



HEARTS ON *Fire*

ISSUE 1 • NOV 2025

A FAMILY MINISTRY NEWSLETTER
HOLY FAMILY PARISH, WHITBY

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love God
love others
make disciples

A MESSAGE FROM THE PASTOR

Dear families and young people,

As we launch this newsletter, my prayer is simple. I want it to ignite your hearts, support your journey, and remind you that you are never alone. God is at work in your homes, your friendships, and your daily decisions. My hope is that every story, update, and resource here helps you encounter the love of Christ in real and life giving ways.

You are valued. You are called. And together, we will keep growing in faith, hope, and love.

With joy,
Fr. László

RELATIONSHIP WITH THE FATHER

By Julie N.

“Luke, I am your father.”

You probably recognize that famous line, even if you've never watched Star Wars before. Darth Vader's reveal wasn't just a shocking plot twist but it was a moment that changed everything for Luke. Imagine the mix of emotions: disbelief, betrayal, anger, confusion.

Continued on next page...

RELATIONSHIP WITH THE FATHER

Whether your relationship with your earthly father has been one of warmth or one of wounding, it likely shaped the way you view authority, identity, and even God.

What comes to mind when you think about your own father?

And a deeper question I'd like you to consider is: does your experience with your earthly father affect how you relate to our Heavenly Father?

Jesus Knew the Father Deeply

One of the most powerful truths in Scripture is that Jesus knew His Father intimately. So closely, in fact, that He said: *"I am in the Father and the Father is in me."* (John 14:11)

Jesus didn't speak of his own accord and wasn't just doing His own thing. He said clearly: *"The words I say to you I do not speak on my own authority. Rather, it is the Father, living in me, who is doing his work."* (John 14:10) *"If you really know me, you will know my Father as well."* (John 14:7) In other words, if you want to know what the Father is like (or who He is), we just have to look at Jesus.

Reflect on how He loves, listen to how He speaks, observe how He forgives, heals, weeps, and rejoices. Everything Jesus said and did reveals the heart of God the Father.

You Were Made for Relationship

Jesus didn't just model a relationship with the Father but He invites us into it. *"As the Father has loved me, so have I loved you. Now remain in my love."* (John 15:9)

We were created to live in relationship with God; to know Him as Father, to remain in His love, and to walk with Him daily.

When Jesus taught us how to pray, He said: "Our Father." A name of intimacy and of relationship.

Because of Jesus, we can be called children of God. *"And if we are children, then we are heirs—heirs of God and co-heirs with Christ..."* (Romans 8:17)



I am in the Father and the Father is in me.

John 14:11

When Jesus taught us how to pray, He said: "Our Father." A name of intimacy and of relationship. Because of Jesus, we can be called children of God.

RELATIONSHIP WITH THE FATHER

Let that sink in: You are God's child. That is your identity. Not because you earned it, and not because you're perfect. But because He chose you, He redeemed you, and He called you by name.

Hear the truth of your Father's voice today: *"Do not fear, for I have redeemed you; I have called you by name, you are mine."* (Isaiah 43:1)

YOU. ARE. HIS.

"Before I formed you in the womb I knew you, and before you were born I set you apart." (Jeremiah 1:5)

HE KNEW YOU BEFORE you were formed and He has SET YOU APART.

A Loving Father

The enemy will whisper that you're not worthy. That it's too late. That you've messed up too many times. But the voice of God says otherwise: *"Return to the Lord your God, for He is gracious and compassionate, slow to anger and abounding in love."* (Joel 2:13)

There is no sin in your life that's greater than the love of God. Jesus willingly has already paid the full price: past, present, and future. *"While we were still sinners, Christ died for us."* (Romans 5:8)

So remember, that nothing, absolutely nothing, can separate you from the love of the Father: *"Neither death nor life, neither angels nor demons... nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord."* (Romans 8:38-39)

Come Back Home, Return to the Father

Maybe you've wandered, or life has pulled you away. Maybe you've been carrying sin or regret, unsure how God could still love you.

