

St. John the Baptist Parish—Weekly Activities

Monday, January 29, 2018

8:35 - Rosary before 9am Mass

† Mary Lynne McNeil by Debbie & Bill Meloche
† Joseph Dinunzio by Mr & Mrs Constantino DiCarlo
† Giovanni Conte by Mary & Guido Simone
1:30-3:30pm Parish Nurse is available at the Parish Center
7pm Bible Study begins the Book of Exodus—Fr. Ware Room
7pm Youth Group Meetings—Ecole Ste. Jean Baptiste gym
9:30am - 24 Hour Eucharistic Adoration- Assembly room

Tuesday, January 30, 2018

8:35 - Rosary before 9am Mass

† Julia and Daniel Klanyi by Kathy (niece)
† Angiolina Palumbo by Maria & Donato Menna
6:30pm Confirmation Meeting—Church

Wednesday, January 31, 2018

St. John Bosco

8:35am Rosary before 9am Mass

† Agustino DiPronio by Lucia Conte & Family
† Frenzo DiGiovanni by Mary & Peter DiPasquale
† Patrick Higgins by Bernadette Emery
9:30 Book Study—Fr. Ware Room
1:30pm Centering Prayer—Fr. Martin Room
6:30pm Faith Buddies—Assembly Room
7pm Unveil Series—K of C Hall
7pm Baptismal Preparation —Fr. Martin Room
7pm Choir Practise—Church
1pm—Legionari Della Sacra Famiglia: TBA

Thursday, February 1, 2018

8:35am Rosary before 9am Mass

† Amedina Simone by Martha Andrews
† Rosalie DiBartolomeo by V. Salvati
† Lucille Berthiaume by Loretta & Larry Lappan
10am Social Justice Meeting—Fr. Martin room

7pm Mass

† Mario Rosso by the Torte Family
† Francesco D'Alimonte by Mr & Mrs Santino DiCarlo
† Giuseppe Dinunzio by Anna & Gino Savo
7:30 Bible Study Fr. Ware Room

Friday, February 2, 2018

The Presentation of the Lord

8:35am Rosary before 9am Mass

† Leo Emery by Bernadette Emery
† Agostino DiPronio by Rosa Pietrangelo
Living the Emery Family by Bernadette Emery
3pm Divine Mercy Hour—Church
4:30-6:30pm K of C Fish Fry

Saturday, February 3, 2018

8:35am Rosary before 9am Mass

† Barb Mayville by Bob Mayville
† Antonio Cafarelli by Maria Cafarelli
† Stella Italiano by Mary & Paul Whittal

4-4:45pm—Reconciliation

5pm—Mass

Sunday, February 4, 2018

8am Mass

10am Mass—Children's Liturgy

11am St. Vincent de Paul Meeting—Fr. Ware Room

January 28, 2018

4th Sunday in Ordinary Time

*"Brothers and sisters: I should like you to be free of anxieties." -
-1 CORINTHIANS 7:32*

How much anxiety do we bring upon ourselves by constantly worrying about not having enough or attaining more things? God won't necessarily give you everything you want, but He will provide everything you need. Try this – use the word "pray" instead of the word "worry" in the future.

Readings for February 4, 2018

First Reading : Job 7.1-4,6-7

Sorrow fills all my days.

Psalm : 147

Sing praises to the Lord who heals the brokenhearted.

Second Reading : 1 Corinthians 9.16-19, 22-23

Woe to me if I do not proclaim the gospel!

Gospel : Mark 1.29-39

Jesus cured many who were sick with various diseases.

Financial Report January 21, 2018

Regular Offertory

Envelopes \$5488.01
Pre Authorized Payment (PAP) 1,625.00

Assessment Total 2017

Unknown at time of print
Balance \$0.00

Loan balance for New Roof

\$50,000.00

Gift Card Report

Profit Last Week \$ 287.50
Total Profits for 2018 \$ 782.50
Profits from 2006-2017 \$276,575.96

Ongoing Profit to Date \$277,358.46

Eucharistic Adoration—Monday 9.30am—Tuesday, 8.45am.

When the man who was born blind heard from the lips of Jesus that He was the Son of God, "falling down he adored Him." (John 9:38) - Let us do likewise!

