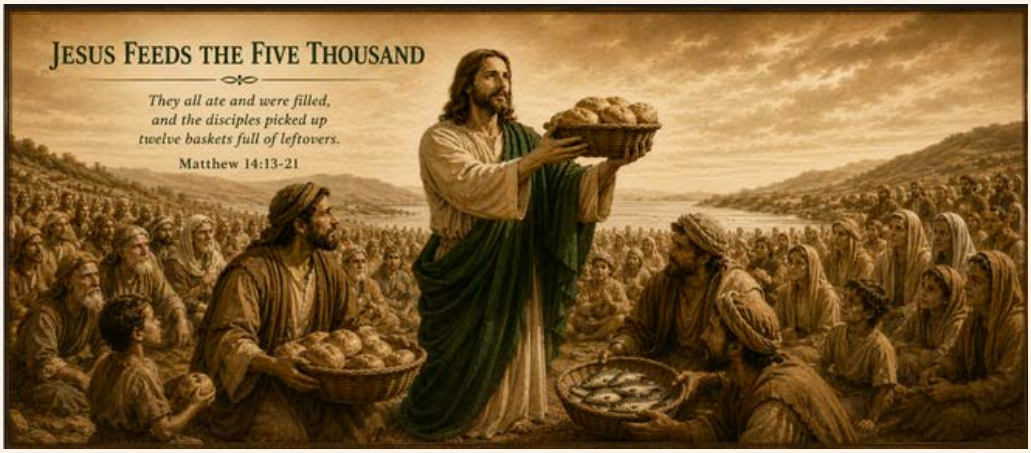
Bukás Loób sa Diyós
(Open in Spirit to God)
CATHOLIC CHARISMATIC COVENANT COMMUNITY
DISTRICT OF TORONTO



MESSAGES FROM THE DCS

Prayer Leaders' Retreat - PLEASE REGISTER!

We invite all Prayer Leaders to attend the Prayer Leaders' Retreat at St. Benedict Parish Hall on Saturday, August 8, 2026, at 11:00 a.m. Please send confirmation of attendance to Vel and Rica at email address: velrica0217@gmail.com no later than Aug. 2, 2026 so we can finalize the meal arrangements.

Mark 10 & Youth Ministry Relaunch!

The Youth and Mark 10 Ministries are excited to invite the young people of our BLD community to our first Meet and Greet! This will be a casual evening for everyone to meet, fellowship, have fun, make new friends, and begin rebuilding our younger community together. If you have children, grandchildren, nieces, nephews, cousins, family friends—or know someone who might be interested—please invite them along! Whether they're brand new to BLD or have been with us for years, **everyone is welcom**e!

Please see the attached poster for event details. For more information please contact Jing Pabalinas, (jmaap17@gmail.com) Youth & Mark 10 Coordinator.

UPCOMING EVENTS

- **Community Intercession**
  Friday, July 31 at 8p in OLA Hall
- **First Friday Mass**
  Friday, August 7, 2026 at 8p in OLA Hall
- **Prayer Leaders' Retreat**
  Saturday, August 8, 2026 at 11a in St. Benedict Parish Hall
- **Mark 10 & Youth - Meet & Greet**
  Friday, August 14, 2026 at 8p in OLA Rm. 4

COMMUNITY WORD

We are called to deepen our faith in Jesus to grow as His disciples.

THEME

Our faith in Jesus deepens when we rely on His abundant provisions.
(Trust in God's providence/Faith/Confidence that God sustains all our needs)

PROMISE

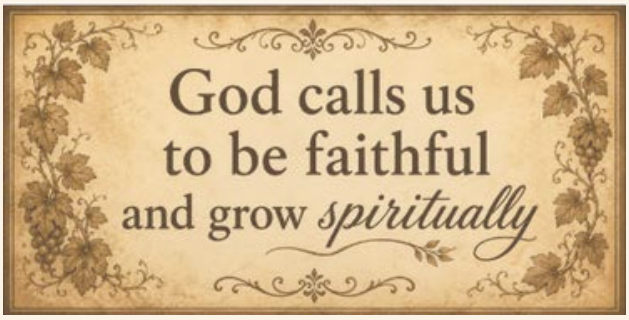
"...come to me ... so that you may live." (Is 55:3a)