We remember the prodigal son who squandered everything. But then: *"While he was still a long way off, his father saw him and was filled with compassion. He ran to his son, threw his arms around him and kissed him."* (Luke 15:20)

**Do not fear,
for I have
redeemed you;
I have called
you by name,
you are mine.**

Isaiah 43:1

**Return to the Lord
your God, for He is
gracious and
compassionate,
slow to anger and
abounding in love.**

Joel 2:13

RELATIONSHIP WITH THE FATHER

That's our Father.

**He's not waiting to scold you.
Rather, He's been watching
the horizon for your return.
And waiting to embrace you.**

You Are Loved. Come As You Are.

So here's the invitation:
Come home. Come back to the Father.
Whether you're strong in your faith or
haven't prayed in years...
Whether you feel worthy or not...
Whether you feel close or distant...

The Father's arms are open.
His love is real and His voice is calling.

So if this has stirred something inside of you,
please don't leave it there...
Take a moment.
Pray.
Reach out.
Come to Mass.
Go to confession.
Or simply whisper, "Father, I'm here."
He's been waiting for you.

A Closing Promise

And lastly I want to remind you, in a world full of brokenness,
suffering and pain, there's one love that never fails. It will never
fail. For **"His steadfast love endures forever."**

While he was still
a long way off,
his father saw him
and was filled with
compassion. He ran
to his son, threw his
arms around him
and kissed him.

Luke 15:20

**YOU
ARE SO
LOVED!**

HIGHLIGHTS FROM RECENT EVENTS

In-person Mom's group meeting resumed on October 8, 2025

What a beautiful evening of laughter, prayer, and connection! Thank you to all the amazing moms who joined us—and a special welcome to our new members! Our theme of HOPE reminded us that Christ's light shines brightest in our homes. A heartfelt thank-you to Karolina, Antonella, and Julie for sharing inspiring ways to bring the hope of Jesus into our families, and to Father Laszlo for his uplifting talk on Mary and the importance of praying with and for, our children.



HIGHLIGHTS FROM RECENT EVENTS

Holy Family hosted its' first All Saints Party on November 1, 2025

A big thank-you to our Family Ministry Mom's Group for organizing such a joyful event! The children were so excited to show off their costumes and take part in over 20 fun, faith-filled activities—all while learning about our heavenly friends, the Saints. It was a day full of smiles, laughter, and community spirit. We can't wait to come together again for the next one!



HIGHLIGHTS FROM RECENT EVENTS

Edge and LifeTeen 2025!

This year, our Edge Program (Grades 5-8) is discovering what it means to live a Christian life through the Beatitudes and the examples of the Saints. And our LifeTeen crew (Grades 9-12) is diving deep into the treasures of our Catholic faith—gaining the tools and confidence to live it out and share it proudly every day. Our young people are on fire for Christ!



EDGE

LIFE TEEN



TESTIMONIES

A STORY OF TRANSFORMING LOVE

Anonymous

Prior to coming back to church, I often felt like I wasn't able to feel at peace. It is hard to explain, but it felt like when your nose is stuffed and all you want is to breathe clearly and you can't. I searched everywhere for the feeling of peace but deep down I knew there was only one place I could find it. After surrendering all the shame and embarrassment I had from being gone for so long, I was finally able to breathe. The peace of Christ has truly transformed my life and I have never felt so full of joy and excited to live the way God calls us to. He has called me to serve, evangelize and be an example of Jesus in every way I can. Has my life been without suffering or pain, no, but do I have peace knowing that God has a perfect plan for me and loves me unconditionally, yes. God never stopped loving me before, I just wasn't ready to receive it. Giving my life to Him has been fruitful in every single aspect of my life and I am so excited to see what I'm called to next!

