



Living the Gospel: 2025 Parish Campaign
ShareLife Sunday Collections
March 30 | May 4 | June 8

活出福音：2025 堂區運動
教區公益金(ShareLife)捐款主日
三月卅日 | 五月四日 | 六月八日

For use any weekend

You support our community in countless ways through ShareLife

Because of you, ShareLife agencies annually help more than 150,000 people.

- You eased the struggles of more than 11,000 people by providing over 45,000 mental health services;
- You offered quality care and companionship to over 3,700 vulnerable seniors;
- You invested in our Church's future by supporting 67 seminarians at St. Augustine's Seminary and Redemptoris Mater Missionary Seminary in the 2024-2025 academic year;
- You helped sponsor 754 refugees on their journey to safety and freedom in Canada;
- You extended a helping hand to over 1,800 young parents and their children;
- You provided accessible, dignified support to over 1,400 people with special needs and their families

Learn more about the people you have helped at sharelife.org/impact. Thank you for living the Gospel by providing for those in need!

您通過教區公益金(ShareLife)以無數種方式支持我們的社區

全賴有你，教區公益金(ShareLife)機構每年幫助超過十五萬人。

你的捐贈：

- 透過提供四萬五千多次心理健康護理，緩解了一萬一千多人的困境；
- 為三千七百多名弱勢老人提供了優質護理和陪伴；
- 透過資助聖奧斯定神學院(St. Augustine's Seminary)及救世主之母神學院(Redemptoris Mater Missionary Seminary)在 2024-2025 學年的六十七名修生，為我們的教會投資了未來；
- 資助了七百五十四名難民在加拿大尋求安全和自由的行程；
- 向一千八百多名年輕父母及其子女伸出了援手；
- 為一千四百多名有特殊需求的人及其家人提供了方便、有尊嚴的支援

請瀏覽 [Sharelife.org/impact](https://sharelife.org/impact)，更多瞭解你幫助過的人。感謝你為有需要的人提供所需，活出福音！

<p>8th Sunday in Ordinary Time March 2, 2025</p> <p>Announcing the 2025 ShareLife Campaign</p> <p>As we approach our first ShareLife Sunday collection on March 30, it is essential that we come together in compassion to meet our Parish Campaign goal, addressing the growing needs in our communities.</p> <p>By reaching this goal, our agencies will continue to:</p> <ul style="list-style-type: none"> • offer walk-in counselling to those facing mental health issues • help victims of domestic violence • ensure isolated seniors are not forgotten • distribute food to families in our community • form priests and deacons who will minister in our parishes <p>Your support of ShareLife makes these programs possible, among many others. Please give at the parish using a ShareLife envelope, online through our parish website, or at sharelife.org/donate.</p>	<p>宣佈開展 2025 年度教區公益金(ShareLife)籌款運動</p> <p>隨著三月卅日教區公益金(ShareLife)募捐主日的臨近，我們必須齊心協力，用愛心來實現堂區運動目標，以滿足我們社區日益增長的需求。</p> <p>透過實現這一目標，我們的機構將繼續：</p> <ul style="list-style-type: none"> • 為面臨心理健康問題的人提供免約諮詢服務 • 幫助家庭暴力受害者 • 確保孤寡老人不會被遺忘 • 將食物分發給社區內的家庭 • 培養在我們的堂區傳道的司鐸和執事 <p>你對教區公益金(ShareLife)的支持使這些以及其他許多計劃得以開展。請慷慨解囊，請使用教區公益金(ShareLife)信封在堂區捐款，通過堂區網站或 sharelife.org/donate 在網上捐贈。</p>
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<p>1st Sunday of Lent March 9, 2025</p>	
<p>Your love is a guiding light during Lent</p> <p>Maria, a 64-year-old newcomer to Canada, arrived seeking a fresh start but found herself struggling to find both stable employment and affordable housing. Through your support of ShareLife, she received personalized guidance at Catholic Crosscultural Services that helped her secure both a job and a home. She found stability and peace of mind, giving her the strength to embrace her new life.</p> <p>Now, she's a guiding light for seniors, helping others access the support that changed her life. This Lent, you can walk the same path as a testament to resilience and the transformative power of community.</p> <p>Please give at the parish using a ShareLife envelope, online through our parish website, or at sharelife.org/donate.</p>	<p>你的愛是四旬期間的指路明燈</p> <p>Maria 是一位六十四歲的新移民，她來到加拿大尋求新的開始，但發現自己難以找到穩定的工作和負擔得起的住房。透過您對教區公益金(ShareLife)的支持，她在天主教跨文化服務中心(Catholic Crosscultural Services)獲得了符合個人的指導，幫助她找到了工作和住所。她找到了穩定與安心，讓她有力量迎接新的生活。</p> <p>現在，她是長者的指路明燈，幫助他人獲得那改變她生活的支援。這個四旬期，您可以走上同樣的道路，見證社區的韌性和轉化力量。</p> <p>請慷慨解囊，請使用教區公益金(ShareLife)信封在堂區捐款，通過堂區網站或 sharelife.org/donate 在網上捐贈。</p>
<p>2nd Sunday of Lent March 16, 2025</p>	

You extend the hands of Christ to those in need

ShareLife Sunday is March 30. Our parish goal for this year's campaign is [insert goal amount].

