

October 15, 2017

28th Sunday in Ordinary Time

“My God will supply whatever you need...” - Philippians 4:19
God really does provide for those who are grateful and generous. This is very difficult for people that don't live a stewardship lifestyle to believe. People are skeptical and say it's just coincidence. If you are skeptical, try living a stewardship lifestyle for just one month – be generous with your gifts of time, talent and treasure and see how God provides for your needs.

Readings for October 22, 2017

First Reading : Isaiah 45.1, 4-6

I have grasped the right hand of Cyrus, to subdue nations before him.

Psalms: 96

Ascribe to the Lord glory and strength.

Second Reading : 1 Thessalonians 1.1-5ab

We remember your work of faith and labor of love and steadfastness of hope.

Gospel : Matthew give to Caesar the things that are Caesar's and to God the things that are God's.

Financial Report September 10, 2017



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| Offertories: | | |
| Regular Sunday Collection | | \$ 5,880.65 |
| Assessment: | | |
| Total 2017 Assessment | | \$ 68,142.96 |
| Balance as of Sept. 30, 2017 | | \$ 31,374.40 |
| Restoration Fund Savings (to be used for new roof loan) | | \$ 84,831.40 |
| Gift Card Report | | |
| Profit last week | | \$ 219.30 |
| Profits 2017 | | \$ 12,433.43 |
| On Going Profits since 2006 | | \$271,193.40 |

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



“Eucharistic Adoration exerts a certain fascination for many young people. . . John says: “In adoration Jesus wishes to heal us and renew us with the rays of his love.”
(Daniel Ange, Les Nous de Dieu, Fayord, 1998 p.248)



St. John the Baptist Parish—Weekly Activities

Monday, October 16, 2017

St. Marguerite D'Youville

8:35 - Rosary before 9am Mass

† Orval McGuire by Maria Parete

† Pat Higgins by Fran & Bill Radigan

Living Isabelle Bastien by Donna Gibb

1:30-3:30pm Parish Nurse is available at the parish Center

7pm—CWL Meeting—Fr. Ware Room

7pm Bible Study—Fr. Martin room

7pm Youth Group—Ecole St jean Baptiste School Gym

9:30am - 24 Hour Eucharistic Adoration- Assembly room

Tuesday, October 17, 2017

St. Ignatius of Antioch

8:35 - Rosary before 9am Mass

† Santino Ferrante by Filomeno & Guido DiBiase

† Mario Rosso by the Rosso Family

† Kyle Orsi by Grandma & Grandpa

Living Sean Beneteau by Mom & Dad

9:30am St. Vincent de Paul Meeting—Fr. Ware Room

2:15pm Richmond Terrace Mass

7pm Enrolment Night for Confirmation—church

7pm Pastoral Council Meeting—Fr. Ware Room

7pm Altaration Video Series—Fr. Martin Room

Wednesday, October 18, 2017

8:35am Rosary before 9am Mass

† Jerome Deslippe by Judy & Roger Heaton & Family

† Carmela DeThomasis by Kay Leskiw & Andrea

Living Dianne Fox by Roseanne & Garnet Berthiaume

9:30 Book Study—Fr. Ware Room

12:45pm Stella Maris Mass—Church

1pm Centering Prayer—Fr. Martin Room

6:30pm Faith Buddies—Assembly room

6:30pm Alpha—K of C Hall—Amherstburg

1pm—Legionari Della Sacra Famiglia: Michele & Vicky DiLuca

Thursday, October 19, 2017

St. Luke

8:35am Rosary before 9am Mass

† Giovanni Conte by the Conte Family

Living Jackie Nelson by Christina D'Aloisio

All members of the Helfrich Family by Marc & Mary Beneteau

7pm Mass

† Pasquale DiPasquale by Mary DiPasquale & Family

Living Fran Gawadzyn by Denise & Ralph Orsi

Living All Confirmation Candidates enrolled this year.

7:30pm Bible Study Fr. Ware room

7pm Rosary Cenacle - Please call for location 519 713 9586

Friday, October 20, 2017

8:35am Rosary before 9am Mass

† Pat Higgins by Helen Johnson

† Lacie Brundritt by Janet & Brian Annison

† Kyle Brundritt by Janet & Brian Annison

3pm Divine Mercy Hour

Saturday, October 21, 2017

8:35am Rosary before 9am Mass

Special intentions by Judith & Frank Rocheleau

† Gabriel Silvaggio by the Silvaggio Family

† Ivo Laporati by Valentino DeThomasis & Family

4-4:45pm—Reconciliation

5pm—Mass

Congratulation to Joe & MarieAnne VandenSteene who are celebrating their 50th Wedding Anniversary

Sunday, October 22, 2017

World Mission Sunday

8am Mass

10am Mass

Anointing of the Sick Service
Sunday, October 15th at 11am
immediately following the 10am Mass

Who should be anointed:

Pastoral Care of the sick, outlines this as follows.

