



## Welcome to St. Joseph's Parish

We extend you a warm welcome to St. Joseph Parish. We pray that you feel at home. Please introduce yourself and consider becoming a member of our Family of Faith.

### Prayer Intentions

Wednesday, January 27

**Intentions of Holly Horricks** – Pamela Horricks

Saturday, January 30

**Intentions of Homebound Parishioners and Residents of Caessant Care** – St. Joseph's Catholic Women's League

Sunday, January 31 LIVESTREAMED at 10am

**Intentions of the People of the Parish**



### Third Sunday in Ordinary Time - January 24, 2021

The call of the disciples is so familiar to us that we tend to miss the wonder of the disciples' response, which was immediate and complete; they leave everything and follow Jesus. Can we do less if we feel that God is calling us to the priesthood, religious life or diaconate? If you think God is calling you to a Church vocation, contact the Hamilton Diocese at 905-528-7988  
Email: [vocations@hamiltondiocese.com](mailto:vocations@hamiltondiocese.com)  
Website: <https://hamiltondiocese.com/vocations/>

COVID-19

## Recovering together

Development and Peace is gearing up for another busy Share Lent season! Please visit St. Joseph's website at [www.stjosephfergus.org](http://www.stjosephfergus.org) to find D&P's most up-to-date poster for their workshops, **which includes all of the links to register for each workshop.** Registration will be required in advance, so please consider signing up on behalf of our Parish!



### Bible Sunday

In 2019 Pope Francis declared the Third Sunday in Ordinary Time to be devoted to the celebration, study and dissemination of the Word of God. We would like to encourage our parish community to continue to deepen our relationship with Christ the Lord through Sacred Scripture.

### Mark Your Calendars!

Join Dr. Tim Gray and special guest, Curtis Martin, Founder & CEO of FOCUS, for a Special One-Hour Episode of *The Augustine Institute Show!*

### **PREPARE YOUR HEART FOR LENT**

Tuesday, February 16 - Mardi Gras!  
7:00 p.m. EST

*This special episode will be broadcast live for all to watch on **FORMED.org***

St. Joseph Parish has renewed our subscription to FORMED so that you can access this information site dedicated exclusively to Catholics. While we are spending more time at home, why not take advantage of the movies, documentaries and literature available?

### 2020 Income Tax Receipts

Due to the pandemic, this year's income tax receipts will be mailed to everyone in the coming weeks. If you have moved, or normally pick up your receipt at the Church, please ensure that we have your correct mailing address. You can email the information to [stjosephfergus@hamiltondiocese.com](mailto:stjosephfergus@hamiltondiocese.com)

### . During Lockdown...

Please note that even though the Church will continue to be closed, you will still be able to reach us. Leave a voicemail message at 519-843-2006 or send an email at [stjosephfergus@hamiltondiocese.com](mailto:stjosephfergus@hamiltondiocese.com). You can also drop off correspondence in our mailbox at the South Door, or by slipping it through the slight opening in the Front double doors. We will be collecting mail and messages regularly and sending any important information to parishioners by our email Bulletin, or you can visit [www.stjosephfergus.org](http://www.stjosephfergus.org).



### **Taking Care Of Your Mental Health During Social Distancing And Self-Isolation**

As the COVID-19 (novel coronavirus) pandemic continues to unfold and new information is released so fast that it feels hard to keep up, it's important to take a step back and focus on what you can control to best support you and your family's mental health.

To help prevent the spread of the virus and protect the health and wellbeing of the most vulnerable in our community, government and global health officials are putting a strong emphasis on the importance of social distancing and self-isolation. However, social distancing and self-isolation does not have to mean social disconnect. In fact, staying connected to family and friends, staying active, and finding ways to deal with stress are ways to take care of your mental health during times of uncertainty.

#### **Stay connected and maintain your social networks**

Technology is a great way to keep connected to family or friends. Send that email you've been putting off, reconnect with that old friend you've been meaning to reach out to, or just pick up the phone (or video chat!) and reach out to those you care about, especially to those who may be more vulnerable or lonely during this time.

#### **Follow your usual routine as much as possible**

Even with so much disruption to your daily routine, try sticking to your regular schedule as much as you can. Keep up with your normal sleep routines, eat regular meals, and try to plan out your daily tasks. Keeping to a routine and a sense of normalcy is also important for children. Check out this resource from The World Health Organization for [helping children cope with the COVID-19 outbreak](#).

#### **Try to stay active**

While it may be tempting to pass the day by binging on the latest Netflix release or scrolling through Facebook for hours, it's important to keep your body moving. Try going for a walk, start your spring cleaning around your home, or try out an at-home exercise workout—YouTube has lots of great videos for all fitness levels!

#### **Get as much sunlight, fresh air and nature as you can**

Getting fresh air and some sunshine are all proven ways to boost your mood. Open the windows, spend some time outside, or even get a head start on your spring yard work.

#### **Find ways to keep busy**

Now is a great time to tackle those tasks that you've been putting off. Try de-cluttering closets and drawers, organize family photos or find some new recipe ideas you'd like to try.

#### **Keep your mind stimulated**

While keeping your body moving is important, so is keeping your mind active. Crack open a new book (or an old favourite!), catch up on podcasts, or dust off a puzzle or board game and have a family game night.

#### **Find ways to be creative**

Tapping into your creative side is always good for your mental wellbeing. Try some do-it-yourself projects, painting and craft projects, writing a journal, listening to music, or starting an online-learning opportunity through your local library.

#### **Set limits on your media consumption**

It's important to stay informed with facts from reputable sources, but it's important not to overwhelm yourself with anxiety-provoking news. Set a limit to your media consumption if it is causing you increased anxiety and worry. For a great resource, check out the [Coping with Stress](#) infographic from the WHO (World Health Organization).

#### **Seek additional help when needed**

If you are feeling overwhelmed, anxious, or depressed, please reach out. You can find information and resources at:

Guelph/Wellington: Here 24/7 <https://here247.ca/>

Dufferin County: 24/7 Crisis

Support; <https://cmhapeeldufferin.ca/>

**Lindsay Cline, Health Promotions Specialist and  
Jessica Anselmini, Communications Specialist  
Taken from the Wellington-Dufferin-Guelph Public  
Health Website**