Through your support of ShareLife, you extend the hands of Christ to those in need: the poor, the vulnerable, and the marginalized in our community. Because you care, more than 40 agencies provide strength to people of all ages in their weakest moments. You've been there for young parents as they worried about their next meal, isolated seniors yearning for companionship, teenagers seeking guidance in a confusing world, refugees longing to rebuild their lives, and people with special needs striving for dignity and acceptance. Thank you for living the Gospel through your compassion.

Our parish goal this year is [insert goal amount]. Please give at the parish using a ShareLife envelope, online through our parish website, or at sharelife.org/donate.

您將基督的援手伸向有需要的人

三月卅日是教區公益金 (ShareLife) 主日。 本堂區今年的籌款活動目標為 [填上目標金額]。

透過您對教區公益金 (ShareLife) 的支持，您將基督的援手伸向有需要的人：社區中的貧窮者、弱勢者和被排斥者。因為您的關心，四十多家機構在所有年齡層的人最脆弱的時候，為他們提供力量。當年輕父母擔心下一餐而煩惱時，當孤獨的老人渴望陪伴時，當青少年在迷茫的世界中尋求指引時，當難民渴望重建生活時，當有特殊需求的人努力爭取尊嚴和接納時，您一直都在他們身邊。感謝你以同情心活出福音。

本堂區今年的籌款活動目標為 [填上目標金額]。請慷慨解囊，請使用教區公益金 (ShareLife) 信封在堂區捐款，通過堂區網站或 sharelife.org/donate 在網上捐贈。

**3rd Sunday of Lent
March 23, 2025**

Thank you for heeding the Lord's call to feed the hungry

For many children, the snacks and meals they receive in school may be the only nutritious food they eat all day. Studies show that children can't learn and thrive when they are hungry. Thanks to you, \$750,000 in Food Security Grants are making a difference across our community. Students receive the nourishment they deserve, and parents are supported in the process. The FoodShare program at ShareLife-funded agency Rosalie Hall "is a lifeline for families," says their Executive Director, Jane Kenny. "It helps parents provide food for their children, reduces their stress, and allows them to focus on being the best parents they can be."

Thus far we have raised [insert total raised] toward our goal of [insert goal amount]. Please give at the parish using a ShareLife envelope, online through our parish website, or at sharelife.org/donate.

感謝您回應主的召喚，餵養飢餓的人。

對於許多孩子而言，他們在學校得到的點心和餐點可能是他們整天唯一有營養的食物。研究顯示，兒童在飢餓時無法學習和茁壯成長。感謝您的幫助，七十五萬元的糧食保障補助金 (Food Security Grants) 為我們的社區帶來了改變。學生得到了應有的營養，而家長也在過程中得到支援。Rosalie Hall 的執行董事 Jane Kenny 表示：教區公益金 (ShareLife) 資助機構 Rosalie Hall 的食物分享 (FoodShare) 計劃「是家庭的生命線」。「它幫助家長為孩子提供食物、減輕他們的壓力，並讓他們專注於成為最好的父母。」

迄今為止，我們朝着 [填上目標金額] 的籌款目標，已經籌集了 [填上總籌款額]。請慷慨解囊，請使用教區公益金 (ShareLife) 信封在堂區捐款，通過堂區網站或 sharelife.org/donate 在網上捐贈。

**4th Sunday of Lent
ShareLife Sunday
March 30, 2025**

This weekend is ShareLife Sunday

ShareLife Sunday marks the first collection for our parish's annual campaign. But ShareLife is more than a parish collection. It is how we, as Catholics in the Archdiocese of Toronto, bring the hands of Christ to those in need. From children to seniors, and everyone in between, more than 40 ShareLife agencies are there each step of the way.

As a family of faith, we lift each other up from our lowest moments. Nick's life had an easy start – he came from a good home, where he was raised with a strong work ethic, and he welcomed a son. But living with a mental illness, he struggled more than some. Deep inside, he felt like something was missing, and he devastatingly fell into addiction. With your helping hand, he rose up through the DARE Program at Good Shepherd.

“By the grace of God, I am still alive,” he proclaims. “I'd love to be able to give back what was so freely given to me. I am taking roles of service, giving back as much as I can. I was afraid I'd never be able to feel the way I feel. I am very grateful that I have been given this opportunity to be sober.” Thanks to your support, he is no longer just surviving—he is thriving, with a heart full of hope and a future filled with promise.

Please give at the parish using a ShareLife envelope, online through our parish website, or at sharelife.org/donate.