THE POWER OF OUR FAITH COMMUNITY

By Antonella F

The Catholic Moms Group is a true source of inspiration for me, a place where faith and motherhood come beautifully together. Listening to other moms share how they bring our Lord and Savior into their homes and families fills me with hope and encouragement. Our group is a wonderful mix of young and experienced mothers, each offering unique perspectives, wisdom, and grace. Together, we support one another through the joys and challenges of motherhood, lifting each other up in prayer and creativity. Whether we're sharing stories, praying together, or creating artwork, I always leave feeling renewed, connected, and deeply grateful for this faith-filled community of women walking together with Christ.

Share your story

We would love to hear how God has been at work in your life and your family's faith journey through our parish!

Whether your family has been touched through HFKids, Youth Ministry, the Moms Group, a Family Ministry event, or even a book your children discovered in our lending library, your story matters.

Your testimony may be featured in our parish newsletter or other parish communications to inspire others to grow in faith and community.

CLICK HERE
to share your story!



HOLY FAMILY LIBRARY CORNER

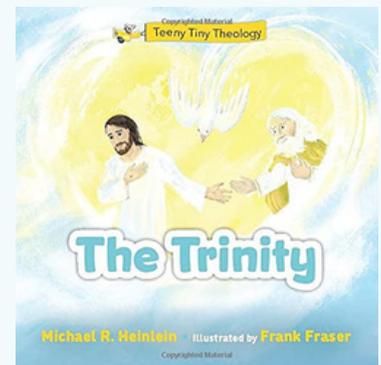
DID YOU KNOW?

We have a Kids Lending Library with over 400 quality Catholic books. It's open after the 9:30 & 11:00 Masses and is free to use!

BOOK SHOWCASE

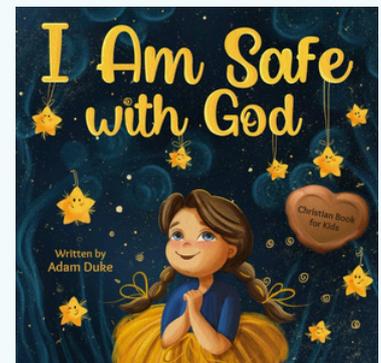
Tiny Tiny Theology – the Trinity

This little board book introduces your children to the mystery of one God in three Persons — Father, Son, and Holy Spirit. With simple words and bright illustrations, *The Trinity* helps even the youngest readers begin to understand God's loving nature and reminds families that our Heavenly Father invites us into His divine love.



I am safe with God

Your children will find comfort and courage in this gentle story about a little girl who learns she's never alone—God is always with her. Through simple rhymes and warm illustrations, *I Am Safe with God* helps children trust in their Heavenly Father's love and protection, reminding them that with God by their side, they can face any fear with peace and confidence.



PODCAST PICK

We Are Family: God the Father

Looking for something to lift your heart this week? In this inspiring Abiding Together episode, discover what it truly means to be loved and cared for by God the Father. It's a beautiful reminder that we are not just creations — we are His beloved children. A perfect listen for anyone seeking comfort, identity, and deeper faith.



[Abiding Together Podcast](#)

WHAT'S HAPPENING AT HOLY FAMILY: CURRENT AND UPCOMING EVENTS

Join us for
faith-filled fun
and fellowship.
We hope to see
you soon.

Explore our
Family resources.
Visit our
Parent portal



holyfamlywhitby.ca/parent

PLAYGROUP CHRISTMAS PARTY!

Join us on Thursday December 18th at 9:30!

ALL ARE WELCOME, Bring your friends! Register for playgroup so we can keep you updated on all the details [CLICK HERE](#)

PLAYGROUP FOR LITTLE ONES (0-5YRS)

WHEN: Every Thursday morning, 9:30am to 11:00am

REGISTER: Visit the Parent portal and click [PLAYGROUP](#)

Connect with other mamas and caregivers while your little one(s) enjoy playing and interacting with other babies, toddlers and preschoolers in a faith-filled environment.

