



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

Tuesday, December 28, 2021

7:00pm Avila Taverner – The Cipparrone Family

Wednesday, December 29, 2021

8:30am Intentions of Sonny Clerkin

Thursday, December 30, 2021

8:30am Intentions of Stasia Brohman- Joanne Brohman

Friday, December 31, 2021

5:00 pm New Year's Eve Mass

Saturday, January 1, 2022

10:00am New Year's Day Mass **Livestreamed**

Sunday January 2, 2022 –

9:00am Intentions of the Parish **Livestreamed**

11:00 am Special Intentions

Diocesan Prayer Calendar

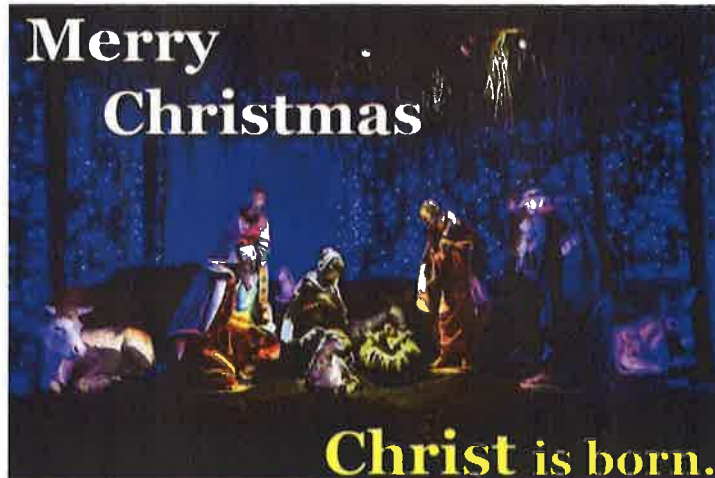
Dec. 27	Very Rev. Msgr. Murray Kroetsch
Dec. 28	Rev. Francisco Cruz
Dec. 29	Sisters of St. Anne
Dec. 30	Rev. Adam Wroblewicz, C.R.
Dec. 31	Rev. Melvin Pinto, O.C.D.



Nativity of the Lord - December 25, 2021

We celebrate the birth of our Lord into our world; however, many have not received the birth of our Lord into their hearts. If Christ lives in your heart and you would like to help others discover the Lord, you may be called to be a priest, religious, or permanent deacon. If God is calling you, contact Bishop Wayne Lobsinger, Director of Vocations and Priestly Formation, Diocese of Hamilton (905-528-7988).

Email vocations@hamiltondiocese.com
www.hamiltondiocese.com/vocations/



As we celebrate the birth of Christ, and spend time with our families, we would like to remind everyone that there are those who are not so fortunate. As we continue to navigate this pandemic, there are those who will be alone, anxious, ill and in need of some kindness from their fellow man/woman. Attached to this bulletin is an article from the Mental Health Commission of Canada on **How to Give Back (or Reach Out) This Holiday Season**. Please take a few minutes to read this helpful article, and reach out to someone in need. Remember the true spirit of the holiday season, and help spread the joy of the season!

2022 Collection Envelopes

The 2022 Collection Envelope boxes have arrived and are available for pick up in the Narthex. Parishioners who make their parish donations through electronic fund transfer will receive a smaller package of envelopes that contains only the "Special Collection" envelopes, St. Vincent de Paul envelopes and Diocesan Collections.

Pre-Authorized Giving

As you know, St. Joseph Parish depends entirely on the generosity of our parishioners. Pre-authorized giving allows you to give to the parish intentionally and faithfully through scheduled monthly or bi-weekly transfers from your bank account, depending on your preferences. These funds are directly deposited into the parish's account. If you are interested in making your offerings using this method. Please contact the Church office at 519-843-2006

Canadian Food For Children

Please remember the poorest of poor at Christmas. Some items that are very much needed are personal hygiene such as soap, shampoo, toothpaste, toothbrushes as well as salt and pasta. Thanks so much for your ongoing generosity.

Year Of Amoris Laetitia Family – Hamilton Diocesan Speaker Series

The kick off to the Diocesan speaker series, meant to celebrate the year, will be in January, with a special three-part presentation by Bishop Lobsinger, with input from the Pastoral Offices staff. The evening sessions will be held from 7-8:30 p.m. on Jan. 12th, 19th and 26th, and will unpack the great wisdom in Amoris Laetitia: The Joy of Love in Families and Church. The presentations, by zoom, are meant to engage all members of the Diocese in looking at both the challenges and blessings of families in the world today. Check the Diocesan website at <https://amorislaetitia.hamiltondiocese.com/> for more information about both the year and the Diocesan Speaker Series. Online registration will be necessary to receive the link, where you can join in by phone or internet. For more information contact Teresa Hartnett at thartnett@hamiltondiocese.com, or 905-528-7988 ext. 2250.

The 2021 – 2023 Synod Of Bishops

brings an invitation from Pope Francis to embark on a journey together. How can you get involved? Offer your thoughts on how we can deepen our communion in the Lord and how all members of the Church can participate more fully in its mission. Visit: <https://hamiltondiocese.com/synod/#about>.

University Chaplaincy In The Diocese Of Hamilton

The Office for Evangelization and Catechesis has produced a video showcasing the wonderful ministry of our Diocesan University Chaplaincy Centres. Do share this video with a young person in your life who may be preparing for post-secondary education, or someone who is looking for a faith community on campus within the Diocese. Special thanks to the Priests Chaplains, campus ministers and students who helped make this project possible. To view the video, visit: <https://hamiltondiocese.com/offices/evangelization-catechesis/young-adult-ministry>.