本週末是教區公益金(ShareLife)主日

教區公益金主日 (ShareLife Sunday) 標誌著我們的年度堂區募捐運動的首次募款。但教區公益金 (ShareLife) 不僅僅是一個堂區募款活動。作為多倫多總教區的天主教徒，這是我們如何將基督之援手帶給有需要的人。從孩童到老年的所有人，四十多家教區公益金 (ShareLife) 機構都會步步陪伴。

作為一個信仰家庭，我們在彼此陷入人生低谷時互相扶持。Nick 的人生開始得很順利，他來自一個很好的家庭，他養成了很強的職業道德，而且他還有了一個兒子。但是，身患精神疾病的他比其他人更加艱難。在內心深處，他感覺缺少了一些東西，並嚴重染上了毒癮。在您的幫助下，他透過善牧會 (Good Shepherd) 的 DARE 計劃重新振作起來。

「感謝天主的恩典，我還活著。」他宣稱道。「我希望能夠回報那些無償賜予我的恩惠。我在擔任服務工作，盡我所能回饋社會。我曾擔心自己再也無法感受到現在的這種感覺。我非常感激能有這個機會讓我清醒。」感謝您的支持，他不再只是活著，而是茁壯成長，心中充滿希望，未來充滿希望。

請慷慨解囊，請使用教區公益金(ShareLife)信封在堂區捐款，通過堂區網站或 sharelife.org/donate 在網上捐贈。

5th Sunday of Lent April 6, 2025

You open the door to safety from abuse

Your support of ShareLife-funded agencies is a saving grace for victims of domestic abuse. Maria was trapped in an abusive relationship, isolated from family and friends. A mother of three, pregnant with her fourth, she needed to escape for her safety and theirs. At Safe Centre of Peel, led by Catholic Family Services Peel-Dufferin, 17 partner agencies unite to care for families. They provide legal assistance, safe housing, and financial aid. Through your solidarity, Maria and her young children were able to secure the freedom they deserve.

Thus far we have raised [insert total raised] toward our goal of [insert goal amount]. Please give at the parish using a ShareLife envelope, online through our parish website, or at sharelife.org/donate.

您打開了通向安全免於虐待的門

您對教區公益金 (ShareLife) 資助機構的支持是對家庭暴力受害者的救命之恩。Maria 深陷於一段受虐待關係，與家人和朋友隔絕。作為三個孩子的母親，還懷著第四個孩子，她需要逃離以保護自己和孩子們的安全。在由皮爾-德芙林天主教家庭服務機構 (Catholic Family Services Peel-Dufferin) 領導的皮爾安全中心 (Safe Centre of Peel)，十七個合作機構攜手關懷受助者的家庭。他們提供法律援助、安全住房 and 經濟援助。由於您的支持，Maria 和她的年幼孩子們得到了他們應有的自由。

迄今為止，我們朝着 [填上目標金額] 的籌款目標，已經籌集了 [填上總籌款額]。請慷慨解囊，請使用教區公益金(ShareLife)信封在堂區捐款，通過堂區網站或 sharelife.org/donate 在網上捐贈。

Palm Sunday
The Passion of the Lord
April 13, 2025

You empower youth to embrace God

Your devotion enables the Office of Catholic Youth to fulfill their mission of helping youth and young adults to encounter, love and serve Jesus Christ. Through your loving support of ShareLife, young people are empowered to become Christian leaders who know Christ and have a growing relationship with Him. Aspiring youth and campus ministers, like Laura, form spiritual habits through workshops and formation retreats. They learn practical methods to engage the youth of today and help them deal with everyday pressures. "These formation sessions have equipped me with a firm foundation in the faith," she says, "enabling me to pass on authentic Catholic teachings to the young people in my care."

Thus far we have raised [insert total raised] toward our goal of [insert goal amount]. Please give at the parish using a ShareLife envelope, online through our parish website, or at sharelife.org/donate.

Thank you for living the Gospel through ShareLife!

您賦予年輕人信奉主的力量

您的奉獻使天主教青年辦事處 (Office of Catholic Youth) 能夠實現他們的使命，幫助青年和年輕人認識、熱愛和侍奉耶穌基督。透過您對教區公益金 (ShareLife) 的愛心支持，年輕人有能力成為認識基督並與祂關係日益增長的基督徒領袖。像 Laura 這樣有抱負的青年和校園事工，通過工作坊和培訓避靜養成靈修習慣。他們學習實用的方法來吸引當今的年輕人並幫助他們應對日常壓力。她說：「這些培訓課程為我奠定了堅實的信仰基礎，使我能夠將真正的天主教教義傳遞給我照顧的年輕人。」

迄今為止，我們朝着 [填上目標金額] 的籌款目標，已經籌集了 [填上總籌款額]。請慷慨解囊，請使用教區公益金 (ShareLife) 信封在堂區捐款，通過堂區網站或 sharelife.org/donate 在網上捐贈。

感謝您支持教區公益金 (ShareLife)，活出福音！

Easter Sunday
The Resurrection of the Lord
April 20, 2025

Thank you for being a beacon of hope

On Easter Sunday, we thank you for being a beacon of hope for our brothers and sisters in need by supporting ShareLife. In their darkest hours, you are right beside them. As we rejoice in the resurrection of our Lord this Easter Sunday, let us open our hearts to all.