ORDER

1. ***"Incline your ear, and come to me; listen, so that you may live."*** (Is 55:3)
2. ***"...come to the waters;..."*** (Is 55:1)
3. ***"... give them something to eat."*** (Matt 14:16)

DIRECTION

1. Follow God's prompting to live a holy and righteous life.
2. Bring to Jesus our needs and the longings of our heart.
3. Share what is good, trusting God will multiply it abundantly.



CSL REFLECTION (ABRIDGED)

Our theme for the Eighteenth Sunday in Ordinary Time is – **Our faith in Jesus deepens when we rely on His abundant provisions.** The multiplication of the loaves reveals Jesus as the One who sees the needs of His people and responds with compassion and abundance. In the face of scarcity, the disciples are invited to offer what little they have, discovering that human limitation becomes an opportunity for God's abundant grace when placed in His hands. The Gospel teaches that faith begins with trust that God provides even when resources seem insufficient. It calls us to move away from anxiety and self-reliance, and to anchor our confidence in God's loving care. In community life, this is expressed through generosity, sharing, and belief that God can multiply even our small offerings of faith and service. More than physical needs, Jesus leads us to a deeper hunger for His presence and His Word. We are invited to trust not only in what we see, but in the One who provides beyond measure. In this trust, we hear His promise: ***"Come to me heedfully, ...that you may have life."*** (Is 55:3) *(see p6 for Sunday readings).*

Reflection Guide Questions:

1. How can my gratitude for God's generosity deepen my faith and strengthen my trust in Him?
2. As recipient of God's generosity how can I best express my gratitude to the Lord in our family and community?

This month, God invites us for a deeper and more mature faith in Jesus. Faith is not only believing in Him, but trusting Him in all circumstances, persevering through trials, and faithfully following His call in our daily lives. (CSL)

ANNOUNCEMENTS FROM THE MINISTRIES

MARK 10 & YOUTH

Mark 10 & Youth Ministry Relaunch!

After months of prayer, planning, and preparation, we are thrilled to relaunch these ministries and reignite the spiritual journey of our young people. Our children are not just tomorrow's leaders — they are God's instruments today. Youth is a powerful season where dreams are shaped, faith is strengthened, and purpose comes alive.

There will be a "Meet and Greet" kind of meeting and fellowship on August 14, 2026 (Friday) at 8:00pm at Room 4. We invite parents and community members to help us reach families who may wish to participate. Your support in sharing this news is greatly appreciated.

