

Cardinal Collins celebrates his 75th birthday, 16 January 2022.

Focus on the Word

3rd Sunday Ordinary Time, Year C

Nehemiah 8.2-10; 1 Corinthians 12.12-30; Luke 1.1-4; 4.14-21

Almighty ever-living God, direct our actions according to your good pleasure, that in the name of your beloved Son we may abound in good works. Amen.

Pray for the Deceased

William Barclay, Dominador Ochoco

The 41 victims of the November floods in India & Sri Lanka



Marriage Sunday 12/13 February 2022

Marriage Sunday highlights the importance of the Sacrament of Matrimony, affirms couples who strengthen our faith community through their witness, and complements *World Marriage Sunday* celebrations that take place across North America. First celebrated in the Archdiocese of Toronto in 2011, **His Eminence Thomas Cardinal Collins** designated the weekend prior to the Family Day long weekend in Ontario as "Marriage Sunday". In 2022, Marriage Sunday weekend will be celebrated on 12/13 February.

Parish Week ❖ Sunday, 23 January 2022

Saturday, 22 Jan.

- 8.00 am Mass: † Konstantinos Dalekos (Beatriz Yamal)
- 11.30 am RCIC Baptism
- 5.00 pm Mass: † Xavier Turiano (family)

SUNDAY, 23 JAN. / 3-C

■ *Homilist: Deacon Ramon Villardo*

- 9.00 am Mass: † Patrick Joseph (Shoba Ryan)
- 10.30 am Mass: † Lea El Haddad (Manuel Casildus)
- 12.00 pm Mass: † Michael D., Mike G. & Fred Eisenblatter (Tessie Mendonca)
- 7.00 pm Mass: Pro Populo

Monday, 24 Jan. / St. Francis de Sales, *bishop & doctor*

- 8.00 am Mass: † Guillermo Maulion (Corine)
- 7.00 pm Mass: † Belen & Lorenzo Merinda (family)

Tuesday, 25 Jan. / Conversion of St. Paul, *apostle*

- 8.00 am Mass: Int. All Guardian Angels (Christa Hahn)

Wednesday, 26 Jan. / Ss. Timothy & Titus, *bishops*

- 8.00 am Mass: † Cornelia Quiocho (Norma Quiroga)

Thurs., 27 Jan. / St. Angela Merici, *virgin & religious founder*

- 8.00 am Mass: † Mary Almeida & Cecilia Fernandes (Almeida family)

Fri., 28 Jan. / St. Thomas Aquinas, *priest, religious & doctor*

- 8.00 am Mass: † Douglas Dias (Daphne)

Saturday, 29 Jan.

- 8.00 am Mass: † Mary Joyca Li Yan (family)
- 5.00 pm Mass: † Michele Morra (Carol)

SUNDAY, 30 JAN. / 4-C

■ *Homilist: Fr. Edwin Galea*

■ *2nd Collection: Maintenance*

■ *Cardinal Thomas Collins: Installed as Archbishop of Toronto (2007)*

- 9.00 am Mass: Int. Biju Abraham (family)
- 10.30 am Mass: † Hermenegildo Maulion (Maria Rodas)
- 12.00 pm Mass: Int. Matteo Lombardi, 101st Birthday (Carol Morra & family)
- 7.00 pm Mass: Pro Populo

