

## THIRD SUNDAY IN ORDINARY TIME

### PASTOR'S CORNER



***This is my response to last week's reflection about New Year's resolutions:***

It is said that burning the candle at both ends often comes with a high price. This is why it is very important to develop a self-care plan for our own sake and for the sake of our loved ones. Thus, I want to share with you what I am being reminded of in my pastoral ministry at this time of year, because this duty to self-care is universal. I hope the following list of daily activities will enhance your quality of life and improve your work performance:

1. ***Learn to say "no"***. For those of us who grew up thinking that we need to say *yes* always, saying *no* becomes difficult. Realize that *no* is a complete sentence: "No." You do not need to explain, apologize, or feel guilty. You have every right to make decisions about what you will not do.
2. ***Sometimes you need to soften your "NO" with a "but."*** Here is just one example: "I would love to help you, but I made a commitment not to take on any new responsibilities this month."
3. ***Get enough sleep.*** An adequate amount of sleep is a biological necessity for our physical and mental well-being. Most adults need seven to nine hours of quality sleep each night. Furthermore, to function at optimal levels, you need to rest, repair, and recover from daily stress on the mind and body, and a good night's sleep will do just that.
4. ***Get regular physical exercise.*** Getting the body moving will increase your circulation, boost your energy, mood, and cognition, reduce stress, and improve performance. Suffice it to say, regular exercise and sustained productivity are closely linked, so get moving!
5. ***Eat healthfully.*** Your food is your fuel; hence, eating a healthy, balanced diet is essential for maintaining vibrant health and can help you feel more energized. Just as a car runs best with the type of gas the manufacturer recommends, your body needs the right kind of food to perform at its best.
6. ***Practice daily gratitude.*** Practicing gratitude frequently will help you develop positive emotions, resulting in better sleep and more drive during the day. So try to find at least two things that you are grateful for each day and watch how it will positively impact your mood and well-being.
7. ***Laugh often.*** When it comes to relieving stress, this is one of the best medicines, because it soothes tension, relieves pain and improves your mood.
8. ***Be good to yourself every day.*** In this case, a little bit of selfishness should be OK.
9. ***Pray at least once a day.*** It is very important to pause and reflect in the presence of God. Remember if you are busy, half an hour will do, but if you're very busy, one hour may not be enough. Think about it.
10. ***Sunday Mass is a must.*** Do I really need to explain why it so important for your mental and spiritual health?

*Fr. Slawek*

**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!

# JANUARY 22, 2023



## Society of Saint Vincent de Paul

*Turning concern into action*

When we pray the "Our Father", we ask God to give us "our daily" bread. Most of us are fortunate to receive sufficient food, but some do not. It is a struggle, especially for our neighbour-in-need. Please remember the POOR BOX on your way out of the Church

Thank you for your contributions to the Poor Box after Mass.

### 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.

### 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.

### RAFFLE WINNERS

1st Prize—Ticket # 00599524

2nd Prize—Ticket #00599624

Winners please contact the parish office to arrange a time to pick up the prize. The winning ticket has to be handed into the parish office when picking up the prize.

### A MORNING PRAYER

God, please enlighten my mind with truth;  
Inflame my heart with love;  
Inspire my will with courage;  
Enrich my life with service.  
Pardon what I have been;  
Sanctify what I am;  
And order what I shall be.  
Amen

### CHURCH BULLETIN ADVERTISING

Liturgical Publications will be setting up the advertisements for our church bulletin. The advertising will begin in January 2023 & support the bulletin service. Please support the bulletin and advertise your product or service.

Call Liturgical Publications at 905-624-4422

### MASS INTENTIONS



#### Tuesday, January 24

9 a.m. All Soul In Purgatory req. by the Sebastian family.

#### Wednesday, January 25

9 a.m. Intentions of Thanksgiving req. by Timothy Anthonipillai.

#### Thursday, January 26

9 a.m. Private intentions

#### Friday, January 27

9 a.m. Intentions of Joseph Molinari req. by Claude Larocque.

#### Saturday, January 28

4:30p.m. Repose of the soul of Colin Vaz req. by Zena Vaz.

#### Sunday, January 29

9 a.m. Intentions of all Parishioners.

11 a.m. Repose of the soul of Selvestro DeLaurentis req. by the De Laurentis family.

### HOLY SPIRIT PARISH OFFERING/ JANUARY

#### JANUARY 1, 2023

Initial Envelope Offering \$ 1,075.00  
Solemnity of Mary \$ 1,615.00  
Regular Envelope Offering \$ 3,325.00

#### JANUARY 8, 2023

Regular Envelope Offering \$ 3,347.00  
Building Fund Offering \$ 1,320.00

#### JANUARY 15, 2022

Regular Envelope Offering \$ 3,345.00  
Building Fund Offering \$ 359.00  
Solemnity of Mary \$ 150.00

*Thank you for your continued generosity*

### 2022 Tax Receipt

Attention all Parishioners 2022 Tax receipts will be mailed out at the end of February.