Parish Giving



Come, let us bow down in worship;
let us kneel before the Lord who made us.
— Psalm 95:6





STATE OF THE PARISH 9TH ANNUAL DINNER

Join Fr. Brian and the Pastoral Staff to celebrate the Church that Faith Built
Sunday, February 11th at 5pm Dinner at the Knights of Columbus Hall, 190 Richmond Street
Doors open at 4:30pm

Adult \$16

Children 12 and under \$8

Tickets for the 9th Annual State of Parish Dinner are now on sale in the Rectory office during regular office hours
9am—12noon and 1pm—4pm Monday through Friday

Pastor's Message

For anyone interested I will be starting a Bible Study on the Book of Exodus beginning, Monday, January 29, 2018 at 7pm in the Fr. Ware Room. The main floor of the parish Center. No knowledge or previous experience with the Bible is necessary to join the group.

The structure is that 5 or 6 verses are read and then I give a teaching on the meaning and then there is opportunity for questions and comments from those attending. When everyone is satisfied that the passage is understood we move on to the next few verses and so on until the Book is finished.

Fr. Brian

CWL News



The Catholic Women's League of St. John the Baptist wishes to thank everyone who contributed so generously to their project in support of homeless women at the Welcome Center Shelter for Women. Through your generosity and kindness, 12 boxes and 3 bags of p.j.'s and new clothing, hats & scarves etc, hair brushes, tooth brushes, shampoo & toiletries were donated to these women in crisis.



Our next Ultreya will take place on Friday, Feb 2, 2018 at 7:30 p.m. at Our Lady of Assumption McEwan Campus, 711 McEwan Ave., Windsor. Please note that this is the first Friday of the month.

Come out and join us as we pray for the upcoming Cursillo weekends.

Deep inside the brain, there's something called a 'reward center.' You've got one. Your dog's got one. For mammals, it comes standard. The reward center's job is to release pleasure chemicals into your brain whenever you do something healthy, like eating tasty food, doing a hard workout, or enjoying a kiss. The high you get from that chemical rush makes you want to repeat that behavior again and again. Thanks to your reward center, your brain is hardwired to motivate you to do things that will improve your health and chances of survival. It's a great system. But, the brain can be tricked.



When addictive substances are used, they give the brain a false signal. Since the brain can't tell the difference between the drugs and a real healthy reward, it goes ahead and activates the reward center. An important chemical called dopamine is released, which makes the brain start developing a craving for the fake reward. As long as there's a lot of dopamine floating around in the brain, the cravings will keep getting stronger, and the consumer will feel super-motivation to keep pursuing more of the drug. Essentially, addictive substances 'hijack' the brain, turning it around and forcing it in a direction it was never meant to go. Instead of encouraging the consumer toward healthy behaviors, these substances lead the consumer into things that aren't healthy at all, and may be quite dangerous.

Researchers have found that internet porn and addictive substances like tobacco have very similar effects on the brain, and they are significantly different from how the brain reacts to healthy, natural pleasures like food or sex. Think about it. When you're munching a snack or enjoying a romantic encounter, eventually your cravings will drop and you'll feel satisfied because your brain has a built-in 'off' switch for natural pleasures. Dopamine cells stop firing after repeated consumption of a natural reward (like food or sex). But addictive substances go right on increasing dopamine levels without giving the brain a break. The more hits drug users take, the more dopamine floods their brain, and the stronger their urges are to keep using. That's why drug addicts find it so hard to stop once they take the first hit. One hit may turn into many hits, or even a lost weekend.

Like any potentially addictive substance, porn triggers the release of dopamine into a part of the brain called the reward center. The brain responds to the new sensual stimuli by pumping out more and more dopamine, flooding the brain just like a drug would. Before consumers even start to get bored, they can always give themselves another dopamine boost just by clicking on a different porn site. Over time, excessive levels of pleasure chemicals cause the porn consumer's brain to develop tolerance, just like the brain of a drug user. In the same way that a junkie eventually requires more and more of a drug to get a buzz or even feel normal, regular porn consumers will end up turning to porn more and more often or seeking out more extreme versions just to feel alive again. And once porn dependency occurs, quitting causes withdrawal symptoms similar to drugs.

SIDE BAR: On the Cold and Flu Season...

The flu can lead to serious complications especially in the vulnerable members of our community. That's why flu shots are so important. We do not need to share our viruses with others. If you feel vulnerable or you feel that you could be coming down with a virus, **avoid shaking hands**. And, it is probably safer to abstain from receiving the Sacred Blood; simple bow in reverence and move on. And if you are sick, be kind to yourself and others, and stay home. Get plenty of rest and fluids. Remember, we pray for the sick at every mass.
Rose