COMING UP

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- 7 Feb. Infant Baptism Parent/Godparent Meeting (7:40 pm)
- 13 Feb. Infant Baptism (1.30 pm)
- 27 Feb. *2nd Collection: Maintenance*
- 2 Mar. **Ash Wednesday;**
- *Lent* begins; Day of Fast and Abstinence
- 6 Mar. **1st Sunday in Lent**
- 7 Mar. Infant Baptism Parent/Godparent Meeting (7:40 pm)
- 13 Mar. Infant Baptism (1.30 pm)
- 20 Mar. *2nd Collection: Maintenance*
- 27 Mar. **ShareLife Collection**
- 4 Apr. Infant Baptism Parent/Godparent Meeting (7:40 pm)
- 10 Apr. **Palm Sunday: Holy Week** begins
- 14 Apr. **Holy Thursday: Evening Mass of the Lord's Supper;**
- Adoration until midnight
- 15 Apr. **Good Friday: The Passion of Our Lord**
- 17 Apr. **Easter Sunday: Resurrection of Our Lord;**
2 Collections: (a) *Offertory*; (b) *Easter*
- 22 Apr. Wedding: Jefferson – Richein (1:00 pm)
- 23 Apr. Wedding: Belen – Albino (1:00 pm)
- 24 Apr. **Second Sunday of Easter / DIVINE MERCY;**
2nd Collection: Maintenance
- 7 May 25th Wedding Ann.: Fernando & Catherine Ortiz (1 pm)

Website stmariagoretti.archtoronto.org

All must sign in at arrival, and wear a face mask inside the Church. Hand sanitization is recommended. For more information on Parish activities, such as the schedule of upcoming **Sacramental** celebrations, check pages 3 and following in the website bulletin.

Sacramental Preparation

The celebration of **FIRST HOLY COMMUNION & CONFIRMATION** for the Grade 3 & 8 students in our Parish Schools was completed in November and December 2021. Our Office Team is reviewing the information from these celebrations to enter them into our Sacramental Registers, and then prepare the proper Certificates.

The elevated restrictions in our pandemic management, due to the increasing prevalence of the omicron variant, have led to new delays in implementing our strategy for providing Sacramental celebrations. We will continue to work with the Schools and parents to find the best way forward, as circumstances permit.

In January, we hope to initiate the scheduling of the Sacrament of **1st Reconciliation** for all the students who made their First Communion in 2021.

We will also complete the *Presentations* on the Sacraments for the newly-Confirmed Grade 8 youth (November–December 2021), and the students who made their 1st Communion in Grade 4 (April 2021) and Grade 3 (November 2021).

We sincerely hope that the formal preparation for the Sacraments of **First Holy Communion** and **Confirmation** for the students currently in Grades 2 & 7 might start in February. This would be an important step in attending to the spiritual needs of our Youth.

A Special Gift HAND SANITIZER

Our Parish gratefully thanks **Mia Flores**, for her donation of a supply of HAND SANITIZER. Your kindness is sincerely appreciated.

RCIA, RCIC

Rites of Christian Initiation of Adults & Children



The RCIA meets Friday evenings at 7.30 pm; their next meetings are on 21 January & 4 February. The RCIC for the Youth meets Saturday mornings; their next meetings are on 22 January & 5 February.

The current pandemic protocols require strict adherence to the basic safety measures: sign in, face mask, distancing, no food consumption in common areas, etc.

Stewardship

2021 Receipts, 2022 Envelopes

The Charitable *Tax Receipts* for all recorded donations during 2021 are in the Vestibule, for pick up after Mass.

Many thanks to all our faithful parishioners for your generous support of our wonderful parish through your weekly stewardship! This is an act of honour to God, our Creator.

Parishioners are invited to pick up their 2022 *Sunday Offertory Envelopes* in the Office Lobby after Mass. They are for registered parishioners only; if you are new to the parish and have not yet registered, *welcome to our neighbourhood!* Go to the Office window, introduce yourself, and complete a *registration form*.



January Wellbeing

Tips for Winter Wellness



Winter brings us shorter days, more time spent inside and the flu season! Our immune system has a lot to deal with during the winter months. Not only do people tend to get more colds and coughs during this time of year, but the lack of sunshine can have a big effect on our mood and physical health. There are a few things we can do to take extra care of our health at this time of year, whether by boosting our immune system or better dealing with the harsh environment.