Please give at the parish using a ShareLife envelope, online through our parish website, or at sharelife.org/donate.

感謝您成為希望的明燈

在復活主日，我們感謝您支持教區公益金 (ShareLife)，成為我們需要幫助的弟兄姊妹的希望明燈。在他們最黑暗的時刻，您就在他們身邊。在這個復活主日，當我們為主的復活而歡欣鼓舞時，讓我們敞開心扉，接納所有人。

請慷慨解囊，請使用教區公益金 (ShareLife) 信封在堂區捐款，通過堂區網站或 sharelife.org/donate 在網上捐贈。

2nd Sunday of Easter
Divine Mercy
April 27, 2025

<p>You ensure a brighter future for at-risk children</p> <p>As many as 7,000 youth are homeless across Canada on any given night. Covenant House, an agency you support through ShareLife, provides a refuge for at-risk youth. They offer safe housing alongside healthcare, education, and employment guidance. Thanks to your compassionate heart, young people like David can move from a life on the street to a life with a future. David first found safety in the emergency shelter and later moved into a transitional housing program, where he formed a life-long bond with his mentor, whose kind heart and patient guidance inspired David to pursue and complete post-secondary education.</p> <p>The second ShareLife Sunday of the year is May 4. We ask you to share your blessings through the parish or at sharelife.org/donate. Thank you for living the Gospel!</p>	<p>您為處於危險中的兒童確保一個更光明的未來</p> <p>在加拿大，每晚都有多達七千名青少年無家可歸。聖約社 (Covenant House) 是您透過教區公益金 (ShareLife) 支持的一個機構，它為處於危險中的青少年提供庇護。他們提供安全的住房，以及醫療保健、教育和就業指導。感謝您的慈悲之心，讓 David 這類的年輕人可以脫離流落街頭的生活，過著有未來的人生。David 先是在緊急收容所找到了安全，後來搬到過渡性住房計劃，在那裡他與導師建立了終生的友誼，導師的仁慈之心和耐心指導激勵 David 去追求並完成專上教育。</p> <p>今年的第二個教區公益金 (ShareLife) 主日是五月四日。我們懇請您透過堂區或 sharelife.org/donate 分享您的祝福。感謝您活出福音！</p>
<p>3rd Sunday of Easter ShareLife Sunday May 4, 2025</p>	
<p>ShareLife: Living the Gospel by providing for those in need</p> <p>On the second ShareLife Sunday, we call upon your compassionate hearts to support your vulnerable brothers and sisters in need. More people than ever are turning to our agencies for help. The kindheartedness of ShareLife supporters like you enables access to essential programs and services, such as the treatment program and transitional housing at St. Michael's Homes. For Jack, your support was transformative. After moving to start a physically demanding job, he suffered a knee injury which ultimately left him unemployed and addicted to pain medication. Thanks to your empathy, Jack had a safe space to overcome his addiction and gained the power to build himself back up.</p> <p>Please give at the parish using a ShareLife envelope, online through our parish website, or at sharelife.org/donate.</p>	<p>教區公益金 (ShareLife)：為有需要的人提供所需，活出福音</p> <p>在第二個教區公益金 (ShareLife) 主日，我們呼籲您以慈悲的心來支持需要幫助的弱勢弟兄姊妹。比之過往更多的人向我們的機構尋求協助。像您這樣的教區公益金 (ShareLife) 支持者的善心，讓求助者能夠獲得必要的計劃和服務，例如聖彌額爾之家 (St. Michael's Homes) 的治療計劃和過渡性住房。對於 Jack 來說，您的支持改變了他的人生。在從事一份體力勞動的工作後，他的膝蓋受傷，最終導致他失業，並對止痛藥上了癮。感謝您的同理心，讓 Jack 有一個安全的空間來克服他的癮癖，並且獲得重建自我的力量。</p> <p>請慷慨解囊，請使用教區公益金 (ShareLife) 信封在堂區捐款，通過堂區網站或 sharelife.org/donate 在網上捐贈。</p>
<p>4th Sunday of Easter World Day of Prayers for Vocations Mother's Day May 11, 2025</p>	

