



Back to School!

The beginning of a new school year, like so many other new beginnings, holds challenge, promise, excitement, anticipation... and stress. And this is even more evident during the Coronavirus pandemic. As a parent, you're no doubt concerned about many things: buying new clothes, backpacks, getting the kids back to a regular bedtime.

And that's just the obvious stuff.

What about back-to-school concerns around your child's *spiritual* life? Regardless of kids' summer reading habits, fall belongs to books and you're going to want to make sure that reading becomes second-nature to them.

Here are some ways to lower your stress level as you help your child prepare for back-to-school routines:

1. **Stay calm and relaxed:** It sounds obvious, but staying calm will lower your stress—and lower your kids' stress, too. Your child is struggling with a seemingly endless array of emotions... and counts on you to keep them grounded.
2. **Begin or continue a family prayer time:** Even if it's just gathering for an Our Father every evening, this is another way to keep kids grounded in the right things on a daily basis. Consistency is more important here than length of time spent in prayer.
3. **Talk with your kids:** They're dealing with scary changes, and a quick "how was your day?" isn't going to make them feel that you understand. Discuss expectations, fears, and concerns.
4. **Talk with your kids, part two:** One of the things that Scripture points out is the need for joy. Be sure to ask your child every day to cite one thing that was better today than yesterday. There's always something, and it reminds everyone that things aren't as bleak as we make them out to be.
5. **Provide enriching reading:** There's not always time for outside reading as your child grapples with daily schoolwork, but be sure that they have at least one book that you feel good about them reading.
6. **Take time for yourself.** It's very easy to get so caught up in your child's back-to-school world that you run out of time for yourself. But running out of time eventually equates to running out of steam, and you can't afford to have that happen! Instead, reserve 15

minutes every day for yourself. Lie down, read, enjoy a beverage, say a Rosary.

7. **Pray without ceasing.** No, you don't have time to spend hours in church or at prayer. You can make your busy life your offering. Wear some piece of jewelry (a crucifix, a bracelet) that you can use as a touchstone, to keep you grounded in God throughout the day. Keep a prayer or a hymn running through your mind all day. You'll be amazed what it does for your stress!



Tuesday, September 7

7:00 pm + JOSE DaSILVA - Maria

CONFESSIONS at 6:00 pm to 6:45 pm

* **Adoration of the Blessed Sacrament 6pm to 7pm**

Wednesday, September 8

7:00 pm + MARGARET WALKER – Myra

+ ZDZISLAWA GOLACKA – Yolanta

+ DECEASED FERREIRA & ABREU FAMILIES- Balbina

CONFESSIONS at 6:00 pm to 6:45 pm

* **Adoration of the Blessed Sacrament 6pm to 7pm**

Thursday, September 9

7:00 pm – for the intentions of Willie & Vern Lix

CONFESSIONS at 6:00 pm to 6:45 pm

* **Adoration of the Blessed Sacrament 6pm to 7pm**

Friday, September 10

7:00 pm + SOULS IN PURGATORY

CONFESSIONS at 6:00 pm to 6:45 pm

* **Adoration of the Blessed Sacrament 6pm to 7pm**

Prayers for the Souls in Purgatory at 6:30 pm

Saturday, September 11

CONFESSIONS at 4:00 pm to 4:45 pm

5:00 pm + VIRGINIA ANDRADE – Judy Breward

+ JORGIANA MELO, SPOUSE, SONS AND FAMILY – Tina

+ MICHAEL ADAMS – Kay Woznuik and family

Sunday, September 12

9:00 am – for the intentions of Jody Boyd

11:00 am – for the intentions of all parishioners

CONFESSIONS at 8:00 am to 8:45 am and

10:15 am to 10:45 am



Sacraments of First Communion and Confirmation for students whose celebrations were canceled in the Spring.

We are in the process of planning dates for the preparation of the Sacraments, as well as the Sacramental dates. This information will be sent by email to the parents, and posted on our parish website.

New Confession Schedule:

Tuesdays	6:00 – 6:45 pm
Wednesdays	6:00 – 6:45 pm
Thursdays	6:00 – 6:45 pm
Fridays	6:00 – 6:45 pm
Saturdays	4:00 – 4:45 pm
Sundays	8:00 – 8:45 am 10:15 – 10:45 am

R.C.I.A.

Rite of Christian Initiation of Adults

Do you, or someone you know, want to learn more about the **Roman Catholic faith**? This program is intended for non-Catholics (*non-baptized and those baptized in another Christian faith*) as well as for those baptized Roman Catholic but have not received the Sacraments of Communion and/or Confirmation.

The R.C.I.A. program helps adults discern their choice to become Catholic or Catholics to prepare to receive their other Sacraments.

For more details, please contact Father Gary at the parish office at 519-621-2013

Evenings with His Excellency

Bishop Wayne Lobsinger

Interested in learning more about our Catholic Faith? Join Bishop Lobsinger for “Evenings with His Excellency” on the second Friday of each month at 7:00 – 8:30 p.m. in Canadian Martyrs Church, (1349 Main Street West, Hamilton).

The first “Evening with His Excellency” is Friday, **September 10, 2021**. *If you are unable to attend in person, you are welcome to go to canadianmartyrshamilton.com to watch **live online!*** (All COVID-19 protocols will be required, including masks while in the church and proper physical distancing.) <https://whyatbreakfast.com/>

Perpetual Adoration Chapel

RE-OPENS – Sunday, Sept. 5 at 12 noon

We are now permitted to finally reopen our Adoration Chapel. However, we ask that attendees please adhere to the health protocols

- Only 4 people permitted in the room at a time. If there are already 4 people in the room when you arrive, please wait near the stairs for someone to leave.
- Please use the hand sanitizer and wear an appropriate facial mask.
- We encourage you to wipe down the seat when you leave with the cleaning spray provided.

Verification of Adorers: a list of current Adorers, and their day/time for adoration, will be posted near the chapel. Please sign beside your name to indicate that you are still attending or make a correction if necessary. Thank you.

Adorer phone numbers/email: Those who are weekly adorers are kindly asked to contact the parish office to provide their phone number and/or email address. We would like to keep our list up-to-date.

From the Diocese of Hamilton

In an effort to encourage a spirit of prayerful support for children and educators heading back into the classroom, the link below will bring you to a **Back to School resource on the Diocese of Hamilton web page** designed to help families and schools welcome the return of a new academic year.

<https://hamiltondiocese.com/backtoschool2021/>

Used Postage stamps, pop can tabs, milk bags (outer bags) are collected by various community groups. Please leave these items at the back of the church. **Plastic grocery bags** also are needed for the St Vincent de Paul Society for their food deliveries. Thank you.

Year of St. Joseph

Prayer:

O God, in your indescribable providence, You were pleased to choose Saint Joseph to be the spouse of Your most holy Mother; grant, we beg You, that we may be worthy to have him for our intercessor in heaven whom on earth we venerate as our Protector: You who live and reign forever and ever. Amen.