1. A Christian whose health is seriously impaired by sickness or old age.
2. The sacrament may be repeated during various stages in a progressive illness.
3. Anointing may take place before surgery whenever a dangerous illness is the reason for surgery.
4. Elderly people may be anointed if they are in a weakened condition even though no dangerous illness is present.

What the Grace of this Sacrament Confers: The word of assurance which Christ Himself speaks through this sacrament to those who struggle with illness or old age says that the mercy of God is greater than that with which they are afflicted. Through its grace, this sacrament aids them to continue responding to their baptismal commitment, and, at times, may even lead to a restorative of health.

Why the Church urges that the Sacrament be celebrated communally: First, those who pray for the sick serve Christ Himself in the suffering members of His Mystical Body. When they pray thus as Church, it is Christ Himself who is present in the midst of this prayer. In this way, it is also a moment of grace for them. Second, the celebration endeavors to bring about a personal experience of dignity and worth: through the visible example of the patience of the sick and the wisdom of the old, we are all encouraged to continue our Christian baptismal commitment.

On Sunday October 29th, join us at 3:00 pm in the church for a "Holy Family Prayer and Rosary Sunday" Celebration. This will be the second of four services to be held over the next year through the Knight's of Columbus to pray to the Holy Family for the intention of strengthening Catholic families and their prayer lives. In union with the Family Prayer we will also include a Rosary to Mary with special intercessions for the World. Bring an open heart, a rosary and a friend, and together with the Holy Spirit we can lead families to become homes of communion, prayer and of love. If you have any questions contact Deacon Len. Looking forward to seeing you there.

News from the Prayer Shawl Ministry

A prayer shawl is an item knitted, crocheted or quilted with prayers and positive thoughts by our members to be given to anyone who might benefit as they journey through surgery, bereavement, cancer treatments, long term medical needs, short term coping issues, nursing homes & shelters.

All items will be available after Mass in the Fr. Ware Room on October 14th and October 15th and at the South West entrance of the Church.

Thank you all who have participated in this out reach by giving a shawl to someone.



Does stress contribute to weight gain? Yes. Does better stress management mean better weight control? Yes. Genetics, overeating, inactivity, stress and emotional eating can all lead to weight gain. Stress not only impacts what and how we eat but how we process it.

Stress can impact weight by the physical reactions it causes in the body. When your body perceives a threat it releases hormones such as adrenaline, insulin and cortisol into the system to deal with the immediate threat. After the threat is over, in the relaxation phase these hormones are supposed to decrease to their normal levels until the next threat occurs. Persistent alert states don't allow these hormones to go all the way back to their normal states. These hormones are involved in a number of bodily functions that impact weight. Research has shown that high levels of cortisol increase fat stores and cause excess circulating fat to be deposited in the abdomen. This excess abdominal fat can put you at increased risk of heart disease and diabetes. An excessive production of cortisol can also slow your metabolism, causing weight gain. Cortisol is also thought to be linked to an increased appetite and cravings for sugar.

We need to explore our stress triggers and practice different ways of managing them. [review last messages] We really do need that relaxation response to keep us healthy.

Uncontrolled stress, negative thinking and strong feelings often lead to emotional eating. You don't need to eat to feel better. Look elsewhere for comfort. Drink some water; go for a walk; read something captivating or inspirational; watch something funny; work on a craft; call a friend; dance or sing or play cards, anything that distracts you from thoughts of food.

Learn to recognize true hunger. Physical hunger occurs gradually, food satisfies you, and doesn't make you feel guilty. Emotional hunger comes on suddenly and can leave you feeling guilty. Feeling guilty often triggers snacking, and the more you snack, the worse you feel, and so, you snack some more. For some, it can be a viscous circle.

Explore your emotional eating triggers. Write down what, how much, and when you eat, as well as how you're feeling and how hungry you are. Watch for patterns to emerge that show negative eating habits and triggers to avoid. For example, are you eating because you're worried or sad, alone or bored, frustrated or angry, or maybe, it's habit with certain activities? Now, that you know the triggers, you can find healthier ways of dealing with these emotions. Smoking, drugs, alcohol, and junk food are not good options for coping with stress.

Eat a balanced diet. If you are not getting enough calories to meet your energy needs, you are more likely to give in to emotional eating. Try to eat at regular times and don't skip breakfast. Include all food groups especially important are the staying foods like whole grains, vegetables and fruit, and low fat dairy products. Focus on health, not weight.

Rose

St John the Baptist Parish is actively seeking a Choir Director for the 10am Sunday Mass. Please speak to Fr. Brian Jane.