HOLY FAMILY MOM'S GROUP

WHEN: Second Wednesday of each month at 7:30pm

REGISTER: holyfamlywhitby.ca/catholic-mom

Come and be a part of an encouraging and supportive community of women and go deeper in your faith life.

Upcoming meetings: December 10, January 14

HOLY FAMILY DADS GROUP STARTING JANUARY

WHEN: Third Thursday of each month at 7:30pm

REGISTER: [Click here](#)

Please share with the dads, grand-dads, and future dads in your life: Come and be part of an uplifting fraternity of men who want to help each other grow in faith and become the leaders our Families need us to be.

Upcoming meeting: January 15

WHAT'S HAPPENING AT HOLY FAMILY: CURRENT AND UPCOMING EVENTS

YOUTH MINISTRY

EDGE & LIFE TEEN

Youth Ministry Evening Programs

This year's EDGE and LIFE TEEN program will focus on how we can deepen our relationship with Jesus Christ through 4 key avenues of fun, service, prayer and formation! Come join us this year and invite some friends too!

EDGE

This year we focus on understanding how to live a Christian life through the example of the beatitudes and the Saints. Lots of awesome games, competitions, and snacks will keep our nights full of fun while we build community and deepen our faith! EDGE meets twice a month Edge takes place every 2nd & 4th Thursday from 6:45pm to 8:30pm.

LIFE TEEN

Teens will be uncovering and understanding the treasures of our Catholic faith, equipping teens with the tools needed to both live out and share our faith. Our goal is to walk alongside each teen on their journey of faith by providing a community founded upon faith and love. LIFE TEEN meets twice month every 1st & 3rd Thursday from 6:45pm to 9:00pm.

REGISTRATION NOW OPEN! Please visit our website holyfamlywhitby.ca/youth or the visit the Welcome Desk after Mass for registration forms. If you have questions, please contact our youth minister Samantha at: hfw.youth@gmail.com.

Join us for
faith-filled fun
and fellowship.
We hope to see
you soon.

Explore our
Family resources.
Visit our
Parent portal



holyfamlywhitby.ca/parent

REFLECTION AND YOUR CALL TO ACTION

Action Prompts:

1

Read Luke 15:11-32, the parable of the Prodigal son, and imagine yourself from the father's perspective in these verses.

2

When praying the "Our Father" prayer that Jesus taught the disciples, reflect on how the word "Father" speaks to your spirit?

3

Pray to the Father asking Him to show you/ to forgive you for/to help you with/to give you (eg. strength, wisdom, courage).

4

Reflect on the following verses:

"I will live in them and walk among them, and I will be their God, and they shall be my people... and I will be your father, and you shall be my sons and daughters, says the Lord Almighty."
(2 Corinthians 6:16,18)

"Yet, Lord, you are our father; we are the clay and you our potter: we are all the work of your hand."
(Isaiah 64:7)

"See what love the Father has given us, that we should be called children of God; and that is what we are. The reason the world does not know us is that it did not know him."
(1 John 3:1)



REFLECTION AND YOUR CALL TO ACTION

Action Prompts:

5

Ask yourself the following questions:

What is my relationship with God the Father, and how can I more fully trust Him and abide in Him?

Are there any negative emotions with my own father/parent that I need to ask my Heavenly father for forgiveness, grace, strength, comfort, healing, or freedom?

What does the Father's heart look like to me? How can I better understand and grasp how wide and long and high and deep God's love is for me and for others? (Ephesians 3:18)

How can I bear God's image and character to be a good parent/spouse/child to my child(ren)/spouse/parent(s)?

How can I live out my faith daily, starting with my family?

How can I be a Godly example for other fathers/parents among my friends, peers, and community?



Thank you for reading our first issue of the Hearts of Fire newsletter from Holy Family Parish, Whitby. We're glad you're part of our community of faith.

Stay tuned for our next issue in January 2026.

Have questions or thoughts? We'd love to hear from you!
familyministry.hf@gmail.com

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make disciples