Nurturing Our Families of Faith Newsletter

Summer 2026



NURTURING OUR CATHOLIC COMMUNITY

Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

Philippians 4:6-7

As We Approach Summer...

A message from the 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 as we reach the end of the school year and the warmth of the summer months.

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.

TCDSB Pastoral Plan 2024-2027:

IN GOD'S IMAGE: *Growing in Knowledge, with Justice and Hope*





For more information about our Pastoral Plan, please go to:

Pastoral Plan - Year 2 - Growing in Knowledge, with Justice

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. So, too, does our Church experience these moments of sadness and joy. We have come to the end of the Easter season, when we proclaimed with one voice, "Hallelujah! He is Risen!" after the grief of the Triduum.

We have celebrated Pentecost as the birth of our Church, and the great mystery of the Holy Trinity, and 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 in God's Image, in Knowledge and with Justice and Hope.

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 12**. Immediately following the celebration of the Sacred Heart of Jesus is the memorial of the Immaculate Heart of Mary on **June 13** (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.catholicyyc.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

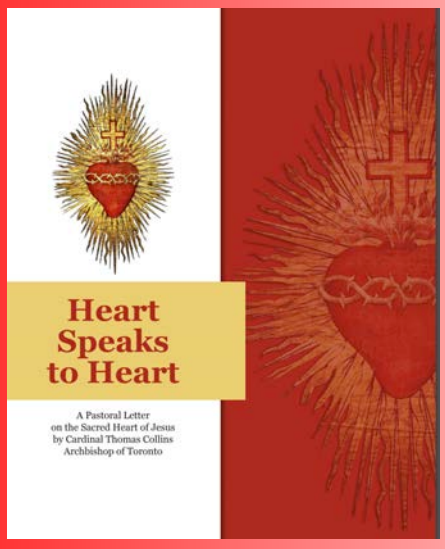
Sacred and Immaculate Heart Crafts for Kids

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



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 13**.

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



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

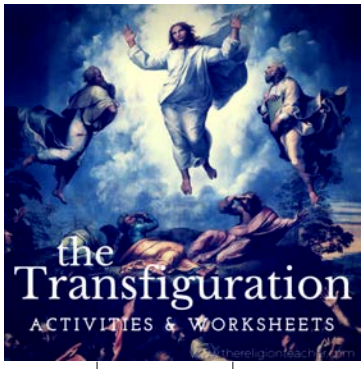




ACTIVITIES



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.



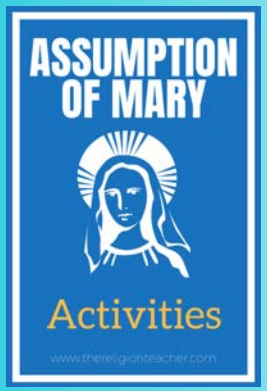
Adapted from: https://www.loyolapress.com/catholic-resources/liturgical-year/sunday-connection/assumption-of-the-blessed-virgin-mary-august-15/

VIDEOS

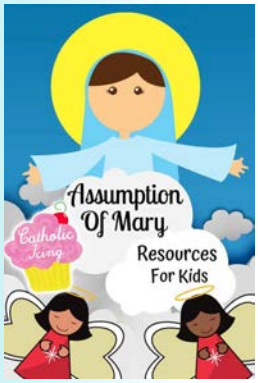
- Catholic Kids Media: The Solemnity of the Assumption of the Blessed Virgin Mary
- My Time with Jesus: The Assumption of Mary
- Holy Tales Bible Stories: Stories About Mary
- Children's Liturgy: The Assumption of the Blessed Virgin Mary
- Busted Halo: Mary in 2 Minutes



ACTIVITIES







busted halo faith shared joyfully

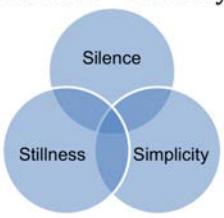
Understanding and Celebrating the Feast of the Assumption

WORTH EXPLORING





Christian Meditation – The Prayer of 3 *"S's"*



EXAMEN

LOYOLA PRESS.

amen THE PRAYER APP

ONLINE / LIVESTREAM MASSES

Catholic TV	Daily at 9:30 am EST
St. Michael's Cathedral	Daily at 6:30 am, 11:00 am, 3:00 pm & 10:30 pm (all times EST)
Daily TV Mass	Daily at 6:30 am, 11:00 am, 3:00 pm & 10:30 pm (all times EST)
Radio Maria	Every weekday at 12:30 pm EST

Fr. Rob Galea's YouTube Channel

Archdiocese of Toronto: Day of Confession:
https://www.archtoronto.org/confession

NOVALIS

ASCENSION
The Faith Formation Leader

GIVING OPPORTUNITIES

ShareLife

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CARITAS CANADA

NCC SOCIAL MEDIA

NCC YouTube Channel

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