

FIRST SUNDAY OF ADVENT

MASS INTENTIONS FOR THIS WEEK

Tuesday	6:30pm	+John & Vera Walker +Marianne Gavanac-Karschti
Wednesday	8:00am	+Anna Francisca Paes
Thursday	8:00am	Int. of Clara Perez
Friday	8:00am	+Janet & Tom Milner
Saturday	5:00pm	+Kyle Russell +Pat Paci +Maria Elaine Balajadia
Sunday	11:00am	+Rev. Robert Peirce

DIOCESAN PRAYER CALENDAR

Monday	Most Rev. Wayne Lobsinger
Tuesday	Very Rev. Msgr. Cornelius O'Mahony
Wednesday	Order of Preachers (Dominican), O.P.
Thursday	Rev. Pawel Stankiewicz
Friday	Rev. Bill Foote
Saturday	Rev. Malcolm Katzenberger

VOCATIONS OFFICE

"They shall beat their swords into plowshares and their spears into pruning hooks." If God is calling you to be a priest, religious or deacon, contact Fr. Mark Morley, Director of Vocations, Diocese of Hamilton at 905-528-7988 or vocations@hamiltondiocese.com

ADORATION

All day Adoration on Wednesdays from 8:45AM to 7:00PM. Eucharistic Benediction at 6:50PM.

ROSARY

Please join us for the saying of the rosary every Wednesday evening at 7:00PM in the church. Consider coming early for a little time in Adoration and the Benediction before we begin. All are welcome.

PRAYER REQUEST

If you know of anyone who is in need of prayers, place their request on our network and volunteers will pray specifically for your request. Call Gail at 905-628-2304 or go to our website: www.staugustinesparish.ca to place your request.

REST IN PEACE

Lord grant eternal rest of the souls of our dearly departed, especially the soul of your loving servant Michael Nairn.

COLLECTION REPORT: November 22nd & 23rd

Regular Collection	\$2448.00
Loose Collection	\$131.65
Spirit of Hope Collection	\$2450.00
Building Fund	\$50.00
Evangelization of the Nations	\$10.00



CHRISTMAS EVE MASS TIMES

4:00PM AND 7:00PM

CHRISTMAS DAY

10:00AM

CHRISTMAS CONFESSION TIMES

Wednesday Evenings from 7:00 - 8:15pm

(following Adoration and Benediction)

December 10th and 17th

Saturday confession times extended: 3:30 to 4:30pm



FLOWERS FOR ALTAR

Donations for poinsettias will be gratefully received to help defray costs. Anyone wishing to make a donation is asked to pick up an envelope marked "Flower Offering" at the back of the church. Please include your name and envelope number and place it in the collection basket. Deadline for flower donations is **Sunday, December 14th**

"SPIRIT OF HOPE COLLECTION"

During this year there have been many initiatives to celebrate the *Jubilee Year of Hope*. Many have visited the Pilgrim Churches in the Diocese, and the Monthly Prayers and Jubilee Newsletters have raised our awareness of the hereos of hope in our midst. As we approach the conclusion of this year of the Lord's favour, we are reminded of the prompting of Pope Francis, that debts be forgiven and assistance be given to the poorest among us. The *Episcopal Board* recommended that each Parish take up a special "*Spirit of Hope Collection*", to assist the poor in their respective parishes. There are special envelopes at the back of the church for this collection.

DECORATING APPEAL

NEEDED: Help needed to assemble our Christmas trees inside the church on Friday, December 5th at 4:00PM and add decorations on Friday, December 12th at 7:00PM. Please call the parish office if you are available to help.



ST. AUGUSTINE'S CATHOLIC WOMEN'S LEAGUE



THE CHRISTMAS TREE OF HOPE

The Catholic Women's League is inviting you to help make a child's Christmas merrier. The Catholic Women's League is

also providing assistance for the women at the Ellen Osler Home. If you wish to help a child pick a colorful angel from the tree, purchase the gift suitable to the child's age and gender.

Example: B-1 Boy age 1; G-5 Girl age 5

Ellen Osler Home has requested a donation of \$25.00 towards a Christmas Gift for each woman. Please place your donation in the envelope provided and leave in the weekend collection basket or take to the Parish Office.

Please return your unwrapped child's gift with the Angel Tag taped to the top of the package. Place it under the Christmas tree after Mass or take to the Parish Office **NO LATER THAN**

9:00AM on Tuesday, December 16th.

Both the children's and women's programs are sponsored by the Salvation Army. May the Christmas Angels bless you for your kind generosity.



ST. AUGUSTINE'S SENIORS A CHRISTMAS LUNCHEON

On Thursday, December 11th

Beginning at 11:30AM for Mass and then a festive tea with lunch and musical entertainment.

Please RSVP by Tuesday, December 9th to Cindy at the Parish Office.

If you have a tea cup(s) you would like to donate please drop them off at the parish office

prior to the luncheon. Thank you.

St. Augustine's Parish &
St. Augustine and St. Bernadette Schools

Family Christmas Carol Sing

Thursday, December 11th at 6:30pm

In the church

St. Augustine's Parish

Christmas in the Valley Concert

Sunday, December 21st at 3:00pm

In the church

Admission: Free will offering and reception to follow in the Parish Centre

MENTAL WELLNESS MOMENT: Coping with the Holiday Season

Are you feeling stressed, sad, anxious, or worried? More so than usual, perhaps? Feeling somehow inadequate to meet all the demands you have from others or put upon yourself? Are you having trouble saying "no" to requests from others at this holiday time of year? You are not alone in this. How many times have you seen articles or heard speakers on TV/radio/podcasts or streaming services talking about how to cope with the holiday season? If it were just you, there would not be all these resources on this topic talking about the same way you are feeling/thinking.

The secular world has defined this as a time of scarcity – not enough of everything. This drives us to feel anxious, to strive harder, to feel inadequate. This becomes intensified at this time of year.

The first step towards ease is recognizing that we are stressed that our inner critic has taken on additional intensity, demanding that we be perfect or we are proving we are not good enough. Recalling the spiritual meaning of this time of year can give some ease. Realizing that it is OK to feel sad or down or anxious at this time of year is a step towards feeling some ease. We are not alone. Might we take a pause for just a moment; take a deep breath, notice the struggle, the tension and release it – just for the moment. Might we remember the important part of this season, without guilt-tripping ourselves in any way. Perhaps taking the moment to reflect on the "reason for the season". The central core of our faith encounters the secular world's notion of scarcity. Christ was born to bring joy and peace to the world; to all of humanity. His birth reminds us of God's infinite love. Armed with his love we can share it with family, friends and neighbours throughout the holiday season; not just coping, feeling the precious gift of moments of joy.

Might we listen to our favourite seasonal song or carol; reflect on an Advent reading or prayer; speak with a close friend or family member who is truly supportive of us, or perhaps speak to someone in the parish at Mass or at Hospitality Sunday coffee hour? Perhaps we could come back to our breath, to noticing the things around us that bring us a moment of joy and rest in that. Might we offer gratitude for those blessings in that moment? Offering ourselves the compassion we need in that moment, soothing and caring for ourselves, allow us to continue on with perhaps more energy, a smile on our face, and feeling more connected to others. May we be blessed with many moments of pause, many moments of seeing small blessings in our travels and may we feel the joy of the birth of our saviour.

St. Augustine's Mental Health Ministry

ccministry@staugustinesparish.ca