

PARISH NEWS Con't

Tax Receipts - Tax receipts will be issued soon. We want to ensure everyone receives their tax receipts. If you have changed any of your information including your mailing address. Please write any changes on your envelope or email your updates to bvm.grafton@bellnet.ca before the receipts are mailed.

Faith in a time of crisis

Psychologists' research shows why some people can find peace during the COVID-19 pandemic, while others may be struggling with their faith.

Kenneth Pargament, PhD, professor emeritus of psychology at Bowling Green State University, who since the 1980s has been on the forefront of the research on religion and resilience. That research identified positive and negative forms of religious coping — as well as [evidence](#) that how people experience and express their faith has implications for their well-being and health.

What are those positive effects? Research shows that religion can help people cope with adversity by:

Encouraging them to reframe events through a hopeful lens. Positive religious reframing can help people transcend stressful times by enabling them to see a tragedy as an opportunity to grow closer to a higher power or to improve their lives.

Fostering a sense of connectedness. Some people see religion as making them part of something larger than themselves. This can happen through prayer or meditation, or through taking part in religious meetings, listening to spiritual music or even walking outside.

Cultivating connection through rituals. Religious rituals and rites of passage can help people acknowledge that something momentous is taking place. "It is extremely important that people use their beliefs in a way that makes them feel empowered and hopeful," says Thomas Plante, PhD, a professor of psychology at Santa Clara University, "Because it can be remarkably helpful in terms of managing stress during times like this."

The negative religious expressions include:

Feeling punished by God or feeling angry toward a higher being. Trauma and tragedy can challenge conceptions of God as all-loving and protective. As a result, some people struggle in their relationship with God and experience feelings of anger, abandonment or being punished by a higher power.

Putting it all "in God's hands." When people engage in "religious deferral," they believe God is in charge of their well-being and may not take the necessary steps to protect themselves.

Falling into moral struggles. People can have difficulty squaring their behavior with their moral and spiritual values, decisions that put them in the uncomfortable role of playing God.

"Religion has been helping people get through hard times for thousands of years," Plante says. "It's tested and ready to go at a moment's notice. Just read the psalms and you will see that it is all about people turning to God during troubled times."

Parish of the Assumption of the Blessed Virgin Mary

103 Lyle Street South. P. O. Box 239, Grafton. Ontario K0K 2G0

Tel: 905-349-2504 Fax: 905-349-1035

Email: bvm.grafton@bellnet.ca Diocesan Website: www.peterboroughdiocese.org

Parish Website: www.assumptiongrafton.ca

Fr. Asisclo Podelino, Pastor

3rd Sunday in Ordinary Time

January 23rd, 2021



**“TODAY THIS
SCRIPTURE
HAS BEEN
FULFILLED.”**

Education:

Rite of Christian Initiation for Adults: 905 349-2504

St Mary Elementary School, Grafton:
Nicole McGill, Principal 905 349-2061

St Mary Secondary School, Cobourg:
Jason Roberts, Principal 905 372-4339
Catholic School Board www.pvnccdsb.on.ca

Parish Committees & Organisations:

Finance Committee:
Melissa Lilje, Secretary 905 349-2504

Knights of Columbus: 905 349-2504

Parish Pastoral Council
Dennis Goulin Chairperson 905-372-7684

Music at Mass:
Gay Stratford, Organist
10 am Mass on Sun 905 349-2861

Altar Servers
Parish Office 905-349-2504

St Mary's Catholic Women's League:

Pat Murphy, President 905 349-2847
Alta Vance, Religious Articles 905 344-7443

CWL Diocesan website:
www.peterboroughcwl.ca

St Mary's Cemetery Board:
Melissa Lilje, Secretary 905 349-2504

St Vincent de Paul Society 905 377-3263

Eucharistic Ministers
Judith Goulin 905-372-7684

Ushers
Parish Office 905-349-2504

Lectors
Richard Holland 905-349-3710

Development and Peace
Suzanne Liptay 905-372-3031

Parish Library
Suzanne Liptay 905-372-3031

SACRAMENTAL MINISTRY

Baptisms, Marriages, & Anointing of the Sick may be arranged by calling the Office.

CONFESSIONS:

Saturday at 8:30 am & 4:30 pm, or anytime on request.

First Friday of the month - Adoration of the Blessed Sacrament - 9am

THE WEEK OF JANUARY 23RD AT THE ALTAR

Jan 24, Mon., *St Francis de Sales* - 9 am -
 Jan 25, Tues., **Conversion of St Paul The Apostle** - 9 am -
 Jan 26, Wed., *Ss Timothy & Titus* - 9 am - **Sick of the Parish** [St Mary's CWL]
 Jan 27, Thurs., Feria - 9 am -
 Jan 28, Fri., *St Thomas Aquinas* - 9 am -
 Jan 29, Sat., Feria - 9 am -
 Jan 29, Sat., **4th Sunday in Ordinary Time**
 5 pm -
 Jan 30, Sun., **4th Sunday in Ordinary Time**
 9 am - **For the People of the Parish**
 11 am -

NEXT WEEKEND LAY MINISTERS Jan 29/30	5 pm	9:00 am	11:00 am
Lectors	Dave Hughes	John Logel	Richard Holland
Eucharistic Ministers	Pat Rutherford	John Logel	Judith/Dennis Goulin
Ushers/Greeters	The Manley's	Ed Nemec / Oladele Adebayo	Joe O'Kane / Theo Mensen

Intercessions:

- Let us pray this Sunday for the Clergy and people of St John the Baptist in Peterborough.
- Let us pray for the sick in our Parish.

PARISH NEWS

PARISH FINANCES

	Last Weekend	Same Time Last Year
Sunday Collection	\$1,240.00	\$595.00
Building Maintenance	\$0.00	\$0.00

FROM THE PASTOR'S DESK

WEDDING ANNIVERSARIES IN JANUARY

Roy & Min Naylor (15 yrs. on January 6), Allan & Daisy Caterio (18 yrs. on January 11).
 God's continued blessings on all of you!

LIVE-STREAMING OF THE MASS FOR THE THIRD SUNDAY IN ORDINARY TIME

The Mass for the Third Sunday in Ordinary Time, Sunday of the Word of God, will be live-streamed from the Cathedral of St. Peter-in-Chains starting at 5:00 p.m. on Saturday, January 22, 2022. The Mass will be available thereafter on the YouTube channel for the Roman Catholic Diocese of Peterborough.

Please join in prayer: <https://youtu.be/N1wI5vQIFGQ>

WEEK OF PRAYER FOR CHRISTIAN UNITY JANUARY 18-25, 2022

The 2022 theme for the Week of Prayer for Christian Unity, "We saw the star in the East, and we came to worship him" (Mt 2:2), was prepared by the Middle East Council of Churches, based in Beirut, Lebanon.

The international theme and resources speak to our world's urgent need for solidarity and transformation in the face of political, economic, and social turmoil, including the challenges and injustices highlighted by the COVID-19 pandemic. As we join the Christians of the Middle East in the journey to Christ's manger, may we become a sign of the unity that God desires for all creation, and may we return to our home, our churches, and our world by new ways.

We are unable to gather locally due to the pandemic health precautions so the Roman Catholic Diocese of Peterborough and area churches are joining in prayer virtually with the Greater Toronto Council of Churches.

The Greater Toronto Council of Churches invites you to a livestream celebration on Sunday, January 23rd, 2022, at 4:00 p.m.

Please click the link below to join in prayer for Christian Unity:
<https://www.facebook.com/TorontoArmenianChurch/>