

FOURTH SUNDAY IN ORDINARY TIME



If you are not OK right now - I mean if you feel down-and-out, unsure of yourself, empty of consolation, aching in frustration, running a psychic temperature, struggling for meaning and not looking like a million dollars - remember you are just one of so many who feel the same right now. One of the greatest spiritual writers of all time, John of the Cross, experienced, in a powerful way, the dark night of the soul. If he was your spiritual director and you explained to him that you were going through a dark, painful patch in life and asked him, "What's wrong with me?", he would likely answer in this way:

"There's nothing wrong with you; indeed, there's a lot right with you. You're where you should be right now: in the desert, letting the merciless sun do its work; in a dark night, undergoing an alchemy of soul; in exile, lamenting on a foreign shore so that you can better understand your homeland; in the garden, sweating the blood that needs to be sweated to live out your commitments; being pruned, undergoing spiritual chemotherapy, to shrink the tumors of emotional and spiritual dead-wood that have built up from wrong-turns taken; in the upper room, unsure of yourself, waiting for Pentecost before you can set out again with any confidence; undergoing positive disintegration, having your life ripped apart so that you can rearrange it in a more life giving way; sitting in the ashes, like Cinderella, because only a certain kind of humiliation will ready your soul for celebration; and undergoing purgatory, right here on earth, so your heart, soul, and body can, through this painful purging, learn to embrace what you love without unhealthily wanting it for yourself."

This does not make it less painful or even humiliating, to some degree; it just gives you the consolation of knowing that it is OK to feel this way. Moreover, you are not the only one who is experiencing these moments of physical or spiritual weaknesses, because the dark nights eventually find us all. Do you remember what happened to Jesus in the Garden of Gethsemane, and then on the cross? But our hope is always in the Lord, because behind the dark and rainy clouds, the SUN is still shining. But for now there should be enough patience and willingness to wait and let things happen on God's terms, not ours, for as someone interestingly noted, *"There are times when your 'I Can' is more important than your 'IQ,' because life is a never-ending process of accepting God's will in our often restless hearts in order to re-discover one more time the agony, ecstasy and glory of the cross."* So in other words, to live in faith, hope and trust is to be simply open to surprise, because God is often asking more of us than we think.



Fr. Slawek

JANUARY 28, 2024



The Society of Saint Vincent de Paul *Turning concern into action*

“Loving Saviour, you gave your life for me – for us – in love. Help me witness to your Love in acts of care and compassion to those in need – our neighbour in need.” We are called to follow Jesus, by being of service to others with humility, gentleness and love. Please remember the POOR BOX on your way out of the Church.

Thank you for your contributions to the Poor Box.

ANOTHER WAY TO DONATE TO OUR PARISH

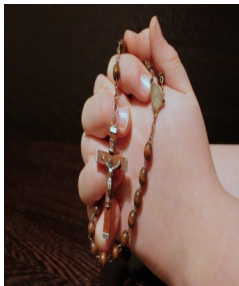
Pre-Authorized Giving Plan—Pre-Authorized Giving is a very simple procedure. When you participate in Pre-Authorized Giving, your offering will be withdrawn from your account on or about the 20th of the month. This amount will then be deposited to the Parish’s account.

This amount will be receipted at the end of the year for tax purposes.

Application forms are on the table at the back of the church.

2023 Tax Receipt

Attention all Parishioners: 2023 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 26—29, 2024**.



Come pray the 2,000 Hail Mary

Date: Saturday, February 3

Time: 6 a.m.—3 p.m.

Place: Parish Hall

Everyone is welcome

CHURCH WASHROOMS

Attention all Parishioners and Visitor’s to Holy Spirit. We ask everyone to take extra care when using our washroom facilities. The continuous clogging of toilets, from using excessive amounts of toilet paper and wrongly disposed sanitary napkins, has caused a 135 foot blockage in our pipes resulting in sewage backflow. Please treat our washrooms with care as if you are in your own home to avoid the Church from incurring extra cost for repairs and cleaning to our Washrooms.

Thank you

BIBLICAL WARNING

**SUGAR-COATED PREACHING IS
DANGEROUS TO YOUR SOUL.**



**ARE YOU MOVING?
OR
HAVE YOU MOVED
ALREADY**

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



MASS INTENTIONS

Tuesday, January 30

9 a.m. Repose of the soul of the Keil family req. by Astrid De Jong.

Wednesday, January 31

9 a.m. Intentions of Margaret Leung.

Thursday, February 1

9 a.m. Private Intentions.

Friday, February 2

9 a.m. Repose of the soul of Samuel Johns req. by the Johns family.

Saturday, February 3

4:30 p.m. Repose of the soul of Michael Fernandes req. by Anthony Fernandes & family.

Sunday, February 4

9 a.m. Repose of the soul of Sosana & Flora Manlapaz req. by Cathrine Manlapaz.

11 a.m. Intentions of all Parishioners.

COFFEE & TEA & SNACKS SOCIAL



The Social will resume
Wednesday, January 31, 2024
After the 9 a.m. Mass
in the Parish Basement

All parishioners welcome

SUNDAY MISSAL

Are available for purchase from the parish office.
Cost \$ 6.00

Monday -Thursday
8:30 a.m.—1 p.m.

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!