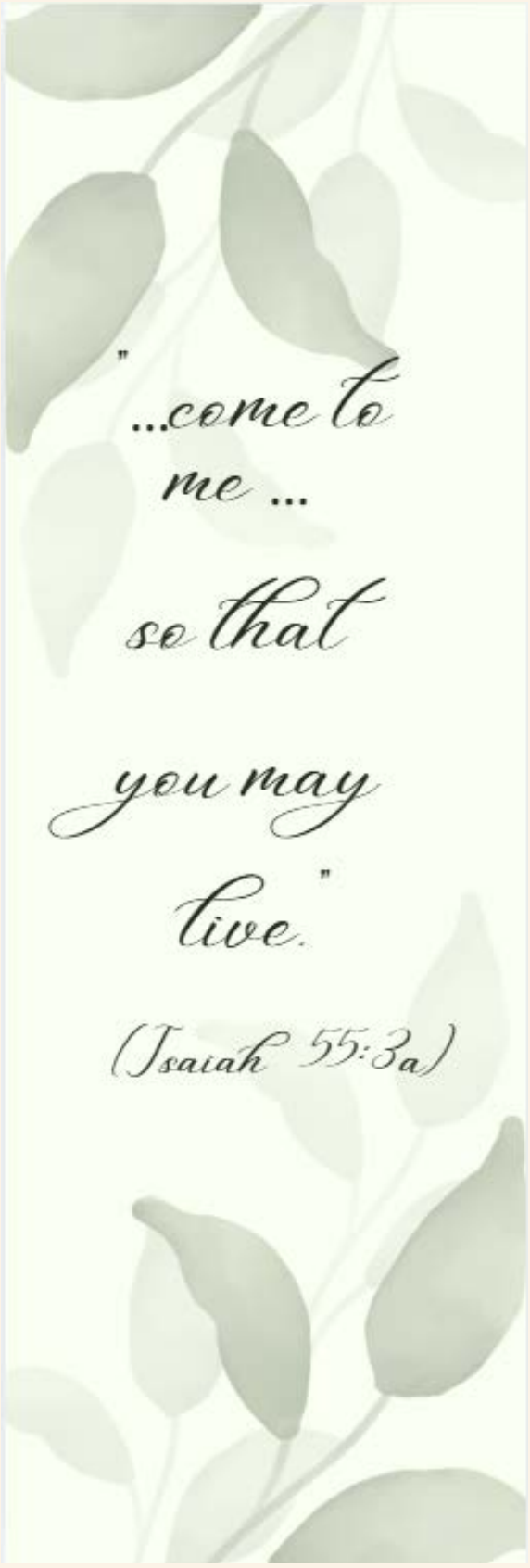
For further details, please contact Jing Pabalinas, Mark 10 & Youth Ministry Coordinator, or any member of the DCS.

Let's unite as one community and make this "Meet and Greet" a joyful, Spirit-filled success.

MISSION

- The Kitchener Prayer Group is inviting everyone who participated and contributed to the success of the LSS to the Grand Reunion on Saturday, August 22, 2026 at 3:30pm to be held at the Parish Hall of St. Mark Catholic Parish at 55 Driftwood Drive, Kitchener, ON N2N 3A2. The event schedule is included in an email sent to those who assisted in the LSS.

- The Winnipeg Prayer Group will resume the Praise and Worship on Sunday, August 9, 2026 at 6pm via Zoom (Meeting ID: 810 6914 3467 Passcode: 2026357). The regular Praise and Worship is every 2nd and 4th Sunday of the month.



ANNOUNCEMENTS FROM THE MINISTRIES *cont'd.*

MARRIAGE LIFE

🙏 We are humbly appealing to our community to help recruit and encourage couples to join the BLD **ME No. 49 on October 24 to 25, 2026** at the Valley of the Mother of God.

The ME#49 sponsors are now accepting registrants. Contact Willie & Annette Guillermo and Felix & Linda Fullante for details. See also our website and attached ME flyer and Registration Form. Thank you for helping build strong, Christ-centered marriages.

FAMILY LIFE

🎟️ **A BIG THANK YOU!** 🎟️

Thank you to everyone who purchased tickets in support of FE Class #24's fundraising campaign for the 2027 FE #25 event! Your generosity and support mean so much to us. ❤️

📅 Ticket sales resume on Friday, July 31, 2026!
Be sure to stop by our table, grab your tickets, and get a chance to win some amazing prizes! 🎁

Good luck to all our participants, and thank you for helping make this fundraiser a success! 🙏

✨ Prizes:
🥇 1st Prize: $500
🥈 2nd Prize: $250
🥉 3rd Prize: $100

🎟️ Ticket Prices:
- 1 for $5
- 3 for $10

📅 **Draw Date: Sept. 18, 2026 (BLD's 36th Anniversary)**

COMMUNITY PRAYER

Lord Jesus, You said that all will know
we are Your disciples by our love for one another.
You prayed that your disciples
may all be one, just as You and the Father are one.
We ask, Lord, to grant us
that same unity of heart and mind
so that, in You, we may also be one with the Father.

Lord, we have a covenant with You
to follow Your commandments, especially
loving one another and living in unity.
Let your Holy Spirit flow freely into our hearts
and minds, so that
we may share in that mutual love
between You and the Father.

Let harmony reign in our community life
and activities, and may we always accept
one another, forgive each other,
and see each other with Your eyes, Lord Jesus.
Then, we will truly experience the fruits
of unity and merit in our midst,
Your amazing presence.