Great News About FORMED

They made us an offer we couldn't refuse (and offered a terrific price). We are pleased to announce that the parish subscription to FORMED has been renewed!! If you were a past user, you'll know how great the material, videos etc. are. If you've never visited this awesome, all Catholic website, you are in for a treat!

How do past users re-register for an account?

Registering for FORMED is easier than ever:

1. Go to formed.org/signup
2. Select your parish (using zip code is easiest)
3. Register with your name and email address
4. Check that email account for a link to begin using FORMED

How do parishioners log into FORMED?

1. Go to formed.org/signup
2. In the upper right corner, select "Sign In"
3. A new "Sign In" screen appears and user enters their email address and selects "Next"
4. A message appears for user to "Check your email!"
5. Check that email account for a link to begin using FORMED.

Glory to God in the highest!

My precious Lord, Jesus,
I adore You with profound love and rejoice in the
celebration of Your birth.

Your love for us is unfathomable,
it is glorious
transforming,
awe-inspiring,
and deeply personal.

You chose to come and dwell among us,
being born into poverty, rejection and humility.

Yet Your mother knew whom she bore,
Her heart was filled with the tenderest love
as she adored her Child and her God.

Help me, dear Lord,
to come to love You with the heart of Your mother.
Invite me to adore You with St. Joseph and the poor
shepherds.

Reveal to me the glorious power of Your birth
and change my life on account of this perfect gift of
Yourself.

I love You, dear Lord Jesus.
Help me to love You with all my heart.

Newborn Savior of the World,
I trust in You.

Mother Mary and St. Joseph,
Pray for me and for all.

Amen.



HOW TO GIVE BACK (OR REACH OUT)

THIS HOLIDAY SEASON

As we continue to navigate the pandemic, riding a second wave into the holidays, many of our plans and traditions are being upended. If you've been struggling to find your giving spirit, the following tips may help you strike the right balance between giving and receiving.

1 Manage expectations

Take the time to consider what your capacity is before making commitments, regardless of what you've done in years past. It's healthy to lower the bar for yourself when you need to, whether that means taking on fewer responsibilities, stepping back from some energy-depleting traditions, or saying no outright. Remember: this pandemic is a marathon, not a sprint, and recognizing your limitations will help carry you through to the finish line.

2 Get creative about giving back

Activities like volunteering, especially when done for altruistic reasons, can be a great way to boost your mental and physical health. If your bandwidth allows you to give this season, get creative. For example, if you normally share holiday baking with family and friends, consider supporting a local bakery instead. If you want to support those who are having an especially difficult time this season, consider training as a volunteer with Kids Help Phone.

3 Don't discount small actions

Giving back doesn't have to involve a major time commitment or hefty price tag. Small acts of kindness can yield big results, especially at the end of a difficult year. Gestures like making an extra phone call to a relative who is isolated or picking up some groceries for an elderly neighbour can go a long way. If those things feel like too much, that's OK, too!

4 Reach out and accept help

There's no shame in being on the receiving end of someone else's kindness, even if you're not up to giving. Just as you can't pour from an empty cup, you can't give to others when you're feeling depleted. Don't hesitate to ask for the help you need, when you need it. If you're usually the holiday chef, for example, consider asking someone else to don the apron instead. If someone offers to take some task off your plate, don't hesitate to accept their help. The act of generosity will benefit both of you.

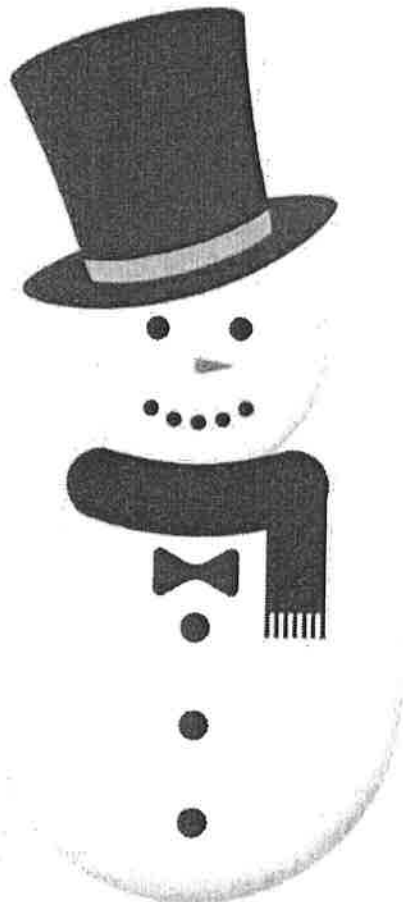
5 Set boundaries

Clear boundaries can protect your mental wellness. Let those who may be expecting things from you know where you're drawing the line this year. If that virtual holiday party feels like too much, politely decline. If you want to forgo certain traditions, communicate that with your family. Setting boundaries can help give you the necessary space to recharge without undue stress.

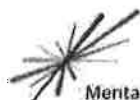
6 Monitor your mental health

Take the pulse of your mental well-being periodically. While it's normal to experience emotional peaks and valleys during times of uncertainty, it's also important to check in regularly to ensure you're getting the support you need. The Mental Health Continuum is a great self-check tool to help you gauge your mental wellness at any time.

If you're feeling that you need external support, the Wellness Together Canada portal offers free mental health counselling and other resources. You can also speak with your primary health care or mental health care provider if you are concerned about your well-being. Taking the steps to protect your mental wellness is one of the greatest gifts you can give yourself.



For more information, visit www.mentalhealthcommission.ca/English/covid19



Mental Health
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of Canada

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la santé mentale
du Canada



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