<p>Sow the seeds of hope for the next generation</p> <p>The future of the Church depends on men and women heroically answering God's call. When you support ShareLife, you enable the discernment, formation and education of those who will serve in our parishes through the Office of Vocations and seminaries. Your kindness makes it possible for future priests to attend St. Augustine's Seminary and the Redemptoris Mater Missionary Seminary where they learn to tend to the Lord's vineyard and work for the salvation of souls. In addition, St. Augustine's Seminary educates permanent deacons and lay people serving our parishes. Thank you for your prayers and commitment towards young people on their journeys of faith.</p> <p>Thus far we have raised [insert total raised] toward our goal of [insert goal amount]. Please give at the parish using a ShareLife envelope, online through our parish website, or at sharelife.org/donate.</p>	<p>為下一代播下希望的種子</p> <p>教會的未來取決於男男女女能否英勇地回應天主的召喚。當您支持教區公益金(ShareLife)時，您就能夠透過聖召辦事處(Office of Vocations)和神學院，幫助那些將在我們堂區服務的人進行辨別、培養和教育。您的善行使未來的神父能夠就讀聖奧斯定神學院(St. Augustine's Seminary)和救世主之母神學院(Redemptoris Mater Missionary Seminary)，在那裡他們學習照顧主的葡萄園，並為拯救靈魂而工作。此外，聖奧斯定神學院(St. Augustine's Seminary)還培養為我們堂區服務的終身執事和平信徒。感謝您為年輕人的信仰之旅所付出的祈禱和承諾。</p> <p>迄今為止，我們朝着[填上目標金額]的籌款目標，已經籌集了[填上總籌款額]。請慷慨解囊，請使用教區公益金(ShareLife)信封在堂區捐款，通過堂區網站或sharelife.org/donate在網上捐贈。</p>
<p>5th Sunday of Easter May 18, 2025</p>	
<p>Your helping hand ensures that no one struggles alone</p> <p>No one is turned away from ShareLife-funded agencies due to inability to pay. You make it possible for individuals, couples, and families to access mental health services. Like Aimee, who grew up believing that life's challenges were meant to be faced alone. She searched for the strength to speak with a counsellor, but felt hopeless, imagining that her struggles would be dismissed. Financial concerns weighed heavily on her, making it even harder to reach out. Imagine the relief Aimee felt when she learned about the sliding scale payment system at Catholic Community Services of York Region (CCSYR). Because of you, Aimee received immediate care, free of judgement.</p> <p>Thus far we have raised [insert total raised] toward our goal of [insert goal amount]. Please give at the parish using a ShareLife envelope, online through our parish website, or at sharelife.org/donate.</p>	<p>您的援助之手可確保沒有人會孤軍奮戰</p> <p>教區公益金(ShareLife)資助的機構不會因無法支付費用而拒絕任何人。您讓個人、夫婦和家庭有機會獲得心理健康服務。就像 Aimee 一樣，她從小就相信人生的挑戰只能獨自面對。她尋找與輔導員交談的勇氣，但卻感到絕望，以為她的困境會被忽視。經濟問題對她造成沉重的負擔，讓她更難於伸手求助。當 Aimee 得知約克區天主教社區服務中心(Catholic Community Services of York Region, CCSYR)的浮動收費制度時，她感到如釋重負。因為您的幫助，Aimee 獲得了立即的照護，而且沒有受到任何批評。</p> <p>迄今為止，我們朝着[填上目標金額]的籌款目標，已經籌集了[填上總籌款額]。請慷慨解囊，請使用教區公益金(ShareLife)信封在堂區捐款，通過堂區網站或sharelife.org/donate在網上捐贈。</p>
<p>6th Sunday of Easter May 25, 2025</p>	

Your love can help others thrive

Mental health challenges can impact anyone, whether you're personally navigating them or supporting someone who is. These struggles transcend age and circumstance. Brenda was weighed down by shame, having battled anxiety and depression for decades. Through your support, she found a new perspective at a Catholic Family Services agency funded by ShareLife, where counselling lifted her up and allowed her to see her own worth. Your compassion is instrumental in helping others see themselves as God sees them: loving, important, and enough. Thank you for living the Gospel by helping relieve the pain of those facing silent battles.

Thus far we have raised [insert total raised] toward our goal of [insert goal amount]. Please give at the parish using a ShareLife envelope, online through our parish website, or at sharelife.org/donate.

您的愛能幫助他人茁壯成長

心理健康的挑戰可以影響任何人，不論您是親自面對這些挑戰或是支持面臨這些挑戰的人。這些困難超越年齡和環境。Brenda 因羞愧而備受壓力，她與焦慮和抑鬱症搏鬥了幾十年。有您的支持，她在教區公益金 (ShareLife) 資助的天主教家庭服務 (Catholic Family Services) 機構找到了新的觀點，那裡的輔導幫助她振作起來，也讓她看到了自己的價值。您的同情心幫助他人看到天主眼中的自己：充滿愛、重要且足夠。感謝您幫助那些面臨無聲戰鬥的人減輕痛苦，活出福音。

迄今為止，我們朝着 [填上目標金額] 的籌款目標，已經籌集了 [填上總籌款額]。請慷慨解囊，請使用教區公益金 (ShareLife) 信封在堂區捐款，通過堂區網站或 sharelife.org/donate 在網上捐贈。

The Ascension of the Lord World Communications Day June 1, 2025

You're creating an accessible future for all

Through your support of ShareLife, Silent Voice breaks barriers for families in a welcoming American Sign Language (ASL) environment. Despite the stigma that people with disabilities face, Silent Voice offers a haven of acceptance for the Deaf and Hard of Hearing community and their families. Here, their dignity and worth are affirmed, providing them with the confidence to thrive. And it's all possible because of understanding supporters like you.

