

THE FEAST OF THE PRESENTATION OF THE LORD



PASTOR'S CORNER

Recently, a parishioner said to me, “Father, I am struggling with motivation.” A few hours later, I received a January wellness tip from the Archdiocese of Toronto. Once again God worked in His mysterious way.

We all experience moments when it's hard to find the motivation to tackle tasks—whether you're working on a big project, trying to form new habits, or simply needing a push to get started. Finding motivation and holding yourself accountable are key. Some days, motivation just doesn't come easily. During these moments of struggle, it is important to have strategies to get back on track. Below are some useful tips to help you regain focus and motivation and remain accountable in both your work and your personal life:

- **Act as If You Feel Motivated:** Change your behavior to mimic motivation, such as getting dressed and starting tasks, to spark genuine motivation.
- **Argue the Opposite:** Challenge negative thoughts and argue against self-doubt by listing reasons why you might succeed.
- **Practice Self-Compassion:** Replace harsh self-criticism with kind and constructive self-talk to build resilience and motivation.
- **Use the 10-minute Rule:** Commit to a task for just 10 minutes, then decide if you want to continue.
- **Go for a Nature Walk:** Walking in nature reduces mental fatigue and can rejuvenate motivation.
- **Pair Tasks with Enjoyment:** Combine a dreaded task with something enjoyable to make it more appealing.
- **Manage Your To-Do List:** Stop feeling overwhelmed by prioritizing essential tasks and eliminating unnecessary ones.
- **Practice Self-Care:** Ensure you're well-rested, nourished and managing stress in a healthy way to support motivation.
- **Reward Effort:** Set up small rewards to celebrate progress and maintain momentum.
- **Seek Professional Help:** If motivation issues persist or affect daily life, consult a healthcare professional.

P.S. I would just add one thing: Ask God for help every day. Hopefully, in these prayerful moments, you will be reminded that motivation is not always constant, but with the right strategies and a supportive structure in place, you can continue making progress. Wishing you plenty of motivation and success ahead!

Fr. Slawek

February 2, 2025



A Celebration of Marriage in the Archdiocese of Toronto

On the second Sunday of February each year, the Archdiocese of Toronto celebrates **Marriage Sunday**

As part of Marriage Sunday 2025 celebrations, Bishop Ivan Camilleri will preside at a special Mass to honour married couples, with special recognition for those celebrating 25th, 40th, 50th, 60th and 60+ wedding anniversaries in 2025. The Mass will take place at **2:30 p.m. on Sunday, February 9, 2025 at St. Michael's Cathedral Basilica (65 Bond Street, Toronto)**. All married couples will have an opportunity to renew their marriage commitment.

All are welcome to attend. Couples celebrating a 25th, 40th, 50th, 60th or 60+ anniversary in 2025 may register for reserved seating. All other seating is on a first-come, first-served basis. Those who are unable to attend at the Cathedral are invited to join the celebration via [livestream Mass](#). The broadcast will begin at 2:15 p.m.

Registration and other important information can be found at www.archtoronto.org/marriage.

MASS INTENTIONS

Tuesday, February 4

9 a.m. Private Intentions.

Wednesday, February 5

9 a.m. Private Intentions.

Thursday, February 6

9 a.m. Repose of the soul of Maria Vu Tan req. by Kim Lu.

Friday, February 7

9 a.m. Repose of the soul of Dorothy Johns req. by the John's family.

Saturday, February 8

4:30p.m Intentions of all Parishioners.

Sunday, February 9

9 a.m. Intentions of thanksgiving on the wedding Anniversary for Francisco and Mary.

11 a.m. Intentions thanksgiving req. the Gomes & D'Cruz family.



COFFEE & TEA & SNACKS SOCIAL

Wednesday, February 5 2025
After the 9 a.m. Mass
in the Parish Basement

2024 Tax Receipt

Attention all Parishioners: 2024 Tax receipts will be mailed out the first week of March. If you would like to pick up your receipt from the parish office before it is mailed out, the tax receipt will be **available for pick up February 24—27, 2025.**

