

THIRD SUNDAY IN ORDINARY TIME

Mass Intentions FOR THE WEEK



Saturday, January 22nd

5:00 pm Sacred Heart Parishioners

Sunday, January 23rd

8:30 am David Rumble

by The Binsfeld Family

Maureen Donaghy

by Nora Egan

10:30 am Saverio & Angela Pagnelli

by Bozzo & DeSimini Families

Living and Deceased Members of

The Cristiana Batista Families

Wednesday, January 26th

7:00 pm For the Intention of Melanie

Friday, January 28th

7:00 pm Giovanni & Maria Grassi

by Vito & Wilma DeSimini

Saturday, January 29th

5:00 pm Giuseppe & Vito DeSimini

by Bozzo & DeSimini Families

Sunday, January 30th

8:30 am Ivanka Zorman

By Francka Zabjek

Gioconda Rovere

by The Binsfeld Family

David Rumble

by Nora Egan

10:30 am Salvatore Congi

by Bruno & Rose Capogreco



Our Mother of Perpetual Help Weekly Devotion

Join us in praying the Novena every Wednesday evening beginning at 6:30 pm, followed by the Celebration of Mass at 7:00 pm.

*“I am the light of the world, says the Lord;
whoever follows me will not walk in darkness, but
will have the light of life.”*
John 8:12

PRAY FOR CHRISTIAN UNITY

This year's theme “We Saw the Star in the East, and We Came to Worship Him” (Mt.2:2). Is really “an invitation to all Christians to return to our origins and our origins are in Christ”. Pope Francis explains that the theme tells the story of the Magi, the wise men from the East, coming to adore the infant Jesus. “This is very important for us, ecumenically, in the sense that we will never have the unity of Christians if we do not have the same faith and the same approach, the same acceptance of the salvation history that began in that moment of the birth of Jesus”. To summarize, the theme is simply “a call to center our efforts on the person and mystery and the world of Jesus”. This is essential because “what we are actually doing in the synodal process is to listen to the Church and above all to listen to what the spirit is saying to all of those who belong in some way to the Church”. This is an opportunity for every diocese and for every local community to open their doors to “a new and deeper ecumenical relations in their area”.

THE FRIARS' STUDENT WRITING CONTEST

Students aged 13-19 are invited to submit a 450 – 500 word Essay for the Week of Prayer for Christian Unity. This year's theme has been prepared by the Middle East Council of Churches based in Beirut, Lebanon. The deadline for the writing contest is **Monday, February 14th at 2:00 pm**. Please see the poster for more contest details: <https://bit.ly/FriarsStudentWritingContest2022>.

JANUARY WELLNESS TIP: DECLUTTERING FOR MENTAL HEALTH

The Christmas break has come and gone, and in many cases that means we have accumulated more “stuff” in our homes. Perhaps things were left to pile up or parents of children might find there is a stack of new toys that they are figuring out where to put. What we are surrounded by can affect our mood; if we see too much around us, it can distract us, lead to negative thinking and take away from our productivity.

Did you know that decluttering can lead to improved mental health? Removing the pile that potentially causes stress can benefit your mental health by making you feel calmer, happier and more in control. A tidy environment (mental and physical) can boost our mindset. Start the New Year by committing to finding ways to reduce your stress.

Below are some tips to declutter for your mental health:

- **Start small.** Find a small pile or drawer that you would like to organize. The feeling of accomplishment that arises from this will motivate you to do more and move on to the next drawer or space that needs decluttering.
- **Choose your space.** Look around you, determine which area could use some decluttering in order to boost your productivity and go from there. Perhaps your workspace needs to be tidied up, papers need to be sorted and the number of pens at your desk needs to be reduced because some just don't work anymore.
- **Take your time.** This top to bottom decluttering does not have to happen in one 24-hour period. Spread it out over days, even weeks. One drawer/surface at a time or one room at a time. The choice is yours.
- **Mental declutter.** *Take some time to pray*, clear your mind. Perhaps try journaling to organize your thoughts. Separate emotions from various subjects to look at them more objectively. Write out things you wish to say to someone – be succinct and straight to the point.
- **Digital declutter.** Open up your phone and remove all apps you do not use. Unsubscribe from all the promotional emails that you just don't pay attention to. Maybe even peek into the ever-daunting gallery on your phone and delete all the duplicate photos that have been taken. In a world where we try to get the perfect photo, we may have 20 shots of the same image. Save one or two of the best ones and move on.
- **Donate.** Find things you no longer use that are in good condition and donate them to local organizations or buy nothing groups.
- **Recycle.** Gather all items that can be reused by your own household or dispose of them in an environmentally responsible manner by looking up local depots that may take certain items.

For more information on decluttering for your mental health, please visit: www.camh.ca.