Thus far we have raised [insert total raised] toward our goal of [insert goal amount]. Please give at the parish using a ShareLife envelope, online through our parish website, or at sharelife.org/donate.

您在為所有人創造一個可及的未來

透過您對教區公益金 (ShareLife) 的支持，寂靜之聲 (Silent Voice) 在一個受歡迎的美式手語 (ASL) 環境中，為患者家庭打破障礙。儘管殘疾人士要面對缺陷，寂靜之聲 (Silent Voice) 為聾人和聽力受損的社群及其家庭提供了一個被接納的避風港。在這裡，他們的尊嚴和價值得到肯定，讓他們有信心茁壯成長。這一切都是因為有像您這樣善解人意的支持者。

迄今為止，我們朝着 [填上目標金額] 的籌款目標，已經籌集了 [填上總籌款額]。請慷慨解囊，請使用教區公益金 (ShareLife) 信封在堂區捐款，通過堂區網站或 sharelife.org/donate 在網上捐贈。

Pentecost Sunday ShareLife Sunday June 8, 2025

<p>You are the light of hope this ShareLife Sunday</p> <p>On the third ShareLife Sunday of the year, you can extend God's compassion and solidarity to our brothers and sisters. Together with your support, let us illuminate His light in the darkest of places, providing strength to those enduring unimaginable hardships. Because of you, people who feel the weight of the world on their shoulders can experience some relief. Like young mother Sarah, and her 4-week-old baby, who fled a life-threatening situation. She went from being alone, homeless and afraid, to supported, secure and safe through programs at Catholic Family Services of Durham.</p> <p>Please give at the parish using a ShareLife envelope, online through our parish website, or at sharelife.org/donate.</p>	<p>您是這個教區公益金 (ShareLife) 主日的希望之光</p> <p>在今年的第三個教區公益金 (ShareLife) 主日，您可以向我們的弟兄姐妹傳遞天主的憐憫和團結。與您一起，讓我們在最黑暗的地方照亮祂的光芒，為那些在忍受難以想像的困難的人提供力量。因為有您，那些肩負重擔的人才可以得到一些緩解。比如年輕母親 Sarah 和她四週大的嬰兒，他們逃離了危及生命的情況。她從孤立無援、無家可歸和恐懼，到透過杜蘭天主教家庭服務 (Catholic Family Services of Durham) 的計劃，獲得了支援、保障和安全。</p> <p>請慷慨解囊，請使用教區公益金(ShareLife)信封在堂區捐款，通過堂區網站或 sharelife.org/donate 在網上捐贈。</p>
<p>Solemnity of the Most Holy Trinity Father's Day June 15, 2025</p>	
<p>Your ShareLife gift keeps families together</p> <p>Imagine arriving in a foreign country, not knowing the local language, and not knowing who can help you find housing and employment. Your gift to ShareLife is helping immigrants and refugees establish a new life in Canada. Through your gift to ShareLife, the Office for Refugees of the Archdiocese of Toronto (ORAT) helps thousands in on their journey to safety and freedom.</p> <p>Thus far we have raised [insert total raised] toward our goal of [insert goal amount]. Please give at the parish using a ShareLife envelope, online through our parish website, or at sharelife.org/donate.</p>	<p>您的捐款讓家人團聚在一起</p> <p>想像一下，當您抵達一個陌生的國家，不懂當地語言，也不知道誰可以幫助你找到住房和工作。您給予教區公益金 (ShareLife) 的捐款將幫助移民和難民在加拿大建立新生活。透過您對教區公益金 (ShareLife) 的捐款，多倫多總教區的難民辦事處 (Office for Refugees of the Archdiocese of Toronto ORAT) 幫助成千上萬的人走向安全和自由之路。</p> <p>迄今為止，我們朝着 [填上目標金額] 的籌款目標，已經籌集了 [填上總籌款額]。請慷慨解囊，請使用教區公益金(ShareLife)信封在堂區捐款，通過堂區網站或 sharelife.org/donate 在網上捐贈。</p>
<p>Solemnity of the Most Holy Body and Blood of Christ June 22, 2025</p>	

Thank you for bringing empathy to the table

Covenant House, an agency you support through ShareLife, fosters a profound sense of belonging among at-risk children in the Youth in Transition program. Their community dinners create a welcoming space for shared experiences, made possible by your empathetic heart. “These gatherings are an opportunity for youth to learn more about each other and taste food from different cultures,” says Fred Shayo-Mushi, Support Services Manager of Covenant House Toronto. “The dinners make everyone feel like they matter because of your love.”