1. Wash Your Hands

This is classic advice and now more than ever we've been repeatedly told of the importance of hand washing. Washing your hands can stop germs from spreading from one person to another and then throughout our community. It's one of the easiest and most effective ways to avoid getting sick. If you don't have soap and water nearby, use anti-bacterial hand sanitizer. You don't realize just how many germs you come into contact with every day and just being mindful of hand cleanliness can make a big difference. *And:* Try to not touch your eyes, ears, nose or mouth throughout the day. The nail beds in your fingers harbour many germs that can make their way into your body through open areas.

2. Eat the Rainbow

Make sure you're filling yourself up with lots of colourful produce. Whether it's fresh or frozen, produce is the most important health tool money can buy. Eating a variety of fruit and vegetables will ensure you get all the essential vitamins and minerals you need, especially in the winter when there is less sunlight and less time outside. A healthy, nutrient dense diet is the best defense against sickness of any kind.

3. Get Outside

Winter weather is not to everyone's liking. However, make an effort to get outside in the light and fresh air at least once a day. Not only is it good for replenishing your vitamin D needs (which is a key nutrient that aids our immune system and is one that most people lack during the winter), but it also frees you from the confinement of your home. Being cooped up indoors for too long is not good for your mind or body. During the winter, mould can build up in the home which can trigger congestion, respiratory infections, coughing and even asthma attacks for those who have that disease. Do yourself a favour and get out of your home.

4. Move Your Body

Exercise is important throughout the year, but even more so in the winter when we are naturally more sedentary. A regular workout routine is a prime booster for your immunity. It reduces the risk of cold and flu, while improving your mood and raising your energy levels that can be so easily zapped in the winter. Not to mention it's an automatic heat builder; you can be your own heat source when you work out. Along with getting outside for a walk, you can stretch and lifting weights.

5. Stay Positive

Seasonal Affective Disorder (SAD) is a real thing and it can affect a lot more than just your mood. Fatigue, irritability, depression, anxiety and even physical discomfort can result from the changing of seasons. The best way to beat the winter blues is to get outside daily (as mentioned above), but also boost your diet. Incorporate nutrient dense foods and fresh herbs as often as possible. Foods that are high in calcium and magnesium are said to improve stress levels, lift you out of SAD-related moods and overall keep you more healthy and happy.

New Greek Orthodox Church & Shrine



The new **St. Nicholas Greek Orthodox Church**, officially the “St. Nicholas Greek Orthodox Church and National Shrine,” is a Church and shrine under construction in the World Trade Centre in Manhattan, New York City. It is run by the Greek Orthodox Archdiocese of America and is being developed by the Port Authority of New York and New Jersey, based on the design of Spanish architect Santiago Calatrava. The Church is set to be completed in April 2022, coinciding with Orthodox Holy Week. It will be consecrated on 4 July 2022.

On 2 November 2021, Saint Nicholas Greek Orthodox Church and their friends welcomed the **Ecumenical Patriarch Bartholomew** of Constantinople (Istanbul), as he officially blessed the Saint Nicholas National Shrine at The World Trade Center and participated in the elevation of the Cross atop its marbled dome.

The original St. Nicholas Church was founded in 1916 in a small row house that had been used as a tavern. Greek immigrants of lower Manhattan purchased it in 1892 as a community home. The little church stood in exactly the same location, 155 Cedar Street, witnessing the decades of growth and transformation as the World Trade Centre was built.

World Trade Centre Park, Manhattan



Everything changed on 9/11. Saint Nicholas was completely destroyed in the collapse of World Trade Center Tower 2 during the 11 September 2001 terrorist attacks. Thankfully, no one was in the Church when it was destroyed. Nevertheless, there are reports of Greek Orthodox Christians who escaped the burning Towers by running toward the sacred sound of the bell in the campanile that was a visual hallmark of the Church. In the immediate days that followed September 11th, when rescue and recovery efforts were at their most intense, a few scant objects were recovered from the site near and around 155 Cedar Street. Sadly, much like the remains of those who perished when the Twin Towers collapsed, few precious relics were found.

Even as there were challenges to commence construction, in July of 2010, remains of an 18th century ship were found on the very location of the former Saint Nicholas Church. The Miracle-working Saint is known throughout the world as the patron saint of those who sail the sea, and many took this as a sign that the resurrection of the Church was approaching.