Help us to be holy as You are holy,
to sincerely love one another as You have loved us.
Remind us always to lift our hearts in prayer.
Nourish us by Your word and strengthen us
through the Sacraments.
Make us one, Lord Jesus, for it is good
and pleasant when we dwell as one, and there
You will lavish blessings upon us.
In Your Mighty Name, we pray. Amen.

Most Sacred Heart of Jesus, we trust in your love.
Immaculate Heart of Mary, pray for us.
St. Joseph, pray for us.

GENERAL INFORMATION

DCS

- In response to the request raised at the last Disciples meeting, we have prepared a summary of free and confidential support available to help our members navigate the practical, legal, and emotional challenges that can follow the loss of a loved one. This brief guide highlights no-cost or low-cost services in Toronto that BLD members can refer to on for both (1) clear steps to take after the passing of a spouse—including estate administration and access to brief legal advice—and (2) counselling and grief-support options. A quick 'how to use' notes and direct source links are included to make it easy for anyone to find the help they need. This information is uploaded on our website for access.

- Our community continues to grow, and your voice matters. We've created a new email where you can share your thoughts, ideas, and feedback: bldtorontosuggestionbox@gmail.com You may include your name or remain anonymous—though adding your name helps us follow up when needed. All submissions will be kept confidential. For those who prefer the traditional method, our physical Suggestion Box remains at the hall entrance. Let's work together to build a stronger, more connected community.

INTERCESSORY

Everyone is invited to our Community Intercession every Monday evening at 7:30 PM via Zoom, except on the 1st Monday of the month and on holidays. Pls. see below for Zoom details note that we have new Passcode:
Meeting ID: 812 7532 6147
Passcode: 2026357

Please write clearly on your petition forms, especially names, so that the intercessors can read your handwriting.

SECRETARIAT

Please make sure to scan your ID before Praise and Worship every week or sign-in your attendance for safety and security purposes in case of emergency.
Kindly advise the Secretariat by emailing bldtorontosecretariat01@gmail.com if you know of any member who does not receive the weekly DCS broadcasts. Help us to keep all members well informed of community events.

TREASURY

To set up an Interac e-transfer for their love offerings, please see the information below:
Email: bldtorontotreasury@yahoo.com

Security Question: who is my first teacher?
Answer/Password: Jesus1

Once Jojie Abellanosa (Treasurer) receives your e-transfer, expect a confirmation email coming from her (not from your bank), otherwise please email her at the above-noted email address.

CONTACT US

BUKAS LOOB SA DIYOS COVENANT COMMUNITY, TORONTO DISTRICT
bldtorontosecretariat01@gmail.com
2565 Bathurst St., Toronto, ON M6B 2Z3

SUNDAY READINGS*

August 2, 2026 (Cycle A) – 18th Sunday in Ordinary Time

FIRST READING (Isaiah 55:1-3)

Thus says the Lord:
"Everyone who thirsts,
come to the waters;
and you that have no money,
come, buy and eat!
Come, buy wine and milk
without money and without price.

"Why do you spend your money for that which is not bread,
and your labour for that which does not satisfy?
Listen carefully to me, and eat what is good,
and delight yourselves in rich food.

"Incline your ear, and come to me;
listen, so that you may live.
I will make with you an everlasting covenant,
my steadfast, sure love for David."

PSALM 145

R: You open your hand to feed us, Lord, and satisfy our needs.

The Lord is gracious and merciful, slow to anger and abounding in steadfast love. The Lord is good to all, and his compassion is over all that he has made. **R**.

The eyes of all look to you, and you give them their food in due season. You open your hand, satisfying the desire of every living thing. **R**.

The Lord is just in all his ways, and kind in all his doings. The Lord is near to all who call on him, to all who call on him in truth. **R**.

SECOND READING (Romans 8:35, 37-39)

Brothers and sisters: Who will separate us from the love of Christ? Will hardship, or distress, or persecution, or famine, or nakedness, or peril, or sword? No, in all these things we are more than conquerors through him who loved us.