Thus far we have raised [insert total raised] toward our goal of [insert goal amount]. Please give at the parish using a ShareLife envelope, online through our parish website, or at sharelife.org/donate.

感謝您展示同理心

聖約社 (Covenant House) 是您透過教區公益金 (ShareLife) 支持的機構，它致力於在「青少年過渡期」(Youth in Transition) 計劃中，為處於危險中的兒童營造深厚的歸屬感。他們的社區晚餐為分享經驗創造了一個溫馨的空間，這一切都有賴您的同理心。多倫多聖約社 (Covenant House) 支援服務經理 Fred Shayo-Mushi 表示：「這些聚會是年輕人互相瞭解並品嚐不同文化美食的機會，這些晚餐讓每個人都覺得他們因為有您的愛而變得重要。」

迄今為止，我們朝着 [填上目標金額] 的籌款目標，已經籌集了 [填上總籌款額]。請慷慨解囊，請使用教區公益金 (ShareLife) 信封在堂區捐款，通過堂區網站或 sharelife.org/donate 在網上捐贈。

<p>Saints Peter and Paul, Apostles June 29, 2025</p>	<p>宗徒聖伯多祿及聖保祿瞻禮 2025年六月廿九日</p>
<p>Your faithful heart is the foundation of the Church</p> <p>ShareLife reaches beyond our local community, extending its mission across borders to share the Gospel and support evangelization in developing countries. Your gift extends mercy and justice internationally, on behalf of vulnerable groups suffering from poverty and injustice.</p> <p>By sharing your blessings and welcoming those in need, you embody the spirit of community and care.</p> <p>Thus far we have raised [insert total raised] toward our goal of [insert goal amount]. Please give at the parish using a ShareLife envelope, online through our parish website, or at sharelife.org/donate.</p>	<p>您虔誠的心是教會的基石</p> <p>教區公益金 (ShareLife) 的服務範圍不僅限於本地社區，更將其使命跨越國界，在發展中國家分享福音並支持福傳工作。您的捐贈代表遭受貧困和不公正之苦的弱勢群體，在國際上傳播慈悲和公義。</p> <p>透過分享您的祝福和歡迎有需要的人，您體現了社區和關懷的精神。</p> <p>迄今為止，我們朝着[填上目標金額]的籌款目標，已經籌集了[填上總籌款額]。請慷慨解囊，請使用教區公益金(ShareLife)信封在堂區捐款，通過堂區網站或sharelife.org/donate 在網上捐贈。</p>
<p>14th Sunday in Ordinary Time July 6, 2025</p>	<p>常年期第十四主日 2025年七月六日</p>
<p>You're there for seniors in their time of need</p> <p>Your support of ShareLife-funded agencies, like the Cardinal Ambrozic Houses of Providence, gives seniors, like John, a sense of belonging. As one of many valued residents who live with dementia, his cognitive impairment can leave him feeling vulnerable and confused. Your compassion makes it possible for him to be surrounded by both his family and caregivers in a comforting environment. John's son has fondly witnessed gestures that go above and beyond for his father, ensuring he's never left embarrassed. This is a testament to the dignity and life-affirming respect you help provide.</p> <p>Thus far we have raised [insert total raised] toward our goal of [insert goal amount]. Please give at the parish using a ShareLife envelope, online through our parish website, or at sharelife.org/donate.</p>	<p>在長者有需要的時候，您就在他們身邊</p> <p>您對教區公益金 (ShareLife) 資助機構的支持，例如天佑之家 (Cardinal Ambrozic Houses of Providence)，使像 John 這樣的老人感受到歸屬感。身為眾多患有失智症的重要院友之一，他的認知障礙會讓他感到脆弱和困惑。您的愛心讓他可以在舒適的環境中，有家人和照護人員圍繞。John 的兒子感念地見證了那些超越期望的舉動，確保他的父親不會感到尷尬。這是對您幫助提供的尊嚴和對生命的尊重的見證。</p> <p>迄今為止，我們朝着[填上目標金額]的籌款目標，已經籌集了[填上總籌款額]。請慷慨解囊，請使用教區公益金(ShareLife)信封在堂區捐款，通過堂區網站或sharelife.org/donate 在網上捐贈。</p>
<p>15th Sunday in Ordinary Time July 13, 2025</p>	<p>常年期第十五主日 2025年七月十三日</p>

