starting at Nathan Philips Square & Armoury St., Toronto.

For more information, please contact:

Bernie/Belen Consul

Tel# 416-297-9420

Email: bernie9@sympatico.ca

From the Marriage Life Apostolate

We are pleased to announce that application forms for the upcoming MARRIAGE ENCOUNTER #32, to be held on the 15th-17th of October are now available before and after the Mass and every Friday corporate worship from the table of the ME #31 sponsoring class in the basement hall. Spaces are limited so hurry and get copies of these forms for your friends and relatives whom you wish to experience a weekend that will change or enhance their relationship as married couples.

Aspects of Discipleship

We are all called to be disciples. In Mt 16:24 Jesus told his disciples "... if anyone would come after me, let him deny himself and take up his cross and follow me."

The first phrase - "*let him deny himself*" means to be a disciple you must give up everything and leave all your love ones behind. You must think of others first, be selfless and always put others before you. Jesus came to serve and put himself as last behind the whole of mankind, so to be a disciple you must be prepared to do the same.

The second phrase - "*take up his cross*" means to be a disciple you must be prepared to suffer, be persecuted and even be prepared to lay down your life for your beliefs. There will be times of utter despair where you will question your beliefs but you must be ready for these times and understand that this is a cost of discipleship.

The final phrase - "*follow me*" means it is necessary to follow Jesus' example and do what Jesus had done. I do think these still apply to Christians today because many people involved with the church give up a lot of things to serve God. For example some priests, monks and nuns give up their old habits and comforts to serve God and follow Jesus' example.

("Aspects of Discipleship." [123HelpMe.com](http://www.123HelpMe.com). 18 Aug 2010 <<http://www.123HelpMe.com/view.asp?id=122452>>).



Living Water



www.bldworld.org

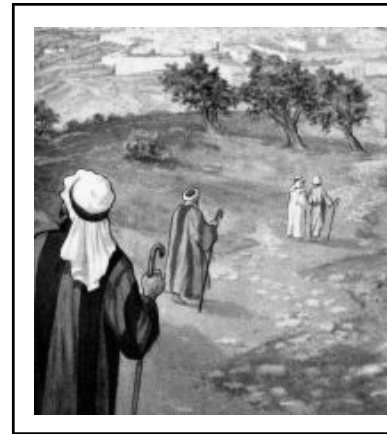


www.bldtoronto.com

August 20, 2010

BUKÁS-LOÓB SA DIYÓS • OPEN IN SPIRIT TO GOD
Toronto District

21st Sunday in Ordinary Time



- ✦ Strive to enter through the narrow door; for many, I tell you, will try to enter and will not be able.

REFLECTION:

Our Theme for the week is: **New life in Christ is accepting God's discipline.** According to the Merriam Webster dictionary, *discipline is training that corrects, molds, and perfects the mental faculties or moral character; it is control gained by enforcing obedience or order; an orderly or prescribed conduct or patterns of behavior; self-control.*

The Catholic Encyclopedia states that the word 'discipline' signifies the formation of one who places himself at school and under the direction of a master. All Christians are disciples of Christ, desirous of forming themselves at His school and to be guided by His teachings and precepts. He called himself and we too, call Him our Master. Therefore as disciples, we should be earnest in being trained by our Jesus Christ; to be corrected, molded, and perfected in His Love.

THEME:

New life in Christ is accepting God's discipline.

WORD:

Is 66:18-21; Ps 117:1,2; Heb 12:5-7,11-13; Lk 13:22-30

ORDER:

- ✦ Endure trials for the sake of discipline.

The first duty of a Christian is to believe in the

Master, Jesus Christ. We should have firm belief in *Jesus as the only Son of the Father that, believing in Him, we too may have life in His name* (Jn 20:31), that for us men and for our salvation Jesus came down from heaven, as expressed in the Apostles Creed, and that by the power of the Holy Spirit, He became incarnate of the Virgin Mary, and was made man, (Nicene Creed). He lived here on earth; His whole life here on earth was a continual teaching and working of miracles. He taught His disciples to pray, showed His special affection for the poor, the widow, the sick and the little ones. He *"died for our sins according to scriptures"* (1 Cor 15:3). Because of His love for us, He became *"expiation of our sins"* (1 Jn 4:10). He died and rose from the dead, ascended to heaven where He now sits at the right hand of the Father. Jesus *"will appear a second time... to bring salvation to those who eagerly await Him."* (Heb 9:28), for *"there is no other name under the heaven given among men by which we are saved except the Name of Jesus Christ"* (Acts 4:12). And *"anyone who wants to approach God must believe that He exists and that He rewards those who seek Him"* (Heb 11:6).