Rebuilding Saint Nicholas Church, with a nondenominational Bereavement Center included, is not just good news for the Greek Orthodox community, but for all New Yorkers.



Aaron Dominic Andres receives his *Blessing* in Preparation for Baptism, 10 January 2022.

Egyptian Coptic Church plan to remember 21 members beheaded by Islamic State seven years ago

Commemorations from February 1-15 will revolve around a shrine built in honour of the Coptic Martyrs of Egypt

Coptic Christians in Egypt are to celebrate 15 days of “spiritual awakening” to keep alive the memory of 21 Coptic Christians who were beheaded by the Islamic State in Libya in 2015. The February 1-15 special days of liturgical and ecclesial events was proposed by the Coptic Orthodox Diocese of Samalut, in the province of Minya in Upper Egypt. Known as the Coptic Martyrs of Libya, the commemorations will revolve around the shrine built in their honor in the town of al Awar.

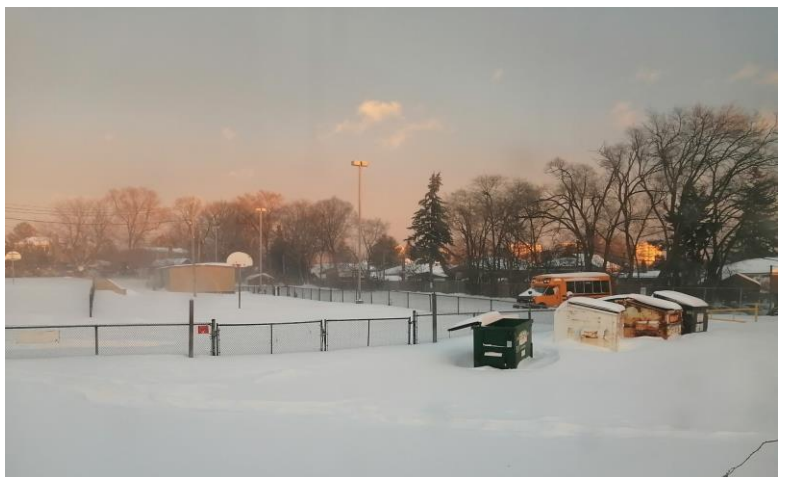


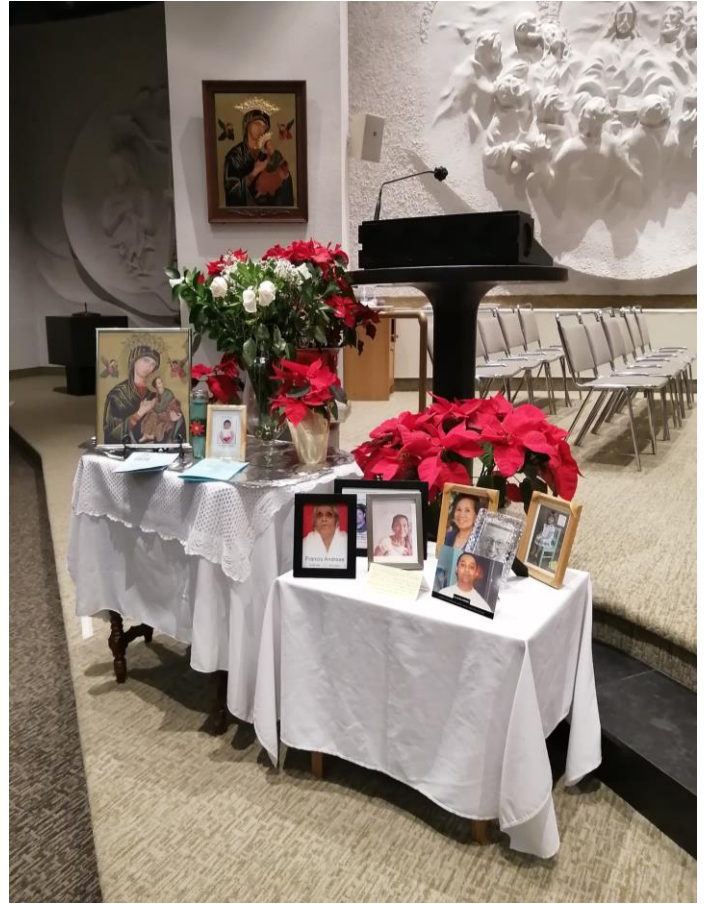
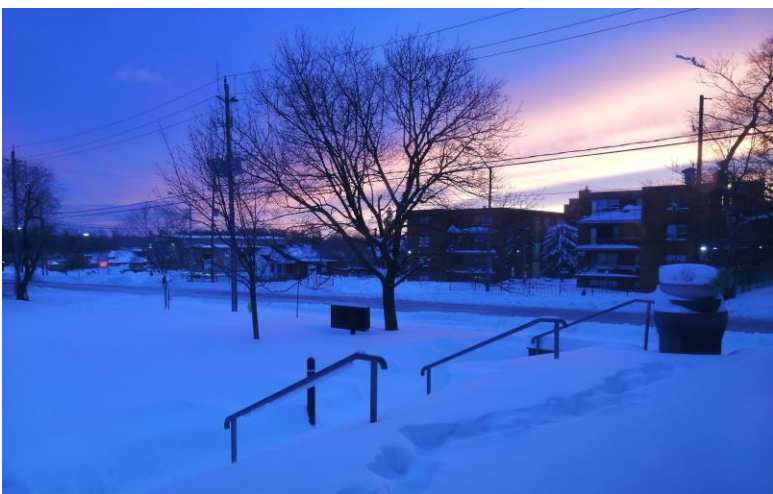
Christine and John Domalaon at their 25th Wedding Anniversary, 28 December 2021.



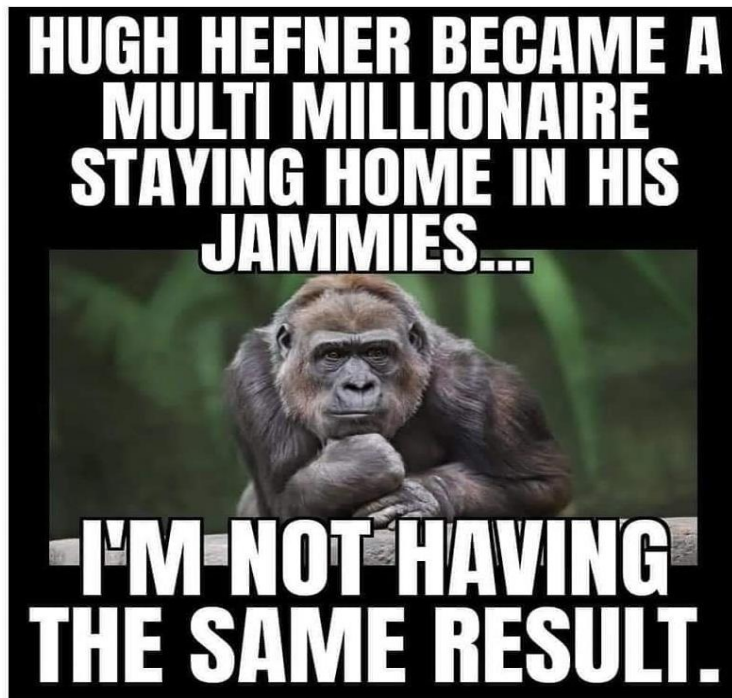
Members of the **BLESSED TRINITY PRAYER GROUP** from Ottawa and Scarborough gather after the 12 pm Mass, 9 January.

The Snowstorm of 17 January





*Humour to help us
survive the Pandemic*



PANDEMIC PULLOVER

I just got pulled over by the cops.
He said, "I can smell alcohol."
I said, "That's because you're not
respecting social distancing."