<p>You help young parents raise their children with love and care</p> <p>Rose of Sharon is one of the agencies you support through ShareLife. Your kindness ensures that young parents are equipped with the tools they need before and after childbirth to raise their children with love.</p> <p>“Your generosity enables us to provide crucial resources; practical supports including food, baby formula, and clothing; guidance through our counsellors; and a supportive environment for these individuals during a pivotal and challenging phase of their lives.” – Deanne Kukulewich, Executive Director, Rose of Sharon</p> <p>Thus far we have raised [insert total raised] toward our goal of [insert goal amount]. Please give at the parish using a ShareLife envelope, online through our parish website, or at sharelife.org/donate.</p>	<p>您幫助年輕的父母以愛心和關懷撫養他們的孩子</p> <p>Rose of Sharon 是您通過教區公益金 (ShareLife) 支持的機構之一。您的善心確保年輕父母在分娩前後都配備了他們需要的工具，以愛撫養他們的孩子。</p> <p>「您的慷慨解囊讓我們能夠提供重要的資源；實際的支援，包括食物、嬰兒配方奶粉和衣物；透過我們的輔導員進行指導；以及為這些人在人生中關鍵且充滿挑戰的階段提供不乏支援的環境。」 – Deanne Kukulewich, Rose of Sharon 執行董事</p> <p>迄今為止，我們朝着[填上目標金額]的籌款目標，已經籌集了[填上總籌款額]。請慷慨解囊，請使用教區公益金 (ShareLife)信封在堂區捐款，通過堂區網站或 sharelife.org/donate 在網上捐贈。</p>
<p>16th Sunday in Ordinary Time July 20, 2025</p>	<p>常年期第十六主日 2025 年七月廿日</p>
<p>You ensure that everyone is seen and heard</p> <p>Too often, individuals feel like they are alone with their trauma. Unseen and unheard, this inner pain can develop into an addiction. When Shaun’s mother passed away, he battled with alcohol, which led him down a destructive path. ShareLife-funded agencies like Good Shepherd Ministries and their DARE program provide a safe space to recover and a supportive community to lean on to avoid relapse. Shaun now stands as living proof that your kindness is a lifeline for people who need second chances.</p> <p>Thus far we have raised [insert total raised] toward our goal of [insert goal amount]. Please give at the parish using a ShareLife envelope, online through our parish website, or at sharelife.org/donate.</p>	<p>您確保每個人都能被看到、聽到</p> <p>很多時候，受創的人會覺得他們是在獨自承受創傷。這種內心的痛苦在無人看見、無人聽見的情況下，可能會發展成一種癮癖。當 Shaun 的母親過世後，他開始與酒精作鬥爭，這導致他走上了一條毀滅性的道路。教區公益金 (ShareLife)資助的機構，例如善牧事工 (Good Shepherd Ministries) 及其 DARE 計劃，提供了一個安全的康復空間，以及一個可以依靠以避免復發的互助社群。Shaun 現在就是一個活生生的例子，證明您的善心對於需要第二次機會的人是一條生命線。</p> <p>迄今為止，我們朝着[填上目標金額]的籌款目標，已經籌集了[填上總籌款額]。請慷慨解囊，請使用教區公益金 (ShareLife)信封在堂區捐款，通過堂區網站或 sharelife.org/donate 在網上捐贈。</p>
<p>17th Sunday in Ordinary Time World Day for Grandparents and the Elderly July 27, 2025</p>	<p>常年期第十七主日 世界祖父母與長者日 2025 年七月廿七日</p>

You ensure that our Grandparents and the Elderly feel valued

On World Day for Grandparents and the Elderly, your kindness improves the well-being of those who have given us so much. Through your loving support, ShareLife agencies like Society of Sharing ensure that seniors are embraced by social connection and continue to feel valued in our community.

“Through your compassion and generosity, you have rekindled the hope of some of the most vulnerable seniors in the city. On behalf of all of the staff, volunteers and clients of Society of Sharing, thank you for continuing to give to ShareLife.” – Mariza Garcia, Executive Director, Society of Sharing

Thus far we have raised **[insert total raised]** toward our goal of **[insert goal amount]**. Please give at the parish using a ShareLife envelope, online through our parish website, or at sharelife.org/donate.

您確保我們的祖父母和長者感到被重視

在世界祖父母與長者日 (World Day for Grandparents and the Elderly)，您的善心改善了那些曾為我們付出許多的人的福祉。透過您的愛心支持，教區公益金 (ShareLife) 機構如分享會 (Society of Sharing) 確保老年人享有社交聯繫，並繼續在我們的社區中感到被重視。

「透過您的同情心和慷慨解囊，您重新燃起了本市一些最弱勢老年人的希望。我謹代表分享會 (Society of Sharing) 的所有員工、義工和客戶，感謝您繼續捐助教區公益金 (ShareLife)。」 – Mariza Garcia, 分享會 (Society of Sharing) 執行董事

迄今為止，我們朝着 **[填上目標金額]** 的籌款目標，已經籌集了 **[填上總籌款額]**。請慷慨解囊，請使用教區公益金 (ShareLife) 信封在堂區捐款，通過堂區網站或 sharelife.org/donate 在網上捐贈。