



# Focus on the Word

## Third Sunday of Advent

At the beginning of Mass, the Priest will call a family to light the Advent Candle. At the end, the congregation prays:

**Father, You called us to share Christ's ministry to a troubled world. Fill us with Your Spirit, so that we may faithfully proclaim Your Word in all we say and do, until Your Kingdom comes on Earth.**

**We ask this through Christ, our Lord. Amen.**

## Parish Week † Sunday, 15 Dec. 2024

### Saturday, 14 Dec. / St. John of the Cross, priest & doctor

- 8.00 am Mass: † Jovina Cadigal Baino (Maria Penalosa)
- 5.00 pm Mass: Int. Loretta D'Mello (friends)
- 6.30 pm CWL Dinner Dance

### SUNDAY, 15 DEC. / ADVENT 3-C

#### ■ Homilist: Fr. Edwin Galea

- 9.00 am Mass: † Cyrilda Alagaratnam (Shirani, Leslie & Rita)
- 10.30 am Mass: † Deceased members of DeVerno and Shea families (Pamela D'Verno)
- 12.00 pm Mass: † Eddy Juan (Wife Shirley & family)
- 7.00 pm Mass: Pro Populo

### Monday, 16 Dec.

- 8.00 am Mass: † Rodolfo Ruiz (family)
- 7.00 pm Mass: † Mike D'Mello (Esme)

### Tuesday, 17 Dec.

#### ■ Birthday of Pope Francis (1936)

- 8.00 am Mass: † Fermin Kwan (family)
- 7.00 pm Mass: Int. Thanksgiving, Arnold & Jyen (Mom)

### Wednesday 18 Dec.

#### ■ Advent Day of Confessions

- 8.00 am Mass: † Vincenzo Raschella (Lina)
- 9.00 am ► St. Albert School Mass
- 7.00 pm Mass: † Francis Lagundi (Buyser family)

### Thursday, 19 Dec.

- 8.00 am Mass: † Pablito Madrero (family)
- 8.50 am St. Joan of Arc Advent Mass
- 12.30 am St. Maria Goretti School Advent Mass
- 7.00 pm Mass: † Deceased Members of the families of Clara & David Muzumdar

### Friday, 20 Dec.

- 8.00 am Mass: † Luigi DeCicco (Emma)
- 7.00 pm Mass: Int. Thanksgiving (Lillian & family)

### Saturday, 21 Dec. / St. Peter Canisius, priest & doctor

- 8.00 am Mass: † Crisanta Amul (family)
- 5.00 pm Mass: Int. Lillian D'Souza (friends)

### SUNDAY, 22 DEC. / ADVENT 4-C

#### ■ Homilist: Fr. Elias Chachati

#### ■ Fr. Amand Joseph Desaulniers: death anniversary (1988)

- 9.00 am Mass: † Incoronata Cifaldi (Irma Pisciola & families)
- 10.30 am Mass: Int. Thanksgiving Cenizal family (Maria)
- 12.00 pm Mass: † Alwyn D'Souza (family)
- 7.00 pm Mass: Pro Populo

Today's Candle lighters are:

- 5.00 pm: **CWL Council**
- 9.00 am: **Carla Borgono & Joanne Tolbel**
- 10.30 am: **SVDP Conference**
- 12.00 pm: **Arlene Bertok & Brenda Silva**
- 7.00 pm: **Michelle Desiato & Hailey Falzon**

## Pray for the Deceased

**Cresencia Gomes**  
**Marianna Ramulu Naddi**

**The 115 victims of the gang massacre in Point-Sonde, Haiti in October**



## Advent Day of Confessions

*Wednesday, 18 December: 4-5 pm, 7.30-9 pm*

Parishioners are invited to receive the *Sacrament of Reconciliation* on our DAY OF CONFESSIONS in Advent.

Penitents may come for Confession from 4.00 – 5.00 pm, and again following the 7.00 pm evening Mass, from 7.30 – 9.00 pm.

## COMING UP

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- 24 Dec. **Christmas Eve** Masses begin at 7.00 pm
- 25 Dec. Christmas: Feast of the **Nativity of Our Lord**  
- 2<sup>nd</sup> Collection: *Christmas*
- 29 Dec. Feast of the **Holy Family**;  
- 2<sup>nd</sup> Collection: *Maintenance*
- 31 Dec. New Year Eve Masses begin at 7.00 pm

## 2025

- 1 Jan. The Solemnity of **Mary, Mother of God**;  
- 2<sup>nd</sup> Collection: *New Year*
- 2 Jan. Wedding: Barr & D'Mello (2:00 pm)
- 6 Jan. Infant Baptism Parent Godparent Meeting (7:40 pm)
- 10 Jan. Wedding: Barkhodaee & Alon
- 12 Jan. Infant Baptism (1:30 pm)
- 26 Jan. 2<sup>nd</sup> Collection: *Maintenance*
- 3 Feb. Infant Baptism Parent Godparent Meeting (7:40 pm)
- 9 Feb. Infant Baptism (1:30 pm)
- 23 Feb. 2<sup>nd</sup> Collection: *Maintenance*
- 5 Mar. Ash Wednesday;  
- Lent begins; Day of Fast and Abstinence

## Catholic Women's League DINNER DANCE

14 December, 6.30 pm

A reminder: the CWL **Dinner Dance** is on Saturday, 14 December, at 6.30 pm.