The second duty of a disciple is to follow the commandments of Jesus Christ. He said: *"Amen, amen, I say to you, whoever hears my Word and believes in the one who sent me has eternal life and will not come to condemnation but has passed from death to life"* (Jn 5:24). *"If you remain in my word, you will truly be my disciples. Whoever belongs to God hears the words of God,"* (Jn 8: 31, 47). We have to be faithful in reading the bible daily that we may acquire by frequent reading the *"excellent knowledge of Jesus Christ"* (Phil 3:8), for *"ignorance of the scripture is ignorance of Christ."* (St. Jerome). Prayer should accompany the reading, so that God and man may talk together, for *"we speak to Him when we pray; and hear him when we read the divine saying,"* (Dei Verbum 25).

The first reading invites everyone to God's Kingdom. The second exhorts us to accept His discipline. The Gospel reminds us again that we can only partake at the feast in the Kingdom of God by following His discipline.

By faithful adherence to the daily discipline of firmly believing in Jesus and following His commandments, He will give us the new life in Him. This will allow us to walk with Jesus daily and move forward in our new life *"in such a way that all our desires, thoughts, and actions will be constantly guided by Jesus. When we walk in His presence, everything we see, hear, touch or taste will remind us of Jesus. It will be the new life in which nothing, absolutely nothing is done, said, or understood independently of Jesus who is the origin and purpose of our existence."* (Living Reminder by Henri Nouwen p.28). With this new life, we can lead our lives in right standing with Jesus. We can have the peace that only Jesus can give and be assured of our place in God's Kingdom. Then we can have the Promise of the Week: *"All discipline...brings the peaceful fruit of righteousness to those who are trained by it."* (Heb 12:11)

DIRECTIONS:

- ❖ Let us not regard lightly the discipline of the Lord; let us not lose heart in our punishment for the Lord disciplines the one whom He loves.
- ❖ Let us all lift up our hands, strengthen our bended knees and let us rely on the goodness and love of God.

GOD'S PROMISE:

"All discipline . . . brings the peaceful fruit of righteousness to those who are trained by it." (Heb 12:11)



2010 YOUTH INTERDISTRICT CONFERENCE

We praise and thank the Lord for a successful 2010 Youth InterDistrict Conference at Long Island New York attended by youths from Toronto, Newark, Rockland, St. Catharine and Long Island. The feeling was just awesome and electrifying as the youth joyfully released all their energies into songs and praises when they all gathered together for praise and worship. One could feel the Spirit moving among them as they worshipped God with one heart and one mind.

Congratulations to our 2010 Youth Inter District delegates:

***Alyssa Andino, Dara Andino, Julian Arellano, Hart Artes,
Stephanie Bacani, Grachelle Baldonasa, Froyd Bulan, Drazen
Calderon, Jean Caniedo, Kevin Dayno, David Dimen, Ruth Dimen, Faith
Anne Dolleton, Kyle Fernandez, Carmela Gonzales, Nina Guillermo, Justin
Guinoban, Abby Jacinto, Abbey Kitane, Abe Lacsina, Marylou Malicdem, Maegan
Mopas, Jacquie Naoe, Chantelle Ouano, Alex Piamonte, Natasha Ponce, Nicole
Ponce, Feliz Prollamante, Frances Prollamante, Andre Rebeiz, Requeza Reyes,
Catherine Sanchez, Eric Sanchez, Maria Signo, Josef Signo, Nhel Soriano,
AJ Sotto, Nicole Tolentino, Nadine Valdez, Norman Valdez, Sherin
Velasco, Kyle Vitug, Elizabeth Zeppa and Ryan Zeppa***

Many thanks to the presiding priest, Fr. Al Winshman, SJ, our DCS, Lu Dumlao and everyone who helped make this spiritual event a great success. To the parents, brothers and sisters in the community, thank you for your generous support and prayers.

To our youths, it was so much fun being with you all. You made us feel like having forty four well behaved and helpful children in one weekend.

Lastly, do not be afraid to share with other young people what you learned this weekend. Do not be afraid to be disciples of God spreading His Good News to others - the youth way. For as the theme of this year's YIDC states: *"You belong to God, children, and you have conquered them, for the one who is in you is greater than the one who is in the world."* (1 John 4:4) See you again in Rockland, New York in 2012.

To God be the glory !!

Dear Jesus, help us to spread Your fragrance everywhere we go. Flood our souls with Your spirit and life. Penetrate and possess our whole being, so utterly, that our lives may only be a radiance of Yours. Shine through us, and be so in us, that every soul we come in contact with may feel Your presence in our soul. Let them look up and see no longer us, but only Jesus. (Blessed Mother Teresa)