For I am convinced that neither death, nor life, nor Angels, nor rulers, nor things present, nor things to come, nor powers, nor height, nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.

GOSPEL (Matthew 14:13-21)

When Jesus heard that Herod had beheaded John the Baptist, he withdrew in a boat to a deserted place by himself. But when the crowds heard it, they followed him on foot from the towns. When he went ashore, Jesus saw a great crowd; and he had compassion for them and cured their sick.

When it was evening, the disciples came to him and said, "This is a deserted place, and the hour is now late; send the crowds away so that they may go into the villages and buy food for themselves." Jesus said to them, "They need not go away; you give them something to eat." They replied, "We have nothing here but five loaves and two fish." And he said, "Bring them here to me."

Then Jesus ordered the crowds to sit down on the grass. Taking the five loaves and the two fish, he looked up to heaven, and blessed and broke the loaves, and gave them to the disciples, and the disciples gave them to the crowds.

And all ate and were filled; and they took up what was left over of the broken pieces, twelve baskets full. And those who ate were about five thousand men, besides women and children.

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CSL WSC REFLECTION GUIDE

August 2, 2026 (Cycle A) – 18th Sunday in Ordinary Time

Reflection

For this 18th Sunday in Ordinary Time, we are invited to reflect on our Theme: Our faith in Jesus deepens when we rely on His abundant provisions. The Scriptures reveal God as a loving and generous Father who never ceases to care for His people. He provides not only for our material needs but, more importantly, for our deepest spiritual hunger through His presence, His mercy, and His saving grace. Indeed, God can never be outdone in generosity.

The Responsorial Psalm joyfully proclaims, “The hand of the Lord feeds us; He answers all our needs.” This assurance reminds us that God knows every longing of our hearts and faithfully provides according to His perfect will. He invites us to place our complete trust in Him, confident that He will sustain us in every season of life. Isaiah echoes this invitation with the Lord's promise: “Come to me heedfully… that you may have life.” God desires not simply to give us His blessings but to draw us into a deeper relationship with Himself, the source of true life, lasting peace, and enduring hope.

The Gospel vividly illustrates this truth in the miracle of the multiplication of the five loaves and two fish. Faced with an enormous crowd and meager resources, the disciples saw only insufficiency. Jesus, however, saw an opportunity to reveal the Father's abundant love. After blessing the little that was offered, He fed thousands, with twelve baskets left over. What appeared impossible became possible because everything was entrusted to Christ. This miracle teaches us that faith does not depend on the abundance of our resources but on our confidence in God's unlimited power and providence.

Like the disciples, we sometimes become anxious about our family, health, finances, ministry, or the uncertainties of the future. We focus on what we lack instead of remembering the countless ways God has faithfully cared for us throughout our lives. Looking back, we recognize that His providence has never failed us. As St. Paul assures us, nothing can separate us from the love of Christ. Such confidence strengthens our faith and enables us to persevere with hope even amid life's trials.

As members of the BLD Community, we are called not only to receive God's abundant blessings but also to become instruments of His generosity. Our gratitude should be reflected in compassionate service, faithful stewardship, joyful sharing, and a willingness to forgive and love others as Christ has loved us. As we continue to walk as His disciples, may we respond wholeheartedly to His invitation and confidently embrace His promise: “Come to me heedfully… that you may have life.” (Isaiah 55:3a). May this promise strengthen our trust each day, knowing that God's greatest provision is not merely what He gives us, but the gift of His very presence through Jesus, the Bread of Life, who alone satisfies the deepest hunger of every human heart.

Prayer

Heavenly Father, thank You for Your abundant love and faithful providence. Forgive us for the times we have relied on our own strength instead of trusting in You. Deepen our faith to depend on Your grace in every circumstance. May grateful hearts move us to become generous stewards of Your blessings and faithful witnesses of Your love. May we always heed Your invitation and find true life in Jesus Christ. Amen.

Sacred Heart of Jesus, we trust in Your love and mercy. Immaculate Heart of Mary, pray for us. St. Joseph, pray for us.