## The Knights of Columbus

15 Dec. 1.30 pm **GENERAL** meeting;  
**POTLUCK** lunch for the  
Knights & their families



### A Special Gift SUNDAY MORNING ROSARY

We thank **Rita Sato** for leading the Rosary at the 9.00 am Mass on Sunday morning. God bless you and your family.

## New Year Shrine Day Trip

4 January, 9 am – 9 pm

Help us kick off our 2025 *ShareLife* Campaign. Our Parish is holding a day trip to Niagara & Buffalo on Saturday, 4 January. This will include stops at some of the lovely nearby Shrines. The cost is \$60; booking is required by Sunday, 22 Dec. To reserve your seat now, call: **Lillian**, 647-909-6425.



## Confirmation Preparation underway

Congratulations to the Grade 7 St. Maria Goretti School students who participated in their ENROLMENT RITE on 26 November. May God continue to guide you in your studies and in your personal prayer as you prepare for your *Confirmation* on 8 May 2025.

Preparation will begin in the New Year for *Confirmation* for students in public school, and students in Catholic schools outside our Parish. Watch the Bulletin and our website for details.

## Spiritual Reflection Thanks and Praise

Do you remember the prayer in the old translation of the Mass that said: “*We do well always and everywhere to give you thanks and praise?*” So, the opposite must also be true: we’re doing “unwell” if we are *not* giving thanks and praise always and everywhere.

Can we really give thanks and praise “always and everywhere?” We can certainly learn to have an *inner disposition* of thanks and praise that we keep with us always and everywhere. However, as the Catechism says, “we cannot pray ‘at all times’ if we do not pray at *specific times*, consciously willing it” (#2697).

There are specific times for us to give God thanks and praise. Thanksgiving Day is one such time; and so is every Sunday, every “Lord’s Day,” which is a constant reminder of the Passion, Death and Resurrection of Jesus. We consciously will to give thanks and praise, to affirm what we should do “always and everywhere.”

“Lord, we praise you and we thank you for all your gifts, and for all our joys. Illuminate them as the path to your glory. Amen.”

## ADVENT PREPARATIONS

### Christmas Flowers

Parishioners are invited to sponsor this year’s display of CHRISTMAS POINSETTIAS in our Sanctuary. Donation envelopes are at the Office window.



If you wish to *dedicate* your flowers please fill out the “Christmas Flower” form in the donation envelope. Dedications will be accepted until:

Noon on Monday, 23 December.

The forms are intended to remember *one person* for each pot donated. If you wish to honour more than one person, you may submit the name of a couple who share a common family name; or, for many persons, “For the members of the \_\_\_\_\_ Family.”

### St. Vincent de Paul Advent Appeal

During Advent, as we prepare to celebrate the birth of our Savior, we recall many in our community who are less fortunate and who could benefit from our prayers and almsgiving.

Our parish St. Vincent de Paul Society seeks your support for the help we provide to the poor. Envelopes will be made available at the doors of the Church so that you can help us to extend Christ’s love to our neighbors who are in need.

### Finance Council Report, 15 December

Next Finance Council meeting: 3.30 pm, 14 December.

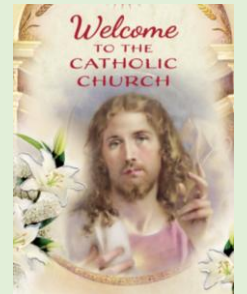
The annual FINANCE COUNCIL REPORT will be made at all Masses on 14 & 15 December.

### RCIA, RCIC Rite of Christian Initiation of Adults and Children

#### Coming Up:

RCIA meets: 13 Dec. 2024  
3 Jan. 2025, 7.30 pm.

RCIC meets: 14 Dec. 2024  
4 Jan. 2025, 10.00 am.



## Stewardship 2025 Sunday Envelopes

Parishioners are invited to pick up their *Sunday Offertory Envelopes* for next year in the Vestibule after Mass. The

envelopes are for registered parishioners only; if you are new to the neighbourhood and have not yet registered, *welcome!* Come to the Office window, fill out a *registration form*, and join our parish.

“At this Christmas when Christ comes, will He find a warm heart? Mark the season of Advent by loving and serving the others with God’s own love and concern.” —**Mother Teresa**

Where your treasure is, there will your heart be also. -Matt. 6:21	My Offering	
	Name:	_____
	Address:	_____
	Amount:	_____



## Personal Health & Wellness Dec.

### Seasonal Affective Disorder (SAD)

As the days get shorter and the weather turns colder, many people experience a shift in mood and energy levels. If you find yourself feeling more tired, down or withdrawn during the fall and winter months, you're not alone. This could be a sign of Seasonal Affective Disorder (SAD), a form of depression linked to seasonal changes. While SAD is common, the good news is that with the Christmas season upon us, the joy, warmth and festive spirit can help lift your mood and provide a sense of connection.

Below are some simple tips offered by *GoodLife Fitness* to help manage SAD, so you can embrace the holiday season with a brighter, more balanced outlook and start the new year more energized throughout the colder months.

→ **Get Outside:** Natural light, even on cloudy days, is far stronger than artificial light and can boost serotonin.

→ **Move More:** Exercise releases feel-good hormones and can help combat mild depression. Aim for 30 minutes of aerobic exercise three times a week.

→ **Eat Dark Chocolate:** Dark chocolate contains tryptophan, which helps the body produce serotonin. Choose chocolate with higher cocoa content for more tryptophan.

**Remember:** These tips can help combat SAD. However, if symptoms persist or worsen, consult your doctor.



Baby **Marmoset** rescued from forest fire in Brazil, Sept. 2024













