

THE HOLY FAMILY OF JESUS, MARY AND JOSEPH



PASTOR'S CORNER

It goes without saying that many families are experiencing unprecedented stress these days. It results from economic hardship, the rat race at work, unrealistic expectations, high educational standards, peer pressure, and much more. This is why **home** ought to be a little like an island: a safe place in a war zone, so to speak, and the Bible gives us some simple wisdom about certain valuable practices for peaceful homes:

1. **Smile and laugh:** Proverbs 15:13 says, *"A glad heart makes a cheerful face, but by sorrow of heart the spirit is crushed."* *Laughter is like medicine, and laughing together as a family is highly therapeutic. And it does not take a lot of effort to find things to laugh about, for the life compass points to the place where your heart smiles. Journey there,*
2. *and you will discover the profound tapestry of joy and peace.*
2. **Cultivate contentment:** It is quite difficult these days to "keep up with the Joneses," because families are crashing and burning today in the rubble of financial disaster because of consumer debt. We must have, and then we must have more. But St. Paul wrote in 1 Timothy 6:6-8, *"A godly life brings huge profits to people who are content with what they have. We didn't bring anything into the world, and we can't take anything out of it. As long as we have food and clothes, we should be satisfied."* Or in the words of Mary Pop-pins, *"Enough is as good as a feast."* The word "enough" is a good one to draw out of our vocabulary on a regular basis to remind ourselves of the difference between our wants and needs.
- 3.
4. **Alleviate anger:** Proverbs 15:18 says, *"Hot tempers start fights; a calm, cool spirit keeps the peace."* *Keep in mind that not all anger is bad. Anger is just a normal human emotion. It is all about what we decide to do with our anger that matters. When we stuff our feelings inside and leak or explode later, nobody wins. The better solution is developing the practice of giving soft answers to one another. One of the best verses for families to learn together is found in Proverbs 15:1, "A kind answer soothes angry feelings, but harsh words stir them up." Imagine the change you would see in your home if everyone's first response was kindness with a sincere smile and a big hug.*
- 5.
6. **Express gratitude:** Philippians 4:6-7 says, *"...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."* *There is incredible power in expressing thanks, because there is a direct link between gratitude and joy, and when we struggle to find joy, thankfulness is often the answer. I like this saying: "Well begun is half done." So your every attempt to succeed in this matter is well worth the effort.*
- 7.
- P.S.** Thus to make your home an island in the midst of turbulent waters, you need to keep in mind one more thing: obstacles are stepping stones to resilience and with each challenge you conquer and forge the path to your own strength, for in the poetic words of Helen Steiner Rice: *"Life is a fabric, weave it with tender care; upon the loom of life, your pattern is rare."*

Fr. Slawek

December 28, 2025

ATTENTION ALL PARISHIONERS

Reception of Holy Communion

It has come to my attention that some people, receiving on the hand, carry the Sacred Host back to their seats. This is forbidden. Please be sure to consume Jesus, truly present in the Sacred Host, right after you receive Him. You must consume the Host in the front of the church, right after receiving. There are people who wish to steal consecrated Hosts for the sake of rituals. If you see anyone walking away without having consumed the Sacred Host please alert one of the Ushers, the Sacristan—Anthony or Fr. Slawek.



ARE YOU MOVING? OR HAVE YOU ALREADY MOVED?

Please contact the parish office so your records can be updated. Thank you.

2026 OFFERTORY ENVELOPES

Assigned envelopes are available for pick up at the back table in the church. New envelope can be pick up from the Parish office during office hours.

Please use 2026 envelopes starting Jan. 1. Print your full name, address, phone number and donation clearly on the envelope for the month so the Parish office can record the number to your name.

If you have a change of address please list it on your envelope or notify the office.

All donation for 2025 must be received by December 31, 2025 to be included in the 2025 tax year. Any donation received after December 31, 2025 will be for 2026 tax year.

Marriage Prep Course
St. Barnabas Church—10 Washburn Way

Starting January 15, 2026
7 Consecutive Thursdays/ 7p.m.—9 p.m.
until February 26, 2026

Register online at: <http://form.jotform.com/stbarnabasto/MARPREP2025>
Or go to our website at <https://stbarnabasto.ca>

CHURCH BULLETIN ADVERTISING

Liturgical Publications will be setting up the advertisements for our church bulletin. The advertising will begin in January 2025 & support the bulletin service. Please support the bulletin and advertise your product or service.

Call Liturgical Publications at 905-624-4422

MASS INTENTIONS

Tuesday, December 30

9 a.m. Intentions of thanksgiving Amarasingha & Fernando family.

Wednesday, December 31

6 p.m. NEW YEAR'S EVE MASS.

Thursday, January 1

9 a.m.. NEW YEAR'S DAY MASS.

11 a.m. NEW YEAR'S DAY MASS.

Friday, January 2

9a.m. NO MASS.

Saturday, January 3

4:30 p.m. Repose of the soul of Anita Tan req. by Delores Tan.

Sunday, January 4

9 a.m. Intentions of all Parishioners.

11 a.m. Intentions of thanksgiving for Duli Amarasingha

YOUR HEALTH

As cold and flu season approaches, to ensure the health of the entire community, parishioners are encouraged to stay home from Mass and parish functions if they are experiencing symptoms of the flu virus, colds, etc. Respect and concern for the common good takes precedence. Thank you for your cooperation! To minimize risks please use the hand sanitizers that are located at each entrance!



COFFEE & TEA & SNACKS SOCIAL

RESUME

Wednesday, January 7, 2025

Everyone welcome

