

*Jesus said "I am the living bread that came down from heaven, if any one eats of this bread, he will live forever...she who eats my flesh and drinks my blood has eternal life...and abodes in me, and I in her (Jn 6:51, 54, 56).*

The Eucharist is available each day in the DTES, at 8:30 AM weekdays at Sacred Heart Church and at 11:30 at St Paul's (Except Mondays). On Weekends, Mass is celebrated on Saturday and Sunday at 9:30 AM at Sacred Heart Church and on Sunday at 11:00 at St Paul's and Kateri Centre. We welcome all who want to pray in liturgical communities that are inclusive, small and welcoming. Avoid anonymity. Know those who you gather with.