OUR LORD JESUS CHRIST, KING OF THE UNIVERSE



PASTOR'S CORNER

Here are some factors that will contribute greatly to your emotional and mental stability:

- 1. The absence of suspicion, jealousy and resentment.
- 2. Not living in the past, because old mistakes and failures often lead to depression and discouragement
- 3. Not wasting time and energy fighting conditions you cannot change or modify.
- 4. Cooperating with life, instead of trying to run away from it.
- 5. Resisting the temptation to withdraw and become reclusive during periods of emotional stress.
- 6. Refusing to indulge in self-pity when life hands you a raw deal.
- 7. Cultivating the old-fashioned virtues of love, humor, compassion and loyalty.
- 8. Not expecting too much of yourself, because when you know your limits, you will get to know yourself better.
- 9. Being willing to wait in darkness until it becomes clear. (I like this metaphor).
- **10.** Spending some time alone every day in silence. (I can guarantee you that it will improve your hearing immensely.)
- **11.** Following the three R's: respect for yourself, respect for others and responsibility for all your actions.
- 12. Praying every day, which is a must to calm your restless heart, so that you may live your life to the best of your ability with the help of God's grace.

P.S. My small contribution: When was the last time you enjoyed a good laugh at the expense of your own foolishness? **Silence is sometimes the best answer, because we all run the race, just at different speeds.**

Fr. Slawek

Our parish Advent retreat is coming soon.

Monday, December 9—Thursday, December 12

More details to follow.....

NOVEMBER 24, 2024

Ŕ	MASS INTENTIONS	WHY REGISTER IN A PARISH?
्र्डा <u>Tuesday, November 26</u> 9 a.m. Private Intentions.		A Catholic parish is the single most important part of our Catholic Church. This is where we continue the mission of Jesus Christ. This is where we publicly express our faith, joining together with others to give witness of our communion with God and with one another.
Wednesday, November 27		There are many reasons to register:
9 a.m.	Repose of the soul of Allen Glynn req. by Sharon DaCosta.	It is an official way to join a parish community. I also gives you a sense of be- longing and identity in a parish community.
Thursday, November 28		
9 a.m.	Repose of the soul of Frank Ficnar Jr. req. by the Fincar family.	Provides the parish community with a way to welcome you. In times of joy and in times of struggle, it is comforting to have the support of a
<u>Friday, November 29</u>		faith family.
9 a.m.	Repose of the soul of Fedelis & Philomena	It is a commitment to practice your faith.
	Gomes req. by Christopher Gomes.	Gives a chance for you and your family to be counted and heard in the parish.
<u>Saturday</u> , 4:30p.m.	<u>, November 30</u> Repose of the soul of Angeline D'Souza	Being included in the demographics of the parish helps in the planning for the needs of the parish.
	req. by May & Harry D'Souza.	Gives the parish a way to connect with you.
Sunday. December 1 9 a.m. Intentions of all Parishioners.		In order to receive the Sacraments of Baptism, First Reconciliation, First Ho- ly Communion, Confirmation, or Holy Matrimony you will need to be a regis- tered member.
11 a.m.	Repose of the soul of Francisco Sr. & Francisca Anchuelo req. by Lourdes	For religious education instruction and Sacramental preparation, the families of those attending must also be registered parishioners.
	Anchelo.	To aid in the registration to the Catholic schools.
Coffee > Ten."	COFFEE & TEA SOCIAL	A way to be included in the religious, social, and ministerial activities of your parish
	Wednesday, November 27, 2024 After the 9 a.m. Mass in the Parish	Also, if you use offertory envelopes or online giving, you will also receive a year-end statement of your donations for income tax purposes.
ARE YOU MOVING? OR HAVE YOU ALREADY MOVED? Please contact the parish office so your records can be updated. Thank you.		Your registration affects the parish in many ways. Census numbers can deter- mine how many priests are assigned to a particular church, what benefits and obligations the community has to the diocese, and
		how Masses, Confessions, and devotions are planned and scheduled. If you were previously a minor registered under you parents and have now be-
Children's Liturgy will be during the 9 am mass. BEFORE YOU SPEAK T IS IT TRUE H IS IT HELPFUL		come the age of majority it is your responsibility to register at your parish.
		THE SOCIETY OF SAINT VINCENT DE PAUL HOLY SPIRIT CONFERENCE
		"We should strive to keep our hearts open to the sufferings and wretchedness of other people, and pray continually that God may grant us the spirit of compassion which is truly the spirit of God." St. Vincent de Paul
N IS	IT NECESSARY	By remembering our neighbours who ask for help through the Society of St. Vincent de Paul, we are all touched by God's love and build up His Kingdom on earth.
CocNinem		Thank you for your contributions to the Poor Box.
		STAY TUNED FOR DETAILS ON THE 2024 SSVP CHRISTMAS PROGRAM COMING SOON !